

## **Ethnic Food Nutrient Table**

### **Reference:**

- Authors: Kittler, P., Sucher, K., & Nelms, M.
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# *Ethnic Ingredients Nutrient Composition Table*

## Explanatory Information

Nutrient data is available for selected glossary foods. Data have been compiled from a wide variety of international nutrient composition tables and product labels. Every effort has been made to present the figures in a standardized format, with recognition that testing methodologies and reporting practices vary among nations, among institutions, and over time. For some food items, data were available from several credible sources; data were occasionally combined for completeness, with preference given to most current figures. Further, data do not represent the entire food supply due to variations in soils, climate, genetics, sampling, and other factors that affect nutrient composition and analysis. **Data should be considered approximate.**

All data were first calculated for 100-gram edible portion and then converted to typical serving size in grams. When the serving size was uncertain, the standard size of 1 ounce (28.4 g) is used.

In many data sources, total protein and total fat were computed analytically from local samples. In some sources, however, previously reported data were reviewed for accuracy and missing values were calculated or imputed from samples available outside the region. Carbohydrate was estimated by difference. Total carbohydrate (including fiber) is reported in this database.

Vitamins and minerals are included as reported in the original sources, with unit conversions as necessary for consistency. Vitamin A is listed in micrograms of carotene, interna-

tional units (IU) and/or retinol equivalents (RE), according to the source.

Data represent mean values and numbers are rounded. Trace amounts of macronutrients (less than 1 gram) in a serving are noted "tr". A zero value indicates that a nutrient is not detectable in a food or that only trace amounts are found in the amount listed. Trace amounts of nutrients in 100 grams and incomplete or missing data are indicated by a blank. It should not be assumed that zero or missing values mean that the nutrient is totally absent in a food.

## Data Sources

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Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Abalone (paua), raw <i>Haliotis spp.</i>	1	85.00	89	15	5	1	0	72	4 IU	0.16	0.09	1.28	2	256	213	26	2.71	162
Abiu (caimito) <i>Pouteria caimito</i>	1	65.00	62	1	14	1	2			0.13	0.13	2.21	32	3		62	1.17	29
Acerola cherries (Barbados cherries), fresh <i>Malpighia glabra</i>	1 oz	28.40	11	1	2	tr	0		3 IU	0.01	0.01	0.14	6			8	0.34	8
Adzuki bean (aduki, azuki; red bean), canned, sweetened <i>Vigna angularis</i>	0.5 C	148.00	351	6	81	tr			1 RE	0.15	0.08	0.94		323	176	33	1.67	110
Ajowan (ajwain; carom; omum or lovage seeds) <i>Trachysperumum ammi</i>	1 tsp	2.00	7	tr	1	tr	tr			0.00	0.01	0.04		1	28	31	0.55	9
Akee (ackee, ache; seso vegetal; pera roja) <i>Blighia sapida</i>	1 oz	28.40	51	1	2	50	0			0.02	0.05	0.45	22			11	0.48	20
Alligator, cooked <i>Alligator mississippiensis</i>	1	85.00	126	28	0	2	0	57						66				
Almond paste	1 oz	28.40	130	3	14	8	1	0	0 IU	0.02	0.11	0.40	0	3	89	49	0.45	73
Amaranth, leaves (yien choy; Chinese spinach), fresh <i>Amaranthus tricolor</i>	1 C	28.00	8	1	2	tr	1		60 RE	0.01	0.04		1	1	27	142	4.54	17
Amaranth, whole grain, raw <i>Amaranthus caudatus</i>	0.25 C	49.00	183	7	32	3	7	0	0 IU	0.04	0.10	0.21	2	10	179	75	3.72	223
Ambarella (hog or Jew plum)	1	225.00	72	2	16	tr	5	0	54 RE	0.16	0.40	0.71	49	4	429	38	7.64	113
Amchoor (amchur; khatai powder) <i>Mangifera indica</i>	1 tsp	1.80	6	tr	1	tr	tr									3	0.81	0
Angelica root <i>Angelica daburia</i>	1 oz	28.40	92	3	21	tr	2			0.10	0.15	0.28	0	8	28	1	1.25	34
Annato (achiote, atchuete), dried <i>Bixa orellana</i>	1 oz	28.40	95	2	22	1	4			0.03	0.05	0.48	2			34	1.59	33

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Apon seeds (agonbono) <i>Irvingia gabonensis</i>	1 oz	28.40	199	2	17	19	11			0.05	0.02	0.20				36	0.97	57
Arracacha (apio; Peruvian carrot), sliced <i>Arracacha santborhiza</i>	1 C	130.00	133	1	32	tr	1			0.09	0.08	3.64	30			34	1.17	68
Arrowroot (chee koo), fresh <i>Maranta arundinacea</i>	1 oz	28.40	45	1	11	0	1		0 IU	0.02	0.01	0.20	3			6		
Artichoke (carciofo), cooked <i>Cynara scolymus</i>	1.00	120.00	60	4	13	tr	7	0	42 RE	0.08	0.08	1.20	12	114	425	54	1.55	103
Arugula (rocket), fresh <i>Eruca sativa</i>	0.5 C	10.00	3	tr	tr	tr	tr	0	47 RE	0.00	0.01	0.03	2	3	37	16	0.15	5
Asafetida (devil's dung) <i>Ferula foetida</i>	0.5 tsp	1.00	3	0	1	0							0			7	0.22	1
Asian pear (apple pear) <i>Pyrus pyrifolia</i>	1.00	275.00	116	1	29	1	10	0	0 RE	0.03	0.03	0.60	10	0	333	11	0.00	30
Avocado, California (aguacate; alligator pear; coyo), puree <i>Persea americana</i>	0.25 C	58.00	103	1	4	10	3	0	61 RE	0.06	0.07	1.11	5	7	368	15	0.68	24
Avocado, Florida (aguacate; alligator pear; coyo), puree <i>Persea americana</i>	0.25 C	58.00	65	1	5	5	3	0	35 RE	0.06	0.07	1.11	5	3	283	6	0.31	23
Avocado, Mexican (aguacate; alligator pear; coyo), puree <i>Persea Americana</i>	0.25 C	58.00	53	1	3	5	1	0	9 IU	0.04	0.06	0.87	9			3	0.46	18
Bacalao (bacalhau, baccala) <i>Voandzeia subterranea</i>	1 oz	28.40	107	23		1	0		0 IU	22.10	0.13	3.10	1	2,000	415	14	1.02	253
Bambara groundnut (Congo goober; kaffir pea) <i>Voandzeia subterranea</i>	1 oz	28.40	104	5	17	2	1			0.13	0.04	0.51		18		18	3.46	78
Bamboo shoot (juk suhn), fresh <i>Phyllostachys spp.</i>	0.5 C	76.00	21	2	4	tr	2	0	3 RE	0.11	0.05	0.40	3	3	405	10	0.38	45
Banana flower (plantain flower) <i>Musa spp.</i>	1 oz	28.40	12	1	1	tr	tr	0	91 RE	0.01	0.01	0.31	2	1	170	21	0.60	9

