

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.4 ounces or 40 grams**

**7-grain bread**

**Carbohydrates** 7%

Fiber	8%
Sugars, total	7%

**Fats** 3%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	17%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	5%
Iron	8%
Magnesium	4%
Manganese	26%
Phosphorus	4%
Potassium	2%
Selenium	17%
Sodium	8%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
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**Food Evaluation**

Vitamin Score	47
Mineral Score	71
Protein Score	32
Fiber Score	8

Total Nutrients Score	161
Net Food Score	151

Unhealthy Score 10

**Caloric Content**

Carbohydrates	72%
Proteins	15%
Fats	13%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.26  
Net nutrition per dollar is 575  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18035

Food Group Code 1800

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.0 ounces or 313 grams**

**Acerola West Indian cherry**

**Carbohydrates** 9%

Fiber	11%
Sugars, total	

**Fats** 2%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	48%
Thiamin (B-1)	3%
Riboflavin (B-2)	7%
Niacin (B-3)	6%
Pantothenic acid	10%
Vitamin B-6	1%
Folate	11%
Vitamin B-12	0%
Vitamin C	5825%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	13%
Iron	3%
Magnesium	11%
Manganese	
Phosphorus	2%
Potassium	11%
Selenium	3%
Sodium	1%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	5910
Mineral Score	49
Protein Score	1
Fiber Score	11

Total Nutrients Score	5973
Net Food Score	5971

Unhealthy Score 2

**Caloric Content**

Carbohydrates	88%
Proteins	4%
Fats	8%

**Health Costs**

At **\$99.99** per pound, the cost of all displayed nutrients is **\$86.11**  
Net nutrition per dollar is **69**  
**80%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09001

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 30 grams

## Adzuki beans

### Carbohydrates 7%

Fiber	13%
Sugars, total	

### Fats 0%

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

### Proteins 6%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	47%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	17%
Iron	8%
Magnesium	8%
Manganese	23%
Phosphorus	6%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	10%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

13%

## Food Evaluation

Vitamin Score	69
Mineral Score	84
Protein Score	51
Fiber Score	13

Total Nutrients Score	217
Net Food Score	216

Unhealthy Score 0

### Caloric Content

Carbohydrates	78%
Proteins	21%
Fats	1%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.07  
Net nutrition per dollar is 3260  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16001

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **1.3 ounces or 38 grams**

**Allspice**

**Carbohydrates** 10%

Fiber	27%
Sugars, total	

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	4%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	18%
Copper	11%
Iron	15%
Magnesium	10%
Manganese	49%
Phosphorus	2%
Potassium	10%
Selenium	1%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	35
Mineral Score	118
Protein Score	2
Fiber Score	27

Total Nutrients Score	184
Net Food Score	178

Unhealthy Score 7

**Caloric Content**

Carbohydrates	65%
Proteins	8%
Fats	28%

**Health Costs**

At **\$49.60** per pound, the cost of all displayed nutrients is **\$4.16**  
 Net nutrition per dollar is **43**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02001

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams** **Almond oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	36%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	30
Mineral Score	0
Protein Score	0
Fiber Score	0
<b>Total Nutrients Score</b>	<b>66</b>
<b>Net Food Score</b>	<b>61</b>
<b>Unhealthy Score</b>	<b>5</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$8.99** per pound, the cost of all displayed nutrients is **\$0.22**  
 Net nutrition per dollar is **271**  
**100%** of purchased food is edible

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

USDA food number 04529      Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.6 ounces or 17 grams**

**Almonds**

**Carbohydrates** 1%

Fiber	7%
Sugars, total	2%

**Fats** 16%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	25%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	5%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	30%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	10%
Iron	4%
Magnesium	10%
Manganese	19%
Phosphorus	4%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	43
Mineral Score	57
Protein Score	27
Fiber Score	7

Total Nutrients Score	159
Net Food Score	155

Unhealthy Score 4

**Caloric Content**

Carbohydrates	14%
Proteins	13%
Fats	73%

**Health Costs**

At \$9.32 per pound, the cost of all displayed nutrients is \$0.89  
Net nutrition per dollar is 175  
40% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12061

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.9 ounces or 27 grams**

**American cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	8%
Isoleucine*	6%
Leucine*	5%
Lysine*	7%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	4%
Tryptophan*	7%
Valine*	6%

**Vitamins**

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

**Minerals**

Calcium	11%
Copper	0%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	7%
Potassium	1%
Selenium	5%
Sodium	17%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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**Food Evaluation**

Vitamin Score	15
Mineral Score	31
Protein Score	61
Fiber Score	0

Total Nutrients Score	119
Net Food Score	65

Unhealthy Score 54

**Caloric Content**

Carbohydrates	2%
Proteins	25%
Fats	73%

**Health Costs**

At \$2.50 per pound, the cost of all displayed nutrients is \$0.15  
Net nutrition per dollar is 440  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01042

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.7 ounces or 76 grams**

**Anchovies**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 7%

Saturated	5%
Trans fats	
Cholesterol	15%
Monounsaturated	4%
Polyunsaturated	6%
Omega-3 fats	71%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	15%
Isoleucine*	16%
Leucine*	13%
Lysine*	16%
Methionine*	11%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	14%
Valine*	14%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	7%
Niacin (B-3)	49%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	2%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	8%
Copper	8%
Iron	14%
Magnesium	6%
Manganese	2%
Phosphorus	7%
Potassium	7%
Selenium	40%
Sodium	3%
Zinc	9%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	81
Mineral Score	101
Protein Score	147
Fiber Score	0

Total Nutrients Score	474
Net Food Score	450

Unhealthy Score 24

**Caloric Content**

Carbohydrates	0%
Proteins	67%
Fats	33%

**Health Costs**

At \$12.72 per pound, the cost of all displayed nutrients is \$2.14  
 Net nutrition per dollar is 210  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15001

Food Group Code 1500



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.0 ounces or 30 grams** **Anise seed**

**Carbohydrates** 5%

Fiber	14%
Sugars, total	

**Fats** 8%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	13%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	14%
Copper	14%
Iron	61%
Magnesium	10%
Manganese	30%
Phosphorus	7%
Potassium	11%
Selenium	2%
Sodium	0%
Zinc	10%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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**Food Evaluation**

Vitamin Score	32	<b>Total Nutrients Score</b> <b>223</b>	<b>Caloric Content</b>
Mineral Score	158		
Protein Score	5		
Fiber Score	14		
		<b>Net Food Score</b> <b>222</b>	Carbohydrates 43%
		<b>Unhealthy Score</b> <b>1</b>	Proteins 18%
			Fats 39%

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$1.31**

Net nutrition per dollar is **169**

**100%** of purchased food is edible

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

USDA food number 02002      Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.1 ounces or 60 grams**

**Apple juice, concentrate**

**Carbohydrates** 9%

Fiber	
Sugars, total	43%

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	0%
Vitamin B-12	0%
Vitamin C	60%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	3%
Magnesium	2%
Manganese	6%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	1%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	57%
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**Food Evaluation**

Vitamin Score	66
Mineral Score	22
Protein Score	0
Fiber Score	

Total Nutrients Score	88
Net Food Score	87

Unhealthy Score 1

**Caloric Content**

Carbohydrates	97%
Proteins	1%
Fats	2%

**Health Costs**

At \$1.72 per pound, the cost of all displayed nutrients is \$0.23  
 Net nutrition per dollar is 381  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09410

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.0 ounces or 58 grams**

**Applebutter**

**Carbohydrates** 9%

Fiber	3%
Sugars, total	37%

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	11%
Phosphorus	0%
Potassium	1%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	56%
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**Food Evaluation**

Vitamin Score	3
Mineral Score	17
Protein Score	0
Fiber Score	3

Total Nutrients Score	23
Net Food Score	23

Unhealthy Score 0

**Caloric Content**

Carbohydrates	99%
Proteins	1%
Fats	0%

**Health Costs**

At \$2.82 per pound, the cost of all displayed nutrients is \$0.36  
Net nutrition per dollar is 64  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19294

Food Group Code 1900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.8 ounces or 192 grams

## Apples

### Carbohydrates 10%

Fiber	15%
Sugars, total	36%

### Fats 1%

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

### Proteins 1%

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

### Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

### Minerals

Calcium	1%
Copper	3%
Iron	1%
Magnesium	2%
Manganese	3%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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## Food Evaluation

Vitamin Score	26
Mineral Score	16
Protein Score	3
Fiber Score	15

Total Nutrients Score	60
Net Food Score	60

Unhealthy Score 0

### Caloric Content

Carbohydrates	96%
Proteins	2%
Fats	3%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.46  
Net nutrition per dollar is 131  
92% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09003

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 8.2 ounces or 233 grams

**Applesauce**

**Carbohydrates** 10%

Fiber	9%
Sugars, total	43%

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	3%
Iron	2%
Magnesium	1%
Manganese	8%
Phosphorus	1%
Potassium	4%
Selenium	1%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
-------	-----

**Food Evaluation**

Vitamin Score	19
Mineral Score	21
Protein Score	3
Fiber Score	9

Total Nutrients Score	52
Net Food Score	52

Unhealthy Score 0

**Caloric Content**

Carbohydrates	98%
Proteins	1%
Fats	1%

**Health Costs**

At \$0.71 per pound, the cost of all displayed nutrients is \$0.36  
 Net nutrition per dollar is 142  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09019

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.3 ounces or 179 grams**

**Apricot nectar, canned**

**Carbohydrates** 9%

Fiber	4%
Sugars, total	45%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	47%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	7%
Iron	4%
Magnesium	2%
Manganese	2%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	28%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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**Food Evaluation**

Vitamin Score	60
Mineral Score	22
Protein Score	1
Fiber Score	4

Total Nutrients Score	87
Net Food Score	87

Unhealthy Score 0

**Caloric Content**

Carbohydrates	96%
Proteins	2%
Fats	1%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$1.18  
 Net nutrition per dollar is 74  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09036

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.3 ounces or 208 grams

## Apricots

### Carbohydrates 8%

Fiber	14%
Sugars, total	35%

### Fats 1%

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

### Proteins 3%

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

### Vitamins

Vitamin A	80%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	5%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

### Minerals

Calcium	2%
Copper	8%
Iron	5%
Magnesium	4%
Manganese	7%
Phosphorus	2%
Potassium	13%
Selenium	0%
Sodium	0%
Zinc	3%

### Other Nutrient

Beta-carotene	46%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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## Food Evaluation

Vitamin Score	144
Mineral Score	45
Protein Score	20
Fiber Score	14

Total Nutrients Score	224
Net Food Score	223

Unhealthy Score 0

### Caloric Content

Carbohydrates	83%
Proteins	10%
Fats	7%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.98  
Net nutrition per dollar is 227  
93% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09021

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

**Apricots dried**

Amount for 100 calories is 1.5 ounces or 41 grams

**Carbohydrates** 9%

Fiber	10%
Sugars, total	40%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	30%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	7%
Iron	6%
Magnesium	3%
Manganese	4%
Phosphorus	1%
Potassium	12%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	18%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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**Food Evaluation**

Vitamin Score	55
Mineral Score	38
Protein Score	6
Fiber Score	10

Total Nutrients Score	109
Net Food Score	108

Unhealthy Score 0

**Caloric Content**

Carbohydrates	94%
Proteins	5%
Fats	2%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.18  
 Net nutrition per dollar is 596  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09032

Food Group Code 0900



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.5 ounces or 213 grams

## Artichokes

### Carbohydrates 8%

Fiber	38%
Sugars, total	

### Fats 1%

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

### Proteins 7%

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

### Vitamins

Vitamin A	8%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	10%
Pantothenic acid	7%
Vitamin B-6	10%
Folate	36%
Vitamin B-12	0%
Vitamin C	28%
Vitamin D	
Vitamin E	3%
Vitamin K	10%

### Minerals

Calcium	7%
Copper	25%
Iron	15%
Magnesium	26%
Manganese	24%
Phosphorus	10%
Potassium	20%
Selenium	1%
Sodium	9%
Zinc	7%

### Other Nutrient

Beta-carotene	5%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	85%
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## Food Evaluation

Vitamin Score	125
Mineral Score	132
Protein Score	7
Fiber Score	38

Total Nutrients Score	303
Net Food Score	293

Unhealthy Score 9

### Caloric Content

Carbohydrates	80%
Proteins	17%
Fats	3%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is **\$4.68**  
 Net nutrition per dollar is **63**  
**40%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11007

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 14.1 ounces or 400 grams**

**Arugula**

**Carbohydrates** 5%

Fiber	21%
Sugars, total	15%

**Fats** 5%

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

**Proteins** 10%

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

**Vitamins**

Vitamin A	190%
Thiamin (B-1)	9%
Riboflavin (B-2)	12%
Niacin (B-3)	6%
Pantothenic acid	17%
Vitamin B-6	12%
Folate	97%
Vitamin B-12	0%
Vitamin C	67%
Vitamin D	
Vitamin E	11%
Vitamin K	145%

**Minerals**

Calcium	46%
Copper	15%
Iron	32%
Magnesium	38%
Manganese	56%
Phosphorus	10%
Potassium	37%
Selenium	2%
Sodium	5%
Zinc	13%

**Other Nutrient**

Beta-carotene	114%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	566
Mineral Score	248
Protein Score	10
Fiber Score	21

Total Nutrients Score	847
Net Food Score	840

Unhealthy Score 7

**Caloric Content**

Carbohydrates	52%
Proteins	25%
Fats	22%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$2.92  
 Net nutrition per dollar is 287  
 60% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11959

Food Group Code 1100

**% of Daily Requirements from 100 Calories of Asparagus**  
 Amount for 100 calories is 14.1 ounces or 400 grams

**Carbohydrates** 6%

Fiber	28%
Sugars, total	14%

**Fats** 1%

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

**Proteins** 9%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	3%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	9%
Valine*	8%

**Vitamins**

Vitamin A	60%
Thiamin (B-1)	29%
Riboflavin (B-2)	20%
Niacin (B-3)	18%
Pantothenic acid	11%
Vitamin B-6	15%
Folate	52%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	30%
Vitamin K	55%

**Minerals**

Calcium	7%
Copper	38%
Iron	48%
Magnesium	11%
Manganese	27%
Phosphorus	10%
Potassium	20%
Selenium	13%
Sodium	0%
Zinc	14%

**Other Nutrient**

Beta-carotene	36%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	316	<b>Total Nutrients Score</b> <b>601</b>	<b>Caloric Content</b>
Mineral Score	189		
Protein Score	68		
Fiber Score	28		
		<b>Net Food Score</b> <b>600</b>	Carbohydrates 61%
		<b>Unhealthy Score</b> <b>1</b>	Proteins 35%
			Fats 4%

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is **\$4.97**  
 Net nutrition per dollar is **121**  
**53%** of purchased food is edible

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

USDA food number 11011      Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.7 ounces or 49 grams

## Atlantic mackerel

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 12%

Saturated	9%
Trans fats	
Cholesterol	11%
Monounsaturated	12%
Polyunsaturated	7%
Omega-3 fats	77%
Omega-6 fats	0%

### Proteins 9%

Histidine*	9%
Isoleucine*	10%
Leucine*	8%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	8%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	4%
Riboflavin (B-2)	5%
Niacin (B-3)	20%
Pantothenic acid	4%
Vitamin B-6	8%
Folate	0%
Vitamin B-12	71%
Vitamin C	0%
Vitamin D	44%
Vitamin E	5%
Vitamin K	1%

### Minerals

Calcium	0%
Copper	2%
Iron	4%
Magnesium	7%
Manganese	0%
Phosphorus	5%
Potassium	4%
Selenium	31%
Sodium	2%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	64%
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## Food Evaluation

Vitamin Score	165
Mineral Score	56
Protein Score	86
Fiber Score	0

Total Nutrients Score	472
Net Food Score	450

Unhealthy Score 22

### Caloric Content

Carbohydrates	0%
Proteins	39%
Fats	61%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.64  
Net nutrition per dollar is 699  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15046

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Avocado oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 20%

Saturated	7%
Trans fats	
Cholesterol	
Monounsaturated	36%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	36
Net Food Score	29

Unhealthy Score 7

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$0.50**  
 Net nutrition per dollar is **59**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04581

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.2 ounces or 63 grams**

**Avocados**

**Carbohydrates** 2%

Fiber	14%
Sugars, total	1%

**Fats** 16%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	28%
Polyunsaturated	5%
Omega-3 fats	4%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	9%
Vitamin B-6	7%
Folate	13%
Vitamin B-12	0%
Vitamin C	7%
Vitamin D	
Vitamin E	9%
Vitamin K	4%

**Minerals**

Calcium	1%
Copper	6%
Iron	2%
Magnesium	4%
Manganese	4%
Phosphorus	2%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	60
Mineral Score	28
Protein Score	12
Fiber Score	14

Total Nutrients Score	150
Net Food Score	143

Unhealthy Score 7

**Caloric Content**

Carbohydrates	19%
Proteins	4%
Fats	77%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.56  
Net nutrition per dollar is 256  
74% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09037

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.9 ounces or 83 grams**

**Avocados**

**Carbohydrates** 2%

Fiber	16%
Sugars, total	4%

**Fats** 15%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	21%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	8%
Vitamin B-6	3%
Folate	7%
Vitamin B-12	0%
Vitamin C	16%
Vitamin D	
Vitamin E	15%
Vitamin K	

**Minerals**

Calcium	1%
Copper	13%
Iron	1%
Magnesium	4%
Manganese	3%
Phosphorus	2%
Potassium	7%
Selenium	
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	1%
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	56
Mineral Score	33
Protein Score	18
Fiber Score	16

Total Nutrients Score	143
Net Food Score	134

Unhealthy Score 9

**Caloric Content**

Carbohydrates	23%
Proteins	6%
Fats	70%

**Health Costs**

At \$4.80 per pound, the cost of all displayed nutrients is \$1.32  
 Net nutrition per dollar is 102  
 67% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09039

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 25 grams**

**Baby oatmeal, dry**

**Carbohydrates** 6%

Fiber	6%
Sugars, total	1%

**Fats** 3%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	36%
Riboflavin (B-2)	23%
Niacin (B-3)	41%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	13%
Copper	7%
Iron	66%
Magnesium	7%
Manganese	
Phosphorus	6%
Potassium	3%
Selenium	13%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	110
Mineral Score	122
Protein Score	30
Fiber Score	6

Total Nutrients Score	271
Net Food Score	268

Unhealthy Score 2

**Caloric Content**

Carbohydrates	72%
Proteins	12%
Fats	16%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.22  
 Net nutrition per dollar is 1215  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 03189

Food Group Code 0300



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.6 ounces or 18 grams

## Bacon, cooked

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 14%

Saturated	14%
Trans fats	0%
Cholesterol	7%
Monounsaturated	16%
Polyunsaturated	4%
Omega-3 fats	2%
Omega-6 fats	10%

### Proteins 7%

Histidine*	8%
Isoleucine*	7%
Leucine*	5%
Lysine*	6%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	4%
Valine*	6%

### Vitamins

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

### Minerals

Calcium	0%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	0%
Phosphorus	5%
Potassium	2%
Selenium	15%
Sodium	17%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	13%
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## Food Evaluation

Vitamin Score	22
Mineral Score	31
Protein Score	60
Fiber Score	0

Total Nutrients Score	133
Net Food Score	95

Unhealthy Score 38

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	1%
Proteins	28%
Fats	71%

### Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$0.20  
Net nutrition per dollar is 475  
100% of purchased food is edible

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

USDA food number 10860

Food Group Code 1000

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.4 ounces or 39 grams

**Bagels, plain**

**Carbohydrates** 7%

Fiber	3%
Sugars, total	4%

**Fats** 1%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	22%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	3%
Iron	13%
Magnesium	2%
Manganese	9%
Phosphorus	2%
Potassium	1%
Selenium	13%
Sodium	8%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	36%
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**Food Evaluation**

Vitamin Score	47
Mineral Score	49
Protein Score	32
Fiber Score	3

Total Nutrients Score	134
Net Food Score	126

Unhealthy Score 8

**Caloric Content**

Carbohydrates	79%
Proteins	16%
Fats	6%

**Health Costs**

At \$2.47 per pound, the cost of all displayed nutrients is \$0.21  
 Net nutrition per dollar is 593  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18001

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 20 grams**

**Baking chocolate**

**Carbohydrates** 2%

Fiber	11%
Sugars, total	0%

**Fats** 19%

Saturated	35%
Trans fats	
Cholesterol	0%
Monounsaturated	15%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	32%
Iron	19%
Magnesium	13%
Manganese	36%
Phosphorus	4%
Potassium	4%
Selenium	2%
Sodium	0%
Zinc	13%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	5%

Percent(%) of food item's weight that is water:

Water	1%
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**Food Evaluation**

Vitamin Score	7
Mineral Score	125
Protein Score	18
Fiber Score	11

Total Nutrients Score	179
Net Food Score	139

Unhealthy Score 40

**Caloric Content**

Carbohydrates	8%
Proteins	5%
Fats	87%

**Health Costs**

At \$4.50 per pound, the cost of all displayed nutrients is \$0.20  
 Net nutrition per dollar is 700  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19078

Food Group Code 1900

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

**Balsam-pear (bitter gourd)**

**Carbohydrates** 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 Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score 752  
 Mineral Score 304  
 Protein Score 18  
 Fiber Score

**Total Nutrients Score 1073**  
**Net Food Score 1072**

Unhealthy Score 2

**Caloric Content**

Carbohydrates 39%  
 Proteins 42%  
 Fats 19%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$5.78  
 Net nutrition per dollar is 185  
 38% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 13.1 ounces or 370 grams**

**Bamboo shoots**

**Carbohydrates** 7%

Fiber	27%
Sugars, total	20%

**Fats** 2%

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

**Proteins** 10%

Histidine*	5%
Isoleucine*	7%
Leucine*	5%
Lysine*	6%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	
Threonine*	7%
Tryptophan*	8%
Valine*	7%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	28%
Riboflavin (B-2)	9%
Niacin (B-3)	10%
Pantothenic acid	6%
Vitamin B-6	37%
Folate	6%
Vitamin B-12	0%
Vitamin C	16%
Vitamin D	
Vitamin E	25%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	35%
Iron	10%
Magnesium	2%
Manganese	42%
Phosphorus	11%
Potassium	49%
Selenium	4%
Sodium	1%
Zinc	27%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	16%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	139
Mineral Score	185
Protein Score	64
Fiber Score	27

Total Nutrients Score	415
Net Food Score	413

Unhealthy Score 2

**Caloric Content**

Carbohydrates	68%
Proteins	23%
Fats	9%

**Health Costs**

At \$0.83 per pound, the cost of all displayed nutrients is \$2.34  
Net nutrition per dollar is 177  
29% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11026

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.0 ounces or 112 grams**

**Bananas**

**Carbohydrates** 9%

Fiber	10%
Sugars, total	25%

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	17%
Folate	6%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	4%
Iron	2%
Magnesium	6%
Manganese	13%
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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**Food Evaluation**

Vitamin Score	48
Mineral Score	40
Protein Score	10
Fiber Score	10

Total Nutrients Score	107
Net Food Score	107

Unhealthy Score 1

**Caloric Content**

Carbohydrates	93%
Proteins	4%
Fats	3%

**Health Costs**

At \$0.59 per pound, the cost of all displayed nutrients is \$0.23  
Net nutrition per dollar is 467  
64% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09040

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 28 grams

## Barley

### Carbohydrates 8%

Fiber	16%
Sugars, total	0%

### Fats 1%

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

### Proteins 4%

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

### Vitamins

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

### Minerals

Calcium	1%
Copper	7%
Iron	6%
Magnesium	8%
Manganese	24%
Phosphorus	4%
Potassium	3%
Selenium	15%
Sodium	0%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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## Food Evaluation

Vitamin Score	25
Mineral Score	72
Protein Score	30
Fiber Score	16

Total Nutrients Score	144
Net Food Score	144

Unhealthy Score 1

### Caloric Content

Carbohydrates	82%
Proteins	13%
Fats	5%

### Health Costs

At \$1.39 per pound, the cost of all displayed nutrients is \$0.09  
Net nutrition per dollar is 1658  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20004

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 13.1 ounces or 370 grams

## Basil

### Carbohydrates 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 Nutrient

Beta-carotene	233%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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## Food Evaluation

Vitamin Score	1095
Mineral Score	531
Protein Score	80
Fiber Score	48

Total Nutrients Score	1755
Net Food Score	1753

Unhealthy Score 1

### Caloric Content

Carbohydrates	58%
Proteins	23%
Fats	19%

### Health Costs

At \$15.92 per pound, the cost of all displayed nutrients is \$20.31  
Net nutrition per dollar is 86  
64% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 1.1 ounces or 32 grams

## Bay leaf spice

### Carbohydrates 9%

Fiber	28%
Sugars, total	

### Fats 5%

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

### Proteins 2%

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

### Vitamins

Vitamin A	40%
Thiamin (B-1)	0%
Riboflavin (B-2)	5%
Niacin (B-3)	3%
Pantothenic acid	
Vitamin B-6	23%
Folate	14%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	19%
Copper	7%
Iron	76%
Magnesium	8%
Manganese	113%
Phosphorus	2%
Potassium	4%
Selenium	1%
Sodium	0%
Zinc	8%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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## Food Evaluation

Vitamin Score	101
Mineral Score	238
Protein Score	2
Fiber Score	28

Total Nutrients Score	373
Net Food Score	368

Unhealthy Score 4

### Caloric Content

Carbohydrates	72%
Proteins	6%
Fats	22%

### Health Costs

At \$372.00 per pound, the cost of all displayed nutrients is \$26.20  
Net nutrition per dollar is 14  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02004

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.6 ounces or 17 grams**

**Beechnuts, dried**

**Carbohydrates** 2%

Fiber	
Sugars, total	

**Fats** 16%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	17%
Polyunsaturated	16%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	6%
Iron	2%
Magnesium	0%
Manganese	10%
Phosphorus	0%
Potassium	4%
Selenium	
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	7%
-------	----

**Food Evaluation**

Vitamin Score	20
Mineral Score	23
Protein Score	10
Fiber Score	

Total Nutrients Score	70
Net Food Score	64

Unhealthy Score 6

**Caloric Content**

Carbohydrates	24%
Proteins	4%
Fats	73%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$0.63  
Net nutrition per dollar is 103  
61% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12077

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 117.6 ounces or 3333 grams**

**Beef broth,from cube**

**Carbohydrates** 4%

Fiber	0%
Sugars, total	16%

**Fats** 5%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 12%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	7%
Riboflavin (B-2)	6%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	0%
Folate	8%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	3%

**Minerals**

Calcium	2%
Copper	0%
Iron	9%
Magnesium	7%
Manganese	12%
Phosphorus	8%
Potassium	7%
Selenium	33%
Sodium	696%
Zinc	0%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	98%
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**Food Evaluation**

Vitamin Score	41
Mineral Score	78
Protein Score	12
Fiber Score	0

Total Nutrients Score	135
Net Food Score	-568

Unhealthy Score 703

**Caloric Content**

Carbohydrates	38%
Proteins	41%
Fats	21%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$7.28  
Net nutrition per dollar is -78  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06476

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**

**Beef jerky**

Amount for 100 calories is 0.9 ounces or 24 grams

**Carbohydrates** 1%

Fiber	1%
Sugars, total	4%

**Fats** 11%

Saturated	14%
Trans fats	
Cholesterol	4%
Monounsaturated	13%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	3%
Iron	7%
Magnesium	2%
Manganese	1%
Phosphorus	5%
Potassium	4%
Selenium	4%
Sodium	23%
Zinc	13%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	23%
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**Food Evaluation**

