



The Comprehensive L-Lysine Vs. Arginine Ratio Guide

L-lysine (known as lysine) and arginine are amino acids found in foods containing protein, which rebuild your bodily tissues (internally and externally), such as your muscles and skin. Both play vital roles in maintaining optimal health and wellness. You'll have to contend with these two particular amino acids to put and keep herpes in remission.

Lysine is also vital in transporting long-chain fatty acids (fats) across cell membranes for energy and in transporting toxins outside the cells. Unfortunately, your body can't produce lysine on its own. You can obtain it through your diet by consuming animal proteins (meats and seafood), beans, legumes, eggs, dairy products, soy, Brewer's yeast, as well as some vegetables, fruits, nuts, seeds, and grains.

Arginine feeds the Herpes Simplex Virus and can increase the frequency and severity of herpes outbreaks when higher amounts of arginine, rather than lysine, are consumed. Taking lysine as a supplement reduces the availability of arginine by increasing the production of arginase, an enzyme that breaks down arginine, thereby decreasing the concentration of arginine in cells. As a result, lysine may reduce the frequency or severity of lesions caused by the herpes virus.

For complete information regarding lysine, please refer to [Lysine Versus Arginine](#) at The Herpes Witch.

Foods Containing Higher Amounts of L-Lysine

FRUITS	Weight (Gm)	Arginine	Lysine
Apples	150	8	17
	sauce, unsweetened	244	12
	dried	64	19
Apricots	dried	35	49
	frozen, canned	114	48
Avocados	272	119	189

Banana, raw	175	54	55
Cantaloupe	29	30
Chayote, raw		
Cherries, sweet, raw		
Crab Apples	110	14	28
Figs, whole, raw dried	65 189	11 131	19 228
Guava, sauce	112	19	21
Lime, juice	15	16
Loquat	16	1	2
Mango	300	39	85
Melon, honeydew		
Nectarines		
Papaya	454	290	750
Peaches	130	120	151
dried			
stewed, raw	115	16	20
Pears	180	12	23
dried	175	56	116
Persimmons, Japanese, dried	200	42	55
Pineapple	155	28	39
Plums and Prunes	5.5	74	90
Sapodilla		
Sapotes		
Star Fruit (Carambola)		
Watermelon	160	94	99

VEGETABLES	Weight	Arginine	Lysine
Amaranth, leaves		
Asparagus, frozen	134	192	194
Bamboo shoots		
Basella (a Spinach)		
Beets, pickled or regular beet greens	136	30 63	72 64
Cabbage			
Chinese pak-choi	70	59	62
Chinese pe-tsai	70	59	62
Coleslaw, homemade		
Cauliflower	96	108
Celery, cooked or raw	120	24	32

Corn	154	200	210
Dock, greens		
Endive, raw	50	32	32
Green Peppers, sweet, cooked	24	36
Gourd, white flowering		
Kale	67	123	132
Leeks	78	78
Lettuce,			
Butterhead		
Celtuce		
Iceberg	75	52	60
Green leaf		
Romaine	56	50	58
Lotus, root		
Mushrooms			
Enoki		
White		
Nopales (cactus pads)		
Pickles, sweet		
Red Peppers, sweet, frozen, sautéed		
Snap Beans, green	110	80	97
Squash,			
Summer	26	34
Crook-necked	26	34
Scallop		
Straight-necked	26	34
Zucchini	21	35
Spinach	55	90	98
Sprouts,			
lentil	77	470	548
mung		
Sweet Potato	130	100	105
Taro, leaves, cooked		
Tomatoes (also see CANNED)	123	27	41
cooked, plain	26	39
paste	262	200	282
juice	243	36	54
Turnip			
greens	55	52	54
whole	130	31	41
Wakame, seaweed		
Zucchini		

HERBS & SPICES**Weight** **Arginine** **Lysine**Ginger root
Purslane**GRAINS****Weight** **Arginine** **Lysine**

