

The Paleo Approach

Reverse Autoimmune Disease
and Heal Your Body

Sarah Ballantyne, PhD

Foreword by Robb Wolf

New York Times bestselling author of *The Paleo Solution*

Nutrient Tables

Vitamins Vegetables

		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Arrowroot, raw	100 grams (1 cup, sliced = 120 grams)	1	1.9	~	~	~	0.1	0.1	1.7	0.3	338	0	0.3	~	~
Artichoke, raw	100 grams (1 medium = 128 grams)	1	11.7	~	0.2	14.8	0.1	0.1	1	0.1	68	0	0.3	34.4	0.2
Arugula, raw	100 grams (1 cup = 20 grams)	119	15	~	0.4	109	~	0.1	0.3	0.1	97	0	0.4	15.3	0.1
Asparagus, raw	100 grams (1 cup = 134 grams)	38	5.6	~	1.1	41.6	0.1	0.1	1	0.1	52	0	0.3	16	0.6
Avocado, raw	100 grams (1 cup, cubes = 150 grams)	7	10	~	2.1	21	0.1	0.1	1.7	0.3	81	0	1.4	14.2	0.7
Bamboo Shoot, raw	100 grams (1 cup, 1/2" slices = 151 grams)	1	4	~	1	0	0.2	0.1	0.6	0.2	7	0	0.2	0	~
Beet Greens, raw	100 grams (1 cup = 38 grams)	316	30	~	1.5	400	0.1	0.2	0.4	0.1	15	0	0.3	0.4	~
Beet, raw	100 grams (1 cup = 136 grams)	2	4.9	~	0	0.2	0	0	0.3	0.1	109	0	0.2	6	129
Borage, raw	100 grams (1 cup = 89 grams)	210	35	~	~	~	0.1	0.2	0.9	0.1	13	0	~	~	~
Broccoli Rabe, raw	100 grams (1 cup = 40 grams)	131	20.2	~	1.6	224	0.2	0.1	1.2	0.2	83	~	0.3	18.3	0.3
Broccoli, raw	100 grams (1 cup, chopped = 91 grams)	31	89.2	~	0.8	102	0.1	0.1	0.6	0.2	63	0	0.6	18.7	0.1
Brussels Sprouts, raw	100 grams (1 cup = 88 grams)	38	85	~	0.9	177	0.1	0.1	0.7	0.2	61	~	0.3	19.1	0.8
Cabbage, raw	100 grams (1 cup, chopped = 89 grams)	5	36.6	~	0.2	76	0.1	~	0.2	0.1	43	~	0.2	10.7	0.4
Carrot, raw	100 grams (1 cup, chopped = 128 grams)	835	5.9	~	0.7	13.2	0.1	0.1	1	0.1	19	0	0.3	8.8	0.4
Cauliflower, raw	100 grams (1 cup = 100 grams)	1	46.4	~	0.1	16	0.1	0.1	0.5	0.2	57	0	0.7	45.2	~
Celeriac, raw	100 grams (1 cup = 156 grams)	0	8	~	0.4	41	0.1	0.1	0.7	0.2	8	0	0.4	9	~
Celery, raw	100 grams (1 cup, chopped = 101 grams)	22	3.1	~	0.3	29.3	0	0.1	0.3	0.1	36	0	0.2	6.1	0.1
Chicory Root, raw	100 grams (1 cup = 90 grams)	0	5	~	~	~	0	0	0.4	0.2	23	0	0.3	~	~
Collards, raw	100 grams (1 cup = 36 grams)	333	35.3	~	2.3	511	0.1	0.1	0.7	0.2	166	0	0.3	23.2	0.4
Cucumber, raw	100 grams (1/2 cup, sliced = 52 grams)	5	2.8	~	0	16.4	0	0	0.1	0	7	0	0.3	6	0.1
Dandelion Greens, raw	100 grams (1 cup, chopped = 55 grams)	508	35	~	3.4	778	0.2	0.3	0.8	0.3	27	0	0.1	35.3	~
Endive, raw	100 grams (1 cup, chopped = 50 grams)	108	6.5	~	0.4	231	0.1	0.1	0.4	0	142	0	0.9	16.8	~
Fennel Bulb, raw	100 grams (1 cup, sliced = 87 grams)	7	12	~	~	~	0	0	0.6	0	27	0	0.2	~	~
Fiddlehead Fern, raw	100 grams (1 cup = 224 grams)	181	26.6	~	~	~	0	0.2	5	~	~	0	~	~	~
Garlic, raw	100 grams (1 cup = 136 grams)	0	31.2	~	0.1	1.7	0.2	0.1	0.7	1.2	3	0	0.6	23.2	~
Gingerroot, raw	100 grams (1 tsp = 2 grams)	0	5	~	0.3	0.1	0	0	0.7	0.2	11	0	0.2	28.8	~
Jerusalem Artichoke, raw	100 grams (1 cup, sliced = 150 grams)	1	4	~	0.2	0.1	0.2	0.1	1.3	0.1	13	0	0.4	30	~
Jicama, raw	100 grams (1 cup, sliced = 120 grams)	1	20.2	~	0.5	0.3	0	0	0.2	0	12	0	0.1	13.6	~
Kale, raw	100 grams (1 cup, chopped = 67 grams)	769	120	~	~	817	0.1	0.1	1	0.3	29	~	0.1	~	~
Kohlrabi, raw	100 grams (1 cup = 135 grams)	2	62	~	0.5	0.1	0.1	0	0.4	0.2	16	0	0.2	12.3	~
Leek, raw	100 grams (1 cup = 89 grams)	83	12	~	0.9	47	0.1	0	0.4	0.2	64	0	0.1	9.5	~
Lettuce (green leaf), raw	100 grams (1 cup, shredded = 36 grams)	370	18	~	0.3	174	0.1	0.1	0.4	0.1	38	0	0.1	13.4	0.2
Lotus Root, raw	100 grams (10 slices = 81 grams)	0	44	~	~	~	0.2	0.2	0.4	0.3	13	0	0.4	~	~
Mustard Greens, raw	100 grams (1 cup, chopped = 56 grams)	525	70	~	2	497	0.1	0.1	0.8	0.2	187	0	0.2	0.4	~
Onion, raw	100 grams (1 cup, chopped = 160 grams)	0	7.4	~	0	0.4	0	0	0.1	0.1	19	0	0.1	6.1	0.1
Parsnip, raw	100 grams (1 cup, sliced = 133 grams)	0	17	~	1.5	22.5	0.1	0.1	0.7	0.1	67	0	0.6	~	~
Plantain, raw	100 grams (1 cup, sliced = 148 grams)	56	18.4	~	0.1	0.7	0.1	0.1	0.7	0.3	22	0	0.3	13.5	~
Pokeberry Shoot (poke), raw	100 grams (1 cup = 160 grams)	435	136	~	~	~	0.1	0.3	1.2	0.1	16	0	0	~	~
Pumpkin, raw	100 grams (1 cup, 1" cubes = 116 grams)	369	9	~	1.1	1.1	0.1	0.1	0.6	0.1	16	0	0.3	8.2	~
Purslane, raw	100 grams (1 cup = 43 grams)	66	21	~	~	~	0	0.1	0.5	0.1	12	0	0	12.8	~

<25% of the RDA/AI*

25–50% of the RDA/AI*

50–75% of the RDA/AI*

75–100% of the RDA/AI*

>100% of the RDA/AI*

Data from the USDA database.

* Highest of the Recommended Daily Allowance and Adequate Intake values.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.



Vitamins Vegetables

		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Radicchio, raw	100 grams (10 slices = 81 grams)	1	8	~	2.3	255	0	0	0.3	0.1	60	0	0.3	10.9	~
Radish, raw	100 grams (1 cup, chopped = 56 grams)	0	14.8	~	0	1.3	0	0	0.3	0.1	25	0	0.2	6.5	0.1
Rutabaga, raw	100 grams (1 cup, chopped = 160 grams)	0	25	~	0.3	0.3	0.1	0	0.7	0.1	21	0	0.2	14.1	~
Shallot, raw	100 grams (1 cup, sliced = 133 grams)	60	8	~	~	~	0.1	0	0.2	0.3	34	~	0.3	~	~
Spinach, raw	100 grams (1 cup, sliced = 148 grams)	469	28.1	~	2	483	0.1	0.2	0.7	0.2	194	0	0.1	18	550
Spring Onion/Scallion, raw	100 grams (1 cup = 160 grams)	50	18.8	~	0.5	207	0.1	0.1	0.5	0.1	64	0	0.1	5.7	~
Squash (winter, acorn), raw	100 grams (1 cup, 1" cubes = 116 grams)	18	11	~	~	~	0.1	0	0.7	0.2	17	0	0.4	~	~
Squash (winter, butternut), raw	100 grams (1 cup = 43 grams)	532	21	~	1.4	1.1	0.1	0	1.2	0.2	27	0	0.4	~	~
Squash (winter, spaghetti), raw	100 grams (1 cup = 89 grams)	3	2.1	~	~	~	0	0	0.9	0.1	12	0	0.4	~	~
Sweet Potato, raw	100 grams (1 cup = 40 grams)	709	2.4	~	0.3	1.8	0.1	0.1	0.6	0.2	11	0	0.8	12.3	~
Swiss Chard, raw	100 grams (1 cup, chopped = 91 grams)	306	30	~	1.9	830	0	0.1	0.4	0.1	14	0	0.2	18	0.3
Taro, raw	100 grams (1 cup = 88 grams)	4	4.5	~	2.4	1	0.1	0	0.6	0.3	22	0	0.3	17.3	~
Turnip Greens, raw	100 grams (1 cup, chopped = 89 grams)	579	60	~	2.9	251	0.1	0.1	0.6	0.3	194	0	0.4	~	~
Turnip, raw	100 grams (1 cup, chopped = 128 grams)	0	21	~	0	0.1	0	0	0.4	0.1	15	0	0.2	11.1	~
Watercress, raw	100 grams (1 cup = 100 grams)	160	43	~	1	250	0.1	0.1	0.2	0.1	9	0	0.3	9	~
Yam, raw	100 grams (1 cup = 156 grams)	7	17.1	~	0.4	2.3	0.1	0	0.6	0.3	23	0	0.3	16.5	~
Zucchini (summer squash), raw	100 grams (1 cup, chopped = 101 grams)	10	17	~	0.1	4.3	0	0.1	0.5	0.2	29	0	0.2	9.5	~

Vitamins Fruit

		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Apple	100 grams (1 medium = 182 grams)	3	47.8	~	0	0.7	0.1	0	0.5	0.1	18	0	0.2	5.5	0.1
Apricot	100 grams (1 cup halves = 155 grams)	96	6.6	~	0.7	2.6	0	0	0.8	0	4	0	0.2	6.1	0.3
Banana	100 grams (1 medium = 118 grams)	3	92.7	~	1.5	40.3	0	0	0.3	0.1	25	0	0.2	7.8	0.5
Blackberries	100 grams (1 cup = 144 grams)	11	31.2	~	0.1	0	0	0	0.2	0.1	13	0	0.3	7.7	0.1
Blueberries	100 grams (1 cup = 148 grams)	3	33.3	~	0.1	0	0	0	0.3	0	10	0	0.3	7.7	~
Cherries (sour)	100 grams (1 cup w/o pits = 155 grams)	64	45	~	0.2	0	0.1	0	0.4	0.1	17	0	0.3	8.4	~
Cherries (sweet)	100 grams (1 cup w/o pits = 154 grams)	3	48.5	~	~	~	0.1	0	0.3	0.1	39	0	0.3	~	~
Clementine	100 grams (1 fruit = 74 grams)	~	26.7	~	0.2	0	0.1	0	0.4	0.1	16	0	0.2	10.2	0.1
Coconut Meat	100 grams (1 cup, shredded = 80 grams)	0	10	~	0.9	3.3	0	0	0.6	0.1	9	0	0.2	2.8	~
Coconut Milk, canned	100 grams (1 Tbsp = 15 grams)	0	8.7	~	0.1	0.5	0	0.1	0.7	0.4	20	0	0.3	9.8	0.1
Coconut Oil	100 grams (1 Tbsp = 14 grams)	0	18.4	~	0.1	0.7	0.1	0.1	0.7	0.3	22	0	0.3	13.5	~
Cranberries	100 grams (1 cup, chopped = 110 grams)	3	21	~	1.2	19.8	0	0	0.6	0	25	0	0.3	8.5	0.3
Currants, red and white	100 grams (1 cup, chopped = 112 grams)	2	9.7	~	0.6	19.3	0	0	0.4	0.1	6	0	0.1	6	0.2
Dates, Deglet Noor	100 grams (1 date, pitted = 7 grams)	0	36.7	~	0.1	2.5	0	0	0.7	0.1	21	0	0.1	7.6	0.1
Dates, Medjool	100 grams (1 date, pitted = 24 grams)	7	18	~	0	2.9	0	0	0.4	0.1	19	0	0.2	7.6	~
Durian	100 grams (1 cup, chopped = 243 grams)	2	7	~	0.1	2.1	0	0	0.2	0	4	0	0.2	6.1	~
Fig	100 grams (1 medium = 50 grams)	7	10	~	0.1	2.1	0	0	0.4	0	8	0	0.1	6.1	~

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Vitamins

Fruit



		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Gooseberries	100 grams (1 cup = 150 grams)	15	48.8	~	0.2	0	0.1	0	0.6	0.1	24	~	0.2	14	0.1
Grapefruit, pink and red	100 grams (1/2 fruit = 123 grams)	58	3.3	~	0.2	0.2	0.1	0	0.5	0.1	26	0	0.3	12.1	~
Grapefruit, raw, white, all areas	100 grams (1/2 fruit = 118 grams)	2	0	~	0.1	0.5	0	0	0	0	0	0	0	0.3	~
Grapes	100 grams (1 cup = 151 grams)	3	13.3	~	1.2	5.1	0	0	0.1	0.1	1	0	0.3	5.5	0.2
Guava	100 grams (1 fruit w/o refuse = 55 grams)	31	41	~	0.1	11	0	0.1	0.1	0.1	8	0	0.1	7.6	~
Jackfruit	100 grams (1 cup, sliced = 165 grams)	15	0.4	~	0.1	2.7	0.1	0.1	1.3	0.2	19	0	0.6	6.3	0.4
Kiwi	100 grams (1 medium w/o skin = 76 grams)	4	19.7	~	~	~	0.4	0.2	1.1	0.3	36	0	0.2	~	~
Kumquat	100 grams (1 fruit w/o refuse = 19 grams)	15	2	~	0.1	4.7	0.1	0.1	0.4	0.1	6	0	0.3	4.7	~
Lemon	100 grams (1 fruit = 84 grams)	1	27.7	~	0.4	~	0	0	0.3	0.1	6	0	0.3	~	~
Lime	100 grams (1 fruit = 67 grams)	2	4	~	0.2	14.6	0.1	0.1	0.3	0.1	4	0	0	5.6	~
Lychee	100 grams (1 fruit w/o refuse = 10 grams)	0	10.8	~	0.2	14.6	0.1	0.1	0.2	0.1	2	0	0.1	5.6	0.1
Mango	100 grams (1 cup, sliced = 165 grams)	38	2.3	~	0.1	3.5	0.1	0.1	0.8	0.2	5	0	0.1	11.1	0.3
Melon, Cantaloupe	100 grams (1 cup, diced = 156 grams)	169	228	~	0.7	2.6	0.1	0	1.1	0.1	49	0	0.5	7.6	~
Melon, Honeydew	100 grams (1 cup, diced = 170 grams)	3	2.8	~	~	~	0	0	0.3	~	~	~	~	~	~
Nectarine	100 grams (1 medium = 143 grams)	17	6.7	~	~	~	0	0.1	0.4	0.1	14	0	~	~	~
Olive Oil	100 grams (1 ounce = 28 grams)	0	0	~	14.3	60.2	0	0	0	0	0	0	0	0.3	0.1
Olives, picked, canned, or bottled	100 grams (1 olive = 2 grams)	20	43.9	~	0.2	0	0	0.1	0.4	0	17	0	0.2	8.4	~
Orange, Navel	100 grams (1 cup sections = 168 grams)	12	59.1	~	0.2	0	0.1	0.1	0.4	0.1	34	0	0.3	8.4	0.1
Orange, California, Valencia	100 grams (1 fruit = 121 grams)	12	71.5	~	0.1	0.4	0	0.1	0.6	0.1	14	0	~	7.1	~
Orange, Florida	100 grams (1 fruit = 141 grams)	11	27.7	~	1.1	4.2	0.1	0.1	0.6	0.1	14	0	0.2	7.6	~
Palm Oil	100 grams (1 Tbsp = 14 grams)	0	5.4	~	0.8	2.2	0	0	1.1	0	5	0	0.2	6.2	0.2
Papaya	100 grams (1 small = 152 grams)	55	0.9	~	1.7	1.4	0	0	0	0	0	0	0	10.3	~
Passionfruit	100 grams (1 ounce = 28 grams)	64	0	~	3.8	1.4	0	0	0.2	0	3	0	0	14.2	~
Peach	100 grams (1 medium = 150 grams)	16	0.9	~	1.7	1.4	0	0	0	0	0	0	0	10.3	~
Pear	100 grams (1 medium = 178 grams)	1	61.8	~	0.7	2.6	0	0	0.3	0	38	0	0.2	6.1	~
Pear, Asian	100 grams (1 medium = 122 grams)	0	30	~	0	0.7	0	0.1	1.5	0.1	14	0	~	7.6	~
Persimmon	100 grams (1 fruit w/o refuse = 25 grams)	~	4.2	~	0.1	4.5	0	0	0.2	0	7	0	0	5.1	0.2
Pineapple	100 grams (1 cup chunks = 165 grams)	3	3.8	~	0.1	4.5	0	0	0.2	0	8	0	0.1	5.1	~
Plantain	100 grams (1 medium = 179 grams)	56	66	~	~	~	~	~	~	~	0	~	~	~	~
Plum	100 grams (1 fruit = 66 grams)	17	9.5	~	0.3	6.4	0	0	0.4	0	5	0	0.1	1.9	~
Pomegranate, raw	100 grams (1/2 cup arils = 87 grams)	0	0.6	~	0.4	59.5	0.1	0.2	1.9	0.2	4	0	0.4	10.1	0.4
Prickly Pear	100 grams (1 fruit w/o refuse = 103 grams)	2	10.2	~	0.6	16.4	0.1	0.1	0.3	0.1	38	0	0.4	7.6	~
Prune	100 grams (1 ounce = 28 grams)	39	14	~	~	~	0	0.1	0.5	0.1	6	0	~	~	~
Quince	100 grams (1 fruit w/o refuse = 92 grams)	2	4.6	~	0.2	2.2	0	0	0.1	0	3	0	0.1	3.4	0.1
Raisins	100 grams (1 small box = 43 grams)	0	15	~	~	~	0	0	0.2	0	3	0	0.1	~	~
Raspberries	100 grams (1 cup = 123 grams)	2	26.2	~	0.9	7.8	0	0	0.6	0.1	21	0	0.3	12.3	0.8
Rhubarb	100 grams (1 cup, diced = 122 grams)	5	8	~	0.3	29.3	0	0	0.3	0	7	0	0.1	6.1	~
Salmonberries	100 grams (1 ounce = 28 grams)	50	9.2	~	1.6	14.8	0	0.1	0.5	0.1	17	~	0.2	~	~
Star Fruit	100 grams (1 cup, sliced = 108 grams)	3	34.4	~	0.2	0	0	0	0.4	0	12	0	0.4	7.6	~
Strawberries	100 grams (1 cup, halves = 152 grams)	1	58.8	~	0.3	2.2	0	0	0.4	0	24	0	0.1	5.7	0.2
Tangerine (mandarin orange), raw	100 grams (1 medium = 88 grams)	34	8.1	~	0.1	0.1	0	0	0.2	0	3	0	0.2	4.1	0.3
Watermelon	100 grams (1 cup, diced = 152 grams)	28	0	~	15.9	8	0	0	0	0	0	0	0	0.3	~

<25% of the RDA/AI* 25–50% of the RDA/AI* 50–75% of the RDA/AI* 75–100% of the RDA/AI* >100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.

