

USDA National Nutrient Database for Standard Reference, Release 20

Choline, total (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	355
01095	Milk, canned, condensed, sweetened	306	1 cup	273
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	258
05172	Turkey, all classes, giblets, cooked, simmered, some gibleat fat	145	1 cup	227
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	176
01123	Egg, whole, raw, fresh	58	1 extra large	146
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	145
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	144
01057	Eggnog	254	1 cup	133
01123	Egg, whole, raw, fresh	50	1 large	126
01128	Egg, whole, cooked, fried	46	1 large	125
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	122
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	121
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	120
01132	Egg, whole, cooked, scrambled	61	1 large	116
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	116
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	115
01125	Egg, yolk, raw, fresh	16.6	1 large	113
01129	Egg, whole, cooked, hard-boiled	50	1 large	113
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	111
01123	Egg, whole, raw, fresh	44	1 medium	110
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	106
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	103
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	102
11546	Tomato products, canned, paste, without salt added	262	1 cup	101
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	101
01131	Egg, whole, cooked, poached	50	1 large	100
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	99
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	96
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	95
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	94
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	94
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	92
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	92
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	92
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	92
14347	Shake, fast food, vanilla	333	16 fl oz	91
05277	Chicken, canned, meat only, with broth	142	5 oz	91
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	91
16008	Beans, baked, canned, with franks	259	1 cup	90
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	89
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	87

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13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	87
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	87
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	86
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	85
14346	Shake, fast food, chocolate	333	16 fl oz	85
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	85
21082	Fast foods, taco	263	1 large	84
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	82
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	82
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	82
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	81
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	81
15077	Fish, salmon, chinook, smoked	85.05	3 oz	81
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	80
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	80
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	80
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	80
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	78
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	78
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	78
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	78
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	77
13348	Beef, cured, corned beef, canned	85.05	3 oz	76
20005	Barley, pearled, raw	200	1 cup	76
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	75
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	73
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	72
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	72
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	72
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	70
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	70
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	70
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	70
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	69
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	69
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	69
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	69
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	69
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	69
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	69
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	69
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	67
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	67
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	66
20011	Buckwheat flour, whole-groat	120	1 cup	65

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	65
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	65
01097	Milk, canned, evaporated, nonfat	256	1 cup	65
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	64
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	64
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	64
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	63
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	63
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	62
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	62
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	62
05306	Poultry food products, ground turkey, cooked	82	1 patty	62
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	61
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	60
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	60
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	60
22904	Chili con carne with beans, canned entree	222	1 cup	60
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	60
16120	Soymilk, original and vanilla, unfortified	245	1 cup	58
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	58
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	58
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	57
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	56
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	55
15157	Mollusks, clam, mixed species, raw	85	3 oz	55
21082	Fast foods, taco	171	1 small	55
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	55
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	55
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	54
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	54
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	53
07069	Salami, cooked, beef and pork	56.7	2 slices	53
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	52
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	51
19087	Candies, white chocolate	170	1 cup	50
16112	Miso	68.75	1 cup	50
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	49
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	48
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	47
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	47
19041	Snacks, pork skins, plain	28.35	1 oz	47
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	46
21083	Fast foods, taco salad	198	1-1/2 cups	46
15141	Crustaceans, crab, blue, canned	135	1 cup	45
11135	Cauliflower, raw	100	1 cup	45
11226	Jerusalem-artichokes, raw	150	1 cup	45

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11547	Tomato products, canned, puree, without salt added	250	1 cup	44
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	44
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	44
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	43
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	43
01036	Cheese, ricotta, whole milk	246	1 cup	43
01037	Cheese, ricotta, part skim milk	246	1 cup	43
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	43
18324	Pie, pecan, commercially prepared	113	1 piece	43
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	43
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	43
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	43
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	42
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	42
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	41
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	41
20110	Noodles, egg, cooked, enriched	160	1 cup	41
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	40
01013	Cheese, cottage, creamed, with fruit	226	1 cup	40
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	40
11461	Spinach, canned, drained solids	214	1 cup	39
20012	Bulgur, dry	140	1 cup	39
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	39
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	39
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	39
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	38
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	38
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	38
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	37
20080	Wheat flour, whole-grain	120	1 cup	37
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	37
07008	Bologna, beef and pork	56.7	2 slices	37
19080	Candies, semisweet chocolate	168	1 cup	37
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	37
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	37
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	36
22905	Beef stew, canned entree	232	1 cup	36
11370	Potatoes, hashed brown, home-prepared	156	1 cup	36
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	36
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	36
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	36
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	36
06166	Sauce, homemade, white, medium	250	1 cup	36
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	35
07028	Ham, sliced, extra lean	56.7	2 slices	35
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	35
05292	Turkey patties, breaded, battered, fried	64	1 patty	35
01077	Milk, whole, 3.25% milkfat	244	1 cup	35