Vitamin Score	20
Mineral Score	40
Protein Score	8
Fiber Score	1

Total Nutrients Score	82
Net Food Score	40

Unhealthy Score 42

**Caloric Content**

Carbohydrates	11%
Proteins	33%
Fats	57%

**Health Costs**

At \$14.02 per pound, the cost of all displayed nutrients is \$0.75  
 Net nutrition per dollar is 54  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19002

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.6 ounces or 74 grams

## Beef liver

### Carbohydrates 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 Nutrient

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	244%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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## Food Evaluation

Vitamin Score	1254
Mineral Score	476
Protein Score	154
Fiber Score	0

**Total Nutrients Score 1886**

**Net Food Score 1808**

**Unhealthy Score 78**

### Caloric Content

Carbohydrates	11%
Proteins	65%
Fats	24%

### Health Costs

At \$1.69 per pound, the cost of all displayed nutrients is **\$0.28**  
 Net nutrition per dollar is **6552**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.8 ounces or 52 grams

**Beef round, 1-4 in fat**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 7%

Saturated	7%
Trans fats	
Cholesterol	14%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	16%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	5%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	8%
Valine*	14%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	10%
Pantothenic acid	2%
Vitamin B-6	9%
Folate	1%
Vitamin B-12	28%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	3%
Iron	8%
Magnesium	3%
Manganese	0%
Phosphorus	7%
Potassium	6%
Selenium	21%
Sodium	1%
Zinc	16%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	61%
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**Food Evaluation**

Vitamin Score	57
Mineral Score	63
Protein Score	136
Fiber Score	0

Total Nutrients Score	264
Net Food Score	242

Unhealthy Score 22

**Caloric Content**

Carbohydrates	0%
Proteins	65%
Fats	35%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$0.83  
 Net nutrition per dollar is 290  
 83% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 13156

Food Group Code 1300

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.7 ounces or 77 grams**

**Beef tip round, lean, choice**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 6%

Saturated	6%
Trans fats	
Cholesterol	15%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	18%
Isoleucine*	17%
Leucine*	13%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	14%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	5%
Niacin (B-3)	12%
Pantothenic acid	3%
Vitamin B-6	14%
Folate	2%
Vitamin B-12	41%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	3%
Iron	9%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	7%
Selenium	22%
Sodium	2%
Zinc	25%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	72%
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**Food Evaluation**

Vitamin Score	82
Mineral Score	79
Protein Score	152
Fiber Score	0

Total Nutrients Score	318
Net Food Score	295

Unhealthy Score 24

**Caloric Content**

Carbohydrates	0%
Proteins	69%
Fats	31%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$1.24  
 Net nutrition per dollar is 238  
 82% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 13201

Food Group Code 1300

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.6 ounces or 47 grams**

**Beef, ground, 15% fat**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 12%

Saturated	15%
Trans fats	9%
Cholesterol	11%
Monounsaturated	14%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	9%
Isoleucine*	9%
Leucine*	7%
Lysine*	8%
Methionine*	5%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	4%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	7%
Folate	1%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	2%
Iron	5%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	10%
Sodium	1%
Zinc	14%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	66%
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**Food Evaluation**

Vitamin Score	41
Mineral Score	41
Protein Score	74
Fiber Score	0

Total Nutrients Score	173
Net Food Score	138

Unhealthy Score 35

**Caloric Content**

Carbohydrates	0%
Proteins	37%
Fats	63%

**Health Costs**

At \$4.29 per pound, the cost of all displayed nutrients is \$0.44  
 Net nutrition per dollar is 314  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 23567

Food Group Code 1300



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.5 ounces or 44 grams**

**Beef, round, lean**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 8%

Saturated	9%
Trans fats	
Cholesterol	12%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	15%
Isoleucine*	14%
Leucine*	11%
Lysine*	13%
Methionine*	8%
Cystine	3%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	13%
Tryptophan*	12%
Valine*	12%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	12%
Pantothenic acid	2%
Vitamin B-6	10%
Folate	1%
Vitamin B-12	18%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	3%
Iron	7%
Magnesium	3%
Manganese	0%
Phosphorus	5%
Potassium	5%
Selenium	17%
Sodium	1%
Zinc	16%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	59%
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**Food Evaluation**

Vitamin Score	50
Mineral Score	56
Protein Score	127
Fiber Score	0

Total Nutrients Score	241
Net Food Score	218

Unhealthy Score 22

**Caloric Content**

Carbohydrates	0%
Proteins	58%
Fats	42%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$0.58  
 Net nutrition per dollar is 374  
 99% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 13215

Food Group Code 1300

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.7 ounces or 76 grams**

**Beef, top sirloin lean**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 6%

Saturated	6%
Trans fats	
Cholesterol	11%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 17%

Histidine*	17%
Isoleucine*	18%
Leucine*	14%
Lysine*	16%
Methionine*	10%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	14%
Tryptophan*	9%
Valine*	15%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	24%
Pantothenic acid	5%
Vitamin B-6	20%
Folate	2%
Vitamin B-12	14%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	3%
Iron	7%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	7%
Selenium	30%
Sodium	2%
Zinc	21%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	72
Mineral Score	80
Protein Score	150
Fiber Score	0

Total Nutrients Score	308
Net Food Score	289

Unhealthy Score 19

**Caloric Content**

Carbohydrates	0%
Proteins	72%
Fats	28%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$1.40  
 Net nutrition per dollar is 206  
 84% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 23611

Food Group Code 1300

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 12.2 ounces or 345 grams**

**Beer, light**

**Carbohydrates** 2%

Fiber	0%
Sugars, total	1%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	1%
Iron	1%
Magnesium	3%
Manganese	1%
Phosphorus	2%
Potassium	2%
Selenium	2%
Sodium	1%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	36%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	21
Mineral Score	13
Protein Score	1
Fiber Score	0

Total Nutrients Score	35
Net Food Score	-1

Unhealthy Score 36

**Caloric Content**

Carbohydrates	9%
Proteins	1%
Fats	0%

**Health Costs**

At \$1.00 per pound, the cost of all displayed nutrients is \$0.76  
Net nutrition per dollar is -2  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14006

Food Group Code 1400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 8.2 ounces or 233 grams**

**Beer, regular**

**Carbohydrates** 3%

Fiber	0%
Sugars, total	0%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	1%
Iron	0%
Magnesium	3%
Manganese	1%
Phosphorus	2%
Potassium	2%
Selenium	2%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	30%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	18
Mineral Score	10
Protein Score	1
Fiber Score	0

Total Nutrients Score	29
Net Food Score	-1

Unhealthy Score 31

**Caloric Content**

Carbohydrates	17%
Proteins	2%
Fats	0%

**Health Costs**

At \$1.00 per pound, the cost of all displayed nutrients is \$0.51  
Net nutrition per dollar is -3  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14003

Food Group Code 1400

**% of Daily Requirements from 100 Calories of Beet greens**  
 Amount for 100 calories is 16.0 ounces or 455 grams

**Carbohydrates** 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 Nutrient**

Beta-carotene	345%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	1493
Mineral Score	400
Protein Score	62
Fiber Score	56

<b>Total Nutrients Score</b>	<b>2013</b>
<b>Net Food Score</b>	<b>1968</b>

Unhealthy Score 45

**Caloric Content**

Carbohydrates	71%
Proteins	24%
Fats	5%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$3.56  
 Net nutrition per dollar is 553  
 56% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 8.2 ounces or 233 grams

## Beets

### Carbohydrates 8%

Fiber	22%
Sugars, total	29%

### Fats 1%

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

### Proteins 4%

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

### Vitamins

Vitamin A	2%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	63%
Vitamin B-12	0%
Vitamin C	13%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	3%
Copper	9%
Iron	10%
Magnesium	11%
Manganese	33%
Phosphorus	5%
Potassium	19%
Selenium	2%
Sodium	8%
Zinc	5%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	99
Mineral Score	97
Protein Score	24
Fiber Score	22

Total Nutrients Score	242
Net Food Score	233

Unhealthy Score 8

### Caloric Content

Carbohydrates	86%
Proteins	11%
Fats	3%

### Health Costs

At \$0.49 per pound, the cost of all displayed nutrients is \$0.37  
Net nutrition per dollar is 622  
67% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11080

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 23 grams**

**Biscuits, plain, dry mix**

**Carbohydrates** 5%

Fiber	2%
Sugars, total	5%

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	9%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	3%
Copper	2%
Iron	4%
Magnesium	1%
Manganese	3%
Phosphorus	7%
Potassium	1%
Selenium	3%
Sodium	13%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	32
Mineral Score	24
Protein Score	15
Fiber Score	2

Total Nutrients Score	82
Net Food Score	64

Unhealthy Score 18

**Caloric Content**

Carbohydrates	61%
Proteins	8%
Fats	32%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.10  
 Net nutrition per dollar is 623  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18010

Food Group Code 1800

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

**Carbohydrates** 7%

Fiber	15%
Sugars, total	1%

**Fats** 1%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	13%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	33%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	3%
Copper	12%
Iron	8%
Magnesium	10%
Manganese	14%
Phosphorus	5%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score 58  
 Mineral Score 71  
 Protein Score 56  
 Fiber Score 15

**Total Nutrients Score 200**  
**Net Food Score 199**

**Unhealthy Score 1**

**Caloric Content**

Carbohydrates 75%  
 Proteins 22%  
 Fats 3%

**Health Costs**

At **\$0.79** per pound, the cost of all displayed nutrients is **\$0.05**  
 Net nutrition per dollar is **3906**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16014 Food Group Code 1600



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 39 grams

## Black pepper

### Carbohydrates 9%

Fiber	35%
Sugars, total	0%

### Fats 2%

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

### Proteins 4%

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

### Vitamins

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	6%
Folate	1%
Vitamin B-12	0%
Vitamin C	9%
Vitamin D	
Vitamin E	2%
Vitamin K	21%

### Minerals

Calcium	12%
Copper	22%
Iron	63%
Magnesium	15%
Manganese	96%
Phosphorus	3%
Potassium	12%
Selenium	2%
Sodium	1%
Zinc	4%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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## Food Evaluation

Vitamin Score	49
Mineral Score	230
Protein Score	4
Fiber Score	35

Total Nutrients Score	319
Net Food Score	316

Unhealthy Score 3

### Caloric Content

Carbohydrates	81%
Proteins	8%
Fats	11%

### Health Costs

At \$44.35 per pound, the cost of all displayed nutrients is **\$3.83**  
 Net nutrition per dollar is **82**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02030

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 16 grams**

**Black walnuts, dried**

**Carbohydrates** 1%

Fiber	4%
Sugars, total	0%

**Fats** 17%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	26%
Omega-3 fats	20%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	11%
Iron	3%
Magnesium	7%
Manganese	27%
Phosphorus	4%
Potassium	2%
Selenium	4%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	62
Protein Score	33
Fiber Score	4

Total Nutrients Score	162
Net Food Score	159

Unhealthy Score 3

**Caloric Content**

Carbohydrates	7%
Proteins	14%
Fats	80%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$0.89  
 Net nutrition per dollar is 179  
 24% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12154

Food Group Code 1200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.2 ounces or 233 grams

## Blackberries

### Carbohydrates 8%

Fiber	41%
Sugars, total	21%

### Fats 2%

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

### Proteins 3%

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

### Vitamins

Vitamin A	10%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	3%
Folate	15%
Vitamin B-12	0%
Vitamin C	54%
Vitamin D	
Vitamin E	18%
Vitamin K	15%

### Minerals

Calcium	5%
Copper	19%
Iron	8%
Magnesium	9%
Manganese	65%
Phosphorus	3%
Potassium	9%
Selenium	1%
Sodium	0%
Zinc	8%

### Other Nutrient

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	133
Mineral Score	128
Protein Score	3
Fiber Score	41

Total Nutrients Score	306
Net Food Score	306

Unhealthy Score 0

### Caloric Content

Carbohydrates	80%
Proteins	11%
Fats	9%

### Health Costs

At \$5.01 per pound, the cost of all displayed nutrients is \$2.68  
Net nutrition per dollar is 114  
96% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09042

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Blue cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	29%
Trans fats	
Cholesterol	7%
Monounsaturated	10%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	7%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	7%
Valine*	8%

**Vitamins**

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

**Minerals**

Calcium	11%
Copper	1%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	5%
Potassium	2%
Selenium	6%
Sodium	17%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	42%
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**Food Evaluation**

Vitamin Score	26
Mineral Score	31
Protein Score	64
Fiber Score	0

Total Nutrients Score	132
Net Food Score	79

Unhealthy Score 53

**Caloric Content**

Carbohydrates	3%
Proteins	26%
Fats	72%

**Health Costs**

At \$9.25 per pound, the cost of all displayed nutrients is \$0.58  
 Net nutrition per dollar is 136  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01004

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.2 ounces or 175 grams

## Blueberries

### Carbohydrates 9%

Fiber	14%
Sugars, total	32%

### Fats 1%

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

### Proteins 1%

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

### Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	7%
Vitamin K	11%

### Minerals

Calcium	1%
Copper	5%
Iron	3%
Magnesium	2%
Manganese	26%
Phosphorus	1%
Potassium	3%
Selenium	0%
Sodium	0%
Zinc	2%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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## Food Evaluation

Vitamin Score	57
Mineral Score	43
Protein Score	8
Fiber Score	14

Total Nutrients Score	121
Net Food Score	121

Unhealthy Score 0

### Caloric Content

Carbohydrates	91%
Proteins	4%
Fats	5%

### Health Costs

At \$6.84 per pound, the cost of all displayed nutrients is \$2.78  
Net nutrition per dollar is 43  
95% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09050

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

**Bluefish**

Amount for 100 calories is **2.8 ounces or 81 grams**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 6%

Saturated	4%
Trans fats	
Cholesterol	16%
Monounsaturated	7%
Polyunsaturated	4%
Omega-3 fats	42%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	15%
Isoleucine*	17%
Leucine*	14%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	22%
Pantothenic acid	7%
Vitamin B-6	14%
Folate	0%
Vitamin B-12	72%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	2%
Iron	2%
Magnesium	5%
Manganese	1%
Phosphorus	9%
Potassium	8%
Selenium	42%
Sodium	2%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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**Food Evaluation**

Vitamin Score	126
Mineral Score	74
Protein Score	153
Fiber Score	0

<b>Total Nutrients Score</b>	<b>443</b>
<b>Net Food Score</b>	<b>421</b>

Unhealthy Score 22

**Caloric Content**

Carbohydrates	0%
Proteins	69%
Fats	31%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.53**  
 Net nutrition per dollar is **792**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15005

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **1.1 ounces or 32 grams**

**Bologna, beef**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	1%

**Fats** 16%

Saturated	22%
Trans fats	
Cholesterol	7%
Monounsaturated	22%
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	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	3%
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	2%
Potassium	1%
Selenium	
Sodium	16%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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**Food Evaluation**

Vitamin Score	20
Mineral Score	13
Protein Score	3
Fiber Score	0

Total Nutrients Score	58
Net Food Score	13

Unhealthy Score 45

**Caloric Content**

Carbohydrates	3%
Proteins	14%
Fats	83%

**Health Costs**

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.14**  
 Net nutrition per dollar is **92**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07201

Food Group Code 0700

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.8 ounces or 51 grams**

**Boston brown bread, canned**

**Carbohydrates** 8%

Fiber	8%
Sugars, total	2%

**Fats** 1%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	2%
Iron	6%
Magnesium	6%
Manganese	23%
Phosphorus	3%
Potassium	4%
Selenium	16%
Sodium	14%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	47%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	65
Protein Score	22
Fiber Score	8

Total Nutrients Score	109
Net Food Score	94

Unhealthy Score 15

**Caloric Content**

Carbohydrates	84%
Proteins	9%
Fats	6%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.34  
Net nutrition per dollar is 277  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18021

Food Group Code 1800



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 27.1 ounces or 769 grams

## Boston lettuce

### Carbohydrates 6%

Fiber	28%
Sugars, total	13%

### Fats 3%

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

### Proteins 10%

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

### Vitamins

Vitamin A	510%
Thiamin (B-1)	22%
Riboflavin (B-2)	17%
Niacin (B-3)	12%
Pantothenic acid	12%
Vitamin B-6	26%
Folate	140%
Vitamin B-12	0%
Vitamin C	32%
Vitamin D	
Vitamin E	9%
Vitamin K	262%

### Minerals

Calcium	19%
Copper	6%
Iron	53%
Magnesium	20%
Manganese	60%
Phosphorus	13%
Potassium	46%
Selenium	7%
Sodium	2%
Zinc	10%

### Other Nutrient

Beta-carotene	306%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	96%
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## Food Evaluation

Vitamin Score	1042
Mineral Score	234
Protein Score	10
Fiber Score	28

Total Nutrients Score	1315
Net Food Score	1312

Unhealthy Score 3

### Caloric Content

Carbohydrates	61%
Proteins	25%
Fats	14%

### Health Costs

At \$1.98 per pound, the cost of all displayed nutrients is \$4.54  
 Net nutrition per dollar is 289  
 74% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11250

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.5 ounces or 15 grams**

**Brazilnuts, dried**

**Carbohydrates** 1%

Fiber	4%
Sugars, total	1%

**Fats** 18%

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	17%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	2%
Copper	13%
Iron	2%
Magnesium	11%
Manganese	8%
Phosphorus	6%
Potassium	3%
Selenium	417%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	13
Mineral Score	466
Protein Score	20
Fiber Score	4

Total Nutrients Score	521
Net Food Score	508

Unhealthy Score 12

**Caloric Content**

Carbohydrates	8%
Proteins	8%
Fats	85%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.26  
 Net nutrition per dollar is 1932  
 51% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12078

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Bread crumbs, seasoned**

**Carbohydrates** 7%

Fiber	4%
Sugars, total	3%

**Fats** 3%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	13%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	12%
Vitamin B-12	
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	4%

**Minerals**

Calcium	3%
Copper	3%
Iron	7%
Magnesium	2%
Manganese	11%
Phosphorus	2%
Potassium	2%
Selenium	9%
Sodium	20%
Zinc	2%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	6%
-------	----

**Food Evaluation**

Vitamin Score	46
Mineral Score	43
Protein Score	29
Fiber Score	4

Total Nutrients Score	124
Net Food Score	102

Unhealthy Score 22

**Caloric Content**

Carbohydrates	73%
Proteins	15%
Fats	12%

**Health Costs**

At \$1.27 per pound, the cost of all displayed nutrients is \$0.07  
 Net nutrition per dollar is 1391  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18376

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Bread stuffing dry mix**

**Carbohydrates** 7%

Fiber	12%
Sugars, total	2%

**Fats** 2%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	17%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	3%
Iron	5%
Magnesium	2%
Manganese	6%
Phosphorus	1%
Potassium	1%
Selenium	11%
Sodium	14%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	37
Mineral Score	32
Protein Score	21
Fiber Score	12

Total Nutrients Score	104
Net Food Score	88

Unhealthy Score 16

**Caloric Content**

Carbohydrates	81%
Proteins	10%
Fats	9%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.11  
 Net nutrition per dollar is 784  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18084

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **1.1 ounces or 30 grams**

**Brie cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	28%
Trans fats	
Cholesterol	10%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	7%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	8%
Valine*	7%

**Vitamins**

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

**Minerals**

Calcium	4%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	1%
Selenium	6%
Sodium	8%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	48%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	22
Protein Score	66
Fiber Score	0

Total Nutrients Score	128
Net Food Score	81

Unhealthy Score 46

**Caloric Content**

Carbohydrates	1%
Proteins	27%
Fats	73%

**Health Costs**

At **\$9.98** per pound, the cost of all displayed nutrients is **\$0.66**  
 Net nutrition per dollar is **123**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01006

Food Group Code 0100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 10.4 ounces or 294 grams**

**Broccoli**

**Carbohydrates** 7%

Fiber	25%
Sugars, total	9%

**Fats** 2%

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

**Proteins** 8%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	8%
Valine*	7%

**Vitamins**

Vitamin A	37%
Thiamin (B-1)	10%
Riboflavin (B-2)	12%
Niacin (B-3)	9%
Pantothenic acid	17%
Vitamin B-6	21%
Folate	46%
Vitamin B-12	0%
Vitamin C	292%
Vitamin D	
Vitamin E	15%
Vitamin K	100%

**Minerals**

Calcium	10%
Copper	7%
Iron	12%
Magnesium	12%
Manganese	27%
Phosphorus	10%
Potassium	23%
Selenium	11%
Sodium	4%
Zinc	8%

**Other Nutrient**

Beta-carotene	21%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	559
Mineral Score	120
Protein Score	58
Fiber Score	25

Total Nutrients Score	762
Net Food Score	758

Unhealthy Score 5

**Caloric Content**

Carbohydrates	70%
Proteins	20%
Fats	9%

**Health Costs**

At \$1.49 per pound, the cost of all displayed nutrients is \$1.58  
Net nutrition per dollar is 478  
61% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11090

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 16.0 ounces or 455 grams**

**Broccoli raab**

**Carbohydrates** 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 Nutrient**

Beta-carotene	143%
Lycopene	0%
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	859
Mineral Score	265
Protein Score	112
Fiber Score	41

Total Nutrients Score	1278
Net Food Score	1270

Unhealthy Score 8

**Caloric Content**

Carbohydrates	46%
Proteins	35%
Fats	19%

**Health Costs**

At \$2.49 per pound, the cost of all displayed nutrients is \$2.50  
 Net nutrition per dollar is 509  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 12.6 ounces or 357 grams**

**Broccoli stalks**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 2%

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

**Proteins** 11%

Histidine*	6%
Isoleucine*	9%
Leucine*	5%
Lysine*	6%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	8%
Valine*	8%

**Vitamins**

Vitamin A	29%
Thiamin (B-1)	12%
Riboflavin (B-2)	15%
Niacin (B-3)	10%
Pantothenic acid	19%
Vitamin B-6	24%
Folate	63%
Vitamin B-12	0%
Vitamin C	370%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	12%
Copper	8%
Iron	17%
Magnesium	18%
Manganese	36%
Phosphorus	12%
Potassium	29%
Selenium	15%
Sodium	4%
Zinc	10%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	542
Mineral Score	157
Protein Score	70
Fiber Score	

Total Nutrients Score	<b>769</b>
Net Food Score	<b>764</b>

Unhealthy Score 5

**Caloric Content**

Carbohydrates	65%
Proteins	25%
Fats	10%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.78**  
Net nutrition per dollar is **980**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11741

Food Group Code 1100



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 27 grams

## Brown rice

### Carbohydrates 8%

Fiber	3%
Sugars, total	0%

### Fats 1%

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

### Proteins 2%

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

### Vitamins

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

### Minerals

Calcium	0%
Copper	4%
Iron	2%
Magnesium	8%
Manganese	44%
Phosphorus	5%
Potassium	2%
Selenium	9%
Sodium	0%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	26
Mineral Score	77
Protein Score	19
Fiber Score	3

Total Nutrients Score	126
Net Food Score	125

Unhealthy Score 1

### Caloric Content

Carbohydrates	86%
Proteins	7%
Fats	7%

### Health Costs

At \$0.75 per pound, the cost of all displayed nutrients is \$0.04  
 Net nutrition per dollar is 2804  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20036

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 27 grams

## Brown sugar

### Carbohydrates 9%

Fiber	0%
Sugars, total	46%

### Fats 0%

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

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	4%
Iron	3%
Magnesium	2%
Manganese	4%
Phosphorus	0%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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## Food Evaluation

Vitamin Score	1
Mineral Score	17
Protein Score	0
Fiber Score	0

Total Nutrients Score	18
Net Food Score	17

Unhealthy Score 0

### Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

### Health Costs

At \$2.02 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 148  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19334

Food Group Code 1900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **8.2 ounces or 233 grams**

**Brussels sprouts**

**Carbohydrates** 8%

Fiber	29%
Sugars, total	9%

**Fats** 1%

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

**Proteins** 8%

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

**Vitamins**

Vitamin A	35%
Thiamin (B-1)	16%
Riboflavin (B-2)	7%
Niacin (B-3)	8%
Pantothenic acid	7%
Vitamin B-6	21%
Folate	35%
Vitamin B-12	0%
Vitamin C	220%
Vitamin D	
Vitamin E	14%
Vitamin K	137%

**Minerals**

Calcium	7%
Copper	8%
Iron	18%
Magnesium	11%
Manganese	34%
Phosphorus	8%
Potassium	23%
Selenium	5%
Sodium	3%
Zinc	7%

**Other Nutrient**

Beta-carotene	21%
Lycopene	0%
Phytosterols	12%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	501
Mineral Score	120
Protein Score	53
Fiber Score	29

Total Nutrients Score	<b>704</b>
Net Food Score	<b>701</b>

Unhealthy Score **3**

**Caloric Content**

Carbohydrates	75%
Proteins	19%
Fats	6%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.70**  
 Net nutrition per dollar is **412**  
**90%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11098

Food Group Code 1100

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

**Carbohydrates** 8%

Fiber	10%
Sugars, total	

**Fats** 2%

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

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	16%
Iron	4%
Magnesium	13%
Manganese	16%
Phosphorus	5%
Potassium	3%
Selenium	3%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	10%
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**Food Evaluation**

Vitamin Score	24
Mineral Score	66
Protein Score	31
Fiber Score	10

<b>Total Nutrients Score</b>	<b>133</b>
<b>Net Food Score</b>	<b>131</b>

**Unhealthy Score 1**

**Caloric Content**

Carbohydrates	79%
Proteins	13%
Fats	8%

**Health Costs**

At **\$3.43** per pound, the cost of all displayed nutrients is **\$0.22**  
Net nutrition per dollar is **596**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20008

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Bulgur

### Carbohydrates 8%

Fiber	18%
Sugars, total	0%

### Fats 1%

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

### Proteins 4%

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

### Vitamins

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

### Minerals

Calcium	1%
Copper	5%
Iron	4%
Magnesium	10%
Manganese	39%
Phosphorus	4%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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## Food Evaluation

Vitamin Score	21
Mineral Score	70
Protein Score	29
Fiber Score	18

Total Nutrients Score	138
Net Food Score	138

Unhealthy Score 1

### Caloric Content

Carbohydrates	84%
Proteins	13%
Fats	3%

### Health Costs

At \$16.48 per pound, the cost of all displayed nutrients is \$1.06  
Net nutrition per dollar is 130  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20012

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is **0.5 ounces or 14 grams**

## Butter

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 20%

Saturated	39%
Trans fats	
Cholesterol	10%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	3%
Omega-6 fats	4%

### Proteins 0%

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

### Vitamins

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

### Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	3%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	16%
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## Food Evaluation

Vitamin Score	12
Mineral Score	1
Protein Score	1
Fiber Score	0

Total Nutrients Score	33
Net Food Score	-19

Unhealthy Score **52**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	1%
Fats	99%

### Health Costs

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.09**  
 Net nutrition per dollar is **-207**  
**100%** of purchased food is edible

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

USDA food number 01001

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 16 grams**

**Butternuts, dried**

**Carbohydrates** 1%

Fiber	3%
Sugars, total	

**Fats** 17%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	32%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	4%
Iron	4%
Magnesium	8%
Manganese	47%
Phosphorus	4%
Potassium	2%
Selenium	4%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	13
Mineral Score	75
Protein Score	39
Fiber Score	3

Total Nutrients Score	<b>138</b>
Net Food Score	<b>137</b>

Unhealthy Score 1

**Caloric Content**

Carbohydrates	8%
Proteins	14%
Fats	78%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.53**  
 Net nutrition per dollar is **257**  
**27%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12084

