

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 32.1 ounces or 909 grams

Watercress

Carbohydrate 4%

Fiber	15%
Sugars, total	3%

Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 21%

Histidine*	12%
Isoleucine*	19%
Leucine*	16%
Lysine*	14%
Methionine*	4%
Cystine	1%
Phenylalanine*	13%
Tyrosine	7%
Threonine*	26%
Tryptophan*	22%
Valine*	22%

Vitamins

Vitamin A	855%
Thiamin (B-1)	41%
Riboflavin (B-2)	39%
Niacin (B-3)	8%
Pantothenic acid	28%
Vitamin B-6	49%
Folate	20%
Vitamin B-12	0%
Vitamin C	434%
Vitamin D	
Vitamin E	61%
Vitamin K	758%

Minerals

Calcium	78%
Copper	35%
Iron	10%
Magnesium	38%
Manganese	96%
Phosphorus	27%
Potassium	75%
Selenium	12%
Sodium	16%
Zinc	7%

Other Nutrients

Beta-carotene	513%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	95%

Food Evaluation

Vitamin Score 685
 Mineral Score 496
 Protein Score 735
 Fiber Score 129

Total Nutrients Score **883**
 Net Food Score **867**

Unhealthy Score 16

Caloric Content

Carbohydrates 42%
 Proteins 51%
 Fats 8%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11591 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 30 grams

Total cereal

Carbohydrate 8%

Fiber	9%
Sugars, total	9%

Fats 1%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	3%
Valine*	2%

Vitamins

Vitamin A	10%
Thiamin (B-1)	75%
Riboflavin (B-2)	61%
Niacin (B-3)	91%
Pantothenic acid	100%
Vitamin B-6	83%
Folate	169%
Vitamin B-12	100%
Vitamin C	67%
Vitamin D	10%
Vitamin E	90%
Vitamin K	0%

Minerals

Calcium	71%
Copper	4%
Iron	100%
Magnesium	5%
Manganese	
Phosphorus	4%
Potassium	2%
Selenium	2%
Sodium	8%
Zinc	100%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	10%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **988**
 Mineral Score **378**
 Protein Score **71**
 Fiber Score **77**

Total Nutrients Score 871
Net Food Score 857
Unhealthy Score 14

Caloric Content

Carbohydrates **88%**
 Proteins **8%**
 Fats **4%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08077 Food Group Code 0800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.1 ounces or 31 grams**

Complete Wheat Bran

Carbohydrate 9%

Fiber	18%
Sugars, total	10%

Fats 1%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	27%
Thiamin (B-1)	85%
Riboflavin (B-2)	66%
Niacin (B-3)	99%
Pantothenic acid	110%
Vitamin B-6	92%
Folate	185%
Vitamin B-12	108%
Vitamin C	72%
Vitamin D	11%
Vitamin E	25%
Vitamin K	0%

Minerals

Calcium	1%
Copper	8%
Iron	108%
Magnesium	9%
Manganese	58%
Phosphorus	8%
Potassium	5%
Selenium	5%
Sodium	10%
Zinc	110%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	27%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score 975
Mineral Score 385
Protein Score 13
Fiber Score 156

Total Nutrients Score **864**
Net Food Score **848**
Unhealthy Score 16

Caloric Content

Carbohydrates 84%
Proteins 11%
Fats 5%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08028 Food Group Code 0800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 15.3 ounces or 435 grams

Spinach

Carbohydrate 6%

Fiber	32%
Sugars, total	3%

Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	9%
Isoleucine*	15%
Leucine*	10%
Lysine*	9%
Methionine*	5%
Cystine	3%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	11%
Tryptophan*	14%
Valine*	13%

Vitamins

Vitamin A	815%
Thiamin (B-1)	17%
Riboflavin (B-2)	29%
Niacin (B-3)	14%
Pantothenic acid	3%
Vitamin B-6	35%
Folate	211%
Vitamin B-12	0%
Vitamin C	136%
Vitamin D	
Vitamin E	59%
Vitamin K	700%

Minerals

Calcium	31%
Copper	28%
Iron	65%
Magnesium	69%
Manganese	170%
Phosphorus	11%
Potassium	61%
Selenium	6%
Sodium	15%
Zinc	15%

Other Nutrients

Beta-carotene	489%
Lycopene	0%
Phytosterols	9%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	91%

