

Nutritional Oncology Research Institute - CYS/MET/CAL Chart

Food Item 100 gram Serving Size			
Low Sodium Sweet Pickles (Pickles Cucumber Sweet Low Sodium (Includes Bread And Butter Pickles))	2mg	3mg	122
Sweet Pickled Relish (Pickle Relish Sweet)	3mg	4mg	130
Ketchup	5mg	5mg	101
Low Sodium Ketchup (Catsup Low Sodium)	5mg	5mg	101
Cooked Taro (Taro Cooked Without Salt)	11mg	7mg	142
Sauteed Green Bell Peppers (Peppers Sweet Green Sauteed)	11mg	7mg	116
Onions (Onions Raw)	4mg	2mg	40
Cooked Burdock Root (Burdock Root Cooked Boiled Drained Without Salt)	8mg	12mg	88
Sweet Pickled Cucumbers (Pickles Cucumber Sweet (Includes Bread And Butter Pickles))	10mg	10mg	91
Ginger (Ginger Root Raw)	2mg	13mg	80
Red Bell Peppers (Cooked)(Peppers Sweet Red Sauteed)	20mg	6mg	133
Cassava (Cassava Raw)	28mg	11mg	160
Pickled Beets (Beets Pickled Canned Solids And Liquids)	10mg	9mg	65
Cooked Eggplant (Eggplant Cooked Boiled Drained Without Salt)	4mg	9mg	35
Cooked Yam (Yam Cooked Boiled Drained Or Baked Without Salt)	18mg	20mg	116
Canned Pumpkin (Pumpkin Canned Without Salt)	3mg	12mg	34
Spaghetti Squash (Squash Winter Spaghetti Raw)	5mg	7mg	31
Cooked Pumpkin (Pumpkin Cooked Boiled Drained Without Salt)	2mg	2mg	20
Baby Carrots (Carrots Baby Raw)	7mg	6mg	35
Cooked Acorn Squash (Squash Winter Acorn Cooked Boiled Mashed Without Salt)	6mg	8mg	34
Acorn Squash (Squash Winter Acorn Raw)	7mg	10mg	40
Baked Acorn Squash (Squash Winter Acorn Cooked Baked Without Salt)	10mg	14mg	56
Hot Dog Relish (Pickle Relish Hot Dog)	19mg	18mg	9
Cooked Spaghetti Squash (Squash Winter Spaghetti Cooked Boiled Drained Or Baked Without Salt)	5mg	7mg	27
Low Sodium Sour Pickles (Pickles Cucumber Sour Low Sodium)	2mg	3mg	11
Sour Pickled Cucumber (Pickles Cucumber Sour)	2mg	3mg	11
Cooked Lotus Root (Lotus Root Cooked Boiled Drained Without Salt)	14mg	14mg	66
Butternut Squash (Squash Winter Butternut Raw)	9mg	12mg	45
Cooked Butternut Squash (Squash Winter Butternut Cooked Baked Without Salt)	8mg	11mg	40
Cooked Winter Squash (Squash Winter All Varieties Cooked Baked Without Salt)	8mg	11mg	37
Turnips (Turnips Raw)	5mg	11mg	28
Cooked Turnips (Turnips Cooked Boiled Drained Without Salt)	4mg	9mg	22
Mashed Sweet Potatoes (Sweet Potato Canned Mashed)	16mg	49mg	101
Taro (Taro Raw)	32mg	20mg	112
Canned Tomato Puree (Tomato Products Canned Puree Without Salt Added)	10mg	9mg	38
Cooked Hawaiian Mountain Yam (Mountain Yam Hawaii Cooked Steamed Without Salt)	21mg	23mg	82
Boiled Sweet Potatoes (Sweet Potato Cooked Boiled Without Skin)	19mg	25mg	76
Sweet Potatoes (Sweet Potato Raw Unprepared)	22mg	29mg	86
Sweet Onions (Onions Sweet Raw)	9mg	9mg	32
Baked Potato (No Skin)(Potatoes Baked Flesh Without Salt)	25mg	31mg	93