Vitamins

Meat

		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Antelope	100 grams (1 ounce = 28 grams)	0	0	~	~	~	0.3	0.6	~	~	~	~	~	~	~
Beef (grass-fed, ground)	100 grams (1 ounce = 28 grams)	0	0	~	0.4	1.1	0	0.2	4.8	0.4	6	2	0.6	67.4	8
Beef (grass-fed, strip steaks, lean only)	100 grams (1 ounce = 28 grams)	0	0	~	0.2	0.9	0.1	0.1	6.7	0.7	13	1.3	0.7	65.1	7.6
Beef (ground, 85/15), raw	100 grams (1 ounce = 28 grams)	0	0	~	0.4	1.3	0	0.2	4.6	0.3	6	2.2	0.5	61.2	7.2
Beef Chuck Roast, raw	100 grams (1 ounce = 28 grams)	0	0	~	0.4	1.6	0.1	0.1	4.3	0.5	10	1.7	0.6	80.3	11.8
Beef Heart, raw	100 grams (4 ounces = 113 grams)	0	2	~	0.2	0	0.2	0.9	7.5	0.3	3	8.5	1.8	~	~
Beef Kidney, raw	100 grams (4 ounces = 113 grams)	419	9.4	32	0.2	0	0.4	2.8	8	0.7	98	27.5	4	~	~
Beef Liver, raw	100 grams (1 ounce = 28 grams)	4968	1.3	16	0.4	3.1	0.2	2.8	13.2	1.1	290	59.3	7.2	333	4.4
Beef Pancreas	100 grams (4 ounces = 113 grams)	0	13.7	~	~	~	0.1	0.4	4.5	0.2	3	14	3.9	~	~
Beef Prime Rib Roast, raw	100 grams (1 ounce = 28 grams)	0	0	~	~	~	0.1	0.1	2.7	0.3	5	2.8	0.3	67.5	9.9
Beef Ribeye, raw	100 grams (1 ounce = 28 grams)	0	0	~	~	~	0.1	0.1	3.2	0.4	5	3.1	0.3	~	~
Beef Short Ribs, raw	100 grams (1 ounce = 28 grams)	0	0	~	~	~	0.1	0.1	2.6	0.3	5	2.6	0.2	~	~
Beef Sirloin, raw	100 grams (1 steak = 608 grams)	0	0	~	0.4	1.4	0.1	0.1	6	0.6	11	1.1	0.6	84.8	12.5
Beef Spleen	100 grams (4 ounces = 113 grams)	0	45.5	~	~	~	0.1	0.4	8.4	0.1	4	5.7	1.1	~	~
Beef Suet	100 grams (4 ounces = 113 grams)	0	0	~	1.5	3.6	0	0	0.3	0	1	0.3	0	5.6	0.3
Beef Tallow	100 grams (1 ounce = 28 grams)	0	0	~	2.7	0	0	0	0	0	0	0	0	79.8	~
Beef Thymus	100 grams (4 ounces = 113 grams)	0	34	~	~	~	0.1	0.3	3.5	0.2	2	2.1	3	~	~
Beef Tongue	100 grams (4 ounces = 113 grams)	0	3.1	~	~	~	0.1	0.3	4.2	0.3	7	3.8	0.7	~	~
Beef Tripe	100 grams (4 ounces = 113 grams)	0	0	~	0.1	0	0	0.1	0.9	0	5	1.4	0.2	195	~
Bison (ground, grass-fed) raw	100 grams (1 ounce = 28 grams)	0	0	~	0.2	1.2	0.1	0.2	5.3	0.4	12	1.9	~	85.8	12.6
Bison Chuck/Shoulder, raw	100 grams (1 ounce = 28 grams)	0	0	~	0.2	~	0.2	0.3	4.4	0.5	13	2.5	0.7	~	~
Bison Ribeye, raw	100 grams (1 ounce = 28 grams)	1	0	~	0	~	0	0.1	1.8	0.3	~	2.2	~	~	~
Bison Sirloin, raw	100 grams (1 ounce = 28 grams)	1	0	~	0.1	~	0	0.1	2	0.3	~	2.3	~	~	~
Chicken Heart, raw	100 grams (1 ounce = 28 grams)	9	3.2	~	~	~	0.2	0.7	4.9	0.4	72	7.3	2.6	~	~
Chicken Liver, raw	100 grams (1 ounce = 28 grams)	3296	17.9	~	0.7	0	0.3	1.8	9.7	0.9	588	16.6	6.2	194	16.9
Chicken Roasting (dark meat), raw	100 grams (1 ounce = 28 grams)	18	0	~	0.2	2.4	0.1	0.2	5.9	0.3	9	0.3	1.2	~	~
Chicken Roasting (giblets), raw	100 grams (1 ounce = 28 grams)	2880	13.1	~	~	~	0.1	0.8	6.2	0.4	276	9.4	2.7	~	~
Chicken Roasting (light meat), raw	100 grams (1 ounce = 28 grams)	8	0	~	0.2	2.4	0.1	0.1	10.2	0.5	4	0.4	0.9	~	~
Chicken Roasting (meat and skin), raw	100 grams (1 ounce = 28 grams)	38	0	~	0.3	2.4	0.1	0.1	6.6	0.3	6	0.3	0.9	~	~
Cornish Game Hen (meat and skin), raw	100 grams (1 ounce = 28 grams)	32	0.5	~	0.3	2.4	0.1	0.2	5.7	0.3	3	0.3	0.6	~	~
Deer (ground), raw	100 grams (1 ounce = 28 grams)	0	0	~	0.5	1.2	0.5	0.3	5.7	0.5	4	1.9	0.7	87.9	12.9
Duck (meat and skin), raw	100 grams (1 ounce = 28 grams)	50	2.8	~	0.7	5.5	0.2	0.2	3.9	0.2	13	0.3	1	31	4.3
Duck Fat	100 grams (1 Tbsp = 13 grams)	0	0	~	2.7	0	0	0	0	0	0	0	0	122	~
Elk	100 grams (1 ounce = 28 grams)	0	0	~	~	~	~	~	~	~	~	~	~	~	~
Emu (full rump), raw	100 grams (1 ounce = 28 grams)	4	0	~	0.2	~	0.4	0.5	7.5	0.6	13	2.2	2.7	~	~
Emu (ground), raw	100 grams (1 ounce = 28 grams)	0	0	~	0.2	~	0.3	0.5	7.5	0.6	13	6.8	2.7	~	~
Frog Legs	100 grams (1 ounce = 28 grams)	15	0	~	1	0.1	0.1	0.3	1.2	0.1	15	0.4	~	65	~
Gelatin, dry powder, unsweetened	100 grams (1 package = 1 ounce = 28 grams)	0	0	~	0	0	0	0.2	0.1	0	30	0	0.1	38.5	~
Goat, raw	100 grams (1 ounce = 28 grams)	0	0	~	~	~	0.1	0.5	3.7	~	5	1.1	~	~	~
Goose (meat and skin), raw	100 grams (1 ounce = 28 grams)	17	4.2	~	~	~	0.1	0.2	3.6	0.4	4	0.3	1.3	~	~
Goose Liver, raw	100 grams (1 ounce = 28 grams)	9310	4.5	~	~	~	0.6	0.9	6.5	0.8	738	54	6.2	~	~
Horse	100 grams (1 ounce = 28 grams)	0	1	~	~	~	0.1	0.1	4.6	0.4	~	3	~	~	~

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Vitamins

Meat



		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Lamb (ground), raw	100 grams (1 ounce = 28 grams)	0	0	~	0.2	3.6	0.1	0.2	6	0.1	18	2.3	0.7	69.3	10.2
Lamb Chops, raw	100 grams (1 ounce = 28 grams)	~	~	~	~	~	0.1	0.3	5	0.4	~	2.7	0.5	~	~
Lamb Heart, raw	100 grams (1 ounce = 28 grams)	0	5	~	~	~	0.4	1	6.1	0.4	2	10.3	2.6	~	~
Lamb Kidney, raw	100 grams (1 ounce = 28 grams)	95	11	~	~	~	0.6	2.2	7.5	0.2	28	52.4	4.2	~	~
Lamb Leg, raw	100 grams (1 ounce = 28 grams)	~	~	~	~	~	0.2	0.3	5.6	0.4	~	3	0.5	~	~
Lamb Liver, raw	100 grams (1 ounce = 28 grams)	7392	4	~	~	~	0.3	3.6	16.1	0.9	230	90.1	6.1	~	~
Lamb Shanks, raw	100 grams (1 ounce = 28 grams)	0	0	~	0.2	~	0.1	0.2	6.2	0.2	20	2.5	0.7	~	~
Lard	100 grams (1 ounce = 28 grams)	0	0	~	0.6	0	0	0	0	0	0	0	0	49.7	~
Meat Drippings	100 grams (1 ounce = 28 grams)	0	0	~	0.6	0	0	0	0	0	0	0	0	~	49
Moose	100 grams (1 ounce = 28 grams)	0	4	~	~	~	0.1	0.3	5	~	~	~	~	~	~
Mutton Tallow	100 grams (1 ounce = 28 grams)	0	0	~	2.8	0	0	0	0	0	0	0	0	79.8	~
Ostrich, ground	100 grams (1 patty = 109 grams)	0	0	~	0.2	~	0.2	0.3	4.4	0.5	7	4.6	1.1	~	~
Pheasant, meat and skin	100 grams (1 ounce = 28 grams)	53	5.3	~	~	~	0.1	0.1	6.4	0.7	6	0.8	0.9	~	~
Pigeon, meat and skin	100 grams (1 ounce = 28 grams)	73	5.2	~	~	~	0.2	0.2	6	0.4	6	0.4	0.8	~	~
Pork (ground), raw	100 grams (4 ounces = 113 grams)	2	0.7	~	~	~	0.7	0.2	4.3	0.4	5	0.7	0.7	~	~
Pork Bacon, raw	100 grams (1 ounce = 28 grams)	11	0	~	0.3	0	0.3	0.1	3.8	0.2	2	0.7	0.5	46.6	0.9
Pork Chitterlings	100 grams (1 ounce = 28 grams)	0	1.1	~	0.2	0	0	0.1	0.2	0	3	0.8	0.2	~	~
Pork Chops, raw	100 grams (1 chop w/o refuse = 199 grams)	2	0	~	0.1	0	0.5	0.2	6.6	0.7	0	0.5	0.7	55.8	3
Pork Feet	100 grams (1 ounce = 28 grams)	0	0	~	0	0	0	0.1	1.1	0.1	10	0.5	0.3	~	~
Pork Heart, raw	100 grams (1 heart = 226 grams)	8	5.3	~	0.6	~	0.6	1.2	6.8	0.4	4	3.8	2.5	~	~
Pork Jowl, raw	100 grams (4 ounces = 113 grams)	3	0	~	0.3	~	0.4	0.2	4.5	0.1	1	0.8	0.3	~	~
Pork Kidney, raw	100 grams (1 kidney = 233 grams)	59	13.3	~	~	~	0.3	1.7	8.2	0.4	42	8.5	3.1	~	~
Pork Liver, raw	100 grams (4 ounces = 113 grams)	6503	25.3	~	~	~	0.3	3	15.3	0.7	212	26	6.6	~	~
Pork Pancreas	100 grams (4 ounces = 113 grams)	0	15.3	~	~	~	0.1	0.5	3.5	0.5	3	16.4	4.6	~	~
Pork Ribs, raw	100 grams (1 rib w/o refuse = 128 grams)	2	0	~	0.2	0	0.4	0.3	3.1	0.5	0	1	1.6	81.4	4.3
Pork Shoulder (Boston Butt), raw	100 grams (1 steak w/o refuse = 288 grams)	2	0	~	0.2	0	0.5	0.4	4.2	0.5	0	0.9	1.4	73.3	3.9
Pork Spleen	100 grams (4 ounces = 113 grams)	0	28.5	~	~	~	0.1	0.3	5.9	0.1	4	3.3	1.1	~	~
Pork Tenderloin, raw	100 grams (1 roast with refuse = 505 grams)	0	0	~	0.2	0	1	0.3	6.6	0.8	0	0.5	0.8	79.7	3
Pork, leaf fat	100 grams (4 ounces = 113 grams)	0	0	~	~	~	0.1	0.1	1.2	0	0	0.2	0	~	~
Quail, meat and skin	100 grams (1 quail = 109 grams)	73	6.1	~	~	~	0.2	0.3	7.5	0.6	8	0.4	0.8	~	~
Rabbit, wild	100 grams (1 ounce = 28 grams)	0	0	~	~	~	0	0.1	6.5	~	~	~	~	~	~
Sea Lion	100 grams (1 ounce = 28 grams)	89	0	0	~	~	~	~	~	~	~	~	~	~	~
Seal	100 grams (1 ounce = 28 grams)	116	~	~	~	~	0.1	0.5	~	~	~	~	0.7	~	~
Turkey Fryer-Roaster (dark meat, meat & skin) raw	100 grams (1 ounce = 28 grams)	1	0	~	~	~	0	0.2	2.8	0.3	10	0.4	1.1	~	~
Turkey Fryer-Roaster (light meat, meat & skin) raw	100 grams (1 ounce = 28 grams)	2	0	~	~	~	0	0.1	5.2	0.5	8	0.4	0.7	~	~
Turkey Gizzard, raw	100 grams (1 ounce = 28 grams)	0	6.2	~	0.1	0	0	0.2	4.8	0.1	6	6.9	0.9	89.7	1.9
Turkey Heart, raw	100 grams (1 ounce = 28 grams)	23	3	~	0	0	0.2	1	4.7	0.4	6	15.4	3.1	127	3.3
Turkey Liver, raw	100 grams (1 ounce = 28 grams)	21704	24.5	~	0.1	0.8	0.2	2.6	13.5	1.5	677	49.4	6.3	222	3

<25% of the RDA/AI* 25–50% of the RDA/AI* 50–75% of the RDA/AI* 75–100% of the RDA/AI* >100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.

Vitamins

Seafood

		Vitamin A RAE (mcg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Vitamin B5 (Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Abalone	100 grams (3 ounces = 85 grams)	2	2	~	4	23	0.2	0.1	1.5	0.2	5	0.7	3	65	~
Anchovy, canned	100 grams (1 can = 45 grams)	12	0	~	3.3	12.1	0.1	0.4	19.9	0.2	13	0.9	0.9	85	~
Bass, freshwater, mixed	100 grams (1 fillet = 79 grams)	30	2	~	~	~	0.1	0.1	1.3	0.1	15	2	0.7	~	~
Bass, mixed	100 grams (1 fillet = 129 grams)	55	0	~	0.5	0.1	0.1	0.1	1.6	0.4	5	0.3	0.7	65	~
Bluefish	100 grams (1 fillet = 150 grams)	120	0	~	~	~	0.1	0.1	5.9	0.4	2	5.4	0.8	~	~
Butterfish	100 grams (1 fillet = 32 grams)	30	0	~	~	~	0.1	0.2	4.5	0.3	15	1.9	0.7	~	~
Catfish, farmed	100 grams (1 fillet = 159 grams)	15	0.6	~	1.2	0.1	0.4	0.1	2.3	0.2	10	2.5	0.6	65	~
Catfish, wild	100 grams (1 fillet = 159 grams)	15	0.7	500	~	~	0.2	0.1	1.9	0.1	10	2.2	0.8	~	~
Caviar	100 grams (1 ounce = 28 grams)	271	0	232	1.9	0.6	0.2	0.6	0.1	0.3	50	20	3.5	491	~
Clam	100 grams (3 ounces = 85 grams)	90	13	4	0.3	0.2	0.1	0.2	1.8	0.1	16	49.4	0.4	65	~
Cod, Atlantic	100 grams (1 fillet = 231 grams)	12	1	44	0.6	0.1	0.1	0.1	2.1	0.2	7	0.9	0.2	65.2	~
Cod, Pacific	100 grams (1 fillet = 116 grams)	8	2.9	~	0.6	0.1	0	0	2	0.4	7	0.9	0.1	65	~
Conch	100 grams (1 cup, sliced = 127 grams)	7	0	~	6.3	0.2	0.1	0.1	1	0.1	179	5.2	~	81	~
Crab, Alaska King	100 grams (1 leg = 172 grams)	7	7	~	~	~	0	0	1.1	0.2	44	9	0.4	~	~
Crab, Dungeness	100 grams (3 ounces = 85 grams)	27	3.5	~	~	~	0	0.2	3.1	0.2	44	9	0.4	~	~
Cuttlefish	100 grams (3 ounces = 85 grams)	113	5.3	~	~	~	0	0.9	1.2	0.2	16	3	0.5	~	~
Eel	100 grams (1 fillet = 204 grams)	1043	1.8	~	4	0	0.2	0	3.5	0.1	15	3	0.2	65	~
Flatfish (flounder and sole)	100 grams (1 fillet = 163 grams)	10	1.7	60	0.5	0.1	0.1	0.1	2.9	0.2	8	1.5	0.5	65	~
Grouper	100 grams (1 fillet = 259 grams)	43	0	~	~	~	0.1	0	0.3	0.3	9	0.6	0.7	~	~
Haddock	100 grams (1 fillet = 193 grams)	17	0	~	0.4	0.1	0	0	3.8	0.3	12	1.2	0.1	65	~
Halibut, Atlantic and Pacific	100 grams (1/2 fillet = 204 grams)	47	0	~	0.9	0.1	0.1	0.1	5.8	0.3	12	1.2	0.3	61.8	~
Herring, Atlantic	100 grams (1 fillet = 184 grams)	28	0.7	1628	1.1	0.1	0.1	0.2	3.2	0.3	10	13.7	0.6	65	~
Lingcod	100 grams (1/2 fillet = 193 grams)	15	0	~	~	~	0	0.1	1.9	0.3	9	3.6	0.7	~	~
Lobster	100 grams (1 lobster = 150 grams)	21	0	~	1.5	0.1	0	0	1.5	0.1	9	0.9	1.6	80.9	~
Mackerel, King	100 grams (1/2 fillet = 198 grams)	218	1.6	~	~	~	0.1	0.5	8.6	0.4	8	15.6	0.8	~	~
Mackerel, Pacific and Jack	100 grams (1 fillet = 225 grams)	13	2	~	1	0.1	0.1	0.4	8.3	0.3	2	4.4	0.3	65	~
Mollusks	100 grams (1 cup = 150 grams)	48	8	~	0.5	0.1	0.2	0.2	1.6	0.1	42	12	0.5	65	~
Monkfish	100 grams (3 ounces = 85 grams)	12	1	~	~	~	0	0.1	2.1	0.2	7	0.9	0.2	~	~
Mullet	100 grams (1 fillet = 119 grams)	37	1.2	~	1	0.1	0.1	0.1	5.2	0.4	9	0.2	0.8	65	~
Octopus	100 grams (3 ounces = 85 grams)	45	5	~	1.2	0.1	0	0	2.1	0.4	16	20	0.5	65	~
Orange Roughy	100 grams (3 ounces = 85 grams)	21	0	~	1.2	0.7	0	0	1.5	0.1	26	0.4	0.1	~	~
Oyster, Eastern, wild	100 grams (6 medium = 84 grams)	30	3.7	320	0.9	0.1	0.1	0.1	1.4	0.1	10	19.5	0.2	65	~
Oyster, Pacific	100 grams (1 medium = 50 grams)	81	8	~	~	~	0.1	0.2	2	0.1	10	16	0.5	~	~
Pike, Northern	100 grams (1/2 fillet = 198 grams)	21	3.8	~	0.2	0.1	0.1	0.1	2.3	0.1	15	2	0.7	65	~
Pollack, Atlantic	100 grams (1/2 fillet = 193 grams)	11	0	~	0.2	0.1	0	0.2	3.3	0.3	3	3.2	0.4	65	~
Pompano	100 grams (1 fillet = 112 grams)	33	0	~	0.2	0.1	0.6	0.1	3	0.2	15	1.3	0.7	65	~
Roe	100 grams (3 ounces = 85 grams)	90	16	~	7	0.2	0.2	0.7	1.8	0.2	80	10	1	335	~
Sablefish	100 grams (1/2 fillet = 193 grams)	93	0	~	~	~	0.1	0.1	4	0.3	15	1.5	0.7	~	~
Salmon, Coho, farmed	100 grams (1 fillet = 159 grams)	56	1.1	~	~	~	0.1	0.1	6.8	0.7	13	2.7	1.1	~	~
Salmon, Coho, wild	100 grams (1/2 fillet = 198 grams)	30	1	~	0.7	0.1	0.1	0.1	7.2	0.5	9	4.2	0.8	94.6	~
Salmon, Pink	100 grams (1/2 fillet = 159 grams)	35	0	~	0.6	0.4	0.2	0.1	7	0.2	4	3	0.7	94.6	~
Salmon, Sockeye	100 grams (1/2 fillet = 198 grams)	58	0	~	0.6	0.4	0.2	0.1	5.8	0.2	4	5	0.6	94.6	~

Data from the USDA database.

