

Addapted from: USDA Database for the Choline Content of Common Foods	
Food Description (In Alphabetical order)	Total Choline Value in milligrams per 100 grams of food
Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	0
Carbonated beverage, cola, contains caffeine	0.3
Oil, olive, salad or cooking	0.3
Iced tea, fast food, unsweetened	0.4
Kale, cooked, boiled, drained, without salt	0.4
Gelatin desserts, strawberry- flavor, ready to eat	0.5
Carbonated beverage, orange	0.6
Gelatin desserts, strawberry - flavor, with fruit juice, ready - to - eat	0.6
Cranberry juice cocktail, bottled	1.1
Egg, white, raw, fresh	1.1
Apple juice, calcium enriched with added vitamin C	1.8
Pears, canned, heavy syrup pack, solids and liquids	1.9
Rice, white, long-grain, regular, cooked	2
Cream substitute, powdered	2.2
Frostings, vanilla, creamy, ready-to-eat	2.3
Coffee, brewed from grounds, prepared with tap water	2.6
Peaches, canned, heavy syrup, drained, liquid	2.6
Salad dressing, italian dressing, commercial, regular	2.7
Grape juice, canned or bottled, unsweetened, without added vitamin C	3.2
Apples, raw, with skin	3.4
Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	3.5
Peaches, canned, heavy syrup, drained, solids	3.8
Salad dressing, ranch dressing, fat-free	3.9
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	4
Salad dressing, italian dressing, fat-free	4
Watermelon, raw	4.1
Alcoholic beverage, wine, table, white	4.8
Peppers, sweet, green, sauteed	4.8

Limes, raw	5.1
Pears, raw	5.1
Cranberries, raw	5.4
Macaroni and Cheese, canned entree	5.4
Pineapple, raw, extra sweet variety	5.4
Onions, sweet, raw	5.5
Peppers, sweet, green, raw	5.5
Peppers, sweet, red, raw	5.5
Alcoholic beverage, wine, table, red	5.6
Cucumber, peeled, raw	5.6
Grapes, red or green (european type varieties, such as, Thompson seedless), raw	5.6
Pineapple, raw, traditional varieties	5.7
Strawberries, raw	5.7
Beets, raw	6
Cucumber, with peel, raw	6
Blueberries, raw	6.1
Orange juice, chilled, includes from concentrate	6.1
Peaches, raw	6.1
Peppers, sweet, red, sauteed	6.1
Celery, raw	6.2
Nectarines, raw	6.2
Onions, raw	6.2
Dates, deglet noor	6.3
Radishes, raw	6.4
Spaghetti, cooked, enriched, without added salt	6.4
Onions, yellow, sauted	6.5
Pork, bacon, rendered fat, cooked	6.6
Lettuce, iceberg (includes crisphead types), raw	6.7
Tomatoes, red, ripe, raw, year round average	6.7
Frostings, chocolate, creamy, ready-to-eat	6.9
Wheat, bulgur cooked, simmered	6.9
Orange juice from concentrate with added vitamin C	7.1
Pie, apple, commercially prepared, enriched flour	7.2

Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	7.3
Carrots, baby, raw	7.5
Melons, cantaloupe, raw	7.5
Grapefruit, raw, pink and red, all areas	7.6
Toaster Pastries, strawberry, plain (not frosted), toasted	7.6
Kiwi fruit, (chinese gooseberries), fresh, raw	7.7
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	7.8
Alcoholic beverage, beer, light	7.9
Tortillas, ready-to-bake or -fry, flour	8
Tomatoes, red, cooked, microwaved	8.1
Jams and preserves	8.2
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry	8.3
Oranges, raw, navels	8.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	8.5
Lettuce, butterhead, raw	8.5
Blackberries, raw	8.6
Seeds, psyllium seed, husk powder (dietary fiber supplement)	8.6
Carrots, cooked, boiled, drained, without salt	8.7
Carrots, raw	8.7
Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	8.7
Agave, cooked	8.8
Spices, poppy seed	8.8
Beets, canned, drained solids	9
Biscuits, plain or buttermilk, commercially baked	9
Toaster Pastries, strawberry, frosted, toasted	9.2
Rice, brown, long-grain, cooked	9.3
Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	9.3
Puddings, chocolate, ready-to-eat	9.4
Bananas, raw	9.7
Alcoholic beverage, beer, regular	9.9
Dates, medjool	9.9
Lettuce, cos or romaine, raw	9.9
Tomato products, canned, sauce	9.9
Plums, dried (prunes), uncooked	10.1

