

**Nutrition Facts: All Foods Sorted by Food Groups**

**Carbohydrates**

**Cocoa, Hershey's dark unsweetened Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	12	4	0	2	65	0	2	0	0	0	0	0	4	25	0	0

**Cocoa, Hershey's unsweetened Quantity: 1 Tbsp 5gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
12	6	12	4	0	2	1	0	1	7	0	0	0	0	80	26	0	0

**Flour 100% Whole Wheat organic stone ground Quantity: 1 cup 120gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
520	40	416	80	0	16	0	0	4	80	0	0	0	1	486	166	4	45

**Flour, Barley Quantity: 1 cup 148gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
511	20	436	55	5	15	6	0	4	47	0	0	0	1	457	142	3	114

**Flour, brown rice Quantity: 1 cup 158gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
574	37	498	39	5	7	13	0	3	17	0	0	0	2	457	177	4	66

**Flour, Buckwheat Quantity: 1 cup 120gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
402	31	320	51	12	12	13	0	5	49	0	0	0	0	692	301	4	85

**Flour, Quinoa Quantity: 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
440	60	288	64	0	8	32	0	5	40	0	0	0	4	636	236	4	0

**Flour, Rye 100% stone ground whole grain Quantity: 1 cup, 148gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
415	29	333	53	4	29	1	0	8	72	3	0	0	2	934	317	7	216

**Inulin 100% Vegetable Fiber supplement Quantity: 1 tsp 5.8gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	0	24	0	0	5	0	0	0	0	0	0	0	0	0	0	0	0

**Oat Bran Quantity: 1/4 cup 40gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	25	104	28	4	6	0	0	2	20	0	0	40	0	116	40	1	0

**Oats, rolled, old fashioned or instant Quantity: 1/2 cup 40gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
152	23	106	23	0	4	1	0	2	21	0	0	0	0	167	69	2	43

**Pasta, Capellini 100% whole wheat organic Quantity: 2oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	10	176	28	8	6	10	0	1	0	0	0	0	0	4	82	1	31

**Pasta, Egg Noodles, wide 100% whole grain Quantity: 1/4 cup dry 56gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
200	23	148	32	4	5	15	65	2	20	24	0	0	0	93	22	1	22

**Pasta, Rotini 100% whole wheat Quantity: 3/4 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	10	176	28	8	6	10	0	1	0	0	0	0	0	4	82	2	31

**Pasta, Spaghettini 100% whole wheat Quantity: 2oz 57gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
180	15	140	28	4	6	0	0	2	20	0	0	0	0	123	82	1	31

**Pasta, Spinach (cooked) Quantity: 2oz 57gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
74	5	58	11	0	0	3	19	1	10	59	0	0	0	21	14	0	17

**Potato, Red (cooked) with skin no salt Quantity: 1 medium 173gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
154	2	136	16	8	3	21	0	1	16	17	22	0	0	943	48	1	17

**Potato, Russet (cooked) with skin no salt Quantity: 1 medium 173gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
168	2	148	18	8	4	24	0	2	31	17	22	0	0	952	52	1	17

**Potato, Sweet (cooked) with skin no salt Quantity: 1 medium 114gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	1	96	8	28	4	41	0	1	43	21907	22	0	1	541	31	0	5

**Psyllium seed husks Fiber supplement Quantity: 7 grams**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	23	0	0	5	5	0	0	10	0	0	0	0	1	0	0	0

**Quinoa (cooked) Quantity: 1 cup 185gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
222	32	156	32	0	5	13	0	3	32	9	0	0	1	318	118	2	0

**Rice, brown long grain organic (cooked) Quantity: 1 cup 195gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	0	148	12	0	3	0	0	1	11	0	0	0	1	103	66	1	27

**Spelt, cooked Quantity: 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
246	14	194	38	0	8	10	0	3	19	8	0	0	1	277	95	2	0

**Wheat Germ, raw Quantity: 2 Tbsp 16gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	15	36	16	8	2	0	0	1	0	0	0	0	5	125	40	2	202

**Yeast, quick rising Quantity: 1 packet 7gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	3	12	12	0	1	3	0	1	5	0	0	0	0	140	7	0	0

**Yeast, regular Quantity: 1oz 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
83	11	44	44	0	6	14	0	5	18	0	0	0	0	560	27	2	0

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**Fat (no trans-fat)**

**Almond Butter Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
101	79	12	8	4	1	72	0	1	43	0	0	0	0	121	49	1	68

**Almonds, raw whole Quantity: 8 nuts**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	40	9	5	1	1	77	0	2	27	0	0	0	16	67	27	0	1

**Almonds, raw whole Quantity: 24 nuts 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	120	28	16	4	3	230	0	5	80	0	0	0	47	200	80	1	2

**Cashews: raw whole Quantity: 1oz 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
155	103	72	20	8	1	3	0	2	10	0	0	0	0	185	1	0	17