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
22401	Spaghetti with meat sauce, frozen entree	283	1 package	35
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	35
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	35
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	35
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	34
20010	Buckwheat groats, roasted, cooked	168	1 cup	34
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	34
18027	Bread, egg	40	1/2" slice	34
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	33
11512	Sweet potato, canned, vacuum pack	255	1 cup	33
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	33
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	33
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	33
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	33
18326	Pie, pumpkin, commercially prepared	109	1 piece	32
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	32
14006	Alcoholic beverage, beer, light	354	12 fl oz	31
11264	Mushrooms, canned, drained solids	156	1 cup	31
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	31
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	30
11581	Vegetables, mixed, canned, drained solids	163	1 cup	30
20033	Oat bran, raw	94	1 cup	30
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	30
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	30
11674	Potato, baked, flesh and skin, without salt	202	1 potato	30
21078	Fast foods, nachos, with cheese	113	6-8 nachos	30
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	30
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	29
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	29
18279	Muffins, corn, commercially prepared	57	1 muffin	29
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	29
22402	Beef Macaroni, frozen entree	240	1 package	29
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	28
07017	Chicken roll, light meat	56.7	2 slices	28
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	28
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	28
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	28
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	27
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	27
20020	Cornmeal, whole-grain, yellow	122	1 cup	26
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	26
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	26
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	26
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	26
09306	Raspberries, frozen, red, sweetened	250	1 cup	26
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	25
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	25

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15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	25
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	25
11439	Sauerkraut, canned, solids and liquids	236	1 cup	25
11549	Tomato products, canned, sauce	245	1 cup	24
09277	Plantains, raw	179	1 medium	24
11424	Pumpkin, canned, without salt	245	1 cup	24
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	23
11655	Carrot juice, canned	236	1 cup	23
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	23
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	23
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	23
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	23
07024	Frankfurter, chicken	45	1 frank	23
11363	Potatoes, baked, flesh, without salt	156	1 potato	23
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	22
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	22
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	22
18239	Croissants, butter	57	1 croissant	22
19155	Candies, MASTERFOODS USA, SNICKERS Bar	57	1 bar (2 oz)	22
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	22
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	22
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	22
07072	Salami, dry or hard, pork, beef	20	2 slices	21
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	21
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	21
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	21
20006	Barley, pearled, cooked	157	1 cup	21
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	21
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	21
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	20
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	20
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	20
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	20
11399	Potato puffs, frozen, oven-heated	79	10 puffs	20
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	20
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	20
21024	Fast foods, french toast sticks	141	5 sticks	20
09278	Plantains, cooked	154	1 cup	20
07023	Frankfurter, beef and pork	45	1 frank	19
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	19
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	19
19089	Ice creams, vanilla, rich	74	1/2 cup	19
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	19
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	19
19126	Candies, milk chocolate coated peanuts	40	10 pieces	19
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	19
09128	Grapefruit juice, white, raw	247	1 cup	19

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09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	19
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	19
09226	Papayas, raw	304	1 papaya	19
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	18
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	18
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	18
07064	Pork sausage, fresh, cooked	27	1 patty	18
11205	Cucumber, with peel, raw	301	1 large	18
11364	Potatoes, baked, skin, without salt	58	1 skin	18
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	18
20037	Rice, brown, long-grain, cooked	195	1 cup	18
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	18
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	18
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	18
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	18
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	18
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	18
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	18
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	17
11578	Vegetable juice cocktail, canned	242	1 cup	17
07064	Pork sausage, fresh, cooked	26	2 links	17
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	17
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	17
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	17
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	17
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	17
19088	Ice creams, vanilla, light	66	1/2 cup	17
19095	Ice creams, vanilla	66	1/2 cup	17
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	17
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	17
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	17
20089	Wild rice, cooked	164	1 cup	17
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	17
18133	Cake, sponge, commercially prepared	30	1 shortcake	17
11540	Tomato juice, canned, with salt added	243	1 cup	17
11090	Broccoli, raw	88	1 cup	16
06174	Soup, stock, fish, home-prepared	233	1 cup	16
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	16
07027	Ham, chopped, not canned	21	2 slices	16
09298	Raisins, seedless	145	1 cup	16
18090	Cake, boston cream pie, commercially prepared	92	1 piece	16
11206	Cucumber, peeled, raw	280	1 large	16
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	16
12147	Nuts, pine nuts, dried	28.35	1 oz	16
09176	Mangos, raw	207	1 mango	16
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	16
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	16