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Baobab (monkey bread; lalu powder), pulp <i>Adansonia digitata</i>	1 oz	28.40	82	1	21	tr	2			0.10	0.02	0.60	77			81	2.10	34
Bean curd, tofu (tobu), firm made with calcium sulfate or magnesium chloride	3 oz	85.00	65	7	3	4	tr	0	1 RE	0.08	0.09	0.01	2	7	150	138	1.23	125
Bean curd, cheong-po	3 oz	85.00	351	36	20	15	4		0 IU	0.27	0.20	2.55				181	6.38	434
Bean curd, tempeh	3 oz	85.00	164	16	8	9		0	0 IU	0.07	0.30	2.24	0	8	350	94	2.30	226
Bean sprouts, mung (nga choy), fresh <i>Vigna radiata</i>	0.25 C	12.00	3	tr	tr	0	0		0 IU	0.00	0.05	0.07	0	0	12	0	0.17	6
Bean sprouts, soybean, fresh <i>Glycine max</i>	0.25 C	12.00	4	1	tr	tr	tr		2 RE	0.02	0.02	0.10	1	0	26	4	0.10	6
Berberé	1 tsp	2.60	9	tr	1	tr	1		827 CAR	0.01	0.01	0.13	1			6	1.37	10
Betel leaves, fresh <i>Piper betel</i>	1	10.00	4	tr	1	tr	tr		576 CAR		0.01	0.00	1			23	0.70	4
Betel nuts (areca nuts; catechu), dried <i>Areca catechu</i>	1 oz	28.40	112	2	20	3	5		0 IU	0.05	0.20	0.17	0	22	127	154	1.62	18
Bird's nest, rehydrated <i>Collacalia inexpectata</i>	1 oz	28.40	20	3	1	tr			0 IU	0.00	0.16			12	6	31	0.28	1
Bitter melon, cooked <i>Momordica charantia</i>	0.5 C	62.00	12	1	3	tr	1	0	7 RE	0.03	0.03	0.17	20	4	198	6	0.24	22
Black bean (frijol negro; turtle bean), cooked <i>Phaseolus vulgaris</i>	1 C	176.00	232	16	42	1	15	0	2 RE	0.43	0.04	0.10	0	2	625	48	3.70	246
Black-eyed pea (cow peas; crowder peas), cooked <i>Vigna unguiculata</i>	1 C	172.00	200	14	36	1	11		5 RE	0.34	0.09	0.85	1	7	478	41	4.32	268
Blowfish (bok; fugu; globefish; puffer), raw <i>Sphaeroides spp.</i>	1 oz	28.40	24	6	0	0	0		0 IU	0.01	0.06	1.14	0	40	82	4	0.23	40

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Bok choy (Chinese chard; pak choi; white cabbage), fresh <i>Brassica rapa chinensis</i>	1 C	70.00	9	1	2	tr	1	0	420 RE	0.03	0.05	0.35	32	46	176	74	0.56	26
Breadfruit, green <i>Artocarpus altilis</i>	1 oz	28.40	13	1	3	tr	1		7 CAR	0.03	0.02	0.54	6	1	104	17		13
Buckwheat, groats (kasha), dried <i>Fagopyrum esculentum</i>	0.25 C	45.00	156	5	34	1	5	0	0 IU	0.10	0.12	2.31	0	5	144	8	1.11	144
Bulgur (bulghur, bulghul), dried	2 tbsp	21.00	301	3	16	tr	4	0	0 IU	0.05	0.02	1.07	0	4	86	7	0.52	63
Burdock root (gobo), cooked <i>Arctium lappa</i>	0.5 C	63.00	55	1	13	tr	1	0	0 IU	0.03	0.04	0.20	2	3	227	31	0.48	59
Cactus fruit, prickly pear (cactus pears, <i>cholla</i> , Indian figs, <i>pitaya</i> , <i>sabra</i> , strawberry pear, <i>thang long</i> ) <i>Opuntia imbricata</i>	1 oz	28.40	19	tr	5	0	tr		1 IU	0.00	0.01	0.06	6			7	0.23	5
Cactus fruit, organ pipe <i>Stenocereus thurberi</i>	1 oz	28.40	15	tr	4	tr	tr		1 IU	0.01	0.01	0.09	2			3	0.37	7
Cactus fruit, red pitaya <i>Hylocereus undatus</i>	1 oz	28.40	14	1	3	tr	1		0 IU	0.02	0.02	0.09	5			3	0.54	7
Cactus pads, nopales (nopalitos), fresh <i>Nopalea cochinellifera</i>	1 C	150.00	44	2	10	tr	10		333 IU	0.05	0.06	0.06	24				4.05	26
Cactus pads, prickly pear, fresh <i>Opuntia imbricata</i>	1 oz	150.00	56	2	13	1	4		75 IU	0.06	0.06	0.30	29				0.75	30
Calabash (bottlegourd; calabaza; West Indian pumpkin), cooked <i>Lagenaria siceraria</i>	1 C	116	16	.8	4	0.1	.9	0	2 IU	0.02	0.03	0.35	12	1	101	30	0.23	15
Calamansi (calamondin, Chinese or Panama orange, golden or scarlet lime, musk lime) <i>Citrus mitis</i>	1 lime	50.00	13	tr	3	tr	tr	0	390 IU	0.02	0.02	0.10	21	2	40	7	0.10	6
Camass root, fresh <i>Camassia quamash</i>	1 oz	28.40	32	tr	8	tr	tr			0.02	0.01		1					