**Flax Oil, organic cold-pressed unrefined Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	120	0	0	0	0	0	0	0	0	0	0	0	2	0	0	0	7196

**Flax seeds, organic Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	36	12	8	0	3	3	0	1	26	0	0	0	0	83	40	0	2338

**Macadamia nuts, raw Quantity: 12 nuts 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
203	179	16	8	5	2	1	0	1	24	0	0	0	0	104	37	0	58

**Olive Oil Quantity: 1 Tbsp 14gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	120	0	0	0	0	0	0	0	0	0	0	0	3	0	0	0	103

**Olive Oil, extra virgin Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	40	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	34

**Olives, green canned Quantity: 14 whole, 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
41	36	4	0	0	1	436	0	0	15	110	0	0	1	12	3	0	26

**Olives, ripe canned Quantity: 7 large, 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
32	25	8	0	0	1	244	0	1	25	113	0	0	1	2	1	0	18

**Peanut butter with flax oil creamy Quantity: 2 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
200	160	24	28	4	2	110	0	1	14	0	0	0	3	190	61	1	990

**Peanut butter, creamy organic Quantity: 2 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	150	24	32	4	2	50	0	0	0	0	0	0	3	208	48	1	25

**Pecans, raw unsalted Quantity: 19 halves 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
195	170	16	12	4	3	0	0	1	20	16	0	0	0	116	34	1	276

**Pistachio nuts, raw Quantity: 49 nuts 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
157	105	32	20	9	3	0	0	1	30	156	1	0	1	290	34	1	72

**Pumpkin seeds, dried hulled Quantity: 142 seeds 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
153	108	20	28	0	1	5	0	4	12	107	1	0	0	228	151	21	51

**Safflower Oil Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
119	119	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0

**Sesame seeds, whole, dried Quantity: 1 Tbsp 9gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	37	8	8	0	1	1	0	1	88	1	0	0	0	42	32	1	34

**Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
124	124	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	27

**Sunflower seeds: whole, dried Quantity: 1oz 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
164	121	24	24	4	2	3	0	2	22	14	0	0	9	181	91	1	21

**Walnuts, raw unsalted Quantity: 5 whole 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
183	154	16	16	4	2	1	0	1	28	6	0	0	0	125	45	1	2542

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**Fruit**

**Apple, raw organic Quantity: 1 small 149gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
65	0	68	0	52	3	1	0	0	9	81	7	0	0	159	8	0	13

**Apple, raw organic Quantity: 1 medium**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	88	4	64	5	0	0	0	11	98	8	0	0	195	9	0	16

**Applesauce, unsweetened Quantity: 1 cup 244gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
102	0	108	0	92	3	5	0	1	10	71	2	0	0	181	7	0	7

**Avocado (California) raw Quantity: 1/5 fruit 30gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	39	9	2	0	2	2	0	0	4	44	3	0	1	152	9	0	33

**Avocado (California) raw Quantity: 1 fruit 201gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
227	175	43	9	2	9	11	0	1	18	200	12	0	3	689	39	1	150

**Avocado (Florida) raw Quantity: 1/5 fruit 61gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
73	51	17	5	6	3	1	0	0	6	85	11	0	2	213	15	0	58

**Avocado (Florida) raw Quantity: 1 fruit 304gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
365	256	86	23	30	17	6	0	1	30	426	53	0	8	1067	73	1	292

**Banana, whole Quantity: 1 small 101gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	3	83	4	50	3	1	0	0	5	65	9	0	0	362	27	0	27

**Banana, whole Quantity: 1 medium 118gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
105	3	108	4	56	3	1	0	0	6	76	10	0	0	422	32	0	32

**Blackberries, frozen Quantity: 1 cup 151gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
97	5	85	6	64	8	2	0	1	44	172	5	0	2	211	33	0	124

**Blueberries, raw organic Quantity: 1 cup 148gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	1	108	4	44	3	0	0	0	9	80	14	0	1	114	3	0	86

**Blueberries, unsweetened frozen Quantity: 1 cup 155gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
79	8	69	2	52	4	2	0	0	12	71	4	0	1	84	8	0	174

**Cantaloupe, raw organic Quantity: 1/4 medium 138gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	48	4	44	1	25	0	0	14	5276	57	0	0	417	19	0	64

**Cherries, sweet, raw Quantity: 9 whole 70gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
44	1	40	3	36	2	0	0	0	9	45	5	0	0	156	8	0	18

**Cranberries, raw Quantity: 1 cup 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
46	1	44	1	16	5	2	0	0	8	60	13	0	1	85	6	0	22

**Cranberry Juice, unsweetened Quantity: 1/2 cup 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
58	1	55	2	61	0	3	0	0	10	57	12	0	2	98	8	0	35