Food Evaluation

Vitamin Score 700
 Mineral Score 506
 Protein Score 472
 Fiber Score 271

Total Nutrients Score **861**
 Net Food Score **846**
 Unhealthy Score 16

Caloric Content

Carbohydrates 56%
 Proteins 30%
 Fats 14%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11457 Food Group Code 1100

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 1.0 ounces or 29 grams**

Complete Oat Bran Flakes

Carbohydrate 8%

Fiber	12%
Sugars, total	10%

Fats 2%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	15%
Thiamin (B-1)	79%
Riboflavin (B-2)	61%
Niacin (B-3)	91%
Pantothenic acid	100%
Vitamin B-6	83%
Folate	162%
Vitamin B-12	96%
Vitamin C	67%
Vitamin D	10%
Vitamin E	80%
Vitamin K	0%

Minerals

Calcium	1%
Copper	4%
Iron	100%
Magnesium	9%
Manganese	49%
Phosphorus	5%
Potassium	3%
Selenium	7%
Sodium	9%
Zinc	99%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	15%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **980**
 Mineral Score **363**
 Protein Score **13**
 Fiber Score **105**

Total Nutrients Score **851**
 Net Food Score **835**
 Unhealthy Score **16**

Caloric Content

Carbohydrates **80%**
 Proteins **11%**
 Fats **8%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08258 Food Group Code 0800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 15.3 ounces or 435 grams

Chicory greens

Carbohydrate 7%

Fiber	58%
Sugars, total	6%

Fats 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	10%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	
Phenylalanine*	2%
Tyrosine	
Threonine*	4%
Tryptophan*	11%
Valine*	6%

Vitamins

Vitamin A	497%
Thiamin (B-1)	13%
Riboflavin (B-2)	16%
Niacin (B-3)	10%
Pantothenic acid	50%
Vitamin B-6	19%
Folate	120%
Vitamin B-12	0%
Vitamin C	116%
Vitamin D	
Vitamin E	66%
Vitamin K	431%

Minerals

Calcium	31%
Copper	64%
Iron	22%
Magnesium	26%
Manganese	81%
Phosphorus	10%
Potassium	46%
Selenium	2%
Sodium	9%
Zinc	12%

Other Nutrients

Beta-carotene	298%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	92%

Food Evaluation

Vitamin Score 719
 Mineral Score 385
 Protein Score 219
 Fiber Score 493

Total Nutrients Score **773**
 Net Food Score **761**
 Unhealthy Score 12

Caloric Content

Carbohydrates 72%
 Proteins 18%
 Fats 11%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11152 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 27 grams

Total Corn Flakes

Carbohydrate 8%

Fiber	2%
Sugars, total	5%

Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	8%
Thiamin (B-1)	67%
Riboflavin (B-2)	54%
Niacin (B-3)	81%
Pantothenic acid	88%
Vitamin B-6	75%
Folate	151%
Vitamin B-12	89%
Vitamin C	60%
Vitamin D	8%
Vitamin E	80%
Vitamin K	0%

Minerals

Calcium	64%
Copper	0%
Iron	89%
Magnesium	1%
Manganese	1%
Phosphorus	5%
Potassium	1%
Selenium	2%
Sodium	8%
Zinc	89%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **891**
 Mineral Score **331**
 Protein Score **7**
 Fiber Score **19**

Total Nutrients Score **764**
 Net Food Score **753**

Unhealthy Score **11**

Caloric Content

Carbohydrates **90%**
 Proteins **6%**
 Fats **4%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08246 Food Group Code 0800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 16.0 ounces or 455 grams

Beet greens

Carbohydrate 7%

Fiber	56%
Sugars, total	4%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	5%
Isoleucine*	5%
Leucine*	5%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	13%
Valine*	5%

Vitamins

Vitamin A	575%
Thiamin (B-1)	23%
Riboflavin (B-2)	36%
Niacin (B-3)	8%
Pantothenic acid	11%
Vitamin B-6	20%
Folate	17%
Vitamin B-12	0%
Vitamin C	152%
Vitamin D	
Vitamin E	45%
Vitamin K	606%

Minerals

Calcium	38%
Copper	43%
Iron	65%
Magnesium	64%
Manganese	77%
Phosphorus	9%
Potassium	87%
Selenium	6%
Sodium	45%
Zinc	12%

Other Nutrients

Beta-carotene	345%
Lycopene	0%
Phytosterols	21%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	91%

