

			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	in + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	Vit B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	Vit K2 activator x	Zinc		
Food - 100g/unit																																										
natto	bean	mented		211	19	36.8	18.2	217	57	0.7		9	0	0	115	1.5	145	174	729	8.8	7		0	0	0	0	0.16		0.19	0	0.215		0.0175	0.0065	0.4		13	0	0	40	1103	3.03
natto 5g	bean	mented		10.55	1	1.8	0	11	3	0.0	0	0	0	0	6	0.1	7.25	9	36	0.4	0.35		0	0	0	0	0.01	0	0.01	0	0.01075	0.00065	0.04		0.65	0	0	2	55	0.1515		
lentils, sprouted	bean	sprout		123	9	29.3	22.9	25	14			3			37	0.5		173	322		11				30	5		0.23	0	0.13	1.13	0.578	0.19	100		16.5	0					
mung bean sprouts	bean	prouts		34	3	35.3	11.2	89	14	0.2	0	4			21	0.2		499	1250	20.0	1			68	68		0.25	0	0.12	1.9	0.38	0.3	625		5	0	0.5	33		2.8		
black beans cooked	bean	boiled with		132	9	26.8		27	33	0.2		2	0	0	70	0.4	920	140	355	1.2	237		0	0	0	6	0.24	0	0.06	0.505	0.242	0.069	149		0	0	0.87	3.3		1.12		
black beans dry	bean			333	24	29.1		191	66	1.1		5	0	0	180	2.1	920	522	1540	3.2	5	244				17	0.90	0	0.19	1.96	0.899	0.286	444		0	0	0.21	5.6		3.37		
edamame	bean			109	11	41.1	13.7	60	56	0.3	0	2			61	1.0	130	161	482	1.0	6				47	8		0.15	0.27	0.925	0.535	0.135	303		9.7	0	1.14	31.4	0	1.32		
navy, beans, dry	bean			337	24	28.6	5	229		1.1	0	6			180	2.2	840	523	1470	5.0	5	244	0	0	0	0	0.78	0	0.16	2.188	0.54	0.428	364		1	0	0.39	0.17		3.31		
pink, bean, dry	bean				23			137				5			164	1.7	607	491	1490			219																		3.25		
pinto, bean, dry	bean			347	24	27.3		161		1.0		5			170	1.8	515	507	1510			219				0	0.71		0.21	1.174		0.474	525		6.3		0.21	5.6		3.43		
red, bean, dry	bean				21			148				5			152	1.9	488	380	1540		12	204																		2.84		
kidney, bean, dry	bean				26		9.4	98		0.9		523			164	1.7	572	612	1490															130						3.29		
tan, bean, dry	bean				27			178				6			198	2.2	804	555	1620			262																		3.5		
flor de mayo, bean, dry	bean				23			180				4			182	1.7	340	439	1490			212																			3.42	
great northern, bean, dry	bean				25			192		1.1		180			176	1.9	557	519	1520			227																			3.45	
white Cannellini dried	bean			276	18	26.1		165	66	0.7	0	6			161	1.6	316	419	1460	2.3	0.229				0		0.32		0.15	1.5	0.372	0.409	82.1		0.18	0	0	0.724		2.24		
brown beans dry	bean				26			158		1.0		5			158	1.9	1150	543	1580			254																		3.71		
mung bean	bean			347	24	27.6	11.2	132									413	367	1246																	4.8	0					
chickpea	bean			132	7	21.2	21.4			0.8		6			115	2.2		366	8750	0.0							0.50	0.21				1.6	0.5	0.56						3.4		
chickpeas, dried	bean			343	21	24.4	21.4	142	99	1.0	0	6			130	2.6	190	415	881	2.0	6			0	0		0.30		0.10	2.5	1.05	0.527	557		na	0	2.33	6.18		3.2		
coffee, roasted, ground	bean						67	130		0.8	3	4			240	2.1		160	2020	5.0	74	110		0			0.07	0	0.20	10	0.23			22		0				0.71		
lentils, dried	bean			319	25	31.3	22.9	127	96	1.0	1	8	0	0	83		69	347	980	10.5	8		0	60	10		0.57	0	0.20	2	2.14	0.93	110		3	0	0.52	5		3.3		
lupin bean	bean			371	36	39.0		176		1.0		6	0	0	294	2.4		440	1010	8.2	15		0		0	0	0.64	0	0.01	2.19	0.75	0.357	355		4.8	0				4.75		
moth bean	bean			343	26	30.3		244		0.8		7			381	1.8	384	489	2256							32	0.56		0.45	2.8	1.54	0.366	649				0.25			1.92		
mothbean raw dark red	bean			343	25	29.2		103		0.8		7			158	1.5	384	549	1540			211																				
mothbean raw light red	bean			343	23	26.7		150	52			15			381	1.8	384	489	489	8.2	30				2	32	0.56	0	0.09	2.8	1.54	0.366	649		4	0	1.5			3.63		
chicken bone broth 100ml	broth	bone		18	4	90.7		5				0							104		127																					
chicken bone broth 1 cup 239g	broth	bone		40	10	100.0		25				0							250																	0						
horse bone broth	broth	bone			25			67				12			10																											
beef bone broth new zealand	broth	bone			30										47																											
beef bone broth 100g	broth	bone		16	4	97.5		10				0			47			40																								
beef bone broth 1 cup 236g	broth	bone																																								
cheddar, hard	dairy	heese		381	26	27.0	1.7	810	17	0.0	39	1			25	0.1		470	120	9.0	678	230		146	293		0.04	1.5	0.50	0.1	0.3	0.08	20		0	0.31	0.84	2.4	9.3	4		
colby	dairy	heese		394	24	24.2		685	15	0.0		1	0	0	26	0.0		457	127	14.5	604		0	82	264	994	0.02	0.83	0.38	0.093	0.21	0.076	18			0.6	0	2.7		3.07		
cream cheese full fat	dairy	heese		343	6	6.8		97	28	0.0	35	0	7	0	9	0.1		108	125		368			59	308	1110	0.04	0.44	0.23	0.092	0.517	0.039	9		0	0	0.86	2.1	8.7	0.59		
cottage cheese full fat	dairy	heese		105	12	44.2	2.28	88		0.0	46	0			9	-	5	154	124	7.3	350	110					0.01	0.7	0.40	0.12	0.4	0.08	27		0	0.05	-			0.6		
edam aged	dairy	heese		345	29	33.6	1.8	750		0.1	5	1			39	-		430	100	4.0	1250	230					0.03	2.1	0.20	0.1	0.38	0.09	40		1	0.19	0.48	3.8	64.7	2.2		
emmental - swiss, raw	dairy	heese		403	29	28.3	3	1062	15	0.2	10	0			39	0.1		647	98	10.8	613				343		0.03	2.29	0.33	7	0.3	0.07	20		1	0.29	0.53	2.4	43.3	4.65		
gouda	dairy	heese		356	25	28.0	1.4	700	15	0.0	4	0	0	0	29	0.0		350	100	14.5	819	230	0	10	165	563	0.03	1.7	0.33	0.1	0.34	0.08	43		0	20	0.24	4	72.9	3.9		
grana padano, PDO	dairy	heese		398	33	33.2	6.0	1165	20	0.5	36	0			63			692	120	12.0	700				224		0.03	3	0.36	8	0.25	0.12	55		0	0.5	0.43	0	2	11		