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 14.1 ounces or 400 grams**

**Cabbage**

**Carbohydrates** 8%

Fiber	33%
Sugars, total	23%

**Fats** 1%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	8%
Thiamin (B-1)	12%
Riboflavin (B-2)	6%
Niacin (B-3)	4%
Pantothenic acid	8%
Vitamin B-6	21%
Folate	43%
Vitamin B-12	0%
Vitamin C	163%
Vitamin D	
Vitamin E	4%
Vitamin K	101%

**Minerals**

Calcium	11%
Copper	4%
Iron	10%
Magnesium	10%
Manganese	28%
Phosphorus	5%
Potassium	17%
Selenium	2%
Sodium	3%
Zinc	5%

**Other Nutrient**

Beta-carotene	3%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	370
Mineral Score	92
Protein Score	29
Fiber Score	33

Total Nutrients Score	524
Net Food Score	520

Unhealthy Score 4

**Caloric Content**

Carbohydrates	84%
Proteins	13%
Fats	3%

**Health Costs**

At \$0.69 per pound, the cost of all displayed nutrients is \$0.76  
Net nutrition per dollar is 684  
80% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11109

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 24 grams**

**Cake, white, dry mix**

**Carbohydrates** 7%

Fiber	1%
Sugars, total	

**Fats** 4%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	1%
Iron	1%
Magnesium	0%
Manganese	3%
Phosphorus	3%
Potassium	0%
Selenium	
Sodium	7%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
-------	----

**Food Evaluation**

Vitamin Score	4
Mineral Score	10
Protein Score	8
Fiber Score	1

Total Nutrients Score	27
Net Food Score	17

Unhealthy Score 10

**Caloric Content**

Carbohydrates	76%
Proteins	4%
Fats	20%

**Health Costs**

At \$1.13 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 284  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18419

Food Group Code 1800

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.9 ounces or 82 grams**

**Canadian bacon**

**Carbohydrates** 1%

Fiber	
Sugars, total	2%

**Fats** 7%

Saturated	8%
Trans fats	
Cholesterol	13%
Monounsaturated	9%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 14%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	4%
Iron	4%
Magnesium	3%
Manganese	
Phosphorus	
Potassium	6%
Selenium	
Sodium	36%
Zinc	10%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score 1  
Mineral Score 27  
Protein Score 14  
Fiber Score

Total Nutrients Score	52
Net Food Score	-6

Unhealthy Score 58

**Caloric Content**

Carbohydrates 6%  
Proteins 57%  
Fats 37%

**Health Costs**

At \$10.64 per pound, the cost of all displayed nutrients is \$1.92  
Net nutrition per dollar is -3  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 10857

Food Group Code 1000

**% of Daily Requirements from 100 Calories of**

**Canola oil**

Amount for 100 calories is **0.4 ounces or 11 grams**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	30%
Polyunsaturated	15%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	13%
Vitamin K	5%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	17
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	<b>48</b>
Net Food Score	<b>43</b>

Unhealthy Score **4**

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$0.62** per pound, the cost of all displayed nutrients is **\$0.02**  
 Net nutrition per dollar is **2810**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04582

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 10.4 ounces or 294 grams** **Cantaloupe**

**Carbohydrates** 9%

Fiber	9%
Sugars, total	42%

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	199%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	9%
Folate	15%
Vitamin B-12	0%
Vitamin C	120%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

**Minerals**

Calcium	2%
Copper	6%
Iron	3%
Magnesium	7%
Manganese	5%
Phosphorus	2%
Potassium	20%
Selenium	2%
Sodium	2%
Zinc	4%

**Other Nutrient**

Beta-carotene	119%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	367
Mineral Score	51
Protein Score	13
Fiber Score	9
<b>Total Nutrients Score</b>	<b>440</b>
<b>Net Food Score</b>	<b>437</b>
<b>Unhealthy Score</b>	<b>3</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	87%
Proteins	8%
Fats	5%

**Health Costs**

At **\$0.60** per pound, the cost of all displayed nutrients is **\$0.76**  
 Net nutrition per dollar is **573**  
**51%** of purchased food is edible

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

USDA food number 09181      Food Group Code 0900

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

**Capers, canned**

**Carbohydrates** 8%

Fiber	46%
Sugars, total	3%

**Fats** 7%

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

**Proteins** 10%

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

**Vitamins**

Vitamin A	12%
Thiamin (B-1)	4%
Riboflavin (B-2)	22%
Niacin (B-3)	13%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	25%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	26%
Vitamin K	36%

**Minerals**

Calcium	12%
Copper	81%
Iron	40%
Magnesium	29%
Manganese	15%
Phosphorus	2%
Potassium	4%
Selenium	7%
Sodium	560%
Zinc	9%

**Other Nutrient**

Beta-carotene	7%
Lycopene	0%
Phytosterols	46%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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**Food Evaluation**

Vitamin Score	163
Mineral Score	201
Protein Score	10
Fiber Score	46

Total Nutrients Score	422
Net Food Score	-144

Unhealthy Score 566

**Caloric Content**

Carbohydrates	50%
Proteins	19%
Fats	31%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$9.58  
Net nutrition per dollar is -15  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02054

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 30 grams

## Caraway seeds

### Carbohydrates 5%

Fiber	38%
Sugars, total	0%

### Fats 8%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	10%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

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

### Vitamins

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

### Minerals

Calcium	15%
Copper	14%
Iron	27%
Magnesium	15%
Manganese	17%
Phosphorus	9%
Potassium	10%
Selenium	5%
Sodium	0%
Zinc	11%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	34
Mineral Score	123
Protein Score	51
Fiber Score	38

Total Nutrients Score	256
Net Food Score	254

Unhealthy Score 1

### Caloric Content

Carbohydrates	43%
Proteins	20%
Fats	37%

### Health Costs

At **\$69.16** per pound, the cost of all displayed nutrients is **\$4.58**  
 Net nutrition per dollar is **56**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02005

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 32 grams** **Cardamom**

**Carbohydrates** 8%

Fiber	30%
Sugars, total	

**Fats** 4%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
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	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	3%
Folate	
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	9%
Copper	6%
Iron	25%
Magnesium	15%
Manganese	391%
Phosphorus	3%
Potassium	9%
Selenium	
Sodium	0%
Zinc	16%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score 17  
 Mineral Score 474  
 Protein Score 3  
 Fiber Score 30

**Total Nutrients Score 526**  
**Net Food Score 525**

**Unhealthy Score 1**

**Caloric Content**

Carbohydrates 70%  
 Proteins 12%  
 Fats 18%

**Health Costs**

At \$115.11 per pound, the cost of all displayed nutrients is **\$8.16**  
 Net nutrition per dollar is **64**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.9 ounces or 82 grams**

**Caribou liver**

**Carbohydrates** 2%

Fiber	
Sugars, total	

**Fats** 6%

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

**Proteins** 12%

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

**Vitamins**

Vitamin A	472%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	
Iron	71%
Magnesium	
Manganese	
Phosphorus	12%
Potassium	
Selenium	
Sodium	
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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**Food Evaluation**

Vitamin Score	472
Mineral Score	83
Protein Score	12
Fiber Score	
<b>Total Nutrients Score</b>	<b>568</b>
<b>Net Food Score</b>	<b>568</b>
<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	22%
Proteins	49%
Fats	29%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is **\$1.08**

Net nutrition per dollar is **524**

**100%** of purchased food is edible

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



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.6 ounces or 244 grams

## Carrots

### Carbohydrates 8%

Fiber	23%
Sugars, total	21%

### Fats 1%

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

### Proteins 2%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	5%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	10%
Tryptophan*	2%
Valine*	3%

### Vitamins

Vitamin A	820%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	11%
Pantothenic acid	7%
Vitamin B-6	14%
Folate	12%
Vitamin B-12	0%
Vitamin C	16%
Vitamin D	
Vitamin E	11%
Vitamin K	11%

### Minerals

Calcium	6%
Copper	5%
Iron	4%
Magnesium	6%
Manganese	15%
Phosphorus	4%
Potassium	20%
Selenium	0%
Sodium	7%
Zinc	4%

### Other Nutrient

Beta-carotene	404%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
-------	-----

## Food Evaluation

Vitamin Score	914
Mineral Score	64
Protein Score	39
Fiber Score	23

Total Nutrients Score	1040
Net Food Score	1032

Unhealthy Score 8

### Caloric Content

Carbohydrates	89%
Proteins	6%
Fats	5%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.60  
 Net nutrition per dollar is 1726  
 89% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11124

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 18 grams**

**Cashew nuts, raw**

**Carbohydrates** 2%

Fiber	2%
Sugars, total	2%

**Fats** 14%

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	20%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	20%
Iron	7%
Magnesium	11%
Manganese	13%
Phosphorus	5%
Potassium	3%
Selenium	5%
Sodium	0%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	71
Protein Score	31
Fiber Score	2

Total Nutrients Score	137
Net Food Score	130

Unhealthy Score 8

**Caloric Content**

Carbohydrates	22%
Proteins	11%
Fats	66%

**Health Costs**

At \$7.99 per pound, the cost of all displayed nutrients is  
 Net nutrition per dollar is  
 of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12087

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 17 grams**

**Cashew nuts, roasted**

**Carbohydrates** 2%

Fiber	2%
Sugars, total	2%

**Fats** 14%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	22%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

**Minerals**

Calcium	1%
Copper	19%
Iron	6%
Magnesium	9%
Manganese	6%
Phosphorus	4%
Potassium	2%
Selenium	3%
Sodium	0%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	57
Protein Score	26
Fiber Score	2

Total Nutrients Score	120
Net Food Score	111

Unhealthy Score 9

**Caloric Content**

Carbohydrates	23%
Proteins	9%
Fats	68%

**Health Costs**

At \$7.99 per pound, the cost of all displayed nutrients is \$0.31  
 Net nutrition per dollar is 363  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12085

Food Group Code 1200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.4 ounces or 95 grams

## Catfish

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 5%

Saturated	4%
Trans fats	
Cholesterol	23%
Monounsaturated	5%
Polyunsaturated	3%
Omega-3 fats	14%
Omega-6 fats	0%

### Proteins 18%

Histidine*	17%
Isoleucine*	19%
Leucine*	15%
Lysine*	18%
Methionine*	12%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	16%
Tryptophan*	16%
Valine*	16%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	10%
Pantothenic acid	9%
Vitamin B-6	4%
Folate	2%
Vitamin B-12	46%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	2%
Iron	2%
Magnesium	5%
Manganese	1%
Phosphorus	14%
Potassium	10%
Selenium	19%
Sodium	2%
Zinc	4%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

78%

## Food Evaluation

Vitamin Score	86
Mineral Score	59
Protein Score	167
Fiber Score	0

Total Nutrients Score **345**

Net Food Score **316**

Unhealthy Score **29**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	75%
Fats	25%

### Health Costs

At **\$4.99** per pound, the cost of all displayed nutrients is **\$1.05**  
 Net nutrition per dollar is **302**  
**100%** of purchased food is edible

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

USDA food number 15233

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.6 ounces or 103 grams

## Catsup

### Carbohydrates 9%

Fiber	1%
Sugars, total	43%

### Fats 1%

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

### Proteins 2%

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

### Vitamins

Vitamin A	19%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	7%
Pantothenic acid	0%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	10%
Vitamin K	1%

### Minerals

Calcium	1%
Copper	9%
Iron	3%
Magnesium	4%
Manganese	6%
Phosphorus	2%
Potassium	10%
Selenium	0%
Sodium	50%
Zinc	2%

### Other Nutrient

Beta-carotene	12%
Lycopene	86%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	69%
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## Food Evaluation

Vitamin Score	69
Mineral Score	37
Protein Score	12
Fiber Score	1

Total Nutrients Score	119
Net Food Score	69

Unhealthy Score 50

### Caloric Content

Carbohydrates	93%
Proteins	4%
Fats	3%

### Health Costs

At \$1.11 per pound, the cost of all displayed nutrients is \$0.25  
Net nutrition per dollar is 275  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11935

Food Group Code 1100

**% of Daily Requirements from 100 Calories of Cauliflower**  
 Amount for 100 calories is 14.1 ounces or 400 grams

**Carbohydrates** 8%

Fiber	33%
Sugars, total	17%

**Fats** 1%

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

**Proteins** 8%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	9%
Niacin (B-3)	10%
Pantothenic acid	26%
Vitamin B-6	37%
Folate	57%
Vitamin B-12	0%
Vitamin C	206%
Vitamin D	
Vitamin E	2%
Vitamin K	21%

**Minerals**

Calcium	6%
Copper	8%
Iron	10%
Magnesium	12%
Manganese	27%
Phosphorus	9%
Potassium	30%
Selenium	3%
Sodium	5%
Zinc	7%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	16%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	381	<b>Total Nutrients Score</b>	<b>589</b>	<b>Caloric Content</b>
Mineral Score	114			
Protein Score	62	<b>Net Food Score</b>	<b>584</b>	Carbohydrates 77%
Fiber Score	33	<b>Unhealthy Score</b>	<b>6</b>	Proteins 20%
SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.				Fats 3%

**Health Costs**

At \$0.50 per pound, the cost of all displayed nutrients is \$1.13  
 Net nutrition per dollar is 516  
 39% of purchased food is edible

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

USDA food number 11135      Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 22.0 ounces or 625 grams**

**Celery**

**Carbohydrates** 7%

Fiber	33%
Sugars, total	21%

**Fats** 2%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	56%
Thiamin (B-1)	7%
Riboflavin (B-2)	13%
Niacin (B-3)	9%
Pantothenic acid	15%
Vitamin B-6	19%
Folate	56%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	11%
Vitamin K	61%

**Minerals**

Calcium	18%
Copper	11%
Iron	7%
Magnesium	14%
Manganese	28%
Phosphorus	8%
Potassium	41%
Selenium	4%
Sodium	22%
Zinc	5%

**Other Nutrient**

Beta-carotene	34%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	269
Mineral Score	135
Protein Score	28
Fiber Score	33

Total Nutrients Score	466
Net Food Score	442

Unhealthy Score 23

**Caloric Content**

Carbohydrates	73%
Proteins	17%
Fats	9%

**Health Costs**

At \$2.49 per pound, the cost of all displayed nutrients is \$3.85  
Net nutrition per dollar is 115  
89% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11143

Food Group Code 1100

**% of Daily Requirements from 100 Calories of Celery seeds**  
 Amount for 100 calories is 0.9 ounces or 26 grams

**Carbohydrates** 4%

Fiber	10%
Sugars, total	0%

**Fats** 12%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	18%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	32%
Copper	17%
Iron	64%
Magnesium	22%
Manganese	84%
Phosphorus	7%
Potassium	9%
Selenium	4%
Sodium	2%
Zinc	12%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	28	<b>Total Nutrients Score</b>	<b>312</b>	<b>Caloric Content</b>	
Mineral Score	252				
Protein Score	5	<b>Net Food Score</b>	<b>308</b>	Carbohydrates	31%
Fiber Score	10	<b>Unhealthy Score</b>	<b>5</b>	Proteins	15%
SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.				Fats	54%

**Health Costs**

At **\$60.46** per pound, the cost of all displayed nutrients is **\$3.40**  
 Net nutrition per dollar is **90**  
**100%** of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*  
 USDA food number 02007      Food Group Code 0200



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 25 grams**

**Cheddar cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	28%
Trans fats	
Cholesterol	9%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	7%
Isoleucine*	9%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	7%
Valine*	7%

**Vitamins**

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

**Minerals**

Calcium	13%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	5%
Sodium	7%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	37%
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**Food Evaluation**

Vitamin Score	17
Mineral Score	33
Protein Score	64
Fiber Score	0

Total Nutrients Score	124
Net Food Score	81

Unhealthy Score 44

**Caloric Content**

Carbohydrates	1%
Proteins	26%
Fats	72%

**Health Costs**

At \$4.49 per pound, the cost of all displayed nutrients is \$0.25  
 Net nutrition per dollar is 328  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01009

Food Group Code 0100

**% of Daily Requirements from 100 Calories of Cheese lasagna**  
 Amount for 100 calories is 2.7 ounces or 77 grams

**Carbohydrates** 4%

Fiber	4%
Sugars, total	6%

**Fats** 7%

Saturated	9%
Trans fats	
Cholesterol	3%
Monounsaturated	6%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	4%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	
Vitamin B-12	7%
Vitamin C	15%
Vitamin D	
Vitamin E	5%
Vitamin K	2%

**Minerals**

Calcium	6%
Copper	4%
Iron	5%
Magnesium	3%
Manganese	7%
Phosphorus	4%
Potassium	4%
Selenium	29%
Sodium	9%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	48
Mineral Score	67
Protein Score	40
Fiber Score	4

Total Nutrients Score	164
Net Food Score	143

Unhealthy Score 22

**Caloric Content**

Carbohydrates	43%
Proteins	20%
Fats	37%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.68  
 Net nutrition per dollar is 211  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 22910 Food Group Code 2200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.2 ounces or 33 grams**

**Cheese Spread, Velveeta**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	5%

**Fats** 13%

Saturated	26%
Trans fats	
Cholesterol	9%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	11%
Copper	
Iron	0%
Magnesium	
Manganese	
Phosphorus	14%
Potassium	3%
Selenium	
Sodium	22%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	46%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	32
Protein Score	5
Fiber Score	0

Total Nutrients Score	49
Net Food Score	-7

Unhealthy Score 56

**Caloric Content**

Carbohydrates	13%
Proteins	22%
Fats	66%

**Health Costs**

At \$4.79 per pound, the cost of all displayed nutrients is \$0.35  
 Net nutrition per dollar is -19  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01191

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 18 grams**

**Cheese-flavor corn twists**

**Carbohydrates** 4%

Fiber	1%
Sugars, total	1%

**Fats** 11%

Saturated	5%
Trans fats	3%
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	15%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	1%
Iron	2%
Magnesium	1%
Manganese	1%
Phosphorus	1%
Potassium	1%
Selenium	2%
Sodium	8%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
-------	----

**Food Evaluation**

Vitamin Score	24
Mineral Score	10
Protein Score	13
Fiber Score	1

Total Nutrients Score	57
Net Food Score	40

Unhealthy Score 17

**Caloric Content**

Carbohydrates	40%
Proteins	4%
Fats	56%

**Health Costs**

At \$4.30 per pound, the cost of all displayed nutrients is \$0.17  
 Net nutrition per dollar is 236  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19008

Food Group Code 2500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 24 grams**

**CHEX snack mix**

**Carbohydrates** 6%

Fiber	4%
Sugars, total	

**Fats** 7%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	18%
Riboflavin (B-2)	4%
Niacin (B-3)	18%
Pantothenic acid	1%
Vitamin B-6	15%
Folate	5%
Vitamin B-12	49%
Vitamin C	12%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	5%
Iron	32%
Magnesium	3%
Manganese	16%
Phosphorus	2%
Potassium	2%
Selenium	
Sodium	10%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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**Food Evaluation**

Vitamin Score	124
Mineral Score	64
Protein Score	3
Fiber Score	4

Total Nutrients Score	195
Net Food Score	177

Unhealthy Score 17

**Caloric Content**

Carbohydrates	55%
Proteins	10%
Fats	35%

**Health Costs**

At \$5.28 per pound, the cost of all displayed nutrients is \$0.27  
 Net nutrition per dollar is 647  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19033

Food Group Code 2500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 20 grams**

**Chia seeds, dried**

**Carbohydrates** 3%

Fiber	26%
Sugars, total	

**Fats** 11%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	22%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	2%
Methionine*	0%
Cystine	2%
Phenylalanine*	3%
Tyrosine	1%
Threonine*	3%
Tryptophan*	12%
Valine*	4%

**Vitamins**

Vitamin A	
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	0%
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	9%
Copper	2%
Iron	
Magnesium	
Manganese	19%
Phosphorus	10%
Potassium	1%
Selenium	
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	46
Protein Score	39
Fiber Score	26

<b>Total Nutrients Score</b>	<b>113</b>
<b>Net Food Score</b>	<b>109</b>

Unhealthy Score 4

**Caloric Content**

Carbohydrates	36%
Proteins	11%
Fats	53%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.45**  
 Net nutrition per dollar is **242**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12006

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 88.2 ounces or 2500 grams**

**Chicken Broth 1% fat**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	7%

**Fats** 8%

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

**Proteins** 14%

Histidine*	8%
Isoleucine*	4%
Leucine*	4%
Lysine*	5%
Methionine*	4%
Cystine	4%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	14%
Valine*	3%

**Vitamins**

Vitamin A	
Thiamin (B-1)	9%
Riboflavin (B-2)	19%
Niacin (B-3)	63%
Pantothenic acid	30%
Vitamin B-6	15%
Folate	
Vitamin B-12	83%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	0%

**Minerals**

Calcium	7%
Copper	24%
Iron	19%
Magnesium	5%
Manganese	12%
Phosphorus	14%
Potassium	19%
Selenium	79%
Sodium	445%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	98%
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**Food Evaluation**

Vitamin Score	219
Mineral Score	182
Protein Score	68
Fiber Score	0

Total Nutrients Score	469
Net Food Score	24

Unhealthy Score 445

**Caloric Content**

Carbohydrates	13%
Proteins	51%
Fats	36%

**Health Costs**

At \$1.10 per pound, the cost of all displayed nutrients is \$6.06  
 Net nutrition per dollar is 4  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06984

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 22.0 ounces or 625 grams**

**Chicken broth w sodium**

**Carbohydrates** 3%

Fiber	0%
Sugars, total	1%

**Fats** 7%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 13%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	7%
Niacin (B-3)	39%
Pantothenic acid	
Vitamin B-6	3%
Folate	0%
Vitamin B-12	10%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	16%
Iron	7%
Magnesium	1%
Manganese	
Phosphorus	9%
Potassium	13%
Selenium	0%
Sodium	8%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	96%
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**Food Evaluation**

Vitamin Score	59
Mineral Score	53
Protein Score	13
Fiber Score	0

Total Nutrients Score	132
Net Food Score	118

Unhealthy Score 14

**Caloric Content**

Carbohydrates	26%
Proteins	44%
Fats	30%

**Health Costs**

At \$0.90 per pound, the cost of all displayed nutrients is \$1.24  
 Net nutrition per dollar is 95  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06970

Food Group Code 0600



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 11.4 ounces or 323 grams**

**Chicken broth, condensed**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	2%

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	1%
Monounsaturated	7%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 14%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	33%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	16%
Iron	7%
Magnesium	1%
Manganese	28%
Phosphorus	10%
Potassium	14%
Selenium	11%
Sodium	88%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	57
Mineral Score	92
Protein Score	14
Fiber Score	0

Total Nutrients Score	171
Net Food Score	76

Unhealthy Score 94

**Caloric Content**

Carbohydrates	10%
Proteins	60%
Fats	30%

**Health Costs**

At \$0.90 per pound, the cost of all displayed nutrients is \$0.64  
 Net nutrition per dollar is 120  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06013

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.8 ounces or 106 grams**

**Chicken gizzards**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 4%

Saturated	3%
Trans fats	1%
Cholesterol	85%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	1%
Omega-6 fats	0%

**Proteins** 19%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	9%
Niacin (B-3)	18%
Pantothenic acid	7%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	21%
Vitamin C	4%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	6%
Iron	15%
Magnesium	3%
Manganese	3%
Phosphorus	8%
Potassium	6%
Selenium	39%
Sodium	3%
Zinc	19%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	71
Mineral Score	100
Protein Score	19
Fiber Score	0

Total Nutrients Score	193
Net Food Score	100

Unhealthy Score 93

**Caloric Content**

Carbohydrates	0%
Proteins	80%
Fats	20%

**Health Costs**

At \$1.19 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 359  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 05023

Food Group Code 0500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.0 ounces or 86 grams**

**Chicken liver**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 7%

Saturated	7%
Trans fats	1%
Cholesterol	99%
Monounsaturated	5%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	5%

**Proteins** 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	14%
Lysine*	13%
Methionine*	9%
Cystine	5%
Phenylalanine*	9%
Tyrosine	7%
Threonine*	13%
Tryptophan*	12%
Valine*	15%

**Vitamins**

Vitamin A	191%
Thiamin (B-1)	13%
Riboflavin (B-2)	55%
Niacin (B-3)	38%
Pantothenic acid	54%
Vitamin B-6	31%
Folate	127%
Vitamin B-12	238%
Vitamin C	17%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	21%
Iron	43%
Magnesium	3%
Manganese	10%
Phosphorus	13%
Potassium	5%
Selenium	67%
Sodium	3%
Zinc	15%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	189%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	767
Mineral Score	178
Protein Score	142
Fiber Score	0

Total Nutrients Score	1093
Net Food Score	983

Unhealthy Score 110

**Caloric Content**

Carbohydrates	0%
Proteins	62%
Fats	38%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.38  
 Net nutrition per dollar is 2598  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 05027

Food Group Code 0500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.8 ounces or 50 grams

## Chicken liver, canned

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 12%

Saturated	11%
Trans fats	
Cholesterol	65%
Monounsaturated	12%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	6%
Isoleucine*	8%
Leucine*	6%
Lysine*	5%
Methionine*	4%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	8%
Valine*	8%

### Vitamins

Vitamin A	7%
Thiamin (B-1)	1%
Riboflavin (B-2)	25%
Niacin (B-3)	17%
Pantothenic acid	13%
Vitamin B-6	5%
Folate	40%
Vitamin B-12	67%
Vitamin C	6%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	4%
Iron	25%
Magnesium	1%
Manganese	4%
Phosphorus	4%
Potassium	1%
Selenium	33%
Sodium	8%
Zinc	7%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	66%
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## Food Evaluation

Vitamin Score	184
Mineral Score	80
Protein Score	68
Fiber Score	0

Total Nutrients Score	345
Net Food Score	261

Unhealthy Score 84

### Caloric Content

Carbohydrates	13%
Proteins	29%
Fats	59%

### Health Costs

At \$1.19 per pound, the cost of all displayed nutrients is \$0.13  
Net nutrition per dollar is 1997  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07053

Food Group Code 0700

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.7 ounces or 189 grams**

**Chicken noodle soup**

**Carbohydrates** 4%

Fiber	0%
Sugars, total	3%

**Fats** 7%

Saturated	5%
Trans fats	
Cholesterol	7%
Monounsaturated	7%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	8%
Valine*	4%

**Vitamins**

Vitamin A	30%
Thiamin (B-1)	11%
Riboflavin (B-2)	6%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	0%
Folate	18%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	11%
Iron	14%
Magnesium	3%
Manganese	9%
Phosphorus	3%
Potassium	2%
Selenium	27%
Sodium	58%
Zinc	4%

**Other Nutrient**

Beta-carotene	15%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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**Food Evaluation**

Vitamin Score	78
Mineral Score	74
Protein Score	40
Fiber Score	0

Total Nutrients Score	199
Net Food Score	129

Unhealthy Score 70

**Caloric Content**

Carbohydrates	47%
Proteins	20%
Fats	33%

**Health Costs**

At \$1.12 per pound, the cost of all displayed nutrients is \$0.47  
 Net nutrition per dollar is 276  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06019

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 27 grams**

**Chicken noodle soup mix**

**Carbohydrates** 6%

Fiber	3%
Sugars, total	1%

**Fats** 3%

Saturated	3%
Trans fats	
Cholesterol	7%
Monounsaturated	3%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	4%
Iron	4%
Magnesium	2%
Manganese	5%
Phosphorus	3%
Potassium	2%
Selenium	12%
Sodium	42%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	34
Mineral Score	36
Protein Score	34
Fiber Score	3

Total Nutrients Score	109
Net Food Score	58

Unhealthy Score 51

**Caloric Content**

Carbohydrates	68%
Proteins	17%
Fats	15%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$0.29  
 Net nutrition per dollar is 199  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06128

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 9.0 ounces or 256 grams**

**Chicken rice soup w-veg**

**Carbohydrates** 5%

Fiber	
Sugars, total	

**Fats** 4%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	28%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	
Copper	
Iron	
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	37%
Zinc	