Food Evaluation

Vitamin Score 578
 Mineral Score 525
 Protein Score 259
 Fiber Score 477

Total Nutrients Score	775
Net Food Score	736

Unhealthy Score 39

Caloric Content

Carbohydrates 71%
 Proteins 24%
 Fats 5%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11086 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 13.1 ounces or 370 grams

Basil

Carbohydrate 6%

Fiber	48%
Sugars, total	2%

Fats 4%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	6%
Isoleucine*	9%
Leucine*	7%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	6%
Tyrosine	3%
Threonine*	8%
Tryptophan*	12%
Valine*	8%

Vitamins

Vitamin A	391%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	16%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	59%
Vitamin B-12	0%
Vitamin C	74%
Vitamin D	
Vitamin E	
Vitamin K	512%

Minerals

Calcium	41%
Copper	54%
Iron	65%
Magnesium	60%
Manganese	233%
Phosphorus	13%
Potassium	43%
Selenium	2%
Sodium	1%
Zinc	21%

Other Nutrients

Beta-carotene	233%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	
Water	91%

Food Evaluation

Vitamin Score 492
 Mineral Score 521
 Protein Score 330
 Fiber Score 409

Total Nutrients Score **727**
 Net Food Score **724**

Unhealthy Score 3

Caloric Content

Carbohydrates 58%
 Proteins 23%
 Fats 19%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02044 Food Group Code 0200

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 26 grams

Multi-Grain Cheerios

Carbohydrate 8%

Fiber	8%
Sugars, total	10%

Fats 2%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	9%
Thiamin (B-1)	68%
Riboflavin (B-2)	55%
Niacin (B-3)	83%
Pantothenic acid	91%
Vitamin B-6	76%
Folate	154%
Vitamin B-12	91%
Vitamin C	15%
Vitamin D	9%
Vitamin E	82%
Vitamin K	0%

Minerals

Calcium	7%
Copper	2%
Iron	91%
Magnesium	4%
Manganese	19%
Phosphorus	4%
Potassium	2%
Selenium	6%
Sodium	8%
Zinc	91%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	9%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **852**
 Mineral Score **296**
 Protein Score **8**
 Fiber Score **70**

Total Nutrients Score 724
Net Food Score 710
Unhealthy Score 15

Caloric Content

Carbohydrates **85%**
 Proteins **7%**
 Fats **8%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08087 Food Group Code 0800

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 15.3 ounces or 435 grams**

Coriander (cilantro) leaves

Carbohydrate 6%

Fiber	41%
Sugars, total	7%

Fats 4%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	587%
Thiamin (B-1)	15%
Riboflavin (B-2)	25%
Niacin (B-3)	22%
Pantothenic acid	25%
Vitamin B-6	27%
Folate	67%
Vitamin B-12	0%
Vitamin C	130%
Vitamin D	
Vitamin E	72%
Vitamin K	449%

Minerals

Calcium	21%
Copper	49%
Iron	43%
Magnesium	23%
Manganese	81%
Phosphorus	10%
Potassium	57%
Selenium	6%
Sodium	9%
Zinc	14%

Other Nutrients

Beta-carotene	342%
Lycopene	0%
Phytosterols	5%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	92%

Food Evaluation

Vitamin Score **694**
 Mineral Score **397**
 Protein Score **38**
 Fiber Score **345**

Total Nutrients Score **721**
 Net Food Score **708**
 Unhealthy Score **13**

Caloric Content

Carbohydrates **58%**
 Proteins **23%**
 Fats **19%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11165 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 16.0 ounces or 455 grams

Broccoli raab

Carbohydrate 5%

Fiber	41%
Sugars, total	3%

Fats 4%

Saturated	1%
Trans fats	
Cholesterol	
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 14%

Histidine*	10%
Isoleucine*	11%
Leucine*	8%
Lysine*	10%
Methionine*	5%
Cystine	4%
Phenylalanine*	7%
Tyrosine	4%
Threonine*	10%
Tryptophan*	16%
Valine*	12%

Vitamins

Vitamin A	238%
Thiamin (B-1)	37%
Riboflavin (B-2)	21%
Niacin (B-3)	25%
Pantothenic acid	15%
Vitamin B-6	32%
Folate	
Vitamin B-12	
Vitamin C	102%
Vitamin D	
Vitamin E	49%
Vitamin K	339%