gruyere	dairy	heese		413	30	28.9		1051	15	0.2		0	0	0	34	0.0		652	106	14.5			0	33	271	948	0.03	1.77	0.40	7	0.562	0.08	10		0	0.6	0.63	25	96	4.41		
cantal	dairy	heese		386	23	28.8		370																														10	51			
mozzarella	dairy	heese		253	22	35.1	1.8	685	15	0.0	29	0			28	0.0	0	515	79	26.7	522	200		94	183		0.00	1	0.23	0	0.17	0	48		0	0.1	2.1	1.3	5.4	3.12		
muenster	dairy	heese		368	23	25.4		717	15	0.0		0	0	0	27			468	134	14.5	628		0	13	298	1010	0.01	1.47	0.32	0.103	0.19	0.056	12		0	0.6	0.26	2.5	80	2.81		
parmigiano reggiano DOP	dairy	heese		387	34	34.6	23	1159		0.8	38	1			44	0.0	9.2	859	118	14.0	600	250		110	430		0.03	4.2	0.40	8	0.32	0.11	61		0	0.5	1.1	4.2	76.5	4.19		
pecorino sicilian	dairy	heese		427	29	27.1	2.4	1162		0.0	39	0			40	0.0		798	55	6.0	450	230			573		0.03	1.1	0.47	0.2	0.42	0.09	7									

			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	in + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	Vit K2 activator x	Zinc		
Food - 100g/unit																																										
butter with salt	dairy	at & oil		758	1	0.4	0	25	19	0.1	38	0			2	0.0	0	16	29	1.6	372				930		0.01	0.17	0.02	0.1	0.04	0	3		0	0.8	2.4	7~15	15	0.6		
buttercream milk	dairy	milk		62	3	20.7		115	15	0.0		0	0	0	10	0.0		85	105	3.7				7	47	165	0.05	0.46	0.17	0.09	0.38	0.036	5		0	1.3	0.07	0.3		0.38		
milk goat	dairy	milk		69	3	17.4		134	16	0.1		0			14			111			50			18.2	38.2		0.05	0.07	0.14	0.277	0.31	0.046	1		1.3	0.06	0.106	0				
milk whole 3.7% fat	dairy	milk		64	3	20.5	1	119	14	0.0	17	0			13	0.0	5	93	151	2.0	49				33	138	0.04	0.36	0.16	0.084	0.313	0.042	5		1.5	0.0218	0.085	0		0.38		
milk 2%	dairy	milk		50	3	26.4		120	16	0.0		0	0	0	11	0.0		92	140	2.5	47		0	7	28	102	0.04	0.53	0.19	0.092	0.256	0.038	5		0.2	1	0	0.2	0	0.48		
milk heavy cream	dairy	milk		343	2	2.4	1.44	61		0.0	19	0			6	0.1		57	97		21						0.03	0.44		0.061		0.031							0.22			
milk half-half	dairy	milk		131	3	9.6		107	19	0.0		0	0	0	10	0.0		95	132	3.2	61		0	22	97	354	0.03	0.19	0.19	0.109	0.539	0.05	3		0.9	0	0.25	1.3		0.39		
milk whole powder	dairy	milk					13.9	1050		0.0	120	1			84	84.0		728	1270	8.0	440	240		170	14.2		0.24	2.4	1.31	0.7	2.79	0.48	46		4	0.24	0.61		3.2			
yogurt, greek, plain, whole milk	dairy	yogurt		97	9	37.1	2.6	100	15			0	0	0	11	0.0		135	141	9.7	35		0	7	2	15	0.02	0	0.28	0.208	0.331	0.063	5		0	0	0.01	0	0.52			
cod dried salted	fish	dried		290	63	86.6		160	291	0.2		3	0	0	133	0.1		950	1460	148.0	7030		0	0	42	140	0.27	10	0.24	7.5	1.68	0.864	25		3.5	4	2.84	0.4	1.59			
trout steelhead dried	fish	dried		382	77	80.9		85		0.2		3	0	0	84	0.1		976	1720	105.0			0	0	64	213		22.4							0	15.7	2.41	0	1.5	1.79		
cod liver oil - 1 tsp 4.5g	fish	at & oil		40.6	0.0	0.0	0.0	0.0	0.0	0.0	18.0	0	0	0	0	0		0	0	0	0	0	0	0	0	1351	0	0	0	0	0	0	0	0	0	0	11.3	1.1	0.0	0	0	
cod liver oil 100g	fish	at & oil		902	0	0.0		1		0.0	400	1			0	0.0	-	1	1	0.0	0.02				30000		0.00	0	0.00	0	0	0	0	0		250	23.96	0		0.06		
fish roe - mixed	fish	roe		143	22	62.4		22	335	0.1		1	214	0	20	0.0		402	221	40.3	91		0	0	90	299	0.24	10	0.74	1.8	1	0.16	80		16		7	0.2	1			
salmon roe (general roe)	fish	roe		120	23	77.3	15	8	335	0.1	195	1			13	0.1		403	272	105.0	101			0	27.8		0.77	19.5	0.66	1.15	4.45	0.262	22		19.3	5.2	10.3	0	4.46			
prawn raw	fish	shell		68	16	92.4	1.06	72	81	0.2	27	1			30	0.1		199	104	29.5	412				0	0	0.03	1.4	0.03	1.55	0.22	0.08		0	0	1.15		0.97				
shrimp boiled, shell removed	fish	shell		69	15	88.7		44	81		8						0	109	54	19.0	672				0	0	0.01	2.05	0.01	3.4	0.045	0	20		0	0	4	0				
anchovies	fish			96	17	70.0	6	148		1.0	29	3			22	0.1		196	278	37.0	104	150				0.06	0.6	0.26	14	0.65	0.14			11	0.29		4.2					
anchovies canned in oil	fish			206	26	50.3	5	44		0.3	23	1			69	0.1		351	700	68.0	480	230				0.06	0.9	0.20	6.5	0.91	0.18	8		0	5	0.31		2.2				
clams, canned	fish						7	92		0.2	140	28			18	1.0		338	628	49.0	112	300				0.15	99	0.43	3.4	0.68	0.11	29		22	4	1		2.7				
clams, fresh	fish			86	15	68.4	7	69	65	0.2	140	14	0	0	9	0.5		169	314	24.0	56	300	0	0	90	300	0.08	49	0.21	1.8	0.36	0.06	16		13	4	1	0.2	0	1.4		
cod fresh raw	fish			82	18	86.8	1.1	16	84	0.0	253	0	0	0	32	0.0	0	203	413	33.1	54		0	0	12	40	0.08	0.91	0.07	2.06	0.153	0.245	7		1	1	0.64	0.1	0.45			
crab meat cooked	fish							124		3.8		2			34			235	163	44.5						0.04	0.39	0.20	6.05		0.17					2.93		5.46				
eel raw	fish			184	18	40.0		20	65	0.0	80	1	0	0	20	0.2		216	272	6.5	51		0	0	1040	3480	0.18	3	0.04	3.5	0.24	0.067	15		1.8	23.3	4	0	63	1.62		
herring, canned	fish			199	18	36.8	7	66		0.1	29	1			46	0.1		254	447	53.0	918	230				0.13	13	0.28	3.3	0.88	0.41	14			16	1		1.4				
herring, fresh	fish			216	17	30.6	9	63		0.2	36	1			40	0.1		113	320	44.0	150	150				0.12	16	0.18	3.5	1.01	0.55	11			30	1.2		1.1				
Lithognathus mormyrus	fish							69		1.1		6			20				287																			4.6				
mackerel, canned in oil	fish			170	17	40.0	3.9	32		0.0	41	1			11	0.1		280	92	10.6	224	203		1			0.15	6.8	0.22	6	0.49	0.12	1		0	2.9	1.06		0.5			
mussels, fresh	fish			84	12	55.7	7	88		1.2	140	6			44	0.2		236	320	49.0	290	300				0.12	19	0.16	1.6	0.39	0.08	37				1.11		2.2				
nile	fish							95		0.0		0			26			240	330							0.08	1	0.12	5.41		0.23					1.47		0.61				
octopus, fresh	fish							144		1.0	20	2			39	0.0		189	350	75.0	233					0.03	20	0.04	2.1	0.5	0.36	16		0		1.2		5.1				