Tangerines, (mandarin oranges), raw	10.3
Sauerkraut, canned, solids and liquids	10.4
Wheat flour, white, all-purpose, enriched, bleached	10.4
Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	10.5
Cabbage, raw	10.6
Squash, winter, all varieties, cooked, baked, without salt	10.6
Potatoes, white, flesh and skin, raw	11
Raisins, seedless	11.1
Spices, cinnamon, ground	11.1
Spices, pepper, black	11.2
Soup, chicken noodle, canned, condensed, commercial	11.3
Basil, fresh	11.4
Sauce, ready-to-serve, salsa	11.6
Cornmeal, degermed, enriched, yellow	11.7
Lettuce, red leaf, raw	11.8
Spaghetti with meat balls in tomato sauce, canned	11.9
Snacks, corn-based, extruded, chips, plain	12.1
Snacks, potato chips, plain, salted	12.1
Raspberries, raw	12.3
Salad dressing, italian, regular with egg	12.3
Catsup	12.6
Potatoes, russet, flesh and skin, raw	12.6
Soup, tomato, canned, condensed, commercial	12.8
Snacks, popcorn, microwave, 94% fat free, butter flavor	12.9
Macaroni and Cheese, canned, microwave	13.2
Sweetpotato, cooked, baked in skin, without salt	13.2
Tortillas, ready-to-bake or -fry, corn	13.2
Molasses	13.3
Beans, snap, green, frozen, cooked, boiled, drained without salt	13.5
Sauce, pasta, spaghetti/marinara, ready-to-serve	13.7
Crackers, standard snack-type, regular	13.8
Apricots, dried, sulfured, uncooked	13.9
Snacks, popcorn, oil-popped, butter and salt added	13.9
Cheese pizza, frozen, regular thin crust, (heated)	14
Clementines, raw	14

Fast foods, french toast sticks	14
Avocados, raw, California	14.1
Cheese, mozzarella, part skim milk, low moisture	14.1
Macaroni and Cheese, prepared with cheese powder, boxed	14.1
Yogurt, fruit, low fat, 10 grams protein per 8 ounce	14.1
Milk, whole, 3.25% milkfat	14.2
Fruit spread, strawberry	14.3
Soyburger	14.3
Alfalfa seeds, sprouted, raw	14.4
Potatoes, mashed, home-prepared, whole milk added	14.4
Potatoes, white, flesh and skin, baked	14.5
Salad dressing, mayonnaise, imitation, soybean	14.6
Bread, white, commercially prepared (includes soft bread crumbs)	14.7
Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	14.7
Bread, french or vienna (includes sourdough)	14.8
Cream, half and half, fat free	15
Potatoes, Russet, flesh and skin, baked	15
Spaghetti, dry, enriched	15.1
Yogurt, plain, low fat, 12 grams protein per 8 ounce	15.2
Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	15.3
Snacks, popcorn, oil-popped	15.3
Beef stew, canned	15.5
Cheese, swiss	15.6
Ice creams, vanilla and sherbet, orange	15.6
Milk, nonfat, fluid, with added vitamin A (fat free or skim)	15.6
English muffins, raisin-cinnamon (includes apple-cinnamon)	15.8
English muffins, plain, enriched, with ca prop (includes sourdough)	15.9
Figs, dried, uncooked	15.9
Asparagus, raw	16.1
Cheese, cottage, lowfat, 2% milk fat	16.3
Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)	16.4
Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	16.4
Potatoes, red, flesh and skin, raw	16.4

Yogurt, fruit variety, nonfat	16.4
Cheese, cheddar	16.5
Danish pastry, plain	16.7
Mushrooms, raw	16.8
Snacks, granola bars, soft, uncoated, chocolate chip	16.8
Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	17
Lasagna with meat sauce, frozen	17
Milk, chocolate, fluid, commercial, reduced fat	17.1
Cabbage, red, raw	17.2
Ice creams, vanilla, fat free, no sugar added	17.4
Bread, french or vienna, toasted (includes sourdough)	17.5
Milk, lowfat, fluid, 1% milkfat, with added vitamin A	17.6
Tamales	17.6
Fast foods, potatoes, hashed brown	17.7
Cheese, cottage, nonfat, uncreamed, dry, large or small curd	17.9
Shake, fast food, vanilla	18.2
Broccoli raab, raw	18.3
Cheese, cottage, creamed, large or small curd	18.3
Bread, wheat (includes wheat berry)	18.6
Candies, caramels, chocolate-flavor roll	18.6
Broccoli, raw	18.7
Cream, fluid, half and half	18.7
Butter, with salt	18.8
Potatoes, red, flesh and skin, baked	18.8
Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	19
Cream, sour, cultured	19.1
Biscuits, plain or buttermilk, refrigerated dough, higher fat	19.2
Pancakes, plain, dry mix, complete, prepared	19.2
English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	19.4
Vegetable burgers, frozen	19.4
Snacks, tortilla chips, plain	19.5
Crackers, saltines (includes oyster, soda, soup)	19.6
Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	19.8
English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	19.9

