

Table 1. Thermal Exposure Determines AGEs Content of Common Foods

Foods	AGE* (U/g)	Serving** (g)	AGE/Serving (kU/ or Ux10³)
Frankfurter, boiled x 7 min	74850	90	6736
Frankfurter, broiled x 5 min	112697	90	10143
Pork chop, pan fried x 7 min	47526	90	4277
Beef and pork links, pan fried	54255	45	2441
Chicken breast, skinless cubes, pan fried x 15 min	61221	90	5510
Chicken breast, skinless cubes, steam x 10 min and broiled x 12 min	56348	90	5071
Chicken breast, skinless cubes, pan fried x 10 min and boiled x 12 min	63398	90	5706
Chicken breast, skinless cutlet, raw	7686	90	692
Chicken breast, skinless cutlet, boiled x 1 hr	11236	90	1011
Chicken breast, skinless cutlet, broiled x 15 min	58281	90	5245
Chicken breast, skinless cutlet, fried x 8 min	73896	90	6651
Chicken breast, skinless cutlet, microwave x 5 min	15245	90	1372
Chicken breast, skinless cutlet:-Roasted, barbecue sauce	47673	90	4291
Chicken breast, skinless cutlet:-Roasted, breaded	45580	90	4102
Chicken breast, skinless cutlet:-Roasted, breaded, microwave, 1 min	57299	90	5157
Salmon, breaded, broiled x 10 min	14973	90	1348
Salmon, raw	5573	90	502
Salmon, smoked	5718	90	515
Trout, raw	7830	90	705
Trout, roasted x 25 min	21383	90	1924
Tuna, broiled with soy x 10 min	51133	90	4602
Tuna, broiled with vinegar dressing x 10 min	51497	90	4635
Tuna loaf, roasted x 40 min	5895	90	531
Tuna, roasted x 25 min	9189	90	827
Tuna, white, canned in oil, Albacore	17396	90	1566
Whiting, breaded, oven fried, 25 min	87743	90	7897
Egg yolk, boiled x 10 min	12134	15	182
Egg yolk, boiled x 12 min	18616	15	279
Egg white, boiled x 10 min	442	30	13
Egg white, boiled x 12 min	573	30	17
Egg white powder, cooked with margarine	10440	10	104
Egg, fried with margarine	27494	45	1237
Almonds, roasted	66514	30	1995
Mayonnaise	94010	5	470
Mayonnaise, low fat ¹	22011	5	110
Walnuts, roasted	78874	30	2366

*AGE denotes ^εN-carboxymethyl-lysine (CML),¹⁶ determined by ELISA (4G9).

**Serving: shown in common household measures or portions expressed in grams (g) for solids and in milliliters (ml) for liquids.