

Foods Containing Tryptophan

Abalone	Amaranth, leaves	Anchovies	Asparagus
Bamboo Shoots	Bass	Beans, Broad	Beans, Lima
Beans, Mung	Beans, Navy	Beans, Pinto	Beans, Snap, Green
Beans, Snap, Yellow	Beans, Soy	Beans, winged, leaves	Beans, winged, roots
Beans, Yardlong	Beef	Beet Greens	Beets
Boar, Wild	Broccoli	Broccoli Raab	Brussel Sprouts
Buffalo	Burdock Root	Butterfish	Whole Buckwheat
Cabbage, Chinese	Cabbage, Common	Cabbage, Red	Cabbage, Savoy
Cariboo	Carp	Carrots	Cassava
Cashews	Catfish	Cauliflower	Celery
Celtuce	Chard Swiss	Chayote, Fruit	Cheese
Cheese, Cottage	Cheese, Cream	Chia Seeds	Chicken
Chickpeas (Garbanzo Beans)	Chicory, greens	Chicory, Witloof	Chives
Cisco	Clams	Cod, Ling	Cod, Pacific
Collard Greens	Corn	Corn Salad	Cornish Game Hens
Cow Peas (Black Eyed Peas)	Crab	Crayfish	Croaker Fish
Cucumber	Cusk Fish	Cuttlefish	Deer
Drum Fish	Duck	Edamame	Eggplant
Eggs	Elk Meat	Emu	Fish Roe
Flounder	Garlic	Ginger Root	Goat
Goose	Gourds, Calabash	Grouper	Guinea Hen
Haddock	Halibut	Ham	Hazelnuts
Hearts Of Palm	Horseradish, Leafy Tips	Jute, Potherb	Kale
Kamut	Kohlrabi	Lamb	Lambs Quarters
Leeks	Lentils	Lettuce, Butterhead	Lettuce, Red leaf
Lettuce, Romaine	Lobster	Lotus Root	Mackerel
Meat Extender	Milk	Miso (Fermented Soy Beans)	Monkfish
Mountain Yam	Mullet	Mushrooms, Brown	Mushrooms, Crimini
Mushrooms, Enoki	Mushrooms, Italian	Mushrooms, Oyster	Mushrooms, Portabella
Mushrooms, Shiitake	Mushrooms, White	Mussels	Mustard Greens
Nopales	Nuts	Oat Bran	Octopus
Okra	Onions	Onions, Green Scallion	Onions, Welsh
Orange Roughy	Ostrich	Parsley	Pastrami, Beef
Pastrami, Turkey	Peanut Butter	Peanuts	Peas, Black Eyed
Peas, Edible Pod	Peas, Green	Peppers, Ancho	Peppers, Hot Chili, Green
Peppers, Hot Chili, Red	Peppers, Hungarian	Peppers, Jalapeno	Peppers, Sweet Green
Peppers, Sweet Orange	Peppers, Sweet Red	Peppers, Sweet Yellow	Perch
Pheasant	Pickles, Cucumber, Dill	Pickles, Cucumber, Sour	Pickles, Cucumber, Sweet
Pike	Pimento	Pollock	Pork

Potatoes	Pout Fish	Pumpkin	Pumpkin Leaves
Purslane	Quail	Rabbit	Radishes
Radishes, White Icicle	Raw Dairy Products	Red Snapper	Rice, Basmati
Rice, Brown	Rockfish	Rutabaga	Rye
Salmon	Sauerkraut	Scallops	Scup Fish
Sea Bass	Seatrout	Seaweed	Seaweed, spirulina
Seaweed, Wakame	Sesame seeds	Sesbania Flower	Shallots
Sheepshead Fish	Shrimp	Smelts	Sole
Soybeans	Soy Meal	Soy Protein	Soy Sauce
Spelt	Spinach	Spot Fish	Squab
Squash, Acorn	Squash, Buttercup	Squash, Butternut	Squash, Delicata
Squash, Hubbard	Squash, Spaghetti	Squash, Summer, all varieties	Squash, Summer, crookneck
Squash, Summer, Straightneck	Squash, Summer, Scallop	Squash, Winter, all varieties	Squash, Zucchini
Sturgeon	Succotash	Sunfish	Sunflower seeds
Sweet Potato Leaves	Sweet Potatoes	Swordfish	Taro
Tilapia	Tile Fish	Tofu	Tomatoes, Green
Tomatoes, Orange	Tomatoes, Red	Tomatoes, Yellow	Trout
Tuna	Turbot	Turkey	Turnip Greens
Turnips	Unsweetened Soy Milk	Vegetables, Frozen Mixed	Vinespinach
Watercress, raw	Waxgourd (Chinese preserving melon)	Whelk	Whitefish
White Sucker	Whiting	Whole Grains, including Rice	Whole Wheat kernels
Yams	Yeast, Bakers, active dry	Yellowtail	