



# *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 for transporting long-chain fatty acids (fats) across cell membranes for energy and for removing toxins from 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 virus-induced lesions.

For complete information regarding lysine, visit [The Herpes Witch](#).

## *Foods Containing Higher Amounts of L-Lysine*

<b>FRUITS</b>	<b>Weight (Gm)</b>	<b>Arginine</b>	<b>Lysine</b>
Apples	150	8	17
sauce, unsweetened	244	12	24
dried	64	19	37
Apricots			
dried	35	49	89
frozen, canned	114	48	103
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	65	11	19
dried	189	131	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	136	30	72
beet greens	.....	63	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,	.....	26	34
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

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	.....		
Mayonnaise	.....	72	72

<b>CANNED FOODS</b>	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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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	.....		

<b>FAST FOOD/JUNK</b>	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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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
dry mix, with milk	.....		758
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.

<b>FRUITS</b>	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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
Cherry 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 <b>FOODS CONTAINING MORE L-LYSINE THAN ARGININE</b> )			
White (see <b>FOODS CONTAINING MORE L-LYSINE THAN ARGININE</b> )			
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 <b>FOODS CONTAINING MORE L-LYSINE THAN ARGININE</b> )			

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
Bulgar, 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**

	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
Soy milk, original, vanilla	.....	108	76
Soy milk, chocolate	.....	131	92

#### **MEATS**

	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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**

	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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

<b>FAST FOOD/JUNK</b>	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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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

<b>OTHER</b>	<b>Weight</b>	<b>Arginine</b>	<b>Lysine</b>
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Agave, raw	.....	106	28
Baby Foods			
Carrots	.....	50-52	20-21
Cereal mixed with applesauce and banana	.....	<b>65</b>	<b>35</b>
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

