

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

dairy

Coconut Milk, Silk PureCoconut-Original Quantity: 1 cup

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	6	7	1	6	0	30	0	1	450	500	0	100	0	40	0	0	0

Soymilk, Unsweetened Silk Organic Quantity: 1 cup 243g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	4	4	7	1	1	85	0	1	300	500	0	120	0	300	40	1	0

fruits

Apple Butter, no sugar added, organic Quantity: 1 Tbsp 17g

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

Apple, raw organic Quantity: 1 small 149g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
65	0	17	0	13	3	1	0	0	9	81	7	0	0	159	8	0	13

Apple, raw organic Quantity: 1 medium

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	22	1	16	5	0	0	0	11	98	8	0	0	195	9	0	16

Applesauce, unsweetened Quantity: 1 cup 244g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
102	0	27	0	23	3	5	0	1	10	71	2	0	0	181	7	0	7

Avocado (black), California raw Quantity: 1/2 fruit 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
114	10	5	1	0	5	5	0	0	9	100	6	0	1	345	20	0	75

Avocado (black), California raw Quantity: 1 fruit 201g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
227	19	11	2	0	9	11	0	1	18	200	12	0	3	689	39	1	150

Avocado (green), Florida raw Quantity: 1/2 fruit 152g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
183	14	11	3	4	9	3	0	0	15	213	26	0	4	534	37	1	146

Avocado (green), Florida raw Quantity: 1 fruit 304g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
365	28	22	6	7	17	6	0	1	30	426	53	0	8	1067	73	1	292

Banana, whole Quantity: 1 small 101g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
90	0	21	1	12	3	1	0	0	5	65	9	0	0	362	27	0	27

Banana, whole Quantity: 1 medium 118g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
105	0	27	1	14	3	1	0	0	6	76	10	0	0	422	32	0	32

Blackberries, frozen Quantity: 1 cup 151g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
97	1	21	2	16	8	2	0	1	44	172	5	0	2	211	33	0	124

Blueberries, raw organic Quantity: 1 cup 148g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	0	27	1	11	3	0	0	0	9	80	14	0	1	114	3	0	86

Blueberries, unsweetened frozen Quantity: 1 cup 155g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
79	1	17	1	13	4	2	0	0	12	71	4	0	1	84	8	0	174

Cantaloupe, raw organic Quantity: 1/4 medium 138g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	12	1	11	1	25	0	0	14	5276	57	0	0	417	19	0	64

Cherries, sweet, raw Quantity: 9 whole 70g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
44	0	10	1	9	2	0	0	0	9	45	5	0	0	156	8	0	18

Cranberries, raw Quantity: 1 cup 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
46	0	11	0	4	5	2	0	0	8	60	13	0	1	85	6	0	22

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
58	0	14	0	15	0	3	0	0	10	57	12	0	2	98	8	0	35

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	8	0	5	1	0	0	0	5	1	0	0	0	82	5	0	0

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	0	15	1	11	2	0	0	0	10	3	0	0	0	164	11	0	0

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fruits (continued)

Dates, Medjool, California Quantity: 1 date 23g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
70	0	18	1	15	2	5	0	0	10	0	0	0	0	100	8	0	0

Dates, Medjool, California Quantity: 2 dates 46g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
140	0	36	1	29	3	10	0	0	20	0	0	0	0	200	16	0	0

Figs, raw Quantity: 1 large 64g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
47	0	12	0	10	2	1	0	0	22	91	1	0	0	149	14	0	0

Grape juice, Welch's unsweetened Quantity: 1/2 cup 4oz

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	20	1	20	0	10	0	0	20	0	360	0	0	60	16	1	6

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	0	13	1	8	2	0	0	0	27	1415	38	0	0	166	14	0	10

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
35	0	9	1	8	1	1	0	0	5	32	5	0	0	94	13	0	5

Honeydew melon, raw Quantity: 1/8 of 5" melon

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	11	0	10	1	23	0	0	8	63	23	0	0	285	4	0	41