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	16
11012	Asparagus, cooked, boiled, drained	60	4 spears	16
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	16
18245	Danish pastry, cheese	71	1 danish	15
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	15
09209	Orange juice, chilled, includes from concentrate	249	1 cup	15
09207	Orange juice, canned, unsweetened	249	1 cup	15
11015	Asparagus, canned, drained solids	72	4 spears	15
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	15
09206	Orange juice, raw	248	1 cup	15
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	15
07065	Pork and beef sausage, fresh, cooked	26	2 links	15
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	15
07022	Frankfurter, beef	45	1 frank	15
09302	Raspberries, raw	123	1 cup	15
09200	Oranges, raw, all commercial varieties	180	1 cup	15
12637	Nuts, mixed nuts, with peanuts, oil roasted, with salt added	28.35	1 oz	15
20125	Spaghetti, whole-wheat, cooked	140	1 cup	15
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	15
09223	Tangerine juice, canned, sweetened	249	1 cup	15
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	15
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	15
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	15
19270	Ice creams, chocolate	66	1/2 cup	15
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	15
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	15
12061	Nuts, almonds	28.35	1 oz (24 nuts)	15
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	15
09040	Bananas, raw	150	1 cup	15
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	15
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	14
20084	Wheat flour, white, cake, enriched	137	1 cup	14
20083	Wheat flour, white, bread, enriched	137	1 cup	14
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	14
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	14
09340	Pears, asian, raw	275	1 pear	14
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	14
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	14
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	14
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	14
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	14
18005	Bagels, cinnamon-raisin	89	4" bagel	14
22247	Macaroni and Cheese, canned entree	252	1 cup	14
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	14
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	13
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	13
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	13

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	13
19078	Baking chocolate, unsweetened, squares	28.35	1 square	13
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	13
12120	Nuts, hazelnuts or filberts	28.35	1 oz	13
09184	Melons, honeydew, raw	170	1 cup	13
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	13
19422	Snacks, potato chips, reduced fat	28.35	1 oz	13
11084	Beets, canned, drained solids	170	1 cup	13
09250	Peaches, frozen, sliced, sweetened	250	1 cup	13
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	13
09055	Blueberries, frozen, sweetened	230	1 cup	13
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	13
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	13
20013	Bulgur, cooked	182	1 cup	13
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	13
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	13
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	13
09176	Mangos, raw	165	1 cup	13
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit-filled	37	1 bar	13
09153	Lemon juice, canned or bottled	244	1 cup	12
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	12
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	12
09042	Blackberries, raw	144	1 cup	12
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	12
09184	Melons, honeydew, raw	160	1/8 melon	12
09181	Melons, cantaloupe, raw	160	1 cup	12
11260	Mushrooms, white, raw	70	1 cup	12
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	12
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	12
11112	Cabbage, red, raw	70	1 cup	12
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	12
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	12
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	12
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	12
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	12
09326	Watermelon, raw	286	1 wedge	12
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	12
09040	Bananas, raw	118	1 banana	12
12142	Nuts, pecans	28.35	1 oz (20 halves)	11
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	11
09087	Dates, deglet noor	178	1 cup	11
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	11
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	11
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	11
06094	Soup, onion, dry, mix	39	1 packet	11
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	11
09200	Oranges, raw, all commercial varieties	131	1 orange	11