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Candlenut (kemini; kukui nut) <i>Aleurites mollucana</i>	1 oz	28.40	178	5	2	18	2		307 RE	0.12	0.07	2.10	2	8	307	24	0.26	50
Capers, canned <i>Capparis spinosa</i>	1 tbsp	8.60	2	tr	tr	tr	tr	0	1 RE	0.00	0.01	0.06	0	254	3	3	1.67	1
Cardoon, fresh <i>Cynara cardunculus</i>	1 C	178.00	36	1	9	tr	3	0	21 RE	0.04	0.04	0.53	4	303	712	125	1.25	41
Cashew apple ( <i>carjü</i> ) <i>Anacardium occidentale</i>	1 oz	28.40	10	tr	3	tr	1		7 RE	0.06	0.01	0.11	47	2	35	2	0.17	5
Casimiroa (white sapote, zapote blanco) <i>Casimiroa edu-lus</i>	1 oz	28.40	18	tr	5	0	tr		0 IU	0.01	0.02	0.14	8	1		2	0.10	5
Cassava, bitter (cocoyam; fufu; manioc; yuca) <i>Manihot esculenta</i>	1 C	206.00	330	3	78	1	4	0	4 RE	0.18	0.10	1.76	42	29	558	33	0.56	56
Cassava, sweet <i>Manihot esculenta</i>	1 C	114.00	150	1	37	1	1			0.06	0.05	0.68	22			46	1.60	39
Cassava, meal <i>Manihot esculenta</i>	2 oz	56.80	195	1	47	tr	1			0.03	0.03	0.51	2			37	2.05	77
Cassava, starch <i>Manihot esculenta</i>	0.5 C	114.00	396	1	101	1	4		0 IU	0.02	0.03	1.14	0	5	842	96	1.14	
Cassava, leaves, fresh <i>Manihot esculenta</i>	1 oz	28.40	17	2	3	tr	1		2,352 CAR	0.05	0.09	0.51	23	1	116	41	0.80	19
Caviar, salmon (red caviar, <i>ikura</i> ), salted	1 tbsp	16.00	40	4	tr	3	0		80 IU	0.08	0.06	0.06	1	608	26	16	0.64	80
Caviar, carp ( <i>tamara</i> ), paste	1 tbsp	16.00	62	tr	1	7		5		0.01	0.01	0.04	0	91	8	3	0.06	7
Caviar, herring, salted	1 tbsp	15.00	14			2	0		0.5 IU	0.00	0.01	0.00		1,035	5	3	0.09	13
Caviar, mullet, raw	1 tbsp	15.00	21	3	0	1	0		23 IU	0.03	0.01	0.56	0	11	63	6	0.60	33
Celeriac (celery root), cooked <i>Apium graveolens</i>	0.5 C	78.00	21	1	5	tr	1	0	0 IU	0.02	0.03	0.33	3	48	135	20	0.34	51
Chayote (christophine, chocho, huisquil, mirliton, vegetable pear) <i>Sechium edule</i>	0.50	102.00	19	1	5	2	2	0	6 RE	0.03	0.03	0.48	16	2	128	17	0.35	18



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Cherimoya (anona, custard apple, graviola; atemoya) <i>Annona chermola</i>	1.00	547.00	514	7	131	2	13	0	0 IU	0.55	0.60	7.11	49			126	2.19	219
Chicharrónes (pork cracklings)	0.25 C	32.00	211	7	5	18	tr	0	5 RE	0.01	0.06	1.22	0	32		20	0.90	48
Chickpea (Bengal gram dal, chana dal, garbanzo bean), cooked <i>Cicer arietinum</i>	1 C	164.00	269	15	45	4	13	0	15 RE	0.19	0.10	0.86	0	19	477	80	4.74	276
Chicory, leaves (Belgian endive, witloof), fresh <i>Cichorium intybus</i>	1 C	90.00	15	1	4	tr	3	0	3 RE	0.06	0.24	0.14	3	2	190	17	0.22	23
Chicory, root, fresh <i>Cichorium intybus</i>	1	60.00	44	1	11	tr		0	1 RE	0.02	0.02	0.24	3	30	174	25	0.48	37
Chile pepper, Anaheim, fresh <i>Capsicum frutescens</i>	1	45.00	18	1	3	tr	1		7 RE	0.06	0.01	0.11	47	2	35	2	0.17	0
Chile pepper, Habanero, fresh <i>Capsicum chinense</i>	1 tsp	2.90	9	1	2	tr	1	0	17 RE	0.03	0.05	0.20	27	2	99	5	0.70	0
Chile pepper, Serrano, fresh <i>Capsicum annuum</i>	1 tsp	2.30	1	0	tr	0	tr	0	22 IU	0.00	0.00	0.04	1	0	7	0	0.02	1
Chile pepper, Ancho, dried <i>Capsicum annuum</i>	1 tsp	1.00	3	tr	1	tr	tr	0	204 IU	0.00	0.02	0.06	0	0	24	1	0.11	2
Chile pepper sauce/paste, Chinese	1 tbsp	18.00	6	tr	1	1	1		24 RE	0.00	0.02	0.20		1,445	40	21	0.68	5
Chile pepper sauce/paste, kochujang	1 tbsp	15.00	19	1	3	1	1				0.05	0.05		618	65	19	2.04	11
Chinese date (dae-chu; jujube), dried <i>Ziziphus jujuba</i>	1 oz	28.40	75	1	19	tr	2		1 RE	0.01	0.05	0.26	4	2	149	18	0.65	14
Chrysanthemum greens (chop suey greens, crowndaisy greens, <i>sook-gai</i> ), cooked <i>Chrysanthemum coronarium</i>	0.5 C	50.00	10	1	tr		1	0	253 RE	0.01	0.08	0.36	12	27	285	35	1.85	22
Clotted cream (Cornish cream, Devonshire cream)	1 tbsp	14.00	87	tr	tr	9	0	24	99 RE	0.00	0.03		0	9	8	5	0.02	6
Coconut cream, fresh	1 tbsp	15.00	50	1	1	5	tr	0	0 IU	0.00	0.00	0.13	0	1	49	2	0.34	18