Minerals

Calcium	35%
Copper	10%
Iron	54%
Magnesium	20%
Manganese	78%
Phosphorus	17%
Potassium	22%
Selenium	6%
Sodium	7%
Zinc	23%

Other Nutrients

Beta-carotene	143%
Lycopene	0%
Phytosterols	
Retinol	
Alcohol	
Caffeine	
Water	93%

Food Evaluation

Vitamin Score 601
 Mineral Score 348
 Protein Score 465
 Fiber Score 348

Total Nutrients Score **710**
 Net Food Score **701**

Unhealthy Score 9

Caloric Content

Carbohydrates 46%
 Proteins 35%
 Fats 19%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11096 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 13.6 ounces or 385 grams

Mustard greens

Carbohydrate 7%

Fiber	42%
Sugars, total	11%

Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 10%

Histidine*	6%
Isoleucine*	9%
Leucine*	3%
Lysine*	5%
Methionine*	2%
Cystine	4%
Phenylalanine*	3%
Tyrosine	7%
Threonine*	6%
Tryptophan*	9%
Valine*	7%

Vitamins

Vitamin A	808%
Thiamin (B-1)	15%
Riboflavin (B-2)	15%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	29%
Folate	180%
Vitamin B-12	0%
Vitamin C	299%
Vitamin D	
Vitamin E	52%
Vitamin K	638%

Minerals

Calcium	28%
Copper	28%
Iron	31%
Magnesium	25%
Manganese	80%
Phosphorus	8%
Potassium	34%
Selenium	5%
Sodium	4%
Zinc	5%

Other Nutrients

Beta-carotene	485%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	91%

Food Evaluation

Vitamin Score **669**
 Mineral Score **321**
 Protein Score **299**
 Fiber Score **360**

Total Nutrients Score **707**
 Net Food Score **694**

Unhealthy Score **12**

Caloric Content

Carbohydrates **68%**
 Proteins **26%**
 Fats **6%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11270 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 18.6 ounces or 526 grams

Swiss chard

Carbohydrate 7%

Fiber	28%
Sugars, total	11%

Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 9%

Histidine*	6%
Isoleucine*	18%
Leucine*	7%
Lysine*	6%
Methionine*	2%
Cystine	
Phenylalanine*	7%
Tyrosine	
Threonine*	9%
Tryptophan*	7%
Valine*	10%

Vitamins

Vitamin A	644%
Thiamin (B-1)	11%
Riboflavin (B-2)	17%
Niacin (B-3)	10%
Pantothenic acid	9%
Vitamin B-6	22%
Folate	18%
Vitamin B-12	0%
Vitamin C	175%
Vitamin D	
Vitamin E	66%
Vitamin K	1456%

Minerals

Calcium	19%
Copper	47%
Iron	53%
Magnesium	85%
Manganese	84%
Phosphorus	12%
Potassium	50%
Selenium	7%
Sodium	49%
Zinc	13%

Other Nutrients

Beta-carotene	384%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	93%

Food Evaluation

Vitamin Score **568**
 Mineral Score **484**
 Protein Score **343**
 Fiber Score **239**

Total Nutrients Score **738**
 Net Food Score **690**
 Unhealthy Score **48**

Caloric Content

Carbohydrates **69%**
 Proteins **23%**
 Fats **9%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11147 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 20.7 ounces or 588 grams

Endive

Carbohydrate 7%

Fiber	61%
Sugars, total	3%

Fats 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 7%

Histidine*	4%
Isoleucine*	10%
Leucine*	6%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	2%
Valine*	7%

Vitamins

Vitamin A	255%
Thiamin (B-1)	24%
Riboflavin (B-2)	16%
Niacin (B-3)	11%
Pantothenic acid	53%
Vitamin B-6	5%
Folate	209%
Vitamin B-12	0%
Vitamin C	42%
Vitamin D	
Vitamin E	17%
Vitamin K	453%

Minerals

Calcium	22%
Copper	29%
Iron	27%
Magnesium	18%
Manganese	107%
Phosphorus	8%
Potassium	46%
Selenium	2%
Sodium	6%
Zinc	31%

Other Nutrients

Beta-carotene	153%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	94%

Food Evaluation

Vitamin Score **587**
 Mineral Score **371**
 Protein Score **236**
 Fiber Score **517**