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Choline, total (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	11
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	11
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	11
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	11
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	11
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	11
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	11
19183	Puddings, chocolate, ready-to-eat	113	4 oz	11
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	11
11081	Beets, cooked, boiled, drained	170	1 cup	11
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	11
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	11
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	11
09236	Peaches, raw	170	1 cup	10
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	10
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	10
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	10
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	10
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	10
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	10
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	10
16098	Peanut butter, smooth style, with salt	16	1 tbsp	10
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	61	1 bar (2.15 oz)	10
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	10
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	10
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	10
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	10
16097	Peanut butter, chunk style, with salt	16	1 tbsp	10
11282	Onions, raw	160	1 cup	10
11124	Carrots, raw	110	1 cup	10
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	10
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	9
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	9
14194	Cocoa mix, powder, prepared with water	206	1 serving	9
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	9
09316	Strawberries, raw	166	1 cup	9
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	9
14192	Cocoa mix, powder	28.35	3 heaping tsp	9
07073	Sandwich spread, pork, beef	15	1 tbsp	9
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	9
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	9
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	9
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	9
18319	Pie, fried pies, fruit	128	1 pie	9
11128	Carrots, canned, regular pack, drained solids	146	1 cup	9

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	9
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	9
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	9
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	9
20100	Macaroni, cooked, enriched	140	1 cup	9
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	9
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	9
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	9
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	9
18041	Bread, pita, white, enriched	60	6-1/2" pita	9
09050	Blueberries, raw	145	1 cup	9
11114	Cabbage, savoy, raw	70	1 cup	9
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	9
09226	Papayas, raw	140	1 cup	9
09266	Pineapple, raw, all varieties	155	1 cup	9
09252	Pears, raw	166	1 pear	8
09191	Nectarines, raw	136	1 nectarine	8
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	8
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	8
18305	Pie, blueberry, commercially prepared	117	1 piece	8
18308	Pie, cherry, commercially prepared	117	1 piece	8
11213	Endive, raw	50	1 cup	8
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	8
11821	Peppers, sweet, red, raw	149	1 cup	8
18353	Rolls, hard (includes kaiser)	57	1 roll	8
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	8
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	8
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	8
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	8
09060	Carambola, (starfruit), raw	108	1 cup	8
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	8
11333	Peppers, sweet, green, raw	149	1 cup	8
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	8
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	8
09020	Applesauce, canned, sweetened, without salt	255	1 cup	8
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	8
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	8
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	8
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	8
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	8
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	8
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	8
01094	Milk, buttermilk, dried	6.5	1 tbsp	8
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	8
04134	Salad dressing, home recipe, cooked	16	1 tbsp	8
11641	Squash, summer, all varieties, raw	113	1 cup	8
11253	Lettuce, green leaf, raw	56	1 cup	8

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11109	Cabbage, raw	70	1 cup	7
19140	Candies, MASTERFOODS USA, M&M's Peanut Chocolate Candies	20	10 pieces	7
18075	Bread, whole-wheat, commercially prepared	28	1 slice	7
11143	Celery, raw	120	1 cup	7
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	7
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	7
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	7
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	7
18320	Pie, lemon meringue, commercially prepared	113	1 piece	7
19218	Puddings, tapioca, ready-to-eat	113	4 oz	7
19201	Puddings, vanilla, ready-to-eat	113	4 oz	7
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	7
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	7
09060	Carambola, (starfruit), raw	91	1 fruit	7
09294	Prune juice, canned	256	1 cup	7
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	7
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	7
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	7
11206	Cucumber, peeled, raw	119	1 cup	7
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	7
11282	Onions, raw	110	1 whole	7
11821	Peppers, sweet, red, raw	119	1 pepper	7
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	7
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	7
11333	Peppers, sweet, green, raw	119	1 pepper	7
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	6
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	6
04002	Lard	12.8	1 tbsp	6
11124	Carrots, raw	72	1 carrot	6
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	6
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	6
18350	Rolls, hamburger or hotdog, plain	43	1 roll	6
11205	Cucumber, with peel, raw	104	1 cup	6
19015	Snacks, granola bars, hard, plain	28.35	1 bar	6
09326	Watermelon, raw	152	1 cup	6
09340	Pears, asian, raw	122	1 pear	6
09094	Figs, dried, uncooked	38	2 figs	6
09236	Peaches, raw	98	1 peach	6
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	6
11135	Cauliflower, raw	13	1 floweret	6
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	6
01007	Cheese, camembert	38	1 wedge	6
18243	Croutons, seasoned	40	1 cup	6
11090	Broccoli, raw	31	1 spear	6
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	6
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	6
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	6
19097	Sherbet, orange	74	1/2 cup	6

