



**Table of L-lysine to L-arginine Ratios in Common Foods**

The following table has been developed by James M. Scutero, calculated from the Agricultural Handbook, 1-23, published by the U.S. Department of Agriculture. We credit and thank the website [www.Herpes.com](http://www.Herpes.com), for publishing this table.

The way to read this table is as follows: most diets and many foods contain BOTH L-arginine and L-lysine in differing levels. **It is the RATIO that matters.**

A number in the column (the column at the far right side of the table) named 'Ratio Lys/Arg' that is **OVER 1.0 shows that there is more L-lysine in that food item than there is L-arginine.**

Remember is it OK to ingest some amount of L-arginine (and even beneficial for maintaining proper health and bodily immune functions), but those who believe that a high-lysine/low-arginine diet or total intake may help deprive viruses of one of the key nutrients, L-arginine, that viruses need to reproduce. To help regulate virus reproduction, many virology experts recommend ingesting more L-lysine than L-arginine, so you'll want to look for foods with a HIGHER 'Ratio Lys/Arg' number, and avoid those foods with a number lower than 1.0, which indicates that that specific food item contains more L-arginine than it does L-lysine.

To make the table easier to read, those foods highlighted in **GREEN**, have a higher ratio of L-lysine to L-arginine. Those foods highlighted in **ORANGE** contain more L-arginine than L-lysine.

FOOD ITEM	Weight (gm)	Lys (mg)	Arg (mg)	Ratio Lys/Arg
Margarine	14.1	9	3	3.000
Plain Yogurt	227	706	237	2.979
Fruit Yogurt, Lowfat	227	810	272	2.978

Plain Yogurt, Skim	227	1160	391	2.967
Plain Yogurt, Lowfat	227	1060	359	2.953
Swiss Cheese	28	733	263	2.787
Gruyere Cheese	28	768	276	2.783
Edam Cheese	28	754	273	2.762
American Cheese Spread	28	427	155	2.755
Gouda Cheese	28	752	273	2.755
Whey, Dry, Sweet	7.5	77	28	2.750
Blue Cheese	28	526	202	2.604
Provolone Cheese	28	750	290	2.586
Papaya	454	76	30	2.533
Brie Cheese	28	525	208	2.524
Camembert Cheese	28	501	199	2.518
Parmesan Cheese	28	937	373	2.512
Parmesan Cheese, Grated	5	192	77	2.494
Goat Milk	244	708	291	2.433
Muenster Cheese	28	606	250	2.424
Beets	136	72	30	2.400
Limburger Cheese	28	475	198	2.399
Tilsit Cheese	28	578	241	2.398
Port Du Salut Cheese	28	563	235	2.396
Processed Swiss Cheese	28	696	293	2.375
Cream Cheese	28	192	81	2.370
Mozzarella Cheese, Pt Skim	28	699	295	2.369
Processed American Cheese	28	623	263	2.369
Mozzarella Cheese	28	559	236	2.369
Neufchatel Cheese	28	253	107	2.364
Butter	14.1	9	4	2.250
Colby Cheese	28	561	254	2.209
Monterey Jack Cheese	28	578	262	2.206
Cheshire Cheese	28	551	250	2.204
Cheddar Cheese	28	588	267	2.202
Buttermilk	245	679	309	2.197
Skim Milk	245	663	302	2.195
Half And Half Cream	242	568	259	2.193
Sherbet	193	171	78	2.192
Condensed Milk, Sweetened	306	1920	876	2.192
Chocolate Milk	250	629	287	2.192