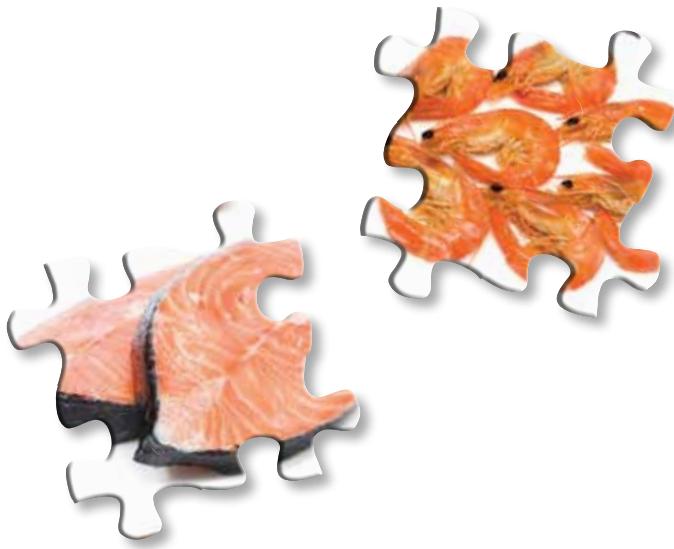
~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Vitamins

Seafood

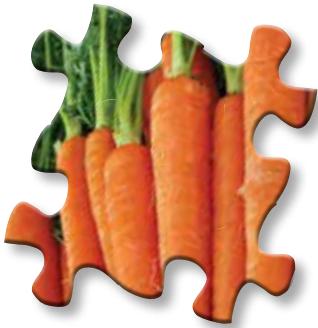
		Vitamin A RAE (mg)	Vitamin C (mg)	Vitamin D (mcg)	Vitamin E (mg)	Vitamin K (mcg)	Vitamin B1 (Thiamine) (mg)	Vitamin B2 (Riboflavin) (mg)	Vitamin B3 (Niacin) (mg)	Vitamin B6 (mg)	Vitamin B9 (Folate) (mcg)	Vitamin B12 (Cyanocobalamin) (mcg)	Pantothenic Acid) (mg)	Choline (mg)	Betaine (mg)
Sardine	100 grams (1 can = 92 grams)	32	0	272	2	2.6	0.1	0.2	5.2	0.2	12	8.9	0.6	85	~
Scallop	100 grams (3 ounces = 85 grams)	15	3	~	0	0.1	0	0.1	1.2	0.2	16	1.5	0.1	65	~
Shrimp	100 grams (3 ounces = 85 grams)	54	2	152	1.1	0	0	0	2.6	0.1	3	1.2	0.3	80.9	~
Snail	100 grams (1 ounce = 28 grams)	30	0	~	5	0.1	0	0.1	1.4	0.1	6	0.5	~	65	~
Snapper	100 grams (1 fillet = 218 grams)	30	1.6	~	0.5	0.1	0	0	0.3	0.4	5	3	0.7	65	~
Squid	100 grams (3 ounces = 85 grams)	8.5	4	~	1	0	0	0.4	1.8	0	4.3	1.1	0.4	55.3	~
Sturgeon	100 grams (3 ounces = 85 grams)	210	0	~	0.5	0.1	0.1	0.1	8.3	0.2	15	2.2	0.7	65	~
Swordfish	100 grams (1 piece = 136 grams)	36	1.1	~	0.5	0.1	0	0.1	9.7	0.3	2	1.8	0.4	65	~
Tilapia	100 grams (1 ounce = 28 grams)	0	0	~	0.4	1.4	0	0.1	3.9	0.2	24	1.6	0.5	42.5	21.7
Tilefish	100 grams (1/2 fillet = 193 grams)	18	0	~	~	~	0.1	0.2	2.9	0.3	15	2.2	0.7	~	~
Trout	100 grams (1 fillet = 159 grams)	19	2.4	~	~	~	0.1	0.1	5.4	0.4	12	4.5	0.9	~	~
Tuna, Light, canned	100 grams (1 can = 165 grams)	~	0	~	~	~	0	0.1	13.3	0.4	4	3	0.2	~	~
Tuna, White, canned	100 grams (1 can = 172 grams)	6	0	~	~	~	0	0	5.8	0.2	2	1.2	0.1	~	~
Tuna, Yellowfin	100 grams (3 ounces = 85 grams)	18	1	~	0.5	0.1	0.4	0	9.8	0.9	2	0.5	0.7	65	~
Turbot	100 grams (1/2 fillet = 204 grams)	11	1.7	~	~	~	0.1	0.1	2.2	0.2	8	2.2	0.6	~	~
Whitefish	100 grams (1 fillet = 198 grams)	36	0	~	0.2	0.1	0.1	0.1	3	0.3	15	1	0.7	65	0
Whiting	100 grams (1 fillet = 92 grams)	30	0	~	0.3	0.1	0.1	0	1.3	0.2	13	2.3	0.2	65	~



<25% of the RDA/AI* 25–50% of the RDA/AI* 50–75% of the RDA/AI* 75–100% of the RDA/AI* >100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.

Minerals Vegetables



		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Arrowroot, raw	100 grams (1 cup, sliced = 120 grams)	6	2.2	25	98	454	26	0.6	0.1	0.2	0.7	~
Artichoke, raw	100 grams (1 medium = 128 grams)	44	1.3	60	90	370	94	0.5	0.2	0.3	0.2	~
Arugula, raw	100 grams (1 cup = 20 grams)	160	1.5	47	52	369	27	0.5	0.1	0.3	0.3	~
Asparagus, raw	100 grams (1 cup = 134 grams)	24	2.1	14	52	202	2	0.5	0.2	0.2	2.3	~
Avocado, raw	100 grams (1 cup, cubes = 150 grams)	12	0.5	29	52	485	7	0.6	0.2	0.1	0.4	7
Bamboo Shoot, raw	100 grams (1 cup, 1/2" slices = 151 grams)	13	0.5	3	59	533	4	1.1	0.2	0.3	0.8	~
Beet Greens, raw	100 grams (1 cup = 38 grams)	117	2.6	70	41	762	226	0.4	0.2	0.4	0.9	~
Beet, raw	100 grams (1 cup = 136 grams)	16	0.8	23	40	325	78	0.4	0.1	0.3	0.7	0
Borage, raw	100 grams (1 cup = 89 grams)	93	3.3	52	53	470	80	0.2	0.1	0.3	0.9	~
Broccoli Rabe, raw	100 grams (1 cup = 40 grams)	108	2.1	22	73	196	33	0.8	0	0.4	1	~
Broccoli, raw	100 grams (1 cup, chopped = 91 grams)	47	0.7	21	66	316	33	0.4	0	0.2	2.5	~
Brussels Sprouts, raw	100 grams (1 cup = 88 grams)	42	1.4	23	69	389	25	0.4	0.1	0.3	1.6	
Cabbage, raw	100 grams (1 cup, chopped = 89 grams)	40	0.5	12	26	170	18	0.2	~	0.2	0.3	1
Carrot, raw	100 grams (1 cup, chopped = 128 grams)	33	0.3	12	35	320	69	0.2	0	0.1	0.1	3.2
Cauliflower, raw	100 grams (1 cup = 100 grams)	22	0.4	15	44	303	30	0.3	0	0.2	0.6	1
Celeriac, raw	100 grams (1 cup = 156 grams)	43	0.7	20	115	300	100	0.3	0.1	0.2	0.7	~
Celery, raw	100 grams (1 cup, chopped = 101 grams)	40	0.2	11	24	260	80	0.1	~	0.1	0.4	4
Chicory Root, raw	100 grams (1 cup = 90 grams)	41	0.8	22	61	290	50	0.3	0.1	0.2	0.7	~
Collards, raw	100 grams (1 cup = 36 grams)	145	0.2	9	10	169	20	0.1	0	0.3	1.3	~
Cucumber, raw	100 grams (1/2 cup, sliced = 52 grams)	16	0.3	13	24	147	2	0.2	0	0.1	0.3	1.3
Dandelion Greens, raw	100 grams (1 cup, chopped = 55 grams)	187	3.1	36	66	397	76	0.4	0.2	0.3	0.5	~
Endive, raw	100 grams (1 cup, chopped = 50 grams)	52	0.8	15	28	314	22	0.8	0.1	0.4	0.2	~
Fennel Bulb, raw	100 grams (1 cup, sliced = 87 grams)	49	0.7	17	50	414	52	0.2	0.1	0.2	0.7	~
Fiddlehead Fern, raw	100 grams (1 cup = 224 grams)	32	1.3	34	101	370	1	0.8	0.3	0.5	~	~
Garlic, raw	100 grams (1 cup = 136 grams)	181	1.7	25	153	401	17	1.2	0.3	1.7	14.2	~
Gingerroot, raw	100 grams (1 tsp = 2 grams)	16	0.6	43	34	415	13	0.3	0.2	0.2	0.7	~
Jerusalem Artichoke, raw	100 grams (1 cup, sliced = 150 grams)	14	3.4	17	78	429	4	0.1	0.1	0.1	0.7	~
Jicama, raw	100 grams (1 cup, sliced = 120 grams)	12	0.6	12	18	150	4	0.2	0	0.1	0.7	~
Kale, raw	100 grams (1 cup, chopped = 67 grams)	135	1.7	34	56	447	43	0.4	0.3	0.8	0.9	~
Kohlrabi, raw	100 grams (1 cup = 135 grams)	24	0.4	19	46	350	20	0	0.1	0.1	0.7	~
Leek, raw	100 grams (1 cup = 89 grams)	59	2.1	28	35	180	20	0.1	0.1	0.5	1	~
Lettuce (green leaf), raw	100 grams (1 cup, shredded = 36 grams)	36	0.9	13	29	194	28	0.2	0	0.3	0.6	~
Lotus Root, raw	100 grams (10 slices = 81 grams)	45	1.2	23	100	556	40	0.4	0.3	0.3	0.7	~
Mustard Greens, raw	100 grams (1 cup, chopped = 56 grams)	103	1.5	32	43	354	25	0.2	0.1	0.5	0.9	~
Onion, raw	100 grams (1 cup, chopped = 160 grams)	23	0.2	10	29	146	4	0.2	0	0.1	0.5	1.1
Parsnip, raw	100 grams (1 cup, sliced = 133 grams)	36	0.6	29	71	375	10	0.6	0.1	0.6	1.8	~
Plantain, raw	100 grams (1 cup, sliced = 148 grams)	3	0.6	37	34	499	4	0.1	0.1	~	1.5	~
Pokeberry Shoot (poke), raw	100 grams (1 cup = 160 grams)	53	1.7	18	44	242	23	0.2	0.2	0.4	0.9	~
Pumpkin, raw	100 grams (1 cup, 1" cubes = 116 grams)	21	0.8	12	44	340	1	0.3	0.1	0.1	0.3	~
Purslane, raw	100 grams (1 cup = 43 grams)	65	2	68	44	494	45	0.2	0.1	0.3	0.9	~

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

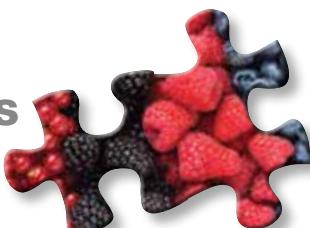
Minerals

Vegetables

		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Radicchio, raw	100 grams (1 cup, shredded = 40 grams)	19	0.6	13	40	302	22	0.6	0.3	0.1	0.9	~
Radish, raw	100 grams (1 cup slices = 116 grams)	25	0.3	10	20	233	39	0.3	0.1	0.1	0.6	6
Rutabaga, raw	100 grams (1 cup cubes = 140 grams)	47	0.5	23	58	337	20	0.3	0	0.2	0.7	~
Shallot, raw	100 grams (1 Tbsp, chopped = 10 grams)	37	1.2	21	60	334	12	0.4	0.1	0.3	1.2	~
Spinach, raw	100 grams (1 cup = 30 grams)	99	2.7	79	49	558	79	0.5	0.1	0.9	1	~
Spring Onion/Scallion, raw	100 grams (1 cup, chopped = 100 grams)	72	1.5	20	37	276	16	0.4	0.1	0.2	0.6	~
Squash (winter, acorn), raw	100 grams (1 cup cubes = 140 grams)	33	0.7	32	36	347	3	0.1	0.1	0.2	0.5	~
Squash (winter, butternut), raw	100 grams (1 cup cubes = 140 grams)	48	0.7	34	33	352	4	0.2	0.1	0.2	0.5	~
Squash (winter, spaghetti), raw	100 grams (1 cup cubes = 101 grams)	23	0.3	12	12	108	17	0.2	0	0.1	0.3	~
Sweet Potato, raw	100 grams (1 cup cubes = 133 grams)	30	0.6	25	47	337	55	0.3	0.2	0.3	0.6	~
Swiss Chard, raw	100 grams (1 cup = 36 grams)	51	1.8	81	46	379	213	0.4	0.2	0.4	0.9	~
Taro, raw	100 grams (1 cup, sliced = 104 grams)	43	0.5	33	84	591	11	0.2	0.2	0.4	0.7	~
Turnip Greens, raw	100 grams (1 cup, chopped = 55 grams)	190	1.1	31	42	296	40	0.2	0.4	0.5	1.2	~
Turnips, raw	100 grams (1 cup cubes = 130 grams)	30	0.3	11	27	191	67	0.3	0.1	0.1	0.7	~
Watercress, raw	100 grams (1 cup, chopped = 34 grams)	120	0.2	21	60	330	41	0.1	0.1	0.2	0.9	~
Yam, raw	100 grams (1 cup cubes = 150 grams)	17	0.5	21	55	816	9	0.2	0.2	0.4	0.7	~
Zucchini (summer squash), raw	100 grams (1 cup, chopped = 124 grams)	15	0.4	17	38	262	10	0.3	0.1	0.2	0.2	~

Minerals

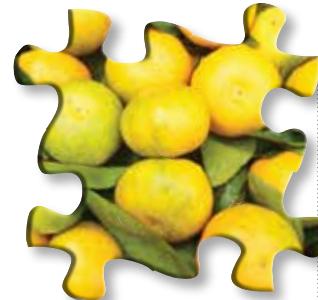
Fruit



		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Apple	100 grams (1 medium = 182 grams)	6	0.1	5	11	107	1	0	0	0	0	3.3
Apricot	100 grams (1 cup halves = 155 grams)	13	0.4	10	23	259	1	0.2	0.1	0.1	0.1	~
Banana	100 grams (1 medium = 118 grams)	5	0.3	27	22	358	1	0.2	0.1	0.3	1	2.2
Blackberries	100 grams (1 cup = 144 grams)	29	0.6	20	22	162	1	0.5	0.2	0.6	0.4	~
Blueberries	100 grams (1 cup = 148 grams)	6	0.3	6	12	77	1	0.2	0.1	0.3	0.1	~
Cherries (sour)	100 grams (1 cup w/o pits = 155 grams)	16	0.3	9	15	173	3	0.1	0.1	0.1	0	~
Cherries (sweet)	100 grams (1 cup w/o pits = 154 grams)	13	0.4	11	21	222	0	0.1	0.1	0.1	0	2
Clementine	100 grams (1 fruit = 74 grams)	30	0.1	10	21	177	1	0.1	0	0	0.1	~
Coconut Meat	100 grams (1 cup shredded = 80 grams)	14	2.4	32	113	356	20	1.1	0.4	1.5	10.1	~
Coconut Milk, canned	100 grams (1 Tbsp = 15 grams)	18	3.3	46	96	220	13	0.6	0.2	0.8	~	~
Coconut Oil	100 grams (1 Tbsp = 14 grams)	0	0	0	0	0	0	0	0	0	0	0
Cranberries	100 grams (1 cup chopped = 110 grams)	8	0.3	6	13	85	2	0.1	0.1	0.4	0.1	~
Currants, red and white	100 grams (1 cup chopped = 112 grams)	33	1	13	44	275	1	0.2	0.1	0.2	0.6	~
Dates, Deglet Noor	100 grams (1 date, pitted = 7 grams)	39	1	43	62	656	2	0.3	0.2	0.3	3	~
Dates, Medjool	100 grams (1 date, pitted = 24 grams)	64	0.9	54	62	696	1	0.4	0.4	0.3	~	~
Durian	100 grams (1 cup chopped = 243 grams)	6	0.4	30	39	436	2	0.3	0.2	0.3	~	~
Fig	100 grams (1 medium = 50 grams)	35	0.4	17	14	232	1	0.2	0.1	0.1	0.2	~

<25% of the RDA/AI* 25–50% of the RDA/AI* 50–75% of the RDA/AI* 75–100% of the RDA/AI* >100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.