Cooked Hubbard Squash (Squash Winter Hubbard Baked Without Salt)	13mg	18mg	50
Baked Potatoes (Potatoes White Flesh And Skin Baked)	25mg	32mg	92
Oriental Radishes (Radishes Oriental Raw)	5mg	6mg	18
Boiled Potatoes (Potatoes Boiled Cooked In Skin Flesh Without Salt)	24mg	30mg	87
Eggplant (Eggplant Raw)	6mg	11mg	25
Lotus Root (Lotus Root Raw)	22mg	22mg	74
Cucumber (Cucumber With Peel Raw)	4mg	6mg	15
Celery (Celery Raw)	4mg	5mg	14
Cooked Celery (Celery Cooked Boiled Drained Without Salt)	5mg	7mg	18
Cooked Kohlrabi (Kohlrabi Cooked Boiled Drained Without Salt)	7mg	14mg	29
Cooked Oriental Radishes (Radishes Oriental Cooked Boiled Drained Without Salt)	5mg	6mg	17
Kohlrabi (Kohlrabi Raw)	7mg	13mg	27
Baked Red Potatoes (Potatoes Red Flesh And Skin Baked)	27mg	35mg	87
Baked Potatoes (With Skin)(Potatoes Baked Flesh And Skin Without Salt)	29mg	38mg	93
Baked Sweet Potatoes (Sweet Potato Cooked Baked In Skin Flesh Without Salt)	28mg	37mg	90
Stewed Tomatoes	29mg	24mg	79
Baked Russet Potatoes (Potatoes Russet Flesh And Skin Baked)	31mg	41mg	95
Dill Pickles (Pickles Cucumber Dill Or Kosher Dill)	4mg	5mg	12
Reduced Sodium Dill Pickles (Pickles Cucumber Dill Reduced Sodium)	4mg	5mg	12
Iceberg Lettuce (Lettuce Iceberg (Includes Crisphead Types) Raw)	5mg	5mg	14
Leeks (Leeks (Bulb And Lower Leaf-Portion) Raw)	25mg	18mg	61
Cooked Sweet White Corn (Corn Sweet White Cooked Boiled Drained Without Salt)	27mg	69mg	97
Cooked Yellow Sweet Corn (Corn Sweet Yellow Cooked Boiled Drained Without Salt)	27mg	69mg	96
Red Cabbage (Cabbage Red Raw)	12mg	14mg	31
Cooked Leeks (Leeks (Bulb And Lower Leaf-Portion) Cooked Boiled Drained Without Salt)	14mg	10mg	31
Canned Mushrooms (Mushrooms Canned Drained Solids)	7mg	19mg	25
Winter Squash (Squash Winter All Varieties Raw)	13mg	18mg	34
Beets (Raw)(Beets Raw)	19mg	18mg	43
Sauerkraut (Sauerkraut Canned Solids And Liquids)	8mg	9mg	19
Yellow Sweet Corn (Corn Sweet Yellow Raw)	26mg	67mg	86
Sweet White Corn (Corn Sweet White Raw)	26mg	67mg	86
Cooked Beets (Beets Cooked Boiled Drained)	20mg	19mg	44

Cabbage (Cabbage Raw)	11mg	12mg	25
Cooked White Button Mushrooms (Mushrooms White Cooked Boiled Drained Without Salt)	9mg	22mg	28
Tomatoes (Tomatoes Red Ripe Raw Year Round Average)	9mg	6mg	18
Garlic (Garlic Raw)	65mg	76mg	149
Cooked Red Cabbage (Cabbage Red Cooked Boiled Drained Without Salt)	13mg	14mg	29
Cooked Onions (Onions Cooked Boiled Drained Without Salt)	24mg	11mg	44
Hungarian Peppers (Peppers Hungarian Raw)	15mg	10mg	29
Cooked Shiitake Mushrooms (Mushrooms Shiitake Cooked Without Salt)	27mg	25mg	56
Hubbard Squash (Squash Winter Hubbard Raw)	17mg	25mg	40