Lemon, raw Quantity: 1 small 58g

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

Lime, raw Quantity: 1 small 67g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	7	0	1	2	1	0	0	22	34	20	0	0	68	4	0	13

Mango, raw Quantity: 1 fruit 207g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
135	1	35	1	31	4	4	0	0	21	1584	57	0	2	323	9	0	77

Nectarine, raw Quantity: 1 medium 142g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
62	0	15	2	11	2	0	0	0	9	471	8	0	1	285	34	1	3

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
56	0	13	1	11	0	1	0	0	15	250	62	0	0	248	36	1	14

Orange, Cara Cara Quantity: 1 medium 154g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
80	0	19	1	14	3	0	0	0	20	1500	90	0	0	250	16	0	0

Orange, navel Quantity: 1 medium

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
69	0	18	0	12	3	1	0	0	60	346	83	0	0	232	16	0	13

Papaya, raw Quantity: 1 small 152g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
59	0	15	0	9	3	5	0	0	37	1663	94	0	1	391	16	0	38

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	13	1	10	2	0	0	0	2	142	47	0	0	65	11	0	3

Peach, raw Quantity: 1 medium 150g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
59	0	15	1	13	2	0	0	0	9	489	10	0	1	285	9	0	3

Pear, raw Quantity: 1 medium 178g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	0	28	1	17	6	2	0	0	16	41	8	0	0	212	1	0	0

Pineapple, raw Quantity: 1 cup chunks 165g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
83	0	19	1	16	2	2	0	1	22	96	79	0	0	180	20	0	28

Plums, dried Sun-maid Quantity: 3 pitted 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
75	0	20	1	11	2	4	0	0	14	255	0	0	0	218	11	0	5

Pomegranate Juice, unsweetened Quantity: 1/2 cup 125g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
75	0	19	0	18	0	10	0	1	14	0	1	0	0	220	9	0	0

Pomegranate, raw Quantity: 4" 282g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
234	3	53	5	39	11	8	0	1	28	0	29	0	2	666	15	0	0

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fruits (continued)

Strawberries, raw organic Quantity: 8 medium 147g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	12	1	8	4	0	0	1	24	18	86	0	0	225	19	0	96

Strawberries, raw organic Quantity: 1 pint 357g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
114	1	27	2	17	7	4	0	2	57	43	210	0	1	546	46	1	232

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
47	0	12	1	9	2	2	0	0	33	599	24	0	0	146	46	1	16

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
86	0	22	2	18	1	3	0	1	20	1627	23	0	0	320	16	0	0

grains

Bread, Pepperidge Farm Whole Grain double fiber Quantity: 1 slice, 43g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
100	1	21	4	2	6	115	0	1	40	0	0	0	0	69	23	1	7

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
520	4	104	20	0	16	0	0	4	80	0	0	0	1	486	166	4	45

Flour, barley Quantity: 1 cup 148g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
511	2	109	14	1	15	6	0	4	47	0	0	0	1	457	142	3	114

Flour, brown rice Quantity: 1 cup 158g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
574	4	125	10	1	7	13	0	3	17	0	0	0	2	457	177	4	66

Flour, buckwheat Quantity: 1 cup 120g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
402	3	80	13	3	12	13	0	5	49	0	0	0	0	692	301	4	85

Flour, quinoa Quantity: 1 cup

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
440	7	72	16	0	8	32	0	5	40	0	0	0	4	636	236	4	0

Flour, rye 100% stone ground whole grain Quantity: 1 cup, 148g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
415	3	83	13	1	29	1	0	8	72	3	0	0	2	934	317	7	216

Oat Bran Quantity: 1/4 cup 40g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	3	26	7	1	6	0	0	2	20	0	0	40	0	116	40	1	0

Oats, rolled, quick organic Quantity: 1/2 cup 40g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	3	27	5	0	4	0	0	2	0	0	0	0	0	167	69	2	43

