

<b>Vegetables</b>	<b>Weight</b>	<b>Measure</b>	<b>Methionine (mg)</b>
Asparagus, cooked	180 g	1 cup	50
Green beans, cooked	125 g	1 cup	29
Yellow beans, cooked	135 g	1 cup	24
Beets, cooked, sliced	170 g	1 cup	32
Broccoli rab, raw, chopped	40 g	1 cup	19
Broccoli, raw, chopped	91 g	1 cup	35
Burdock root, raw	118 g	1 cup	11
Cabbage, chinese, cooked, shredded	179 g	1 cup	15
Cabbage, cooked	150 g	1 cup	9
Carrots, raw, chopped	128 g	1 cup	26
Cauliflower, raw, chopped	107 g	1 cup	21
Celery, raw, chopped	101 g	1 cup	5
Chard, swiss, raw	36 g	1 cup	7
Chard, swiss, cooked	175 g	1 cup	35
Collards, raw	36 g	1 cup	12
Collards, cooked	170 g	1 cup	68
Cucumber, raw	104 g	1 cup	6
Eggplant, cooked	99 g	1 cup	9
Endive, raw	50 g	1 cup	8
Kale, raw, chopped	67 g	1 cup	18
Kale, cooked	130 g	1 cup	23
Kohlrabi, raw	135 g	1 cup	18
Leeks, cooked	124 g	1 leek	12
Lettuce, raw, shredded	36-47 g	1 cup	6-7
Mountain yam, cooked	145 g	1 cup	33
Mushrooms, cooked	156 g	1 cup	34
Mustard greens, cooked	150 g	1 cup	32
Okra, cooked	160 g	1 cup	32
Onions, cooked	210 g	1 cup	23
Parsley, fresh, chopped	60 g	1 cup	25
Pepper, sweet, raw, chopped	149 g	1 cup	9
Pumpkin, cooked, mashed	245 g	1 cup	20
Radicchio, raw	40 g	1 cup	3
Radishes, raw	116 g	1 cup	12
Seaweed, laver, raw	26 g	10 sheets	38
Spinach, raw	30 g	1 cup	16
Squash, summer, cooked	180 g	1 cup	23
Squash, winter, cooked	205 g	1 cup	23
Taro, cooked, sliced	132 g	1 cup	9
Tomatoes, fresh	149 g	1 cup	9
Tomato sauce	245 g	1 cup	17

Turnip greens, cooked	144 g	1 cup	37
Turnips, cooked, cubes	156 g	1 cup	14
Watercress, raw	34 g	1 cup	7
Yam, cooked	136 g	1 cup	27
Yardlong bean, cooked	104 g	1 cup	37
Zucchini, raw, chopped	124 g	1 cup	22
Brussels sprouts, cooked	155 g	1 cup	54
Hearts of palm, canned	146 g	1 cup	61
Potatoes, white + skin	148 g	1 med	56
Spinach, cooked	180 g	1 cup	99
Sweet potato, cooked	200 g	1 cup	74
Corn, sweet, cooked	165	1 cup	112
Peas, cooked	160 g	1 cup	130
Peas, raw	145 g	1 cup	119
<b>Fruits</b>			
Apples, raw, sliced	125 g	1 cup	1
Apricots, dried	65 g	0.5 cup	10
Apricots, raw	155 g	1 cup	9
Bananas, raw, mashed	225 g	1 cup	18
Blueberries, raw	148 g	1 cup	18
Cherimoya, raw	160 g	1 cup	34
Cranberries, raw, chopped	110 g	1 cup	3
Dates	147 g	1 cup	32
Figs, raw	64 g	1 large (2.5")	4
Gogi berries, dried	28 g	5 Tbsp	24
Grapefruit sections	230 g	1 cup	12-18
Grapes, fresh	92 g	1 cup	19
Guava, fresh	165 g	1 cup	26
Kiwi, raw, sliced	180 g	1 cup	43
Limes, raw	67 g	1 fruit	1
Mango, raw	165 g	1 cup	13
Melon, cantaloupe, raw	177 g	1 cup	21
Melon, honeydew, raw	170 g	1 cup	8
Nectarines, raw, sliced	143 g	1 cup	8
Olives, ripe, jumbo	15 g	1	2
Orange, raw, sections	180 g	1 cup	36
Papaya, raw	145 g	1 cup	3
Peach, raw	154 g	1 cup	15
Pear, Asian, raw	122 g	1 fruit	7
Pear, raw, slices	140 g	1 cup	3
Persimmons, raw	25 g	1 fruit	2
Pineapple, raw, chunks	165 g	1 cup	20

Plantains, raw, sliced	148 g	1 cup	25
Plums, raw, sliced	165 g	1 cup	13
Plums, dried	174 g	1 cup	28
Raisins, seedless	165 g	1 cup	35
Strawberries, raw	152 g	1 cup	3
Tangerines, raw, sections	195 g	1 cup	4
Watermelon, raw, balls	154 g	1 cup	9
Avocado, raw, cubes	150 g	1 cup	57
Figs, dried	149 g	1 cup	51
Jackfruit, raw	165 g	1 cup	56
<b>Legumes</b>			
Black-eyed peas, cooked	165 g	1 cup	74
Hummus, homemade	60 g	1/4 cup	48
Miso	17 g	1 Tbsp	22
Okara	122 g	1 cup	50
Soy sauce (tamari)	18 g	1 Tbsp	30
Soy sauce (wheat and soy shoyu, low Na)	14 g	1 Tbsp	13
Soy milk, fortified	243 g	1 cup	39
Fava beans, cooked	170 g	1 cup	105
Lentils, sprouted, raw	77 g	1 cup	81
Lima beans, cooked	170 g	1 cup	116
Pigeon peas, red gram	168 g	1 cup	128
Soybeans, sprouted, cooked	94 g	1 cup	84
Tofu, soft	120 g	2.5 x 2.75 x 1"	101
Tofu, regular (medium firm)	124 g	0.5 cup	134
Tofu, firm (with calcium sulfate and nigari)	126 g	0.5 cup	139
Veggie sausages	50 g	2 links	126
Adzuki beans, cooked	230 g	1 cup	182
Chickpeas, cooked	164 g	1 cup	190
Cowpeas, cooked	171 g	1 cup	188
Kidney beans, cooked	177	1 cup	200
Lentils, cooked	198	1 cup	152
Lupins, cooked	166 g	1 cup	183
Mung beans, cooked	202 g	1 cup	170
Refried beans, canned reduced sodium	238 g	1 cup	155
Split peas, cooked	196 g	1 cup	167
Black turtle beans, cooked	185 g	1 cup	228
Black beans, cooked	172 g	1 cup	229
Cranberry beans, cooked	177 g	1 cup	248
Edamame, cooked	155 g	1 cup	215
Great Northern beans, cooked	177 g	1 cup	221
Navy beans, cooked	182 g	1 cup	201