Arrowroot flour	12	13
Beans, most		
lima		
pinto		
mung, cooked		
mature sprouted seeds		
Corn (cut off cob) with butter		
Potato (also see Fast Food)			
Baked	202	214	283
French fries, frozen		
Buds, dehydrated		
O'Brien, frozen		
Red		
Pumpkin, raw or cooked	245	96	96
Pumpkin pie mix, raw		
Soy (also see MILK)			
cooked		
sprouts	70	266	386
Succotash (corn/lima)		
Sweet potato		

MILK/DAIRY**Weight** **Arginine** **Lysine**

Breast Milk, human	246	105	168
Cream, whipped			
canned	60	70	152
fresh	239	188	411
fresh, heavy	238	177	387
half and half	242	259	568
Creamer, coffee, plain	15	15	32
Ice Cream			
general, homemade, plain	133	174	381
ice milk	131	197	409

	rich	148	150	327
	sherbet	193	78	171
Milk				
	buttermilk	245	309	679
	chocolate milk	250	287	629
	condensed, sweetened	306	876	1920
	evaporated	126	311	681
	evaporated, skim	128	349	763
	goat	244	291	708
	instant, nonfat, dry	120	1570	3440
	low-fat	244	294	644
	skim	245	302	663
	substitutes, fluid			
	with lauric acid oil		
	whole	244	291	637
	whole 3.25% milk fat		
	whole, dry	128	1220	2670
Yogurt				
	plain	227	237	706
	plain, low fat	227	359	1060
	low fat	227	272	810
	skim	227	391	1160
Cheese				
	American cheese spread	28	155	427
	American processed cheese	28	263	623
	Blue	28	202	526
	Brie	28	208	525
	Brick	28	248	602
	Camembert	28	199	501
	Cheddar	28	267	588
	Cheshire	28	250	551
	Colby	28	254	561
	Cottage			
	dry	145	1140	2020
	low fat, 2%	226	1410	2510
	creamed	210	1190	2120
	Cream cheese	28	81	192
	Edam	28	273	754
	Gjetost	28	93	231
	Gouda	28	273	752
	Gruyere	28	276	768
	Limburger	28	198	475
	Monterey Jack	28	262	578

Mozzarella			
regular	28	236	559
part skim	28	295	699
Muenster	28	250	606
Neufchatel	28	107	253
Parmesan			
whole	28	373	937
grated	5	77	192
Port du salut	28	235	563
Ricotta	246	1550	3290
part skim	246	1570	3320
Swiss, processed	28	293	696
Tilsit	28	241	578

MEATS	Weight	Arginine	Lysine
Abalone (sea snail)	85	1060	1090
Anchovy, in oil	20	346	531
Bacon			
Canadian style	454	5100	7370
pork	454	2400	2900
Bass	85	902	1380
Beef			
variety meats, suet (hard white fat), dried 28	97 557	127 673
flank steak	454	5500	7270
ground, lean	113	1350	1670
ground, regular	113	1260	1560
porterhouse steak	454	4980	6560
rib roast	454	4600	6050
round steak	454	5550	7320
short ribs	454	4130	5430
sirloin steak	454	5230	6880
smoked, chopped	28	386	467
t-bone steak	454	4810	6330
tenderloin	454	5320	6990
Bluefish	85	1020	1560
Bologna, beef and pork	28	198-205	250-254
Braunschweiger (mettwurst)			
knockwurst, knackwurst	68	482	634
liverwurst	28	217	258
Bratwurst	28	268	323

Carp	85	907	1390
Catfish	85	925	1420
Caviar, black and red	16	254	293
Chicken			
back	177	900	1090
dark meat	160	1680	2150
dark meat, without skin	109	1320	1860
canned, boned	142	1920	2500
heart	6.1	61	79
leg, drumstick	110	872	1160
light meat	116	1470	1920
light meat, without skin	88	1230	1730
neck	79	212	298
thigh	120	1020	1310
wing	90	585	698

Note: Gizzards and livers can be slightly higher in Arginine depending on chicken feed.