Nonfat Milk, Dry	120	3440	1570	2.191
Lowfat Milk, 2%	244	644	294	2.190
Evaporated Milk	126	681	311	2.190
Ice Cream	133	381	174	2.190
Whole Milk	244	637	291	2.189
Whole Milk, Dry	128	2670	1220	2.189
Nonfat Milk, Dry, Instant	68	1890	864	2.188
Ice Milk	131	409	187	2.187
Whipping Cream, Heavy	238	387	177	2.186
Evaporated Milk, Skim	128	763	349	2.186
Whipping Cream, Light	239	411	188	2.186
Ice Cream, Rich	148	327	150	2.180
Mango	300	85	39	2.179
Whipped Cream, Pressurized	60	152	70	2.171
Apricot	114	103	48	2.146
Coffee Cream	15	32	15	2.133
Apple	150	17	8	2.125
Ricotta Cheese	246	3290	1550	2.123
Ricotta Cheese, Part Skim	246	3320	1570	2.115
Pear, Dried	175	116	56	2.071
Eggnog	254	758	378	2.005
Applesauce, Unsweetened	244	24	12	2.000
Crabapple, Slices	110	28	14	2.000
Apple, Dried	64	37	19	1.947
Pear	180	23	12	1.917
Apricot, Dried	35	89	49	1.816
Cottage Cheese, Creamed	210	2120	1190	1.782
Cottage Cheese, Lowfat 2%	226	2510	1410	1.780
Cottage Cheese, Dry	145	2020	1140	1.772
Figs	65	19	11	1.727
Avocado	272	189	119	1.588
Salmon	85	1550	1000	1.550
Swordfish	85	1550	1000	1.550
Haddock	85	1480	961	1.540
Snapper	85	1600	1040	1.538
Eel	85	1440	938	1.535
Catfish	85	1420	925	1.535

<b>Anchovy, In Oil, Drained</b>	20	531	346	1.535
<b>Whitefish</b>	85	1490	971	1.535
<b>Tuna, In Water</b>	165	4480	2920	1.534
<b>Cod</b>	85	1390	906	1.534
<b>Flat Fish, Flounder</b>	85	1470	959	1.533
<b>Mackerel</b>	85	1450	946	1.533
<b>Carp</b>	85	1390	907	1.533
<b>Pike</b>	85	1500	979	1.532
<b>Herring</b>	85	1400	914	1.532
<b>Sardines, In Oil, Drained</b>	24	542	354	1.531
<b>Bass</b>	85	1380	902	1.530
<b>Perch</b>	85	1450	948	1.530
<b>Bluefish</b>	85	1560	1020	1.529
<b>Halibut</b>	85	1620	1060	1.528
<b>Tomato</b>	123	41	27	1.519
<b>Turnips</b>	130	47	31	1.516
<b>Tomato Juice</b>	243	54	36	1.500
<b>Soybean Sprouts</b>	70	386	266	1.451
<b>Canadian Bacon</b>	454	7370	5100	1.445
<b>Wild Pheasant</b>	371	7470	5240	1.426
<b>Pork Spareribs</b>	454	4730	3340	1.416
<b>Tomato Paste</b>	262	282	200	1.410
<b>Chicken, Dark, W/O Sauce</b>	109	1860	1320	1.409
<b>Chicken, Light, W/O Sauce</b>	88	1730	1230	1.407
<b>Summer Sausage</b>	23	318	228	1.395
<b>Pineapple</b>	155	39	28	1.393
<b>Pork Leg</b>	454	7550	5530	1.365
<b>Pork Loin Chop</b>	151	1950	1430	1.364
<b>Pork Shoulder</b>	454	7140	5240	1.363
<b>Potato</b>	150	190	140	1.357
<b>Chicken Breast</b>	181	2500	1870	1.337
<b>Cream Of Mushroom Soup</b>	244	127	95	1.337
<b>Turkey Noodle Soup</b>	244	212	159	1.333
<b>Celery</b>	120	32	24	1.333
<b>Chicken Drumstick</b>	110	1160	872	1.330
<b>Potato, Baking</b>	202	283	214	1.322
<b>Beef Flank Steak</b>	454	7270	5500	1.322
<b>Chicken Gumbo</b>	244	161	122	1.320