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	6
09011	Apples, dried, sulfured, uncooked	32	5 rings	6
18151	Cookies, brownies, commercially prepared	56	1 brownie	6
11251	Lettuce, cos or romaine, raw	56	1 cup	6
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	5
12104	Nuts, coconut meat, raw	45	1 piece	5
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	5
11457	Spinach, raw	30	1 cup	5
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S Honey SMACKS	27	3/4 cup	5
19071	Candies, carob, unsweetened	28.35	1 oz	5
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	5
09206	Orange juice, raw	86	juice from 1 orange	5
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	5
09181	Melons, cantaloupe, raw	69	1/8 melon	5
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	5
20029	Couscous, cooked	157	1 cup	5
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	5
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	5
18065	Bread, wheat, toasted	23	1 slice	5
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	5
11670	Peppers, hot chili, green, raw	45	1 pepper	5
09246	Peaches, dried, sulfured, uncooked	39	3 halves	5
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	5
11819	Peppers, hot chili, red, raw	45	1 pepper	5
09032	Apricots, dried, sulfured, uncooked	35	10 halves	5
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	5
12147	Nuts, pine nuts, dried	8.6	1 tbsp	5
11001	Alfalfa seeds, sprouted, raw	33	1 cup	5
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	5
09003	Apples, raw, with skin	138	1 apple	5
01009	Cheese, cheddar	28.35	1 oz	5
18064	Bread, wheat	25	1 slice	5
18060	Bread, rye	32	1 slice	5
18044	Bread, pumpernickel	32	1 slice	5
18045	Bread, pumpernickel, toasted	29	1 slice	5
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	5
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	5
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	4
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	4
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	4
01040	Cheese, swiss	28.35	1 oz	4
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	4
01035	Cheese, provolone	28.35	1 oz	4
01026	Cheese, mozzarella, whole milk	28.35	1 oz	4
01019	Cheese, feta	28.35	1 oz	4
01004	Cheese, blue	28.35	1 oz	4
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	4
01030	Cheese, muenster	28.35	1 oz	4

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18235	Crackers, whole-wheat	16	4 crackers	4
18055	Bread, reduced-calorie, wheat	23	1 slice	4
01186	Cheese, cream, fat free	15.6	1 tbsp	4
09291	Plums, dried (prunes), uncooked	42	5 prunes	4
18139	Cake, white, prepared from recipe without frosting	74	1 piece	4
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	4
09070	Cherries, sweet, raw	68	10 cherries	4
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	4
18041	Bread, pita, white, enriched	28	4" pita	4
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	4
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	4
09038	Avocados, raw, California	28.35	1 oz	4
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	4
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	4
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	4
18360	Taco shells, baked	13.3	1 medium	4
18040	Bread, oatmeal, toasted	25	1 slice	4
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4
18220	Crackers, melba toast, plain	20	4 pieces	4
01017	Cheese, cream	14.5	1 tbsp	4
18039	Bread, oatmeal	27	1 slice	4
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	4
18061	Bread, rye, toasted	24	1 slice	4
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	4
18048	Bread, raisin, toasted, enriched	24	1 slice	4
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	4
18047	Bread, raisin, enriched	26	1 slice	4
18110	Cake, fruitcake, commercially prepared	43	1 piece	4
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	4
18283	Muffins, oat bran	57	1 muffin	4
09004	Apples, raw, without skin	110	1 cup	4
20113	Noodles, chinese, chow mein	45	1 cup	4
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	4
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	4
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	4
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	4
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4
19013	Snacks, fruit leather, pieces	28.35	1 oz	4
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	4
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	4
18070	Bread, white, commercially prepared, toasted	22	1 slice	4
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	4
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	3
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	3
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	3
19411	Snacks, potato chips, plain, salted	28.35	1 oz	3
18053	Bread, reduced-calorie, rye	23	1 slice	3