Clams	180	1680	1720
Cod	85	906	1390
Corned Beef, brisket	454	4100	5100
Duck, domesticated	287	2210	2610
Eggs			
whites	33	195	206
whole	50	388	410
whole dried	5	147	155
Eel	85	938	1440
Flounder	85	959	1470
Frankfurter			
beef	45	314	389
pork	45	382	407
Goose	320	3150	4010
Haddock	85	961	1480
Halibut	85	1060	1620
Ham	454	5170	6750
Herring	85	914	1400
Lamb		
Liver			
beef	113	1420	1570
duck	44	505	624
goose	94	943	1160
turkey	102	1250	1540
Kielbasa	28	267	286
Mackerel	85	946	1450
Oysters	84	1060	1090
Pastrami	28	302	375
Perch	85	948	1450

	Weight	Arginine	Lysine
Pike	85	979	1500
Pollock	85	989	1520
Pork			
leg	454	5530	7550
loin chop	151	1430	1950
shoulder	454	5240	7140
spareribs	454	3340	4730
Quail, wild	405	5180	6660
Pheasant, wild	371	5240	7470
Salami, hard	10	152	182
Salmon	85	1000	1550
Sardines, in oil	24	354	542
Sausage			
general	13	111	141
Italian	67	792	1020
Mortadella	28	291	358
Polish	28	262	315
Pork	28	196	252
Vienna	16	113	127
Scallops	85	1040	1060
Shark	85	1070	1640
Smelt	85	897	1380
Snapper	85	1040	1600
Swordfish	85	1000	1550
Tuna, in water	165	2920	4480
Turkey			
canned, boned	142	2360	3040
dark meat	152	2020	2620
light meat	180	2740	3540
Whitefish	85	971	1490

FATS

	Weight	Arginine	Lysine
Butter, regular, salted	14.1	4	9
Butter, whipped, salted		
Coconut oil (no meats)		
Margarine			
Regular	14.1	3	9
Cottonseed		
Sunflower		
Soybean		

Margarine-like Spreads, 37% fat	72	72
Mayonnaise		

CANNED FOODS	Weight	Arginine	Lysine
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Macaroni/Cheese, canned		
Soup (made with Water, unless otherwise specified)			
Bean and Frankfurter	250	331	415
Beef Noodle	244	198	261
Black Bean	247	331	415
Chicken Dumpling, water		
Chicken Gumbo	244	122	161
Chicken Noodle	241	166	219
Chicken Rice	241	234	251
Chicken Vegetable		
Chinese Hot & Sour		
Clam Chowder			
New England	244	229	251
Cream of Asparagus	244	85	112
Cream of Celery	244	59	79
Cream of Chicken	244	166	215
Cream of Mushroom	244	95	127
Cream of Potato	244	76	86
Tomato Bisque, with milk		
Turkey Noodle	244	159	212
Turkey Vegetable		
Vegetable Beef	244	261	344
Vegetarian Vegetable		
Tomatoes, canned		
Tomato paste, canned, no salt		

FAST FOOD/JUNK	Weight	Arginine	Lysine
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Cakes			
Apple strudel		
Snack cakes		
Cherry Chocolate cake, with Fudge frosting		
Cream-filled sponge		

Coffee, instant powder decaffeinated regular brewed
Cookies	
Chocolate Chip commercial
Fig bars, commercial
Donut, glazed
Frosting, white, fluffy
Pastries	
Toaster, apple
Pies	
Boston Cream, commercial
Cherry pie, commercial
Cherry, canned pie filling
Coconut cream, no-bake mix
Coconut cream, commercial
Lemon Meringue, commercial
Potato, mashed, fast food
Potato, sour cream, chives,
Wendy's
Tea, most

