

# Choline-rich FOODS

Food	Choline (mg) per serving	Percent DV*
Beef liver, pan fried, 3 ounces	356	65
Egg, hard boiled, 1 large egg	147	27
Beef top round, separable lean only, braised, 3 ounces	117	21
Soybeans, roasted, ½ cup	107	19
Chicken breast, roasted, 3 ounces	72	13
Beef, ground, 93% lean meat, broiled, 3 ounces	72	13
Fish, cod, Atlantic, cooked, dry heat, 3 ounces	71	13
Potatoes, red, baked, flesh and skin, 1 large potato	57	10
Wheat germ, toasted, 1 ounce	51	9
Beans, kidney, canned, ½ cup	45	8
Quinoa, cooked, 1 cup	43	8
Milk, 1% fat, 1 cup	43	8
Yogurt, vanilla, nonfat, 1 cup	38	7
Brussels sprouts, boiled, ½ cup	32	6
Broccoli, chopped, boiled, drained, ½ cup	31	6
Mushrooms, shiitake, cooked, ½ cup pieces	27	5
Cottage cheese, nonfat, 1 cup	26	5
Fish, tuna, white, canned in water, drained in solids, 3 ounces	25	5
Peanuts, dry roasted, ¼ cup	24	4
Cauliflower, 1" pieces, boiled, drained, ½ cup	24	4
Peas, green, boiled, ½ cup	24	4
Sunflower seeds, oil roasted, ¼ cup	19	3
Rice, brown, long-grain, cooked, 1 cup	19	3
Bread, pita, whole wheat, 1 large (6½ inch diameter)	17	3
Cabbage, boiled, ½ cup	15	3
Tangerine (mandarin orange), sections, ½ cup	10	2
Beans, snap, raw, ½ cup	8	1
Kiwifruit, raw, ½ cup sliced	7	1
Carrots, raw, chopped, ½ cup	6	1
Apples, raw, with skin, quartered or chopped, ½ cup	2	0