**Dates, Deglet Noor Sun-maid Quantity: 1 date pitted 7gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	30	1	21	1	0	0	0	5	1	0	0	0	82	5	0	0

**Dates, Deglet Noor Sun-maid Quantity: 2 dates pitted 14 gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	0	60	2	42	2	0	0	0	10	3	0	0	0	164	11	0	0

**Dates, Medjool, California Quantity: 1 date 23gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	0	72	2	58	2	5	0	0	10	0	0	0	0	100	8	0	0

**Dates, Medjool, California Quantity: 2 dates 46gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	0	144	4	116	3	10	0	0	20	0	0	0	0	200	16	0	0

**Figs, raw Quantity: 1 large 64gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
47	0	48	0	40	2	1	0	0	22	91	1	0	0	149	14	0	0

**Grape Juice, unsweetened Quantity: 1/2 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
76	2	74	2	72	1	7	0	0	14	10	0	0	0	132	15	0	6

**Grapefruit, raw (pink or red) Quantity: 1/2 fruit 230gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	0	52	4	32	2	0	0	0	27	1415	38	0	0	166	14	0	10

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**Fruit**

**Grapes, raw seedless (red or purple) Quantity: 10 whole 49gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
35	1	36	2	30	1	1	0	0	5	32	5	0	0	94	13	0	5

**Lemon, raw Quantity: 1 small 58gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
17	0	20	4	4	2	1	0	0	15	13	31	0	0	80	5	0	15

**Lime, raw Quantity: 1 small 67gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	28	0	4	2	1	0	0	22	34	20	0	0	68	4	0	13

**Mango, raw Quantity: 1 fruit 207gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
135	5	140	4	124	4	4	0	0	21	1584	57	0	2	323	9	0	77

**Melon, honeydew, raw Quantity: 1/8 of 5" melon**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	1	44	1	40	1	23	0	0	8	63	23	0	0	285	4	0	41

**Nectarine Quantity: 1 medium 142gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
62	4	60	8	44	2	0	0	0	9	471	8	0	1	285	34	1	3

**Orange Juice, raw Quantity: 1/2 cup 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
56	2	52	4	44	0	1	0	0	15	250	62	0	0	248	36	1	14

**Orange, navel Quantity: 1 medium**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
69	2	72	1	48	3	1	0	0	60	346	83	0	0	232	16	0	13

**Papaya, raw Quantity: 1 small 152gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
59	2	60	1	36	3	5	0	0	37	1663	94	0	1	391	16	0	38

**Peach, frozen slices organic Quantity: 3/4 cup 140gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	52	4	40	2	0	0	0	2	142	47	0	0	65	11	0	3

**Peach, raw Quantity: 1 medium 150gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
59	3	60	4	52	2	0	0	0	9	489	10	0	1	285	9	0	3

**Pear, raw Quantity: 1 medium 178gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	2	112	4	68	6	2	0	0	16	41	8	0	0	212	1	0	0

**Pineapple, raw Quantity: 1 cup chunks 165gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
83	2	78	3	65	2	2	0	1	22	96	79	0	0	180	20	0	28

**Plum, raw Quantity: 1 whole 66gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	2	32	0	28	1	0	0	0	4	228	6	0	0	104	22	0	0

**Plums, dried Sun-maid Quantity: 3 pitted 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
75	0	78	3	45	2	4	0	0	14	255	0	0	0	218	11	0	5

**Pomegranate Juice, unsweetened Quantity: 1/2 cup 4oz 125gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
75	0	76	0	72	0	10	0	1	14	0	1	0	0	220	9	0	0

**Pomegranate, raw Quantity: 4" 282gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
234	28	212	20	156	11	8	0	1	28	0	29	0	2	666	15	0	0

**Raisins Quantity: 50 whole 26gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
78	1	84	4	60	1	3	0	1	13	0	1	0	0	195	13	0	2

**Raspberries, raw Quantity: 1 cup 123gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
64	7	52	5	22	8	1	0	1	31	41	32	0	1	186	27	1	155

**Strawberries, raw organic Quantity: 8 medium 147gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	48	4	32	4	0	0	1	24	18	86	0	0	225	19	0	96

**Strawberries, raw organic Quantity: 1 pint**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
114	9	108	8	68	7	4	0	2	57	43	210	0	1	546	46	1	232

**Tangerines, (mandarin oranges) raw Quantity: 1 medium 88gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
47	2	48	4	36	2	2	0	0	33	599	24	0	0	146	46	1	16

**Watermelon, raw Quantity: 1 wedge, 1/16 melon**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
86	4	88	8	72	1	3	0	1	20	1627	23	0	0	320	16	0	0

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**Protein**

**Anchovies, canned in oil, drained solids Quantity: 5 fillets 20gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
42	17	0	24	0	0	733	17	1	46	8	0	0	1	109	14	1	423