Total Nutrients Score	686
Net Food Score	679

Unhealthy Score 8

Caloric Content

Carbohydrates **72%**
 Proteins **18%**
 Fats **10%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11213 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.8 ounces or 52 grams

All-Bran with fiber

Carbohydrate 15%

Fiber	87%
Sugars, total	0%

Fats 3%

Saturated	2%
Trans fats	0%
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 6%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	21%
Thiamin (B-1)	39%
Riboflavin (B-2)	32%
Niacin (B-3)	47%
Pantothenic acid	8%
Vitamin B-6	174%
Folate	89%
Vitamin B-12	208%
Vitamin C	14%
Vitamin D	27%
Vitamin E	7%
Vitamin K	0%

Minerals

Calcium	15%
Copper	16%
Iron	52%
Magnesium	35%
Manganese	164%
Phosphorus	23%
Potassium	14%
Selenium	7%
Sodium	11%
Zinc	21%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	21%
Alcohol	0%
Caffeine	0%
Water	3%

Food Evaluation

Vitamin Score **610**
 Mineral Score **372**
 Protein Score **24**
 Fiber Score **738**

Total Nutrients Score 683
Net Food Score 673
Unhealthy Score 10

Caloric Content

Carbohydrates **80%**
 Proteins **12%**
 Fats **8%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08253 Food Group Code 0800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 27.1 ounces or 769 grams

Chinese cabbage (bok choy)

Carbohydrate 6%

Fiber	26%
Sugars, total	17%

Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	6%
Isoleucine*	15%
Leucine*	7%
Lysine*	8%
Methionine*	2%
Cystine	3%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	8%
Tryptophan*	9%
Valine*	9%

Vitamins

Vitamin A	687%
Thiamin (B-1)	15%
Riboflavin (B-2)	19%
Niacin (B-3)	17%
Pantothenic acid	7%
Vitamin B-6	62%
Folate	127%
Vitamin B-12	0%
Vitamin C	385%
Vitamin D	
Vitamin E	5%
Vitamin K	92%

Minerals

Calcium	58%
Copper	8%
Iron	34%
Magnesium	29%
Manganese	53%
Phosphorus	14%
Potassium	48%
Selenium	5%
Sodium	22%
Zinc	10%

Other Nutrients

Beta-carotene	412%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	95%

Food Evaluation

Vitamin Score **649**
 Mineral Score **341**
 Protein Score **356**
 Fiber Score **218**

Total Nutrients Score 703
Net Food Score 672
Unhealthy Score 31

Caloric Content

Carbohydrates **59%**
 Proteins **28%**
 Fats **13%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11116 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 11.0 ounces or 313 grams

Turnip greens

Carbohydrate 8%

Fiber	33%
Sugars, total	5%

Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	4%
Isoleucine*	6%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	6%

Vitamins

Vitamin A	724%
Thiamin (B-1)	11%
Riboflavin (B-2)	11%
Niacin (B-3)	9%
Pantothenic acid	12%
Vitamin B-6	34%
Folate	152%
Vitamin B-12	0%
Vitamin C	208%
Vitamin D	
Vitamin E	60%
Vitamin K	261%

Minerals

Calcium	42%
Copper	55%
Iron	19%
Magnesium	19%
Manganese	63%
Phosphorus	7%
Potassium	23%
Selenium	5%
Sodium	5%
Zinc	4%

Other Nutrients

Beta-carotene	435%
Lycopene	0%
Phytosterols	8%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	90%

Food Evaluation

Vitamin Score **673**
 Mineral Score **312**
 Protein Score **203**
 Fiber Score **283**

Total Nutrients Score **677**
 Net Food Score **669**

Unhealthy Score **9**

Caloric Content

Carbohydrates **80%**
 Proteins **12%**
 Fats **8%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11568 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 9.8 ounces or 278 grams

Parsley

Carbohydrate 6%

Fiber	31%
Sugars, total	4%

Fats 4%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 8%

Histidine*	5%
Isoleucine*	8%
Leucine*	6%
Lysine*	6%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	10%
Valine*	9%

Vitamins

Vitamin A	468%
Thiamin (B-1)	12%
Riboflavin (B-2)	10%
Niacin (B-3)	17%
Pantothenic acid	11%
Vitamin B-6	10%
Folate	106%
Vitamin B-12	0%
Vitamin C	410%
Vitamin D	
Vitamin E	14%
Vitamin K	1519%