**Other Nutrient**

Beta-carotene	17%
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score 28  
 Mineral Score 0  
 Protein Score 6  
 Fiber Score

Total Nutrients Score	39
Net Food Score	-6

Unhealthy Score 45

**Caloric Content**

Carbohydrates 52%  
 Proteins 26%  
 Fats 21%

**Health Costs**

At \$1.26 per pound, the cost of all displayed nutrients is \$0.71  
 Net nutrition per dollar is -8  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06747

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.1 ounces or 145 grams**

**Chicken vegetable soup**

**Carbohydrates** 4%

Fiber	
Sugars, total	

**Fats** 5%

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

**Proteins** 7%

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

**Vitamins**

Vitamin A	72%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	2%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	7%
Iron	5%
Magnesium	1%
Manganese	6%
Phosphorus	3%
Potassium	6%
Selenium	11%
Sodium	28%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	83%
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**Food Evaluation**

Vitamin Score 99  
 Mineral Score 49  
 Protein Score 7  
 Fiber Score

Total Nutrients Score	161
Net Food Score	125

Unhealthy Score 36

**Caloric Content**

Carbohydrates 44%  
 Proteins 30%  
 Fats 25%

**Health Costs**

At \$1.51 per pound, the cost of all displayed nutrients is \$0.48  
 Net nutrition per dollar is 258  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06024

Food Group Code 0600



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.8 ounces or 80 grams**

**Chicken, dark meat**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	21%
Monounsaturated	5%
Polyunsaturated	4%
Omega-3 fats	4%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	16%
Isoleucine*	19%
Leucine*	13%
Lysine*	15%
Methionine*	10%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	14%
Tryptophan*	15%
Valine*	14%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	5%
Niacin (B-3)	23%
Pantothenic acid	10%
Vitamin B-6	11%
Folate	2%
Vitamin B-12	5%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	3%
Iron	5%
Magnesium	4%
Manganese	1%
Phosphorus	6%
Potassium	4%
Selenium	15%
Sodium	3%
Zinc	11%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	65
Mineral Score	49
Protein Score	153
Fiber Score	0

Total Nutrients Score	278
Net Food Score	249

Unhealthy Score 29

**Caloric Content**

Carbohydrates	0%
Proteins	69%
Fats	31%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.40**  
 Net nutrition per dollar is **628**  
**44%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 05043

Food Group Code 0500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 3.1 ounces or 88 grams**

**Chicken, light meat**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 3%

Saturated	2%
Trans fats	
Cholesterol	17%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 20%

Histidine*	20%
Isoleucine*	25%
Leucine*	16%
Lysine*	19%
Methionine*	13%
Cystine	6%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	18%
Tryptophan*	19%
Valine*	18%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	42%
Pantothenic acid	7%
Vitamin B-6	20%
Folate	1%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	2%
Iron	4%
Magnesium	5%
Manganese	1%
Phosphorus	8%
Potassium	5%
Selenium	22%
Sodium	3%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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**Food Evaluation**

Vitamin Score	84
Mineral Score	53
Protein Score	194
Fiber Score	0

Total Nutrients Score	336
Net Food Score	315

Unhealthy Score 22

**Caloric Content**

Carbohydrates	0%
Proteins	87%
Fats	13%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.35  
Net nutrition per dollar is 904  
55% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 05039

Food Group Code 0500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 27 grams**

**Chickpeas (garbanzo)**

**Carbohydrates** 6%

Fiber	16%
Sugars, total	5%

**Fats** 3%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	38%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

**Minerals**

Calcium	2%
Copper	12%
Iron	10%
Magnesium	6%
Manganese	26%
Phosphorus	5%
Potassium	6%
Selenium	3%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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**Food Evaluation**

Vitamin Score	63
Mineral Score	76
Protein Score	44
Fiber Score	16

Total Nutrients Score	201
Net Food Score	200

Unhealthy Score 1

**Caloric Content**

Carbohydrates	68%
Proteins	18%
Fats	14%

**Health Costs**

At **\$0.79** per pound, the cost of all displayed nutrients is **\$0.05**  
 Net nutrition per dollar is **4176**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16056

Food Group Code 1600

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

**Chicory greens**

**Carbohydrates** 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 Nutrient**

Beta-carotene	298%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	1337
Mineral Score	294
Protein Score	53
Fiber Score	58

Total Nutrients Score	1742
Net Food Score	1732

Unhealthy Score 10

**Caloric Content**

Carbohydrates	72%
Proteins	18%
Fats	11%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$5.83  
Net nutrition per dollar is 297  
82% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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**

**Chili peppers**

Amount for 100 calories is **8.8 ounces or 250 grams**

**Carbohydrates** 8%

Fiber	13%
Sugars, total	24%

**Fats** 2%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	48%
Thiamin (B-1)	9%
Riboflavin (B-2)	8%
Niacin (B-3)	14%
Pantothenic acid	5%
Vitamin B-6	53%
Folate	14%
Vitamin B-12	0%
Vitamin C	399%
Vitamin D	
Vitamin E	12%
Vitamin K	12%

**Minerals**

Calcium	3%
Copper	16%
Iron	14%
Magnesium	12%
Manganese	20%
Phosphorus	5%
Potassium	20%
Selenium	2%
Sodium	1%
Zinc	4%

**Other Nutrient**

Beta-carotene	27%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	573
Mineral Score	96
Protein Score	37
Fiber Score	13

Total Nutrients Score	<b>719</b>
Net Food Score	<b>717</b>

Unhealthy Score **2**

**Caloric Content**

Carbohydrates	79%
Proteins	11%
Fats	9%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$2.26**  
 Net nutrition per dollar is **318**  
**73%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11819

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

## Chili powder

### Carbohydrates 6%

Fiber	36%
Sugars, total	4%

### Fats 10%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

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

### Vitamins

Vitamin A	189%
Thiamin (B-1)	6%
Riboflavin (B-2)	9%
Niacin (B-3)	11%
Pantothenic acid	
Vitamin B-6	49%
Folate	8%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	62%
Vitamin K	11%

### Minerals

Calcium	6%
Copper	7%
Iron	25%
Magnesium	11%
Manganese	30%
Phosphorus	5%
Potassium	15%
Selenium	3%
Sodium	14%
Zinc	6%

### Other Nutrient

Beta-carotene	96%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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## Food Evaluation

Vitamin Score	367
Mineral Score	108
Protein Score	4
Fiber Score	36

Total Nutrients Score	520
Net Food Score	501

Unhealthy Score 19

### Caloric Content

Carbohydrates	42%
Proteins	13%
Fats	45%

### Health Costs

At \$10.63 per pound, the cost of all displayed nutrients is \$0.75  
 Net nutrition per dollar is 672  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02009

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 27.1 ounces or 769 grams**

**Chinese cabbage**

**Carbohydrates** 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 Nutrient**

Beta-carotene	412%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	1416
Mineral Score	260
Protein Score	86
Fiber Score	26

<b>Total Nutrients Score</b>	<b>1789</b>
<b>Net Food Score</b>	<b>1766</b>

Unhealthy Score 23

**Caloric Content**

Carbohydrates	59%
Proteins	28%
Fats	13%

**Health Costs**

At **\$0.79** per pound, the cost of all displayed nutrients is **\$1.52**  
 Net nutrition per dollar is **1160**  
**88%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 Chinese chestnuts, raw**  
 Amount for 100 calories is 1.6 ounces or 45 grams

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	8%
Iron	3%
Magnesium	8%
Manganese	31%
Phosphorus	2%
Potassium	5%
Selenium	
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	44%
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**Food Evaluation**

Vitamin Score 45  
 Mineral Score 60  
 Protein Score 17  
 Fiber Score

**Total Nutrients Score 124**  
**Net Food Score 123**

Unhealthy Score 0

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates 89%  
 Proteins 7%  
 Fats 4%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.47  
 Net nutrition per dollar is 264  
 84% of purchased food is edible

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

USDA food number 12093 Food Group Code 1200



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 3.6 ounces or 103 grams**

**Chinese waterchestnuts**

**Carbohydrates** 9%

Fiber	10%
Sugars, total	9%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	7%
Niacin (B-3)	5%
Pantothenic acid	5%
Vitamin B-6	14%
Folate	4%
Vitamin B-12	0%
Vitamin C	5%
Vitamin D	
Vitamin E	8%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	17%
Iron	0%
Magnesium	5%
Manganese	15%
Phosphorus	3%
Potassium	15%
Selenium	1%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	55
Mineral Score	60
Protein Score	1
Fiber Score	10

Total Nutrients Score	127
Net Food Score	126

Unhealthy Score 1

**Caloric Content**

Carbohydrates	95%
Proteins	4%
Fats	1%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$1.18  
Net nutrition per dollar is 107  
77% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11588

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 11.8 ounces or 333 grams

## Chives

### Carbohydrates 5%

Fiber	28%
Sugars, total	11%

### Fats 4%

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

### Proteins 11%

Histidine*	6%
Isoleucine*	11%
Leucine*	7%
Lysine*	6%
Methionine*	3%
Cystine	
Phenylalanine*	4%
Tyrosine	4%
Threonine*	9%
Tryptophan*	10%
Valine*	9%

### Vitamins

Vitamin A	290%
Thiamin (B-1)	13%
Riboflavin (B-2)	14%
Niacin (B-3)	10%
Pantothenic acid	11%
Vitamin B-6	19%
Folate	88%
Vitamin B-12	0%
Vitamin C	215%
Vitamin D	
Vitamin E	5%
Vitamin K	236%

### Minerals

Calcium	22%
Copper	26%
Iron	30%
Magnesium	28%
Manganese	54%
Phosphorus	10%
Potassium	25%
Selenium	4%
Sodium	0%
Zinc	12%

### Other Nutrient

Beta-carotene	174%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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## Food Evaluation

Vitamin Score	900
Mineral Score	211
Protein Score	79
Fiber Score	28

**Total Nutrients Score 1220**

**Net Food Score 1217**

**Unhealthy Score 3**

### Caloric Content

Carbohydrates	52%
Proteins	27%
Fats	21%

### Health Costs

At **\$42.45** per pound, the cost of all displayed nutrients is **\$31.19**  
 Net nutrition per dollar is **39**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11156

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 24 grams**

**Chocolate chip cookies**

**Carbohydrates** 6%

Fiber	
Sugars, total	

**Fats** 9%

Saturated	12%
Trans fats	
Cholesterol	2%
Monounsaturated	10%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	4%
Iron	4%
Magnesium	1%
Manganese	4%
Phosphorus	1%
Potassium	1%
Selenium	2%
Sodium	4%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	16
Mineral Score	19
Protein Score	9
Fiber Score	

Total Nutrients Score	54
Net Food Score	36

Unhealthy Score 18

**Caloric Content**

Carbohydrates	53%
Proteins	5%
Fats	42%

**Health Costs**

At \$3.17 per pound, the cost of all displayed nutrients is \$0.17  
 Net nutrition per dollar is 215  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 21030

Food Group Code 2100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.3 ounces or 36 grams**

**Chocolate syrup**

**Carbohydrates** 8%

Fiber	3%
Sugars, total	32%

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	9%
Iron	4%
Magnesium	5%
Manganese	6%
Phosphorus	2%
Potassium	2%
Selenium	1%
Sodium	1%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	2%

Percent(%) of food item's weight that is water:

Water	31%
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**Food Evaluation**

Vitamin Score	2
Mineral Score	32
Protein Score	5
Fiber Score	3

Total Nutrients Score	42
Net Food Score	39

Unhealthy Score 4

**Caloric Content**

Carbohydrates	93%
Proteins	3%
Fats	4%

**Health Costs**

At \$1.30 per pound, the cost of all displayed nutrients is \$0.10  
Net nutrition per dollar is 376  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14181

Food Group Code 1400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.1 ounces or 118 grams**

**Chocolate-flavor milk**

**Carbohydrates** 5%

Fiber	2%
Sugars, total	

**Fats** 7%

Saturated	12%
Trans fats	
Cholesterol	4%
Monounsaturated	4%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	0%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	7%
Valine*	4%

**Vitamins**

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

**Minerals**

Calcium	8%
Copper	5%
Iron	2%
Magnesium	4%
Manganese	3%
Phosphorus	5%
Potassium	5%
Selenium	6%
Sodium	3%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	42
Protein Score	37
Fiber Score	2

Total Nutrients Score	114
Net Food Score	94

Unhealthy Score 20

**Caloric Content**

Carbohydrates	53%
Proteins	14%
Fats	33%

**Health Costs**

At \$2.79 per pound, the cost of all displayed nutrients is \$0.72  
Net nutrition per dollar is 131  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14177

Food Group Code 1400

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 16.8 ounces or 476 grams

## Cider vinegar

### Carbohydrates 2%

Fiber	0%
Sugars, total	3%

### Fats 0%

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

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	2%
Iron	5%
Magnesium	5%
Manganese	52%
Phosphorus	2%
Potassium	9%
Selenium	1%
Sodium	1%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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## Food Evaluation

Vitamin Score	0
Mineral Score	78
Protein Score	0
Fiber Score	0

Total Nutrients Score	78
Net Food Score	77

Unhealthy Score 1

### Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

### Health Costs

At \$0.85 per pound, the cost of all displayed nutrients is \$0.89  
Net nutrition per dollar is 87  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02048

Food Group Code 0200

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

**Cilantro (coriander)**

**Carbohydrates** 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 Nutrient**

Beta-carotene	342%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	1420
Mineral Score	303
Protein Score	9
Fiber Score	41

Total Nutrients Score	1778
Net Food Score	1769

Unhealthy Score 9

**Caloric Content**

Carbohydrates	58%
Proteins	23%
Fats	19%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$11.27  
Net nutrition per dollar is 157  
85% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 1.4 ounces or 38 grams**

**Cinnamon**

**Carbohydrates** 11%

Fiber	69%
Sugars, total	2%

**Fats** 2%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	34%
Copper	4%
Iron	81%
Magnesium	4%
Manganese	278%
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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**Food Evaluation**

Vitamin Score	34
Mineral Score	413
Protein Score	1
Fiber Score	69

Total Nutrients Score	518
Net Food Score	517

Unhealthy Score 2

**Caloric Content**

Carbohydrates	87%
Proteins	3%
Fats	10%

**Health Costs**

At \$15.46 per pound, the cost of all displayed nutrients is \$1.31  
Net nutrition per dollar is 396  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02010

Food Group Code 0200



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.8 ounces or 135 grams

## Clams

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	15%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	16%
Omega-6 fats	0%

### Proteins 17%

Histidine*	11%
Isoleucine*	17%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	16%
Tryptophan*	16%
Valine*	14%

### Vitamins

Vitamin A	8%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	1114%
Vitamin C	20%
Vitamin D	1%
Vitamin E	3%
Vitamin K	0%

### Minerals

Calcium	4%
Copper	23%
Iron	105%
Magnesium	2%
Manganese	29%
Phosphorus	11%
Potassium	11%
Selenium	47%
Sodium	3%
Zinc	12%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	8%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
-------	-----

## Food Evaluation

Vitamin Score	1186
Mineral Score	246
Protein Score	146
Fiber Score	0

Total Nutrients Score	1610
Net Food Score	1591

Unhealthy Score 19

### Caloric Content

Carbohydrates	14%
Proteins	74%
Fats	12%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$1.19  
Net nutrition per dollar is 1339  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15157

Food Group Code 1500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 7.5 ounces or 213 grams**

**Clementines**

**Carbohydrates** 9%

Fiber	12%
Sugars, total	36%

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	
Thiamin (B-1)	9%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	3%
Vitamin B-6	7%
Folate	13%
Vitamin B-12	
Vitamin C	115%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	5%
Iron	2%
Magnesium	4%
Manganese	2%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	87%
-------	-----

**Food Evaluation**

Vitamin Score	158
Mineral Score	30
Protein Score	2
Fiber Score	12

Total Nutrients Score	202
Net Food Score	202

Unhealthy Score 0

**Caloric Content**

Carbohydrates	91%
Proteins	6%
Fats	3%

**Health Costs**

At \$1.20 per pound, the cost of all displayed nutrients is \$0.73  
Net nutrition per dollar is 277  
77% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09433

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 31 grams

## Cloves

### Carbohydrates 7%

Fiber	35%
Sugars, total	1%

### Fats 11%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

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

### Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	8%
Folate	7%
Vitamin B-12	0%
Vitamin C	28%
Vitamin D	
Vitamin E	18%
Vitamin K	15%

### Minerals

Calcium	14%
Copper	5%
Iron	15%
Magnesium	16%
Manganese	404%
Phosphorus	2%
Potassium	9%
Selenium	3%
Sodium	3%
Zinc	2%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	18%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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## Food Evaluation

Vitamin Score	85
Mineral Score	470
Protein Score	2
Fiber Score	35

Total Nutrients Score	595
Net Food Score	583

Unhealthy Score 12

### Caloric Content

Carbohydrates	45%
Proteins	3%
Fats	52%

### Health Costs

At \$102.93 per pound, the cost of all displayed nutrients is \$7.02  
Net nutrition per dollar is 83  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02011

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 0.9 ounces or 25 grams

**Cocoa mix, powder**

**Carbohydrates** 8%

Fiber	3%
Sugars, total	33%

**Fats** 2%

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

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	2%
Copper	4%
Iron	2%
Magnesium	4%
Manganese	3%
Phosphorus	4%
Potassium	4%
Selenium	2%
Sodium	6%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	2%

Percent(%) of food item's weight that is water:

Water	2%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	27
Protein Score	11
Fiber Score	3

Total Nutrients Score	55
Net Food Score	45

Unhealthy Score 10

**Caloric Content**

Carbohydrates	84%
Proteins	7%
Fats	9%

**Health Costs**

At \$4.98 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 162  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14192

Food Group Code 1400

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 33 grams

## Cocoa, dry powder

### Carbohydrates 6%

Fiber	33%
Sugars, total	1%

### Fats 14%

Saturated	23%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

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

### Vitamins

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

### Minerals

Calcium	3%
Copper	60%
Iron	27%
Magnesium	35%
Manganese	
Phosphorus	13%
Potassium	13%
Selenium	6%
Sodium	0%
Zinc	15%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	22%

Percent(%) of food item's weight that is water:

Water	3%
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## Food Evaluation

Vitamin Score	15
Mineral Score	172
Protein Score	6
Fiber Score	33

Total Nutrients Score	236
Net Food Score	191

Unhealthy Score 45

### Caloric Content

Carbohydrates	41%
Proteins	14%
Fats	45%

### Health Costs

At \$5.07 per pound, the cost of all displayed nutrients is \$0.37  
Net nutrition per dollar is 512  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19859

Food Group Code 1900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Coconut meat, raw**

**Carbohydrates** 2%

Fiber	8%
Sugars, total	3%

**Fats** 17%

Saturated	45%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	6%
Iron	4%
Magnesium	2%
Manganese	18%
Phosphorus	2%
Potassium	3%
Selenium	4%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	47%
-------	-----

**Food Evaluation**

Vitamin Score	7
Mineral Score	41
Protein Score	8
Fiber Score	8

Total Nutrients Score	66
Net Food Score	20

Unhealthy Score 46

**Caloric Content**

Carbohydrates	18%
Proteins	3%
Fats	79%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
 Net nutrition per dollar is **52%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12104

Food Group Code 1200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 12 grams

## Coconut oil

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 21%

Saturated	54%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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## Food Evaluation

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	3
Net Food Score	-51

Unhealthy Score 54

### Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

### Health Costs

At \$19.99 per pound, the cost of all displayed nutrients is \$0.51  
 Net nutrition per dollar is -100  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04047

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 18.6 ounces or 526 grams**

**Coconut water**

**Carbohydrates** 7%

Fiber	19%
Sugars, total	25%

**Fats** 2%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	11%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	7%
Folate	4%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	9%
Copper	11%
Iron	8%
Magnesium	26%
Manganese	32%
Phosphorus	5%
Potassium	33%
Selenium	8%
Sodium	24%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	48
Mineral Score	136
Protein Score	32
Fiber Score	19

Total Nutrients Score	236
Net Food Score	207

Unhealthy Score 29

**Caloric Content**

Carbohydrates	78%
Proteins	13%
Fats	9%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
Net nutrition per dollar is \_\_\_\_\_  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12119

Food Group Code 1200



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 22 grams**

**Coconut, package purchased**

**Carbohydrates** 4%

Fiber	7%
Sugars, total	15%

**Fats** 11%

Saturated	31%
Trans fats	0%
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	1%

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	3%
Iron	2%
Magnesium	2%
Manganese	9%
Phosphorus	1%
Potassium	2%
Selenium	5%
Sodium	3%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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**Food Evaluation**

Vitamin Score	2
Mineral Score	26
Protein Score	5
Fiber Score	7

Total Nutrients Score	41
Net Food Score	7

Unhealthy Score 34

**Caloric Content**

Carbohydrates	46%
Proteins	2%
Fats	51%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
 Net nutrition per dollar is **100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12109

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **3.4 ounces or 95 grams**

**Cod fish**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	17%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	10%
Omega-6 fats	0%

**Proteins** 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	11%
Pantothenic acid	2%
Vitamin B-6	11%
Folate	2%
Vitamin B-12	17%
Vitamin C	1%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	2%
Iron	3%
Magnesium	8%
Manganese	1%
Phosphorus	7%
Potassium	6%
Selenium	51%
Sodium	3%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	56
Mineral Score	81
Protein Score	206
Fiber Score	0

Total Nutrients Score	<b>364</b>
Net Food Score	<b>343</b>

Unhealthy Score **22**

**Caloric Content**

Carbohydrates	0%
Proteins	93%
Fats	7%

**Health Costs**

At **\$6.99** per pound, the cost of all displayed nutrients is **\$1.47**  
 Net nutrition per dollar is **234**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15016

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.4 ounces or 11 grams**

**Cod liver oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 20%

Saturated	14%
Trans fats	
Cholesterol	21%
Monounsaturated	24%
Polyunsaturated	11%
Omega-3 fats	130%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	222%
Thiamin (B-1)	
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	277%
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	222%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	499
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	783
Net Food Score	748

Unhealthy Score 35

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$4.99** per pound, the cost of all displayed nutrients is **\$0.12**  
 Net nutrition per dollar is **6137**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04589

Food Group Code 0400

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

**Coffee, brewed**

**Carbohydrates** 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 Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1333%

Percent(%) of food item's weight that is water:

Water	99%
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**Food Evaluation**

Vitamin Score	746
Mineral Score	341
Protein Score	48
Fiber Score	0

Total Nutrients Score	1141
Net Food Score	-202

Unhealthy Score 1343

**Caloric Content**

Carbohydrates	0%
Proteins	71%
Fats	29%

**Health Costs**

At \$0.49 per pound, the cost of all displayed nutrients is \$10.80  
Net nutrition per dollar is -19  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 176.4 ounces or 5000 grams**

**Coffee, instant, decaf**

**Carbohydrates** 8%

Fiber	0%
Sugars, total	0%

**Fats** 0%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	25%
Niacin (B-3)	64%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	11%
Copper	18%
Iron	17%
Magnesium	50%
Manganese	65%
Phosphorus	10%
Potassium	58%
Selenium	14%
Sodium	4%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	17%

Percent(%) of food item's weight that is water:

Water	99%
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**Food Evaluation**

Vitamin Score	90
Mineral Score	242
Protein Score	24
Fiber Score	0

Total Nutrients Score	355
Net Food Score	334

Unhealthy Score 21

**Caloric Content**

Carbohydrates	78%
Proteins	22%
Fats	0%

**Health Costs**

At **\$0.49** per pound, the cost of all displayed nutrients is **\$5.40**  
 Net nutrition per dollar is **62**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14219

Food Group Code 1400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 176.4 ounces or 5000 grams**

**Coffee, instant, regular**

**Carbohydrates** 6%

Fiber	0%
Sugars, total	0%

**Fats** 0%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	54%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	14%
Copper	20%
Iron	11%
Magnesium	30%
Manganese	33%
Phosphorus	8%
Potassium	38%
Selenium	7%
Sodium	4%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	433%

Percent(%) of food item's weight that is water:

Water	99%
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**Food Evaluation**

Vitamin Score	56
Mineral Score	163
Protein Score	17
Fiber Score	0

Total Nutrients Score	237
Net Food Score	-201

Unhealthy Score 438

**Caloric Content**

Carbohydrates	77%
Proteins	23%
Fats	0%

**Health Costs**

At \$0.49 per pound, the cost of all displayed nutrients is \$5.40  
Net nutrition per dollar is -37  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14215

Food Group Code 1400

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.9 ounces or 25 grams**

**Colby cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	7%
Isoleucine*	9%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	6%
Valine*	7%

**Vitamins**

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

**Minerals**

Calcium	12%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	5%
Sodium	7%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
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**Food Evaluation**

Vitamin Score	15
Mineral Score	33
Protein Score	63
Fiber Score	0

Total Nutrients Score	122
Net Food Score	79

Unhealthy Score 42

**Caloric Content**

Carbohydrates	3%
Proteins	26%
Fats	72%

**Health Costs**

At **\$4.49** per pound, the cost of all displayed nutrients is **\$0.25**  
 Net nutrition per dollar is **315**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01011

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 11.8 ounces or 333 grams

## Collards

### Carbohydrates 7%

Fiber	40%
Sugars, total	3%

### Fats 3%

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

### Proteins 8%

Histidine*	5%
Isoleucine*	8%
Leucine*	5%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	8%
Valine*	7%

### Vitamins

Vitamin A	445%
Thiamin (B-1)	9%
Riboflavin (B-2)	15%
Niacin (B-3)	11%
Pantothenic acid	9%
Vitamin B-6	23%
Folate	138%
Vitamin B-12	0%
Vitamin C	131%
Vitamin D	
Vitamin E	50%
Vitamin K	568%

### Minerals

Calcium	35%
Copper	7%
Iron	4%
Magnesium	6%
Manganese	40%
Phosphorus	2%
Potassium	14%
Selenium	6%
Sodium	3%
Zinc	3%

### Other Nutrient

Beta-carotene	256%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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## Food Evaluation

Vitamin Score	1399
Mineral Score	115
Protein Score	63
Fiber Score	40

Total Nutrients Score	1618
Net Food Score	1614

Unhealthy Score 4

### Caloric Content

Carbohydrates	68%
Proteins	20%
Fats	12%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$1.02  
Net nutrition per dollar is 1584  
57% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11161

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 27 grams**

**Commercial bisquits**

**Carbohydrates** 5%

Fiber	1%
Sugars, total	2%

**Fats** 8%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	9%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	1%
Iron	5%
Magnesium	1%
Manganese	5%
Phosphorus	6%
Potassium	2%
Selenium	7%
Sodium	13%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	27%
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**Food Evaluation**

Vitamin Score	25
Mineral Score	28
Protein Score	13
Fiber Score	1

Total Nutrients Score	77
Net Food Score	61

Unhealthy Score 16

**Caloric Content**

Carbohydrates	53%
Proteins	7%
Fats	40%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 504  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18009

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.3 ounces or 36 grams**

**Coriander leaf, dried**

**Carbohydrates** 7%

Fiber	12%
Sugars, total	5%

**Fats** 3%

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

**Proteins** 8%

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

**Vitamins**

Vitamin A	42%
Thiamin (B-1)	22%
Riboflavin (B-2)	19%
Niacin (B-3)	17%
Pantothenic acid	
Vitamin B-6	9%
Folate	25%
Vitamin B-12	0%
Vitamin C	226%
Vitamin D	
Vitamin E	2%
Vitamin K	162%

**Minerals**

Calcium	32%
Copper	32%
Iron	85%
Magnesium	50%
Manganese	99%
Phosphorus	9%
Potassium	40%
Selenium	15%
Sodium	3%
Zinc	11%

**Other Nutrient**

Beta-carotene	24%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	525
Mineral Score	372
Protein Score	8
Fiber Score	12

Total Nutrients Score	921
Net Food Score	918

Unhealthy Score 4

**Caloric Content**

Carbohydrates	67%
Proteins	19%
Fats	14%

**Health Costs**

At **\$53.63** per pound, the cost of all displayed nutrients is **\$4.24**  
 Net nutrition per dollar is **217**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02012

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 34 grams

## Coriander seed

### Carbohydrates 7%

Fiber	47%
Sugars, total	

### Fats 11%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	21%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

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

### Vitamins

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

### Minerals

Calcium	17%
Copper	16%
Iron	30%
Magnesium	22%
Manganese	28%
Phosphorus	7%
Potassium	11%
Selenium	13%
Sodium	1%
Zinc	11%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

9%

## Food Evaluation

Vitamin Score	19
Mineral Score	154
Protein Score	4
Fiber Score	47

Total Nutrients Score 245

Net Food Score 242

Unhealthy Score 2

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	36%
Proteins	14%
Fats	50%

### Health Costs

At \$69.70 per pound, the cost of all displayed nutrients is \$5.16  
Net nutrition per dollar is 47  
100% of purchased food is edible

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

USDA food number 02013

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.0 ounces or 27 grams**

**Corn flour, enriched**

**Carbohydrates** 8%

Fiber	9%
Sugars, total	0%

**Fats** 2%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	20%
Riboflavin (B-2)	7%
Niacin (B-3)	12%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	26%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	2%
Iron	11%
Magnesium	6%
Manganese	6%
Phosphorus	3%
Potassium	2%
Selenium	6%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	72
Mineral Score	42
Protein Score	22
Fiber Score	9

Total Nutrients Score	146
Net Food Score	145

Unhealthy Score 1

**Caloric Content**

Carbohydrates	84%
Proteins	7%
Fats	9%

**Health Costs**

At **\$0.54** per pound, the cost of all displayed nutrients is **\$0.03**  
Net nutrition per dollar is **4445**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20017

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 11 grams

Corn oil

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 20%

Saturated	8%
Trans fats	1%
Cholesterol	0%
Monounsaturated	14%
Polyunsaturated	28%
Omega-3 fats	8%
Omega-6 fats	75%

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	24%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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## Food Evaluation

Vitamin Score	11
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	41
Net Food Score	33

Unhealthy Score 9

### Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

### Health Costs

At \$0.62 per pound, the cost of all displayed nutrients is \$0.02  
 Net nutrition per dollar is 2127  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04518

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **2.2 ounces or 61 grams**

**Corned beef hash**

**Carbohydrates** 2%

Fiber	2%
Sugars, total	0%

**Fats** 11%

Saturated	14%
Trans fats	
Cholesterol	7%
Monounsaturated	15%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	0%
Iron	3%
Magnesium	2%
Manganese	2%
Phosphorus	2%
Potassium	3%
Selenium	7%
Sodium	11%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	22
Mineral Score	25
Protein Score	32
Fiber Score	2

Total Nutrients Score	96
Net Food Score	64

Unhealthy Score 32

**Caloric Content**

Carbohydrates	23%
Proteins	21%
Fats	56%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.40**  
 Net nutrition per dollar is **159**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 22908

Food Group Code 2200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.0 ounces or 27 grams** **Cornmeal**

**Carbohydrates** 8%

Fiber	4%
Sugars, total	1%

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	1%
Iron	2%
Magnesium	2%
Manganese	2%
Phosphorus	1%
Potassium	1%
Selenium	4%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	10	<b>Total Nutrients Score</b>	<b>45</b>	<b>Caloric Content</b>	Carbohydrates	89%
Mineral Score	15				<b>Net Food Score</b>	<b>44</b>
Protein Score	16	<b>Unhealthy Score</b>	<b>0</b>	Fats		
Fiber Score	4			SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.		