**Beef, ground beef 80% lean frozen organic Quantity: 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
290	162	0	116	0	0	75	19	2	24	0	0	0	0	323	20	5	42

**Beef, ground beef 95% lean (cooked) Quantity: 3oz 85gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
139	46	0	88	0	0	60	65	2	8	0	0	0	0	320	20	6	24

**Beef, ground round 85% lean (cooked) Quantity: 3oz 85gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
218	117	0	96	0	0	76	77	3	19	0	0	0	0	346	21	6	38

**Beef, ground sirloin 90% lean (cooked) Quantity: 3oz 85gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
173	82	0	84	0	0	64	70	2	13	0	0	0	0	309	20	5	34

**Beef, steak, rib eye Quantity: 3oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
241	155	0	80	0	0	55	59	3	6	0	0	0	0	236	19	4	161

**Bison Burger (cooked) Quantity: 3 oz 85gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
152	66	0	86	0	0	65	60	3	12	0	0	0	0	300	20	5	38

**Buttermilk, low fat cultured Quantity: 1 cup 245gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
98	19	44	35	47	0	257	10	0	284	64	3	0	0	370	27	1	32

**Chicken, breast tenderloins boneless skinless Quantity: 112gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	10	0	104	0	0	75	65	1	20	0	1	0	0	301	33	1	60

**Chicken, roasted with meat & skin Quantity: 1/4 whole chicken**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
358	184	0	174	0	0	123	132	2	22	241	0	0	0	334	34	3	269

**Cottage Cheese, low fat 1% milkfat Quantity: 1/2 cup 113gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
82	10	11	60	12	0	459	5	0	69	46	0	0	0	97	6	0	10

**Cottage Cheese, low fat 2% milkfat Quantity: 4oz 113gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	20	24	44	12	0	390	15	0	150	200	0	40	0	95	8	0	11

**Egg, Brown cage free Eggland organic Quantity: 1 large**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	35	0	24	0	0	65	170	1	20	300	0	0	8	67	8	1	39

**Milk, 1% fat Quantity: 1 cup 246gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
118	25	52	41	0	0	143	10	0	349	499	3	98	0	443	39	1	42

**Milk, 2% fat Quantity: 1 cup 246gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
138	43	54	42	52	0	145	20	0	352	12	3	98	0	448	39	1	71

**Milk, fat free Quantity: 1 cup 246gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	48	36	3	0	125	3	0	300	500	1	100	0	301	28	1	5

**Ricotta Cheese, part skim milk Quantity: 1/2 cup 24gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
171	86	25	60	2	0	155	38	1	337	476	0	0	0	155	19	2	87

**Salmon, frozen wild keta (Pacific) Quantity: 4oz 113gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
135	40	0	92	0	0	50	85	0	40	0	0	12	3	10	28	0	1117

**Sour Cream, fat free Quantity: 1oz 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	12	4	0	0	39	3	0	35	71	0	0	0	36	3	0	0

**Sour Cream, light Quantity: 1oz 28gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
38	27	8	4	0	0	20	10	0	40	92	0	0	0	59	3	0	45

**Soy Protein Isolate, GeniSoy Ultra Quantity: 2 oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
130	15	20	100	0	4	300	0	2	460	0	0	0	0	22	11	1	109

**Soymilk, Chocolate Silk Quantity: 8oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	25	92	20	76	2	100	0	1	300	500	0	120	0	350	40	1	0

**Soymilk, Chocolate Silk Light Quantity: 1 cup 243gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
119	14	86	20	76	2	100	0	1	299	501	0	119	0	350	39	1	0

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**Protein**

**Soy milk, Plain Silk Quantity: 1 cup 243gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	36	36	28	24	1	119	0	1	299	501	0	119	0	299	39	1	0

**Soy milk, Unsweetened Silk Quantity: 1 cup 243gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	35	16	28	4	1	85	0	1	300	500	0	120	0	300	40		0

**Soy milk, Vanilla Full Circle Organic Quantity: 8oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	35	36	28	32	1	130	0	1	300	500	0	120	0	300	40	1	0

**Soy milk, Vanilla Silk Light Quantity: 8oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	20	40	24	28	1	95	0	1	300	500	0	120	0	300	40	1	0

**Tilapia, cooked dry heat Quantity: 4 oz 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
128	24	0	104	0	0	56	57	1	14	0	0	0	1	380	34	0	269

**Tofu, organic extra firm Quantity: 1 slice 84gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
46	14	7	24	0	0	53	0	1	26	0	0	0	0	129	23	1	0

**Tuna Steak, frozen Ahi Yellow fin Quantity: 4oz 113gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	15	16	100	0	0	40	60	2	18	58	1	0	0	484	54	1	311

**Tuna, canned in water, white albacore Quantity: 3oz 85gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
109	23	0	80	0	0	320	36	1	12	17	0	0	1	201	28	0	808