oyster, wild, raw, mollusks, eastern	fish			51	6	44.8		94	65	3.1		5	0	0	51	0.3		165	236	44.6	85		0	0	13	44	0.12	10.2	0.17	3.65	0.223	0.11	7				0.86	1	2.5	39.3		
oyster, mollusks, eastern, canned	fish			68	7	41.5		45	81	4.5		7	0	0	54	0.5		139	229	35.8			0	0	90	300	0.15	19.1	0.17	1.24	0.18	0.095	9		5	1	0.85	0.1	91			
salmon fresh	fish			185	18	39.8	7	27	130	0.0	37	1			27	0.0		280	310	26.0	98	210			13		0.20	4	0.15	7	1.02	0.75	16		-	8	1.91		0.5	0.6		
salmon smoked	fish			147	25	69.1	7	19		0.1	37	1			32	0.0		250	420	24.0	1880	210				0.16	3	0.17	8.8	0.87	0.28	2				1.35		0.4				
salmon sockeye	fish			345	61	70.3		58	224	0.1		1	0	0	58	0.1		650	960	76.0	51		0	0	31	103	0.49	0	0.54	22.8	2.74	0.816	9		0		1.2	0	0.9	1.14		
sardines, canned oil	fish						5	613		0.1	23	3			46	0.2		368	368	49.0	480	230					0.12	15	0.34	7.4	0.86	0.18	8			4.3	0.27		2.2			
scallops	fish	cookec	83	17	81.9	2	24	111	0.1	20	0	0	0	0	56	0.1		219	322	22.0	161	300	0	0	15		0.01	2	0.07	1.2	0.14	0.15	16		3	0	1	0	1			
scallops	fish	steame	111	21	73.9		44	111	0.1			1	0	0	53	0.0		426	317	22.0	667		0	0	2	5	0.05	2.15	0.12	3.73	0.366	0.12	20		0		0.9	0	1.55			
sea bass fresh	fish			82	17	80.5	5	20		0.7	30	1			29	0.0		202	307	36.5	69	200				0.11	4	0.16	3	0.75	0.3	9				0.5		2.1				
sole, dover fresh	fish			83	17	81.4	1	12		0.2	30	1			0	0.0		195	280	36.0	120	200				0.05	2	0.05	1.7	0.86	0.19	5		0		0.4		1.5				
stockfish, dried	fish			356	80	90.0												450	1500		500				0	0.14		0.50	3.5					0								
striped bream	fish			97	18	74.2	1	69		1.1	30	6			20	0.0		125	287	102.0	69	200				0.04	2	0.14	4.3	0.86	0.19	5		0		0.4		4.6				
sprat	fish							152		0.1		1			22			223	243	10.0							0.04	7	0.25	7.76		0.24				1.5		5.48				
trout steelhead boiled, canned	fish			159	21	53.1		30		0.1		1	0	0	25	0.0																										

Food - 100g/unit			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	lin + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	Vit B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	It K2 activator x	Zinc		
coconut oil	fruit	at & oil		899	0			0		0.0		0			0			1	0	0.0						0.00	0	0.00	0.12		0					0.89	10		0			
lime juice	fruit	juice		25	0	6.7		14	5	0.0		0	0	0	8	0.0		14	117	0.1	2				30	2	50	0.03	0	0.02	0.142	0.123	0.038	10		30	0	0.22	0.6		0.08	
apple delicious w/out peel	fruit						1.2	4				0			5			10	110		1	6			15	1.25		0.03	0	0.02	0.1			1		7	0	0.59	0.6			
apricot dried	fruit			286	0	0.0	1	67		0.4	3	5			65	0.4		108	979	7.0	26	160			5440	1090		0.01	0	0.16	3.3	0.7	0.17	14		12	0	4.36	3.1		0.7	
blueberry	fruit	berry		64	1	3.1	3.7	12		0.0	0	0			6	0.1	0	11	83	0.0	2				0	0		0.03	0	0.00	0	0.05	0	0		100	0	0.55	0		0.07	
blueberry wild, alaska native	fruit	berry		61	1	8.0		13		0.0		0		0	7	2.0		29	75		6				69	6	115	0.07		0.41		0.265	0.026	33		18.3	0	1.69	17.2	0		
banana	fruit			76	1	6.3	2.6	7	10	0.2	8	1			34	0.4		28	350	1.0	1	13			270	22.5		0.06	0	0.06	0.7	0.36	0.29	38		16	0	0.27	0.5		0.2	
blackcurrants	fruit						2.4	60		0.1		1			17	0.3		43	370	1.7	3	33			100			0.03		0.06	0.3	0.4	0.08			200	0	1	30		0.3	
dates fresh	fruit						0	24		0.1		0			24	0.2		28	410	1.0	7	23			18	1.5		0.06	0	0.07	0.7	0.21	0.12	25		14	0	0.06	5.6		0.2	
dates medjool	fruit			270	3	4.0	0	64		0.4	2	1			54	0.3		62	696	3.0	1	51			89			0.05	0	0.06	1.61	0.81	0.25	15		0	0	0.06	2.7		0.44	
grapefruit pink	fruit						1	22		0.0		0			9	0.0		18	135		0	12			686			0.04	0	0.03	0.2	0.26	0.05	13		31	0	13	0		0.07	
grapes	fruit						0.3	27		0.3	1	0			7	0.1		4	192	1.0	1	8			24	2		0.03	0	0.03	0.4		0.1			6	0		8.6		0.12	
guava	fruit						1.1	10		0.1	0	0			12	0.1		25	150	0.6	4	14			492	41		0.03	0	0.04	1	0.15	0.14	49		243	0	0.73	2.6		0.2	
kiwi	fruit			48	1	10.0		25		0.1	0	1			12	0.1		70	400	0.2	5	16			40			0.02	0	0.05	0.4	0.18	0.15	25		85	0	1.46	40.3		0.1	
lemon	fruit			16	1	15.0	0.5	14		0.3		0			12	0.0		11	140	1.0	2	12			0	0		0.04	0	0.01	0.3	0.23	0.11	11		50	0	0.15	0		0.1	
lemon peel	fruit						0.5	134		0.1	0	1			15	0.0		12	160	0.7	6	12			30	2.5		0.06	0	0.08	0.4	0.32	0.17	13		129	0	0.25	0		0.25	
mango	fruit																																									
orange	fruit						1	49		0.1	2	0			10			22	200		3							0.06	0	0.05	0.2	0.37	0.1	31		50	0	0.24	0		0.2	
prickly pear raw	fruit			41	1	7.1		56		0.1		0			85	0.1		24	220	0.6				0	25	2	43	0.01	0	0.06	0.46		0.06	6		14		0.11	4.7		0.12	
prune dried	fruit							59	3	0.1	1	4			2	0.3		85	824	3.0	8	17			114	9.5		0.18	0	0.02	1	0.41	0.21	3		3	0	0.43	59.5		0.4	
red currant - ribes rubrum	fruit	berry		56	1	10.0		33	8	0.1		1			13	0.2		44	275	0.6	1				25	2	42	0.04	0	0.05	0.1	0.064	0.07	8		1410	0	0.1	11		0.23	
strawberry - fragaria vesca L	fruit	berry		36	1	7.1	3.7	22	6		0	1	94	0	13	0.4	0	23	161	1.0	0				40	6.67		0.02	0	0.01	0.1	0.09	0.02	117		80.4	0	0.32	20		0.11	
rye bread	grain	bread		228	8	14.6		80				3						160	190		580							0.29		0.05	2.3		0.09	24		0	0	1.2			1.3	
cassava flour	grain	assava		357	1	1.0	0.519	75		0.1		4			34	0.4	2.5	39	198	2.5								0.05		0.07	0.6		0.05									
rice bran oil	grain	at & oil		884	0			0				0	0	0	0			0	0	0	0					0	0	0.00	0	0.00	0	0	0	0		0		32.3	24.7		0	
wheat germ oil	grain	at & oil		884	0	0.0		1	20	0.0		0	0	0	1			0	0	0	0			0	0	0	0								0			149	24.7		3.8	
buckwheat flour	grain	flour		358	9	9.9	15.1	31				4			167	1.5	44.6	282	378	15.7	2.5							0.24		0.16	3.84		0.17								1.76	