Minerals

Fruit

		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Gooseberries	100 grams (1 cup = 150 grams)	25	0.3	10	27	198	1	0.1	0.1	0.1	0.6	~
Grapefruit, pink and red	100 grams (1/2 fruit = 123 grams)	22	0.1	9	18	135	0	0.1	0	0	0.1	~
Grapefruit, raw, white, all areas	100 grams (1/2 fruit = 118 grams)	12	0.1	9	8	148	0	0.1	0.1	0	1.4	~
Grapes	100 grams (1 cup = 151 grams)	10	0.4	7	20	191	2	0.1	0.1	0.1	0.1	7.8
Guava	100 grams (1 fruit w/o refuse = 55 grams)	18	0.3	22	40	417	2	0.2	0.2	0.2	0.6	~
Jackfruit	100 grams (1 cup, sliced = 165 grams)	34	0.6	37	36	303	3	0.4	0.2	0.2	0.6	~
Kiwi	100 grams (1 medium w/o skin = 76 grams)	34	0.3	17	34	312	3	0.1	0.1	0.1	0.2	~
Kumquat	100 grams (1 fruit w/o refuse = 19 grams)	62	0.9	20	19	186	10	0.2	0.1	0.1	0	~
Lemon	100 grams (1 fruit = 84 grams)	26	0.6	8	16	138	2	0.1	0	0	0.4	~
Lime	100 grams (1 fruit = 67 grams)	33	0.6	6	18	102	2	0.1	0.1	0	0.4	~
Lychee	100 grams (1 fruit w/o refuse = 10 grams)	5	0.3	10	31	171	1	0.1	0.1	0.1	0.6	~
Mango	100 grams (1 cup, sliced = 165 grams)	10	0.1	9	11	156	2	0	0.1	0	0.6	~
Melon, Cantaloupe	100 grams (1 cup, diced = 156 grams)	9	0.2	12	15	267	16	0.2	0	0	0.4	1
Melon, Honeydew	100 grams (1 cup, diced = 170 grams)	6	0.2	10	11	228	18	0.1	0	0	0.7	~
Nectarine	100 grams (1 medium = 143 grams)	6	0.3	9	26	201	0	0.2	0.1	0.1	0	~
Olive Oil	100 grams (1 ounce = 28 grams)	1	0.6	0	0	1	2	0	0	0	0	~
Olives, picked, canned, or bottled	100 grams (1 olive = 2 grams)	52	0.5	11	4	42	1556	0	0.1	~	0.9	~
Orange, Navel	100 grams (1 cup sections = 168 grams)	43	0.1	11	23	166	1	0.1	0	0	0	~
Orange, California, Valencia	100 grams (1 fruit = 121 grams)	40	0.1	10	17	179	0	0.1	0	0	~	~
Orange, Florida	100 grams (1 fruit = 141 grams)	43	0.1	10	12	169	0	0.1	0	0	0.5	~
Palm Oil	100 grams (1 Tbsp = 14 grams)	0	0	0	0	0	0	0	0	0	0	0
Papaya	100 grams (1 small = 152 grams)	24	0.1	10	5	257	3	0.1	0	0	0.6	~
Passionfruit	100 grams (1 ounce = 28 grams)	12	1.6	29	68	348	28	0.1	0.1	~	0.6	~
Peach	100 grams (1 medium = 150 grams)	6	0.3	9	20	190	0	0.2	0.1	0.1	0.1	4
Pear	100 grams (1 medium = 178 grams)	9	0.2	7	11	119	1	0.1	0.1	0	0.1	2.2
Pear, Asian	100 grams (1 medium = 122 grams)	4	0	8	11	121	0	0	0.1	0.1	0.1	~
Persimmon	100 grams (1 fruit w/o refuse = 25 grams)	27	2.5	~	26	310	1	~	~	~	~	~
Pineapple	100 grams (1 cup chunks = 165 grams)	13	0.3	12	8	109	1	0.1	0.1	0.9	0.1	~
Plantain	100 grams (1 medium = 179 grams)	3	0.6	37	34	499	4	0.1	0.1	~	1.5	~
Plum	100 grams (1 fruit = 66 grams)	6	0.2	7	16	157	0	0.1	0.1	0.1	0	2
Pomegranate, raw	100 grams (1/2 cup arils = 87 grams)	10	0.3	12	36	236	3	0.4	0.2	0.1	0.5	~
Prickly Pear	100 grams (1 fruit w/o refuse = 103 grams)	56	0.3	85	24	220	5	0.1	0.1	~	0.6	~
Prune	100 grams (1 ounce = 28 grams)	43	0.9	41	69	732	2	0.4	0.3	0.3	0.3	4
Quince	100 grams (1 fruit w/o refuse = 92 grams)	11	0.7	8	17	197	4	0	0.1	~	0.6	~
Raisins	100 grams (1 small box = 43 grams)	50	1.9	32	101	749	11	0.2	0.3	0.3	0.6	234
Raspberries	100 grams (1 cup = 123 grams)	25	0.7	22	29	151	1	0.4	0.1	0.7	0.2	~
Rhubarb	100 grams (1 cup, diced = 122 grams)	86	0.2	12	14	288	4	0.1	0	0.2	1.1	~
Salmonberries	100 grams (1 ounce = 28 grams)	13	0.4	15	27	110	14	0.3	0	1.1	~	~
Star Fruit	100 grams (1 cup, sliced = 108 grams)	3	0.1	10	12	133	2	0.1	0.1	0	0.6	~
Strawberries	100 grams (1 cup, halves = 152 grams)	16	0.4	13	24	153	1	0.1	0	0.4	0.4	4.4
Tangerine (mandarin orange), raw	100 grams (1 medium = 88 grams)	37	0.2	12	20	166	2	0.1	0	0	0.1	~
Watermelon	100 grams (1 cup, diced = 152 grams)	7	0.2	10	11	112	1	0.1	0	0	0.4	1.5

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Minerals

Meat



		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Antelope	100 grams (1 ounce = 28 grams)	3	3.2	27	188	353	51	1.3	0.2	0	9.7	~
Beef (grass-fed, ground)	100 grams (1 ounce = 28 grams)	12	2	19	175	289	68	4.5	0.1	0	14.2	~
Beef (grass-fed, strip steaks, lean only)	100 grams (1 ounce = 28 grams)	9	1.9	23	212	342	55	3.6	0.1	0	21.1	~
Beef (ground, 85/15), raw	100 grams (1 ounce = 28 grams)	15	2.1	18	171	295	66	4.5	0.1	0	15.8	22.4
Beef Chuck Roast, raw	100 grams (1 ounce = 28 grams)	17	1.7	19	174	290	62	4.5	0.1	0	20.3	~
Beef Heart, raw	100 grams (4 ounces = 113 grams)	7	4.3	21	212	287	98	1.7	0.4	0	21.8	~
Beef Kidney, raw	100 grams (4 ounces = 113 grams)	13	4.6	17	257	262	182	1.9	0.4	0.1	141	~
Beef Liver, raw	100 grams (1 ounce = 28 grams)	5	4.9	18	387	313	69	4	9.8	0.3	39.7	~
Beef Pancreas	100 grams (4 ounces = 113 grams)	9	2.2	18	327	276	67	2.6	0.1	0.2	24.7	~
Beef Prime Rib Roast, raw	100 grams (1 ounce = 28 grams)	9	1.7	16	152	263	53	3.6	0.1	0	20.7	~
Beef Ribeye, raw	100 grams (1 ounce = 28 grams)	10	1.9	18	168	305	56	3.8	0.1	0	16.5	~
Beef Short Ribs, raw	100 grams (1 ounce = 28 grams)	9	1.5	14	137	232	49	3.2	0.1	0	14.2	~
Beef Sirloin, raw	100 grams (1 steak = 608 grams)	24	1.5	21	187	315	52	3.6	0.1	0	22.9	~
Beef Spleen	100 grams (4 ounces = 113 grams)	9	44.6	22	296	429	85	2.1	0.2	0.1	62.2	~
Beef Suet	100 grams (4 ounces = 113 grams)	2	0.2	1	15	16	7	0.2	0	0	0.2	~
Beef Tallow	100 grams (1 ounce = 28 grams)	0	0	0	0	0	0	0	0	~	0.2	~
Beef Thymus	100 grams (4 ounces = 113 grams)	7	2.1	14	393	360	96	2.1	0	0.1	18.1	~
Beef Tongue	100 grams (4 ounces = 113 grams)	6	3	16	133	315	69	2.9	0.2	0	9.4	~
Beef Tripe	100 grams (4 ounces = 113 grams)	69	0.6	13	64	67	97	1.4	0.1	0.1	12.5	~
Bison (ground, grass-fed) raw	100 grams (1 ounce = 28 grams)	11	2.8	21	194	328	70	4.6	0.1	~	20	~
Bison Chuck/Shoulder, raw	100 grams (1 ounce = 28 grams)	5	2.9	24	213	353	62	5.3	0.2	0	28.7	~
Bison Ribeye, raw	100 grams (1 ounce = 28 grams)	6	2.8	24	198	344	48	3.2	0.1	0	23.3	~
Bison Sirloin, raw	100 grams (1 ounce = 28 grams)	5	3	24	203	335	51	3.4	0.2	0	25.1	~
Chicken Heart, raw	100 grams (1 ounce = 28 grams)	12	6	15	177	176	74	6.6	0.3	0.1	4.3	~
Chicken Liver, raw	100 grams (1 ounce = 28 grams)	8	9	19	297	230	71	2.7	0.5	0.3	54.6	~
Chicken Roasting (dark meat), raw	100 grams (1 ounce = 28 grams)	9	1.2	21	178	227	95	1.7	0.1	0	13.5	~
Chicken Roasting (giblets), raw	100 grams (1 ounce = 28 grams)	10	5.4	17	184	227	77	3.4	0.2	0.1	54.1	~
Chicken Roasting (light meat), raw	100 grams (1 ounce = 28 grams)	11	0.9	25	223	252	51	0.7	0	0	17.8	~
Chicken Roasting (meat and skin), raw	100 grams (1 ounce = 28 grams)	10	1	19	166	196	68	1.1	0	0	15.3	~
Cornish Game Hen (meat and skin), raw	100 grams (1 ounce = 28 grams)	11	0.8	18	140	236	61	1.2	0	0	11.8	~
Deer (ground), raw	100 grams (1 ounce = 28 grams)	11	2.9	21	201	330	75	4.2	0.1	0	10	~
Duck (meat and skin), raw	100 grams (1 ounce = 28 grams)	11	2.4	15	139	209	63	1.4	0.2	0	12.4	~
Duck Fat	100 grams (1 Tbsp = 13 grams)	0	0	0	0	0	0	0	0	~	0.2	~
Elk	100 grams (1 ounce = 28 grams)	4	2.8	23	161	312	58	2.4	0.1	0	9.8	~
Emu (full rump), raw	100 grams (1 ounce = 28 grams)	4	5	40	236	330	90	3.6	0.2	0	32.5	~
Emu (ground), raw	100 grams (1 ounce = 28 grams)	7	4	24	222	320	56	3.5	0.2	0	30.5	~
Frog Legs	100 grams (1 ounce = 28 grams)	18	1.5	20	147	285	58	1	0.3	~	14.1	~
Gelatin, dry powder, unsweetened	100 grams (1 package = 1 ounce = 28 grams)	55	1.1	22	39	16	196	0.1	2.2	0.1	39.5	~
Goat, raw	100 grams (1 ounce = 28 grams)	13	2.8	~	180	385	82	4	0.3	0	8.8	~
Goose (meat and skin), raw	100 grams (1 ounce = 28 grams)	12	2.5	18	234	308	73	1.7	0.3	0	14.4	~
Goose Liver, raw	100 grams (1 ounce = 28 grams)	43	30.5	24	261	230	140	3.1	7.5	0	68.1	~
Horse	100 grams (1 ounce = 28 grams)	6	3.8	24	221	360	53	2.9	0.1	0	10.1	~

<25% of the RDA/AI* 25–50% of the RDA/AI* 50–75% of the RDA/AI* 75–100% of the RDA/AI* >100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.



Minerals

Meat

		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Lamb (ground), raw	100 grams (1 ounce = 28 grams)	16	1.5	21	157	222	59	3.4	0.1	0	18.8	~
Lamb Chops, raw	100 grams (1 ounce = 28 grams)	11	1.8	22	192	308	59	3.2	0.1	0	7.1	~
Lamb Heart, raw	100 grams (1 ounce = 28 grams)	6	4.6	17	175	316	89	1.9	0.4	0	32	~
Lamb Kidney, raw	100 grams (1 ounce = 28 grams)	13	6.4	17	246	277	156	2.2	0.4	0.1	127	~
Lamb Leg, raw	100 grams (1 ounce = 28 grams)	10	1.8	23	195	328	80	3.5	0.2	0	9.8	~
Lamb Liver, raw	100 grams (1 ounce = 28 grams)	7	7.4	19	364	313	70	4.7	7	0.2	82.4	~
Lamb Shanks, raw	100 grams (1 ounce = 28 grams)	8	1.7	24	178	261	57	3.5	0.1	0	21.4	~
Lard	100 grams (1 ounce = 28 grams)	0	0	0	0	0	0	0.1	0	0	0.2	~
Meat Drippings	100 grams (1 ounce = 28 grams)	0	0	0	0	0	545	0	0	~	0	~
Moose	100 grams (1 ounce = 28 grams)	5	3.2	23	158	317	65	2.8	0.1	0	9.6	~
Mutton Tallow	100 grams (1 ounce = 28 grams)	0	0	0	0	0	0	0	0	~	0.2	~
Ostrich, ground	100 grams (1 patty = 109 grams)	7	2.9	20	199	291	72	3.5	0.1	0	33	~
Pheasant, meat and skin	100 grams (1 ounce = 28 grams)	12	1.2	20	214	243	40	1	0.1	0	15.7	~
Pigeon, meat and skin	100 grams (1 ounce = 28 grams)	12	3.5	22	248	199	54	2.2	0.4	0	13.3	~
Pork (ground), raw	100 grams (4 ounces = 113 grams)	14	0.9	19	175	287	56	2.2	0	0	24.6	~
Pork Bacon, raw	100 grams (1 ounce = 28 grams)	6	0.5	12	188	208	833	1.2	0.1	0	20.2	4
Pork Chitterlings	100 grams (1 ounce = 28 grams)	16	1	6	48	18	24	1	0.1	0.1	15.1	~
Pork Chops, raw	100 grams (1 chop w/o refuse = 199 grams)	19	0.6	25	209	343	55	1.8	0.1	0	33.8	~
Pork Feet	100 grams (1 ounce = 28 grams)	70	0.6	6	75	63	132	0.8	0.1	0	23.3	~
Pork Heart, raw	100 grams (1 heart = 226 grams)	5	4.7	19	169	294	56	2.8	0.4	0.1	10.4	~
Pork Jowl, raw	100 grams (4 ounces = 113 grams)	4	0.4	3	86	148	25	0.8	0	0	1.5	~
Pork Kidney, raw	100 grams (1 kidney = 233 grams)	9	4.9	17	204	229	121	2.7	0.6	0.1	190	~
Pork Liver, raw	100 grams (4 ounces = 113 grams)	9	23.3	18	288	273	87	5.8	0.7	0.3	52.7	~
Pork Pancreas	100 grams (4 ounces = 113 grams)	11	2.1	17	234	197	44	2.6	0.1	0.2	40.8	~
Pork Ribs, raw	100 grams (1 rib w/o refuse = 128 grams)	22	0.9	21	193	318	63	2.8	0.1	0	32.3	~
Pork Shoulder (Boston Butt), raw	100 grams (1 steak w/o refuse = 288 grams)	16	1.1	20	190	318	61	3.1	0.1	0	26.2	~
Pork Spleen	100 grams (4 ounces = 113 grams)	10	22.3	13	260	396	98	2.5	0.1	0.1	32.8	~
Pork Tenderloin, raw	100 grams (1 roast with refuse = 505 grams)	6	1	27	243	393	52	1.9	0.1	0	30.3	~
Pork, leaf fat	100 grams (4 ounces = 113 grams)	1	0.1	1	19	31	5	0.2	0	0	8	~
Quail, meat and skin	100 grams (1 quail = 109 grams)	13	4	23	275	216	53	2.4	0.5	0	16.6	~
Rabbit, wild	100 grams (1 ounce = 28 grams)	12	3.2	29	226	378	50	~	~	~	9.4	~
Sea Lion	100 grams (1 ounce = 28 grams)	6	9.6	19	214	346	80	4.3	0.1	0	119	~
Seal	100 grams (1 ounce = 28 grams)	5	19.6	~	238	~	110	~	~	~	~	~
Turkey Fryer-Roaster (dark meat, meat & skin) raw	100 grams (1 ounce = 28 grams)	14	1.6	20	163	232	66	2.5	0.2	0	27.3	~
Turkey Fryer-Roaster (light meat, meat & skin) raw	100 grams (1 ounce = 28 grams)	12	1.2	24	182	253	50	1.4	0.1	0	23	~
Turkey Gizzard, raw	100 grams (1 ounce = 28 grams)	6	4.3	16	140	322	72	2.9	0.1	0	29.2	~
Turkey Heart, raw	100 grams (1 ounce = 28 grams)	6	4.2	22	222	295	94	3.4	0.4	0.1	35.9	~
Turkey Liver, raw	100 grams (1 ounce = 28 grams)	5	12	15	279	255	71	2.3	0.4	0.2	70.8	~

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.



Minerals Seafood

		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Abalone	100 grams (3 ounces = 85 grams)	31	3.2	48	190	250	301	0.8	0.2	0	44.8	~
Anchovy, canned	100 grams (1 can = 45 grams)	232	4.6	69	252	544	3667	2.4	0.3	0.1	68.1	~
Bass, freshwater, mixed	100 grams (1 fillet = 79 grams)	14.3	0.8	36.6	321	475	84.3	1.2	0.2	0	20	~
Bass, mixed	100 grams (1 fillet = 129 grams)	10	0.3	41	194	256	68	0.4	0	0	36.5	~
Bluefish	100 grams (1 fillet = 150 grams)	7	0.5	33	227	372	60	0.8	0.1	0	36.5	~
Butterfish	100 grams (1 fillet = 32 grams)	22	0.5	25	240	375	89	0.8	0.1	0	36.5	~
Catfish, farmed	100 grams (1 fillet = 159 grams)	9	0.5	23	202	299	53	0.7	0.1	0	12.6	~
Catfish, wild	100 grams (1 fillet = 159 grams)	14	0.3	23	209	358	43	0.5	0	0	12.6	~
Caviar	100 grams (1 ounce = 28 grams)	275	11.9	300	356	181	1500	0.9	0.1	0.1	65.5	~
Clam	100 grams (3 ounces = 85 grams)	46	14	9	169	314	56	1.4	0.3	0.5	24.3	~
Cod, Atlantic	100 grams (1 fillet = 231 grams)	16	0.4	32	203	413	54	0.5	0	0	33.1	~
Cod, Pacific	100 grams (1 fillet = 116 grams)	7	0.3	24	174	403	71	0.4	0	0	36.5	~
Conch	100 grams (1 cup, sliced = 127 grams)	98	1.4	238	217	163	153	1.7	0.4	~	40.3	~
Crab, Alaska King	100 grams (1 leg = 172 grams)	46	0.6	49	219	204	836	5.9	0.9	0	36.4	~
Crab, Dungeness	100 grams (3 ounces = 85 grams)	46	0.4	45	182	354	295	4.3	0.7	0.1	37.1	~
Cuttlefish	100 grams (3 ounces = 85 grams)	90	6	30	387	354	372	1.7	0.6	0.1	44.8	~
Eel	100 grams (1 fillet = 204 grams)	20	0.5	20	216	272	51	1.6	0	0	6.5	~
Flatfish (flounder and sole)	100 grams (1 fillet = 163 grams)	18	0.4	31	184	361	81	0.5	0	0	32.7	~
Grouper	100 grams (1 fillet = 259 grams)	27	0.9	31	162	483	53	0.5	0	0	36.5	~
Haddock	100 grams (1 fillet = 193 grams)	33	1.1	39	188	311	68	0.4	0	0	30.2	~
Halibut, Atlantic and Pacific	100 grams (1/2 fillet = 204 grams)	47	0.8	83	222	450	54	0.4	0	0	36.5	~
Herring, Atlantic	100 grams (1 fillet = 184 grams)	57	1.1	32	236	327	90	1	0.1	0	36.5	~
Lingcod	100 grams (1/2 fillet = 193 grams)	14	0.3	26	201	437	59	0.5	0	0	36.5	~
Lobster	100 grams (1 lobster = 150 grams)	48	0.3	27	144	275	296	3	1.7	0.1	41.4	~
Mackerel, King	100 grams (1/2 fillet = 198 grams)	31	1.8	32	248	435	158	0.6	0	0	36.5	~
Mackerel, Pacific and Jack	100 grams (1 fillet = 225 grams)	23	1.2	28	125	406	86	0.7	0.1	0	36.5	~
Mollusks	100 grams (1 cup = 150 grams)	26	3.9	34	197	320	286	1.6	0.1	3.4	44.8	~
Monkfish	100 grams (3 ounces = 85 grams)	8	0.3	21	200	400	18	0.4	0	0	36.5	~
Mullet	100 grams (1 fillet = 119 grams)	41	1	29	221	357	65	0.5	0.1	0	36.5	~
Octopus	100 grams (3 ounces = 85 grams)	53	5.3	30	186	350	230	1.7	0.4	0	44.8	~
Orange Roughy	100 grams (3 ounces = 85 grams)	9	1	17	107	167	72	0.2	0.1	0.1	66.7	~
Oyster, Eastern, wild	100 grams (6 medium = 84 grams)	45	6.7	47	135	156	211	90.8	4.5	0.4	63.7	~
Oyster, Pacific	100 grams (1 medium = 50 grams)	8	5.1	22	162	168	106	16.6	1.6	0.6	77	~
Pike, Northern	100 grams (1/2 fillet = 198 grams)	57	0.5	31	220	259	39	0.7	0.1	0.2	12.6	~
Pollack, Atlantic	100 grams (1/2 fillet = 193 grams)	60	0.5	67	221	356	86	0.5	0.1	0	36.5	~
Pompano	100 grams (1 fillet = 112 grams)	22	0.6	27	195	381	65	0.7	0	0	36.5	~
Roe	100 grams (3 ounces = 85 grams)	22	0.6	20	402	221	91	1	0.1	0	40.3	~
Sablefish	100 grams (1/2 fillet = 193 grams)	35	1.3	55	168	358	56	0.3	0	0	36.5	~
Salmon, Coho, farmed	100 grams (1 fillet = 159 grams)	12	0.3	31	292	450	47	0.4	0	0	12.6	~
Salmon, Coho, wild	100 grams (1/2 fillet = 198 grams)	36	0.6	31	262	423	46	0.4	0.1	0	36.5	~
Salmon, Pink	100 grams (1/2 fillet = 159 grams)	13	0.8	26	230	323	67	0.5	0.1	0	44.6	~
Salmon, Sockeye	100 grams (1/2 fillet = 198 grams)	6	0.5	24	215	391	47	0.5	0.1	0	33.7	~

<25% of the RDA/AI* 25–50% of the RDA/AI* 50–75% of the RDA/AI* 75–100% of the RDA/AI* >100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.