**Turkey Sausage, lean, sweet Quantity: 1 link 91gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	70	16	60	4	0	440	70	2	60	500	1	0	0	271	19	4	146

**Turkey, ground 93/7 lean Quantity: 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	60	0	84	0	0	85	90	0	40	0	0	0	0	221	20	2	164

**Turkey, ground breast 99% lean Quantity: 4oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	10	0	100	0	0	40	50	2	21	0	0	0	0	221	20	2	78

**Vegetable Protein Powder Quantity: 2 Tbsp 20gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	10	0	68	0	0	200	0	2	0	0	0	0	0	0	0	0	55

**Whey Protein Booster Vanilla Powder, Naturade Quantity: 2 Tbsp 20gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	10	4	64	0	0	75	35	0	20	0	0	0	0	40	3	0	0

**Yogurt, Lowfat plain Dannon Quantity: 8 oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	30	64	44	60	0	150	15	0	400	100	4	0	0	573	42	2	32

**Yogurt, Nonfat plain Dannon Quantity: 8 oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	0	64	44	60	0	150	5	0	400	0	2	0	0	625	48	2	3

**Yogurt, Nonfat plain Greek Quantity: 5.3oz 150gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	24	60	24	0	60	0	0	200	0	0	0	0	230	24	1	1

**Spices/Herbs**

**Allspice Quantity: 1 Tbsp 5gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
16	4	12	0	0	1	5	0	0	40	50	2	0	0	63	8	0	4

**Basil, dried leaves Quantity: 1 Tbsp 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	4	0	0	1	1	0	1	42	188	1	0	0	69	8	0	30

**Bay Leaf Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	4	0	0	0	0	0	1	15	108	1	0	0	9	2	0	18

**Black Pepper Quantity: 1 Tbsp 6 gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
16	0	16	1	0	2	3	0	2	27	19	1	0	0	79	12	0	10

**Caraway seed Quantity: 1 Tbsp 6gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	8	12	4	0	2	1	0	1	45	24	1	0	0	88	17	0	10

**Chili powder, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
24	11	16	4	4	3	76	0	1	21	2224	5	0	3	144	13	0	55

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**Spices/Herbs**

**Cilantro Quantity: 1 Tbsp 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	4	0	0	0	4	0	1	22	102	10	0	0	78	12	0	0

**Cinnamon, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
19	0	19	0	0	0	1	0	1	78	23	0	0	0	33	5	0	1

**Cloves, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	11	9	1	0	2	16	0	1	42	34	5	0	1	72	17	0	278

**Cumin, seed Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	11	12	4	1	1	10	0	4	60	100	1	0	0	107	22	0	11

**Dill weed, dried Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
8	0	8	4	0	0	6	0	1	54	176	2	0	0	99	14	0	0

**Fennel Seed Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	7	12	4	0	2	5	0	1	69	8	1	0	0	97	22	0	0

**Ginger, ground Quantity: 1 Tbsp 5gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
18	0	12	0	0	1	2	0	1	16	8	0	0	1	71	10	0	15

**Lemon grass (citronella), raw Quantity: 1 Tbsp 5gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	4	0	0	0	0	0	0	3	0	0	0	0	34	3	0	2

**Marjoram, dried Quantity: 1 Tbsp 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	1	3	1	0	1	1	0	1	30	121	1	0	0	23	5	0	49

**Mustard Seed, yellow Quantity: 1 Tbsp 11gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	26	16	12	4	2	1	0	1	57	7	0	0	0	75	33	1	295

**Nutmeg, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
37	21	12	0	8	1	1	0	0	13	7	0	0	0	25	13	0	0

**Oregano, dried Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	2	3	1	0	1	0	0	1	28	121	1	0	0	29	5	0	73

**Paprika Quantity: 1 Tbsp 7gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	7	16	4	4	3	2	0	2	10	3550	5	0	3	158	12	0	61

**Parsley Quantity: 1 Tbsp 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	0	4	0	0	0	7	0	2	22	153	2	0	0	57	4	0	0

**Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
17	8	12	4	4	1	2	0	0	8	2185	4	0	2	106	8	0	35

**Rosemary, dried Quantity: 1 Tbsp 3gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
11	0	6	0	0	1	2	0	1	42	102	2	0	0	31	7	0	35

**Sage, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
6	0	4	0	0	1	0	0	1	33	118	1	0	0	21	9	0	25

**Salt, coarse kosher Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	1120	0	0	0	0	0	0	0	0	0	0	0

**Salt, sea salt Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	1872	0	0	0	0	0	0	0	0	0	0	0

**Salt, table Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	2325	0	0	0	0	0	0	0	0	0	0	0

**Tarragon, ground Quantity: 1 Tbsp 5gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
14	3	9	3	0	0	3	0	2	54	199	2	0	0	143	17	0	140