Pasta, Capellini 100% whole wheat organic Quantity: 2oz 56g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	1	44	7	2	6	10	0	1	0	0	0	0	0	4	82	1	31

Pasta, Rotini 100% whole wheat Quantity: 2oz 56g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	1	44	7	2	6	10	0	1	0	0	0	0	0	4	82	2	31

Pasta, Spaghettini 100% whole wheat Quantity: 2oz 56g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
180	2	35	7	1	6	0	0	2	20	0	0	0	0	123	82	1	31

Pasta, Spinach (cooked) Quantity: 2oz 56g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
74	1	15	3	0	0	3	19	1	10	59	0	0	0	21	14	0	17

Quinoa Quantity: 1/4 cup 46g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
172	3	31	6	3	3	1	0	2	0	0	0	0	1	318	118	2	0

Rice, brown long grain organic Quantity: 1/4 cup 45g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	1	37	4	0	3	0	0	1	0	0	0	0	1	103	66	1	27

Spelt, cooked Quantity: 1 cup

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
246	2	49	10	0	8	10	0	3	19	8	0	0	1	277	95	2	0

Wheat Germ, raw Quantity: 2 Tbsp 16g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	2	9	4	2	2	0	0	1	0	0	0	0	5	125	40	2	202

Yeast, regular Quantity: 1oz 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
83	1	11	11	0	6	14	0	5	18	0	0	0	0	560	27	2	0

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oils/nuts/seeds

Almond Butter Quantity: 1 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
101	9	3	2	1	1	72	0	1	43	0	0	0	0	121	49	1	68

Almonds, raw whole Quantity: 8 nuts 9g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	4	2	1	0	1	77	0	2	27	0	0	0	16	67	27	0	1

Almonds, raw whole Quantity: 24 nuts 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	13	7	4	1	3	230	0	5	80	0	0	0	47	200	80	1	2

Brazil Nuts, raw Quantity: 6 nuts 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
185	19	3	4	1	2	1	0	1	45	0	0	0	2	186	106	1	5

Cashews, raw whole Quantity: 1oz 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
155	11	18	5	2	1	3	0	2	10	0	0	0	0	185	1	0	17

Flax Oil, organic cold-pressed unrefined Quantity: 1 tsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	4	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	2399

Flax seeds, organic (grind up to eat) Quantity: 1 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
55	4	3	2	0	3	3	0	1	26	0	0	0	0	83	40	0	2338

Macadamia nuts, raw Quantity: 12 nuts 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
203	20	4	2	1	2	1	0	1	24	0	0	0	0	104	37	0	58

Olive Oil Quantity: 1 Tbsp 14g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
120	13	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(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
40	4	0	0	0	0	0	0	0	0	0	0	0	1	0	0	0	34

Peanut butter, creamy organic Quantity: 2 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
210	17	6	8	1	2	50	0	0	0	0	0	0	3	208	48	1	25

Pecans, raw unsalted Quantity: 19 halves 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
195	19	4	3	1	3	0	0	1	20	16	0	0	0	116	34	1	276

Pistachio nuts, raw Quantity: 49 nuts 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
157	12	8	5	2	3	0	0	1	30	156	1	0	1	290	34	1	72

Pumpkin seeds, dried hulled Quantity: 1/4 cup 30g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
190	16	4	9	1	3	130	0	3	0	100	0	0	0	228	151	21	51

Safflower Oil Quantity: 1 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
119	13	0	0	0	0	0	0	0	0	0	0	0	5	0	0	0	0

Sesame seeds, whole, dried Quantity: 1 Tbsp 9g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
52	4	2	2	0	1	1	0	1	88	1	0	0	0	42	32	1	34

Sunflower Oil high oleic 70% Quantity: 1 Tbsp 14g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
124	14	0	0	0	0	0	0	0	0	0	0	0	6	0	0	0	27