**Health Costs**

At **\$0.60** per pound, the cost of all displayed nutrients is **\$0.04**  
 Net nutrition per dollar is **1241**  
**100%** of purchased food is edible

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

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 26 grams

## Cornstarch

### Carbohydrates 9%

Fiber	1%
Sugars, total	0%

### Fats 0%

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

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	1%
Iron	1%
Magnesium	0%
Manganese	1%
Phosphorus	0%
Potassium	0%
Selenium	1%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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## Food Evaluation

Vitamin Score	0
Mineral Score	3
Protein Score	1
Fiber Score	1

Total Nutrients Score	5
Net Food Score	5

Unhealthy Score 0

### Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

### Health Costs

At \$1.15 per pound, the cost of all displayed nutrients is \$0.07  
 Net nutrition per dollar is 72  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20027

Food Group Code 2000



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.9 ounces or 139 grams**

**Cottage cheese, 1% fat**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	7%

**Fats** 3%

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

**Proteins** 17%

Histidine*	18%
Isoleucine*	23%
Leucine*	18%
Lysine*	16%
Methionine*	12%
Cystine	4%
Phenylalanine*	11%
Tyrosine	11%
Threonine*	16%
Tryptophan*	16%
Valine*	19%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	6%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	9%
Potassium	3%
Selenium	18%
Sodium	25%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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**Food Evaluation**

Vitamin Score	37
Mineral Score	44
Protein Score	182
Fiber Score	0

Total Nutrients Score	265
Net Food Score	234

Unhealthy Score 31

**Caloric Content**

Carbohydrates	15%
Proteins	73%
Fats	12%

**Health Costs**

At \$1.25 per pound, the cost of all displayed nutrients is **\$0.38**  
 Net nutrition per dollar is **612**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01016

Food Group Code 0100

**% of Daily Requirements from 100 Calories of Couscous**  
 Amount for 100 calories is 0.9 ounces or 27 grams

**Carbohydrates** 7%

Fiber	4%
Sugars, total	

**Fats** 0%

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

**Proteins** 3%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	3%
Iron	2%
Magnesium	2%
Manganese	9%
Phosphorus	2%
Potassium	1%
Selenium	
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	13
Mineral Score	22
Protein Score	26
Fiber Score	4
<b>Total Nutrients Score</b>	<b>65</b>
<b>Net Food Score</b>	<b>65</b>
<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	85%
Proteins	14%
Fats	1%

**Health Costs**

At \$3.20 per pound, the cost of all displayed nutrients is \$0.19  
 Net nutrition per dollar is 347  
 100% of purchased food is edible

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

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 3.9 ounces or 111 grams**

**Cowpeas (blackeyes)**

**Carbohydrates** 8%

Fiber	19%
Sugars, total	6%

**Fats** 1%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	18%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	47%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	10%
Copper	7%
Iron	7%
Magnesium	11%
Manganese	27%
Phosphorus	3%
Potassium	12%
Selenium	4%
Sodium	0%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	77%
-------	-----

**Food Evaluation**

Vitamin Score	92
Mineral Score	88
Protein Score	31
Fiber Score	19

Total Nutrients Score	230
Net Food Score	229

Unhealthy Score 1

**Caloric Content**

Carbohydrates	85%
Proteins	11%
Fats	3%

**Health Costs**

At \$0.69 per pound, the cost of all displayed nutrients is \$0.33  
Net nutrition per dollar is 691  
51% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11191

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.1 ounces or 115 grams

## Crab

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	30%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	23%
Omega-6 fats	0%

### Proteins 21%

Histidine*	13%
Isoleucine*	23%
Leucine*	17%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	11%
Tyrosine	8%
Threonine*	18%
Tryptophan*	24%
Valine*	18%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	14%
Pantothenic acid	4%
Vitamin B-6	7%
Folate	13%
Vitamin B-12	172%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	7%
Copper	38%
Iron	5%
Magnesium	8%
Manganese	7%
Phosphorus	13%
Potassium	9%
Selenium	61%
Sodium	15%
Zinc	27%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	221
Mineral Score	177
Protein Score	192
Fiber Score	0

Total Nutrients Score	636
Net Food Score	590

Unhealthy Score 46

### Caloric Content

Carbohydrates	0%
Proteins	89%
Fats	11%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.52  
 Net nutrition per dollar is 389  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15139

Food Group Code 1500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.6 ounces or 132 grams** **Crabapples**

**Carbohydrates** 10%

Fiber	
Sugars, total	

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	0%
Vitamin C	12%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	4%
Iron	3%
Magnesium	2%
Manganese	7%
Phosphorus	1%
Potassium	6%
Selenium	
Sodium	0%
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	16
Mineral Score	25
Protein Score	4
Fiber Score	
<b>Total Nutrients Score</b>	<b>45</b>
<b>Net Food Score</b>	<b>44</b>
<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	95%
Proteins	2%
Fats	3%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is **\$0.63**

Net nutrition per dollar is **71**

**92%** of purchased food is edible

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

USDA food number 09077      Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 20 grams**

**Crackers with cheese filling**

**Carbohydrates** 4%

Fiber	1%
Sugars, total	5%

**Fats** 9%

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

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	4%
Phosphorus	3%
Potassium	2%
Selenium	3%
Sodium	8%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	20
Protein Score	14
Fiber Score	1

Total Nutrients Score	64
Net Food Score	56

Unhealthy Score 8

**Caloric Content**

Carbohydrates	48%
Proteins	7%
Fats	45%

**Health Costs**

At \$3.79 per pound, the cost of all displayed nutrients is \$0.17  
 Net nutrition per dollar is 328  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18927

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 25 grams**

**Crackers, saltines, fat-free**

**Carbohydrates** 8%

Fiber	2%
Sugars, total	0%

**Fats** 1%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	5%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	2%
Iron	11%
Magnesium	1%
Manganese	7%
Phosphorus	1%
Potassium	1%
Selenium	8%
Sodium	7%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	34
Mineral Score	33
Protein Score	21
Fiber Score	2

Total Nutrients Score	90
Net Food Score	83

Unhealthy Score 7

**Caloric Content**

Carbohydrates	86%
Proteins	11%
Fats	3%

**Health Costs**

At \$2.00 per pound, the cost of all displayed nutrients is \$0.11  
 Net nutrition per dollar is 739  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18457

Food Group Code 1800

**% of Daily Requirements from 100 Calories of Cranberries**  
 Amount for 100 calories is 7.7 ounces or 217 grams

**Carbohydrates** 10%

Fiber	33%
Sugars, total	16%

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	6%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	0%
Vitamin C	32%
Vitamin D	
Vitamin E	17%
Vitamin K	4%

**Minerals**

Calcium	1%
Copper	7%
Iron	3%
Magnesium	3%
Manganese	34%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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**Food Evaluation**

Vitamin Score	72	<b>Total Nutrients Score</b>	<b>172</b>	<b>Caloric Content</b>	Carbohydrates	95%
Mineral Score	55				Proteins	3%
Protein Score	12	<b>Net Food Score</b>	<b>172</b>		Fats	2%
Fiber Score	33				<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At \$2.39 per pound, the cost of all displayed nutrients is \$1.21  
 Net nutrition per dollar is 143  
 95% of purchased food is edible

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

USDA food number 09078 Food Group Code 0900



**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.1 ounces or 30 grams

**Cranberry beans**

**Carbohydrates** 7%

Fiber	25%
Sugars, total	

**Fats** 1%

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

**Proteins** 7%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	45%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	12%
Iron	8%
Magnesium	9%
Manganese	12%
Phosphorus	6%
Potassium	10%
Selenium	5%
Sodium	0%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	12%
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**Food Evaluation**

Vitamin Score	67
Mineral Score	72
Protein Score	61
Fiber Score	25

Total Nutrients Score	225
Net Food Score	224

Unhealthy Score 1

**Caloric Content**

Carbohydrates	73%
Proteins	24%
Fats	3%

**Health Costs**

At \$0.79 per pound, the cost of all displayed nutrients is \$0.05  
 Net nutrition per dollar is 4312  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16019

Food Group Code 1600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.9 ounces or 139 grams

## Crayfish

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	50%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	13%
Omega-6 fats	0%

### Proteins 21%

Histidine*	13%
Isoleucine*	23%
Leucine*	17%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	11%
Tyrosine	8%
Threonine*	18%
Tryptophan*	24%
Valine*	17%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	12%
Pantothenic acid	8%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	49%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	2%
Copper	16%
Iron	4%
Magnesium	8%
Manganese	9%
Phosphorus	15%
Potassium	9%
Selenium	56%
Sodium	4%
Zinc	9%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

84%

## Food Evaluation

Vitamin Score	90
Mineral Score	130
Protein Score	190
Fiber Score	0

Total Nutrients Score **438**

Net Food Score **383**

Unhealthy Score **55**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	88%
Fats	12%

### Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.83**  
 Net nutrition per dollar is **209**  
**100%** of purchased food is edible

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

USDA food number 15242

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Cream cheese

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 18%

Saturated	34%
Trans fats	
Cholesterol	11%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

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

### Vitamins

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

### Minerals

Calcium	2%
Copper	0%
Iron	2%
Magnesium	0%
Manganese	0%
Phosphorus	1%
Potassium	1%
Selenium	1%
Sodium	4%
Zinc	1%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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## Food Evaluation

Vitamin Score	15
Mineral Score	9
Protein Score	22
Fiber Score	0

Total Nutrients Score	58
Net Food Score	10

Unhealthy Score 48

### Caloric Content

Carbohydrates	3%
Proteins	9%
Fats	88%

### Health Costs

At \$1.98 per pound, the cost of all displayed nutrients is \$0.13  
Net nutrition per dollar is 81  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01017

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 6.8 ounces or 192 grams

**Cream of mushroom soup**

**Carbohydrates** 6%

Fiber	4%
Sugars, total	7%

**Fats** 6%

Saturated	6%
Trans fats	
Cholesterol	2%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	13%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	3%
Folate	5%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	21%
Iron	5%
Magnesium	2%
Manganese	5%
Phosphorus	5%
Potassium	18%
Selenium	5%
Sodium	32%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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**Food Evaluation**

Vitamin Score	30
Mineral Score	67
Protein Score	2
Fiber Score	4

Total Nutrients Score	108
Net Food Score	68

Unhealthy Score 39

**Caloric Content**

Carbohydrates	62%
Proteins	9%
Fats	29%

**Health Costs**

At \$1.47 per pound, the cost of all displayed nutrients is \$0.62  
 Net nutrition per dollar is 110  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06182

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **5.9 ounces or 167 grams**

**Cream of potato soup**

**Carbohydrates** 4%

Fiber	1%
Sugars, total	

**Fats** 8%

Saturated	14%
Trans fats	
Cholesterol	5%
Monounsaturated	5%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	3%
Riboflavin (B-2)	6%
Niacin (B-3)	2%
Pantothenic acid	11%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	6%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	8%
Copper	9%
Iron	2%
Magnesium	2%
Manganese	11%
Phosphorus	5%
Potassium	5%
Selenium	
Sodium	31%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	87%
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**Food Evaluation**

Vitamin Score	38
Mineral Score	46
Protein Score	38
Fiber Score	1

Total Nutrients Score	129
Net Food Score	80

Unhealthy Score 50

**Caloric Content**

Carbohydrates	46%
Proteins	15%
Fats	38%

**Health Costs**

At **\$1.44** per pound, the cost of all displayed nutrients is **\$0.53**  
 Net nutrition per dollar is **150**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06253

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**

**Croutons**

Amount for 100 calories is 0.9 ounces or 25 grams

**Carbohydrates** 7%

Fiber	4%
Sugars, total	

**Fats** 3%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	6%
Magnesium	2%
Manganese	5%
Phosphorus	1%
Potassium	1%
Selenium	13%
Sodium	7%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	30
Mineral Score	33
Protein Score	23
Fiber Score	4

Total Nutrients Score	93
Net Food Score	84

Unhealthy Score 9

**Caloric Content**

Carbohydrates	74%
Proteins	12%
Fats	14%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.16  
 Net nutrition per dollar is 516  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18242

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 11.0 ounces or 313 grams**

**Crushed tomatoes, canned**

**Carbohydrates** 8%

Fiber	20%
Sugars, total	

**Fats** 2%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	44%
Thiamin (B-1)	12%
Riboflavin (B-2)	6%
Niacin (B-3)	17%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	10%
Vitamin B-12	0%
Vitamin C	32%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	8%
Copper	29%
Iron	23%
Magnesium	13%
Manganese	25%
Phosphorus	5%
Potassium	23%
Selenium	3%
Sodium	18%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
-------	-----

**Food Evaluation**

Vitamin Score	149
Mineral Score	132
Protein Score	27
Fiber Score	20

Total Nutrients Score	328
Net Food Score	310

Unhealthy Score 19

**Caloric Content**

Carbohydrates	80%
Proteins	12%
Fats	7%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.68**  
 Net nutrition per dollar is **454**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11693

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 23.5 ounces or 667 grams**

**Cucumber**

**Carbohydrates** 9%

Fiber	11%
Sugars, total	20%

**Fats** 1%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	14%
Thiamin (B-1)	9%
Riboflavin (B-2)	8%
Niacin (B-3)	3%
Pantothenic acid	17%
Vitamin B-6	11%
Folate	12%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	1%
Vitamin K	36%

**Minerals**

Calcium	8%
Copper	14%
Iron	10%
Magnesium	17%
Manganese	23%
Phosphorus	8%
Potassium	25%
Selenium	3%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	6%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	132
Mineral Score	116
Protein Score	26
Fiber Score	11

Total Nutrients Score	286
Net Food Score	284

Unhealthy Score 2

**Caloric Content**

Carbohydrates	84%
Proteins	10%
Fats	6%

**Health Costs**

At \$0.89 per pound, the cost of all displayed nutrients is \$1.35  
Net nutrition per dollar is 210  
97% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11205

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.9 ounces or 27 grams**

**Cumin seed**

**Carbohydrates** 4%

Fiber	9%
Sugars, total	1%

**Fats** 11%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	17%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	18%
Copper	12%
Iron	98%
Magnesium	20%
Manganese	39%
Phosphorus	7%
Potassium	12%
Selenium	2%
Sodium	2%
Zinc	9%

**Other Nutrient**

Beta-carotene	4%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	38
Mineral Score	215
Protein Score	5
Fiber Score	9

Total Nutrients Score	<b>284</b>
Net Food Score	<b>280</b>

Unhealthy Score **4**

**Caloric Content**

Carbohydrates	34%
Proteins	16%
Fats	50%

**Health Costs**

At **\$65.60** per pound, the cost of all displayed nutrients is **\$3.86**  
 Net nutrition per dollar is **73**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02014

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.3 ounces or 94 grams

## Cured Ham

### Carbohydrates 0%

Fiber	
Sugars, total	0%

### Fats 6%

Saturated	6%
Trans fats	
Cholesterol	16%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 17%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	2%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	0%
Copper	5%
Iron	4%
Magnesium	4%
Manganese	
Phosphorus	
Potassium	8%
Selenium	
Sodium	43%
Zinc	13%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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## Food Evaluation

Vitamin Score	2
Mineral Score	33
Protein Score	17
Fiber Score	

Total Nutrients Score	60
Net Food Score	-5

Unhealthy Score 65

### Caloric Content

Carbohydrates	1%
Proteins	69%
Fats	30%

### Health Costs

At \$2.79 per pound, the cost of all displayed nutrients is \$0.58  
Net nutrition per dollar is -9  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 10851

Food Group Code 1000

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

**Curry powder**

**Carbohydrates** 7%

Fiber	34%
Sugars, total	2%

**Fats** 8%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	15%
Folate	12%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	45%
Vitamin K	10%

**Minerals**

Calcium	11%
Copper	13%
Iron	51%
Magnesium	16%
Manganese	57%
Phosphorus	5%
Potassium	12%
Selenium	8%
Sodium	1%
Zinc	8%

**Other Nutrient**

Beta-carotene	4%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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**Food Evaluation**

Vitamin Score	104
Mineral Score	180
Protein Score	4
Fiber Score	34

Total Nutrients Score	329
Net Food Score	325

Unhealthy Score 4

**Caloric Content**

Carbohydrates	52%
Proteins	12%
Fats	36%

**Health Costs**

At **\$42.88** per pound, the cost of all displayed nutrients is **\$2.91**  
Net nutrition per dollar is **112**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02015

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 7.8 ounces or 222 grams**

**Dandelion greens**

**Carbohydrates** 7%

Fiber	26%
Sugars, total	16%

**Fats** 3%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	219%
Thiamin (B-1)	21%
Riboflavin (B-2)	21%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	23%
Folate	15%
Vitamin B-12	0%
Vitamin C	86%
Vitamin D	
Vitamin E	71%
Vitamin K	203%

**Minerals**

Calcium	30%
Copper	19%
Iron	38%
Magnesium	16%
Manganese	33%
Phosphorus	7%
Potassium	22%
Selenium	2%
Sodium	7%
Zinc	6%

**Other Nutrient**

Beta-carotene	132%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	669
Mineral Score	173
Protein Score	6
Fiber Score	26

Total Nutrients Score	874
Net Food Score	865

Unhealthy Score 9

**Caloric Content**

Carbohydrates	73%
Proteins	15%
Fats	13%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.97  
Net nutrition per dollar is 887  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11207

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 35 grams

Dates

### Carbohydrates 10%

Fiber	9%
Sugars, total	41%

### Fats 0%

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

### Proteins 1%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	4%
Iron	2%
Magnesium	3%
Manganese	4%
Phosphorus	1%
Potassium	6%
Selenium	2%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	21%
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## Food Evaluation

Vitamin Score	11
Mineral Score	23
Protein Score	4
Fiber Score	9

Total Nutrients Score	47
Net Food Score	47

Unhealthy Score 0

### Caloric Content

Carbohydrates	96%
Proteins	3%
Fats	1%

### Health Costs

At \$6.38 per pound, the cost of all displayed nutrients is \$0.55  
 Net nutrition per dollar is 85  
 90% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09087

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.9 ounces or 83 grams

## Deer meat

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 4%

Saturated	4%
Trans fats	
Cholesterol	24%
Monounsaturated	3%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 19%

Histidine*	30%
Isoleucine*	17%
Leucine*	17%
Lysine*	19%
Methionine*	11%
Cystine	5%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	19%
Tryptophan*	
Valine*	16%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	14%
Niacin (B-3)	24%
Pantothenic acid	
Vitamin B-6	13%
Folate	1%
Vitamin B-12	88%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	11%
Iron	16%
Magnesium	4%
Manganese	1%
Phosphorus	8%
Potassium	7%
Selenium	12%
Sodium	2%
Zinc	12%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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## Food Evaluation

Vitamin Score	150
Mineral Score	70
Protein Score	171
Fiber Score	0

Total Nutrients Score	394
Net Food Score	364

Unhealthy Score 30

### Caloric Content

Carbohydrates	0%
Proteins	82%
Fats	18%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.28  
 Net nutrition per dollar is 284  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 17164

Food Group Code 1700

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 27 grams**

**Dehydrated brown gravy**

**Carbohydrates** 6%

Fiber	2%
Sugars, total	

**Fats** 5%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
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	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	3%
Iron	3%
Magnesium	2%
Manganese	5%
Phosphorus	3%
Potassium	2%
Selenium	2%
Sodium	57%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	19
Mineral Score	23
Protein Score	3
Fiber Score	2

Total Nutrients Score	52
Net Food Score	-10

Unhealthy Score 63

**Caloric Content**

Carbohydrates	65%
Proteins	12%
Fats	24%

**Health Costs**

At \$18.72 per pound, the cost of all displayed nutrients is \$1.12  
 Net nutrition per dollar is -9  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06118

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**

**Dill seed**

Amount for 100 calories is 1.2 ounces or 33 grams

**Carbohydrates** 7%

Fiber	23%
Sugars, total	

**Fats** 9%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	14%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	36%
Copper	13%
Iron	30%
Magnesium	17%
Manganese	26%
Phosphorus	5%
Potassium	10%
Selenium	6%
Sodium	0%
Zinc	11%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	27
Mineral Score	152
Protein Score	36
Fiber Score	23

Total Nutrients Score	252
Net Food Score	250

Unhealthy Score 2

**Caloric Content**

Carbohydrates	43%
Proteins	18%
Fats	40%

**Health Costs**

At \$61.93 per pound, the cost of all displayed nutrients is \$4.48  
 Net nutrition per dollar is 56  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02016

Food Group Code 0200



**% of Daily Requirements from 100 Calories of**

**Dill weed**

Amount for 100 calories is 8.2 ounces or 233 grams

**Carbohydrates** 6%

Fiber	16%
Sugars, total	

**Fats** 5%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	5%
Isoleucine*	10%
Leucine*	4%
Lysine*	6%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	3%
Threonine*	3%
Tryptophan*	3%
Valine*	6%

**Vitamins**

Vitamin A	359%
Thiamin (B-1)	7%
Riboflavin (B-2)	25%
Niacin (B-3)	17%
Pantothenic acid	9%
Vitamin B-6	18%
Folate	87%
Vitamin B-12	0%
Vitamin C	220%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	35%
Copper	17%
Iron	85%
Magnesium	26%
Manganese	128%
Phosphorus	8%
Potassium	43%
Selenium	
Sodium	6%
Zinc	14%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	741
Mineral Score	355
Protein Score	53
Fiber Score	16

Total Nutrients Score	1173
Net Food Score	1166

Unhealthy Score 7

**Caloric Content**

Carbohydrates	58%
Proteins	20%
Fats	22%

**Health Costs**

At \$48.85 per pound, the cost of all displayed nutrients is \$42.45  
 Net nutrition per dollar is 27  
 59% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02045

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.4 ounces or 40 grams

**Dill weed, dried**

**Carbohydrates** 8%

Fiber	18%
Sugars, total	

**Fats** 3%

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

**Proteins** 8%

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

**Vitamins**

Vitamin A	46%
Thiamin (B-1)	8%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	28%
Folate	
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	50%
Copper	10%
Iron	107%
Magnesium	36%
Manganese	68%
Phosphorus	11%
Potassium	33%
Selenium	
Sodium	4%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	7%
-------	----

**Food Evaluation**

Vitamin Score	114
Mineral Score	323
Protein Score	8
Fiber Score	18

Total Nutrients Score	462
Net Food Score	458

Unhealthy Score 4

**Caloric Content**

Carbohydrates	66%
Proteins	19%
Fats	14%

**Health Costs**

At \$228.80 per pound, the cost of all displayed nutrients is \$19.94  
 Net nutrition per dollar is 23  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02017

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 19.6 ounces or 556 grams**

**Distilled vinegar**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	13%
Phosphorus	1%
Potassium	0%
Selenium	4%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
-------	-----

**Food Evaluation**

Vitamin Score	0
Mineral Score	25
Protein Score	0
Fiber Score	0

Total Nutrients Score	25
Net Food Score	25

Unhealthy Score 0

**Caloric Content**

Carbohydrates	100%
Proteins	0%
Fats	0%

**Health Costs**

At \$0.65 per pound, the cost of all displayed nutrients is \$0.80  
Net nutrition per dollar is 31  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02053

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.1 ounces or 118 grams**

**Dolphinfish**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	29%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	9%
Omega-6 fats	0%

**Proteins** 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

**Vitamins**

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	33%
Pantothenic acid	9%
Vitamin B-6	20%
Folate	1%
Vitamin B-12	12%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	7%
Magnesium	7%
Manganese	1%
Phosphorus	8%
Potassium	12%
Selenium	61%
Sodium	5%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	78%
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**Food Evaluation**

Vitamin Score	83
Mineral Score	104
Protein Score	206
Fiber Score	0

Total Nutrients Score	<b>411</b>
Net Food Score	<b>377</b>

Unhealthy Score 34

**Caloric Content**

Carbohydrates	0%
Proteins	93%
Fats	7%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$1.55  
Net nutrition per dollar is 242  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15023