**Thyme, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
12	0	12	0	0	2	2	0	5	80	162	2	0	0	35	9	0	29

**Turmeric, ground Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
24	6	17	2	0	1	3	0	3	12	0	2	0	0	170	13	0	33

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**Tea**

**Tea, Chamomile organic 0mg caffeine Quantity: 1 cup brewed**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
2	0	2	0	0	0	2	0	0	5	47	0	0	0	21	2	0	0

**Tea, Earl Grey (black) organic 47mg caffeine Quantity: 1 cup brewed**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
2	0	2	0	0	0	0	0	0	0	0	0	0	0	50	2	0	0

**Tea, Green organic 30mg caffeine Quantity: 1 bag 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	0	0	0	2	20	5	0	0	21	1	0	0

**Tea, Oolong (black & green) organic 30mg caffeine Quantity: 1 bag 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	0	0	0	2	20	0	0	0	20	1	0	0

**Tea, Rooibos organic 0mg caffeine Quantity: 1 bag 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	6	0	0	1	0	0	0	0	7	0	0	0

**Tea, White (peony) organic 20mg caffeine Quantity: 1 bag 2gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
0	0	0	0	0	0	0	0	0	2	20	0	0	0	9	1	0	0

see Vegetables next page (page 9)

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**Vegetables**

**Asparagus, spears Quantity: 6, 7"spears 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	1	16	8	8	2	2	0	2	24	756	6	0	1	202	14	1	10

**Bean Sprouts, alfalfa Quantity: 1 cup 33gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
8	0	4	4	0	1	2	0	0	11	51	3	0	0	26	9	0	58

**Bean Sprouts, mung Quantity: 1 cup 104gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	24	12	0	1	6	0	1	14	22	14	0	0	155	22	0	17

**Beets, canned slices Quantity: 1 cup 170gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
53	0	48	8	36	3	330	0	3	26	41	7	0	1	252	29	0	7

**Beets, cooked Quantity: 2 beets 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
44	2	38	5	32	2	77	0	1	16	35	4	0	0	305	23	0	5

**Broccoli, Green Giant frozen Steamers Quantity: 2 cups**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	0	32	16	8	4	40	0	2	121	3720	148	0	5	522	48	1	155

**Broccoli, raw chopped Quantity: 1 cup 91gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	3	22	6	6	2	30	0	1	43	567	81	0	1	288	19	0	19

**Brussels sprouts Quantity: 3 whole 1 cup 88gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
38	0	32	12	8	3	22	0	1	37	664	75	0	1	342	20	0	87

**Cabbage red, raw, chopped Quantity: 1 cup 89gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	1	23	3	14	2	24	0	1	40	993	51	0	0	216	14	0	40

**Cabbage red, raw, shredded Quantity: 1 cup 70gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	1	18	2	11	1	19	0	1	32	781	40	0	0	170	11	0	32

**Carrot, raw Quantity: 1 medium 61gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	1	22	2	12	2	42	0	0	20	10190	4	0	0	195	7	0	1

**Cauliflower, green, raw Quantity: 1 cup 64gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	16	8	8	2	15	0	1	21	99	56	0	0	192	13	4	67

**Cauliflower, green, raw Quantity: 1 small head 325gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
101	8	69	94	39	10	75	0	2	107	504	286	0	0	975	65	2	338

**Cauliflower, white, raw Quantity: 1 cup 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	1	19	5	10	3	30	0	0	22	13	46	0	0	303	15	0	37

**Cauliflower, white, raw Quantity: 1 small head 265gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
66	2	51	13	26	7	80	0	1	58	35	123	0	0	803	40	1	98

**Celery, organic Quantity: 1 medium stalk 40gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	20	0	0	2	100	0	0	40	180	1	0	0	104	4	0	0

**Corn, sweet, yellow cooked Quantity: 1 medium ear 103gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
111	11	92	8	13	3	0	0	1	3	271	6	0	0	218	27	1	19

**Corn, yellow frozen, microwaved Quantity: 1 cup 141gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
185	18	144	20	20	4	6	0	1	7	330	0	0	0	389	35	1	20

**Cucumber, raw with peel Quantity: 1 (8" whole) 301gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	44	8	20	2	6	0	1	50	300	8	0	0	442	39	1	15

**Edamame, organic, frozen whole pods Quantity: 1/2 cup 113gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
65	24	24	24	6	3	4	0	1	35	0	6	0	0	285	36	1	280

**Garlic, raw organic Quantity: 1 clove 3gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	4	0	0	0	0	0	0	20	0	40	0	0	12	1	0	1

**Garlic, raw organic Quantity: 3 cloves 9gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
15	0	12	0	0	0	0	0	0	60	0	120	0	0	36	2	0	2