oat, whole grain flour	grain	flour		389	13	13.6	20.2	43		0.4		4			125	125.0	125	372	373	38.2	4							0.39		0.16	1.94			35							2.75	
basmati rice uncooked	grain	rice		367	9	9.8		5		0.4		1			32	0.8		131	114			77				0		0.13	0		1.2	0.4	0.1	12		0	0	0	0.1		1.48	
basmati rice cooked	grain	rice		113	3	10.6		9				0			11			42	37		2	27				0		0.03	0		0.2	0.2	0.03	5		0	0	0	0		0.53	
black rice wild 100g cooked	grain	rice		100	9	34.0		3	10	0.1		4	64	0	32	0.3		82	101	0.8	3					0	3	0.05	0	0.09	1.29	0.154	0.135	26					0.5		1.34	
wild rice cooked	grain	rice		101	4	15.8		3	10	0.1			64	0	32	0.3		82	101	0.8	3				2	0	3	0.05	0	0.09	1.29	0.154	0.135	26		0	0	0.24	0.5		1.34	
wheat bran crude	grain	wheat		216	16	28.9		73	74	1.0		11	240		611	11.5		1010	1180	77.6	2				6	0	9	0.52	0	0.58	13.6	2.18	1.3	79		0	0	1.49	1.9		7.27	
wheat bran crude 10g	grain	wheat		22	2	3	0	7	7	0	0	1	24	0	61	1	0	101	118	8	0	0	0	1	0	1	0	0	0	0	1	0	0	8		0	0	0	0	0	1	
wheat germ	grain	wheat		360	27	30.2	23	72	179	1	4	10			270	18.0	70	842	892	79.2	12	250	0	22.4	0	0	1.88	0	0.50	6.81	2.26	1.3	281		0	0	16	4		17.8		
wheat germ 10 g	grain	wheat		36	3	3	2	7	18	0	0	1	0	0	27	2	7	84	89	8	1	25	0	2	0	0	0	0	0	0	0	1	0	0	28		0	0	2	0	0	2
amaranth grain uncooked dry - AC, Amaranthus	grain			371	14	16.7	16.3	159	70	0.5		8	28	0	248	3.3		557	508	18																						

Food - 100g/unit			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	in + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	Vit B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	Vit K2 activator x	Zinc	
basil	herb																																								
beef, round, eye of round roast, boneless, lean	meat	beef		116	23	80.7		13		0.0		1			11	0.0		222	312		50						2.06	0.19	6.58		0.638										3.38
beef, lean, with visible fat	meat	beef					1	11		0.1	12	2			17			175	360	16.0	89	220				0.10	2	0.17	4.3	0.65	0.45	5				0.8	0.2	3.1	9.3	4.6	
beef, short loin, porterhouse, separable lean	meat	beef		139	23	65.3		19				2			11	0.0		200	266	21.4	43						1.98	0.23	5.32		0.751									3.52	
beef, ground, 80% lean, 20% fat, raw	meat	beef		243	18	28.8		7		0.1		2			16	0.0		144	273		55																		8.1	3.85	
beef, ground, 90% lean, 10% fat, raw	meat	beef		185	18	39.4		7	84	0.1		2			17	0.0		148	281		62																		8.1	4.19	
beef, round, top round roast, boneless, lean	meat	beef		116	24	81.7	1	13	139	0.0	11	2			12	0.0		220	316	22.7	55	206	0	0	0	0	0.06	1.62	0.25	6.16	0.37	0.626	28		0	0.5	0.21	1.4		4.16	
beef, loin, top loin, boneless, lip-on, lean	meat	beef		149	23	61.2		15	56	0.0		2			11	0.0		206	282	21.3	45					0.05	1.72	0.20	6.88	0.36	0.575				0	0.25				3.76	
beef, short loin, t-bone, bone in, lean, 1/6	meat	beef		212	27	51.5		19		0.1		4			20	0.0		211	283	29.7	67						1.88	0.27	6.37		0.753									4.69	
chicken, breast, no skin, raw	meat	hickerookee		100	31	124.0	2	6	85	0.0	6	0			32	0.0	4	241	343	31.9	47	140	0	0	0	21	0.20	0.2	0.19	11	1.58	0.92	14		0	0.2	0.33	0	11.3	0.96	
chicken, breast, skin, raw	meat	hicken		172	21	48	2	11	67	0.0		1	0	0	25	0.0		174	220	17	63				24	83	0.06	0.34	0.09	9.91	0.804	0.53	4		0	0.4	0.27	0		0.8	
chicken, leg, no skin, raw	meat	hicken		132	19	56.7	3	15	41	0.2	7	1			22	0.0		220	406	22	128	140			42		0.07	0.7	0.16	9.2	1.39	0.36	10		0	3.7	0.31		60	3.1	
chicken, leg, skin, raw	meat	hicken		214	16	30.7		9	42	0.1		1	91	0	19	0.0		155	203	18.0	84				28	92	0.07	0	0.14	4.73	0.994	0.318	4	0.2	0.1	0.22	2.3			1.47	
chicken, whole, skin, raw	meat	hicken		171	19	44.4	2	5	86	0.1	8	1			24	0.0		160	300	9.0	62	140					0.08	0.14	13.76	1.03	0.6	9		0	0.6	0.15				1.1	
chicken heart	meat	hicken		153	16	40.8		12							15	0.1		177	176	4.3					9	30	0.15	7.29	0.73	4.88	2.56	0.36	72		3.2					6.59	
bresaola	meat	cured		152	33	87.1		6		0.1					26			269		7.0						0.41	0.13	2.74		0.52						0.14			4.5		
duck, whole, meat, raw	meat	duck		126	19	61.6		11		0.3		3				19.9		199	281	32.3						0.27	1.79	0.34	8.7		0.53					0.46	2		1.73		
duck, domesticated, meat, skin, raw	meat	duck		404	12	11.4		11	31	0.2		2	0	0	15	0.0		139	209	12.4	63		0	0	50	168	0.20	0.25	0.21	3.93	0.951	0.19	13		2.8	0.7	0.7	5.5		1.36	
duck, domesticated, meat, no skin, raw	meat	duck		135	18	54.2		11	54			2	0	0	19	0.0		203	271	13.9					24	79	0.36	0.4	0.45	5.3	1.6	0.34	25		5.8	0.1	0.7	2.8		1.9	
duck, wild, breast, meat, skin, raw	meat	duck		211	17	33.0		5		0.3		5			20	0.0		168	249	12.8	56				26	88	0.35	0.65	0.27	3.32	0.701	0.53	21		5.2			2.2	3.9	0.77	
duck, scoter, white-winged, meat (Alaska)	meat	duck		84	20	96.2		8																		280															
duck, wild, breast, meat, no skin, raw	meat	duck		123	20	64.4		3		0.3		5			22	0.0		186	268	13.9				16	53	0.42	0.76	0.31	3.44	0.77	0.63	25			6.2					0.74	
egg whole (2 eggs) 100g	meat	egg		128	12	38.8	75	48	335	0.1	53	2	57	0	13			210	133	5.8	137	180		84	225	0.09	2.5	0.30	0.1	1.77	0.12	50		0	2.46	1.11	0.3	7	7	1.2	
egg yolk	meat	egg		307	16	20.2	63	116	820	0.2	140	5	121	2	14	0.1	17	586	90	83.5	43	170		198	640		0.27	6.9	0.35	0.1	4.6	0.3	159		0	6.6	10.1	7	64	2.14	
egg yolk 15g (1 egg)	meat	egg		49	2.4		7.5	17	0	0.03	21	0.7	0	0.34	2	0.02	0	88	14	9.5	6	26	0	30	96	0	0.04	1	0.05	0.02	0.69	0.05	29.8		0	0.74	0.959	1.4	12.8	0.32	
egg white	meat	egg		52	11	82.3	88	7	1	0.0	3	0			11			14	147	17.9	177				0	0.01	0	0.39	0.104	0.175	0.0032	7			0	0	0		0		