Food Group Code 1500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.6 ounces or 46 grams**

**Dove, Squab**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 11%

Saturated	9%
Trans fats	
Cholesterol	18%
Monounsaturated	11%
Polyunsaturated	6%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 11%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	16%
Pantothenic acid	
Vitamin B-6	11%
Folate	1%
Vitamin B-12	3%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	17%
Iron	15%
Magnesium	2%
Manganese	
Phosphorus	8%
Potassium	3%
Selenium	13%
Sodium	1%
Zinc	12%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	62%
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**Food Evaluation**

Vitamin Score	46
Mineral Score	71
Protein Score	11
Fiber Score	0

Total Nutrients Score	142
Net Food Score	114

Unhealthy Score 28

**Caloric Content**

Carbohydrates	0%
Proteins	45%
Fats	55%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$0.70  
Net nutrition per dollar is 162  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 43287

Food Group Code 0500

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.4 ounces or 40 grams

**Dried basil**

**Carbohydrates** 9%

Fiber	54%
Sugars, total	1%

**Fats** 3%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	75%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	13%
Pantothenic acid	
Vitamin B-6	39%
Folate	27%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	20%
Vitamin K	228%

**Minerals**

Calcium	60%
Copper	27%
Iron	93%
Magnesium	34%
Manganese	55%
Phosphorus	10%
Potassium	34%
Selenium	2%
Sodium	1%
Zinc	15%

**Other Nutrient**

Beta-carotene	44%
Lycopene	1%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	435
Mineral Score	330
Protein Score	48
Fiber Score	54

Total Nutrients Score	<b>868</b>
Net Food Score	<b>867</b>

Unhealthy Score 1

**Caloric Content**

Carbohydrates	73%
Proteins	14%
Fats	13%

**Health Costs**

At \$56.52 per pound, the cost of all displayed nutrients is **\$4.96**  
 Net nutrition per dollar is **175**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02003

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.5 ounces or 42 grams

**Dried plums**

**Carbohydrates** 10%

Fiber	10%
Sugars, total	29%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	6%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	1%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	29
Protein Score	5
Fiber Score	10

Total Nutrients Score	73
Net Food Score	72

Unhealthy Score 0

**Caloric Content**

Carbohydrates	96%
Proteins	3%
Fats	1%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.42  
 Net nutrition per dollar is 172  
 87% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09291

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Durum wheat

### Carbohydrates 8%

Fiber	
Sugars, total	

### Fats 1%

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

### Proteins 4%

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

### Vitamins

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

### Minerals

Calcium	1%
Copper	8%
Iron	6%
Magnesium	8%
Manganese	39%
Phosphorus	7%
Potassium	3%
Selenium	38%
Sodium	0%
Zinc	8%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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## Food Evaluation

Vitamin Score 28  
 Mineral Score 118  
 Protein Score 31  
 Fiber Score

Total Nutrients Score **178**  
 Net Food Score **177**

Unhealthy Score 1

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates 79%  
 Proteins 15%  
 Fats 6%

### Health Costs

At \$2.06 per pound, the cost of all displayed nutrients is \$0.13  
 Net nutrition per dollar is 1321  
 100% of purchased food is edible

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

USDA food number 20076

Food Group Code 2000



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 36 grams

## Egg biscuit

### Carbohydrates 3%

Fiber	1%
Sugars, total	

### Fats 11%

Saturated	7%
Trans fats	
Cholesterol	22%
Monounsaturated	11%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

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

### Vitamins

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

### Minerals

Calcium	2%
Copper	1%
Iron	4%
Magnesium	1%
Manganese	3%
Phosphorus	5%
Potassium	2%
Selenium	10%
Sodium	10%
Zinc	2%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	1%
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	50%
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## Food Evaluation

Vitamin Score	27
Mineral Score	30
Protein Score	29
Fiber Score	1

Total Nutrients Score	98
Net Food Score	59

Unhealthy Score 39

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	34%
Proteins	12%
Fats	53%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.16  
 Net nutrition per dollar is 369  
 100% of purchased food is edible

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

USDA food number 21002

Food Group Code 2100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.8 ounces or 192 grams

## Egg white

### Carbohydrates 1%

Fiber	0%
Sugars, total	2%

### Fats 1%

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

### Proteins 21%

Histidine*	18%
Isoleucine*	29%
Leucine*	20%
Lysine*	17%
Methionine*	18%
Cystine	13%
Phenylalanine*	16%
Tyrosine	11%
Threonine*	18%
Tryptophan*	20%
Valine*	28%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	30%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	0%
Folate	2%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	0%
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	2%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	1%
Potassium	8%
Selenium	55%
Sodium	14%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	40
Mineral Score	74
Protein Score	229
Fiber Score	0

Total Nutrients Score	343
Net Food Score	329

Unhealthy Score 14

### Caloric Content

Carbohydrates	5%
Proteins	92%
Fats	3%

### Health Costs

At \$0.66 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 1176  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01124

Food Group Code 0100

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

**Egg yolk**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	16%
Trans fats	
Cholesterol	128%
Monounsaturated	17%
Polyunsaturated	6%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

Vitamin A	9%
Thiamin (B-1)	3%
Riboflavin (B-2)	6%
Niacin (B-3)	0%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	11%
Vitamin B-12	10%
Vitamin C	0%
Vitamin D	8%
Vitamin E	5%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	1%
Iron	5%
Magnesium	0%
Manganese	1%
Phosphorus	6%
Potassium	1%
Selenium	25%
Sodium	1%
Zinc	5%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	8%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	52%
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**Food Evaluation**

Vitamin Score	67
Mineral Score	46
Protein Score	48
Fiber Score	0

Total Nutrients Score	182
Net Food Score	38

Unhealthy Score 144

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	4%
Proteins	21%
Fats	74%

**Health Costs**

At \$0.66 per pound, the cost of all displayed nutrients is \$0.05  
 Net nutrition per dollar is 840  
 100% of purchased food is edible

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

USDA food number 01125

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.5 ounces or 70 grams** **Egg, whole**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	1%

**Fats** 12%

Saturated	12%
Trans fats	
Cholesterol	99%
Monounsaturated	12%
Polyunsaturated	4%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	7%
Isoleucine*	11%
Leucine*	8%
Lysine*	7%
Methionine*	6%
Cystine	4%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	10%
Valine*	11%

**Vitamins**

Vitamin A	7%
Thiamin (B-1)	2%
Riboflavin (B-2)	12%
Niacin (B-3)	0%
Pantothenic acid	10%
Vitamin B-6	4%
Folate	8%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	6%
Vitamin E	5%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	4%
Iron	7%
Magnesium	2%
Manganese	1%
Phosphorus	7%
Potassium	2%
Selenium	32%
Sodium	4%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	70
Mineral Score	62
Protein Score	91
Fiber Score	0

Total Nutrients Score	238
Net Food Score	123

Unhealthy Score 115

**Caloric Content**

Carbohydrates	2%
Proteins	35%
Fats	63%

**Health Costs**

At \$0.66 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 1068  
 88% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.6 ounces or 74 grams**

**Eggnog**

**Carbohydrates** 4%

Fiber	0%
Sugars, total	11%

**Fats** 10%

Saturated	18%
Trans fats	
Cholesterol	15%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

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

**Minerals**

Calcium	7%
Copper	0%
Iron	1%
Magnesium	3%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	4%
Sodium	2%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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**Food Evaluation**

Vitamin Score	22
Mineral Score	25
Protein Score	29
Fiber Score	0

Total Nutrients Score	83
Net Food Score	49

Unhealthy Score 34

**Caloric Content**

Carbohydrates	39%
Proteins	12%
Fats	49%

**Health Costs**

At \$0.87 per pound, the cost of all displayed nutrients is \$0.14  
Net nutrition per dollar is 346  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01057

Food Group Code 0100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 14.7 ounces or 417 grams**

**Eggplant**

**Carbohydrates** 9%

Fiber	47%
Sugars, total	18%

**Fats** 1%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	6%
Niacin (B-3)	12%
Pantothenic acid	12%
Vitamin B-6	15%
Folate	23%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	8%
Vitamin K	5%

**Minerals**

Calcium	3%
Copper	17%
Iron	6%
Magnesium	12%
Manganese	45%
Phosphorus	5%
Potassium	24%
Selenium	2%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	101
Mineral Score	118
Protein Score	32
Fiber Score	47

Total Nutrients Score	298
Net Food Score	297

Unhealthy Score 1

**Caloric Content**

Carbohydrates	83%
Proteins	10%
Fats	7%

**Health Costs**

At \$1.29 per pound, the cost of all displayed nutrients is \$1.46  
Net nutrition per dollar is 203  
81% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11209

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **4.8 ounces or 137 grams**

**Elderberries**

**Carbohydrates** 9%

Fiber	32%
Sugars, total	

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	16%
Thiamin (B-1)	5%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	0%
Vitamin C	55%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	4%
Iron	12%
Magnesium	1%
Manganese	
Phosphorus	3%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	80%
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**Food Evaluation**

Vitamin Score	99
Mineral Score	36
Protein Score	9
Fiber Score	32

Total Nutrients Score	177
Net Food Score	176

Unhealthy Score 1

**Caloric Content**

Carbohydrates	91%
Proteins	3%
Fats	6%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$1.20**  
 Net nutrition per dollar is **146**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09088

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 20.7 ounces or 588 grams

Endive

### Carbohydrates 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 Nutrient

Beta-carotene	153%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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## Food Evaluation

Vitamin Score	1084
Mineral Score	290
Protein Score	57
Fiber Score	61

Total Nutrients Score	1492
Net Food Score	1485

Unhealthy Score 7

### Caloric Content

Carbohydrates	72%
Proteins	18%
Fats	10%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$3.00  
Net nutrition per dollar is 495  
86% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 1.5 ounces or 43 grams

## English muffins

### Carbohydrates 7%

Fiber	4%
Sugars, total	

### Fats 1%

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

### Proteins 3%

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

### Vitamins

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

### Minerals

Calcium	2%
Copper	3%
Iron	2%
Magnesium	2%
Manganese	7%
Phosphorus	3%
Potassium	1%
Selenium	
Sodium	9%
Zinc	2%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

42%

## Food Evaluation

Vitamin Score	16
Mineral Score	21
Protein Score	26
Fiber Score	4

Total Nutrients Score	68
Net Food Score	59

Unhealthy Score 9

### Caloric Content

Carbohydrates	81%
Proteins	13%
Fats	7%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.19  
 Net nutrition per dollar is 315  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18439

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.3 ounces or 37 grams**

**English muffins w. calcium**

**Carbohydrates** 7%

Fiber	3%
Sugars, total	2%

**Fats** 1%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	17%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	3%
Iron	10%
Magnesium	2%
Manganese	10%
Phosphorus	2%
Potassium	1%
Selenium	14%
Sodium	8%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	33%
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**Food Evaluation**

Vitamin Score	43
Mineral Score	51
Protein Score	33
Fiber Score	3

Total Nutrients Score	135
Net Food Score	127

Unhealthy Score 9

**Caloric Content**

Carbohydrates	78%
Proteins	15%
Fats	7%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.16  
 Net nutrition per dollar is 779  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18259

Food Group Code 1800

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.5 ounces or 43 grams**

**English Muffins, Thomas**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	1%
Cholesterol	
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	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	6%
Copper	
Iron	3%
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	6%
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	43%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	9
Protein Score	3
Fiber Score	

<b>Total Nutrients Score</b>	<b>13</b>
<b>Net Food Score</b>	<b>5</b>

**Unhealthy Score 8**

**Caloric Content**

Carbohydrates	79%
Proteins	14%
Fats	7%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.38**  
Net nutrition per dollar is **13**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18639

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.0 ounces or 227 grams

## Enoki mushrooms

### Carbohydrates 6%

Fiber	20%
Sugars, total	1%

### Fats 1%

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

### Proteins 6%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	20%
Riboflavin (B-2)	13%
Niacin (B-3)	61%
Pantothenic acid	24%
Vitamin B-6	8%
Folate	30%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	10%
Iron	14%
Magnesium	7%
Manganese	8%
Phosphorus	12%
Potassium	21%
Selenium	7%
Sodium	0%
Zinc	9%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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## Food Evaluation

Vitamin Score	156
Mineral Score	89
Protein Score	6
Fiber Score	20

Total Nutrients Score	271
Net Food Score	271

Unhealthy Score 1

### Caloric Content

Carbohydrates	70%
Proteins	23%
Fats	7%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$3.57  
 Net nutrition per dollar is 76  
 84% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11950

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 2.5 ounces or 71 grams

**Ensure plus**

**Carbohydrates** 5%

Fiber	0%
Sugars, total	26%

**Fats** 6%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	4%
Copper	7%
Iron	7%
Magnesium	6%
Manganese	16%
Phosphorus	3%
Potassium	3%
Selenium	7%
Sodium	3%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	80
Mineral Score	60
Protein Score	4
Fiber Score	0

Total Nutrients Score	147
Net Food Score	141

Unhealthy Score 6

**Caloric Content**

Carbohydrates	56%
Proteins	15%
Fats	29%

**Health Costs**

At \$2.90 per pound, the cost of all displayed nutrients is \$0.45  
 Net nutrition per dollar is 312  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 43528

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 27 grams**

**European chestnuts, dried**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 2%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	9%
Iron	4%
Magnesium	4%
Manganese	14%
Phosphorus	2%
Potassium	7%
Selenium	
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	28
Mineral Score	41
Protein Score	12
Fiber Score	

Total Nutrients Score	<b>83</b>
Net Food Score	<b>81</b>

Unhealthy Score 2

**Caloric Content**

Carbohydrates	86%
Proteins	5%
Fats	9%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.60**  
 Net nutrition per dollar is **136**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12100

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.6 ounces or 75 grams**

**Evaporated milk**

**Carbohydrates** 3%

Fiber	0%
Sugars, total	14%

**Fats** 10%

Saturated	19%
Trans fats	
Cholesterol	7%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	14%
Copper	1%
Iron	1%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	6%
Selenium	2%
Sodium	3%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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**Food Evaluation**

Vitamin Score	27
Mineral Score	39
Protein Score	53
Fiber Score	0

Total Nutrients Score	126
Net Food Score	97

Unhealthy Score 29

**Caloric Content**

Carbohydrates	29%
Proteins	22%
Fats	49%

**Health Costs**

At \$1.08 per pound, the cost of all displayed nutrients is \$0.18  
 Net nutrition per dollar is 546  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01096

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 29 grams

**Fava beans**

**Carbohydrates** 6%

Fiber	24%
Sugars, total	3%

**Fats** 1%

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

**Proteins** 8%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	31%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	2%
Copper	12%
Iron	11%
Magnesium	11%
Manganese	21%
Phosphorus	6%
Potassium	8%
Selenium	3%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	55
Mineral Score	81
Protein Score	61
Fiber Score	24

Total Nutrients Score	222
Net Food Score	221

Unhealthy Score 1

**Caloric Content**

Carbohydrates	70%
Proteins	27%
Fats	4%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 3459  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16052

Food Group Code 1600



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.4 ounces or 323 grams**

**Fennel bulbs**

**Carbohydrates** 9%

Fiber	33%
Sugars, total	

**Fats** 1%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	9%
Thiamin (B-1)	2%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	22%
Vitamin B-12	0%
Vitamin C	43%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	11%
Copper	11%
Iron	13%
Magnesium	11%
Manganese	27%
Phosphorus	8%
Potassium	33%
Selenium	3%
Sodium	7%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	102
Mineral Score	122
Protein Score	4
Fiber Score	33

Total Nutrients Score	261
Net Food Score	254

Unhealthy Score 7

**Caloric Content**

Carbohydrates	85%
Proteins	10%
Fats	5%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$9.87  
Net nutrition per dollar is 26  
72% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11957

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 29 grams

**Fennel seed**

**Carbohydrates** 6%

Fiber	38%
Sugars, total	

**Fats** 8%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	25%
Copper	15%
Iron	30%
Magnesium	22%
Manganese	82%
Phosphorus	7%
Potassium	12%
Selenium	
Sodium	1%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	201
Protein Score	39
Fiber Score	38

Total Nutrients Score	323
Net Food Score	321

Unhealthy Score 2

**Caloric Content**

Carbohydrates	49%
Proteins	15%
Fats	36%

**Health Costs**

At \$13.30 per pound, the cost of all displayed nutrients is \$0.85  
 Net nutrition per dollar is 378  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02018

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 38 grams

## Feta cheese

### Carbohydrates 1%

Fiber	0%
Sugars, total	3%

### Fats 14%

Saturated	31%
Trans fats	
Cholesterol	11%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 5%

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

### Vitamins

Vitamin A	3%
Thiamin (B-1)	3%
Riboflavin (B-2)	11%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	7%
Folate	3%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	13%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	8%
Sodium	18%
Zinc	7%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	55%
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## Food Evaluation

Vitamin Score	44
Mineral Score	40
Protein Score	57
Fiber Score	0

Total Nutrients Score	148
Net Food Score	88

Unhealthy Score 60

### Caloric Content

Carbohydrates	6%
Proteins	23%
Fats	71%

### Health Costs

At \$6.38 per pound, the cost of all displayed nutrients is \$0.53  
Net nutrition per dollar is 165  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01019

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 29 grams

**Fig bars**

**Carbohydrates** 7%

Fiber	4%
Sugars, total	24%

**Fats** 4%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	2%
Iron	5%
Magnesium	2%
Manganese	4%
Phosphorus	1%
Potassium	1%
Selenium	1%
Sodium	4%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	17%
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**Food Evaluation**

Vitamin Score	15
Mineral Score	18
Protein Score	8
Fiber Score	4

Total Nutrients Score	50
Net Food Score	44

Unhealthy Score 6

**Caloric Content**

Carbohydrates	77%
Proteins	4%
Fats	18%

**Health Costs**

At \$3.69 per pound, the cost of all displayed nutrients is \$0.23  
 Net nutrition per dollar is 187  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18170

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.8 ounces or 135 grams

## Figs

### Carbohydrates 9%

Fiber	13%
Sugars, total	40%

### Fats 1%

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

### Proteins 1%

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

### Vitamins

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

### Minerals

Calcium	3%
Copper	5%
Iron	3%
Magnesium	5%
Manganese	8%
Phosphorus	1%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	2%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	31
Mineral Score	34
Protein Score	7
Fiber Score	13

Total Nutrients Score	85
Net Food Score	84

Unhealthy Score 0

### Caloric Content

Carbohydrates	93%
Proteins	3%
Fats	3%

### Health Costs

At \$6.38 per pound, the cost of all displayed nutrients is \$1.92  
Net nutrition per dollar is 44  
99% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09089

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.4 ounces or 11 grams**

**Flaxseed oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	10%
Polyunsaturated	34%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	13%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	13
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	24
Net Food Score	18

Unhealthy Score 6

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$7.99 per pound, the cost of all displayed nutrients is \$0.20  
Net nutrition per dollar is 90  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 42231

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.7 ounces or 19 grams**

**Flaxseeds**

**Carbohydrates** 2%

Fiber	17%
Sugars, total	1%

**Fats** 14%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	24%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	15%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	11%
Iron	6%
Magnesium	15%
Manganese	20%
Phosphorus	6%
Potassium	4%
Selenium	7%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	78
Protein Score	32
Fiber Score	17

Total Nutrients Score	163
Net Food Score	159

Unhealthy Score 4

**Caloric Content**

Carbohydrates	22%
Proteins	12%
Fats	66%

**Health Costs**

At \$2.49 per pound, the cost of all displayed nutrients is \$0.10  
Net nutrition per dollar is 1543  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12220

Food Group Code 1200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.9 ounces or 110 grams

## Flounder

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 2%

Saturated	2%
Trans fats	
Cholesterol	18%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	17%
Omega-6 fats	0%

### Proteins 21%

Histidine*	19%
Isoleucine*	22%
Leucine*	18%
Lysine*	21%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	19%
Tryptophan*	19%
Valine*	19%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	5%
Riboflavin (B-2)	3%
Niacin (B-3)	14%
Pantothenic acid	6%
Vitamin B-6	10%
Folate	2%
Vitamin B-12	28%
Vitamin C	2%
Vitamin D	16%
Vitamin E	4%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	2%
Iron	2%
Magnesium	7%
Manganese	1%
Phosphorus	10%
Potassium	10%
Selenium	51%
Sodium	4%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	90
Mineral Score	88
Protein Score	196
Fiber Score	0

Total Nutrients Score	409
Net Food Score	386

Unhealthy Score 23

### Caloric Content

Carbohydrates	0%
Proteins	88%
Fats	12%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.45  
 Net nutrition per dollar is 266  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15028

Food Group Code 1500



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 8.6 ounces or 244 grams**

**Fortified skim milk**

**Carbohydrates** 5%

Fiber	0%
Sugars, total	

**Fats** 1%

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

**Proteins** 10%

Histidine*	8%
Isoleucine*	13%
Leucine*	10%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	9%
Tryptophan*	11%
Valine*	12%

**Vitamins**

Vitamin A	10%
Thiamin (B-1)	5%
Riboflavin (B-2)	17%
Niacin (B-3)	1%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	4%
Vitamin B-12	17%
Vitamin C	3%
Vitamin D	24%
Vitamin E	
Vitamin K	

**Minerals**

Calcium	25%
Copper	1%
Iron	1%
Magnesium	8%
Manganese	0%
Phosphorus	14%
Potassium	11%
Selenium	8%
Sodium	6%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	10%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	96
Mineral Score	76
Protein Score	101
Fiber Score	0

Total Nutrients Score	273
Net Food Score	263

Unhealthy Score 10

**Caloric Content**

Carbohydrates	53%
Proteins	42%
Fats	5%

**Health Costs**

At \$0.36 per pound, the cost of all displayed nutrients is \$0.19  
 Net nutrition per dollar is 1361  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01087

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 31 grams

## Frankfurter beef

### Carbohydrates 0%

Fiber	0%
Sugars, total	2%

### Fats 16%

Saturated	19%
Trans fats	
Cholesterol	6%
Monounsaturated	20%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

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

### Vitamins

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

### Minerals

Calcium	0%
Copper	2%
Iron	3%
Magnesium	1%
Manganese	1%
Phosphorus	3%
Potassium	1%
Selenium	5%
Sodium	15%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	52%
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## Food Evaluation

Vitamin Score	17
Mineral Score	21
Protein Score	35
Fiber Score	0

Total Nutrients Score	93
Net Food Score	53

Unhealthy Score 40

### Caloric Content

Carbohydrates	5%
Proteins	14%
Fats	81%

### Health Costs

At \$4.19 per pound, the cost of all displayed nutrients is \$0.28  
Net nutrition per dollar is 187  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07945

Food Group Code 0700

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.4 ounces or 39 grams**

**Frankfurter, chicken**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	0%

**Fats** 14%

Saturated	12%
Trans fats	
Cholesterol	13%
Monounsaturated	15%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	3%
Copper	1%
Iron	4%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	1%
Selenium	10%
Sodium	23%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	58%
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**Food Evaluation**

Vitamin Score	20
Mineral Score	25
Protein Score	43
Fiber Score	0

Total Nutrients Score	103
Net Food Score	55

Unhealthy Score 48

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	10%
Proteins	21%
Fats	68%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.26  
 Net nutrition per dollar is 215  
 100% of purchased food is edible

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

USDA food number 07024

Food Group Code 0700

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.3 ounces or 37 grams**

**Frankfurter, pork**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 16%

Saturated	18%
Trans fats	
Cholesterol	8%
Monounsaturated	18%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	0%
Vitamin B-12	3%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	7%
Copper	1%
Iron	8%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	15%
Sodium	13%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	60%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	43
Protein Score	46
Fiber Score	0

Total Nutrients Score	138
Net Food Score	99

Unhealthy Score 39

**Caloric Content**

Carbohydrates	0%
Proteins	19%
Fats	80%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.25  
 Net nutrition per dollar is 405  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07939

Food Group Code 0700

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.6 ounces or 44 grams

**Frankfurter, turkey**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 14%

Saturated	14%
Trans fats	
Cholesterol	16%
Monounsaturated	11%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	8%
Isoleucine*	5%
Leucine*	5%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	4%
Valine*	5%

**Vitamins**

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

**Minerals**

Calcium	3%
Copper	2%
Iron	5%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	10%
Sodium	27%
Zinc	9%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	63%
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**Food Evaluation**

Vitamin Score	24
Mineral Score	35
Protein Score	57
Fiber Score	0

Total Nutrients Score	128
Net Food Score	71

Unhealthy Score 57

**Caloric Content**

Carbohydrates	3%
Proteins	27%
Fats	71%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.19  
 Net nutrition per dollar is 365  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07025

Food Group Code 0700

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.6 ounces or 45 grams

## French vanilla ice cream

### Carbohydrates 4%

Fiber	1%
Sugars, total	17%

### Fats 10%

Saturated	18%
Trans fats	
Cholesterol	14%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

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

### Vitamins

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

### Minerals

Calcium	4%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	2%
Sodium	1%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	60%
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## Food Evaluation

Vitamin Score	20
Mineral Score	15
Protein Score	17
Fiber Score	1

Total Nutrients Score	60
Net Food Score	27

Unhealthy Score 33

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	40%
Proteins	7%
Fats	53%

### Health Costs

At \$1.49 per pound, the cost of all displayed nutrients is \$0.15  
 Net nutrition per dollar is 182  
 100% of purchased food is edible

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

USDA food number 19090

Food Group Code 1900

**% of Daily Requirements from 100 Calories of**

**Fresh tuna**

Amount for 100 calories is 1.9 ounces or 54 grams

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	9%
Monounsaturated	5%
Polyunsaturated	5%
Omega-3 fats	57%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	15%
Isoleucine*	17%
Leucine*	14%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

**Vitamins**

Vitamin A	27%
Thiamin (B-1)	8%
Riboflavin (B-2)	6%
Niacin (B-3)	26%
Pantothenic acid	7%
Vitamin B-6	12%
Folate	0%
Vitamin B-12	99%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	3%
Iron	4%
Magnesium	7%
Manganese	0%
Phosphorus	9%
Potassium	4%
Selenium	36%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	27%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	59%
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**Food Evaluation**

Vitamin Score	185
Mineral Score	67
Protein Score	154
Fiber Score	0

Total Nutrients Score	524
Net Food Score	509

Unhealthy Score 15

**Caloric Content**

Carbohydrates	0%
Proteins	69%
Fats	31%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.48  
 Net nutrition per dollar is 1066  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15118

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.0 ounces or 114 grams**

**Fruit cocktail in syrup**

**Carbohydrates** 9%

Fiber	4%
Sugars, total	

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	4%
Iron	2%
Magnesium	1%
Manganese	7%
Phosphorus	1%
Potassium	2%
Selenium	
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	15
Mineral Score	18
Protein Score	0
Fiber Score	4

Total Nutrients Score	37
Net Food Score	37

Unhealthy Score 0

**Caloric Content**

Carbohydrates	98%
Proteins	1%
Fats	1%

**Health Costs**

At \$1.21 per pound, the cost of all displayed nutrients is \$0.30  
 Net nutrition per dollar is 121  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09101

Food Group Code 0900



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.0 ounces or 313 grams**

**Garden cress**

**Carbohydrates** 6%

Fiber	11%
Sugars, total	25%

**Fats** 4%

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

**Proteins** 8%

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

**Vitamins**

Vitamin A	432%
Thiamin (B-1)	13%
Riboflavin (B-2)	29%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	32%
Folate	63%
Vitamin B-12	0%
Vitamin C	240%
Vitamin D	
Vitamin E	15%
Vitamin K	564%