**Garlic, raw organic Quantity: 6 cloves 18gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	24	0	0	0	0	0	0	120	0	240	0	0	72	4	0	4

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**Vegetables**

**Ginger root, raw Quantity: 5 slices (1" diameter) 11gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
9	0	8	1	0	0	1	0	0	2	0	1	0	0	46	5	0	4

**Ginger root, raw Quantity: 1/4 cup sliced 24gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
19	2	16	1	0	1	3	0	0	4	0	1	0	0	100	10	0	8

**Green beans, raw Quantity: 20 beans 1 cup 110gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
34	1	32	8	8	4	7	0	1	41	759	18	0	1	230	28	0	40

**Kale greens, raw Quantity: 1 cup chopped 67gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
33	0	28	8	0	1	29	0	1	91	10302	80	0	0	299	23	0	121

**Leeks, raw Quantity: 1 leek 89gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
54	48	2	4	14	2	18	0	2	53	1484	11	0	1	160	25	0	88

**Legumes, lentils, dry Quantity: 1/4 cup dry**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	5	115	50	4	15	3	0	4	27	19	2	0	0	458	59	2	52

**Legumes, navy beans, dry Quantity: 1/4 cup dry**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	92	32	4	12	15	0	3	60	0	0	0	0	593	88	2	280

**Legumes, red kidney beans, dry Quantity: 1/4 cup dry**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
155	4	115	36	4	7	6	0	3	38	0	2	0	0	625	64	1	165

**Legumes, black beans, canned Quantity: 15oz can 425gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
480	0	352	128	16	20	340	0	7	160	0	0	0	0	1222	240	4	400

**Legumes, dark red kidney beans, canned Quantity: 15oz can**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
330	0	228	96	12	12	300	0	4	60	0	0	0	0	607	68	1	124

**Lettuce, romaine hearts organic Quantity: 2 leaf 3oz**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
10	0	8	4	0	1	10	0	1	18	4878	13	0	0	138	8	0	95

**Lettuce, romaine, raw Quantity: 1 head, 626gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
106	16	84	32	28	13	50	0	6	207	54530	150	0	1	1546	88	1	707

**Mushrooms, brown, whole Quantity: 1 cup 87gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
23	1	16	8	4	1	5	0	0	16	0	0	0	0	390	8	1	0

**Mushrooms, portabella caps Quantity: 3 caps 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	12	12	4	2	10	0	0	0	0	1	16	0	305	9	1	1

**Mushrooms, white, whole Quantity: 1 cup 96gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	12	12	8	1	5	0	1	0	0	2	17	0	305	9	1	0

**Onion, green raw Quantity: 1 stalk 12gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
3	0	2	1	0	0	1	0	0	7	480	6	0	0	31	2	0	0

**Onion, yellow, Organic Quantity: 1 medium**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	0	56	8	36	3	5	0	0	25	2	8	0	0	161	11	0	370

**Onion, yellow, raw Quantity: 1 small**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	1	28	4	12	1	3	0	0	16	1	5	0	0	102	7	1	185

**Parsley, raw Quantity: 1 cup 60gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	4	16	8	4	2	34	0	4	83	5055	80	0	0	332	30	1	5

**Peas green, raw Quantity: 1 cup 145gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
117	5	84	32	32	7	7	0	2	36	1109	58	0	0	354	48	2	51

**Peas, canned lesuer (baby) Quantity: 1 can 313gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
216	17	148	56	36	15	911	0	4	72	2707	30	0	1	322	56	2	97

**Peas, frozen Quantity: 1 cup 134gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	4	72	28	28	6	145	0	2	30	2757	24	0	0	205	35	1	44

**Peas, sugar snap, raw Quantity: 20 pods 68gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	2	24	8	8	2	2	0	1	29	740	41	0	0	136	16	0	9

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**Vegetables**

**Pepper, sweet green raw Quantity: 1 large 164gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
33	0	32	4	12	3	5	0	1	16	607	132	0	1	287	16	0	13

**Pepper, sweet red raw Quantity: 1 large 164gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	40	8	28	3	7	0	1	12	5135	209	0	3	346	20	0	41

**Pepper, sweet yellow or orange raw Quantity: 1 large 186gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	36	8	0	2	4	0	0	10	372	341	0	0	394	22	0	0

**Pumpkin: canned Quantity: 15oz, 425gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	0	160	20	60	15	25	0	7	40	77825	21	0	6	1030	115	1	33

**Spinach, baby raw Quantity: 2 cups 85gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	12	8	0	2	65	0	3	80	8000	24	0	2	474	67	0	117

**Spinach, canned, no salt added Quantity: 1/2 cup 115gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	16	8	0	2	85	0	1	100	2500	15	0	2	423	93	1	143

**Spinach, frozen, organic Quantity: 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	12	8	0	1	120	0	3	201	18291	9	0	5	540	117	1	41