Minerals

Seafood

		Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Zinc (mg)	Copper (mg)	Manganese (mg)	Selenium (mcg)	Fluoride (mcg)
Sardine	100 grams (1 can = 92 grams)	382	2.9	39	490	397	505	1.3	0.2	0.1	52.7	~
Scallop	100 grams (3 ounces = 85 grams)	24	0.3	56	219	322	161	0.9	0.1	0.1	22.2	~
Shrimp	100 grams (3 ounces = 85 grams)	52	2.4	37	205	185	148	1.1	0.3	0.1	38	~
Snail	100 grams (1 ounce = 28 grams)	10	3.5	250	272	382	70	1	0.4	~	27.4	~
Snapper	100 grams (1 fillet = 218 grams)	32	0.2	32	198	417	64	0.4	0	0	38.2	~
Squid	100 grams (3 ounces = 85 grams)	27.2	0.6	28.1	188	209	37.4	1.3	1.6	0	38.1	~
Sturgeon	100 grams (3 ounces = 85 grams)	13	0.7	35	211	284	54	0.4	0	0	12.6	~
Swordfish	100 grams (1 piece = 136 grams)	4	0.8	27	263	288	90	1.2	0.1	0	48.1	~
Tilapia	100 grams (1 ounce = 28 grams)	10	0.6	27	170	302	52	0.3	0.1	0	41.8	~
Tilefish	100 grams (1/2 fillet = 193 grams)	26	0.3	28	187	433	53	0.4	0	0	36.5	~
Trout	100 grams (1 fillet = 159 grams)	67	0.7	31	271	481	31	1.1	0.1	0.2	12.6	~
Tuna, Light, canned	100 grams (1 can = 165 grams)	11	1.5	27	163	237	50	0.8	0.1	0	80.4	18.6
Tuna, White, canned	100 grams (1 can = 172 grams)	14	1	33	217	237	50	0.5	0	0	65.7	~
Tuna, Yellowfin	100 grams (3 ounces = 85 grams)	16	0.7	50	191	444	37	0.5	0.1	0	36.5	~
Turbot	100 grams (1/2 fillet = 204 grams)	18	0.4	51	129	238	150	0.2	0	0	36.5	~
Whitefish	100 grams (1 fillet = 198 grams)	26	0.4	33	270	317	51	1	0.1	0.1	12.6	~
Whiting	100 grams (1 fillet = 92 grams)	48	0.3	21	222	249	72	0.9	0	0.1	32.1	~

<25% of the RDA/AI*

25–50% of the RDA/AI*

50–75% of the RDA/AI*

75–100% of the RDA/AI*

>100% of the RDA/AI*

* Highest of the Recommended Daily Allowance and Adequate Intake values.



Sugars and Fats Vegetables



	100 grams (unless otherwise specified)	Carbohydrates and Sugars							Fats & Fatty Acids			Glycemic Load		
		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	
Arrowroot, raw	100 grams (1 cup, sliced = 120 grams)	65	13.4	1.3	~	~	~	~	~	0	0	18	74	6
Artichoke, raw	100 grams (1 medium = 128 grams)	47	10.5	5.4	~	1	~	~	~	0	0	17	46	3
Arugula, raw	100 grams (1 cup = 20 grams)	25	3.7	1.6	~	2.1	~	~	~	0.1	~	170	130	2
Asparagus, raw	100 grams (1 cup = 134 grams)	20	4	2.1	0	1.9	230	650	1000	0	0	10	40	2
Avocado, raw	100 grams (1 cup cubes = 150 grams)	160	8.5	6.7	0.1	0.7	60	370	120	2.1	9.8	110	1689	2
Bamboo Shoot, raw	100 grams (1 cup, 1/2" slices = 151 grams)	27	5.2	2.2	0	3	~	~	~	0.1	0	20	114	3
Beet Greens, raw	100 grams (1 cup = 38 grams)	22	4.3	3.7	~	0.5	~	~	~	0.1	~	4	41	1
Beet, raw	100 grams (1 cup = 136 grams)	43	9.6	2.8	0	6.8	~	~	~	0	0	5	55	3
Borage, raw	100 grams (1 cup = 89 grams)	21	3.1	~	~	~	~	~	~	0.2	0.2	~	109	2
Broccoli Rabe, raw	100 grams (1 cup = 40 grams)	22	2.1	2.7	0	0.4	110	100	170	0.1	~	113	17	0
Broccoli, raw	100 grams (1 cup, chopped = 91 grams)	34	6.6	2.6	0	1.7	100	490	680	0	0	21	17	3
Brussels Sprouts, raw	100 grams (1 cup = 88 grams)	43	9	3.8	0	2.2	460	810	930	0.1	~	99	45	3
Cabbage, raw	100 grams (1 cup, chopped = 89 grams)	25	5.8	2.5	0	3.2	80	1670	1450	~	~	~	17	2
Carrot, raw	100 grams (1 cup, chopped = 128 grams)	41	9.6	2.8	1.4	4.7	3590	590	550	0	0	2	115	3
Cauliflower, raw	100 grams (1 cup = 100 grams)	25	5.3	2.5	~	2.4	~	~	~	0	0	37	11	2
Celeriac, raw	100 grams (1 cup = 156 grams)	42	9.2	1.8	~	1.6	~	~	~	0.1	0.1	~	148	4
Celery, raw	100 grams (1 cup = 101 grams)	16	3.4	1.6	~	1.8	110	550	510	~	~	~	79	1
Chicory Root, raw	100 grams (1 cup = 90 grams)	73	17.5	~	~	~	~	~	~	0	0	13	75	8
Collards, raw	100 grams (1 cup = 36 grams)	30	5.7	3.6	~	0.5	~	~	~	0.1	0	108	82	2
Cucumber, raw	100 grams (1/2 cup, sliced = 52 grams)	15	3.6	0.5	0.8	1.7	30	760	870	0	0	5	28	1
Dandelion Greens, raw	100 grams (1 cup, chopped = 55 grams)	45	9.2	3.5	~	0.7	~	~	~	0.2	0	44	261	3
Endive, raw	100 grams (1 cup, chopped = 50 grams)	17	3.4	3.1	0	0.3	~	~	~	0.2	0	44	261	0
Fennel Bulb, raw	100 grams (1 cup, sliced = 87 grams)	31	7.3	3.1	~	~	~	~	~	~	~	~	~	2
Fiddlehead Fern, raw	100 grams (1 cup = 224 grams)	34	5.5	~	~	~	~	~	~	~	~	~	~	4
Garlic, raw	100 grams (1 cup = 136 grams)	149	33.1	2.1	~	1	~	~	~	0.1	0	20	229	16
Gingerroot, raw	100 grams (1 tsp = 2 grams)	80	17.8	2	~	1.7	~	~	~	0.2	0.2	34	120	7
Jerusalem Artichoke, raw	100 grams (1 cup, sliced = 150 grams)	73	17.4	1.6	~	9.6	~	~	~	0	0	~	1	7
Jicama, raw	100 grams (1 cup, sliced = 120 grams)	38	8.8	4.9	~	1.8	~	~	~	0	0	14	29	1
Kale, raw	100 grams (1 cup, chopped = 67 grams)	50	10	2	~	~	~	~	~	0.1	0.1	180	138	4
Kohlrabi, raw	100 grams (1 cup = 135 grams)	27	6.2	3.6	0	2.6	~	~	~	0	0	26	20	2
Leek, raw	100 grams (1 cup = 89 grams)	61	14.2	1.8	~	3.9	~	~	~	0	0	99	67	5
Lettuce (green leaf), raw	100 grams (1 cup, shredded = 36 grams)	15	2.8	1.3	0	0.8	0	360	430	0	0	58	24	1
Lotus Root, raw	100 grams (10 slices = 81 grams)	74	17.2	4.9	~	~	~	~	~	0	0	6	14	6
Mustard Greens, raw	100 grams (1 cup, chopped = 56 grams)	26	4.9	3.3	0	1.6	~	~	~	0	0.1	18	20	2
Onion, raw	100 grams (1 cup, chopped = 160 grams)	40	9.3	1.7	0	4.2	990	1970	1290	0	0	4	13	3
Parsnip, raw	100 grams (1 cup, sliced = 133 grams)	75	18	4.9	~	4.8	~	~	~	0.1	0.1	3	41	5
Plantain, raw	100 grams (1 cup, sliced = 148 grams)	122	31.9	2.3	~	15	~	~	~	0.1	0	25	43	13
Pokeberry Shoot (poke), raw	100 grams (1 cup = 160 grams)	23	3.7	1.7	~	~	~	~	~	~	~	~	~	2
Pumpkin, raw	100 grams (1 cup, 1" cubes = 116 grams)	26	6.5	0.5	~	1.4	~	~	~	0.1	0	3	2	2
Purslane, raw	100 grams (1 cup = 43 grams)	16	3.4	~	~	~	~	~	~	~	~	~	~	2

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.



Sugars and Fats Vegetables

		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	Glycemic Load
Radicchio, raw	100 grams (1 cup, shredded = 40 grams)	23	4.5	0.9	~	0.6	~	~	~	0.1	0	16	93	2
Radish, raw	100 grams (1 cup, slices = 116 grams)	16	3.5	1.6	0	1.9	100	1050	710	0	0	31	17	1
Rutabaga, raw	100 grams (1 cup, cubes = 140 grams)	36	8.1	2.5	0	5.6	~	~	~	0	0	53	35	3
Shallot, raw	100 grams (1 Tbsp, chopped = 10 grams)	72	16.8	~	~	~	~	~	~	0	0	2	37	8
Spinach, raw	100 grams (1 cup = 30 grams)	23	3.6	2.2	~	0.4	70	110	150	0.1	0	138	26	1
Spring Onion/Scallion, raw	100 grams (1 cup, chopped = 100 grams)	32	7.3	2.6	~	2.3	~	~	~	0	0	4	70	3
Squash (winter, acorn), raw	100 grams (1 cup, cubes = 140 grams)	40	10.4	1.5	~	~	~	~	~	0	0	26	16	3
Squash (winter, butternut), raw	100 grams (1 cup, cubes = 140 grams)	45	11.7	2	~	2.2	220	990	990	0	0	26	16	4
Squash (winter, spaghetti), raw	100 grams (1 cup, cubes = 101 grams)	31	6.9	~	~	~	~	~	~	0.1	0	149	90	2
Sweet Potato, raw	100 grams (1 cup, cubes = 133 grams)	86	20.1	3	12.7	4.2	2520	960	700	0	0	1	13	8
Swiss Chard, raw	100 grams (1 cup = 36 grams)	19	3.7	1.6	~	1.1	~	~	~	0	0	7	63	2
Taro, raw	100 grams (1 cup, sliced = 104 grams)	112	26.5	4.1	~	0.4	~	~	~	0	0	25	58	11
Turnip Greens, raw	100 grams (1 cup, chopped = 55 grams)	32	7.1	3.2	~	0.8	~	520	290	0.1	0	84	36	2
Turnip, raw	100 grams (1 cup, cubes = 130 grams)	28	6.4	1.8	~	3.8	~	~	~	0	0	40	12	2
Watercress, raw	100 grams (1 cup, chopped = 34 grams)	11	1.3	0.5	~	0.2	~	~	~	0	0	23	12	1
Yam, raw	100 grams (1 cup, cubes = 150 grams)	118	27.9	4.1	~	0.5	~	~	~	0	0	12	64	12
Zucchini (summer squash), raw	100 grams (1 cup, chopped = 124 grams)	16	3.3	1.1	~	1.7	30	750	950	0	0	47	28	2

Sugars and Fats Fruit

		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	Glycemic Load
Apple	100 grams (1 medium = 182 grams)	52	13.8	2.4	0.1	10.4	2070	2430	5900	0	0	9	43	3
Apricot	100 grams (1 cup halves = 155 grams)	48	11.2	2	0	9.2	5870	2370	940	0	0.2	~	77	4
Banana	100 grams (1 medium = 118 grams)	89	22.8	2.6	5.4	12.2	2390	4979	4850	0.1	0	27	46	8
Blackberries	100 grams (1 cup = 144 grams)	43	10.2	5.3	0	4.9	70	2310	2400	0	0	94	186	3
Blueberries	100 grams (1 cup = 148 grams)	57	14.5	2.4	0	10	110	4880	4970	0	0	58	88	4
Cherries (sour)	100 grams (1 cup w/o pits = 155 grams)	50	12.2	1.6	~	8.5	800	4180	3510	0.1	0.1	44	46	4
Cherries (sweet)	100 grams (1 cup w/o pits = 154 grams)	63	16	2.1	0	12.8	150	6589	5370	0	0	26	27	5
Clementine	100 grams (1 fruit = 74 grams)	47	12	1.7	0	9.2	5961	1590	1640	~	~	~	~	4
Coconut Meat	100 grams (1 cup, shredded = 80 grams)	354	15.2	9	0	6.2	~	~	~	29.7	1.4	~	366	2
Coconut Milk, canned	100 grams (1 Tbsp = 15 grams)	197	5.5	2.2	0	3.3	~	~	~	18.9	0.9	~	233	2
Coconut Oil	100 grams (1 Tbsp = 14 grams)	862	0	0	0	0	0	0	0	86.5	5.8	~	1800	0
Cranberries	100 grams (1 cup, chopped = 110 grams)	46	12.2	4.6	0	4	130	3280	630	0	0	22	33	2
Currants, red and white	100 grams (1 cup, chopped = 112 grams)	56	13.8	4.3	~	7.4	610	3220	3530	0	0	35	53	4
Dates, Deglet Noor	100 grams (1 date, pitted = 7 grams)	282	75	8	~	63.4	23839	19869	19559	0	0	3	16	39
Dates, Medjool	100 grams (1 date, pitted = 24 grams)	277	75	6.7	~	66.5	530	33682	31954	~	~	~	~	39
Durian	100 grams (1 cup, chopped = 243 grams)	147	27.1	3.8	~	~	~	~	~	~	~	~	~	10
Fig	100 grams (1 medium = 50 grams)	74	19.2	2.9	0	16.3	~	~	~	0.1	0.1	~	144	6

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Sugars and Fats

Fruit



	100 grams (unless otherwise specified)	Carbohydrates and Sugars							Fats & Fatty Acids				Glycemic Load	
		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	
Gooseberries	100 grams (1 cup = 150 grams)	44	10.2	4.3	~	~	~	~	~	0	0.1	46	271	2
Grapefruit, pink and red	100 grams (1/2 fruit = 123 grams)	42	10.7	1.6	0	6.9	3510	1610	1770	0	0	8	29	3
Grapefruit, raw, white, all areas	100 grams (1/2 fruit = 118 grams)	33	8.4	1.1	0	7.3	~	~	~	0	0	5	19	2
Grapes	100 grams (1 cup = 151 grams)	69	18.1	0.9	0	15.5	150	7200	8130	0.1	0	11	37	6
Guava	100 grams (1 fruit w/o refuse = 55 grams)	68	14.3	5.4	0	8.9	~	~	~	0.3	0.1	112	288	4
Jackfruit	100 grams (1 cup, sliced = 165 grams)	94	24	1.6	~	19.1	420	9480	9190	0.1	0	24	63	10
Kiwi	100 grams (1 medium w/o skin = 76 grams)	61	14.7	3	0	9	150	4110	4350	0	0	42	246	4
Kumquat	100 grams (1 fruit w/o refuse = 19 grams)	71	15.9	6.5	0	9.4	~	~	~	0.1	0.2	47	124	4
Lemon	100 grams (1 fruit = 84 grams)	29	9.3	2.8	~	2.5	~	~	~	0	0	26	63	2
Lime	100 grams (1 fruit = 67 grams)	30	10.5	2.8	~	1.7	~	~	~	0	0	19	36	2
Lychee	100 grams (1 fruit w/o refuse = 10 grams)	66	16.5	1.3	0	15.2	~	~	~	0.1	0.1	65	67	5
Mango	100 grams (1 cup, sliced = 165 grams)	65	17	1.8	~	13.7	6970	2010	4680	0.1	0.1	37	14	5
Melon, Cantaloupe	100 grams (1 cup diced = 156 grams)	34	8.8	0.9	0	7.9	4350	1540	1870	0.1	0	46	35	3
Melon, Honeydew	100 grams (1 cup diced = 170 grams)	36	9.1	0.8	0	8.1	2480	2680	2960	0	0	33	26	2
Nectarine	100 grams (1 medium = 143 grams)	44	10.6	1.7	0.1	7.9	4870	1570	1370	0	0.1	2	111	3
Olive Oil	100 grams (1 ounce = 28 grams)	884	0	0	0	0	0	0	0	1.54	0.69	761	9763	0
Olives, picked, canned, or bottled	100 grams (1 olive = 2 grams)	145	3.8	3.3	0	0.5	~	~	~	2	11.3	92	1215	1
Orange, Navel	100 grams (1 cup sections = 168 grams)	49	12.5	2.2	0	8.5	4280	1970	2250	0	0	9	23	4
Orange, California, Valencia	100 grams (1 fruit = 121 grams)	49	11.9	2.5	~	~	~	~	~	0	0.1	16	44	4
Orange, Florida	100 grams (1 fruit = 141 grams)	46	11.5	2.4	0	9.1	~	~	~	0	0	11	31	3
Palm Oil	100 grams (1 Tbsp = 14 grams)	0	0	0	0	0	0	0	0	49.3	37	200	9100	0
Papaya	100 grams (1 small = 152 grams)	39	9.8	1.8	~	5.9	~	~	~	0	0	25	6	2
Passionfruit	100 grams (1 ounce = 28 grams)	97	23.4	10.4	~	11.2	~	~	~	0.1	0.1	1	410	6
Peach	100 grams (1 medium = 150 grams)	39	9.9	1.5	0	8.4	4760	1950	1530	0	0.1	2	84	3
Pear	100 grams (1 medium = 178 grams)	58	15.5	3.1	~	9.8	780	2760	6231	0	0	~	29	3
Pear, Asian	100 grams (1 medium = 122 grams)	42	10.6	3.6	0	7	~	~	~	0	0	1	54	2
Persimmon	100 grams (1 fruit w/o refuse = 25 grams)	127	33.5	~	~	~	~	~	~	~	~	~	~	15
Pineapple	100 grams (1 cup chunks = 165 grams)	50	13.1	1.4	0	9.8	5990	1730	2120	0	0	17	23	3
Plantain	100 grams (1 medium = 179 grams)	122	31.9	2.3	~	15	~	~	~	0.1	0	25	43	13
Plum	100 grams (1 fruit = 66 grams)	46	11.4	1.4	0	9.9	1570	5070	3070	0	0.1	~	44	3
Pomegranate, raw	100 grams (1/2 cup arils = 87 grams)	83	18.7	4	~	13.7	~	~	~	0.1	0.1	~	79	6
Prickly Pear	100 grams (1 fruit w/o refuse = 103 grams)	41	9.6	3.6	~	~	~	~	~	0.1	0.1	23	186	2
Prune	100 grams (1 ounce = 28 grams)	240	63.9	7.1	5.1	38.1	150	25462	12451	0.1	0.1	17	44	31
Quince	100 grams (1 fruit w/o refuse = 92 grams)	57	15.3	1.9	~	~	~	~	~	0	0	~	49	4
Raisins	100 grams (1 small box = 43 grams)	299	79.2	3.7	2.7	59.2	450	27751	29678	0.1	0.1	7	29	46
Raspberries	100 grams (1 cup = 123 grams)	52	11.9	6.5	0	4.4	200	1860	2350	0	0.1	126	249	2
Rhubarb	100 grams (1 cup, diced = 122 grams)	21	4.5	1.8	~	1.1	~	~	~	0.1	0	~	99	1
Salmonberries	100 grams (1 ounce = 28 grams)	47	10.1	1.9	0	3.7	20	1900	1750	~	~	~	~	2
Star Fruit	100 grams (1 cup, sliced = 108 grams)	31	6.8	2.8	0	4	~	~	~	0	0	27	157	2
Strawberries	100 grams (1 cup, halves = 152 grams)	32	7.7	2	0	4.9	470	1990	2440	0	0	65	90	2
Tangerine (mandarin orange)	100 grams (1 medium = 88 grams)	53	13.3	1.8	0	10.6	6049	2130	2400	0	0.1	18	48	4
Watermelon	100 grams (1 cup, diced = 152 grams)	30	7.5	0.4	0	6.2	1210	1580	3360	0	0	~	50	2

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.