Orange juice, frozen concentrate, unsweetened, undiluted	19.9
Buckwheat groats, roasted, cooked	20
Cabbage, cooked, boiled, drained, without salt	20.2
Snacks, tortilla chips, low fat, made with olestra, nacho cheese	20.4
Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	20.7
Fast foods, potato, french fried in vegetable oil	20.8
Fast foods, flour tortilla with beans, chicken and cheese	21
Snacks, popcorn, air-popped	21.2
Cabbage, red, cooked, boiled, drained, without salt	21.5
Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	21.8
Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	21.9
Spinach, frozen, chopped or leaf, unprepared	22
Bread, wheat, toasted (includes wheat berry)	22.1
Sausage and pepperoni pizza, frozen	22.1
Snacks, granola bars, hard, plain	22.1
Artichokes, microwaved	22.3
Macaroni and Cheese, prepared with cheese sauce, boxed	22.3
Potatoes, french fried, frozen, unprepared	22.3
Cookies, graham crackers, plain or honey (includes cinnamon)	22.4
Ice creams, chocolate	22.4
Crackers, whole-wheat	22.8
Frozen yogurts, flavors other than chocolate	23
Cereals ready-to-eat, KRAFT, POST THE ORIGINAL SHREDDED WHEAT Cereal	23.1
Frozen yogurts, vanilla, fat free	23.1
Fast foods, taco salad	23.4
Soy milk, fluid	23.5
Bread, whole-wheat, commercially prepared	23.9
Beans, baked, pork and beans in tomato sauce, heated	24.2
Beans, baked, canned, with pork and sweet sauce	24.5
Meat and vegetable pizza, frozen (heated)	24.6
Crackers, cheese, sandwich-type with peanut butter filling	24.7
Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	24.8
Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	25.4
Fast foods, flour tortilla with beef and cheese	25.6

Noodles, egg, cooked, enriched	25.7
Seeds, sesame seed kernels, dried (decorticated)	25.7
Ice creams, vanilla	26
Asparagus, cooked, boiled, drained	26.1
Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	26.2
Fast foods, nachos with cheese	26.3
Pepperoni pizza, frozen (heated)	26.4
Fast foods, flour tortilla with beans, steak and cheese	26.5
Fast foods, biscuit, with sausage	26.7
Fast foods, burrito, with beans	26.8
Beans, navy, mature seeds, canned	27
Chili con carne with beans, canned entree	27.1
Fast foods, cinnamon rolls	27.1
Fast foods, flour tortilla with chicken and cheese	27.2
Cheese, cream	27.3
Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	27.3
Crackers, cheese, sandwich-type with cheese filling	27.5
Spinach, frozen, whole leaf, cooked, microwaved	27.5
Bean and cheese burrito, cooked	27.6
Beans, baked, vegetarian, heated	27.6
Fast foods, chocolate, dairy dessert	27.6
Peas, green, frozen, cooked, boiled, drained, without salt	27.6
Fast foods, burrito, with beans, cheese, and beef	27.8
Beef and bean burrito, cooked	28.1
Pancakes, buttermilk, frozen, microwaved	28.1
Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	28.1
Fast foods, nachos, with cheese, beans, ground beef, and peppers	28.2
Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal	28.5
Nuts, brazilnuts, dried, unblanched	28.8
Doughnuts, cake-type, plain, chocolate-coated or frosted	29
Fast foods, cheeseburger, large, single patty, with condiments and vegetables	29
Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	29
Fast foods, flour tortilla with steak and cheese	29.1
Fish, tuna, light, canned in water, drained solids	29.3
Fast foods, english muffin with sausage patty and cheese	29.9