Sunflower seeds: whole, dried Quantity: 1oz 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
164	13	6	6	1	2	3	0	2	22	14	0	0	9	181	91	1	21

Walnuts, raw unsalted Quantity: 5 whole 28g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
183	17	4	4	1	2	1	0	1	28	6	0	0	0	125	45	1	2542

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

vegetables

Asparagus, spears Quantity: 6, 7"spears 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	4	2	2	2	2	0	2	24	756	6	0	1	202	14	1	10

Bean Sprouts, alfalfa Quantity: 1 cup 33g

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

Bean Sprouts, mung Quantity: 1 cup 104g

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

Beets, canned slices Quantity: 1 cup 170g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
53	0	12	2	9	3	330	0	3	26	41	7	0	1	252	29	0	7

Beets, cooked Quantity: 2 beets 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
44	0	9	1	8	2	77	0	1	16	35	4	0	0	305	23	0	5

Bok Choy, raw, shredded Quantity: 1 cup 70g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
9	0	1	1	1	1	46	0	1	74	3128	32	0	0	176	13	0	39

Broccoli, Green Giant frozen Steamers Quantity: 2 cups

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

Broccoli, raw chopped Quantity: 1 cup 91g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	5	2	2	2	30	0	1	43	567	81	0	1	288	19	0	19

Brussels sprouts Quantity: 3 whole, 88g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
38	0	8	3	2	3	22	0	1	37	664	75	0	1	342	20	0	87

Cabbage red, raw, chopped Quantity: 1 cup 89g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	6	1	3	2	24	0	1	40	993	51	0	0	216	14	0	40

Cabbage red, raw, shredded Quantity: 1 cup 70g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	0	5	1	3	1	19	0	1	32	781	40	0	0	170	11	0	32

Carrot, raw Quantity: 1 medium 61g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	0	6	0	3	2	42	0	0	20	10190	4	0	0	195	7	0	1

Cauliflower, green, raw Quantity: 1 cup 64g

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

Cauliflower, green, raw Quantity: small head 325g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
101	1	17	23	10	10	75	0	2	107	504	286	0	0	975	65	2	338

Cauliflower, white, raw Quantity: 1 cup 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
25	0	5	1	2	3	30	0	0	22	13	46	0	0	303	15	0	37

Cauliflower, white, raw Quantity: 1 small, 265g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
66	0	13	3	6	7	80	0	1	58	35	123	0	0	803	40	1	98

Celery, organic Quantity: medium stalk 40g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	5	0	0	2	100	0	0	40	180	1	0	0	104	4	0	0

Corn, sweet, yellow cooked Quantity: medium ear 103g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
111	1	23	2	3	3	0	0	1	3	271	6	0	0	218	27	1	19

Corn, yellow frozen, microwaved Quantity: 1 cup 141g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
185	2	36	5	5	4	6	0	1	7	330	0	0	0	389	35	1	20

Cucumber, raw with peel Quantity: 8" whole 301g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
45	0	11	2	5	2	6	0	1	50	300	8	0	0	442	39	1	15

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
65	3	6	6	2	3	4	0	1	35	0	6	0	0	285	36	1	280

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

vegetables (continued)

Garlic, raw organic Quantity: 1 clove 3g

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

Garlic, raw organic Quantity: 3 cloves 9g

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

Garlic, raw organic Quantity: 6 cloves 18g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	6	0	0	0	0	0	0	120	0	240	0	0	72	4	0	4

Ginger root, raw Quantity: 5 slices (1" diam) 11g

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

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

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

Green beans, raw Quantity: 20 beans 1 cup 110g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
34	0	8	2	2	4	7	0	1	41	759	18	0	1	230	28	0	40

Jicama (yambean), raw Quantity: 1 small 365g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
139	0	32	2	7	18	15	0	2	44	77	74	0	2	548	44	1	51

Kale greens, raw Quantity: 1 cup chopped 67g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
33	0	7	2	0	1	29	0	1	91	10302	80	0	0	299	23	0	121