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Coconut milk, fresh	1 tbsp	15.00	35	tr	1	4	tr	0	0 IU	0.00	0.00	0.11	0	2	39	2	0.25	15
Cocoplum, fresh <i>Chrysobalanus icaco</i>	0.5 C	77.00	36	tr	10	tr	1		29 CAR	0.03	0.02	0.23	7			29	0.46	13
Coriander leaves (cilantro, Chinese parsley, dhanyaka, yuen sai), fresh <i>Coriandrum sativum</i>	0.5 C	23.00	6	1	1	tr	1	0	141 RE	0.01	0.04	0.30	8	12	117	15	0.39	12
Corn smut (huit lacoche) <i>Ustilago maydis</i>	1 oz	28.40	8	1	2	tr	1	0	0 IU	0.02	0.05	0.20	1			2	0.28	39
Couscous (cuscus, cuzcuz), cooked	1 C	158.00	177	6	37	tr	2	0	0 IU	0.10	0.04	1.55	0	8	92	13	0.60	35
Crawfish (crawdada, crayfish, mudbug), cooked <i>Astacus, Orconectes,</i> <i>Procambarus spp</i>	3 oz	85.00	70	14	0	1	0	113	43 IU	0.04	0.07	1.94	1	80	252	51	0.71	230
Crème fraîche	1 tbsp	14.00	50	1	1	6	0	20	200 IU				0	5		10	0.00	
Curry leaves (kari), fresh <i>Murraya koengii</i>	1 oz	28.40	31	2	7	tr	2		2,147 CAR	0.02	0.06	0.65	1			236	1.99	16
Cushaw (calabaza; green pumpkin) <i>Cucurbita moscbata</i>	0.5 C	123.00	21	2	7	tr	1	0	216 RE	0.10	0.10	0.74	11	1	216	17	7.87	27
Custard apple (anona roja, bullock's heart, mamon) <i>Annona reticulata</i>	1	250.00	253	4	63	2	6	0	83 IU	0.20	0.25	1.25	48	10	955	75	1.77	53
Cuttlefish (inkfish), cooked <i>Sepiidae</i>	3 oz	85.00	134	28	1	1	0	90	173 RE	0.01	1.47	1.86	7	632	541	153	9.21	493
Daikon (icicle radish, white radish, mooli), fresh <i>Raphanus sativus</i>	0.25 C	29.00	5	tr	1	0	1	0	0 IU	0.00	0.00	0.06	7	6	66	8	0.12	4
Drumstick plant, leaves (horseradish tree, malunggay, reseda, sili leaves) <i>Moringa oleifera</i>	1 oz	28.40	26	2	4	1	tr		1,926 CAR	0.02	0.01	0.23	220		74		1.99	20
Durian <i>Durio zibethinus</i>	1 oz	28.40	35	1	8	1	tr		3 CAR	0.08	0.08	0.34	11	0	171	6	0.26	18

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Epazote (Mexican tea; pigweed, wormseed)																		
<i>Chenopodium ambrosioides</i>	1 tbsp	2.00	1	tr	tr	0	0		24 IU	0.00	0.01	0.01	0			6	0.10	1
Fava bean (broadbean, brown bean, horse bean, Windsor bean), cooked																		
<i>Vicia faba</i>	1 C	170.00	187	13	33	1	9	0	5 RE	0.16	0.15	1.21	1	9	456	61	2.55	213
Feijoa (pineapple guava)	1	50.00	25	tr	5	tr		0	0 RE	0.00	0.02	0.14	10	2	78	9	0.04	10
Fennel (finocchio, sweet anise), fresh																		
<i>Foeniculum vulgare</i>	1 C	87.00	27	1	6	tr	3	0	11 RE	0.01	0.03	0.56	10	45	360	43	0.63	44
Fiddlehead ferns, fresh																		
<i>Matteuccia struthioeris</i>	1 oz	28.40	8	1	2	tr		0	1 RE	0.01	0.06	1.42	8	0	106	9	0.37	29
Fish paste (bagoong, kapi, pa dek, prahoc)	1 tbsp	17.00	20	2	1	1		0	12 RE	0.00	0.14	0.58				55	1.19	29
Fish sauce, nuoc mam	1 tbsp	18.00	6	1	1	0	0		0 IU	0.00	0.01	0.42	0	1,390	52	8	0.14	1
Fuzzy melon (hairy melon, mo gwa)																		
<i>Benincasa hispida</i>	1 C	132.00	18	1	5	0				0.04	0.05	0.00				28	0.53	
Gai lan (Chinese kale), cooked	.5 C	44.00	10	tr	2	tr	1	0	721 IU	0.04	0.06	0.19	12	3	115	44	0.25	18
Ghee, cow's milk	1 tbsp	14.00	126			14	0	39	95 RE	0.00			0		0		0.03	
Ghee, vegetable oil	1 tbsp	14.00	126			14	0	0		0.00	0.00							
Ginger root, fresh																		
<i>Zingiber officinale</i>	1 tbsp	6.00	4	tr	1	0	tr	0	0 IU	0.00	0.00	0.04	0	1	25	1	0.03	2
Ginger root, Japanese pickled																		
<i>Zingiber officinale</i>	0.5 oz	14.00	5	tr	1	0	tr			0.00	0.00	0.00		52	4	3	0.06	1
Ginkgo nut, dried																		
<i>Ginkgo biloba</i>	0.25 C	34.00	63	2	13	1	tr	0	61 CAR	0.08	0.04	0.95	9	2	178	2	0.41	51
Ginseng, fresh																		
<i>Panax ginseng</i>	1 oz	28.40	28	1	6	tr	tr		0 IU	0.01	0.04	0.17	4	5	92	32	2.36	28
Grape leaves, fresh																		
<i>Vitis vinifera</i>	1	3.00	3	tr	1	tr	tr	0	81 RE	0.00	0.01	0.07	0	0	8	11	0.08	3

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Groundcherries (Cape gooseberries, poha, golden berries) <i>Physalis peruviana</i>	1 oz	28.40	21	tr	6	tr	1		207 IU	0.03	0.01	0.48	12			2	0.34	16
Guava, purple/red/black <i>Psidium guajava</i>	1	90.00	46	0	11	1	5	0	71 RE	0.05	0.05	1.08	165	3	255	18	0.28	23
Guava, strawberry (araca de praia, cattley guava, waiwai) <i>Psidium cattleianum</i>	1	6.00	4	0	1	0	tr	0	1 RE	0.00	0.00	0.04	2	2	18	1	0.01	2
Headcheese	1 slice	28.40	60	5	tr	5	0	23	0 IU	0.01	0.05	0.32	0	356	9	5	0.33	17
Heart of palm (palmetto cabbage, palmito), canned <i>Euterpe longepetiolata</i>	2 pieces	128.00	33	3	7	tr	1		1 RE	0.05	0.12	0.90	22	449		110	1.02	101
Hickory nuts <i>Carya spp</i>	0.25 C	30.00	197	4	6	19	2	0	39 IU	0.26	0.04	0.27	1	0	131	18	0.63	101
Hoisin sauce	1 tbsp	16.00	35	1	7	1	tr	0	0 IU	0.00	0.04	0.19	0	258	19	5	0.16	6
Hominy, yellow (posole, pozole), canned	0.5 C	87.00	63	1	12	1	2	0	96 IU	0.00	0.00	0.03	0	183	8	9	0.54	30
Irish moss (carrageen) <i>Chondrus crispus</i>	2 tbsp	10.00	5	tr	1	0	tr	0	1 RE	0.00	0.05	0.06	0	7	6	7	0.89	16
Jaboticaba (guapuru, sabara) <i>Myrciaria cauliflora</i> , <i>M. jaboticaba</i>	1 oz	28.40	13	0	4		tr		233 CAR	0.02	0.01	0.11	7			2	0.11	3
Jackfruit, ripe <i>Artocarpus heterophylla</i>	1 C	165.00	165	2	39	1	3		50 RE	0.05	0.18	0.66	12	5	500	56	0.99	59
Jaggery <i>Borassus flabellifer</i>	1 tsp	3.00	11	0	3	0	tr		0 IU				0	2	9	3	0.05	2
Jambolan (duhat, Indian blackberry, jaman, Java plum, rose apple, voi rung) <i>Syzygium cumini</i>	10	30.00	18	tr	5	tr	tr	0	0 IU	0.00	0.00	0.08	4	4	24	6	0.06	5
Jerusalem artichoke (sunchoke, sunroot) <i>Helianthus tuberosus</i>	1 C	150.00	114	3	26	0	2	0	30 IU	0.30	0.09	1.95	6	6	644	21	5.10	117