duck with skin	meat	eggs		159	21	53.8		63		0.1	15	3			16			202	184	22.0	110	180			80	0.19	5.4	0.43	7.7	1.6	0.34	25		0	0.4	0.46				1.4	
hen	meat	eggs					58			0.1	1	2			24	0.0		207	131	12.4	65.5					0.12	1.94	0.39	6.99	1.06	0.52	8		3.3	0.2	1.8	2		1.34		
quail eggs	meat	eggs		158	13	32.9	75	64	263	0.1		4	369	0	13	0.0		226	132	32.0	141		0	11	156	543	0.13	1.81	0.79	0.15	1.76	0.15	66		0	1.4	1.08	0.3		1.46	
ghee	meat	at & oil		900	0	0.1		6		0.1	9	0			1	0.0		1	2	1.3	0		480		860	4000	0.00	0	0.00	0.06		0	0		0	1.2	6.27		8	0.18	
beef Tallow	meat	at & oil		902	0	0.0		0	80			0	0	0	0			0	0	0.2	0		0	0	0		0.00	0	0.00	0	0	0	0		0	28	0.8	0	4	0.35	
goat fresh meat	meat	goat					10			0.2		2				20.0		189	324							0.15	2.57	0.31	8.86		0.3					1	0		3.29		
beef kidney	meat	idney		158	27	69.1		19	513	0.6		6	0	23	12	0.2		304	125	168.0	94		0	0	0		0.16	24.9	2.97	3.92	1.56	0.391	83		0	1.2	0.08	0		2.84	
lamb shoulder - new zealand	meat	lamb		154	20	51.2	2	12		0.1	6	1.1	0	0	20	0.0	0	175	307	5.3	73	210		0	4	14	0.10	2.3	0.16	3.46	0.279	0.14	6		0	7	0.4			3.57	
lamb shoulder - danish	meat	lamb		231	19	32.0	1	13	70	0.1	1	1.5			17	0.0	0	218	230	6.1	66			0	45		0.18	1.2	0.30	4.3	0.55	0.2	2.6		1	0.4	0.7	0		3.42	
lamb loin - danish	meat	lamb		290	16	21.8	1	13	70	0.2	1	1.2			17	0.0	0	198	230	1.4	61			0	45		0.09		0.16	4	0.55	0.15	1.4		0	0.4	0.7	0		2.1	
lamb leg trimmed - danish	meat	lamb		128	20	61.3	2	13	82	0.1	6	2.2			27	0.0	0	210	350	6.1	78	210		0	45		0.18	2	0.31	5.41	0.55	0.3	6		0	0.4	0.7	0	14	3.3	
lamb leg with fat - danish	meat	lamb		201	18	36.6	1	5	70	0.1	1	1.4			22	0.0	0	166	270	6.1	70			0	45		0.18	1.2	0.31	4.3	0.55	0.2	2		0	0.4	0.7	0		2.6	
lamb flank - danish	meat	lamb		369	15	15.7	1	5	69	0.1	1	1.4			22	0.0	0	142	270	1.4	70			0	45		0.18	1.2	0.30	4.3	0.55	0.2	2		0	0.4	0.7	0		2.6	
lamb breast - danish	meat	lamb		369	15	15.7	1	13	69	0.1	1	2			17	0.0	0	136	218	1.4	66			0	45		0.18	1.2	0.30	4.3	0.55	0.2	2.6		1	0.4	0.7	0			
beef liver	meat	liver		191	29	60.9	33	6	426	14.3	13	9	0	0	21	0.4		350	320	42.0	81	260	11	162	9440	31700	0.26	110	3.30	17.5	8.1	1.02	330		31	1.2	0.51	4.6	34	6	
chicken Liver	meat	liver grilled		119	21	68.9	210	14	194	0.5	13	9	0	40	19	0.3		297	260	54.6	76	260	11	56	12000	13328	0.31	35	1.78	9.728	6.1	0.82	1450		18	0.2	0.6	0	14.1	3.7	
duck liver	meat	liver		131	19	57.1		11		6.0		31			22	20.0		269	240	124.0	109						0.56	54	2.50	14.02	6.18	0.76	738		4.5		0.4	0		3.07	
goat liver	meat	liver					18			0.5		8				19.0		320	218	49.0							0.30	23	2.50	14		0.8				0.					

Food - 100g/unit			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	in + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	Vit B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	Vit K2 activator x	Zinc	
goose leg	meat	liver																																				4.8	33		
pork liver	meat	liver		140	23	65.1	27	7		1.6	5	21			23	0.3		411	349	49.0	108	260		-	16500		0.33	35	3.82	20.87	6.5	0.65	295		23	1.7	0.63				7.6
sheep	meat	liver		135	20	57.8	36.3	5		7.8	4	11			19	0.3		310	330	38.4	67	260		72	14988		0.37	47.43	38.82	19.57	7.26	0.41	181		33	0.39	0.58				4.16
veal, loin, lean and fat, raw	meat	liver		177	20	45.4		14	99	0.1		1	0	0	43	0.0		222	241	16.2			0	0	0	0	0.08	1.46	0.28	6.62	0.629	0.604	3			1.7	0.3	1.3		2.01	
bacon	meat	pork		501	41	32.7		13		0.1		1			37	16.4		142	227	7.4							0.50	1.04	0.14	7.72		0.41				0.2	0	7.8	1.5		
chorizo	meat	pork						27		0.1		2				21.6		259	331	8.3							0.39	0.96	0.18	9.53		0.27				0.83	12.42		2.26		
pork lean no fat - tenderloin	meat	pork		157	21	54.3		8		0.1	5	1			17			160	290	14.0	56	160					0.80	1	0.70	3	1.42	0.54	1		0	0.6	0.05		67.5	1.6	
pork, ham, boiled, sliced	meat	pork		109	18	65.7		6		0.1	0	1			21	0.0		302	327	7.5					0	0	0.90	0.54	0.16	5.5	0.67	0.32	1.3		29	0.086	0.33	0	45.7	1.76	
pork, shoulder, separable lean only, raw	meat	pork		148	20	53.0		14		0.1		1			21	0.0		202	341	29.5					2	6	0.88	0.84	0.31	4.28		0.415	5		0.8					3.14	
canadian bacon	meat	pork		110	20	73.8		6	76	0.1		0	0	0	20	0.0		240	683	37.1	751		0	0	0	0	0.51	0.37	0.14	7.23	0.61	0.241	4		0	6	0	0	3.5	1.23	
veal, rib, lean and fat, raw	meat	rib		162	19	46.7		13				1			22	0.0		184	290	8.2			0	0	0	0	0.07	1.29	0.23	6.68	1.13	0.42	12		0		0.21			3.24	
veal, shank, lean and fat, raw	meat	shank		107	19	72.1		12	97	0.1			0	0	32	0.0		207	162	12.7	107		0	0	0	31	0.08	1.89	0.38	5.25	0.641	0.392	3		0	0.8	0.17	1		3.32	
veal, sirloin, lean and fat, raw	meat	sirloin		152	19	50.3		11	82			1	0	0	24	0.0		209	329	8.5	76		0	0	0	0	0.08	1.27	0.30	8.44	1.36	0.49	13		0	0		4.6			
turkey, dark meat, skin, raw	meat	turkey		166	20	47.7		10	64	0.1		1	0	0	25	0.0		195	308	20.2	113		0	0	26	86	0.09	1.81	0.20	12.67	0.857	0.53	6		0	0.5	0.06	0		2.51	
turkey, breast, no skin, raw	meat	turkey		114	24	83.2	2	11	61	0.1	6	1	0	0	32	0.0		200	320	22.7	113	160	0	0	6	20	0.04	0.63	0.15	9.92	0.7	0.813	7		0	0.1	0.01	0		1.1	
turkey, breast, skin, raw	meat	turkey		157	22	55.8		13				1			24	0.0		186	275	22.4	59				2	6	0.06	0.42	0.12	5.2	0.621	0.48	7		0						
turkey, ground, raw	meat	turkey		148	20	53.2		19	51	0.1		1	0	0	23	0.0		200	237	21.9	58				20	66	0.07	1	0.16	6.73	0.993	0.564	7		0	0.4	0			2.35	
turkey, ground, fat free, raw	meat	turkey		112	24	84.3		3	48	0.1		1	0	0	29			227	295	22.1	51				7	25	0.06	0.51	0.11	9.71	0.88	0.857	8		0	0.4	0.07	0			