Pink beans, cooked	169 g	1 cup	230
Small white beans, cooked	179 g	1 cup	242
Veggie burgers or soyburgers	70 g	1 patty	204
Tempeh	166 g	1 cup	290
Tofu, firm (prepared with calcium sulfate)	126 g	0.5 cup	266
White beans, cooked	179 g	1 cup	261
Soybeans, mature, cooked	172 g		385
Soy nuts, dry roasted	93 g	1 cup	497
<b>Grains</b>			
Hominy, yellow	160 g	1 cup	50
Tapioca, uncooked	38 g	0.25 cup	1
Noodles, japanese, soba, cooked	114 g	1 cup	82
Barley, cooked	157	1 cup	68
Buckwheat groats, cooked	168 g	1 cup	74
Cornmeal	39 g	0.25 cup	64
Pasta, wheat, cooked	124 g	1 cup	79
Pasta, gluten-free, cooked, corn and quinoa	166 g	1 cup	98
Pasta, gluten-free, cooked, corn	140 g	1 cup	77
Sorghum grain, uncooked	48 g	0.25 cup	81
Triticale, uncooked	48 g	0.25 cup	98
Rice, white, long grain	158 g	1 cup	100
Amaranth, uncooked	48 g	0.25 cup	109
Millet, cooked	174 g	1 cup	122
Oats, uncooked	39 g	0.25 cup	122
Oat bran, cooked	219 g	1 cup	109
Pasta, gluten-free, cooked, brown rice	169 g	1 cup	134
Pasta, gluten-free, cooked, corn and rice	141 g	1 cup	102
Rice, brown, long grain	202 g	1 cup	117
Spelt, uncooked	44 g	0.25 cup	112
Wheat bran	58 g	1 cup	136
Wheat, hard, uncooked	48 g	0.25 cup	111
Wheat, sprouted	108 g	1 cup	125
Quinoa, cooked	185 g	1 cup	178
Kamut, cooked	172 g	1 cup	167
Wild rice, cooked	164 g	1 cup	195
Teff, uncooked	48 g	0.25 cup	207
Teff, cooked	252 g	1 cup	315
<b>Nuts</b>			
Acorns, dried	28.35 g	1 ounce	39
Almonds	28.35 g	1 ounce	44
Almond butter	16 g	1 Tbsp	20
Cashew butter	16 g	1 Tbsp	50

Chestnuts, dried, European	28.35 g	1 ounce	33
Coconut, fresh, shredded	80 g	1 cup	50
Coconut, dried, shredded	28.35 g	1 ounce	37
Coconut water	240 g	1 cup	31
Macadamia nuts	28.35 g	1 ounce	7
Coconut milk, canned	240 g	1 cup	86
Hazelnuts	28.35 g	1 ounce	63
Pecans	28.35	1 ounce	54
Pine nuts	28.35 g	1 ounce	59
Peanuts, dry roasted	28.35 g	1 ounce	82
Walnuts, English	28.35 g	1 ounce	67
Cashews	28.35 g	1 ounce	103
Pistachio nuts	28.35 g	1 ounce	102
Brazil nuts	28.35 g	1 ounce	319
<b>Seeds</b>			
Tahini (sesame seed butter), raw	15 g	1 Tbsp	88
Flaxseeds	28.35	1 ounce	105
Sunflower seeds	28.35 g	1 ounce	119
Chia seeds	28.35 g	1 ounce	167
Pumpkin seeds	28.35 g	1 ounce	171
Sesame seeds	28.35 g	1 ounce	159
Hempseeds (about 3 Tbsp)	28.35 g	1 ounce	264
<b>Animal products</b>			
Eggs	33 g	1 large	132
Cheese, brie	28.35	1 ounce	168
Cheese, gouda	28.35	1 ounce	204
Milk, 1%	245 g	1 cup	215
Milk, 3.25%	244 g	1 cup	203
Yogurt, low fat, fruit	170	6 ounces	219
Cheese, parmesan, hard	28.35	1 ounce	272
Yogurt, plain, skim milk	170	6 ounces	287
Beef, lean, cooked	85 g	3 ounces	648
Chicken breast, cooked	85 g	3 ounces	675
Crab, cooked	134 g	1 leg	730
Fish, cod	85 g	3 ounces	448
Fish, salmon	85 g	3 ounces	640
Fish, tuna, canned	85 g	3 ounces	733
Ham, cooked	85 g	3 ounces	435
Lobster, cooked	145 g	1 cup	689
Pork, cooked	85 g	3 ounces	609
Shrimp, cooked	85 g	3 ounces	565
Turkey, roasted	85 g	3 ounces	670