OTHER	Weight	Arginine	Lysine
Baby food			
Beets		
Creamed Corn, junior		
Custard Pudding		
Egg yolks		
Macaroni, tomato,			
Beef, junior		
Sweet Potatoes		
Butterscotch topping		
Broth, Swanson's Chicken, 99% fat-free	16	19
Caramel topping		
Egg Drop soup		
Egg Nog	254	378	758
dry mix, with milk		
Honey	5	8	

Chocolate-flavored beverage mix, powder with milk		
Chocolate syrup, with whole milk		
Malted drink mix, natural, powder with whole milk		
Salad dressing, French, low-fat		
Whey, sweet, dry	7.5	28	77
sweet, fluid		
Yeast, nutritional		

Foods Containing Higher Amounts of Arginine

These are foods to avoid eating all by themselves or in high amounts. Since arginine feeds the Herpes Simplex Virus and can trigger herpes outbreaks, eating foods high in lysine along with these foods or taking a lysine supplement can curb arginine's effects and help prevent recurring outbreaks.

FRUITS	Weight	Arginine	Lysine
Apple pie, homemade	96	56
Apple pie, commercial	74	70
Berries, most		
Blackberries	145	49	17
Blueberries, frozen, sweetened	20	17
Blueberries, frozen, sweetened	22	8
Blueberries, raw	145	49	17
Blueberry pie, homemade	113	57
Blueberries, canned, syrup	33	12
Cherrie pie, homemade	100	67
Cranberries, raw	56	39
Dates, Deglet Nour (Algerian)	136	66
Dates, Medjool	60	54
Eggplant (aubergine, brinjal)	46	39
Elderberries	47	26
Grapefruit, canned	65-87	14-19
Grapefruit, raw, white	99	22
Grapefruit, raw, pink	56	12

Grapes, green, raw	46	14
Grapes, European, red, green	130	27
Grape, juice	253	119	25
Grape, frozen cocktail, concentrate	55	12
Kiwi (Chinese gooseberries)	81	61
Mandarines, raw	68	32
Mandarines, canned	43	31
Marmalade	21	15
Mincemeat, pie, homemade	122	58
Oranges	180	85	62
Navel Oranges	115	38
Orange juice, raw, all	47	9
Orange, juice	248	117	22
Orange drink, frozen, with pulp	100	25-31	5-6
Peach pie, homemade	66	64
Raisins	413	84
Strawberries, frozen	18-22	17-21
Tangerine	116	37	27
Tangerine, juice	247	84	17
Tomato juice, with clams, canned	23	13

VEGETABLES	Weight	Arginine	Lysine
Broccoli			
frozen spears	159	154
heads, raw (flower clusters)	145	141
whole, raw	191	135
Brussels sprouts, cooked	88	178	130
Cabbage,			
red	88	51
green	69	57
Savoy, cooked	102	85
Swamp, cooked	118	87
Carrots	110	48	44
Chard, Swiss	36	42	36
Chicory, greens, raw	124	67
Chicory, Witloof	66	35
Chives	237	163
Collard, greens	100	108	101
Cucumber, raw, peeled	31	25
Cucumber, raw, unpeeled	44	29
Eggplant	82	50	42
Jicama	37	26

Kohlrabi	111	59
Mushroom (fungi), general	70	72	48
Portabello	68	62
Maitake		
Oyster	182	126
Shitake, cooked	154	132
Enoki (see FOODS CONTAINING MORE L-LYSINE THAN ARGININE)			
White (see FOODS CONTAINING MORE L-LYSINE THAN ARGININE)			
Mustard Greens, frozen, cooked	166-181	103-113
Okra, raw, frozen	71-87	68-84
Olives, regular	67	32
Olives, jumbo	78	38
Onions, general	160	262	90
Green	100	6	4
Sweet, raw	100	95-111	33-36
Welsh, raw	100	137	95
Yellow, sautéed	100	102	38
Palm, hearts of	178	91
Peas, green, fresh	146	625	463
Peas and Onions, frozen	209	147
Peppers hot, green chili	34-96	32-89
Peppers, Hungarian	39	36
Peppers, jalapeno (capsicum)	64	61
Peppers, sweet, green, red	42	38
Pickles,			
dill	21-40	14-26
kosher	40	26
hamburger relish	42	28
hot dog relish	97	69
Plantains, raw	108	60
Plantains, cooked	66	37
Radish, red, raw	90	36	32
Radish, White Icicle, raw	64	55
Raddichio (Italian chicory)	105	56
Rutabagas, raw	140	207	55
Sauerkraut	53	31
Sesbania, flower	62	57
Shallots, raw	181	125
Squash, most	49	33
Acorn	37	25
Hubbard	111	74
Butternut	50-56	34-37
Winter	205	1590	902
Spaghetti, cooked	33	22
Taro, whole	36	2