veal liver	meat	veal		140	20	56.9		8	310	12.0		8	0	0	20	19.6		310	330	29.0	77		13	11	11700	39100	0.25	62.29	2.71	19.57	6.06	0.33	125		0.7		0.74	89		12	
prosciutto crudo parma	meat	DO NOT H		268	26	38.1	2	16		0.2	7	1			26	0.0		261	373	6.0	2578	180					1.77		0.20	5.5	1.07	0.43	4		0	0.6	0.06		45.7	3.2	
beech	mush			40	2	21.8	8.07	0				1			11	0.2		86	376	0.4	1						0.08		0.21	6.4		0.105			0.37						
crimini	mush			30	3	41.2	12.6	4		0.3		0			10	0.1		100	380	15.3	5						0.00		0.52	4.17		0.112			0				0.51		
enoki	mush			44	2	22.0	12.5	1		0.1		1			13	0.1		84	402	2.5	2.49						0.01		0.24			0.119			0				0.48		
lion's mane	mush			43	3	23.3	16.9	3				1			12	0.2		94	443	1.8	0						0.15		0.36	1.63		0.066	30			0.8				0.74	
maitake	mush	taste		31	2	25.0	32.6	2	51	0.3		0	0	0	11	0.1		72	260	3.3	0		0	0	0	0	0.01	0	0.24	6.76	0.27	0.071	21			1.6				0.76	
king oyster	mush			46	2	21.0	10.8	2				0			14	0.1		90	294	1.2	1						0.01		0.24	6.45		0.119			0.07						
oyster	mush			41	3	28.3	7.04	3		0.1		1			14	0.1		86	282	1.4							0.07		0.24	5.75		0.099	63			0.04				0.68	
pioppini	mush			39	4	35.9	15.3	2				0			16	0.1		121	392	4.1	2.49						0.01		0.43	6.22		0.102			0				0.86		
porcini	mush			32	4	48.8		22				1						142	235		52				0		0.38		0.26	4		0.18	44		3	3.1	0.12			0.1	
portabella	mush			32	3	34.4	11.1	3				0			9	0.0		87	349	14.7	5						0.01		0.47			0.097			0				0.39		
shiitake raw	mush			34	2	26.4	6.05	1		0.1		0			14	0.2		76	243	1.2	1						0.00		0.22	2.74		0.159	32			0.4				0.76	
shiitake cooked	mush			56	2	11.1		3	37	0.9		0		0	14	0.2		29	117	24.8	4		0	0	0		0.04	0	0.17	1.5	3.49	0.159	21		0.3	0.7	0	0		1.33	
shiitake dried	mush			296	10	12.9		11	202	5.2		2	0	0	132	1.2		294	1530	46.1	13		0	0	0		0.30	0	1.27	14.1	21.9	0.965	163		3.5	3.9	0	0		7.66	
sun oyster/shiitake 3 grams FRESH weigh	mush			1.23	0	32.5	0.2	0	1	0.0	0	0	0	0	0	0.0	0	3	8	0.0	0.54		0	0.87	0.06		0.00	0	0.01	0.173	0.04	0	1.89		0	15	0	0		0.02	
white button	mush			31	3	37.3	9.07	5				0			10	0.1		93	373	20.0	6						0.07		0.44	3.88		0.077	35			0.02				0.51	
white exposed to ultraviolet light	mush			93	3	13.3		3	17	0.3	1				9	0.0		86	318	9.3					0		0.08		0.40	3.61	1.5	0.104	17		2.1	26.2	0.01	1		0.52	
walnut oil	nut	at & oil		884	0			0		0.4		0													0	0	0.00	0	0.00	0	0	0	0	0	0	0	0	0	0	15	
almond dried	nut			626	21	13.7	64	254		0.9	2	3	0		264	2.2	45.3	550	780	1.5	14	150		6			0.23	0	0.40	3.77	0.44	0.15	48		0	0	26	0		2.5	
brazil dried	nut			659	14	8.7		160	29	1.7			0	0	376	1.2		725	659	1920	3				0		0.62	0	0.04	0.295	0.184	0.101	22		0.7	0	5.65	0		4.06	
black walnut	nut			619	24	15.6		61	32	1.4		3	9	0	201	3.9		513	523	17.0				24	2	40	0.57	0	0.13	0.47	1.66	0.583	31		1.7	0	2.8	3.6		3.37	
walnut	nut			693	14	8.1		83	39	1.1		2			142	2.5	19.5	380							0		0.25	0	0.16	0.562	0.464	0.191	123		1.3	0	0.89	3.45		2.7	
cashew	nut			550	17	12.7		45	61	2.0	11	6			251	2.0		490	565	10.7	16						0.20	0	0.20	1.4	1.22	0.256	69		0	0	0.84	34.7		5.07	
macadamia nut	nut			712	8	4.4	6	70		1.0	2	3			118	4.1		198	363	4.0	5	130		0			0.70	0	0.10	2	0.76	0.28	11		1	0	1	0		1.2	
peanuts, raw	nut			588	23	15.8	72	60		1.0	20	3			210	2.1		239	670	3.0	2	380		0			1.52	0	0.09	13.8	2.66	0.59	110		2	0	10.09	0		3.5	
pine nuts	nut			689	16	9.1	64	40	41	1.3	2	2			270	7.9		466	780	0.7	1	150		54			0.39	0	0.25	2.7	0.31	0.09	34		0	0	13.65	53.9		6.5	
pistachio nut	nut			598																																					

			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	in + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	Vit B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	Vit K2 activator x	Zinc	
Food - 100g/unit																																									
coconut cream can		nut		330	4	4.4		11		0.4		2			28			122	325		4				0		0.03	0	0.00	0.89	0.261	0.047	23		2.8	0					0.96
coconut water, liquid from coconut		nut		19	1			24	1	0.0		0	0	0	25	0.1		20	250	1.0	105				0	0	0.03	0	0.06	0.08	0.043	0.032	3	3	2.4	0	0	0	0	0	0.1
coconut meat, raw		nut		354	3			14	12	0.4		2	0	0	32			113	356	10.1	20				0	0	0.07	0	0.02	0.54	0.3	0.054	26		3.3	0	0.24	0.2			1.1
nutritional yeast		powder		334	40	48.4	200*	130		0.4	0	10			150	0.9		1100	1700	0.2	141						11.60	0.34	1.00	18.5	5.15	0.88	697		0.5	0.25					
nutritional yeast 10g		powder		33.4	4.04	48.4	20*	13	0	0.0	0	0.41	0	0	15	0.089	0	110	170	0.02	14.1	0	0	0	0	0	1.16	0.034	0.1	1.85	0.515	0.088	69.7		0.05	0.025					
agar agar dried		seaweed		306	6	8.1		625	63	0.6		21	0	0	770	4.3		50	1100	7.4	110		0	0	0	0	0.00	0	0.22	0.2	2.4	0.303	0.16		0	0	5	24.4		5.8	
blue green algae		seaweed		290	58	79.3		120	66			29	0	0	195	1.9		118	1360	7.2	1050			342	29	570		0	3.67	12.8	3.48	0.364	94		10.1	0	0	25.5		2	
Chlorella powder		seaweed			60			333				240							0							58300		300						20							
dulse 3g		seaweed		10	1	40.0		6		0.1	675	1			8	0.0			235									0.2	0.10			0.3									
nori		seaweed						430				20						350	2840		790			14910	1243		0.24		1.34	5.5		0.07	146		14	0	1			6.4	
nori toasted sea vegetable by eden 1 serv	seaweed			10	1			10				0.3							70		0								2.4						0						
nori toasted by emerald coast - 1 serving	seaweed			10	1		1	4		0.0	35	0			9	0.1	2	17	78		0					44000	0.03	1.9	0.07	0.03	0.02	0.02			4	0	0.1	65		0.1	