Sugars and Fats Meat

	100 grams (1 ounce = 28 grams)	Carbohydrates and Sugars						Fats & Fatty Acids				Glycemic Load		
		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	
Antelope	100 grams (1 ounce = 28 grams)	114	0	0	0	0	0	0	0	0.7	0.5	70	250	0
Beef (grass-fed, ground)	100 grams (1 ounce = 28 grams)	192	0	0	0	0	0	0	0	5.3	4.8	88	427	0
Beef (grass-fed, strip steaks, lean only)	100 grams (1 ounce = 28 grams)	117	0	0	0	0	0	0	0	1	1	21	80	0
Beef (ground, 85/15), raw	100 grams (1 ounce = 28 grams)	215	0	0	0	0	0	0	0	5.9	6.6	42	354	0
Beef Chuck Roast, raw	100 grams (1 ounce = 28 grams)	244	0	0	0	0	0	0	0	7.3	7.7	215	440	0
Beef Heart, raw	100 grams (4 ounces = 113 grams)	112	0.1	0	~	0	0	0	0	1.4	1.1	11	407	0
Beef Kidney, raw	100 grams (4 ounces = 113 grams)	103	0.3	0	~	0	0	0	0	0.9	0.6	7	310	0
Beef Liver, raw	100 grams (1 ounce = 28 grams)	135	3.9	0	~	0	0	0	0	1.2	0.5	7	318	3
Beef Pancreas	100 grams (4 ounces = 113 grams)	235	0	0	0	0	0	0	0	6.4	6.4	130	2030	0
Beef Prime Rib Roast, raw	100 grams (1 ounce = 28 grams)	355	0	0	0	0	0	0	0	13.2	13.8	370	750	0
Beef Ribeye, raw	100 grams (1 ounce = 28 grams)	274	0	0	0	0	0	0	0	9	9.6	240	510	0
Beef Short Ribs, raw	100 grams (1 ounce = 28 grams)	388	0	0	0	0	0	0	0	15.8	16.4	480	810	0
Beef Sirloin, raw	100 grams (1 steak = 608 grams)	201	0	0	0	0	0	0	0	5.1	5.4	152	311	0
Beef Spleen	100 grams (4 ounces = 113 grams)	105	0	0	0	0	0	0	0	1	0.8	~	220	0
Beef Suet	100 grams (4 ounces = 113 grams)	854	0	0	0	0	0	0	0	52.3	31.5	860	2150	0
Beef Tallow	100 grams (1 ounce = 28 grams)	902	0	0	0	0	0	0	0	49.8	41.8	600	3100	0
Beef Thymus	100 grams (4 ounces = 113 grams)	236	0	0	0	0	0	0	0	7	7	140	2220	0
Beef Tongue	100 grams (4 ounces = 113 grams)	224	3.7	0	0	0	0	0	0	7	7.2	~	580	3
Beef Tripe	100 grams (4 ounces = 113 grams)	85	0	0	0	0	0	0	0	1.3	1.5	7	125	0
Bison (ground, grass-fed), raw	100 grams (1 ounce = 28 grams)	146	0.1	0	0	0	0	0	0	2.9	2.8	38	261	0
Bison Chuck/Shoulder, raw	100 grams (1 ounce = 28 grams)	119	0	0	0	0	0	0	0	1.3	1.2	17	114	0
Bison Ribeye, raw	100 grams (1 ounce = 28 grams)	116	0	0	0	0	0	0	0	0.9	1	8	184	0
Bison Sirloin, raw	100 grams (1 ounce = 28 grams)	113	0	0	0	0	0	0	0	0.9	1	8	209	0
Chicken Heart, raw	100 grams (1 ounce = 28 grams)	153	0.7	0	0	0	0	0	0	2.7	2.4	70	1910	1
Chicken Liver, raw	100 grams (1 ounce = 28 grams)	116	0	0	0	0	0	0	0	1.6	1.2	6	486	0
Chicken Roasting (dark meat), raw	100 grams (1 ounce = 28 grams)	113	0	0	0	0	0	0	0	0.9	1.1	90	690	0
Chicken Roasting (giblets), raw	100 grams (1 ounce = 28 grams)	127	1.1	0	0	0	0	0	0	1.5	1.3	60	870	1
Chicken Roasting (light meat), raw	100 grams (1 ounce = 28 grams)	109	0	0	0	0	0	0	0	0.4	0.5	40	240	0
Chicken Roasting (meat and skin), raw	100 grams (1 ounce = 28 grams)	216	0	0	0	0	0	0	0	4.5	6.6	200	3040	0
Cornish Game Hen (meat and skin), raw	100 grams (1 ounce = 28 grams)	200	0	0	0	0	0	0	0	3.9	6.2	150	2460	0
Deer (ground), raw	100 grams (1 ounce = 28 grams)	157	0	0	0	0	0	0	0	3.4	1.3	104	225	0
Duck (meat and skin), raw	100 grams (1 ounce = 28 grams)	404	0	0	0	0	0	0	0	13.2	18.7	390	4691	0
Duck Fat	100 grams (1 Tbsp = 13 grams)	882	0	0	0	0	0	0	0	33.2	49.3	1000	11999	0
Elk	100 grams (1 ounce = 28 grams)	111	0	0	0	0	0	0	0	0.5	0.4	40	170	0
Emu (full rump), raw	100 grams (1 ounce = 28 grams)	112	0	0	0	0	0	0	0	0.4	0.5	35	279	0
Emu (ground), raw	100 grams (1 ounce = 28 grams)	134	0	0	0	0	0	0	0	1	1.6	22	424	0
Frog Legs	100 grams (1 ounce = 28 grams)	73	0	0	0	0	0	0	0	0.1	0.1	51	20	0
Gelatin, dry powder, unsweetened	100 grams (1 package = 1 ounce = 28 grams)	335	0	0	0	0	0	0	0	0.1	0.1	~	~	0
Goat, raw	100 grams (1 ounce = 28 grams)	109	0	0	0	0	0	0	0	0.7	1	20	100	0
Goose (meat and skin), raw	100 grams (1 ounce = 28 grams)	371	0	0	0	0	0	0	0	9.8	17.8	210	3340	0
Goose Liver, raw	100 grams (1 ounce = 28 grams)	133	6.3	0	0	0	0	0	0	1.6	0.8	10	180	4
Horse	100 grams (1 ounce = 28 grams)	133	0	0	0	0	0	0	0	1.4	1.6	360	290	0

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Sugars and Fats

Meat

		Carbohydrates and Sugars							Fats & Fatty Acids				Glycemic Load	
		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	
Lamb (ground), raw	100 grams (1 ounce = 28 grams)	282	0	0	0	0	0	0	0	10.2	9.6	420	1360	0
Lamb Chops, raw	100 grams (1 ounce = 28 grams)	208	0	0	0	0	0	0	0	6.9	5.9	179	377	0
Lamb Heart, raw	100 grams (1 ounce = 28 grams)	122	0.2	0	~	~	~	~	~	2.3	1.6	230	240	0
Lamb Kidney, raw	100 grams (1 ounce = 28 grams)	97	0.8	0	0	0	0	0	0	1	0.6	190	210	1
Lamb Leg, raw	100 grams (1 ounce = 28 grams)	138	0	0	0	0	0	0	0	2.3	2.3	75	163	0
Lamb Liver, raw	100 grams (1 ounce = 28 grams)	139	1.8	0	~	~	~	~	~	1.9	1.1	70	320	2
Lamb Shanks, raw	100 grams (1 ounce = 28 grams)	201	0	0	0	0	0	0	0	5.8	5.5	240	790	0
Lard	100 grams (1 ounce = 28 grams)	902	0	0	0	0	0	0	0	39.2	45.1	1000	10199	0
Meat Drippings	100 grams (1 ounce = 28 grams)	889	0	0	0	0	0	0	0	44.8	41.8	1282	6179	0
Moose	100 grams (1 ounce = 28 grams)	102	0	0	0	0	0	0	0	0.2	0.2	30	140	0
Mutton Tallow	100 grams (1 ounce = 28 grams)	902	0	0	0	0	0	0	0	47.3	40.6	2300	5501	0
Ostrich, ground	100 grams (1 patty = 109 grams)	165	0	0	0	0	0	0	0	2.2	2.7	56	784	0
Pheasant, meat and skin	100 grams (1 ounce = 28 grams)	181	0	0	0	0	0	0	0	2.7	4.3	100	810	0
Pigeon, meat and skin	100 grams (1 ounce = 28 grams)	294	0	0	0	0	0	0	0	8.4	9.7	100	2670	0
Pork (ground), raw	100 grams (4 ounces = 113 grams)	263	0	0	0	0	~	~	~	7.9	9.4	70	1670	0
Pork Bacon, raw	100 grams (1 ounce = 28 grams)	458	0.7	0	~	0	0	0	0	15	20	213	4497	0
Pork Chitterlings	100 grams (1 ounce = 28 grams)	182	0	0	0	0	0	0	0	7.6	5.4	28	845	0
Pork Chops, raw	100 grams (1 chop w/o refuse = 199 grams)	170	0	0	0	0	0	0	0	3	3.5	47	1062	0
Pork Feet	100 grams (1 ounce = 28 grams)	212	0	0	0	0	0	0	0	3.6	6.3	43	984	0
Pork Heart, raw	100 grams (1 heart = 226 grams)	118	1.3	0	~	0	0	0	0	1.2	1	80	770	1
Pork Jowl, raw	100 grams (4 ounces = 113 grams)	655	0	0	0	0	0	0	0	25.3	32.9	580	7449	0
Pork Kidney, raw	100 grams (1 kidney = 233 grams)	100	0	0	0	0	~	~	~	1	1.1	10	170	0
Pork Liver, raw	100 grams (4 ounces = 113 grams)	134	2.5	0	~	~	~	~	~	1.2	0.5	80	350	2
Pork Pancreas	100 grams (4 ounces = 113 grams)	199	0	0	0	0	0	0	0	4.6	4.6	90	1450	0
Pork Ribs, raw	100 grams (1 rib w/o refuse = 128 grams)	189	0	0	0	0	0	0	0	4.2	5	63	1391	0
Pork Shoulder (Boston Butt), raw	100 grams (1 steak w/o refuse = 288 grams)	186	0	0	0	0	0	0	0	4.3	5.2	61	1416	0
Pork Spleen	100 grams (4 ounces = 113 grams)	100	0	0	0	0	0	0	0	0.9	0.7	~	190	0
Pork Tenderloin, raw	100 grams (1 roast with refuse = 505 grams)	120	0	0	0	0	0	0	0	1.2	1.4	16	477	0
Pork, leaf fat	100 grams (4 ounces = 113 grams)	857	0	0	0	0	0	0	0	45.2	37.2	940	6340	0
Quail, meat and skin	100 grams (1 quail = 109 grams)	192	0	0	0	0	0	0	0	3.4	4.2	460	2300	0
Rabbit, wild	100 grams (1 ounce = 28 grams)	114	0	0	0	0	0	0	0	0.7	0.6	90	360	0
Sea Lion	100 grams (1 ounce = 28 grams)	242	5.5	0	0	0	0	0	0	2.9	3.3	~	~	4
Seal	100 grams (1 ounce = 28 grams)	142	0	0	0	0	0	0	0	0.8	1.7	50	10	0
Turkey Fryer-Roaster (dark meat, meat & skin), raw	100 grams (1 ounce = 28 grams)	129	0	0	0	0	0	0	0	1.4	1.5	90	1080	0
Turkey Fryer-Roaster (light meat, meat & skin), raw	100 grams (1 ounce = 28 grams)	133	0	0	0	0	0	0	0	1	1.5	50	780	0
Turkey Gizzard, raw	100 grams (1 ounce = 28 grams)	118	0	0	0	0	0	0	0	1.3	1.6	28	649	0
Turkey Heart, raw	100 grams (1 ounce = 28 grams)	113	0.4	0	0	0	0	0	0	1.3	1.4	35	946	0
Turkey Liver, raw	100 grams (1 ounce = 28 grams)	228	2.3	0	0	0	0	0	0	5.5	7.4	44	1280	2

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Sugars and Fats

Seafood

	Calories	Carbohydrates and Sugars						Fats & Fatty Acids				Glycemic Load	
		Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	
Abalone	100 grams (3 ounces = 85 grams)	105	6	0	0	0	0	0	0.1	0.1	90	7	4
Anchovy, canned	100 grams (1 can = 45 grams)	210	0	0	0	0	0	0	2.2	3.8	2113	362	0
Bass, freshwater, mixed	100 grams (1 fillet = 79 grams)	215	0	0	0	0	0	0	2.8	5.7	732	1393	0
Bass, mixed	100 grams (1 fillet = 129 grams)	97	0	0	0	0	0	0	0.5	0.4	671	24	0
Bluefish	100 grams (1 fillet = 150 grams)	124	0	0	0	0	0	0	0.9	1.8	833	60	0
Butterfish	100 grams (1 fillet = 32 grams)	146	0	0	0	0	0	0	3.4	3.4	~	~	0
Catfish, farmed	100 grams (1 fillet = 159 grams)	135	0	0	0	0	0	0	1.8	3.6	460	876	0
Catfish, wild	100 grams (1 fillet = 159 grams)	95	0	0	0	0	0	0	0.7	0.8	535	101	0
Caviar	100 grams (1 ounce = 28 grams)	252	4	0	~	0	0	0	4.1	4.6	6789	81	3
Clam	100 grams (3 ounces = 85 grams)	74	2.6	0	0	0	0	0	0.1	0.1	198	16	3
Cod, Atlantic	100 grams (1 fillet = 231 grams)	82	0	0	0	0	0	0	0.1	0.1	195	5	0
Cod, Pacific	100 grams (1 fillet = 116 grams)	82	0	0	0	0	0	0	0.1	0.1	221	6	0
Conch	100 grams (1 cup, sliced = 127 grams)	130	1.7	0	~	0	0	0	0.4	0.3	120	48	2
Crab, Alaska King	100 grams (1 leg = 172 grams)	84	0	0	0	0	0	0	0.1	0.1	~	~	0
Crab, Dungeness	100 grams (3 ounces = 85 grams)	86	0.7	0	~	~	~	~	0.1	0.2	317	~	1
Cuttlefish	100 grams (3 ounces = 85 grams)	79	0.8	0	~	~	~	~	0.1	0.1	112	2	1
Eel	100 grams (1 fillet = 204 grams)	184	0	0	0	0	0	0	2.4	7.2	653	196	0
Flatfish (flounder and sole)	100 grams (1 fillet = 163 grams)	91	0	0	0	0	0	0	0.3	0.2	253	8	0
Grouper	100 grams (1 fillet = 259 grams)	92	0	0	0	0	0	0	0.2	0.2	267	12	0
Haddock	100 grams (1 fillet = 193 grams)	87	0	0	0	0	0	0	0.1	0.1	206	9	0
Halibut, Atlantic and Pacific	100 grams (1/2 fillet = 204 grams)	110	0	0	0	0	0	0	0.3	0.7	522	30	0
Herring, Atlantic	100 grams (1 fillet = 184 grams)	158	0	0	0	0	0	0	2	3.7	1729	130	0
Lingcod	100 grams (1/2 fillet = 193 grams)	85	0	0	0	0	0	0	0.2	0.4	~	~	0
Lobster	100 grams (1 lobster = 150 grams)	90	0.5	0	~	0	0	0	0.2	0.3	~	~	0
Mackerel, King	100 grams (1/2 fillet = 198 grams)	105	0	0	0	0	0	0	0.4	0.8	330	40	0
Mackerel, Pacific and Jack	100 grams (1 fillet = 225 grams)	158	0	0	0	0	0	0	2.2	2.6	1614	116	0
Mollusks	100 grams (1 cup = 150 grams)	86	3.7	0	0	0	0	0	0.4	0.5	483	18	3
Monkfish	100 grams (3 ounces = 85 grams)	76	0	0	0	0	0	0	0.3	0.2	~	~	0
Mullet	100 grams (1 fillet = 119 grams)	117	0	0	0	0	0	0	1.1	1.1	449	88	0
Octopus	100 grams (3 ounces = 85 grams)	82	2.2	0	0	0	0	0	0.2	0.2	163	9	2
Orange Roughy	100 grams (3 ounces = 85 grams)	76	0	0	0	0	0	0	0	0.2	23	69	0
Oyster, Eastern, wild	100 grams (6 medium = 84 grams)	68	3.9	0	~	0	0	0	0.8	0.3	672	58	3
Oyster, Pacific	100 grams (1 medium = 50 grams)	81	4.9	0	~	~	~	~	0.5	0.4	740	32	4
Pike, Northern	100 grams (1/2 fillet = 198 grams)	88	0	0	0	0	0	0	0.1	0.2	142	32	0
Pollack, Atlantic	100 grams (1/2 fillet = 193 grams)	92	0	0	0	0	0	0	0.1	0.1	443	9	0
Pompano	100 grams (1 fillet = 112 grams)	164	0	0	0	0	0	0	3.5	2.6	770	121	0
Roe	100 grams (3 ounces = 85 grams)	143	1.5	0	~	0	0	0	1.5	1.7	2434	29	1
Sablefish	100 grams (1/2 fillet = 193 grams)	195	0	0	0	0	0	0	3.2	8.1	1659	165	0
Salmon, Coho, farmed	100 grams (1 fillet = 159 grams)	160	0	0	0	0	0	0	1.8	3.3	1281	349	0
Salmon, Coho, wild	100 grams (1/2 fillet = 198 grams)	146	0	0	0	0	0	0	1.3	2.1	1474	206	0
Salmon, Pink	100 grams (1/2 fillet = 159 grams)	116	0	0	0	0	0	0	0.6	0.9	1135	50	0
Salmon, Sockeye	100 grams (1/2 fillet = 198 grams)	168	0	0	0	0	0	0	1.5	4.1	1303	380	0

Data from the USDA database.