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)		
Jicama (ahipa, sa got, singkamas, yambean)																				
<i>Pachyrhizus erosus</i>	0.5 C	65.00	25	1	6	tr	3	0	1 RE	0.01	0.02	0.13	13	3	98	8	0.39	12		
Juniper berry, dried																				
<i>Juniperus monosperma</i>	1 oz	28.40	61	1	12	1	13							37	183	115	0.94	4		
Kaffir lime (ichang lime, makrut, wild lime)																				
<i>Citrus hystrix</i>	1	67.00	29	1	6	tr	1		20 IU	0.01	0.05	0.00	25	4	116	38	0.07	1		
Kanpyo (kampyo)	0.25 C	14.00	36	1	9	tr	1	0	0 IU	0.00	0.01	0.41	0	2	221	39	0.71	26		
Key lime (dayap, nimbu, West Indian or Mexican lime)																				
<i>Citrus aurantifolia Swingle</i>	1	67.00	21	0	4	tr	tr		4 RE	0.01	0.01	0.07	12	2	52	21	0.09	7		
Kidney bean (cannellini, red peas), boiled																				
<i>Phaseolus vulgaris</i>	1 C	177.00	225	15	40	1	11	0	1 RE	0.28	0.10	1.03	2	4	713	50	5.20	251		
Kohlrabi (tjin choi tow)																				
<i>Brassica oleracea-Gongylodes grp</i>	1 C	165.00	48	3	11	tr	2	0	7 RE	0.07	0.03	0.64	89	35	561	41	0.66	74		
Kola nut																				
<i>Cola acuminata</i>	1 oz	28.40	44	1	10	tr	1			0.01	0.01	0.14				16	0.43	21		
Kumquat (kin kan)																				
<i>Fortunella margarita</i>	1	19.00	10	tr	3	0	tr		12 RE	0.01	0.01	0.06	7	1	27	11	0.19	4		
Lemon grass (citronella root)																				
<i>Cymbopogon citratus</i>	1 oz	28.40	26	tr	6	tr	1		121 CAR	0.01	0.01	0.63	0			9	0.51	9		
Lily buds, fresh																				
<i>Hemerocallis flava</i>	1 oz	28.40	12	1	3	tr	tr		865 CAR	0.05	0.06	0.23	25	7	48	25	0.34	50		
Lingonberry (low-bush cranberry)																				
<i>Vaccinium vitis idaea</i>	0.5 C	75.00	37	tr	9	tr			68 IU	0.01	0.06	0.30	16			20	0.30	16		
Litchi (lychee), canned																				
<i>Litchi sinensis</i>	1 oz	28.40	21	tr	6	tr	tr	0	0 IU		0.01	0.03	18	10	19	1	0.09	3		
Lobster, spiny, cooked																				
<i>Panulirus spp. Jasus spp</i>	1	163.00	233	43	5	3	0	147	35 IU	0.01	0.09	7.98	3	370	339	103	2.30	373		

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Longan (dragon's eyes), fresh <i>Dimocarpus longan</i>	1 oz	28.40	17	tr	4	0	tr	0		0.01	0.04	0.09	24	0	75	0	0.04	6
Long bean (boonchi, dau gok, sitao, yardlong bean) <i>Vigna unguiculata sesquipedalis</i>	0.5 C	86.00	101	7	18	tr	3	0	14 IU	0.18	0.05	0.47	0	37	183	115	0.94	4
Loquat (nispero) <i>Eriobotrya japonica</i>	1	75.00	29	1	7	tr	1		525 CAR	0.01	0.02	0.22	6	3	92	13	0.82	6
Lotus root (lian, lin gau hasu, renkon, water lily root), fresh <i>Nelumbo nucifera</i>	10 slices	81.00	60	2	14	tr	4	0	0 IU	0.13	0.18	0.32	36	32	450	36	0.94	81
Luffa (cee gwa, Chinese okra, loofa, padwal, silk melon) <i>Luffa acutangula</i>	1 C	95.00	16	1	4	tr	1		29 CAR	0.03	0.03	0.19	6	1	135	24	0.47	37
Lupine seeds ( <i>tremecos</i> ) <i>Lupinus termis</i>	1 oz	28.40	106	11	12	2	2			0.07	0.11	0.74	0	318	240	26	1.79	155
Macadamia nut, dried <i>Macadamia integrifolia</i> , <i>M. tetraphylla</i>	0.25 C	33.50	241	3	5	26	3	0	0 IU	0.24	0.03	0.76	0	1	122	23	0.89	66
Mahi-mahi (dolphinfish, dorado) <i>Coryphaena hippurus</i>	3 oz	85.00	98	18	0	2	0		23 IU	0.17	0.13	7.65	1	43	408	11	0.60	213
Malanga (cocoyam, tannier, yautia), fresh <i>Xanthosoma spp.</i>	1 C	135.00	132	2	32	1	2	0	11 IU	0.13	0.05	0.90	7	28	807	12	1.32	69
Mamey (sapote) <i>Calocarpum sapota</i>	1 oz	28.40	34	1	8	tr	1		33 IU	0.00	0.01	0.57	6	2	64	11	0.28	8
Mammea (mamey apple) <i>Mammea americana</i>	1 oz	28.40	13	tr	3	tr	tr		26 IU	0.01	0.01	0.11	5			4	0.11	3
Mamoncilla (guayo, guineps, jaguar, macao, Spanish lime) <i>Melicoccus bijugatus</i>	1 oz	28.40	17	tr	6	tr	tr		3 RE	0.01	0.01	0.20	1		3		0.17	
Mango (mangoro, mangué) <i>Mangifera indica</i>	1	207.00	135	1	35	1	4	0	805 RE	0.12	0.12	1.21	57	4	323	21	0.27	23