wakame		seaweed		45	3	29.3		238	14	0.1		4	0	0	120	1.4		80	108	-	872		0	216	18	360	0.06	0	0.15	1.49	0.697	0.09	0.9		3	0	0	5.3		1.3	
irish sea moss 100g dried		seaweed		200	52	104.0		1170		0.6		34			1076	6.3		333	3498	14.0							0.00	0	0.00	0	0	0	0		54					3.4	
sea lettuce		seaweed		200	15	29.4		2273		0.7	3500	113			2250	2.2		315	1815	14.0	1563				130		0.26													1.7	
spirulina (spirulina platensis)		seaweed		290	63	86.9	0.005	700	66	6.1		100	0	0	400	5.0		800	1360	7.2	1050			140	29	570	15.40	38	7	25	3.48	4	94		195	0	100	25.5		1.1	
spirulina 7g 1tbs		seaweed		20.4	4.4	6.1	0.0	49.3	4.6	0.4	0.0	7.0	0.0	0.0	28.2	0.4	0.0	56.3	95.8	0.5	73.9	0.0	0.0	9.9	2.0	40.1	1.1	2.7	0.5	1.8	0.2	0.3	6.6		13.7	0.0	7.0	1.8	0.0	0.1	
olive oil extra virgin	seed	at & oil		899	0			2		0.0		0			2			2	1	2.2				216	36		0.00	0.00	0.00	0					0	0	22.3	58.1	0.04		
olive oil extra light virgin	seed	at & oil																																		20.9	26	0			
avocado oil	seed	at & oil		884.0	0.0			0.0				0	0	0	0	0									0	0	0	0	0	0	0	0	0	0		0					
almond flour	seed	flour		622	26	16.8	69.1	232		1.0		3			251	1.8	36.1	512	667	0.7	1						0.11		0.75	4		0.1	38								2.8
amaranth flour	seed	flour		351	14	15.5	25.4	214		0.8	1	8			266	3.3	35.1	455	366	18.7	4	123		1	0		0.08	0	0.21	4.3	1.46	0.22	82		4	0	0.1				3.18
barley flour	seed	flour		367	9	9.5	8.61	36		0.4		3			88	1.2	57.4	234	367	13.1	20						0.23		0.15	5.94		0.2								2.14	
aniseed	seed			337	18	20.9		646		0.9		37			170	2.3		440	1440	5.0					16	311	0.34		0.29	3.06	0.797	0.65	10		21	0					5.3
caraway fruit	seed			333	20	23.8		907	25	1.0		33	454	20	290	1.3		515	1475	12.1			8	206	18	363	0.45	0	0.36	8.57		0.27	10		21	0	2.5			5.13	
chia seeds	seed			486	17	13.6		631		0.9		8			335	2.7		860	407	55.2	16					54	0.62	0	0.17	8.83			49		1.6		0.5			4.58	
celery seeds	seed			392	18	18.5		1770	25	1.4		45	0		440	7.6		547	1400	12.1			0	31	3	52	0.34	0				0.89	10		17.1	0	1.07	0		6.93	
cocoa bean	seed			405	17	16.9		105	12	3.6	3	11	0	0	523	2.5	73	660	3490	14.3	35			40	7		0.10	0	0.15	2	0.254	0.07	41		0	0	0.2	2.5		6.81	
corlander seed	seed			298	12	16.6		709		1.0		16			330	1.9		409	1270	26.2	35				0	0	0.24	0	0.29	2.13			0		21	0					
cumin seeds	seed			375	18	19.0		953	25	1.2		68	488	0	369	3.3		505	1555	5.2	168		0	762	64	1270	0.61	0	0.34	8.07		0.3	10			0	3.33	5.4		4.37	
dill seeds	seed			305	16	21.0		1520		0.8		16			260	1.8		280	1190	12.1	20			3	53	0.42	0	0.28	6.1		0.2	10		21	0	-			4.5		
fennel seed	seed			345	16	18.3		1200		1.1		19			385	6.5		487	1690		88			7	135	0.41	0	0.35	6.05		0.47			21	0				3.7		
fenugreek seed	seed			323	23	28.5		176		1.1		34			191	1.2		296	770	6.3	67				3	60	0.32	0	0.37	1.64		0.6	57		3	0				2.5	
finger millet	seed																																								
flaxseed	seed			534	18	13.7		255	79	1.2		6	651	0	392	2.5		642	813	25.4					0	0	1.64	0	0.16	3.08	0.985	0.473	87			0	0.31	4.3		4.34	
hemp seed, hulled	seed			553	32	22.9	27.3	70		1.6		8			700	7.6		1650	1200		5				1	11	1.28		0.29	9.2		0.6	110		0.5		0.8		9.9		
lotus seed	seed			332	15	18.6		163		0.4		4			210	2.3		626	1370		5			3	50	0.64	0		1.6	0.851	0.629	104			0				1.05		
poppy seeds	seed			525	18	13.7		1740		1.2		10	0	0	349	6.7		862	713	18.0	26		0	0	0	0	0.78	0	0.16	6.84	0.324	0.47	82			0	3.04	0		7.39	
pumpkin seed	seed			559	30	21.6		46	63	1.3	0	9	74	0	592	4.5	180	1230	809	15.0	7		1	0	1	16	0.27	0	0.15	4.99	0.75	0.143	58		1.9	0	4.58	7.3	0	7.81	
pumpkin seed	seed			559	30	21.6		46	63	1.3	0	9	74	0	592	4.5	180	1230	809	15.0	7		1	0	1	16	0.27	0	0.15	4.99	0.75	0.143	58		1.9	0	4.58	7.3	0	7.81	
quinoa	seed			368	14	12.9		47	70	0.6		5	163	0	197	2.0		457	563	8.5	5			8	1	14	0.36	0	0.32	1.52	0.772	0.487	184			0	2.44	0	1.1	3.1	
sesame seeds	seed			605	20	12.9	14.2	962	26	1.8	0	15	0	0	345	1.2	141	678	474	34.3	47		0	40	3	66	0.99	0	0.25	11.4	0.29	0.79	115		0	0	2.39	2.82		6.26	
tahini paste	seed			649	20	12.6	14	330		1.6	0	5			320	1.1		730	190	20.6	79			7			0.95	0	0.25	6.4	0.15	0.2	99		0		211		5.53		
sunflower seeds	seed			584	21	14.2		103	55	2.1		6	0	0	359	2.0		661	692	51.6	9		0	30	3	50	1.93	0	0.22	10.54		0.96	227		1.4	0	40.42	2.7	0	5.23	
sisymbrium, whole, dried	seed			318	12	15.2		1630		0.1		0			314	1.5		6	2130		92			3	63	0.19	0	0.42	16.8	0.997	0.778	95		30.7					10		

			Preparation	Calories	Protein	Calorie/protein	Biotin	Calcium	Choline	Copper Co	Iodine	Iron Fe	in + zeaxanthin	Lycopene	Magnesium	Manganese	Molybdenum	Phosphorus P	Potassium K	Selenium	Sodium	sulphur	Vit A C-alpha	Vit A C-beta	Vit A RAE	Vit A, IU	Vit B1 Thiamin	Vit B12 Cobalamin	Vit B2 Riboflavin	Vit B3 Niacin	B5 Pantothenic	Vit B6 Pyridoxine	Vit B9 Folate	Vit B17	Vit C	Vit D	Vit E	Vit K1	Vit K2 activator x	Zinc		
Food - 100g/unit																																										
curry powder 1 tbsp (6.3g)	spice			20	0.9	1.1	0	33	4.0	0.1	0	1.9	0	0	16	0.5	0	23	97	2.5	3.3	0	0	37.4		6.2	1.2	0	0	0	0.2	0.1	0.26	0		28	0.0	0.01		6.3	0.0	0.3
cinnamon ground	spice			301	4			1228				38						61	500		26				26		0.80		0.14	1.3		0.26	0		28	0	0.01			2		
cinnamon bark	spice							1164		0.4		30			58			62	480	6.7							0.16	0.11	1.7		0.22					0.78			1.94			
dill weed dried	spice			253	20	31.6		1780		0.5		49			451	4.0		543	3310	0.0	208				293	5850	0.42	0.28	2.81		1.71			50	0				3.3			