Minerals

Calcium	27%
Copper	21%
Iron	96%
Magnesium	28%
Manganese	19%
Phosphorus	8%
Potassium	38%
Selenium	0%
Sodium	7%
Zinc	20%

Other Nutrients

Beta-carotene	281%
Lycopene	0%
Phytosterols	3%
Retinol	0%
Alcohol	0%
Caffeine	0%
Water	88%

Food Evaluation

Vitamin Score 594
 Mineral Score 338
 Protein Score 291
 Fiber Score 260

Total Nutrients Score **661**
 Net Food Score **650**
 Unhealthy Score 10

Caloric Content

Carbohydrates 62%
 Proteins 20%
 Fats 18%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11297 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.2 ounces or 147 grams

Oysters

Carbohydrate 2%

Fiber	0%
Sugars, total	0%

Fats 6%

Saturated	6%
Trans fats	
Cholesterol	26%
Monounsaturated	2%
Polyunsaturated	6%
Omega-3 fats	57%
Omega-6 fats	0%

Proteins 10%

Histidine*	6%
Isoleucine*	10%
Leucine*	8%
Lysine*	9%
Methionine*	5%
Cystine	3%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	9%
Tryptophan*	10%
Valine*	8%

Vitamins

Vitamin A	3%
Thiamin (B-1)	7%
Riboflavin (B-2)	5%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	477%
Vitamin C	6%
Vitamin D	118%
Vitamin E	8%
Vitamin K	0%

Minerals

Calcium	5%
Copper	327%
Iron	54%
Magnesium	14%
Manganese	23%
Phosphorus	10%
Potassium	6%
Selenium	134%
Sodium	13%
Zinc	890%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%
Alcohol	0%
Caffeine	0%
Water	85%

Food Evaluation

Vitamin Score **313**
 Mineral Score **540**
 Protein Score **363**
 Fiber Score **0**

Total Nutrients Score 684
Net Food Score 648
Unhealthy Score 36

Caloric Content

Carbohydrates **24%**
 Proteins **44%**
 Fats **32%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15167 Food Group Code 1500

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 11.8 ounces or 333 grams**

Balsam-pear (bitter gourd)

Carbohydrate 4%

Fiber	
Sugars, total	

Fats 4%

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 18%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

Vitamins

Vitamin A	116%
Thiamin (B-1)	30%
Riboflavin (B-2)	43%
Niacin (B-3)	17%
Pantothenic acid	2%
Vitamin B-6	112%
Folate	107%
Vitamin B-12	0%
Vitamin C	326%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	20%
Copper	34%
Iron	38%
Magnesium	57%
Manganese	78%
Phosphorus	17%
Potassium	51%
Selenium	4%
Sodium	2%
Zinc	7%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%
Alcohol	
Caffeine	
Water	89%

Food Evaluation

Vitamin Score **618**
Mineral Score **398**
Protein Score **73**
Fiber Score

Total Nutrients Score **643**
Net Food Score **642**

Unhealthy Score **1**

Caloric Content

Carbohydrates **39%**
Proteins **42%**
Fats **19%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11022 Food Group Code 1100

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.6 ounces or 75 grams

Pork liver

Carbohydrate 1%

Fiber	0%
Sugars, total	

Fats 5%

Saturated	5%
Trans fats	
Cholesterol	75%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	2%
Omega-6 fats	0%

Proteins 16%

Histidine*	14%
Isoleucine*	19%
Leucine*	15%
Lysine*	14%
Methionine*	9%
Cystine	7%
Phenylalanine*	10%
Tyrosine	7%
Threonine*	14%
Tryptophan*	18%
Valine*	18%

Vitamins

Vitamin A	323%
Thiamin (B-1)	11%
Riboflavin (B-2)	80%
Niacin (B-3)	52%
Pantothenic acid	50%
Vitamin B-6	21%
Folate	40%
Vitamin B-12	323%
Vitamin C	21%
Vitamin D	
Vitamin E	
Vitamin K	

Minerals

Calcium	0%
Copper	25%
Iron	97%
Magnesium	3%
Manganese	11%
Phosphorus	11%
Potassium	5%
Selenium	56%
Sodium	3%
Zinc	29%

Other Nutrients

Beta-carotene	
Lycopene	
Phytosterols	0%
Retinol	323%
Alcohol	0%
Caffeine	
Water	71%