**Minerals**

Calcium	18%
Copper	27%
Iron	23%
Magnesium	24%
Manganese	75%
Phosphorus	12%
Potassium	47%
Selenium	4%
Sodium	2%
Zinc	5%

**Other Nutrient**

Beta-carotene	259%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	1409
Mineral Score	234
Protein Score	8
Fiber Score	11

Total Nutrients Score	1666
Net Food Score	1664

Unhealthy Score 2

**Caloric Content**

Carbohydrates	62%
Proteins	20%
Fats	18%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$2.90  
Net nutrition per dollar is 573  
71% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11203

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

**Garlic**

Amount for 100 calories is 2.4 ounces or 67 grams

### Carbohydrates 8%

Fiber	5%
Sugars, total	1%

### Fats 1%

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

### Proteins 4%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	35%
Folate	1%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	9%
Copper	10%
Iron	6%
Magnesium	3%
Manganese	49%
Phosphorus	5%
Potassium	7%
Selenium	14%
Sodium	0%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	59%
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## Food Evaluation

Vitamin Score	74
Mineral Score	108
Protein Score	28
Fiber Score	5

Total Nutrients Score	215
Net Food Score	214

Unhealthy Score 1

### Caloric Content

Carbohydrates	85%
Proteins	12%
Fats	3%

### Health Costs

At \$2.49 per pound, the cost of all displayed nutrients is \$0.42  
Net nutrition per dollar is 505  
87% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11215

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **1.1 ounces or 30 grams**

**Garlic powder**

**Carbohydrates** 8%

Fiber	10%
Sugars, total	13%

**Fats** 0%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	37%
Folate	0%
Vitamin B-12	0%
Vitamin C	6%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	2%
Iron	5%
Magnesium	3%
Manganese	7%
Phosphorus	6%
Potassium	8%
Selenium	16%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	54
Mineral Score	55
Protein Score	36
Fiber Score	10

Total Nutrients Score	155
Net Food Score	155

Unhealthy Score 1

**Caloric Content**

Carbohydrates	84%
Proteins	14%
Fats	2%

**Health Costs**

At **\$35.48** per pound, the cost of all displayed nutrients is **\$2.36**  
 Net nutrition per dollar is **66**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02020

Food Group Code 0200

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

**Gelatin desserts, dry mix**

**Carbohydrates** 4%

Fiber	0%
Sugars, total	

**Fats** 0%

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

**Proteins** 16%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	8%
Methionine*	3%
Cystine	0%
Phenylalanine*	4%
Tyrosine	1%
Threonine*	7%
Tryptophan*	0%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	15%
Iron	0%
Magnesium	0%
Manganese	1%
Phosphorus	19%
Potassium	0%
Selenium	11%
Sodium	2%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	3
Mineral Score	45
Protein Score	62
Fiber Score	0

Total Nutrients Score	110
Net Food Score	108

Unhealthy Score 2

**Caloric Content**

Carbohydrates	37%
Proteins	63%
Fats	0%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$0.38  
 Net nutrition per dollar is 283  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19704

Food Group Code 1900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **4.4 ounces or 125 grams**

**Ginger root**

**Carbohydrates** 8%

Fiber	8%
Sugars, total	4%

**Fats** 2%

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

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	14%
Iron	4%
Magnesium	11%
Manganese	12%
Phosphorus	2%
Potassium	13%
Selenium	1%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	62
Protein Score	12
Fiber Score	8

Total Nutrients Score	114
Net Food Score	112

Unhealthy Score 2

**Caloric Content**

Carbohydrates	86%
Proteins	6%
Fats	8%

**Health Costs**

At **\$13.28** per pound, the cost of all displayed nutrients is **\$3.94**  
 Net nutrition per dollar is **28**  
**93%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11216

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.8 ounces or 24 grams**

**Gingersnaps**

**Carbohydrates** 7%

Fiber	2%
Sugars, total	9%

**Fats** 4%

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

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	4%
Iron	9%
Magnesium	2%
Manganese	16%
Phosphorus	1%
Potassium	2%
Selenium	2%
Sodium	7%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	21
Mineral Score	38
Protein Score	11
Fiber Score	2

Total Nutrients Score	77
Net Food Score	67

Unhealthy Score 10

**Caloric Content**

Carbohydrates	74%
Proteins	5%
Fats	21%

**Health Costs**

At \$3.65 per pound, the cost of all displayed nutrients is \$0.19  
Net nutrition per dollar is 346  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18172

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.9 ounces or 55 grams

## Ginko nuts

### Carbohydrates 8%

Fiber	
Sugars, total	

### Fats 2%

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

### Proteins 2%

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

### Vitamins

Vitamin A	6%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	15%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	7%
Vitamin B-12	0%
Vitamin C	9%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	0%
Copper	8%
Iron	3%
Magnesium	3%
Manganese	3%
Phosphorus	3%
Potassium	7%
Selenium	
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	55%
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## Food Evaluation

Vitamin Score	54
Mineral Score	28
Protein Score	22
Fiber Score	

Total Nutrients Score	105
Net Food Score	104

Unhealthy Score 1

### Caloric Content

Carbohydrates	84%
Proteins	8%
Fats	8%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.95  
Net nutrition per dollar is 109  
76% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12127

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.9 ounces or 25 grams**

**Glazed doughnuts**

**Carbohydrates** 4%

Fiber	1%
Sugars, total	

**Fats** 10%

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	15%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	1%
Magnesium	1%
Manganese	3%
Phosphorus	1%
Potassium	1%
Selenium	
Sodium	4%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	25%
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**Food Evaluation**

Vitamin Score	16
Mineral Score	11
Protein Score	13
Fiber Score	1

Total Nutrients Score	55
Net Food Score	43

Unhealthy Score 12

**Caloric Content**

Carbohydrates	44%
Proteins	6%
Fats	50%

**Health Costs**

At \$3.22 per pound, the cost of all displayed nutrients is \$0.18  
Net nutrition per dollar is 246  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18436

Food Group Code 1800



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.8 ounces or 22 grams

## Goat cheese

### Carbohydrates 0%

Fiber	0%
Sugars, total	1%

### Fats 14%

Saturated	29%
Trans fats	
Cholesterol	8%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	6%
Isoleucine*	6%
Leucine*	6%
Lysine*	5%
Methionine*	4%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	8%

### Vitamins

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

### Minerals

Calcium	14%
Copper	7%
Iron	2%
Magnesium	2%
Manganese	2%
Phosphorus	8%
Potassium	0%
Selenium	2%
Sodium	3%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	29%
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## Food Evaluation

Vitamin Score	24
Mineral Score	41
Protein Score	61
Fiber Score	0

Total Nutrients Score	134
Net Food Score	94

Unhealthy Score 41

### Caloric Content

Carbohydrates	2%
Proteins	29%
Fats	69%

### Health Costs

At \$13.16 per pound, the cost of all displayed nutrients is \$0.64  
Net nutrition per dollar is 146  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01156

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.1 ounces or 145 grams

## Goat milk

### Carbohydrates 2%

Fiber	0%
Sugars, total	12%

### Fats 11%

Saturated	21%
Trans fats	
Cholesterol	5%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 5%

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

### Vitamins

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

### Minerals

Calcium	14%
Copper	3%
Iron	0%
Magnesium	4%
Manganese	1%
Phosphorus	8%
Potassium	7%
Selenium	3%
Sodium	3%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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## Food Evaluation

Vitamin Score	35
Mineral Score	44
Protein Score	52
Fiber Score	0

Total Nutrients Score	138
Net Food Score	109

Unhealthy Score 29

### Caloric Content

Carbohydrates	25%
Proteins	22%
Fats	53%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.96  
Net nutrition per dollar is 114  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01106

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.0 ounces or 227 grams

## Gooseberries

### Carbohydrates 8%

Fiber	33%
Sugars, total	

### Fats 2%

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

### Proteins 2%

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

### Vitamins

Vitamin A	13%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	7%
Vitamin B-6	8%
Folate	3%
Vitamin B-12	0%
Vitamin C	70%
Vitamin D	
Vitamin E	6%
Vitamin K	

### Minerals

Calcium	4%
Copper	8%
Iron	4%
Magnesium	5%
Manganese	14%
Phosphorus	3%
Potassium	11%
Selenium	2%
Sodium	0%
Zinc	2%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	88%
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### Food Evaluation

Vitamin Score	116
Mineral Score	53
Protein Score	2
Fiber Score	33

Total Nutrients Score	204
Net Food Score	204

Unhealthy Score 1

### Caloric Content

Carbohydrates	82%
Proteins	7%
Fats	11%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$1.50  
Net nutrition per dollar is 136  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09107

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

**Gouda cheese**

Amount for 100 calories is 1.0 ounces or 28 grams

**Carbohydrates** 0%

Fiber	0%
Sugars, total	1%

**Fats** 14%

Saturated	27%
Trans fats	
Cholesterol	11%
Monounsaturated	10%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

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

**Vitamins**

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

**Minerals**

Calcium	14%
Copper	1%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	8%
Potassium	1%
Selenium	6%
Sodium	10%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	41%
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**Food Evaluation**

Vitamin Score	18
Mineral Score	38
Protein Score	80
Fiber Score	0

Total Nutrients Score	146
Net Food Score	99

Unhealthy Score 47

**Caloric Content**

Carbohydrates	2%
Proteins	30%
Fats	68%

**Health Costs**

At \$11.41 per pound, the cost of all displayed nutrients is \$0.71  
 Net nutrition per dollar is 140  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01022

Food Group Code 0100

**% of Daily Requirements from 100 Calories of Gourd**  
 Amount for 100 calories is 25.2 ounces or 714 grams

**Carbohydrates** 9%

Fiber	
Sugars, total	

**Fats** 0%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	10%
Riboflavin (B-2)	6%
Niacin (B-3)	10%
Pantothenic acid	11%
Vitamin B-6	12%
Folate	11%
Vitamin B-12	0%
Vitamin C	80%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	13%
Copper	9%
Iron	8%
Magnesium	16%
Manganese	20%
Phosphorus	5%
Potassium	27%
Selenium	2%
Sodium	1%
Zinc	33%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	96%
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**Food Evaluation**

Vitamin Score	142
Mineral Score	134
Protein Score	25
Fiber Score	
<b>Total Nutrients Score</b>	<b>301</b>
<b>Net Food Score</b>	<b>300</b>
<b>Unhealthy Score</b>	<b>1</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	88%
Proteins	11%
Fats	1%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$2.23  
 Net nutrition per dollar is 135  
 70% of purchased food is edible

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

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.8 ounces or 24 grams**

**Graham crackers**

**Carbohydrates** 7%

Fiber	2%
Sugars, total	13%

**Fats** 4%

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

**Proteins** 2%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	2%
Iron	5%
Magnesium	1%
Manganese	8%
Phosphorus	1%
Potassium	1%
Selenium	3%
Sodium	6%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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**Food Evaluation**

Vitamin Score	16
Mineral Score	24
Protein Score	13
Fiber Score	2

Total Nutrients Score	60
Net Food Score	52

Unhealthy Score 8

**Caloric Content**

Carbohydrates	73%
Proteins	6%
Fats	21%

**Health Costs**

At \$2.67 per pound, the cost of all displayed nutrients is \$0.14  
Net nutrition per dollar is 371  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18173

Food Group Code 1800

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.7 ounces or 21 grams**

**Granola bars**

**Carbohydrates** 5%

Fiber	4%
Sugars, total	

**Fats** 8%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	4%
Iron	3%
Magnesium	4%
Manganese	16%
Phosphorus	3%
Potassium	2%
Selenium	5%
Sodium	3%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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**Food Evaluation**

Vitamin Score	10
Mineral Score	42
Protein Score	19
Fiber Score	4

Total Nutrients Score	<b>78</b>
Net Food Score	<b>73</b>

Unhealthy Score 5

**Caloric Content**

Carbohydrates	55%
Proteins	8%
Fats	37%

**Health Costs**

At \$6.63 per pound, the cost of all displayed nutrients is \$0.31  
Net nutrition per dollar is 234  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19015

Food Group Code 2500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 23 grams**

**Granola bars, plain**

**Carbohydrates** 6%

Fiber	3%
Sugars, total	

**Fats** 7%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	3%
Iron	3%
Magnesium	3%
Manganese	15%
Phosphorus	3%
Potassium	2%
Selenium	5%
Sodium	3%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	10
Mineral Score	38
Protein Score	14
Fiber Score	3

Total Nutrients Score	70
Net Food Score	58

Unhealthy Score 12

**Caloric Content**

Carbohydrates	61%
Proteins	6%
Fats	33%

**Health Costs**

At \$6.63 per pound, the cost of all displayed nutrients is \$0.33  
 Net nutrition per dollar is 177  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19020

Food Group Code 2500



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.0 ounces or 56 grams**

**Grape juice concentrate, w-C**

**Carbohydrates** 9%

Fiber	1%
Sugars, total	45%

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	3%
Folate	1%
Vitamin B-12	0%
Vitamin C	52%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	1%
Iron	1%
Magnesium	2%
Manganese	15%
Phosphorus	0%
Potassium	1%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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**Food Evaluation**

Vitamin Score	61
Mineral Score	22
Protein Score	1
Fiber Score	1

Total Nutrients Score	85
Net Food Score	84

Unhealthy Score 0

**Caloric Content**

Carbohydrates	97%
Proteins	1%
Fats	1%

**Health Costs**

At \$2.39 per pound, the cost of all displayed nutrients is \$0.29  
 Net nutrition per dollar is 286  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09136

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **3.8 ounces or 108 grams**

**Grape leaves**

**Carbohydrates** 7%

Fiber	39%
Sugars, total	12%

**Fats** 4%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
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	592%
Thiamin (B-1)	2%
Riboflavin (B-2)	14%
Niacin (B-3)	12%
Pantothenic acid	2%
Vitamin B-6	18%
Folate	22%
Vitamin B-12	0%
Vitamin C	13%
Vitamin D	
Vitamin E	14%
Vitamin K	39%

**Minerals**

Calcium	28%
Copper	22%
Iron	16%
Magnesium	20%
Manganese	133%
Phosphorus	5%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	348%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	728
Mineral Score	238
Protein Score	6
Fiber Score	39

Total Nutrients Score	1012
Net Food Score	1010

Unhealthy Score 2

**Caloric Content**

Carbohydrates	66%
Proteins	15%
Fats	19%

**Health Costs**

At **\$2.79** per pound, the cost of all displayed nutrients is **\$0.70**  
 Net nutrition per dollar is **1451**  
**95%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11974

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.0 ounces or 313 grams**

**Grapefruit**

**Carbohydrates** 9%

Fiber	11%
Sugars, total	40%

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	58%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	8%
Vitamin B-12	0%
Vitamin C	119%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	7%
Iron	2%
Magnesium	5%
Manganese	2%
Phosphorus	1%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	35%
Lycopene	18%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	214
Mineral Score	33
Protein Score	10
Fiber Score	11

Total Nutrients Score	268
Net Food Score	268

Unhealthy Score 0

**Caloric Content**

Carbohydrates	91%
Proteins	7%
Fats	3%

**Health Costs**

At \$1.48 per pound, the cost of all displayed nutrients is \$2.04  
Net nutrition per dollar is 131  
50% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09111

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 9.0 ounces or 256 grams**

**Grapefruit juice**

**Carbohydrates** 9%

Fiber	
Sugars, total	

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	23%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	6%
Vitamin B-12	0%
Vitamin C	108%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	4%
Iron	3%
Magnesium	6%
Manganese	2%
Phosphorus	2%
Potassium	10%
Selenium	
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	156
Mineral Score	30
Protein Score	1
Fiber Score	

Total Nutrients Score	188
Net Food Score	187

Unhealthy Score 0

**Caloric Content**

Carbohydrates	93%
Proteins	4%
Fats	2%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.56**  
 Net nutrition per dollar is **335**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09404

Food Group Code 0900

**% of Daily Requirements from 100 Calories of Grapes**  
 Amount for 100 calories is 5.1 ounces or 145 grams

**Carbohydrates** 10%

Fiber	4%
Sugars, total	41%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	4%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	2%
Vitamin K	7%

**Minerals**

Calcium	1%
Copper	9%
Iron	3%
Magnesium	2%
Manganese	4%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	45
Mineral Score	29
Protein Score	7
Fiber Score	4

Total Nutrients Score	85
Net Food Score	84

Unhealthy Score 1

**Caloric Content**

Carbohydrates	95%
Proteins	4%
Fats	2%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.33  
 Net nutrition per dollar is 256  
 96% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09132 Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.4 ounces or 11 grams**

**Grapeseed oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	36%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	22%
Vitamin K	

**Minerals**

Calcium	0%
Copper	
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	22
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	30
Net Food Score	24

Unhealthy Score 6

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$7.16** per pound, the cost of all displayed nutrients is **\$0.18**  
 Net nutrition per dollar is **135**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04517

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 32 grams**

**Gravy, au jus, dry**

**Carbohydrates** 6%

Fiber	
Sugars, total	

**Fats** 5%

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

**Proteins** 3%

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

**Vitamins**

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

**Minerals**

Calcium	3%
Copper	2%
Iron	17%
Magnesium	4%
Manganese	4%
Phosphorus	2%
Potassium	2%
Selenium	3%
Sodium	161%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	38
Protein Score	3
Fiber Score	

Total Nutrients Score	76
Net Food Score	-89

Unhealthy Score 165

**Caloric Content**

Carbohydrates	61%
Proteins	12%
Fats	28%

**Health Costs**

At \$18.72 per pound, the cost of all displayed nutrients is \$1.32  
 Net nutrition per dollar is -67  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06115

Food Group Code 0600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Great northern beans

### Carbohydrates 7%

Fiber	20%
Sugars, total	1%

### Fats 1%

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

### Proteins 6%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	36%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

### Minerals

Calcium	4%
Copper	12%
Iron	9%
Magnesium	11%
Manganese	18%
Phosphorus	7%
Potassium	10%
Selenium	5%
Sodium	0%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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## Food Evaluation

Vitamin Score	62
Mineral Score	81
Protein Score	57
Fiber Score	20

Total Nutrients Score	220
Net Food Score	220

Unhealthy Score 1

### Caloric Content

Carbohydrates	75%
Proteins	22%
Fats	3%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$0.05  
 Net nutrition per dollar is 4275  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16024

Food Group Code 1600



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.4 ounces or 323 grams**

**Green beans**

**Carbohydrates** 8%

Fiber	37%
Sugars, total	8%

**Fats** 1%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	45%
Thiamin (B-1)	14%
Riboflavin (B-2)	12%
Niacin (B-3)	11%
Pantothenic acid	3%
Vitamin B-6	10%
Folate	30%
Vitamin B-12	0%
Vitamin C	58%
Vitamin D	
Vitamin E	9%
Vitamin K	15%

**Minerals**

Calcium	9%
Copper	11%
Iron	19%
Magnesium	16%
Manganese	30%
Phosphorus	6%
Potassium	17%
Selenium	3%
Sodium	1%
Zinc	5%

**Other Nutrient**

Beta-carotene	24%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	207
Mineral Score	115
Protein Score	44
Fiber Score	37

Total Nutrients Score	403
Net Food Score	402

Unhealthy Score 1

**Caloric Content**

Carbohydrates	82%
Proteins	14%
Fats	3%

**Health Costs**

At \$1.39 per pound, the cost of all displayed nutrients is \$1.12  
Net nutrition per dollar is 357  
88% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11052

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 17.6 ounces or 500 grams**

**Green bell peppers**

**Carbohydrates** 8%

Fiber	28%
Sugars, total	22%

**Fats** 2%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	37%
Thiamin (B-1)	14%
Riboflavin (B-2)	5%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	47%
Folate	13%
Vitamin B-12	0%
Vitamin C	447%
Vitamin D	
Vitamin E	12%
Vitamin K	12%

**Minerals**

Calcium	4%
Copper	17%
Iron	9%
Magnesium	10%
Manganese	27%
Phosphorus	5%
Potassium	22%
Selenium	0%
Sodium	1%
Zinc	4%

**Other Nutrient**

Beta-carotene	21%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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**Food Evaluation**

Vitamin Score	603
Mineral Score	97
Protein Score	33
Fiber Score	28

Total Nutrients Score	762
Net Food Score	759

Unhealthy Score 2

**Caloric Content**

Carbohydrates	82%
Proteins	10%
Fats	7%

**Health Costs**

At \$2.29 per pound, the cost of all displayed nutrients is \$3.08  
Net nutrition per dollar is 247  
82% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11333

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 23.5 ounces or 667 grams**

**Green leaf lettuce**

**Carbohydrates** 7%

Fiber	29%
Sugars, total	9%

**Fats** 2%

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

**Proteins** 9%

Histidine*	5%
Isoleucine*	13%
Leucine*	5%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	8%
Tryptophan*	5%
Valine*	8%

**Vitamins**

Vitamin A	987%
Thiamin (B-1)	23%
Riboflavin (B-2)	19%
Niacin (B-3)	11%
Pantothenic acid	9%
Vitamin B-6	25%
Folate	63%
Vitamin B-12	0%
Vitamin C	133%
Vitamin D	
Vitamin E	13%
Vitamin K	386%

**Minerals**

Calcium	17%
Copper	10%
Iron	32%
Magnesium	17%
Manganese	72%
Phosphorus	10%
Potassium	32%
Selenium	6%
Sodium	8%
Zinc	8%

**Other Nutrient**

Beta-carotene	592%
Lycopene	0%
Phytosterols	56%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	1670
Mineral Score	204
Protein Score	72
Fiber Score	29

Total Nutrients Score	1976
Net Food Score	1967

Unhealthy Score 9

**Caloric Content**

Carbohydrates	69%
Proteins	23%
Fats	9%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$2.27**  
Net nutrition per dollar is **865**  
**64%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11253

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 29 grams

**Ground ginger**

**Carbohydrates** 7%

Fiber	12%
Sugars, total	2%

**Fats** 3%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	10%
Folate	3%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	35%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	7%
Iron	18%
Magnesium	11%
Manganese	332%
Phosphorus	2%
Potassium	10%
Selenium	16%
Sodium	0%
Zinc	9%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	60
Mineral Score	407
Protein Score	14
Fiber Score	12

Total Nutrients Score	495
Net Food Score	492

Unhealthy Score 3

**Caloric Content**

Carbohydrates	78%
Proteins	7%
Fats	14%

**Health Costs**

At \$49.28 per pound, the cost of all displayed nutrients is \$3.13  
 Net nutrition per dollar is 157  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02021

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 21 grams**

**Ground mace**

**Carbohydrates** 4%

Fiber	14%
Sugars, total	

**Fats** 12%

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	4%
Copper	26%
Iron	16%
Magnesium	7%
Manganese	14%
Phosphorus	1%
Potassium	2%
Selenium	1%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	22
Mineral Score	74
Protein Score	1
Fiber Score	14

Total Nutrients Score	122
Net Food Score	111

Unhealthy Score 12

**Caloric Content**

Carbohydrates	38%
Proteins	5%
Fats	57%

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$0.93**  
 Net nutrition per dollar is **119**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02022

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 19 grams**

**Ground nutmeg**

**Carbohydrates** 3%

Fiber	13%
Sugars, total	10%

**Fats** 12%

Saturated	27%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	3%
Copper	10%
Iron	3%
Magnesium	7%
Manganese	24%
Phosphorus	2%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	11
Mineral Score	53
Protein Score	1
Fiber Score	13

Total Nutrients Score	81
Net Food Score	54

Unhealthy Score 27

**Caloric Content**

Carbohydrates	38%
Proteins	4%
Fats	58%

**Health Costs**

At **\$52.95** per pound, the cost of all displayed nutrients is **\$2.22**  
 Net nutrition per dollar is **24**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02025

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.8 ounces or 109 grams

## Grouper

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	13%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	17%
Omega-6 fats	0%

### Proteins 21%

Histidine*	20%
Isoleucine*	22%
Leucine*	18%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	19%
Valine*	19%

### Vitamins

Vitamin A	3%
Thiamin (B-1)	4%
Riboflavin (B-2)	0%
Niacin (B-3)	2%
Pantothenic acid	8%
Vitamin B-6	14%
Folate	2%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	2%
Copper	1%
Iron	5%
Magnesium	7%
Manganese	1%
Phosphorus	9%
Potassium	13%
Selenium	57%
Sodium	3%
Zinc	3%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	44
Mineral Score	98
Protein Score	199
Fiber Score	0

Total Nutrients Score	377
Net Food Score	360

Unhealthy Score 17

### Caloric Content

Carbohydrates	0%
Proteins	90%
Fats	10%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.44  
Net nutrition per dollar is 251  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15031

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.2 ounces or 147 grams

## Guavas

### Carbohydrates 8%

Fiber	26%
Sugars, total	24%

### Fats 2%

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

### Proteins 4%

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

### Vitamins

Vitamin A	18%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	7%
Vitamin B-6	7%
Folate	18%
Vitamin B-12	0%
Vitamin C	373%
Vitamin D	
Vitamin E	7%
Vitamin K	1%

### Minerals

Calcium	2%
Copper	17%
Iron	2%
Magnesium	6%
Manganese	10%
Phosphorus	3%
Potassium	15%
Selenium	1%
Sodium	0%
Zinc	2%

### Other Nutrient

Beta-carotene	11%
Lycopene	38%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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## Food Evaluation

Vitamin Score	445
Mineral Score	59
Protein Score	21
Fiber Score	26

Total Nutrients Score	552
Net Food Score	550

Unhealthy Score 2

### Caloric Content

Carbohydrates	76%
Proteins	13%
Fats	12%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$1.24  
Net nutrition per dollar is 442  
78% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09139

Food Group Code 0900



## % of Daily Requirements from 100 Calories of

**Haddock**

Amount for 100 calories is 3.1 ounces or 89 grams

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 1%

Saturated	1%
Trans fats	
Cholesterol	22%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	15%
Omega-6 fats	0%

### Proteins 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	19%
Pantothenic acid	1%
Vitamin B-6	13%
Folate	3%
Vitamin B-12	21%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	3%
Copper	1%
Iron	7%
Magnesium	9%
Manganese	1%
Phosphorus	11%
Potassium	9%
Selenium	52%
Sodium	3%
Zinc	3%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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## Food Evaluation

Vitamin Score	61
Mineral Score	95
Protein Score	205
Fiber Score	0

Total Nutrients Score	391
Net Food Score	365

Unhealthy Score 26

### Caloric Content

Carbohydrates	0%
Proteins	93%
Fats	7%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.38  
Net nutrition per dollar is 265  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15034

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.7 ounces or 77 grams

Half and half

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 16%

Saturated	30%
Trans fats	
Cholesterol	9%
Monounsaturated	12%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

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

### Vitamins

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

### Minerals

Calcium	6%
Copper	0%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	2%
Sodium	1%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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## Food Evaluation

Vitamin Score	22
Mineral Score	19
Protein Score	24
Fiber Score	0

Total Nutrients Score	76
Net Food Score	36

Unhealthy Score 41

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	13%
Proteins	10%
Fats	78%

### Health Costs

At \$1.25 per pound, the cost of all displayed nutrients is \$0.21  
Net nutrition per dollar is 169  
100% of purchased food is edible

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

USDA food number 01049

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.2 ounces or 91 grams

## Halibut

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 4%

Saturated	2%
Trans fats	
Cholesterol	10%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	26%
Omega-6 fats	0%

### Proteins 19%

Histidine*	18%
Isoleucine*	20%
Leucine*	16%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	18%
Tryptophan*	17%
Valine*	17%

### Vitamins

Vitamin A	3%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	24%
Pantothenic acid	3%
Vitamin B-6	13%
Folate	3%
Vitamin B-12	18%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

