

**Vegan Only Nutrition Facts: 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, 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**

**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      |

**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      |

**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     |

**Soy milk, 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       |

**Soy milk, 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       |

**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    | 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       |

**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       |

**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       |

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**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      |

**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      |

**Vegan Only Nutrition Facts: By Food Groups**

**Spices/Herbs**

**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      |

**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       |

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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 leaves 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)

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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      |