



The Comprehensive  
Lysine Vs.  
Arginine  
Ratio Food  
Guide



# *The Comprehensive L-Lysine Versus 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 also plays a vital role in transporting long-chain fatty acids (fats) across your cells for energy and also transports toxins outside the cells. Unfortunately, your body isn't able to make L-lysine on its own. It's consumed through your diet by eating meats, seafood, beans, legumes, eggs, dairy, soy, Brewer's yeast, and some vegetables, fruits, nuts, seeds, and grains. Arginine plays a major role as well, including assisting with collagen production. Without arginine you quickly become old. Why? Because it plays a major role in producing collagen. However, arginine also feeds the herpes virus.

Lysine can potentially keep arginine in check and the herpes virus in remission due to its ability to balance pH. Lysine also helps prevent herpes from spreading because it competes with arginine. As mentioned, arginine feeds the herpes virus and increases the frequency and severity of herpes outbreaks when higher amounts of arginine, rather than lysine, are consumed. Taking lysine supplements may help to reduce the availability of arginine and the ability of the virus to use it to replicate. Because of this, lysine may also reduce the frequency or severity of lesions caused by the herpes virus.

You don't want to avoid arginine. It would be near-impossible anyway, as lysine and arginine are found in the same foods more often than not. Don't let this unnerve you. You need both to be healthy. Still, you'll want to do your best to avoid foods containing excessively high amounts of arginine. And never consume them during an outbreak. You will only be feeding the herpes virus. Adjusting your diet may contribute to putting herpes in remission when arginine is one of your [HSV triggers](#).

## **Lysine Supplements**

Since lysine is a popular supplement for helping prevent herpes outbreaks, it's relatively easy to find. You might take a lysine supplement if restricting arginine in your diet doesn't work for you or when you feel particularly stressed. But there are things you need to know.

Lysine increases the amount of calcium your body absorbs and may increase cholesterol and triglyceride levels. Some say it may interfere with certain medications and increase the toxicity of certain antibiotics. Lysine could cause digestive upset, including constipation and diarrhea in high doses. For this reason, you might reserve high doses for three days during an outbreak.



Lower doses aren't harmful when taken for six months to a year before refraining. You might also try taking 13.6 mg of lysine for every pound of body weight rather than a one-size-fits-all dosage.

Should you decide to use a lysine supplement, take it at a relatively high dose (1250 mg). 900-1000 mg daily is enough for some people to notice an improved absence of outbreaks. Some say to take 1000 mg of lysine up to three times each day (a therapeutic dose), but I don't suggest it, as it could cause kidney or liver damage when taken daily for longer than six months. Taking lysine at higher doses extensively may also lead to high cholesterol or gallstones.

It's suggested that taking lysine first thing in the morning on an empty stomach is best. However, studies show that taking lysine at night increases the making of human growth hormone in the body, which declines as we get older. The basic idea here is to take it on an empty stomach to increase absorption, but if it upsets your stomach, you can also take it with meals or shortly after. You might also try another brand.

Lysine supplements tend to be large and difficult to swallow. If you have trouble swallowing large pills, crush the tablet into powder form and mix it into a smoothie or yogurt.

So how long should you refrain from using lysine? I couldn't find any information on how long to break from lysine before resuming use, so avoiding high arginine levels in your diet and using lysine only during outbreaks (orally and topically) might be the better way to go.

On a more positive note, lysine doesn't need to build up in your system before it works and leaves your system quickly when you stop taking it.

### **Other Health Benefits of L-Lysine**

- To produce sufficient and appropriate hormones, antibodies, and immunity.
- Speeds wound healing
- It gives structure to skin and bones by helping to create collagen and elastin
- It helps to produce enzymes
- When combined with catechin (flavonoids), it helps to reduce cancer cells in mice
- When used for diabetes, it lowers blood sugar and may prevent cataracts
- It can repress relapses of MS
- Prevents hair loss
- Reduces anxiety and, after three months of use in women, it lowers cortisol levels
- It reduces the chance of stress-induced loose stool.
- It reduces the inflammatory response.
- Combined with medication, lysine may help those with Schizophrenia.



## Lysine & Arginine FYI

- No studies prove that lysine works for Shingles (Herpes Zoster Virus) or any other herpes virus. There are mixed results in reducing recurrences or the severity of outbreaks. It doesn't work for everyone. But before you roll your eyes, try lysine to see if it works. The herpes virus reacts differently in everyone. Many people say it's a lifesaver.
- Certain supplements containing arginine (such as those for erectile dysfunction) and oral growth hormone-releasing compounds (*secretagogues*) could trigger outbreaks when you aren't getting enough lysine from your diet to counteract the arginine.
- Amino acids are acids. As mentioned earlier, they are derived from proteins. Too much protein (more than 10% of your daily diet) can cause diet-induced metabolic acidosis.

For a comprehensive list of foods containing higher lysine ratios than Arginine, see the guide directly below.

The first half of the guide reveals foods higher in lysine (highlighted in **GOLD**), followed by foods higher in arginine (highlighted in **RUST**) in the second half of the guide.

Food measurements equal 100 grams (approximately 5 Tablespoons) unless less otherwise noted. Don't worry so much about food measurements. What's important to note is the difference between the amounts of lysine versus arginine. Regardless of the food measurement, the ratios are going to remain consistent.

The last two numbers associated with any food item count the most. For example, apples contain 8 mg of arginine and 17 mg of lysine, making them a "worry-free" snack.



## *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	70	266	386
sprouts	.....		
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 pork	454	5100	7370
Bass	454	2400	2900
Beef	85	902	1380
variety meats, suet (hard white fat), dried	.....	97	127
flank steak	28	557	673
ground, lean	454	5500	7270
ground, regular	113	1350	1670
porterhouse steak	113	1260	1560
rib roast	454	4980	6560
round steak	454	4600	6050
short ribs	454	5550	7320
sirloin steak	454	4130	5430
smoked, chopped	454	5230	6880
t-bone steak	28	386	467
tenderloin	454	4810	6330
Bluefish	454	5320	6990
Bologna, beef and pork	85	1020	1560
Braunschweiger (mettwurst)	28	198-205	250-254
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

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

### 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 .....

Caramel topping .....

Egg Drop soup .....

Egg Nog ..... 254 ..... 378 ..... 758  
dry mix, with milk .....

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, ..... 7.5 ..... 28 ..... 77  
sweet, dry

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. For example, you might pair a vegetable high in arginine with a cheese sauce high in lysine for better overall amino acid (protein) management.

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 <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 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	.....	43	34
Coleslaw	.....	88	72
Fast food coleslaw, most	.....	192	89
Onion Rings, fried, battered	.....	655	121
Toppings, nuts in syrup	.....	87	62
Wonton soup	.....		

**OTHER**

	Weight	Arginine	Lysine
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