leaves (see FOODS CONTAINING MORE L-LYSINE THAN ARGININE)

Tomato, canned with onions	114	59
Tomato soup, canned	48	40
Watercress	104	200	172
Yam, Hawaiian mountain, raw	112	52
Yam, common, cooked	124	58
Yam, common, raw	127	59

HERBS & SPICES

	Weight	Arginine	Lysine
Basil	117	110
Burdock, root	105-144	67-92
Garlic	3	19	8
Peppermint	173	161
Pepper, sauce	25	23
Rosemary, fresh	153	143
Tobasco, sauce	62	57

GRAINS

	Weight	Arginine	Lysine
Barley, pearled, cooked	113	84
Beans,			
Lentils			
Lima, cooked	170	775	765
Mung	146	123
Yardlong	177	166
Biscuits, refrigerator,			
regular or whole grain,			
plain or buttermilk	257-270	143-148
Blueberry Muffin Mix	187	168
Bread (except for Arrowroot flour, all flours are higher in Arginine)			
Boston Brown, canned	255	156
whole wheat, commercial	250	148
Bread stuffing, cornbread mix	128	85
Bulgur, cooked	144	85
Cereals			
Cream of Wheat	65-66	39
Corn, puffed	28.4	112	65
Farina	53	28
Malt-O-Meal	123	51
Oatmeal, raw, cooked	234	147	78

Oatmeal, instant	167-177	135
Oat Bran, cooked	219	130
Wheat, puffed	12	85	45
Wheat, flakes	33	171	101
Wheat, shredded	23.6	133	79
Wheat, granules	28.4	169	101
Wheat, germ	180	1790	1330
Ralston,			
Bran Flakes	393	150
Crispy Hexagons	300	134
Cornmeal	244	107
Couscous (semolina)	140	73
Crackers,			
standard	252	103
graham	292	162
Garbanzos (Chickpeas)		
Grits, corn	242	114	62
Hominy, white, canned	68-71	33-4
Noodles			
Chow Mein	307	160
Japanese, somen	148	77
Pasta,			
corn, cooked	131	74
no egg, homemade, cooked	161	84
egg (spaghetti)	192-208	131-137
spinach, egg, enriched	170-215	94-151
whole wheat	188	118
refrigerated, cooked	187	97
Rice			
rice cakes		
short-grained, cooked	197	85
medium-grained, cooked	198	86
long-grain, cooked	191-256	61-99
long-grain, enriched, cooked	256	82
white, glutinous, cooked	168	73
brown, long-grained, cooked	175-196	88-99
wild rice, cooked	308	170
puffed	14	73	38
Tortilla, plain and mutton	283-289	157-163

SEEDS & NUTS	Weight	Arginine	Lysine
Almonds	142	3540	946

Brazil nuts	140	3350	757
Cashews	160	470	246
Chestnuts, unspecified	160	470	246
Chestnuts, Japanese	54	53
Chestnuts, European	143	118
Gingko, nuts	223	110
Hazel, nuts	135	2480	459
Hickory, nuts	15	298	70
Macadamia nut	134	1200	434
Peanuts	144	5050	1450
Peanut, butter	15	613	176
Pecans	108	1190	315
Pine nuts	28	1330	256
Pistachios	128	2790	1640
Pumpkin/Squash seeds	140	5570	2530
Sesame seeds	150	4990	1240
Sunflower		
Tahini	15	378	82
Teff (a grass seed), cooked	151	109
Walnuts	100	2520	466