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Choline, total (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18057	Bread, reduced-calorie, white	23	1 slice	3
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	3
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	3
20045	Rice, white, long-grain, regular, cooked	158	1 cup	3
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	3
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	3
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	3
11081	Beets, cooked, boiled, drained	50	1 beet	3
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	3
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	3
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	3
18217	Crackers, matzo, plain	28.35	1 matzo	3
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	3
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	3
19135	Candies, MASTERFOODS USA, MILKY WAY Bar	18	1 fun size bar	3
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	3
18033	Bread, italian	20	1 slice	3
09150	Lemons, raw, without peel	58	1 lemon	3
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	3
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	3
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	3
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	3
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	3
01049	Cream, fluid, half and half	15	1 tbsp	3
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	3
14242	Cranberry juice cocktail, bottled	253	8 fl oz	3
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	3
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	3
19014	Snacks, fruit leather, rolls	21	1 large	3
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	3
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	3
11284	Onions, dehydrated flakes	5	1 tbsp	3
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	3
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	3
01001	Butter, salted	14.2	1 tbsp	3
01145	Butter, without salt	14.2	1 tbsp	3
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	3
19127	Candies, milk chocolate coated raisins	10	10 pieces	3
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	3
09087	Dates, deglet noor	41.5	5 dates	3
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	3
11954	Tomatillos, raw	34	1 medium	3
09254	Pears, canned, juice pack, solids and liquids	76	1 half	3
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	3
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	3
01053	Cream, fluid, heavy whipping	15	1 tbsp	3
01052	Cream, fluid, light whipping	15	1 tbsp	3
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	2

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Choline, total (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	2
11143	Celery, raw	40	1 stalk	2
09152	Lemon juice, raw	47	juice of 1 lemon	2
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	2
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	2
18170	Cookies, fig bars	16	1 cookie	2
01056	Cream, sour, cultured	12	1 tbsp	2
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	2
09193	Olives, ripe, canned (small-extra large)	22	5 large	2
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	2
19036	Snacks, popcorn, cakes	10	1 cake	2
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	2
14150	Carbonated beverage, orange	372	12 fl oz	2
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	2
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	2
18226	Crackers, rye, wafers, plain	11	1 wafer	2
18232	Crackers, wheat, regular	8	4 crackers	2
09081	Cranberry sauce, canned, sweetened	57	1 slice	2
12167	Nuts, chestnuts, european, roasted	143	1 cup	2
11955	Tomatoes, sun-dried	2	1 piece	2
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	2
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	2
19297	Jams and preserves	20	1 tbsp	2
19300	Jellies	19	1 tbsp	2
09160	Lime juice, raw	38	juice of 1 lime	2
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	2
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	2
02020	Spices, garlic powder	2.8	1 tsp	2
11935	Catsup	15	1 tbsp	2
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	2
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	2
20068	Tapioca, pearl, dry	152	1 cup	2
11457	Spinach, raw	10	1 leaf	2
11084	Beets, canned, drained solids	24	1 beet	2
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	2
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	2
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	2
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	2
02009	Spices, chili powder	2.6	1 tsp	2
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	2
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	2
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	2
19034	Snacks, popcorn, air-popped	8	1 cup	2
18229	Crackers, standard snack-type, regular	12	4 crackers	2
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	2
09298	Raisins, seedless	14	1 packet	2
19141	Candies, MASTERFOODS USA, M&M's Milk Chocolate Candies	7	10 pieces	2

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Choline, total (mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	2
19104	Candies, fudge, vanilla with nuts	15	1 piece	2
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	1
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	1
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	1
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	1
11253	Lettuce, green leaf, raw	10	1 leaf	1
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	1
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	1
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	1
02015	Spices, curry powder	2	1 tsp	1
11297	Parsley, raw	10	10 sprigs	1
11445	Seaweed, kelp, raw	10	2 tbsp	1
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	1
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	1
02029	Spices, parsley, dried	1.3	1 tbsp	1
18177	Cookies, molasses	15	1 cookie, medium	1
09279	Plums, raw	66	1 plum	1
14341	Pineapple and orange juice drink, canned	250	8 fl oz	1
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	1
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	1
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	1
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	1
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	1
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	1
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	1
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	1
14157	Carbonated beverage, root beer	370	12 fl oz	1
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	1
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	1
02028	Spices, paprika	2.1	1 tsp	1
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	1
19348	Syrups, chocolate, fudge-type	19	1 tbsp	1
09316	Strawberries, raw	18	1 strawberry	1
01143	Egg substitute, liquid	62.75	1/4 cup	1
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	1
11251	Lettuce, cos or romaine, raw	10	1 leaf	1
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1
09021	Apricots, raw	35	1 apricot	1
16055	Carob flour	8	1 tbsp	1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	1
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1
04585	Margarine-butter blend, soybean oil and butter	14.2	1 tbsp	1
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	1
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1
18214	Crackers, cheese, regular	10	10 crackers	1
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	1

