



*The Comprehensive
L-Lysine Vs.
Arginine
Ratio Food
Guide*

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. Because of this, 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	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),		97	127
dried	28	557	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
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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

CANNED FOODS

	Weight	Arginine	Lysine
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
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.

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
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
Ginkgo, 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
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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
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

*Any that are higher in Arginine