MILK & DAIRY

	Weight	Arginine	Lysine
Soy milk, original, vanilla	108	76
Soy milk, chocolate	131	92

MEATS

	Weight	Arginine	Lysine
Egg, yolks	17	193	189
Crab	85	1360	1350
Oxtail soup (made with water)	78	57
Shrimp	85	1510	1500
Snails	85	2100	1250

CANNED FOODS

	Weight	Arginine	Lysine
Minestrone soup, canned	82	76
Peas and Carrots, canned	164	123

Pea with Ham, soup	253	703	696
Tomato soup, canned	244	61	51
Vegetables, mixed, canned	96	85
Vegetable soup, with Beef broth	112	103

FAST FOOD/JUNK

	Weight	Arginine	Lysine
Burger King			
French Toast Strips	258	154
Popeye's			
Batter Fries	170	140
Coleslaw	50	30
Kentucky Fried Chicken Coleslaw	43	34
Fast food coleslaw, most	88	72
Onion Rings, fried, battered	192	89
Toppings, nuts in syrup	655	121
Wonton soup	87	62

OTHER

	Weight	Arginine	Lysine
Agave, raw	106	28
Baby Foods			
Carrots	50-52	20-21
Cereal mixed with applesauce and banana	65	35
Green beans, junior	66	59
Mixed vegetables	79	40
Oatmeal mixed with applesauce and banana	93	53
Oatmeal mixed with applesauce and banana, junior	94	54
Spinach	152	148
Cereals			
Commodity cereals		
Corn & Rice	304	113
General Mills,			
Cinnamon Toast Crunch	288	82
Kellogg's			
Apple Jacks	169	109
Corn Flakes	70	23

Cocoa Krispies	280	130
Crispix	337	87
Raisin Bran	321	113
Rice Krispies	446	153
(compared to commodity crisp rice cereal)	503	159
Post's			
Honey Bunches of Oats	240	120
Brownies	121	109
Cake			
Coffee, Cinnamon crumb	167	93
Gingerbread, homemade	173	131
White cake mix	116	105
Carob powder		
Cookies,			
chocolate sandwich	140	50
fortune	168	157
sugar wafer, cream filled	117	107
Cinnamon Rolls, commercial refrigerated with frosting	200	128
Coconut			
creamed, canned	192	52
Flaked, dried, sweetened	536	146
fruit (meat)	473	127
water	118	32
Chocolate		
Chocolate powder		

Note: Chocolate, when mixed with whole milk or other ingredients high in L-Lysine is acceptable.

Cornstarch	12	6
Cream substitute, flavored, powdered, liquid	38-39	33-4
Cream substitute with Soy protein, hydrogenated oil	80	68
Frosting, chocolate, commercial	61	54
Fruitcake	262	121
Gelatin		
Ice Cream cone (cone only)			
cake or wafer	282	157
sugar rolled	275	153
Marshmallows	147	77

Pie (also see FRUITS)			
Chocolate cream, commercial	137	113
Pecan, commercial	290	125
Pie crust			
deep dish, frozen, enriched	226	112
frozen, regular, homemade	110	70
graham cracker	171-182	107-138
puff pastry, baked	259	144
Pastries, toaster, all but Apple or Cherry	141-142	108-111
Pudding, tapioca	12	4-6
Protein complex supplements			*Any that are higher in Arginine
Protein drinks			*Any that are higher in Arginine
Salad Dressings			
Italian, low fat	51	18
French, regular	56	19
Russian, low calorie	35	34
Sesame Seed, regular	399	142
Tapioca, pearl	19	6