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Masa harina (enriched)	0.25 C	28.50	104	3	22	1	3		134 IU	0.41	0.21	2.80	0	1	161	76	3.89	120
Matrimony vine, leaves (boxthorn, wolfberry) <i>Lycium chinense</i>	1 oz	28.40	12	2	1	tr	1		1,008 CAR	0.02	0.09	0.37	16	8	48	10	0.68	9
Matrimony vine, berries (boxthorn, wolfberry), dried <i>Lycium chinense</i>	1 oz	28.40	73	4	18	tr	5		2,769 CAR	0.10	0.13	1.14	14	72	123	17	1.53	59
Mikan <i>Citrus reticulata</i>	1 oz	28.40	14	tr	4	0	tr		0 IU	0.02	0.01	0.09	9	0	48	9	0.06	4
Milkfish <i>Chanos chanos</i>	3 oz	85.00	161	22	0	7	0	57	19 RE	0.05	0.06	7.02	0	78	318	55	0.35	177
Millet, Teff <i>Eragrostis tef</i>	0.25 C	50.00	171	5	38	1	2			0.21	0.05	1.05				69	22.95	160
Miso, light	1 tbsp	18.00	31		2		tr	0	5 IU	0.00	0.02	0.16		738		11	0.47	27
Miso, dark	1 tbsp	28.40	28	3	3	1	tr	0	0 IU	0.00	0.02	0.27	0	828		21	0.72	34
Mullet (ama ama), cooked	3 oz	85.00	128	21	0	4	0	54	36 RE	0.09	0.09	5.36	1	60	389	26	1.20	207
Mung bean (green gram dal, mung dal), boiled <i>Vigna radiata</i>	1 C	202.00	212	14	39	1	15	0	4 RE	0.33	0.12	1.17	2	4	537	55	2.83	200
Mushrooms, enoki, fresh <i>Pholiota nameko</i>	1 oz	28.40	10	1	2	tr	1	0	0 IU	0.02	0.03	1.03	3	1	108	0	0.25	32
Mushrooms, oyster, fresh <i>Pleurotus ostreatus</i>	1 oz	28.40	6	1	1	tr	1		1 RE	0.02	0.05	0.88	1	1	73	1	0.28	24
Mushrooms, shiitake, fresh <i>Lentinula edodes</i>	1 oz	28.40	5	1	2	tr	1			0.00	0.02	0.57	0	0	6	1	0.09	15
Mushrooms, wood ears, dried <i>Auricularia auricula</i>	1 oz	28.40	59	4	19	1	9		5 RE	0.05	0.12	0.71		14	215	71	27.59	83
Mushrooms, chanterelles, fresh <i>Cantharellus cibarius</i>	1 oz	28.40	3	tr	1	tr	1			0.01	0.06	1.85	2	1	104	1		16
Mushrooms, morels, dried <i>Morchella esculenta</i>	1 oz	28.40	84	8	12	2	4		59 RE	0.03	0.64	2.50	1	10	490	33	8.72	339

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Mushrooms, cèpes, fresh <i>Boletus edulis</i>	1 oz	28.40	6	1	2	tr	2			0.01	0.10	1.39	1	2	97	1	0.28	24
Mustard greens, gai choy, fresh <i>Brassica juncea</i>	1 oz	28.40	4	1	1	tr	tr		80 RE	0.01	0.03	0.14	20	8	64	8	0.28	10
Mustard greens, mizuna, fresh <i>Brassica japonica</i>	1 oz	28.40	5	tr	1	0	tr		204 IU	0.02	0.03	0.14	12	7	97	43	0.43	13
Mustard root <i>Brassica juncea</i>	1 C	135.00	51	3	12	tr	3		61 CAR	0.07	0.16	0.94	28		603	150	2.16	88
Nance <i>Byrsonima crassifolia</i>	1 oz	28.40	19	tr	4	tr	1			0.01	0.01	0.11	24		9		0.57	5
Napa cabbage (celery cabbage, Chinese cabbage, Peking cabbage, wong bok), fresh <i>Brassica pekinensis</i>	1 C	76.00	12	1	3	tr	2	0	182 RE	0.03	0.04	0.08	21	7	181	59	0.24	22
Naranjilla (lulo) <i>Solanum quitoense</i>	1 oz	28.40	8	tr	2	0	tr		14 IU	0.02	0.01	0.43	18			2	0.11	4
Okra (bindi, lady's fingers) <i>Abelmoschus esculentus</i>	1 C	160.00	51	3	12	tr	4	0	920 IU	0.21	0.09	1.39	26	8	515	101	0.72	90
Oyster sauce	1 tbsp	16.00	8	tr	2	0	0	0	4 IU	0.00	0.02	0.24	0	437	9	5	0.03	4
Palm nuts ( <i>kaong</i> ), canned	0.5 C	128.00	230	0	65	1	3	0	0 IU				12	30		0	2.70	
Palm oil (aceite de palma, dende oil), crude <i>Elaeis guineensis</i>	1 tbsp	14.00	123	0	tr	14	0		1,910 IU		0.00	0.00				1	0.77	1
Papaya, (kapaya, pawpaw, tree melon) <i>Carica papaya</i>	0.5	152.00	59	1	15	tr	3	0	432 IU	0.04	0.05	0.51	94	5	391	36	0.15	8
Paprika <i>Capsicum annum</i>	1 tsp	2.10	6	tr	1	tr	tr	0	127 RE	0.01	0.04	0.32	2	1	49	4	0.50	7
Passion fruit ( <i>granadilla</i> , lilikoi) <i>Passiflora edulis</i>	1	18.00	17	tr	4	tr	2	0	13 RE	0.00	0.02	0.27	5	5	63	2	0.29	12



Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Pawpaw (Hoosier banana, Poor Man's banana, tree melon) <i>Asimina triloba</i>	1	250.00	200	3	47	3	7		218 IU	0.03	0.22	2.75	46		863	158	17.50	118
Pepitas (cushaw seeds) <i>Cucurbita moschata</i>	1 oz	28.40	161	9	1	14	1		0 IU	0.06	0.03	0.51	0	6	29	5	0.43	329
Peppers, green bell <i>Capsicum annuum</i>	1 medium	119.00	32	1	8	tr	2	0	752 IU	0.08	0.04	0.61	106	2	211	11	0.55	23
Pili nut (dried) <i>Canarium oratum</i>	1 oz	28.40	183	4	2	20	1		7 CAR	0.27	0.03	0.11		1	139	34	0.74	144
Pine nut, Chinese (pignoli, piñon seed) <i>Pinus spp.</i>	1 oz	28.40	198	4	4	20	3		1 RE	0.05	0.07	1.14		3	143	22	1.22	162
Pink bean (rosada), boiled <i>Phaseolus vulgaris</i>	1 C	169.00	252	15	47	1	9	0	0 IU	0.43	0.11	0.96	0	3	859	88	3.89	279
Pinto bean, boiled <i>Phaseolus vulgaris</i>	1 C	171.00	234	14	44	1	15	0	0 IU	0.32	0.15	0.68	4	3	800	82	4.45	274
Plantain, cooked <i>Musa paradisiaca</i>	1 C	200.00	232	2	62	tr	5	0	1,818 IU	0.09	0.10	1.50	22	1	930	4	1.20	56
Quinoa, whole grain <i>Chenopodium quinoa</i>	0.25 C	43.00	161	6	30	3	3	0	0 IU	0.09	0.17	1.26	0	9	318	26	3.98	176
Radicchio, fresh <i>Cichorium intybus</i>	0.5 C	20.00	5	tr	1	tr	tr	0	5 IU	0.00	0.01	0.05	2	4	60	4	0.11	8
Rambutan <i>Nepbelium lappaceum</i>	1 oz	28.40	17	tr	4	0	tr	0	0 IU	0.00	0.01	0.03	11	1	14	6	0.71	2
Red bean, boiled <i>Phaseolus vulgaris</i>	1 C	177.00	220	16	140	tr	16	0	5 IU	0.23	0.11	0.96	2	7	742	117	5.28	242
Roseapple (pomarrosa, kopo) <i>Syzygium jambos</i>	1 oz	28.40	18	tr	5	tr	tr			0.01	0.01	0.17	6			10	0.11	4
Roselle, flower pods (Florida cranberry; karkadeh; red sorrel; sorrel), fresh <i>Hibiscus sabdariffa</i>	1 C	57.00	28	1	6	tr	1	0	17 RE	0.01	0.02	0.18	7	3	119	123	0.84	21

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Roselle, leaves (Florida cranberry; karkadeh; red sorrel; sorrel), fresh <i>Hibiscus sabadariffa</i>	1 oz	28.40	12	1	3	tr	tr		2,144 CAR	0.01	0.04	0.51	10			33	0.43	14
Salal, berries, fresh <i>Gaultheria sballon</i>	1 oz	28.40	19	1	4	tr							25			20	0.20	
Salmon, smoked <i>Onchorbunchnus tsbauytscha</i>	1 oz	28.40	33	5	0	1	0	7	25 IU	0.01	0.03	1.34	0	568	50	3	0.24	47
Salt pork, raw	1 oz	28.40	212	1	0	23	0	24	0 IU	0.06	0.02	0.46	0	404	19	2	0.13	15
Saluyot (jute, okra leaves, rau day) <i>Chorchorus olitorius</i>	1 C	87.00	32	3	6	tr	2	0	4,511 UI	0.08	0.17	0.77	29	10	479	184	2.73	63
Samphire (beach asparagus, glasswort, sea pickle, pousse-pied) <i>Salicornia spp.</i>	1 C	56.80	15	1	3	tr		0	109 RE	0.01	0.05	0.39	1	24		26	0.52	
Sea cucumber (sea slug), dried <i>Stichopus japonica</i>	1 oz	28.40	74	14	1	1	0	17	37 IU	0.01	0.04	0.37	0	1,411	101	87	2.56	27
Sea urchin roe (uni), fresh <i>Strongylocentrotus spp.</i>	1 tbsp	14.00	21	2	tr	1	0		168 IU	0.04	0.06	0.35	0	27	69	3	0.28	42
Seaweed, kelp/kombu (kim) <i>Laminaria japonica</i>	1	2.50	2	0	1	0	tr		6 CAR	0.00	0.00	0.02		8	19	9	0.12	1
Seaweed, nori/laver, dried <i>Porphyra tenerd</i>	1 sheet	2.50	5	1	1	0	1		34 CAR	0.01	0.03	0.18	0	18	45	7	1.37	9
Sesame seeds, paste (benne seeds), untoasted	2 tbsp	30.00	192	6	4	19	3	0	20 IU	0.37	0.14	1.63	0	35	124	128	2.68	220
Seville orange (bitter orange; naranja aria, sour orange) <i>Citrus aurantium</i>	1 oz	28.40	11	tr	3	tr	tr			0.02	0.01	0.06	13			8	0.20	
Shea nut butter/oil <i>Butyrospermum parkii</i>	1 tbsp	13.60	120	0	0	14	0	0	0 IU	0.00	0.00	0.00	0	0	0	0	0.00	0
Shrimp paste, bagoong-alamang	1 tbsp	20.10	12	2	0	tr	0	39						732	36			
Shrimp paste, saewojeot	1 tbsp	18.00	10	2	tr	tr	0		0 IU	0.01	0.02	0.22				157	1.12	41