Taco shells, baked	29.9
Beans, kidney, all types, mature seeds, cooked, boiled, without salt	30.5
Pancakes, plain, frozen, ready-to-heat (includes buttermilk)	30.5
Candies, milk chocolate coated wafer bars	31
Beans, baked, canned, plain or vegetarian	31.5
Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	31.7
Fast foods, taco	31.9
Nuts, walnuts, black, dried	32.1
Spices, oregano, dried	32.2
Fast foods, fish sandwich, with tartar sauce and cheese	32.6
Soy sauce made from soy and wheat (shoyu)	33
Fast foods, hamburger, large, single patty, with condiments	33.3
Crustaceans, crab, blue, canned	33.5
Broccoli raab, cooked	33.6
Fast foods, chicken sandwich, fried	33.7
Fast foods, hotcakes with syrup and sausage	33.8
Crackers, wheat, regular	34.2
Fish, fish portions and sticks, frozen, preheated	34.3
Artichokes, (globe or french), cooked, boiled, drained, without salt	34.4
Fast foods, hamburger, regular, single patty, plain	34.4
Beans, kidney, all types, mature seeds, canned	34.8
Fast foods, breast fillet	35
Beans, pinto, mature seeds, cooked, boiled, without salt	35.1
Fast foods, chicken fillet sandwich, plain	35.3
Cheese food, pasteurized process, american, without di sodium phosphate	36.1
Fish, roughy, orange, raw	36.1
Cake, yellow, commercially prepared, with vanilla frosting	36.3
Fast foods, croissant with sausage and cheese	36.3
Snacks, pretzels, hard, plain, salted	36.7
Frankfurter, beef	37.1
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	37.4
Spices, cloves, ground	37.5
Barley malt flour	37.7
Fish, fish sticks, breaded, frozen, unprepared, raw	37.8

Candies, milk chocolate coated, caramel and nougat bars with peanuts	38.1
Tomato products, canned, paste, without salt added	38.5
Spices, onion powder	38.9
Cauliflower, cooked, boiled, drained, without salt	39.1
Beans, baked, canned, with pork and tomato sauce	39.2
Nuts, walnuts, english	39.2
Pork and turkey sausage, pre-cooked	39.2
Fast foods, cheeseburger, large, double patty, with condiments and vegetables	39.3
Frankfurter, beef, heated	39.3
Chicken tenders, frozen, (Cooked)	39.4
Broccoli, cooked, boiled, drained, without salt	40.1
Fast foods, hamburger, large, double patty, with condiments and vegetables	40.5
Nuts, pecans	40.5
Brussels sprouts, cooked, boiled, drained, without salt	40.7
Fast foods, chicken, breaded and fried, boneless pieces, plain	40.7
Chicken nuggets, frozen, (Cooked)	40.9
Spices, ginger, ground	41.2
Beef sausage, pre-cooked	42.7
Frankfurter, meat, heated	43
Muffins, plain, prepared from recipe, made with low fat (2%) milk	43.4
Candies, milk chocolate pieces, sugar coated	43.6
Fast foods, chicken tenders	43.7
Frankfurter, meat	44.3
Nuts, macademia nuts, dry roasted, with salt added	44.5
Beans, navy, mature seeds, cooked, boiled, without salt	44.8
Chicken nuggets, frozen (Uncooked)	45.5
Baking chocolate, unsweetened, squares	45.7
Nuts, hazelnuts or filberts	45.8
Salad dressing, mayonnaise, soybean oil, with salt	46
Candies, milk chocolate	46.1
Bologna, beef	46.2
Beef, ground, 70% lean meat/30% fat, raw	46.7
Pork, cured, bacon, raw	46.7
Spices, turmeric, ground	49.2

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	49.4
Cereals ready-to-eat, UNCLE SAM CEREAL	49.4
Turkey sausage, fresh, raw	50.5
Sausage, smoked link sausage, pork and beef	50.7
Frankfurter, chicken	51.3
Beef sausage, fresh, cooked	51.5
Spices, paprika	51.5
Beef, ground, 75% lean meat/25% fat, raw	51.6
Muffins, blueberry, commercially prepared	51.8
Nuts, almonds	52
Pork sausage, pre-cooked	52.3
Peanuts, all types, raw	52.5
Pork sausage, fresh, raw	53
Bologna, chicken, turkey, pork	53.3
Spices, basil, dried	54.9
Nuts, pine nuts, pignolia, dried	55.8
Beef, ground, 80%lean meat/20% fat, raw	56.5
Oat bran, raw	58.6
Fast foods, english muffin with bacon, egg and cheese	58.9
Bologna, chicken, pork, beef	59.1
Chicken, broilers or fryers, meat and skin, raw	59.7
Fish, roughy, orange, cooked, dry heat	60.4
Peanut butter, chunk style, with salt	60.7
Nuts, cashew nuts, oil roasted, with salt added	61
Beef, ground, 85% lean meat/15% fat, raw	61.2
Turkey sausage, fresh, cooked	63.3
Spices, curry powder	64.2
Pork, fresh, separable fat, cooked	64.3
Fish, salmon, sockeye, cooked, dry heat	65.4
Chicken, broilers or fryers, meat only, raw	65.6
Peanut butter, smooth style, with salt	65.6
Chicken, broilers or fryers, meat and skin, cooked, roasted	65.9
Beef, ground, 90% lean meat/10% fat, raw	66
Beans, pinto, mature seeds, raw	66.3
Spices, chili powder	66.5

