



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, 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), 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 |

| 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 |
| 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 |