Leeks, raw Quantity: 1 leek 89g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
54	5	1	1	4	2	18	0	2	53	1484	11	0	1	160	25	0	88

Lettuce, romaine hearts organic Quantity: 2 leafs 3oz

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
10	0	2	1	0	1	10	0	1	18	4878	13	0	0	138	8	0	95

Lettuce, romaine, raw Quantity: 1 head, 626g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
106	2	21	8	7	13	50	0	6	207	54530	150	0	1	1546	88	1	707

Mushrooms, brown, whole Quantity: 1 cup 87g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
23	0	4	2	1	1	5	0	0	16	0	0	0	0	390	8	1	0

Mushrooms, portabella caps Quantity: 3 caps 100g

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

Mushrooms, white, whole Quantity: 1 cup 96g

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

Olives, green canned Quantity: 14 whole 28g

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

Olives, ripe canned Quantity: 7 large 28g

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

Onion, green raw Quantity: 1 stalk 12g

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

Onion, yellow, raw Quantity: 1 medium

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
60	0	14	2	9	3	5	0	0	25	2	8	0	0	161	11	1	370

Onion, yellow, raw Quantity: 1 small

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

Parsley, raw Quantity: 1 cup 60g

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

Peas green, raw Quantity: 1 cup 145g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
117	1	21	8	8	7	7	0	2	36	1109	58	0	0	354	48	2	51

Peas, canned Lesueur (baby) -50% sodium Quantity: 1 cup 175g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
121	1	20	8	5	9	380	0	2	40	1514	17	0	1	180	32	1	54

vegetables (continued)

Peas, frozen Quantity: 1 cup 134g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	0	18	7	7	6	145	0	2	30	2757	24	0	0	205	35	1	44

Peas, sugar snap, raw Quantity: 20 pods 68g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
28	0	6	2	2	2	2	0	1	29	740	41	0	0	136	16	0	9

Pepper, sweet green raw Quantity: 1 large 164g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
33	0	8	1	3	3	5	0	1	16	607	132	0	1	287	16	0	13

Pepper, sweet red raw Quantity: 1 large 164g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	10	2	7	3	7	0	1	12	5135	209	0	3	346	20	0	41

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
50	0	9	2	0	2	4	0	0	10	372	341	0	0	394	22	0	0

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
154	0	34	4	2	3	21	0	1	16	17	22	0	0	943	48	1	17

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
168	0	37	5	2	4	24	0	2	31	17	22	0	0	952	52	1	17

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
103	0	24	2	7	4	41	0	1	43	21907	22	0	1	541	31	0	5

Pumpkin: canned Quantity: 15oz 425g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
170	0	40	5	15	15	25	0	7	40	77825	21	0	6	1030	115	1	33

Spinach, baby raw Quantity: 2 cups 85g

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

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	4	2	0	2	85	0	1	100	2500	15	0	2	423	93	1	143

Spinach, frozen, organic Quantity: 1 cup

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
30	0	3	2	0	1	120	0	3	201	18291	9	0	5	540	117	1	41

Squash spaghetti, cooked no salt Quantity: 1 cup 155g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
42	0	10	1	3	2	28	0	1	33	170	5	0	0	181	17	0	121

Squash summer zucchini Quantity: 1 medium

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
31	0	7	2	3	2	20	0	1	29	392	33	0	0	514	33	1	110

Tomato cherry, raw Quantity: 5 whole 1 cup

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
27	0	6	1	4	2	7	0	0	10	1241	19	0	1	353	16	0	5

Tomato Juice, V8 Quantity: 1 cup 243g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	10	2	8	2	481	0	1	39	2000	72	0	0	469	0	0	0

Tomato Juice, V8 low sodium Quantity: 1 cup

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
51	0	10	2	8	2	140	0	1	40	2000	72	0	0	469	0	0	0

Tomato paste, Full Circle organic Quantity: 6oz can

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
150	0	30	10	15	5	100	0	4	0	2592	37	0	7	1724	71	1	12

