



The Comprehensive
L-Lysine vs.
Arginine Food
Ratio Guide

The Comprehensive L-Lysine Versus Arginine Ratio Guide

L-Lysine, commonly 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 to be used for energy and also transports toxins outside the cells. Unfortunately, your body isn't able to make L-lysine on its own. You have to get it through your diet by eating animal proteins (meats and seafood), beans, legumes, eggs, dairy, soy, Brewer's yeast, and some vegetables, fruits, nuts, seeds, and grains.

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*. *Arginine* feeds the herpes virus and increases the frequency and severity of herpes breakouts when higher amounts of *Arginine*, rather than *Lysine*, are consumed. Taking *Lysine* reduces the availability of *Arginine* or the ability of the virus to use it to replicate. Because of this, *Lysine* may reduce the frequency or severity of lesions caused by the herpes virus.

In the long run, you want to do your best to avoid foods containing excessively high amounts of *Arginine*. And never consume them during a breakout. You will only be feeding the herpes virus. Adjusting your diet (and choosing foods containing far less *Arginine* than *Lysine*) may contribute to putting herpes in remission.

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. Keep in mind that the idea isn't to avoid *Arginine* altogether but to avoid eating foods containing more *Arginine* than *Lysine* at any time or throughout the day.

Lysine Supplements

Since *Lysine* is a popular supplement for helping prevent herpes breakouts, 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. Lysine could cause digestive upset, including constipation and diarrhea.

Lysine may also increase the toxicity of certain antibiotics. Instead, you might reserve high doses for three days during a breakout. Lower doses aren't harmful when taken for six months to a year before refraining. Another suggestion is to take 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 breakouts. 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 taking it 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 doing so upsets your digestion, you can also take it with meals or shortly after. If Lysine bothers your stomach, 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 L-Lysine? I couldn't find any information on how long to break from Lysine before using it again, so avoiding high arginine levels in your diet and using Lysine only during breakouts (orally and topically) might be the better way to go.

On a positive note, Lysine doesn't need to build up in the system before it works and leaves your system rather 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, L-Lysine may help those with *Schizophrenia*.

L-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 breakouts. It doesn't work for everyone. But before you roll your eyes, you might still try Lysine to see if it works for *you*. Everyone is different, and herpes reacts differently in everyone. Many people say it's a lifesaver.
- So that you know, certain supplements containing Arginine (such as those for erectile dysfunction) and oral growth hormone-releasing compounds (*secretagogues*) could trigger breakouts when there is not enough Lysine in your diet to counteract the Arginine.
- Amino acids are *acids*. As mentioned earlier, they are derived from proteins. Too much protein (more than 10%) can cause diet-induced metabolic acidosis.

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

The *first half* of the guide below 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

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

Ginger root
Purslane

Weight

Arginine

Lysine

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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),	97	127
dried	28	557	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
Caramel topping
Egg Drop soup
Egg Nog
dry mix, with milk
Honey
Chocolate flavored beverage mix, powder with milk
Chocolate syrup, with whole milk

16

19

254

378

758

5

8

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. Arginine feeds the Herpes Simplex Virus and can trigger herpes breakouts. Eating foods high in Lysine along with these foods or taking a lysine supplement can curb the effects of Arginine and help to prevent herpes breakouts. For example, a vegetable high in Arginine might be paired with a cheese sauce high in Lysine for better overall 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 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

