

## Glycine Content in Food

Food	Content, g/3.5 oz. or 100 g
Lean veal sirloin, cooked	7.245
Mozzarella cheese, part skim	4.644
Lean round beef	2.199
Lean veal leg, cooked	1.886
Beef sirloin, cooked	1.844
Clams, mixed species	1.598
Chicken breast, no skin, roasted	1.523
Turkey breast, no skin	1.491
Tuna, canned in oil	1.398
Halibut, cooked	1.281
Snapper, cooked	1.262
King mackerel, cooked	1.248
Lobster, cooked	1.237
Tuna, canned in water	1.224
Beef, eye of round steak, cooked	1.222
Alaskan king crab	1.103
Atlantic cod, cooked	1.096
Chicken, no skin	1.051