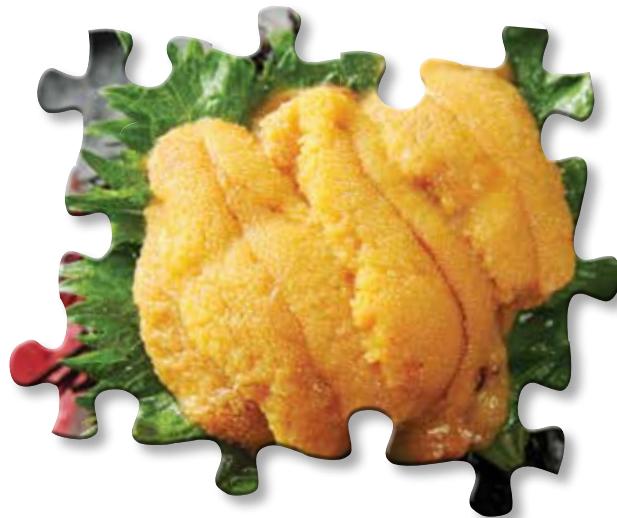
~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Sugars and Fats

Seafood

	100 grams (1 can = 92 grams)	Carbohydrates and Sugars						Fats & Fatty Acids				Glycemic Load		
		Calories	Total Carbohydrates (g)	Fiber (g)	Starch (g)	Sugars (g)	Sucrose (mg)	Glucose (mg)	Fructose (mg)	Saturated (g)	Monounsaturated (g)	Omega-3 (mg)	Omega-6 (mg)	
Sardine	100 grams (1 can = 92 grams)	208	0	0	0	0	0	0	0	1.5	3.9	1480	3544	0
Scallop	100 grams (3 ounces = 85 grams)	88	2.4	0	0	0	0	0	0	0.1	0	215	4	2
Shrimp	100 grams (3 ounces = 85 grams)	106	0.9	0	~	0	0	0	0	0.3	0.3	540	28	0
Snail	100 grams (1 ounce = 28 grams)	90	2	0	0	0	0	0	0	0.4	0.3	218	17	2
Snapper	100 grams (1 fillet = 218 grams)	100	0	0	0	0	0	0	0	0.3	0.3	380	19	0
Squid	100 grams (3 ounces = 85 grams)	78	2.6	0	0	0	0	0	0	0.3	0.1	422	1.7	3
Sturgeon	100 grams (3 ounces = 85 grams)	105	0	0	0	0	0	0	0	0.9	1.9	432	68	0
Swordfish	100 grams (1 piece = 136 grams)	121	0	0	0	0	0	0	0	1.1	1.5	825	29	0
Tilapia	100 grams (1 ounce = 28 grams)	96	0	0	0	0	0	0	0	0.8	0.7	220	210	0
Tilefish	100 grams (1/2 fillet = 193 grams)	96	0	0	0	0	0	0	0	0.4	0.6	496	37	0
Trout	100 grams (1 fillet = 159 grams)	119	0	0	0	0	0	0	0	0.7	1.1	812	239	0
Tuna, Light, canned	100 grams (1 can = 165 grams)	116	0	0	0	0	0	0	0	0.2	0.2	279	9	0
Tuna, White, canned	100 grams (1 can = 172 grams)	128	0	0	0	0	0	0	0	0.8	0.8	951	55	0
Tuna, Yellowfin	100 grams (3 ounces = 85 grams)	108	0	0	0	0	0	0	0	0.2	0.2	243	8	0
Turbot	100 grams (1/2 fillet = 204 grams)	95	0	0	0	0	0	0	0	0.7	0.6	~	~	0
Whitefish	100 grams (1 fillet = 198 grams)	134	0	0	0	0	0	0	0	0.9	2	1604	272	0
Whiting	100 grams (1 fillet = 92 grams)	90	0	0	0	0	0	0	0	0.2	0.3	276	20	0



Amino Acids

Vegetables

		Total Protein (g)	Amino Acid Score	Tryptophan (mg)	Threonine (mg)	Isoleucine (mg)	Leucine (mg)	Lysine (mg)	Methionine (mg)
Arrowroot, raw	100 grams (1 cup, sliced = 120 grams)	4.2	~	~	~	~	~	~	~
Artichoke, raw	100 grams (1 medium = 128 grams)	3.3	~	~	~	~	~	~	~
Arugula, raw	100 grams (1 cup = 20 grams)	2.6	~	~	~	~	~	~	~
Asparagus, raw	100 grams (1 cup = 134 grams)	2.2	93	27	84	75	128	104	31
Avocado, raw	100 grams (1 cup, cubes = 150 grams)	2	129	25	73	84	143	132	38
Bamboo Shoot, raw	100 grams (1 cup, 1/2" slices = 151 grams)	2.6	73	27	86	88	140	134	30
Beet Greens, raw	100 grams (1 cup = 38 grams)	2.2	57	35	65	46	98	64	18
Beet, raw	100 grams (1 cup = 136 grams)	1.6	71	19	47	48	68	58	18
Borage, raw	100 grams (1 cup = 89 grams)	1.8	~	~	~	~	~	~	~
Broccoli Rabe, raw	100 grams (1 cup = 40 grams)	3.2	98	43	106	104	170	198	48
Broccoli, raw	100 grams (1 cup, chopped = 91 grams)	2.8	83	33	88	79	129	135	38
Brussels Sprouts, raw	100 grams (1 cup = 88 grams)	3.4	61	37	120	132	152	154	32
Cabbage, raw	100 grams (1 cup, chopped = 89 grams)	1.3	58	11	35	30	41	44	12
Carrot, raw	100 grams (1 cup, chopped = 128 grams)	0.9	~	~	~	~	~	~	~
Cauliflower, raw	100 grams (1 cup = 100 grams)	2	103	26	72	75	116	106	28
Celeriac, raw	100 grams (1 cup = 156 grams)	1.5	~	~	~	~	~	~	~
Celery, raw	100 grams (1 cup = 101 grams)	0.7	52	9	20	21	32	27	5
Chicory Root, raw	100 grams (1 cup = 90 grams)	1.4	~	~	~	~	~	~	~
Collards, raw	100 grams (1 cup = 36 grams)	2.5	94	31	86	100	151	117	33
Cucumber, raw	100 grams (1/2 cup, sliced = 52 grams)	0.7	62	5	19	21	29	29	6
Dandelion Greens, raw	100 grams (1 cup, chopped = 55 grams)	2.7	~	~	~	~	~	~	~
Endive, raw	100 grams (1 cup, chopped = 50 grams)	1.3	57	5	50	72	98	63	14
Fennel Bulb, raw	100 grams (1 cup, sliced = 87 grams)	1.2	~	~	~	~	~	~	~
Fiddlehead Fern, raw	100 grams (1 cup = 224 grams)	4.5	~	~	~	~	~	~	~
Garlic, raw	100 grams (1 cup = 136 grams)	6.4	84	66	157	217	308	273	76
Gingerroot, raw	100 grams (1 tsp = 2 grams)	1.8	46	12	36	51	74	57	13
Jerusalem Artichoke, raw	100 grams (1 cup, sliced = 150 grams)	2	~	~	~	~	~	~	~
Jicama, raw	100 grams (1 cup, sliced = 120 grams)	0.7	~	~	18	16	25	26	7
Kale, raw	100 grams (1 cup, chopped = 67 grams)	3.3	92	40	147	197	231	197	32
Kohlrabi, raw	100 grams (1 cup = 135 grams)	1.7	47	10	49	78	67	56	13
Leek, raw	100 grams (1 cup = 89 grams)	1.5	93	12	63	52	96	78	18
Lettuce (green leaf), raw	100 grams (1 cup, shredded = 36 grams)	1.4	90	9	59	84	79	84	16
Lotus Root, raw	100 grams (10 slices = 81 grams)	2.6	48	20	51	54	69	94	22
Mustard Greens, raw	100 grams (1 cup, chopped = 56 grams)	2.7	56	30	72	98	83	123	25
Onion, raw	100 grams (1 cup, chopped = 160 grams)	1.1	22	14	21	14	25	39	2
Parsnip, raw	100 grams (1 cup, sliced = 133 grams)	1.2	~	~	~	~	~	~	~
Plantain, raw	100 grams (1 cup, sliced = 148 grams)	1.3	83	15	34	36	59	60	17
Pokeberry Shoot (poke), raw	100 grams (1 cup = 160 grams)	2.6	~	~	~	~	~	~	~
Pumpkin, raw	100 grams (1 cup, 1" cubes = 116 grams)	1	56	12	29	31	46	54	11
Purslane, raw	100 grams (1 cup = 43 grams)	1.3	65	14	44	47	80	57	12



Cysteine (mg)	Phenylalanine (mg)	Tyrosine (mg)	Valine (mg)	Arginine (mg)	Histidine (mg)	Alanine (mg)	Aspartic Acid (mg)	Glutamic Acid (mg)	Glycine (mg)	Proline (mg)	Serine (mg)	Hydroxyproline (mg)	
~	~	~	~	~	~	~	~	~	~	~	~	~	Arrowroot, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Artichoke, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Arugula, raw
31	75	52	115	91	49	115	508	233	93	71	106	~	Asparagus, raw
27	232	49	107	88	49	109	236	287	104	98	114	~	Avocado, raw
22	90	~	106	97	42	124	425	248	87	219	127	~	Bamboo Shoot, raw
21	58	52	65	63	34	81	129	267	81	52	70	~	Beet Greens, raw
19	46	38	56	42	21	60	116	428	31	42	59	~	Beet, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Borage, raw
39	128	75	153	172	66	124	360	549	123	131	99	~	Broccoli Rabe, raw
28	117	50	125	191	59	104	325	542	89	110	121	~	Broccoli, raw
22	98	~	155	203	76	~	~	~	~	~	~	~	Brussels Sprouts, raw
11	32	19	42	75	22	42	122	294	30	48	53	~	Cabbage, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Carrot, raw
23	71	43	99	95	40	104	232	264	64	85	104	~	Cauliflower, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Celeriac, raw
4	20	9	27	20	12	23	117	90	21	18	20	~	Celery, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Chicory Root, raw
25	87	66	120	125	47	105	187	204	94	105	78	~	Collards, raw
4	19	11	22	44	10	24	41	196	24	15	20	~	Cucumber, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Dandelion Greens, raw
10	53	40	63	62	23	62	130	166	58	59	49	~	Endive, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Fennel Bulb, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Fiddlehead Fern, raw
65	183	81	291	634	113	132	489	805	200	100	190	~	Garlic, raw
8	45	20	73	43	30	31	208	162	43	41	45	~	Gingerroot, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Jerusalem Artichoke, raw
6	17	12	22	37	19	20	200	43	16	25	25	~	Jicama, raw
44	169	117	181	184	69	166	295	374	159	196	139	~	Kale, raw
7	39	~	50	105	19	~	~	~	~	~	~	~	Kohlrabi, raw
25	55	41	56	78	25	74	140	226	69	66	92	~	Leek, raw
16	55	32	70	71	22	56	142	182	57	48	39	~	Lettuce (green leaf), raw
22	47	29	55	88	38	54	369	139	156	136	60	~	Lotus Root, raw
40	72	143	105	197	48	~	~	~	~	~	~	~	Mustard Greens, raw
4	25	14	21	104	14	21	91	258	25	12	21	~	Onion, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Parsnip, raw
20	44	32	46	108	64	51	108	116	45	50	41	~	Plantain, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Pokeberry Shoot (poke), raw
3	32	42	35	54	16	28	102	184	27	26	44	~	Pumpkin, raw
9	51	21	63	50	20	50	68	191	40	61	39	~	Purslane, raw



Amino Acids Vegetables

		Total Protein (g)	Amino Acid Score	Tryptophan (mg)	Threonine (mg)	Isoleucine (mg)	Leucine (mg)	Lysine (mg)	Methionine (mg)
Radicchio, raw	100 grams (1 cup, shredded = 40 grams)	1.4	20	26	40	85	62	56	8
Radish, raw	100 grams (1 cup, slices = 116 grams)	0.7	83	9	23	20	31	33	10
Rutabaga, raw	100 grams (1 cup, cubes = 140 grams)	1.2	58	13	46	50	38	39	10
Shallot, raw	100 grams (1 Tbsp, chopped = 10 grams)	2.5	42	28	98	106	149	125	27
Spinach, raw	100 grams (1 cup = 30 grams)	2.9	119	39	122	147	223	174	53
Spring Onion/Scallion, raw	100 grams (1 cup, chopped = 100 grams)	1.8	42	20	72	77	109	91	20
Squash (winter, acorn), raw	100 grams (1 cup, cubes = 140 grams)	0.8	71	11	24	31	45	29	10
Squash (winter, butternut), raw	100 grams (1 cup, cubes = 140 grams)	1	73	14	30	39	57	37	12
Squash (winter, spaghetti), raw	100 grams (1 cup, cubes = 101 grams)	0.6	67	9	18	24	34	22	7
Sweet Potato, raw	100 grams (1 cup, cubes = 133 grams)	1.6	82	31	83	55	92	66	29
Swiss Chard, raw	100 grams (1 cup = 36 grams)	1.8	40	17	83	147	130	99	19
Taro, raw	100 grams (1 cup, sliced = 104 grams)	1.5	88	23	69	54	111	67	20
Turnip Greens, raw	100 grams (1 cup, chopped = 55 grams)	1.5	128	26	82	78	137	98	34
Turnip, raw	100 grams (1 cup, cubes = 130 grams)	0.9	67	9	25	36	33	36	11
Watercress, raw	100 grams (1 cup, chopped = 34 grams)	2.3	47	30	133	93	166	134	20
Yam, raw	100 grams (1 cup, cubes = 150 grams)	1.5	76	12	54	52	96	59	21
Zucchini (summer squash), raw	100 grams (1 cup, chopped = 124 grams)	1.2	89	10	29	44	71	67	18

Amino Acids Fruit

		Total Protein (g)	Amino Acid Score	Tryptophan (mg)	Threonine (mg)	Isoleucine (mg)	Leucine (mg)	Lysine (mg)	Methionine (mg)
Apple	100 grams (1 medium = 182 grams)	0.3	31	1	6	6	13	12	1
Apricot	100 grams (1 cup halves = 155 grams)	1.4	26	15	47	41	77	97	6
Banana	100 grams (1 medium = 118 grams)	1.1	62	9	28	28	68	50	8
Blackberries	100 grams (1 cup = 144 grams)	1.4	~	~	~	~	~	~	~
Blueberries	100 grams (1 cup = 148 grams)	0.7	34	3	20	23	44	13	12
Cherries (sour)	100 grams (1 cup w/o pits = 155 grams)	1	~	~	~	~	~	~	~
Cherries (sweet)	100 grams (1 cup w/o pits = 154 grams)	1.1	51	9	22	20	30	32	10
Clementine	100 grams (1 fruit = 74 grams)	0.9	~	~	~	~	~	~	~
Coconut Meat	100 grams (1 cup, shredded = 80 grams)	3.3	87	39	121	131	247	147	62
Coconut Milk, canned	100 grams (1 Tbsp = 15 grams)	2	86	24	74	79	150	89	38
Coconut Oil	100 grams (1 Tbsp = 14 grams)	0	0	0	0	0	0	0	0
Cranberries	100 grams (1 cup, chopped = 110 grams)	0.4	62	3	28	33	53	39	3
Currants, red and white	100 grams (1 cup, chopped = 112 grams)	1.4	~	~	~	~	~	~	~
Dates, Deglet Noor	100 grams (1 date, pitted = 7 grams)	2.5	53	12	43	49	84	66	22
Dates, Medjool	100 grams (1 date, pitted = 24 grams)	1.8	55	7	42	45	82	54	17
Durian	100 grams (1 cup, chopped = 243 grams)	1.5	~	~	~	~	~	~	~
Fig	100 grams (1 medium = 50 grams)	0.7	78	6	24	23	33	30	6

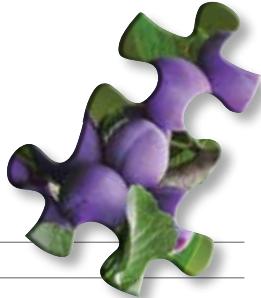
Cysteine (mg)	Phenylalanine (mg)	Tyrosine (mg)	Valine (mg)	Arginine (mg)	Histidine (mg)	Alanine (mg)	Aspartic Acid (mg)	Glutamic Acid (mg)	Glycine (mg)	Proline (mg)	Serine (mg)	Hydroxyproline (mg)
~	34	~	65	105	24	~	~	~	~	~	~	Radicchio, raw
10	36	9	35	38	13	26	64	157	26	22	27	Radish, raw
11	31	23	48	148	30	33	87	142	27	~	35	Rutabaga, raw
~	81	72	110	181	43	113	231	517	124	165	113	Shallot, raw
35	129	108	161	162	64	142	240	343	134	112	104	Spinach, raw
~	59	53	81	132	32	82	169	378	91	121	82	Spring Onion/Scallion, raw
7	31	27	34	44	15	33	86	140	29	28	31	Squash (winter, acorn), raw
9	39	34	43	56	19	42	107	175	37	36	39	Squash (winter, butternut), raw
5	24	20	26	33	11	25	64	105	22	21	24	Squash (winter, spaghetti), raw
22	89	34	86	55	31	77	382	155	63	52	88	Sweet Potato, raw
~	110	~	110	117	36	~	~	~	~	~	~	Swiss Chard, raw
32	82	55	82	103	34	73	192	174	74	60	92	Taro, raw
17	92	58	102	94	36	103	158	204	90	71	61	Turnip Greens, raw
5	17	13	30	24	14	35	63	130	25	26	29	Turnip, raw
7	114	63	137	150	40	137	187	190	112	96	60	Watercress, raw
19	71	40	62	127	34	63	155	181	53	54	81	Yam, raw
12	43	32	54	51	26	63	147	129	46	37	49	Zucchini (summer squash), raw

Cysteine (mg)	Phenylalanine (mg)	Tyrosine (mg)	Valine (mg)	Arginine (mg)	Histidine (mg)	Alanine (mg)	Aspartic Acid (mg)	Glutamic Acid (mg)	Glycine (mg)	Proline (mg)	Serine (mg)	Hydroxyproline (mg)	
1	6	1	12	6	5	11	70	25	9	6	10	~	Apple
3	52	29	47	45	27	68	314	157	40	101	83	~	Apricot
9	49	9	47	49	77	40	124	152	38	28	40	~	Banana
~	~	~	~	~	~	~	~	~	~	~	~	~	Blackberries
8	26	9	31	37	11	31	57	91	31	28	22	~	Blueberries
~	~	~	~	~	~	~	~	~	~	~	~	~	Cherries (sour)
10	24	14	24	18	15	26	569	83	23	39	30	~	Cherries (sweet)
~	~	~	~	~	~	~	~	~	~	~	~	~	Clementine
66	169	103	202	546	77	170	325	761	158	138	172	~	Coconut Meat
40	102	62	122	331	46	103	197	462	96	83	104	~	Coconut Milk, canned
0	0	0	0	0	0	0	0	0	0	0	0	0	Coconut Oil
3	36	32	45	56	18	49	188	146	48	31	51	~	Cranberries
~	~	~	~	~	~	~	~	~	~	~	~	~	Currants, red and white
67	50	15	71	136	32	83	213	359	101	130	57	~	Dates, Deglet Noor
46	48	16	66	60	29	78	220	265	90	111	62	~	Dates, Medjool
~	~	~	~	~	~	~	~	~	~	~	~	~	Durian
12	18	32	28	17	11	45	176	72	25	49	37	~	Fig

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.