Cooked Cabbage (Cabbage Cooked Boiled Drained Without Salt)	11mg	12mg	23
Canned Tomato Paste (Tomato Products Canned Paste Without Salt Added)	46mg	27mg	82
Romaine Lettuce (Lettuce Cos Or Romaine Raw)	6mg	15mg	17
Cooked Zucchini (Squash Summer Zucchini Includes Skin Cooked Boiled Drained Without Salt)	7mg	9mg	15
Brussels Sprouts (Cooked)(Brussels Sprouts Cooked Boiled Drained Without Salt)	16mg	24mg	36
Succotash (Succotash (Corn And Limas) Cooked Boiled Drained Without Salt)	55mg	68mg	115
Green Bell Peppers (Peppers Sweet Green Raw)	12mg	7mg	20
Cooked Okra (Previously Frozen)(Okra Frozen Cooked Boiled Drained Without Salt)	15mg	17mg	29
Cooked Green Beans (Previously Frozen)(Beans Snap Green Frozen Cooked Boiled Drained Without Salt)	14mg	18mg	28
Cooked Summer Squash (Squash Summer All Varieties Cooked Boiled Drained Without Salt)	10mg	13mg	20
Cooked Green Peas (Salted)(Peas Green Cooked Boiled Drained With Salt)	32mg	81mg	84
Cooked Green Peas (Peas Green Cooked Boiled Drained Without Salt)	32mg	81mg	84
Cooked Yellow Snap Beans (Beans Snap Yellow Cooked Boiled Drained Without Salt)	18mg	23mg	35
Cooked Green Beans (Snap Beans)(Beans Snap Green Cooked Boiled Drained Without Salt)	18mg	23mg	35
Celtuce (Celtuce Raw)	10mg	10mg	18
Sun-Dried Hot Chile Peppers (Peppers Hot Chile Sun-Dried)	203mg	127mg	324
Peas (Peas Green Raw)	32mg	82mg	81
Cooked Crookneck Summer Squash (Squash Summer Crookneck & Straightneck Cooked Boiled Drained W/O Salt)	10mg	13mg	19
Boiled Red Bell Peppers (Peppers Sweet Red Cooked Boiled Drained Without Salt)	18mg	11mg	28
Cooked Green Bell Peppers (Peppers Sweet Green Cooked Boiled Drained Without Salt)	18mg	11mg	28
Brussels Sprouts (Raw)(Brussels Sprouts Raw)	22mg	32mg	43
Crookneck Summer Squash (Squash Summer Crookneck And Straightneck Raw)	10mg	14mg	19
Sweet Red Bell Peppers (Peppers Sweet Red Raw)	19mg	6mg	26
Okra (Okra Raw)	19mg	21mg	33
Green Chili Peppers (Peppers Chili Green Canned)	14mg	9mg	21
Parsley (Parsley Fresh)	14mg	42mg	36
Enoki Mushrooms (Mushrooms Enoki Raw)	20mg	30mg	37
Yellow Snap Beans (Beans Snap Yellow Raw)	18mg	22mg	31
Raw Green Beans (Snap Beans)(Beans Snap Green Raw)	18mg	22mg	31
Cooked Purslane (Purslane Cooked Boiled Drained Without Salt)	10mg	14mg	18
Snow Peas (Peas Edible-Podded Raw)	32mg	11mg	42
Green Tomatoes (Tomatoes Green Raw)	16mg	10mg	23
Nopales (Nopales Raw)	8mg	15mg	16
Radishes (Radishes Raw)	10mg	10mg	16
Cooked Podded Peas (Peas Edible-Podded Frozen Cooked Boiled Drained Without Salt)	40mg	14mg	52
Sweet Yellow Peppers (Peppers Sweet Yellow Raw)	19mg	12mg	27
Cooked Lima Beans (Lima Beans Immature Seeds Cooked Boiled Drained Without Salt)	83mg	68mg	123