<b>Chicken Noodle Soup</b>	241	219	166	1.319
<b>Beef Round Steak</b>	454	7320	5550	1.319
<b>Beef Noodle Soup</b>	244	261	198	1.318
<b>Vegetable W/Beef Soup</b>	244	344	261	1.318
<b>Cream Of Asparagus Soup</b>	244	112	85	1.318
<b>Porterhouse Steak</b>	454	6560	4980	1.317
<b>Beef T-Bone Steak</b>	454	6330	4810	1.316
<b>Beef Sirloin Steak</b>	454	6880	5230	1.315
<b>Knockwurst</b>	68	634	482	1.315
<b>Beef Rib Roast</b>	454	6050	4600	1.315
<b>Beef Short Ribs</b>	454	5430	4130	1.315
<b>Beef Chuck Roast</b>	454	6900	5250	1.314
<b>Beef Tenderloin</b>	454	6990	5320	1.314
<b>Squash, Summer</b>	130	85	65	1.308
<b>Chicken Leg</b>	231	2470	1890	1.307
<b>Chicken, Light Meat</b>	116	1920	1470	1.306
<b>Ham, Boneless</b>	454	6750	5170	1.306
<b>Chicken Canned, Boned</b>	142	2500	1920	1.302
<b>Turkey, Dark Meat</b>	152	2620	2020	1.297
<b>Cream Of Chicken Soup</b>	244	215	166	1.295
<b>Turkey, Light Meat</b>	180	3540	2740	1.292
<b>Bratwurst, Cooked</b>	85	910	706	1.289
<b>Turkey, Canned Boned</b>	142	3040	2360	1.288
<b>Italian Sausage, Cooked</b>	67	1020	792	1.288
<b>Pork Sausage</b>	28	252	196	1.286
<b>Chicken Thigh</b>	120	1310	1020	1.284
<b>Chicken, Dark Meat</b>	160	2150	1680	1.280
<b>Pork And Beef Sausage</b>	13	141	111	1.270
<b>Bologna, Beef And Pork</b>	28	250	198	1.263
<b>Peach, Dried</b>	130	151	120	1.258
<b>Black Bean Soup</b>	247	415	331	1.254
<b>Peach</b>	115	20	16	1.250
<b>Corned Beef, Brisket</b>	454	5100	4100	1.244
<b>Pastrami</b>	28	375	302	1.242
<b>Bologna, Beef</b>	28	254	205	1.239
<b>Frankfurter, Beef</b>	45	389	314	1.239
<b>Ground Beef, Regular</b>	113	1560	1260	1.238
<b>Cream Of Celery Soup</b>	244	73	59	1.237

Ground Beef, Lean	113	1670	1350	1.237
Chicken Liver	32	35	352	1.236
Duck Liver	44	624	505	1.236
Turkey Liver	102	1540	1250	1.232
Plum	5.5	90	74	1.216
Green Beans	110	97	80	1.213
Beef Smoked, Chopped	28	467	386	1.210
Pork Bacon	454	2900	2400	1.208
Beef, Dried	28	673	557	1.208
Bratwurst	28	323	268	1.205
Polish Sausage	28	315	262	1.202
Salami, Hard	10	182	152	1.197
Bologna, Pork	28	341	285	1.196
Chicken Wing	90	698	585	1.193
Lentil Sprouts	77	548	470	1.166
Lettuce, Romaine	56	58	50	1.160
Lettuce, Iceberg	75	60	52	1.154
Caviar, Black And Red	16	293	254	1.154
Cauliflower	100	108	96	1.125
Liver	113	1570	1420	1.106
Guava	112	21	19	1.105
New England Clam Chowder	244	251	229	1.096
Cream Of Potato Soup	244	83	76	1.092
Spinach	55	98	90	1.089
Kale	67	132	123	1.073
Chicken Rice Soup	241	251	234	1.073
Kielbasa	28	286	267	1.071
Frankfurter, Beef And Pork	45	407	382	1.065
Whole Egg	50	410	388	1.057
Egg White	33	206	195	1.056
Whole Egg, Dried	5	155	147	1.054
Watermelon	160	99	94	1.053
Cabbage, Chinese	70	62	59	1.051
Corn	154	210	200	1.050
Sweet Potato	130	105	100	1.050
Turnip Greens	55	54	52	1.038
Oysters	84	444	433	1.025
Clams	180	1720	1680	1.024

