

Food Synergy Report

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Foods highest in Methionine (Amino Acids)

Foods that supply **greater than 1/3** of this nutrients' daily requirements in a single serve are shown in **blue**

The first food in each food group has the highest value of this nutrient. It is recommended to choose foods from a range of food groups to increase intake of this nutrient

Food group, Food name, Single serving size and (Nutrient Value) Percentage of RDI

Cereal Grains (Grasses) Containing

Oats (156.00 g) 0.49 g 25.14%

Oat bran, raw (94.00 g) 0.31 g 16.26%

Rye flour, dark (128.00 g) 0.25 g 13.15%

Cereal Grains (Grasses) NO GLUTEN

Amaranth, uncooked (193.00 g) 0.44 g 22.53%

Millet flour (119.00 g) 0.38 g 19.60%

Quinoa, uncooked (85.00 g) 0.26 g 13.56%

Buckwheat flour, whole-groat (120.00 g) 0.20 g 10.16%

Dairy Cheese

Cheese, cottage, lowfat, 1% milkfat (113.00 g) 0.42 g 21.77%

Cheese, ricotta, whole milk (124.00 g) 0.35 g 18.00%

Cheese, parmesan, grated (28.35 g) 0.29 g 14.88%

Dairy Milk and Cream

Milk, dry, nonfat, regular, without added vitamin A and vitamin D (30.00 g) 0.27 g 14.05%

Eggs

Egg, duck, whole, fresh, raw (140.00 g) 0.81 g 41.65%

Egg, turkey, whole, fresh, raw (79.00 g) 0.35 g 18.03%

Egg, whole, raw, fresh (44.00 g) 0.17 g 8.64%

Fish

Fish, tuna, light, canned in oil, without salt, drained solids (171.00 g) 1.47 g 76.13%

Fish, salmon, sockeye, raw (150.00 g) 1.04 g 53.53%

Fish, tuna, fresh, bluefin, raw (150.00 g) 1.04 g 53.45%

Fish, salmon, sockeye, canned, drained solids with bone (150.00 g) 1.03 g 53.22%

Fish, salmon, pink, canned, drained solids with bone (150.00 g) 0.97 g 49.97%

Fish, snapper, mixed species, raw (150.00 g) 0.91 g 47.02%

Fish, whiting, mixed species, raw (92.00 g) 0.50 g 25.75%

Fish Crustaceans (Includes Crabs,

Crustaceans, lobster, northern, raw (150.00 g) 0.62 g 31.99%

Fish Mollusks - Class Cephalopoda

Mollusks, squid, mixed species, raw (150.00 g) 0.53 g 27.19%

Legumes/Beans

Soy meal, defatted, raw (122.00 g) 0.74 g 38.18%

Soybeans, mature cooked, boiled, without salt (172.00 g) 0.39 g 19.90%

Tempeh (166.00 g) 0.29 g 15.00%

Beans, white, mature seeds, canned (262.00 g) 0.29 g 14.75%

Tofu, raw, firm, prepared with calcium sulfate (126.00 g) 0.25 g 13.14%

Beans, kidney, california red, mature seeds, cooked, boiled, without salt (177.00 g) 0.24 g 12.52%

Meat Beef

Veal, sirloin, separable lean only, cooked, braised (183.00 g) 1.45 g 74.85%

Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled (150.00 g) 1.17 g 60.50%

Meat Game

Game meat, deer, raw (150.00 g) 0.85 g 43.85%

Game meat, rabbit, domesticated, composite of cuts, raw (150.00 g) 0.75 g 38.89%

Meat Lamb

Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled (150.00 g) 0.92 g 47.25%

Meat Offal Beef

Veal, variety meats and by-products, kidneys, cooked, braised (184.00 g) 1.02 g 52.45%

Food group, Food name, Single serving size and (Nutrient Value)	Percentage of RDI
Veal, variety meats and by-products, liver, cooked, pan-fried (134.00 g) 0.95 g	49.27%
Meat Offal Lamb	
Lamb, variety meats and by-products, liver, raw (113.00 g) 0.50 g	25.79%
Meat Offal Poultry	
Chicken, liver, all classes, cooked, simmered (100.00 g) 0.61 g	31.40%
Meat Pork	
Pork, fresh, loin, whole, separable lean only, raw (106.00 g) 0.60 g	31.04%
Meat Poultry	
Pheasant, breast, meat only, raw (169.00 g) 1.20 g	61.97%
Turkey, all classes, breast, meat and skin, raw (146.00 g) 0.90 g	46.45%
Duck, domesticated, meat only, raw (137.00 g) 0.68 g	34.95%
Chicken, broilers or fryers, breast, meat only, raw (118.00 g) 0.65 g	33.64%
Seeds	
Seeds, watermelon seed kernels, dried (28.35 g) 0.24 g	12.21%
Seeds, pumpkin and squash seed kernels, dried (33.00 g) 0.20 g	10.28%
Seeds, sesame butter, tahini, from raw and stone ground kernels (28.35 g) 0.17 g	8.61%
Vegetables	
Soybeans, green, cooked, boiled, drained, without salt (180.00 g) 0.27 g	13.94%

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Foods that supply **greater than 1/3** of this nutrients' daily requirements in a single serve are shown in **blue**. However you can simply increase the amount of servings per day of foods lower on this list to get good amounts of this nutrient. This list is NOT exclusive as many other foods contain this nutrient.

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Fish, tuna, light, canned in oil, without salt, drained solids (171.00 g) 1.47 g	76.13%
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Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled (150.00 g) 0.92 g	47.25%
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Turkey, all classes, breast, meat and skin, raw (146.00 g) 0.90 g	46.45%
Game meat, deer, raw (150.00 g) 0.85 g	43.85%
Egg, duck, whole, fresh, raw (140.00 g) 0.81 g	41.65%
Game meat, rabbit, domesticated, composite of cuts, raw (150.00 g) 0.75 g	38.89%
Soy meal, defatted, raw (122.00 g) 0.74 g	38.18%
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