Tomato, raw Quantity: 1 medium 123g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
22	0	5	1	3	1	6	0	0	12	1025	16	0	1	292	14	0	4

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	0	5	1	3	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(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
88	0	18	4	11	4	70	0	3	140	562	45	0	3	902	53	1	8

Turnip greens, raw Quantity: 2 cups 100g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
32	0	6	1	0	3	40	0	1	190	11586	60	0	3	296	31	0	84

Turnip, raw Quantity: 1 medium 122g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
34	0	8	1	5	2	86	0	0	37	0	26	0	0	233	13	0	49

spices/herbs

Allspice Quantity: 1 Tbsp 5g

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

Basil, dried leaves Quantity: 1 Tbsp 2g

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

Bay Leaf Quantity: 1 Tbsp

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

Black Pepper Quantity: 1 Tbsp 6g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
16	0	4	0	0	2	3	0	2	27	19	1	0	0	79	12	0	10

Caraway seed Quantity: 1 Tbsp 6g

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

Chili powder, ground Quantity: 1 Tbsp

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

Cilantro Quantity: 1 Tbsp 2g

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

Cinnamon, ground Quantity: 1 Tbsp

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

Cloves, ground Quantity: 1 Tbsp

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

Cumin, seed Quantity: 1 Tbsp

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

Dill weed, dried Quantity: 1 Tbsp

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

Fennel Seed Quantity: 1 Tbsp

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

Ginger, ground Quantity: 1 Tbsp 5g

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

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
5	0	1	0	0	0	0	0	0	3	0	0	0	0	34	3	0	2

Marjoram, dried Quantity: 1 Tbsp 2g

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

Mustard Seed, yellow Quantity: 1 Tbsp 11g

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

Nutmeg, ground Quantity: 1 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
37	2	3	0	2	1	1	0	0	13	7	0	0	0	25	13	0	0

Oregano, dried Quantity: 1 tsp

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

Paprika Quantity: 1 Tbsp 7g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
20	1	4	1	1	3	2	0	2	10	3550	5	0	3	158	12	0	61

Parsley Quantity: 1 Tbsp 2g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	0	1	0	0	0	7	0	2	22	153	2	0	0	57	4	0	0

Red Pepper Flakes (cayenne) Quantity: 1 Tbsp 5g

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

Rosemary, dried Quantity: 1 Tbsp 3g

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

** Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;

spices/herbs (continued)

Sage, ground Quantity: 1 Tbsp

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

Salt, coarse kosher Quantity: 1 tsp

Calories	Fat(g)	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(g)	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

Tarragon, ground Quantity: 1 Tbsp 5g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
14	0	2	1	0	0	3	0	2	54	199	2	0	0	143	17	0	140

Thyme, ground Quantity: 1 Tbsp

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

Turmeric, ground Quantity: 1 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
24	1	4	0	0	1	3	0	3	12	0	2	0	0	170	13	0	33

cocoa, coffee, tea

Cocoa, Hershey's unsweetened Quantity: 1 Tbsp

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

Cocoa, Hershey's unsweetened dark Quantity: 1 Tbsp

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
10	0	3	1	0	2	65	0	2	0	0	0	0	0	4	25	0	0

Coffee, instant 47mg caffeine Quantity: 3/4 cup 179g

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
4	0	1	0	0	0	7	0	0	7	0	0	0	0	54	7	0	0

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

Calories	Fat(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
2	0	1	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(g)	Carbs	Protein	Sugar	Fiber	Sodium	Cholesterol	Iron	Calcium	Vit A	Vit C	Vit D	Vit E	Potassium	Magnesium	Zinc	Omega-3
2	0	1	0	0	0	0	0	0	0	0	0	0	0	50	2	0	0

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

Calories	Fat(g)	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 2g

Calories	Fat(g)	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 2g

Calories	Fat(g)	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 2g

Calories	Fat(g)	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