

Alimentos ricos em Betaína

TABLE 1
Food items with high betaine content; Food item Betaine content
mg/100 g

Wheat bran.....	1339
Wheat germ.....	1241
Spinach	600–645
Beets.....	114–297
Pretzels	237
Shrimp.....	219
Wheat bread	201
Crackers.....	49–199

Zeisel SH, Mar MH, Howe JC, Holden JM. Concentrations of cholinecontaining compounds and betaine in common foods. J Nutr 2003;133:1302–7.

- 1

•

+

Quinoa, uncooked

Betaine: 630mg
- 2

•

+

Spinach, cooked, boiled, drained, with salt

Betaine: 577mg
- 3

•

+

Spinach, cooked, boiled, drained, without salt

Betaine: 577mg
- 4

•

+

Spinach, raw

Betaine: 550mg
- 5

•

+

Spinach, canned, drained solids

Betaine: 540mg
- 6

•

+

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original

Betaine: 360mg
- 7

•

+

Lambsquarters, raw (Northern Plains Indians)

Betaine: 332mg
- 8

•

+

Cereals ready-to-eat, KRAFT, POST Raisin Bran Cereal

Betaine: 291mg
- 9

•

+

Beets, canned, drained solids

Betaine: 256mg

- 
10 **Cereals ready-to-eat, UNCLE SAM CEREAL** Betaine: 248mg

- 
11 **Beets, canned, regular pack, solids and liquids** Betaine: 228mg

- 
12 **Beets, canned, no salt added, solids and liquids** Betaine: 220mg

- 
13 **Cereals ready-to-eat, GENERAL MILLS, WHEATIES** Betaine: 199mg

- 
14 **Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL** Betaine: 168mg

- 
15 **Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free [Kraft, POST Shredded Wheat]** Betaine: 158mg

- 
16 **Rye flour, dark** Betaine: 146mg

- 
17 **Macaroni, dry, enriched** Betaine: 142mg

- 
18 **Spaghetti, dry, enriched** Betaine: 142mg

- 
19 **Cereals ready-to-eat, QUAKE, QUAKE 100% Natural Cereal with oats, honey, and raisins** Betaine: 135mg

- 
20 **Noodles, egg, dry, enriched** Betaine: 132mg

- 
21 **Noodles, egg, dry, unenriched** Betaine: 132mg

•		
22		
	Beets, raw	Betaine: 129mg
•		
23		
	Fish, sheefish, raw (Alaska Native)	Betaine: 124mg
•		
24		
	Spinach, frozen, chopped or leaf, unprepared	Betaine: 117mg
•		
25		
	Kamut, uncooked	Betaine: 113mg
•		
26		
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	Betaine: 112mg
•		
27		
	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	Betaine: 112mg
•		
28		
	Cereals ready-to-eat, Ralston Enriched Bran flakes [Includes USDA Commodity B877]	Betaine: 110mg
•		
29		
	Fast foods, fish sandwich, with tartar sauce and cheese	Betaine: 98mg
•		
30		
	Fish, whitefish, dried (Alaska Native)	Betaine: 88mg
•		
31		
	Bulgur, cooked	Betaine: 83mg
•		
32		
	Fast Foods, crispy chicken filet sandwich, with lettuce, tomato and mayonnaise	Betaine: 76mg
•		
33		
	Wheat flour, whole-grain	Betaine: 73mg

•		
34		
		Wheat flour, white, all-purpose, enriched, bleached Betaine: 70mg
•		
35		
		Macaroni, cooked, enriched Betaine: 68mg
•		
36		
		Macaroni, cooked, unenriched Betaine: 68mg
•		
37		
		Spaghetti, cooked, enriched, without added salt Betaine: 68mg
•		
38		
		Amaranth, uncooked Betaine: 68mg
•		
39		
		Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs Betaine: 67mg
•		
40		
		Sausage Griddle Cake Sandwich Betaine: 67mg
•		
41		
		Barley flour or meal Betaine: 66mg
•		
42		
		Seal, bearded (Oogruk), meat, dried, in oil (Alaska Native) Betaine: 61mg
•		
43		
		Bread, french or vienna, toasted (includes sourdough) Betaine: 59mg
•		
44		
		Crackers, saltines (includes oyster, soda, soup) Betaine: 55mg
•		
45		
		Crackers, saltines, low salt (includes oyster, soda, soup) Betaine: 55mg
•		
46		

Bread, french or vienna (includes sourdough) Betaine: 55mg

- 

47

Egg, Cheese and Bacon Griddle Cake Sandwich Betaine: 53mg

- 

48

Crackers, standard snack-type, regular Betaine: 52mg

- 

49

Snacks, pretzels, hard, plain, salted Betaine: 50mg

- 

50

Cake, chocolate, prepared from recipe without frosting Betaine: 48mg

Read More <http://nutritiondata.self.com/foods-00014500000000000000-1w.html#ixzz3NEZNdJJZm>