Amino Acids Fruit

		Total Protein (g)	Amino Acid Score	Tryptophan (mg)	Threonine (mg)	Isoleucine (mg)	Leucine (mg)	Lysine (mg)	Methionine (mg)
Gooseberries	100 grams (1 cup = 150 grams)	0.9	~	~	~	~	~	~	~
Grapefruit, pink and red	100 grams (1/2 fruit = 123 grams)	0.8	35	8	13	8	15	19	7
Grapefruit, raw, white, all areas	100 grams (1/2 fruit = 118 grams)	0.7	34	7	12	7	13	17	7
Grapes	100 grams (1 cup = 151 grams)	0.7	56	11	22	11	22	27	9
Olives, ripe, canned (small–extra large)	100 grams (1 fruit w/o refuse = 55 grams)	2.5	24	22	96	93	171	72	16
Jackfruit	100 grams (1 cup, sliced = 165 grams)	1.5	~	~	~	~	~	~	~
Kiwi	100 grams (1 medium w/o skin = 76 grams)	1.1	105	15	47	51	66	61	24
Kumquat	100 grams (1 fruit w/o refuse = 19 grams)	1.9	~	~	~	~	~	~	~
Lemon	100 grams (1 fruit = 84 grams)	1.1	~	~	~	~	~	~	~
Lime	100 grams (1 fruit = 67 grams)	0.7	~	3	~	~	~	14	2
Lychee	100 grams (1 fruit w/o refuse = 10 grams)	0.8	~	7	~	~	~	41	9
Mango	100 grams (1 cup, sliced = 165 grams)	0.5	31	8	19	18	31	41	5
Melon, Cantaloupe	100 grams (1 cup, diced = 156 grams)	0.8	34	2	17	21	29	30	12
Melon, Honeydew	100 grams (1 cup, diced = 170 grams)	0.5	51	5	13	13	16	18	5
Nectarine	100 grams (1 medium = 143 grams)	1.1	24	5	9	9	14	16	6
Olive Oil	100 grams (1 ounce = 28 grams)	0	0	0	0	0	0	0	0
Olives, picked, canned, or bottled	100 grams (1 olive = 2 grams)	1	~	0	0	0	0	0	0
Orange, Navel	100 grams (1 cup sections = 168 grams)	0.9	58	9	18	17	29	38	9
Orange, California, Valencia	100 grams (1 fruit = 121 grams)	1	45	10	17	28	26	53	22
Orange, Florida	100 grams (1 fruit = 141 grams)	0.7	44	7	11	19	17	35	15
Palm Oil	100 grams (1 Tbsp = 14 grams)	0	0	0	0	0	0	0	0
Papaya	100 grams (1 small = 152 grams)	0.6	7	8	11	8	16	25	2
Passionfruit	100 grams (1 ounce = 28 grams)	2.2	~	~	~	~	~	~	~
Peach	100 grams (1 medium = 150 grams)	0.9	54	10	16	17	27	30	10
Pear	100 grams (1 medium = 178 grams)	0.4	29	2	11	11	19	17	2
Pear, Asian	100 grams (1 medium = 122 grams)	0.5	56	5	13	14	25	17	6
Persimmon	100 grams (1 fruit w/o refuse = 25 grams)	0.8	110	14	41	35	58	45	7
Pineapple	100 grams (1 cup chunks = 165 grams)	0.5	81	5	19	19	24	26	12
Plantain	100 grams (1 medium = 179 grams)	1.3	83	15	34	36	59	60	17
Plum	100 grams (1 fruit = 66 grams)	0.7	39	9	10	14	15	16	8
Pomegranate, raw	100 grams (1/2 cup arils = 87 grams)	1.7	~	~	~	~	~	~	~
Prickly Pear	100 grams (1 fruit w/o refuse = 103 grams)	0.7	~	~	~	~	~	~	~
Prune	100 grams (1 ounce = 28 grams)	2.2	45	25	49	41	66	50	16
Quince	100 grams (1 fruit w/o refuse = 92 grams)	0.4	~	~	~	~	~	~	~
Raisins	100 grams (1 small box = 43 grams)	3.1	52	50	77	57	96	84	21
Raspberries	100 grams (1 cup = 123 grams)	1.2	~	~	~	~	~	~	~
Rhubarb	100 grams (1 cup, diced = 122 grams)	0.9	~	~	~	~	~	~	~
Salmonberries	100 grams (1 ounce = 28 grams)	0.9	~	~	~	~	~	~	~
Star Fruit	100 grams (1 cup, sliced = 108 grams)	1	43	8	44	44	77	77	21
Strawberries	100 grams (1 cup halves = 152 grams)	0.7	48	8	20	16	34	26	2
Tangerine (mandarin orange)	100 grams (1 medium = 88 grams)	0.8	20	2	16	17	28	32	2
Watermelon	100 grams (1 cup, diced = 152 grams)	0.6	52	7	27	19	18	62	6

Cysteine (mg)	Phenylalanine (mg)	Tyrosine (mg)	Valine (mg)	Arginine (mg)	Histidine (mg)	Alanine (mg)	Aspartic Acid (mg)	Glutamic Acid (mg)	Glycine (mg)	Proline (mg)	Serine (mg)	Hydroxyproline (mg)	
~	~	~	~	~	~	~	~	~	~	~	~	~	Gooseberries
8	46	8	15	87	8	24	138	197	15	63	28	~	Grapefruit, pink and red
7	41	7	14	78	7	22	123	176	13	56	25	~	Grapefruit, raw, white, all areas
10	19	10	22	130	22	22	38	81	16	80	22	~	Grapes
~	6	31	87	65	22	128	162	333	128	78	75	~	Olive, ripe, canned (small–extra large)
~	~	~	~	~	~	~	~	~	~	~	~	~	Jackfruit
31	44	34	57	81	27	53	126	184	60	44	53	~	Kiwi
~	~	~	~	~	~	~	~	~	~	~	~	~	Kumquat
~	~	~	~	~	~	~	~	~	~	~	~	~	Lemon
~	~	~	~	~	~	~	~	~	~	~	~	~	Lime
~	~	~	~	~	~	~	~	~	~	~	~	~	Lychee
~	17	10	26	19	12	51	42	60	21	18	22	~	Mango
2	23	14	33	29	15	95	136	209	26	19	42	~	Melon, Cantaloupe
5	15	10	18	14	5	44	88	153	16	12	23	~	Melon, Honeydew
5	11	7	13	9	8	17	568	34	11	10	18	~	Nectarine
0	0	0	0	0	0	0	0	0	0	0	0	0	Olive Oil
0	0	0	0	0	0	0	0	0	0	0	0	0	Olives, picked, canned, or bottled
10	53	13	26	115	13	32	139	247	23	181	37	~	Orange, Navel
11	34	18	44	73	20	56	127	105	105	52	36	~	Orange, California, Valencia
7	23	12	30	49	13	38	85	71	71	35	24	~	Orange, Florida
0	0	0	0	0	0	0	0	0	0	0	0	0	Palm Oil
~	9	5	10	10	5	14	49	33	18	10	15	~	Papaya
~	~	~	~	~	~	~	~	~	~	~	~	~	Passionfruit
12	19	14	22	18	13	28	418	56	21	18	32	~	Peach
2	11	2	17	10	2	14	105	30	13	21	15	~	Pear
5	13	4	18	9	5	17	98	36	14	16	18	~	Pear, Asian
18	36	23	42	34	16	39	79	104	35	31	31	~	Persimmon
14	21	19	24	19	10	33	121	79	24	17	35	~	Pineapple
20	44	32	46	108	64	51	108	116	45	50	41	~	Plantain
2	14	8	16	9	9	28	352	35	9	27	23	~	Plum
~	~	~	~	~	~	~	~	~	~	~	~	~	Pomegranate, raw
~	~	~	~	~	~	~	~	~	~	~	~	~	Prickly Pear
11	104	21	56	37	27	66	801	114	47	130	59	~	Prune
~	~	~	~	~	~	~	~	~	~	~	~	~	Quince
19	140	12	83	413	72	105	110	164	80	254	70	~	Raisins
~	~	~	~	~	~	~	~	~	~	~	~	~	Raspberries
~	~	~	~	~	~	~	~	~	~	~	~	~	Rhubarb
~	~	~	~	~	~	~	~	~	~	~	~	~	Salmonberries
~	37	44	50	21	8	71	98	148	50	50	83	~	Star Fruit
6	19	22	19	28	12	33	149	98	26	20	25	~	Strawberries
2	18	15	21	68	11	28	129	61	19	74	33	~	Tangerine (mandarin orange)
2	15	12	16	59	6	17	39	63	10	24	16	~	Watermelon

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Amino Acids

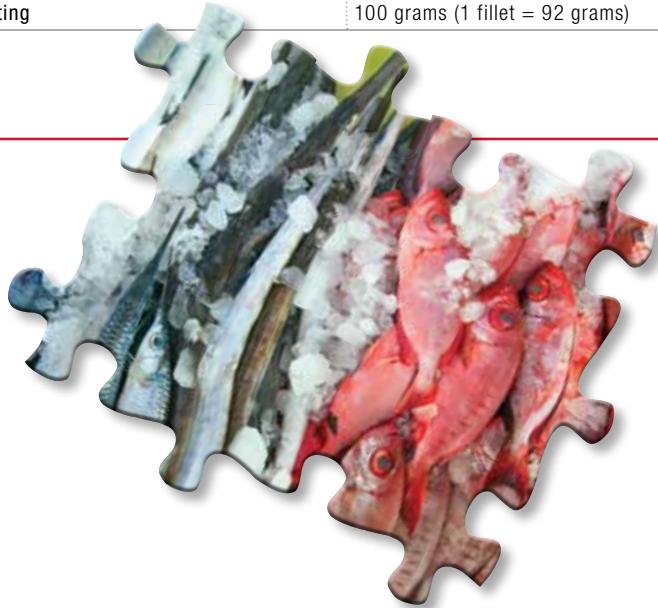
Meat

		Total Protein (g)	Amino Acid Score	Tryptophan (mg)	Threonine (mg)	Isoleucine (mg)	Leucine (mg)	Lysine (mg)	Methionine (mg)
Antelope	100 grams (1 ounce = 28 grams)	22.4	~	~	1035	856	1891	1871	637
Beef (grass-fed, ground)	100 grams (1 ounce = 28 grams)	19.4	~	~	~	~	~	~	~
Beef (grass-fed, strip steaks, lean only)	100 grams (1 ounce = 28 grams)	23.1	~	~	~	~	~	~	~
Beef (ground, 85/15), raw	100 grams (1 ounce = 28 grams)	18.6	74	96	721	821	1450	1541	479
Beef Chuck Roast, raw	100 grams (1 ounce = 28 grams)	19.2	91	123	750	854	1494	1587	489
Beef Heart, raw	100 grams (4 ounces = 113 grams)	17.7	~	~	~	~	~	~	~
Beef Kidney, raw	100 grams (4 ounces = 113 grams)	17.4	~	~	~	~	~	~	~
Beef Liver, raw	100 grams (1 ounce = 28 grams)	20.4	155	263	869	967	1910	1607	543
Beef Pancreas	100 grams (4 ounces = 113 grams)	15.7	109	203	728	794	1226	1158	284
Beef Prime Rib Roast, raw	100 grams (1 ounce = 28 grams)	16.1	144	181	705	726	1276	1344	413
Beef Ribeye, raw	100 grams (1 ounce = 28 grams)	17.5	144	196	765	787	1384	1457	448
Beef Short Ribs, raw	100 grams (1 ounce = 28 grams)	14.4	144	161	629	647	1138	1198	368
Beef Sirloin, raw	100 grams (1 steak = 608 grams)	20.3	94	133	811	924	1615	1716	529
Beef Spleen	100 grams (4 ounces = 113 grams)	18.3	142	190	720	706	1616	1323	337
Beef Suet	100 grams (4 ounces = 113 grams)	1.5	95	10	60	68	119	127	39
Beef Tallow	100 grams (1 ounce = 28 grams)	0	0	0	0	0	0	0	0
Beef Thymus	100 grams (4 ounces = 113 grams)	12.2	98	94	440	415	813	1013	170
Beef Tongue	100 grams (4 ounces = 113 grams)	14.9	109	114	648	641	1113	1149	315
Beef Tripe	100 grams (4 ounces = 113 grams)	12.1	~	~	~	~	~	~	~
Bison (ground, grass-fed) raw	100 grams (1 ounce = 28 grams)	20.2	108	153	918	977	1736	1877	547
Bison Chuck/Shoulder, raw	100 grams (1 ounce = 28 grams)	21.1	108	160	958	1019	1812	1959	571
Bison Ribeye, raw	100 grams (1 ounce = 28 grams)	22.1	~	0	910	931	1716	1723	524
Bison Sirloin, raw	100 grams (1 ounce = 28 grams)	21.4	~	0	881	902	1662	1669	508
Chicken Heart, raw	100 grams (1 ounce = 28 grams)	15.5	146	199	704	833	1355	1303	376
Chicken Liver, raw	100 grams (1 ounce = 28 grams)	16.9	149	176	725	813	1512	1332	432
Chicken Roasting (dark meat), raw	100 grams (1 ounce = 28 grams)	18.7	136	219	791	989	1406	1592	519
Chicken Roasting (giblets), raw	100 grams (1 ounce = 28 grams)	18.1	127	200	825	903	1424	1318	457
Chicken Roasting (light meat), raw	100 grams (1 ounce = 28 grams)	22.2	136	259	938	1172	1666	1886	614
Chicken Roasting (meat and skin), raw	100 grams (1 ounce = 28 grams)	17.1	132	190	706	851	1244	1390	454
Cornish Game Hen (meat and skin), raw	100 grams (1 ounce = 28 grams)	17.1	131	190	705	847	1240	1385	453
Deer (ground), raw	100 grams (1 ounce = 28 grams)	21.8	126	192	818	929	1645	1756	505
Duck (meat and skin), raw	100 grams (1 ounce = 28 grams)	11.5	137	144	471	537	900	912	291
Duck Fat	100 grams (1 Tbsp = 13 grams)	0	0	0	0	0	0	0	0
Elk	100 grams (1 ounce = 28 grams)	23	96	414	999	740	1935	2131	551
Emu (full rump), raw	100 grams (1 ounce = 28 grams)	22.8	94	151	654	742	1260	1343	433
Emu (ground), raw	100 grams (1 ounce = 28 grams)	22.8	94	150	653	740	1257	1340	432
Frog Legs	100 grams (1 ounce = 28 grams)	16.4	~	~	~	~	~	~	~
Gelatin, dry powder, unsweetened	100 grams (1 package = 1 ounce = 28 grams)	85.6	0	0	1475	1158	2454	3460	606
Goat, raw	100 grams (1 ounce = 28 grams)	20.6	116	306	981	1042	1716	1532	552
Goose (meat and skin), raw	100 grams (1 ounce = 28 grams)	15.9	152	207	708	746	1330	1254	383
Goose Liver, raw	100 grams (1 ounce = 28 grams)	16.4	148	230	728	870	1477	1239	388
Horse	100 grams (1 ounce = 28 grams)	21.4	144	265	959	1014	1696	1823	473

Amino Acids

Seafood

		Total Protein (g)	Amino Acid Score	Tryptophan (mg)	Threonine (mg)	Isoleucine (mg)	Leucine (mg)	Lysine (mg)	Methionine (mg)
Sardine	100 grams (1 can = 92 grams)	24.6	148	276	1079	1134	2001	2260	729
Scallop	100 grams (3 ounces = 85 grams)	16.8	107	188	722	730	1181	1254	379
Shrimp	100 grams (3 ounces = 85 grams)	20.3	113	283	822	985	1612	1768	572
Snail	100 grams (1 ounce = 28 grams)	16.1	~	~	~	~	~	~	~
Snapper	100 grams (1 fillet = 218 grams)	20.5	148	230	899	945	1667	1883	607
Squid	100 grams (3 ounces = 85 grams)	13.2	107	148	569	576	932	989	298
Sturgeon	100 grams (3 ounces = 85 grams)	16.1	148	181	708	744	1312	1483	478
Swordfish	100 grams (1 piece = 136 grams)	19.8	148	222	868	912	1609	1818	586
Tilapia	100 grams (1 ounce = 28 grams)	20.1	130	210	950	930	1603	1810	593
Tilefish	100 grams (1/2 fillet = 193 grams)	17.5	148	196	767	806	1422	1607	518
Trout	100 grams (1 fillet = 159 grams)	20.5	148	229	898	944	1664	1881	606
Tuna, Light, canned	100 grams (1 can = 165 grams)	25.5	148	286	1118	1175	2073	2343	755
Tuna, White, canned	100 grams (1 can = 172 grams)	23.6	148	265	1035	1088	1920	2169	699
Tuna, Yellowfin	100 grams (3 ounces = 85 grams)	23.4	148	262	1025	1077	1900	2147	692
Turbot	100 grams (1/2 fillet = 204 grams)	16.1	148	180	704	740	1305	1474	475
Whitefish	100 grams (1 fillet = 198 grams)	19.1	148	214	837	880	1551	1753	565
Whiting	100 grams (1 fillet = 92 grams)	18.3	148	205	803	844	1488	1682	542



Cysteine (mg)	Phenylalanine (mg)	Tyrosine (mg)	Valine (mg)	Arginine (mg)	Histidine (mg)	Alanine (mg)	Aspartic Acid (mg)	Glutamic Acid (mg)	Glycine (mg)	Proline (mg)	Serine (mg)	Hydroxyproline (mg)	
264	961	831	1268	1473	725	1489	2520	3675	1181	870	1004	~	Sardine
220	601	537	733	1224	322	1015	1619	2282	1050	685	752	~	Scallop
228	858	676	956	1775	413	1151	2100	3465	1225	670	800	~	Shrimp
~	~	~	~	~	~	~	~	~	~	~	~	~	Snail
220	801	692	1056	1227	604	1240	2100	3061	984	725	837	~	Snapper
173	474	423	578	966	254	801	1278	1800	828	540	593	~	Squid
173	630	545	832	966	475	976	1653	2410	775	571	659	~	Sturgeon
212	773	668	1020	1185	583	1198	2028	2956	950	700	808	~	Swordfish
220	810	680	970	1277	470	1220	2297	3213	1043	757	813	~	Tilapia
188	683	591	902	1047	515	1058	1792	2612	840	619	714	~	Tilefish
220	799	691	1055	1225	603	1239	2097	3057	983	724	836	~	Trout
273	996	861	1314	1527	751	1543	2612	3808	1224	902	1041	~	Tuna, Light, canned
253	922	797	1217	1413	695	1428	2419	3526	1134	835	964	~	Tuna, White, canned
251	913	789	1204	1399	688	1414	2394	3489	1122	827	954	~	Tuna, Yellowfin
172	627	542	827	960	473	971	1644	2396	770	568	655	~	Turbot
205	745	644	983	1142	562	1154	1955	2849	916	675	779	~	Whitefish
196	715	618	943	1096	539	1108	1875	2734	879	648	747	~	Whiting

Data from the USDA database.

~ denotes that no data is available.

Recall that values will vary depending on the source and quality of your food.

Recommended Reading and Resources

There are plenty of other great resources out there, many of which have been mentioned during relevant discussions in this book. For additional information, check out:

- *The Paleo Diet*, by Loren Cordain
- *The Paleo Answer*, by Loren Cordain
- *Wheat Belly*, by William Davis
- *Perfect Health Diet*, by Paul Jaminet and Shou-Ching Jaminet
- *Your Personal Paleo Code*, by Chris Kresser
- *Practical Paleo*, by Diane Sanfilippo
- *The Primal Blueprint*, by Mark Sisson
- *The Primal Connection*, by Mark Sisson
- *The Wahls Protocol*, by Terry Wahls (available March 2014)
- *The Paleo Solution*, by Robb Wolf



The best way to guarantee that a resource, program, book, e-book, or website is compatible with *The Paleo Approach* is to look for this emblem. For a complete list of Paleo Approach-approved resources, go to ThePaleoMom.com/TPA-Approved