Sun-Dried Tomatoes (Tomatoes Sun-Dried)	183mg	122mg	258
Dried Shiitake Mushrooms (Mushrooms Shiitake Dried)	196mg	179mg	296
Canned Lima Beans (Lima Beans Immature Seeds Canned No Salt Added Solids And Liquids)	49mg	40mg	71
Endive (Endive Raw)	10mg	14mg	17
Cooked Savoy Cabbage (Cabbage Savoy Cooked Boiled Drained Without Salt)	15mg	18mg	24
Savoy Cabbage (Cabbage Savoy Raw)	17mg	20mg	27
White Icicle Radishes (Daikon)(Radishes White Icicle Raw)	9mg	10mg	14
Cooked Escarole (Escarole Cooked Boiled Drained No Salt Added)	9mg	13mg	15
Turnip Greens (Turnip Greens Raw)	17mg	34mg	32
Cooked Nopales (Nopales Cooked Without Salt)	8mg	16mg	15
Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Grilled)	13mg	38mg	29
Portobellos Mushrooms (Mushrooms Portabella Raw)	10mg	29mg	22
Cooked Tomatoes (Tomatoes Red Ripe Cooked)	14mg	9mg	18
Dried Ancho Peppers (Peppers Ancho Dried)	219mg	142mg	281
Maitake Mushrooms (Mushrooms Maitake Raw)	25mg	15mg	31
Cooked Collards (Collards Cooked Boiled Drained Without Salt)	22mg	28mg	33
Cooked Snow Peas (Peas Edible-Podded Boiled Drained Without Salt)	37mg	13mg	42
Mung Bean Sprouts (Mung Beans Mature Seeds Sprouted Raw)	17mg	34mg	30
White Button Mushrooms (Stir-Fried)(Mushrooms White Stir-Fried)	13mg	34mg	26
Shiitake Mushrooms (Mushrooms Shiitake Raw)	22mg	33mg	34
Cooked Scallop Squash (Squash Summer Scallop Cooked Boiled Drained Without Salt)	11mg	15mg	16
Yellow Tomatoes (Tomatoes Yellow Raw)	13mg	8mg	15
Scallop Squash (Squash Summer Scallop Raw)	13mg	17mg	18
White Button Mushrooms (Mushrooms White Raw)	12mg	31mg	22
Cauliflower (Cauliflower Raw)	20mg	20mg	25
Butterhead Lettuce (Lettuce Butterhead (Includes Boston And Bibb Types) Raw)	9mg	14mg	13
Zucchini (Squash Summer Zucchini Includes Skin Raw)	12mg	18mg	17
Raw Portobellos (Exposed To Sunlight Or Uv)(Mushrooms Portabella Exposed To Ultraviolet Light Raw)	6mg	48mg	22

Cremini Mushrooms (Mushrooms Brown Italian Or Cremini Raw)	6mg	48mg	22
Canned Pimentos (Pimento Canned)	21mg	13mg	23
<u>Bamboo Shoots (Canned)(Bamboo Shoots Canned Drained Solids)</u>	14mg	20mg	19
Cooked Turnip Greens (Turnip Greens Cooked Boiled Drained Without Salt)	13mg	26mg	20
Summer Squash (Squash Summer All Varieties Raw)	12mg	17mg	16
Wakame (Seaweed Wakame Raw)	28mg	63mg	45
Cooked Okra (Okra Cooked Boiled Drained Without Salt)	18mg	20mg	22
Red Leaf Lettuce (Lettuce Red Leaf Raw)	9mg	16mg	13
Hot Green Chili Peppers (Peppers Hot Chili Green Raw)	38mg	24mg	40
Red Chili Peppers (Peppers Hot Chili Red Raw)	38mg	24mg	40
Collards (Collards Raw)	25mg	33mg	32
Cooked Beet Greens (Beet Greens Cooked Boiled Drained Without Salt)	24mg	21mg	27
Bamboo Shoots (Bamboo Shoots Raw)	22mg	30mg	27