dill weed fresh raw	spice			43	3	32.2	0.4	208		0.0	7	7			55	1.4	0	66	738	2.7	42			5980	997	7720	0.19	0	0.54	3.51	0.397	0.18	150		85	0	1.7			0.9		
garam masala	spice			390	11	11.5		760		1.6		33			330	6.0		390	1060		1600					1500	0.35	0.33	2.5						0				3.8			
garlic powder	spice			331	17	20.1		79	68	0.5		6	0	0	77	1.0		414	1190	23.9	60			0	0	0	0.44	0	0.14	0.796	0.743	1.65	47		1.2	0	0.67	0.4		2.99		
garlic powder 1 tbsp (9.7g)	spice			32.1	2	20.1		8	7	0.1		1	0	0	7	0.1		40	115	2.3	5.82			0	0	0	0.04	0	0.01	0.077	0.072	0.16	4.56		0.116	0	0.065	0.039		0.29		
fenugreek leaves	spice																																									
kashmiri powder	spice			450	13	11.1		288				50							1890		150															0						
paprika	spice			282	14	20.0		229	52	0.7		21	18900	0	178	1.6		314	2280	6.3	68				2460	49300	0.33		1.23	10.1	2.51	2.14	49		0.9	0	29.1	80	0	4.33		
salt iodized 1 tsp 6g	spice			0				3	0.0		310	0			0	0.0		0	0		2360																		0			
vanilla	spice							1228		0.5		38			56			61	500								0.08		0.14	1.98		0					0			1.97		
turmeric powder	spice			291	10	13.3		168		1.3		55			208	19.8		299	1080		27				5		0.12	0	0.25	2.179	0.54	0.11	20		2.31	0	4.43	13.4		4.5		
coriander leaf cilantro	veg	allium		22	2	38.2		67	13	0.2	1	2			26	0.4		48	521	0.9	46			3920	655		0.07	0	0.17	1.11	0.57	0.149	62		27		2.5	310		0.5		
spring onion, green onion, scallions, onion	veg	allium		41	1	12.7			6		2	0			24	0.9		48	230	0.4	13			3000	500		0.05	0	0.12	0.8	0.19	0.2	78.3		39.7	0	0.31	260		0.2		
onion Allium cepa	Veg	allium																																								
onion	veg	allium		28	1	14.3		25			0	0			9	0.2	0	35	140	0.1	10		0	0	0	0	0.02	0	0.03	0.5	0.1	0.14	36		8.09	0	0.22			0.3		
black garlic 15g peeled	veg	allium		40	2																																					
garlic	veg	allium		158	6	16.2		21	23	0.3	0	2			25			160	401	9.8	17			0	0		0.14	0	0.11	1.79	0.596	1.24	103		11	0	0.01	0.8		1.16		
chili ancho, dried	veg	chiles		281	12			61		0.5		11			113	1.3		201	2410	2.9	43				1020	20400	0.18	0	2.26	6.4	1.99	3.54	69		2	0				1.42		
chili guajillo, dried	veg	chiles			20			140																																		
purple corn peru	veg	corn		96	3	14.2		3													1				13		0.09		0.06	1.68	0.79	0.14	23		5.5		0.09	0.4				
purple corn flour 10g	veg	corn		36	1	10.0				0.0					11	0.1		26	38								0.02			0.26		0.05							0.22			
potato flour	veg	flour		357	7	7.7		65	40	0.2		1	0	0	65	0.3		168	1000	1.1	55		0	0	0	0	0.23	0	0.05	3.51	0.474	0.768	25		3.8	0	0.25	0		0.54		
lambsquarters	veg	braged		26.6	2	33.1		349	20	0.0		2	3.62		164	1.6		56	1070								0.03	0.39	0.79	0.3	0.198	96					347		0.611			
nettles	veg	brage/lanche		43	6	54.9		590	17	0.3		4	4180	0	81	0.8		109	670	0.3	1			2150	358		0.20	0.1	0.15	3.73	0.22	0.22	220		175	0	1.68	600		1.7		
fiddlehead ferns	veg	orged		34	5	53.5		32		0.3		1			34	0.5		101	370		1		261	2040	181	3620	0.02	0	0.21	4.98					26.6	0				0.83		
amara ethiopian kale	veg	leafy																																								
amaranth indian spinach leaves	veg	leafy																																								
arugula - rocket	veg	leafy		25	3	41.3		268	15	0.1	2	2	3560		47	0.3	31.4	52	369	0.3	47		0	2520	210	2370	0.05	0	0.21	1.5	0.437	0.196	164		83	0	1.48	109		0.47		
celery root leaves	veg	leafy		34	2	21.2		325			10	4																	0.34		0.2					2.7						
choy sum brassica rapa var. parachinensis	veg	leafy	ok	11	1			281			3	2			12			35	301	0.0	13		15	1360	227		0.01		0.10	0.8		0.07	266		46	0	0	0		0.4		
pak-choi Brassica rapa var. chinensis	veg	leafy		13	2			105	6	0.0		1	40	0	19	0.2		37	252	0.5	65			2680	223	4470	0.04	0		0.5	0.088	0.194	66		45	0	0.09	45.5		0.19		
curry leaves	veg	leafy			6			820		0.2		5			220			57										0.08	-	0.21	4.4		-				-		-			
dandelion greens	veg	leafy		37	3	29.2		316	35			3	13600	0	36	0.3		66	440	0.5	76		363	5850	992	10200	0.19	0	0.26	0.806	0.084	0.251	27		35	0	3.44	778		0.41		
grape leaves	veg	leafy		93	6	24.1		363	13	0.4		3	1750	0	95	2.9		91	272	0.9	9		629	16200	1380	27500	0.04	0	0.35	2.36	0.231	0.4	83		11.1	0	2	109		0.67		
kale	veg	leafy		43	3	27.2		254	1	0.1		2	6260	0	33	0.9		55	348				0	2870	241		0.11	0.35	1.18	0.37	0.147	62		93.4	0	0.66	817	0	0.39			
spinach	veg	leafy		28	3	41.6	4.25	78		0.1	3	3	7920	0	60	1.3		62	530	1.0	100		0	1915	306		0.07	0	0.37	0.4	0.18	0.21	207		54	0	2.47	521		1.43		
swiss chard	veg	leafy		16.4	1	24.4		67		0.0	0	1	11000	0	17	0.2		29	286	0.2	158			1578			0.03	0	0.19	1.8	0.2	0.07	124		24	0	1.05	830		0.4		
turnip tops	veg	leafy		27	3	38.5						3			69	370			370		34				299		0.08	0.37	1.8		0.22	170		110	0	2.44			0.2			
cactus	veg	plant		16	1	33.0		164	7	0.1		1	0	0	52			16	257	0.6	21		48	250	23		0.01		0.04	0.41		0.07	3		9.3	0	0	5.3				
carrot	veg	root		36	1	7.8	3.4	30	9	0.0	3	0			12	0.4	0	40	286	0.1	66			9790	1630		0.07	0	0.03	1.41	0.28	0.119	59.4		7.01	0	0.55	13.2		0.24		
celery root celeriac	veg	root		13	1	40	4.89	44		0.1	0	0			13	0.1	0	58	387	0.1	55			0	0		0.03	0	0.05	0.486	0.317	0.198	97.2		5.15	0	0.183	100		0.46		
daikon radish, cooked	veg	root		38	1	7.1		25	7			0	9	0	10			20	226	0.6	159			9	11		0.01	0		0.234		0.078	21		12.2	0	0.34	3.5		0.27		
jerusalem artichoke	veg	root		79	2	10.6		28	30	0.1	0	1			16				561		3			9	1.5		0.07	0	0.241	0.38	0.09	36		6	0	0.15		0.1				
parsnip	veg	root		63	2	13.3	0.1	55	27	0.1	0	1			30	0.4	0	635	635	1.8	6			20	3.33		0.09	0	0.18	3.2	0.6	0.11	67									