**Squash spaghetti, cooked no salt Quantity: 1 cup 155gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
42	0	40	4	12	2	28	0	1	33	170	5	0	0	181	17	0	121

**Squash summer zucchini Quantity: 1 medium**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	28	8	12	2	20	0	1	29	392	33	0	0	514	33	1	110

**Tomato cherry, raw Quantity: 5 whole 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
27	2	24	4	16	2	7	0	0	10	1241	19	0	1	353	16	0	5

**Tomato Juice, V8 Quantity: 8oz 243gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	40	8	32	2	481	0	1	39	2000	72	0	0	469	0	0	0

**Tomato Juice, V8 low sodium Quantity: 1 cup**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	40	8	32	2	140	0	1	40	2000	72	0	0	469	0	0	0

**Tomato paste, Full Circle organic Quantity: 6oz can**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	0	120	40	60	5	100	0	4	0	2592	37	0	7	1724	71	1	12

**Tomato, raw Quantity: 1 medium 123gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	0	20	4	12	1	6	0	0	12	1025	16	0	1	292	14	0	4

**Tomatoes, canned crushed, no salt added Quantity: 1/4 cup 63gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	20	4	12	1	20	0	1	100	500	6	0	1	226	16	0	1

**Tomatoes, canned diced, no salt added Quantity: 14.5oz can**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
88	0	70	14	42	4	70	0	3	140	562	45	0	3	902	53	1	8

**Turnip greens, raw Quantity: 2 cups 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
32	0	26	4	1	3	40	0	1	190	11586	60	0	3	296	31	0	84

**Turnip, raw Quantity: 1 medium 122gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
34	0	30	3	18	2	86	0	0	37	0	26	0	0	233	13	0	49

see Sugars and Sweets next page (page 12)

**Nutrition Facts: All Foods Sorted by Food Groups**

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**Sugars**

**Apple Butter, organic Quantity: 1 Tbsp 17gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	16	0	16	1	0	0	0	2	4	0	0	0	16	1	0	3

**Fruit spread, Simply Fruit, strawberry or grape Quantity: 1 Tbsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	0	40	0	32	0	0	0	0	0	0	0	0	0	0	0	0	0

**Honey, raw Quantity: 1 tsp**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
21	0	23	0	23	0	0	0	0	0	0	0	0	0	4	0	0	0

**Honey, raw Quantity: 1 Tbsp 21gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
64	0	68	0	68	0	1	0	0	1	0	0	0	0	11	0	0	0

**Molasses, unsulphered natural Quantity: 1 Tbsp 20gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	0	60	0	44	0	25	0	3	100	0	0	0	0	290	80	0	0

**Syrup, Pure Maple Quantity: 1 Tbsp 20gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	0	52	0	48	0	2	0	0	13	0	0	0	0	41	3	1	0

**Sweets, Dark Chocolate**

**Dark Chocolate 70% Organic Bittersweet Quantity: 1 square 13gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
73	50	25	4	16	2	2	0	1	7	4	0	0	0	67	21	0	4

**Dark Chocolate 70% Organic Bittersweet Quantity: 1 bar 35gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	130	68	12	40	4	5	0	3	20	11	0	0	0	200	64	1	12

**Dark Chocolate 72% Cacao Ghirardelli Intense Dark Quantity: 1 square 10.8gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	45	19	3	11	1	0	0	1	5	0	0	0	0	50	16	0	3

**Dark Chocolate 72% Cacao Ghirardelli Intense Dark Quantity: 3 squares 38gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
200	150	68	8	40	4	0	0	3	20	11	0	0	0	200	64	1	13

**Dark Chocolate 72% Cacao Ghirardelli Intense Dark Quantity: 4 squares 43gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
220	180	76	12	44	4	0	0	4	23	12	0	0	0	226	72	1	15

**Dark Chocolate 72% Cacao Ghirardelli Intense Dark Quantity: 1 bar 100gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
599	384	184	32	96	11	20	0	12	73	39	0	0	0	715	228	3	34

**Sweets, Frozen**

**Ice Cream, Breyers 98% Fat Free Vanilla Quantity: 1/2 cup 68gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
93	13	84	8	56	0	50	5	0	83	182	1	0	0	0	0	0	0

**Ice Cream, Breyers All Natural Homemade Vanilla Quantity: 1/2 cup 68gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	63	60	12	60	0	55	20	0	85	278	0	0	0	131	9	1	0

**Ice Cream, Breyers All Natural Light Vanilla Quantity: 1/2 cup 68gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	28	68	12	60	0	48	10	0	115	297	1	0	0	0	0	0	0

**Ice Cream, Breyers All Natural Vanilla 1/2 fat Quantity: 1/2 cup 68gm**

Calories	Fat	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
110	30	64	12	64	0	50	10	0	100	200	1	0	0	0	0	0	0