Fish, tilapia, fillets, raw	66.8
Pork sausage, fresh, cooked	66.8
Spices, garlic powder	67.5
Bologna, chicken, pork	67.7
Chicken, wings, frozen, barbecue flavored, glazed, raw	69.8
Beef, ground, 95% lean meat/5% fat, raw	70.8
Nuts, pistachio nuts, dry roasted, with salt added	71.5
Chicken, wings, frozen, barbecue flavored, glazed, microwaved	74.3
Wheat bran, crude	74.5
Chicken, wings, frozen, barbecue flavored, glazed, conventional	77.1
Beef, ground, 70% lean meat/30% fat, patty, cooked, broiled	77.3
Chicken, broilers or fryers, meat only, roasted	78.7
Noodles, egg, dry, enriched	78.7
Beef, ground, 75% lean meat/25% fat, patty, cooked, broiled	79.4
Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	80.1
Beef, ground, 80% lean meat/20% fat, patty, cooked, broiled	80.9
Crustacean, shrimp, mixed species, canned	80.9
Fast foods, bagel with breakfast steak, egg, cheese and condiments	82.2
Turkey, gizzard, all classes, cooked, simmered	82.3
Beef, ground, 85% lean meat/15% fat, patty, cooked, broiled	82.4
Fish, tilapia, fillets, baked	82.9
Fish, cod, Atlantic, cooked, dry heat	83.7
Beef, ground, 90% lean meat/10% fat, patty, cooked, broiled	83.8
Fast foods, bagel with egg, sausage patty, cheese, condiments	83.8
Fast foods, croissant, with egg, cheese, and sausage	84
Beef, ground, 95% lean meat/5% fat, patty, cooked, broiled	85.4
Fast foods, flour tortilla with sausage, egg, cheese and condiments	85.6
Soy protein powder, dietary supplement, cholesterol free, low fat enriched with vitamins	86.1
Beans, navy, mature seeds, raw	87.4
Turkey, gizzard, all classes, raw	89.7
Fast foods, croissant, with egg and cheese	92.3
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	95.8
Spices, parsley, dried	97.1

Fast foods, biscuit with sausage patty and egg	97.8
Fast foods, bagel with ham, egg and cheese	98.2
Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-broiled	98.6
Mutton, roasted from mutton sandwich	100.6
Coffee, instant, decaffeinated, powder	101.9
Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	102.8
Fast foods, english muffin, with egg, cheese, and sausage	103.3
Pork, cured, bacon, cooked, baked	119.3
Spices, mustard seed, yellow	122.6
Pork, cured, bacon, cooked, microwaved	124.7
Fast foods, biscuit, with egg, cheese, and bacon	126.8
Turkey, heart, all classes, raw	126.8
Fast foods, english muffin with egg	128.2
Cake, chocolate, dry mix, regular, prepared without frosting	128.4
Pork, cured, bacon, cooked, pan-fried	130.8
Cereals ready-to-eat, wheat germ, toasted, plain	152.1
Turkey, heart, all classes, cooked, simmered	172.5
Chicken, liver, all classes, raw	194.5
Turkey, liver, all classes, cooked, simmered	220.2
Turkey, liver, all classes, raw	221.9
Egg, whole, cooked, hard-boiled	225.2
Egg, whole, raw, fresh	251
Egg, whole, cooked, fried	272.6
Chicken, liver, all classes, cooked, simmered	290.1
Chicken, liver, all classes, cooked, pan-fried	308.5
Veal, variety meats and by-products, liver, raw	309.9
Beef, variety meats and by-products, liver, raw	333.2
Veal, variety meats and by-products, liver, cooked, braised	398.8
Veal, variety meats and by-products, liver, cooked, pan-fried	411
Beef, variety meats and by-products, liver, cooked, pan-fried	418.3
Beef, variety meats and by-products, liver, cooked, braised	426.1
Egg, yolk, raw, fresh	682.4