Food Evaluation

Vitamin Score **595**
 Mineral Score **310**
 Protein Score **663**
 Fiber Score **0**

Total Nutrients Score 694
Net Food Score 628
Unhealthy Score 65

Caloric Content

Carbohydrates **7%**
 Proteins **68%**
 Fats **25%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10110 Food Group Code 1000

**% of Daily Requirements from 100 Calories of
Amount for 100 calories is 352.7 ounces or 10000grams**

Coffee, brewed

Carbohydrate 0%

Fiber	0%
Sugars, total	0%

Fats 4%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 12%

Histidine*	6%
Isoleucine*	5%
Leucine*	5%
Lysine*	1%
Methionine*	0%
Cystine	5%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	2%
Tryptophan*	0%
Valine*	5%

Vitamins

Vitamin A	0%
Thiamin (B-1)	70%
Riboflavin (B-2)	271%
Niacin (B-3)	87%
Pantothenic acid	254%
Vitamin B-6	4%
Folate	50%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	7%
Vitamin K	3%

Minerals

Calcium	14%
Copper	10%
Iron	6%
Magnesium	60%
Manganese	100%
Phosphorus	15%
Potassium	123%
Selenium	0%
Sodium	9%
Zinc	13%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%
Alcohol	0%
Caffeine	1333%
Water	99%

Food Evaluation

Vitamin Score 528
Mineral Score 417
Protein Score 197
Fiber Score 0

Total Nutrients Score **627**
Net Food Score **620**

Unhealthy Score 8

Caloric Content

Carbohydrates 0%
Proteins 71%
Fats 29%

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 14209 Food Group Code 1400

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 38 grams

All-Bran Original

Carbohydrate 10%

Fiber	38%
Sugars, total	11%

Fats 3%

Saturated	1%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

Proteins 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	7%
Valine*	4%

Vitamins

Vitamin A	13%
Thiamin (B-1)	44%
Riboflavin (B-2)	37%
Niacin (B-3)	26%
Pantothenic acid	4%
Vitamin B-6	192%
Folate	211%
Vitamin B-12	121%
Vitamin C	9%
Vitamin D	16%
Vitamin E	3%
Vitamin K	1%

Minerals

Calcium	11%
Copper	20%
Iron	38%
Magnesium	28%
Manganese	124%
Phosphorus	22%
Potassium	10%
Selenium	5%
Sodium	4%
Zinc	32%

Other Nutrients

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	13%
Alcohol	0%
Caffeine	0%
Water	2%

Food Evaluation

Vitamin Score **568**
 Mineral Score **347**
 Protein Score **150**
 Fiber Score **319**

Total Nutrients Score **627**
 Net Food Score **614**
 Unhealthy Score **13**

Caloric Content

Carbohydrates **75%**
 Proteins **13%**
 Fats **11%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 08001 Food Group Code 0800

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.6 ounces or 74 grams

Beef liver

Carbohydrate 1%

Fiber	0%
Sugars, total	0%

Fats 5%

Saturated	5%
Trans fats	3%
Cholesterol	68%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	3%

Proteins 15%

Histidine*	15%
Isoleucine*	16%
Leucine*	15%
Lysine*	13%
Methionine*	9%
Cystine	6%
Phenylalanine*	10%
Tyrosine	7%
Threonine*	14%
Tryptophan*	16%
Valine*	17%

Vitamins

Vitamin A	250%
Thiamin (B-1)	7%
Riboflavin (B-2)	73%
Niacin (B-3)	44%
Pantothenic acid	53%
Vitamin B-6	33%
Folate	54%
Vitamin B-12	732%
Vitamin C	1%
Vitamin D	3%
Vitamin E	2%
Vitamin K	1%

Minerals

Calcium	0%
Copper	361%
Iron	20%
Magnesium	3%
Manganese	10%
Phosphorus	14%
Potassium	6%
Selenium	42%
Sodium	2%
Zinc	20%

Other Nutrients

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	244%
Alcohol	0%
Caffeine	0%
Water	71%

Food Evaluation

Vitamin Score **591**
 Mineral Score **282**
 Protein Score **638**
 Fiber Score **0**

Total Nutrients Score 666
Net Food Score 604
Unhealthy Score 61

Caloric Content

Carbohydrates **11%**
 Proteins **65%**
 Fats **24%**

SCORES are based on 1000 as the maximum

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 13325 Food Group Code 1300