Broccoli (Broccoli Raw)	28mg	38mg	34
<u>Palm Hearts (Canned)(Hearts Of Palm Canned)</u>	19mg	42mg	28
<u>Beet Greens (Raw)(Beet Greens Raw)</u>	21mg	18mg	22
Canned Mung Bean Sprouts (Beans Mung Mature Seeds Sprouted Canned Drained Solids)	9mg	17mg	12
Oyster Mushrooms (Mushrooms Oyster Raw)	28mg	42mg	33
Watercress (Watercress Raw)	7mg	20mg	11
Cooked Cauliflower (Cauliflower Cooked Boiled Drained Without Salt)	21mg	26mg	23
<u>Broccoli (Cooked)(Broccoli Cooked Boiled Drained Without Salt)</u>	31mg	43mg	35
Cooked Kale (Kale Cooked Boiled Drained Without Salt)	39mg	29mg	36
<u>Jute Potherb (Molokhiya) (Cooked)(Jute Potherb Cooked Boiled Drained Without Salt)</u>	32mg	51mg	37
Kale (Kale Raw)	38mg	29mg	35
Pea Sprouts (Peas Mature Seeds Sprouted Raw)	155mg	69mg	124
Green Leaf Lettuce (Lettuce Green Leaf Raw)	16mg	16mg	15
Bok Choy (Cabbage Chinese (Pak-Choi) Raw)	17mg	9mg	13
Cooked Green Cauliflower (Cauliflower Green Cooked No Salt Added)	35mg	43mg	32
Green Cauliflower (Cauliflower Green Raw)	34mg	42mg	31
<u>Bamboo Shoots (Cooked)(Bamboo Shoots Cooked Boiled Drained Without Salt)</u>	13mg	17mg	12
Stirfried Soybean Sprouts (Soybeans Mature Seeds Sprouted Cooked Stir-Fried)	157mg	138mg	125
Cooked Soybean Sprouts (Soybeans Mature Seeds Sprouted Cooked Steamed)	102mg	89mg	81
<u>Pak-Choi (Bok Choy) (Cooked)(Cabbage Chinese (Pak-Choi) Cooked Boiled Without Salt)</u>	17mg	9mg	12
Soybean Sprouts (Soybeans Mature Seeds Sprouted Raw)	157mg	138mg	122
Canned Asparagus (Asparagus Canned Drained Solids)	25mg	21mg	19
Vinespinach (Vinespinach (Basella) Raw)	27mg	19mg	19
Cooked Water Spinach (Water Convolvulus Cooked Boiled Drained Without Salt)	23mg	35mg	20
Cooked Carrots (Carrots Cooked Boiled Drained Without Salt)	68mg	17mg	35
<u>Asparagus (Cooked)(Asparagus Cooked Boiled Drained)</u>	34mg	34mg	22
Asparagus (Asparagus Raw)	31mg	31mg	20
<u>Pumpkin Leaves (Cooked)(Pumpkin Leaves Cooked Boiled Drained Without Salt)</u>	27mg	47mg	21
Carrots (Carrots Raw)	83mg	20mg	41
Kidney Bean Sprouts (Beans Kidney Mature Seeds Sprouted Raw)	18mg	11mg	29
Raw Water Spinach (Water Convolvulus (Raw))	28mg	44mg	19
Spinach (Spinach Raw)	35mg	53mg	23
Cooked Spinach (Spinach Cooked Boiled Drained Without Salt)	35mg	55mg	23
Kelp Seaweed (Seaweed Kelp Raw)	98mg	25mg	43
<u>Broccoli Raab (Rapini)(Broccoli Raab Raw)</u>	39mg	48mg	22
Cooked Broccoli Raab (Broccoli Raab Cooked)	47mg	58mg	25
Pumpkin Leaves (Pumpkin Leaves Raw)	32mg	54mg	19
Lentil Sprouts (Lentils Sprouted Raw)	334mg	105mg	106
Cooked Lentil Sprouts (Lentils Sprouted Cooked Stir-Fried Without Salt)	328mg	103mg	101
Dried Spirulina (Seaweed Spirulina Dried)	662mg	1149mg	290
Spirulina (Seaweed Spirulina Raw)	68mg	118mg	26