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11282	Onions, raw	14	1 slice	1
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	1
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	1
02026	Spices, onion powder	2.1	1 tsp	1
19074	Candies, caramels	10.1	1 piece	1
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	1
09153	Lemon juice, canned or bottled	15.2	1 tbsp	1
01032	Cheese, parmesan, grated	5	1 tbsp	1
11943	Pimento, canned	12	1 tbsp	1
11960	Carrots, baby, raw	10	1 medium	1
11935	Catsup	6	1 packet	1
14277	Grape drink, canned	250	8 fl oz	1
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	1
11945	Pickle relish, sweet	15	1 tbsp	1
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	1
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	1
14355	Tea, brewed, prepared with tap water	178	6 fl oz	1
14545	Tea, herb, chamomile, brewed	178	6 fl oz	1
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	1
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	1
04015	Salad dressing, russian dressing	15.3	1 tbsp	1
11215	Garlic, raw	3	1 clove	1
09316	Strawberries, raw	12	1 strawberry	1
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	1
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	1
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	1
18088	Cake, angelfood, dry mix, prepared	50	1 piece	1
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	1
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	1
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	1
11667	Seaweed, spirulina, dried	0.93	1 tbsp	1
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	1
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	1
04128	Margarine-like spread, (approximately 37% fat), unspecified oils	4.8	1 tsp	1
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	1
11333	Peppers, sweet, green, raw	10	1 ring	1
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	1
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	1
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	1
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0
02007	Spices, celery seed	2	1 tsp	0
04613	Margarine, margarine-like vegetable oil spread, 60% fat, tub	4.8	1 tsp	0
02027	Spices, oregano, dried	1.5	1 tsp	0
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0
19296	Honey	21	1 tbsp	0
06150	Sauce, barbecue	15.75	1 tbsp	0
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0
01124	Egg, white, raw, fresh	33.4	1 large	0
19294	Fruit butters, apple	17	1 tbsp	0
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0
02055	Horseradish, prepared	5	1 tsp	0
19353	Syrups, maple	20	1 tbsp	0
11429	Radishes, raw	4.5	1 radish	0
02010	Spices, cinnamon, ground	2.3	1 tsp	0
14181	Chocolate syrup	18.75	1 tbsp	0
02030	Spices, pepper, black	2.1	1 tsp	0
11156	Chives, raw	3	1 tbsp	0
19334	Sugars, brown	3.2	1 tsp	0
19116	Candies, marshmallows	50	1 cup	0
01069	Cream substitute, powdered	2	1 tsp	0
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0
20027	Cornstarch	8.064	1 tbsp	0
04582	Oil, vegetable, canola	14	1 tbsp	0
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0
19108	Candies, jellybeans	28.35	10 large	0
18372	Leavening agents, baking soda	4.6	1 tsp	0
18373	Leavening agents, cream of tartar	3	1 tsp	0
13350	Beef, cured, dried	28.35	1 oz	0
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0
19156	Candies, MASTERFOODS USA, STARBURST Fruit Chews, Original fruits	5	1 piece	0
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0
19107	Candies, hard	3	1 small piece	0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0
19107	Candies, hard	6	1 piece	0
19129	Syrups, table blends, pancake	20	1 tbsp	0
11028	Bamboo shoots, canned, drained solids	131	1 cup	0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
02047	Salt, table	6	1 tsp	0
02048	Vinegar, cider	15	1 tbsp	0
19350	Syrups, corn, light	20	1 tbsp	0
19336	Sugars, powdered	8	1 tbsp	0
19335	Sugars, granulated	4.2	1 tsp	0
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0
14429	Water, tap, municipal	237	8 fl oz	0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0
14136	Carbonated beverage, ginger ale	366	12 fl oz	0
14121	Carbonated beverage, club soda	355	12 fl oz	0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0
01072	Dessert topping, pressurized	4	1 tbsp	0