Scallops	85	1060	1040	1.019
Banana	175	55	54	1.019
Asparagus	134	194	192	1.010
Oat Flakes	48	583	579	1.007
Mayonnaise	185	1400	1400	1.000
Vegetarian Vegetable Soup	241	99	99	1.000
Beet Greens	38	20	20	1.000
Endive	50	32	32	1.000
Leeks	124	97	97	1.000
Pumpkin	245	96	96	1.000
Shrimp	85	1500	1510	0.993
Crab	85	1350	1360	0.993
Lima Beans, Cooked	170	765	775	0.987
Egg Yolk	17	189	193	0.979
Okra	100	82	84	0.976
Broccoli	88	124	128	0.969
Strawberries	149	37	39	0.949
Collards	186	140	72	0.931
Minestrone Soup	241	183	198	0.924
Carrots	110	44	48	0.917
Dates	83	50	55	0.909
Peppers, Sweet	100	38	42	0.905
Radish	45	16	18	0.889
Watercress	104	172	200	0.860
Swiss Chard	36	36	42	0.857
Eggplant	82	42	50	0.840
Tomato Soup	244	51	61	0.836
Cabbage, Common	70	40	48	0.833
Wheat Germ	180	1330	1790	0.743
Peas, Green	146	463	625	0.741
Brussels Sprouts	88	130	178	0.730
Tangerine	116	27	37	0.730
Orange	180	62	85	0.729
Onions, Green	100	4	6	0.667
Mushrooms	70	48	72	0.667
Cucumber	104	22	36	0.611
Wheat Granules	28.4	101	169	0.598
Corn Grits	242	68	114	0.596

Snails	85	1250	2100	0.595
Wheat, Shredded	23.6	79	133	0.594
Wheat Flakes	33	101	171	0.591
Cream Of Wheat	251	98	166	0.590
Pistachios, Shelled	128	1640	2790	0.588
Corn, Puffed	28.4	65	112	0.580
Wheat, Puffed	12	49	85	0.576
Squash, Winter	205	902	1590	0.567
Bran Flakes	47	177	314	0.564
Plantain	148	89	160	0.556
Oats, Puffed	28.4	175	320	0.547
Oatmeal	234	78	147	0.531
Cashews	160	246	470	0.523
Chestnuts, Fresh	160	246	470	0.523
Rice, Puffed	14	38	73	0.521
Yams	200	89	191	0.466
Pumpkin Seeds & Squash	140	2530	5570	0.454
Garlic	3	8	19	0.421
Macadamia Nuts	134	434	1200	0.362
Blackberries	145	17	49	0.347
Blueberries	145	17	49	0.347
Onions, Mature	160	90	262	0.344
Grapes, Slip Skin	153	13	42	0.310
Peanuts	144	1450	5050	0.287
Peanut Butter	15	176	613	0.287
Coconut, Shredded	80	118	437	0.270
Almonds	142	946	3540	0.267
Pecans	108	315	1190	0.265
Sesame Seeds	150	1240	4990	0.248
Hickory Nuts	15	70	298	0.235
Brazil Nuts	140	757	3350	0.226
Tahini	15	82	378	0.217
Grape Juice	253	25	119	0.210
Tangerine Juice	247	17	84	0.202
Pine Nuts	28	256	1330	0.192
Orange Juice	248	22	117	0.188
Hazelnuts	135	459	2480	0.185
Walnuts	100	466	2520	0.185



The table above is a good representation of the lysine-to-L-arginine levels of a large number of foods. There are others, and you are advised to do some research online to find additional information about the arginine-to-L-lysine impact on virus reproduction.

Many people do not only rely on this approach when they feel the symptoms of a pending virus outbreak (“prodrome”), but take additional L-lysine supplements daily in the belief that it may help keep down-regulate virus reproduction by “starving” viruses of one of the key nutrients (L-arginine) they need to reproduce.

---

This information is provided for educational purposes only by Forget Your Herpes. It is not intended to replace the opinions or advice of qualified medical professionals, or as medical advice.

---

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Always seek professional medical attention for any medical conditions or health issues you may be experiencing. This information is not intended as medical advice or to replace the advice of a qualified medical professional.