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Snail, escargot, cooked <i>Helix aspersa</i>	1	4.00	5	1	tr		0	3	2 RE	0.00	0.00	0.06	0	5	19	1	0.17	13
Snail, giant, raw <i>Achatina marginata</i>	1 oz	28.40	30	5	0	1										37	1.16	31
Snow pea (Chinese pea pod, ho lan daw, mange-tout, sugar pea) <i>Pisum sativum</i>	0.5 C	89.00	28	3	8	tr	4	0	619 CAR	0.20	0.13	0.53	48	2	178	39	0.71	55
Sorghum (guinea corn, kaffir corn) <i>Sorghum vulgare</i>	0.25 C	48.00	164	5	36	2	1		0 CAR	0.16	0.08	1.87	0	4	21	11	1.82	116
Sorrel (dock, sourgrass, wild rhubarb) <i>Rumex crispus</i>	1 C	133.00	29	3	4	1	4	0	532 RE	0.05	0.13	0.67	64	5	519	59	3.19	84
Soursop (guanabana) <i>Annona muricata</i>	1	625.00	413	6	105	2	21	0	94 CAR	0.44	0.31	5.63	129	88	1,738	88	3.75	169
Soybean, boiled <i>Glycine max</i>	1 C	172.00	298	29	17	15	10	0	15 IU	0.27	0.49	0.69	3	2	886	175	8.84	421
Soybean pods/edamame, boiled <i>Glycine max</i>	0.25 C	45.00	63	6	5	3	2	0	50 CAR	0.12	0.06	0.45	8	113	243	65	1.13	71
Soy milk	8 fl oz	245.00	81	7	4	5	3	0	78 IU	0.39	0.17	0.36	0	29	345	10	1.42	120
Soy sauce, Korean	1 tbsp	15.00	6	1	1	tr	0		0 IU	0.00	0.01	0.18	0	2,036	45	9	0.78	6
Soy sauce, shoyu	1 tbsp	15.00	9	1	1	0	0		0 IU	0.01	0.03	0.17	0	885	60	3	0.34	21
Soy sauce, tamari	1 tbsp	15.00	14	1	2	0	0		0 IU	0.01	0.03	0.27	0	735	84	5	0.86	30
Sponge gourd (luffa) <i>Luffa cylindrica, L. aegyptiaca</i>	1 C	95.00	19	1	4	tr	1	0	39 RE	0.05	0.06	0.38	11	3	132	19	0.34	30
Star apple (caimito) <i>Chrysophyllum cainito</i>	1 oz	28.40	19	tr	4	1	tr		1 IU	0.01	0.01	0.28	3			6	0.23	5
Star fruit (carambola) <i>Averrhoa carambola</i>	1	91.00	30	1	7	tr	3	0	45 RE	0.03	0.03	0.37	19	2	148	4	0.24	15
Sunflowers, seeds toasted <i>Helianthus annuus</i>	0.5 C	67.00	415	12	14	38	8	0	0 IU	0.22	0.19	2.81	1	2	329	38	4.56	776

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Sweetsop (annona blanca, ata, sugar apple, atemoya) <i>Annona squamosa</i>	1	155.00	146	3	37	tr	7	0	2 RE	0.17	0.17	1.37	56	14	383	37	0.93	50
Tamarind pulp (imli, tamarindo), unripe <i>Tamrindus indica</i>	0.25 C	30.00	21	1	5	0	tr		3 CAR	0.05	0.001	0.12	4	1	95	17	0.21	9
Taro root (cocoyam, eddo, dasheen, tannier, malanga, yautia), fresh <i>Colocasia spp.</i>	1 C	104.00	116	2	28	tr	4	0	0 IU	0.10	0.03	0.62	5	11	615	45	0.57	87
Taro root (cocoyam, eddo, dasheen, tannier, malanga, yautia), paste: two-finger poi <i>Colocasia spp.</i>	1 C	240.00	161	1	38	tr				0.10	0.05	0.72	12			26	0.96	53
Taro leaves (cocoyam, eddo, dasheen, tannier, malanga, yautia), cooked <i>Colocasia spp.</i>	0.5 C	73.00	18	2	3	tr	2	0	310 RE	0.10	0.28	0.93	26	1	336	63	0.86	20
Tarpon <i>Megalops cyprinoides</i>	3 oz	85.00	87	17	0	2	0			0.02	0.05	4.34		70	306	46	0.60	224
Tepary beans, dried <i>Phseolus acutifolius</i>	1 oz	28.40	100	6	19	tr	1			0.09	0.03	0.80	0	1	469	42	1.59	115
Tomatillo (husk tomatoes, miltomate), fresh <i>Physalis ixocarpa</i>	1	34.00	11	tr	2	tr	1	0	114 IU	0.01	0.01	0.63	4	0	91	2	0.21	13
Truffle, black <i>Tuber melanosporum</i>	0.25 oz	7.10	2	tr	1	0	1							5	37	2	0.25	4
Waterchestnut, fresh (matai) <i>Eleocharis dulcis</i>	1	9.00	9	tr	2	0	tr	0	0 IU	0.01	0.02	0.04	0	1	53	1	0.00	6
Water convolvulus (kang kong, ong choi, rau muong, water spinach), fresh <i>Ipomoea aquatica</i>	1 oz	28.40	6	1	1	tr	tr		432 CAR	0.01	0.02	0.23	7	27	69	28	0.65	11
Watermelon seeds, African, raw <i>Citrullus lanatus</i>	1 oz	28.40	158	9	2	13	2			0.06	0.02	0.40		3	53		1.34	232

Food	Amt	Wt (gm)	KCal	Pro (gm)	Total CARB (gm)	Fat (gm)	DFIB (gm)	CHOL (gm)	Vit A	Vit B <sub>1</sub> (mg)	Vit B <sub>2</sub> (mg)	Vit B <sub>3</sub> (mg)	Vit C (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	P (mg)
Watermelon seeds, Asian, flavored <i>Citrullus lanatus</i>	1 oz	28.40	154	9	4	13	4			0.01	0.01	0.91		38	147	111	1.25	247
White bean/navy bean, boiled <i>Phaseolus vulgaris</i>	1 C	180.00	250	18	45	1	11	0	0 IU	0.21	0.08	0.25	0	11	1,010	162	6.66	203
Wild rice, cooked <i>Zizania palustris</i>	1 C	164.00	166	7	35	1	3	0	0 IU	0.09	0.14	2.11	0	5	166	5	0.98	135
Winged bean, boiled <i>Psophocarpus tetragonolobus</i>	1 C	171.00	251	18	26	10		0		0.50	0.22	1.42	0	22	479	243	7.41	262
Winter melon, cooked <i>Benincasa hispida</i>	0.5 C	88.00	11	tr	3	tr	1	0	0 IU	0.03	0.00	0.34	9	94	4	16	0.33	15
Yam (ñame; yampi, cush-cush; mapuey), cooked <i>Dioscorea spp.</i>	1 C	172.00	158	2	38	tr	5	0	76 CAR	0.12	0.04	0.76	16	10	910	20	0.70	66
Zapote (chico, black sapote, naseberry, sapodilla) <i>Achras zapote; Manilkara zapote</i>	1 oz	28.40	27	tr	7	tr	1		3 IU	0.00	0.00	0.06	4			7	0.28	3

**Note:**

AMT, amount	FAT, fats	oz, ounce(s)	VIT B <sub>1</sub> , thiamin
C, cup(s)	FE, iron	P, phosphorus	VIT B <sub>2</sub> , riboflavin
CA, calcium	gm, gram(s)	PRO, protein	VIT B <sub>3</sub> , NIA niacin
CAR microgram(s) carotene	IU, international units	RE, retinol equivalents	VIT C, vitamin C
CHO, carbohydrates	K, potassium	tbsp, tablespoon(s)	WT, weight
CHOL, cholesterol	KCAL, calories	tr, trace amount	
DFIB, dietary fiber	mg, milligram(s)	tsp, teaspoon(s)	
	Na, sodium	VIT A, vitamin A	