### Minerals

Calcium	3%
Copper	1%
Iron	4%
Magnesium	15%
Manganese	1%
Phosphorus	10%
Potassium	10%
Selenium	47%
Sodium	2%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	78%
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## Food Evaluation

Vitamin Score	74
Mineral Score	94
Protein Score	179
Fiber Score	0

Total Nutrients Score	403
Net Food Score	389

Unhealthy Score 13

### Caloric Content

Carbohydrates	0%
Proteins	81%
Fats	19%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.20  
Net nutrition per dollar is 324  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15036

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.6 ounces or 74 grams

## Ham

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 7%

Saturated	7%
Trans fats	
Cholesterol	17%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 15%

Histidine*	19%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	15%
Tryptophan*	16%
Valine*	15%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	32%
Riboflavin (B-2)	6%
Niacin (B-3)	18%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	2%
Vitamin B-12	9%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	3%
Iron	4%
Magnesium	4%
Manganese	1%
Phosphorus	8%
Potassium	7%
Selenium	37%
Sodium	2%
Zinc	11%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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## Food Evaluation

Vitamin Score	89
Mineral Score	75
Protein Score	151
Fiber Score	0

Total Nutrients Score	323
Net Food Score	297

Unhealthy Score 26

### Caloric Content

Carbohydrates	0%
Proteins	64%
Fats	36%

### Health Costs

At \$3.29 per pound, the cost of all displayed nutrients is \$0.82  
Net nutrition per dollar is 362  
65% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 10010

Food Group Code 1000

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.9 ounces or 26 grams**

**Hard pretzels**

**Carbohydrates** 8%

Fiber	3%
Sugars, total	1%

**Fats** 1%

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

**Proteins** 3%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	19%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	2%
Iron	8%
Magnesium	2%
Manganese	11%
Phosphorus	1%
Potassium	1%
Selenium	2%
Sodium	16%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	37
Mineral Score	30
Protein Score	20
Fiber Score	3

Total Nutrients Score	93
Net Food Score	77

Unhealthy Score 16

**Caloric Content**

Carbohydrates	84%
Proteins	10%
Fats	6%

**Health Costs**

At \$2.85 per pound, the cost of all displayed nutrients is \$0.17  
Net nutrition per dollar is 463  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19047

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.3 ounces or 65 grams

## Hard-boiled egg

### Carbohydrates 0%

Fiber	0%
Sugars, total	1%

### Fats 12%

Saturated	11%
Trans fats	
Cholesterol	91%
Monounsaturated	12%
Polyunsaturated	4%
Omega-3 fats	2%
Omega-6 fats	0%

### Proteins 8%

Histidine*	6%
Isoleucine*	10%
Leucine*	7%
Lysine*	7%
Methionine*	6%
Cystine	4%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	9%

### Vitamins

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

### Minerals

Calcium	2%
Copper	0%
Iron	4%
Magnesium	1%
Manganese	1%
Phosphorus	6%
Potassium	2%
Selenium	28%
Sodium	3%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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## Food Evaluation

Vitamin Score	57
Mineral Score	49
Protein Score	83
Fiber Score	0

Total Nutrients Score	205
Net Food Score	99

Unhealthy Score 106

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	3%
Proteins	35%
Fats	62%

### Health Costs

At \$0.67 per pound, the cost of all displayed nutrients is \$0.11  
 Net nutrition per dollar is 917  
 88% of purchased food is edible

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

USDA food number 01129

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 11 grams

## Hazelnut oil

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 20%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	40%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	36%
Vitamin K	

### Minerals

Calcium	0%
Copper	
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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## Food Evaluation

Vitamin Score	36
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	76
Net Food Score	71

Unhealthy Score 5

### Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$0.17  
Net nutrition per dollar is 408  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04532

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.6 ounces or 16 grams**

**Hazelnuts or filberts**

**Carbohydrates** 1%

Fiber	5%
Sugars, total	1%

**Fats** 17%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	33%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	16%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	14%
Iron	4%
Magnesium	5%
Manganese	43%
Phosphorus	2%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	35
Mineral Score	75
Protein Score	19
Fiber Score	5

Total Nutrients Score	167
Net Food Score	163

Unhealthy Score 4

**Caloric Content**

Carbohydrates	11%
Proteins	8%
Fats	81%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$0.46  
Net nutrition per dollar is 357  
46% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12120

Food Group Code 1200



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams** **Herring oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 20%

Saturated	13%
Trans fats	
Cholesterol	28%
Monounsaturated	29%
Polyunsaturated	8%
Omega-3 fats	77%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0
<b>Total Nutrients Score</b>	<b>182</b>
<b>Net Food Score</b>	<b>141</b>
<b>Unhealthy Score</b>	<b>41</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.24**  
 Net nutrition per dollar is **579**  
**100%** of purchased food is edible

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

USDA food number 04590      Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.4 ounces or 69 grams**

**Hersheys Chocolate Syrup**

**Carbohydrates** 9%

Fiber	0%
Sugars, total	36%

**Fats** 1%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	5%
Iron	2%
Magnesium	3%
Manganese	4%
Phosphorus	1%
Potassium	2%
Selenium	1%
Sodium	3%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	64%
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**Food Evaluation**

Vitamin Score	1
Mineral Score	20
Protein Score	0
Fiber Score	0

Total Nutrients Score	22
Net Food Score	18

Unhealthy Score 4

**Caloric Content**

Carbohydrates	95%
Proteins	2%
Fats	3%

**Health Costs**

At \$0.60 per pound, the cost of all displayed nutrients is \$0.09  
Net nutrition per dollar is 196  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19345

Food Group Code 1900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 9.8 ounces or 278 grams**

**Honeydew melons**

**Carbohydrates** 9%

Fiber	7%
Sugars, total	41%

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	10%
Folate	13%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	0%
Vitamin K	3%

**Minerals**

Calcium	1%
Copper	3%
Iron	3%
Magnesium	6%
Manganese	3%
Phosphorus	2%
Potassium	16%
Selenium	3%
Sodium	2%
Zinc	2%

**Other Nutrient**

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	101
Mineral Score	38
Protein Score	8
Fiber Score	7

Total Nutrients Score	154
Net Food Score	151

Unhealthy Score 3

**Caloric Content**

Carbohydrates	92%
Proteins	5%
Fats	3%

**Health Costs**

At \$0.50 per pound, the cost of all displayed nutrients is \$0.67  
Net nutrition per dollar is 227  
46% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09184

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 7.3 ounces or 208 grams**

**Horseradish**

**Carbohydrates** 9%

Fiber	23%
Sugars, total	30%

**Fats** 3%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	30%
Vitamin B-12	0%
Vitamin C	58%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	8%
Copper	6%
Iron	5%
Magnesium	11%
Manganese	11%
Phosphorus	3%
Potassium	13%
Selenium	8%
Sodium	28%
Zinc	12%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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**Food Evaluation**

Vitamin Score	103
Mineral Score	78
Protein Score	2
Fiber Score	23

Total Nutrients Score	207
Net Food Score	178

Unhealthy Score 29

**Caloric Content**

Carbohydrates	81%
Proteins	7%
Fats	12%

**Health Costs**

At \$5.93 per pound, the cost of all displayed nutrients is \$2.72  
Net nutrition per dollar is 65  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02055

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.6 ounces or 130 grams**

**Hot cocoa, homemade**

**Carbohydrates** 5%

Fiber	4%
Sugars, total	23%

**Fats** 5%

Saturated	10%
Trans fats	2%
Cholesterol	3%
Monounsaturated	4%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

**Proteins** 5%

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

**Vitamins**

Vitamin A	5%
Thiamin (B-1)	3%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	9%
Vitamin C	0%
Vitamin D	13%
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	10%
Copper	7%
Iron	3%
Magnesium	6%
Manganese	1%
Phosphorus	7%
Potassium	6%
Selenium	5%
Sodium	2%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	83%
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**Food Evaluation**

Vitamin Score	47
Mineral Score	50
Protein Score	41
Fiber Score	4

Total Nutrients Score	148
Net Food Score	129

Unhealthy Score 19

**Caloric Content**

Carbohydrates	55%
Proteins	18%
Fats	27%

**Health Costs**

At \$2.15 per pound, the cost of all displayed nutrients is \$0.62  
 Net nutrition per dollar is 210  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01105

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 4.8 ounces or 137 grams

**Hot dogs, fat free**

**Carbohydrates** 2%

Fiber	0%
Sugars, total	5%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	13%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 17%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	15%
Iron	7%
Magnesium	6%
Manganese	
Phosphorus	11%
Potassium	16%
Selenium	
Sodium	58%
Zinc	11%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	67
Protein Score	17
Fiber Score	0

Total Nutrients Score	86
Net Food Score	13

Unhealthy Score 73

**Caloric Content**

Carbohydrates	24%
Proteins	69%
Fats	7%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.90  
 Net nutrition per dollar is 15  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07246

Food Group Code 0700

**% of Daily Requirements from 100 Calories of Human milk**  
 Amount for 100 calories is 5.0 ounces or 143 grams

**Carbohydrates** 4%

Fiber	0%
Sugars, total	18%

**Fats** 11%

Saturated	16%
Trans fats	
Cholesterol	7%
Monounsaturated	11%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	3%
Copper	4%
Iron	0%
Magnesium	1%
Manganese	2%
Phosphorus	1%
Potassium	2%
Selenium	4%
Sodium	1%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score 27  
 Mineral Score 18  
 Protein Score 15  
 Fiber Score 0

**Total Nutrients Score 71**  
**Net Food Score 47**

**Unhealthy Score 23**

**Caloric Content**

Carbohydrates 38%  
 Proteins 6%  
 Fats 55%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$1.89  
 Net nutrition per dollar is 25  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

**% of Daily Requirements from 100 Calories of**

**Hummus**

Amount for 100 calories is 2.1 ounces or 60 grams

**Carbohydrates** 3%

Fiber	12%
Sugars, total	

**Fats** 10%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	16%
Iron	8%
Magnesium	9%
Manganese	20%
Phosphorus	5%
Potassium	3%
Selenium	2%
Sodium	10%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	67%
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**Food Evaluation**

Vitamin Score	27
Mineral Score	73
Protein Score	5
Fiber Score	12

Total Nutrients Score	128
Net Food Score	113

Unhealthy Score 15

**Caloric Content**

Carbohydrates	35%
Proteins	17%
Fats	48%

**Health Costs**

At \$6.58 per pound, the cost of all displayed nutrients is \$0.87  
 Net nutrition per dollar is 129  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16158

Food Group Code 1600



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 25.2 ounces or 714 grams**

**Iceberg lettuce**

**Carbohydrates** 8%

Fiber	29%
Sugars, total	26%

**Fats** 2%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	72%
Thiamin (B-1)	15%
Riboflavin (B-2)	6%
Niacin (B-3)	4%
Pantothenic acid	7%
Vitamin B-6	13%
Folate	52%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	9%
Vitamin K	57%

**Minerals**

Calcium	9%
Copper	9%
Iron	16%
Magnesium	10%
Manganese	39%
Phosphorus	7%
Potassium	25%
Selenium	1%
Sodium	3%
Zinc	7%

**Other Nutrient**

Beta-carotene	43%
Lycopene	0%
Phytosterols	16%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	96%
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**Food Evaluation**

Vitamin Score	256
Mineral Score	124
Protein Score	32
Fiber Score	29

Total Nutrients Score	440
Net Food Score	436

Unhealthy Score 4

**Caloric Content**

Carbohydrates	76%
Proteins	16%
Fats	8%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$1.64  
Net nutrition per dollar is 266  
95% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11252

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.5 ounces or 42 grams

**Imitation vanilla extract**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	9%
Phosphorus	0%
Potassium	1%
Selenium	
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	46%
Caffeine	

Percent(%) of food item's weight that is water:

Water	64%
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**Food Evaluation**

Vitamin Score	2
Mineral Score	12
Protein Score	0
Fiber Score	0

Total Nutrients Score	14
Net Food Score	-32

Unhealthy Score 46

**Caloric Content**

Carbohydrates	99%
Proteins	1%
Fats	0%

**Health Costs**

At \$2.18 per pound, the cost of all displayed nutrients is \$0.20  
 Net nutrition per dollar is -159  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02051

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.3 ounces or 152 grams**

**Infant formula, SIMILAC**

**Carbohydrates** 4%

Fiber	0%
Sugars, total	12%

**Fats** 10%

Saturated	15%
Trans fats	
Cholesterol	1%
Monounsaturated	2%
Polyunsaturated	8%
Omega-3 fats	1%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	7%
Vitamin B-6	2%
Folate	6%
Vitamin B-12	8%
Vitamin C	10%
Vitamin D	11%
Vitamin E	13%
Vitamin K	5%

**Minerals**

Calcium	7%
Copper	4%
Iron	10%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	3%
Sodium	2%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
-------	-----

**Food Evaluation**

Vitamin Score	81
Mineral Score	37
Protein Score	3
Fiber Score	0

Total Nutrients Score	125
Net Food Score	108

Unhealthy Score 17

**Caloric Content**

Carbohydrates	40%
Proteins	11%
Fats	49%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$1.33  
 Net nutrition per dollar is 81  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 03935

Food Group Code 0300

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 13.1 ounces or 370 grams**

**Italian (Crimini) mushrooms**

**Carbohydrates** 6%

Fiber	7%
Sugars, total	12%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
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	0%
Thiamin (B-1)	18%
Riboflavin (B-2)	65%
Niacin (B-3)	64%
Pantothenic acid	56%
Vitamin B-6	17%
Folate	13%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	93%
Iron	8%
Magnesium	7%
Manganese	23%
Phosphorus	22%
Potassium	41%
Selenium	138%
Sodium	1%
Zinc	27%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	92%
-------	-----

**Food Evaluation**

Vitamin Score	238
Mineral Score	364
Protein Score	9
Fiber Score	7

Total Nutrients Score	<b>619</b>
Net Food Score	<b>617</b>

Unhealthy Score 1

**Caloric Content**

Carbohydrates	60%
Proteins	37%
Fats	3%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$5.04  
Net nutrition per dollar is 122  
97% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11266

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 37 grams

## Italian bread

### Carbohydrates 7%

Fiber	3%
Sugars, total	1%

### Fats 2%

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

### Proteins 3%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	28%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	4%
Iron	6%
Magnesium	2%
Manganese	7%
Phosphorus	2%
Potassium	1%
Selenium	14%
Sodium	9%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	36%
-------	-----

## Food Evaluation

Vitamin Score	51
Mineral Score	40
Protein Score	25
Fiber Score	3

Total Nutrients Score	121
Net Food Score	110

Unhealthy Score 11

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	76%
Proteins	13%
Fats	11%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.16  
 Net nutrition per dollar is 679  
 100% of purchased food is edible

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

USDA food number 18033

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Italian pork sausage

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 14%

Saturated	15%
Trans fats	
Cholesterol	6%
Monounsaturated	16%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

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

### Vitamins

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

### Minerals

Calcium	0%
Copper	1%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	2%
Potassium	2%
Selenium	9%
Sodium	15%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	47%
-------	-----

## Food Evaluation

Vitamin Score	29
Mineral Score	23
Protein Score	47
Fiber Score	0

Total Nutrients Score	115
Net Food Score	79

Unhealthy Score 36

### Caloric Content

Carbohydrates	5%
Proteins	24%
Fats	72%

### Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$0.32  
 Net nutrition per dollar is 247  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07089

Food Group Code 0700

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.3 ounces or 65 grams**

**Japanese chestnuts**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	4%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	18%
Iron	5%
Magnesium	6%
Manganese	45%
Phosphorus	2%
Potassium	5%
Selenium	
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	61%
-------	-----

**Food Evaluation**

Vitamin Score	55
Mineral Score	89
Protein Score	14
Fiber Score	

Total Nutrients Score	159
Net Food Score	158

Unhealthy Score 1

**Caloric Content**

Carbohydrates	92%
Proteins	5%
Fats	3%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$1.08  
Net nutrition per dollar is 146  
66% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12202

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Japanese chestnuts, dried**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	4%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	18%
Iron	5%
Magnesium	6%
Manganese	45%
Phosphorus	2%
Potassium	5%
Selenium	
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	10%
-------	-----

**Food Evaluation**

Vitamin Score	55
Mineral Score	89
Protein Score	14
Fiber Score	

Total Nutrients Score	158
Net Food Score	158

Unhealthy Score 1

**Caloric Content**

Carbohydrates	92%
Proteins	5%
Fats	3%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$0.93  
 Net nutrition per dollar is 170  
 66% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12175

Food Group Code 1200



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.1 ounces or 200 grams

## Kale

### Carbohydrates 7%

Fiber	13%
Sugars, total	

### Fats 3%

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

### Proteins 7%

Histidine*	4%
Isoleucine*	9%
Leucine*	5%
Lysine*	4%
Methionine*	1%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	7%
Valine*	6%

### Vitamins

Vitamin A	615%
Thiamin (B-1)	11%
Riboflavin (B-2)	9%
Niacin (B-3)	9%
Pantothenic acid	2%
Vitamin B-6	23%
Folate	15%
Vitamin B-12	0%
Vitamin C	267%
Vitamin D	
Vitamin E	
Vitamin K	545%

### Minerals

Calcium	19%
Copper	29%
Iron	19%
Magnesium	14%
Manganese	67%
Phosphorus	6%
Potassium	22%
Selenium	3%
Sodium	4%
Zinc	6%

### Other Nutrient

Beta-carotene	369%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	84%
-------	-----

## Food Evaluation

Vitamin Score	1495
Mineral Score	184
Protein Score	59
Fiber Score	13

Total Nutrients Score	1752
Net Food Score	1747

Unhealthy Score 5

### Caloric Content

Carbohydrates	72%
Proteins	16%
Fats	12%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$0.57  
 Net nutrition per dollar is 3060  
 61% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11233

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.0 ounces or 27 grams**

**Kelloggs Nutri-Grain**

**Carbohydrates** 7%

Fiber	2%
Sugars, total	17%

**Fats** 4%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	11%
Thiamin (B-1)	14%
Riboflavin (B-2)	11%
Niacin (B-3)	17%
Pantothenic acid	0%
Vitamin B-6	16%
Folate	
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	1%
Iron	7%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	1%
Selenium	
Sodium	3%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	15%
-------	-----

**Food Evaluation**

Vitamin Score	67
Mineral Score	21
Protein Score	1
Fiber Score	2

Total Nutrients Score	97
Net Food Score	92

Unhealthy Score 6

**Caloric Content**

Carbohydrates	77%
Proteins	5%
Fats	18%

**Health Costs**

At \$3.98 per pound, the cost of all displayed nutrients is \$0.24  
Net nutrition per dollar is 386  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18501

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 30 grams

## Kidney beans

### Carbohydrates 7%

Fiber	25%
Sugars, total	1%

### Fats 0%

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

### Proteins 7%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	30%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	2%

### Minerals

Calcium	3%
Copper	14%
Iron	14%
Magnesium	8%
Manganese	13%
Phosphorus	6%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	6%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
-------	-----

## Food Evaluation

Vitamin Score	54
Mineral Score	76
Protein Score	63
Fiber Score	25

Total Nutrients Score	218
Net Food Score	218

Unhealthy Score 1

### Caloric Content

Carbohydrates	73%
Proteins	25%
Fats	2%

### Health Costs

At \$0.89 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 3699  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16027

Food Group Code 1600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.8 ounces or 164 grams

**Kiwi**

### Carbohydrates 9%

Fiber	16%
Sugars, total	27%

### Fats 2%

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

### Proteins 2%

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

### Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	0%
Vitamin C	169%
Vitamin D	
Vitamin E	16%
Vitamin K	22%

### Minerals

Calcium	4%
Copper	11%
Iron	3%
Magnesium	6%
Manganese	7%
Phosphorus	3%
Potassium	13%
Selenium	0%
Sodium	0%
Zinc	2%

### Other Nutrient

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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## Food Evaluation

Vitamin Score	233
Mineral Score	48
Protein Score	16
Fiber Score	16

Total Nutrients Score	314
Net Food Score	314

Unhealthy Score 0

### Caloric Content

Carbohydrates	87%
Proteins	6%
Fats	7%

### Health Costs

At \$4.00 per pound, the cost of all displayed nutrients is \$1.68  
Net nutrition per dollar is 187  
86% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09148

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 13.1 ounces or 370 grams**

**Kohlrabi**

**Carbohydrates** 8%

Fiber	44%
Sugars, total	18%

**Fats** 1%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	9%
Riboflavin (B-2)	3%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	23%
Folate	15%
Vitamin B-12	0%
Vitamin C	255%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

**Minerals**

Calcium	6%
Copper	24%
Iron	8%
Magnesium	14%
Manganese	22%
Phosphorus	9%
Potassium	32%
Selenium	4%
Sodium	3%
Zinc	1%

**Other Nutrient**

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	332
Mineral Score	120
Protein Score	34
Fiber Score	44

Total Nutrients Score	531
Net Food Score	528

Unhealthy Score 3

**Caloric Content**

Carbohydrates	82%
Proteins	15%
Fats	3%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$1.76  
Net nutrition per dollar is 300  
46% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11241

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.0 ounces or 141 grams

## Kumquats

### Carbohydrates 8%

Fiber	31%
Sugars, total	24%

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
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	8%
Thiamin (B-1)	3%
Riboflavin (B-2)	5%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	6%
Vitamin B-12	0%
Vitamin C	69%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	6%
Copper	7%
Iron	7%
Magnesium	6%
Manganese	8%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	1%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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## Food Evaluation

Vitamin Score	99
Mineral Score	43
Protein Score	3
Fiber Score	31

Total Nutrients Score	176
Net Food Score	175

Unhealthy Score 1

### Caloric Content

Carbohydrates	81%
Proteins	9%
Fats	10%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.66  
Net nutrition per dollar is 263  
93% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09149

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 8.2 ounces or 233 grams**

**Lambquarters, raw**

**Carbohydrates** 6%

Fiber	31%
Sugars, total	

**Fats** 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	9%
Isoleucine*	14%
Leucine*	8%
Lysine*	9%
Methionine*	3%
Cystine	5%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	8%
Tryptophan*	7%
Valine*	9%

**Vitamins**

Vitamin A	540%
Thiamin (B-1)	19%
Riboflavin (B-2)	37%
Niacin (B-3)	13%
Pantothenic acid	2%
Vitamin B-6	27%
Folate	17%
Vitamin B-12	0%
Vitamin C	207%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	51%
Copper	34%
Iron	16%
Magnesium	16%
Manganese	79%
Phosphorus	8%
Potassium	26%
Selenium	3%
Sodium	4%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	84%
-------	-----

**Food Evaluation**

Vitamin Score	860
Mineral Score	240
Protein Score	91
Fiber Score	31

Total Nutrients Score	1224
Net Food Score	1219

Unhealthy Score 5

**Caloric Content**

Carbohydrates	61%
Proteins	24%
Fats	16%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is  
Net nutrition per dollar is  
of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11244

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 2.5 ounces or 72 grams

**Lean beef, chuck**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 6%

Saturated	7%
Trans fats	
Cholesterol	13%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	16%
Isoleucine*	17%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	5%
Phenylalanine*	8%
Tyrosine	6%
Threonine*	13%
Tryptophan*	8%
Valine*	14%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	17%
Pantothenic acid	5%
Vitamin B-6	15%
Folate	2%
Vitamin B-12	25%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	3%
Iron	8%
Magnesium	3%
Manganese	0%
Phosphorus	7%
Potassium	6%
Selenium	25%
Sodium	2%
Zinc	26%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	73
Mineral Score	81
Protein Score	140
Fiber Score	0

Total Nutrients Score	301
Net Food Score	278

Unhealthy Score 23

**Caloric Content**

Carbohydrates	0%
Proteins	67%
Fats	33%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$1.26  
 Net nutrition per dollar is 221  
 63% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 23612 Food Group Code 1300



**% of Daily Requirements from 100 Calories of**

**Lean pork**

Amount for 100 calories is **2.5 ounces or 70 grams**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 7%

Saturated	7%
Trans fats	
Cholesterol	14%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	19%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	9%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	15%
Tryptophan*	16%
Valine*	15%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	35%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	5%
Vitamin B-6	15%
Folate	1%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	2%
Iron	3%
Magnesium	3%
Manganese	0%
Phosphorus	7%
Potassium	7%
Selenium	36%
Sodium	2%
Zinc	9%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	72%
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**Food Evaluation**

Vitamin Score	87
Mineral Score	69
Protein Score	150
Fiber Score	0

Total Nutrients Score	314
Net Food Score	291

Unhealthy Score 23

**Caloric Content**

Carbohydrates	0%
Proteins	64%
Fats	36%

**Health Costs**

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.32**  
 Net nutrition per dollar is **221**  
**70%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 10024

Food Group Code 1000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.8 ounces or 164 grams

Leeks

### Carbohydrates 8%

Fiber	10%
Sugars, total	12%

### Fats 1%

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

### Proteins 2%

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

### Vitamins

Vitamin A	55%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	16%
Folate	26%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	10%
Vitamin K	26%

### Minerals

Calcium	7%
Copper	10%
Iron	19%
Magnesium	9%
Manganese	34%
Phosphorus	3%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	1%

### Other Nutrient

Beta-carotene	33%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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## Food Evaluation

Vitamin Score	166
Mineral Score	93
Protein Score	18
Fiber Score	10

Total Nutrients Score	287
Net Food Score	285

Unhealthy Score 2

### Caloric Content

Carbohydrates	89%
Proteins	7%
Fats	4%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$1.63  
Net nutrition per dollar is 175  
44% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11246

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 7.5 ounces or 213 grams**

**Lemon peel**

**Carbohydrates** 12%

Fiber	75%
Sugars, total	16%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
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	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	4%
Pantothenic acid	7%
Vitamin B-6	15%
Folate	7%
Vitamin B-12	0%
Vitamin C	305%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

**Minerals**

Calcium	20%
Copper	10%
Iron	9%
Magnesium	6%
Manganese	
Phosphorus	1%
Potassium	9%
Selenium	2%
Sodium	1%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	17%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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**Food Evaluation**

Vitamin Score	356
Mineral Score	61
Protein Score	3
Fiber Score	75

Total Nutrients Score	496
Net Food Score	495

Unhealthy Score 1

**Caloric Content**

Carbohydrates	88%
Proteins	8%
Fats	4%

**Health Costs**

At \$0.49 per pound, the cost of all displayed nutrients is \$0.23  
Net nutrition per dollar is 2153  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09156

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 12.2 ounces or 345 grams**

**Lemons**

**Carbohydrates** 12%

Fiber	32%
Sugars, total	16%

**Fats** 2%

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

**Proteins** 4%

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

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	7%
Vitamin B-6	11%
Folate	9%
Vitamin B-12	0%
Vitamin C	203%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	6%
Copper	6%
Iron	11%
Magnesium	6%
Manganese	4%
Phosphorus	3%
Potassium	12%
Selenium	2%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	246
Mineral Score	52
Protein Score	4
Fiber Score	32

Total Nutrients Score	335
Net Food Score	334

Unhealthy Score 1

**Caloric Content**

Carbohydrates	79%
Proteins	13%
Fats	9%

**Health Costs**

At \$0.96 per pound, the cost of all displayed nutrients is \$1.38  
Net nutrition per dollar is 242  
53% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09150

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 17.6 ounces or 500 grams**

**Lemons, with peel**

**Carbohydrates** 19%

Fiber	78%
Sugars, total	

**Fats** 3%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	13%
Riboflavin (B-2)	7%
Niacin (B-3)	5%
Pantothenic acid	12%
Vitamin B-6	23%
Folate	
Vitamin B-12	0%
Vitamin C	428%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	22%
Copper	65%
Iron	19%
Magnesium	12%
Manganese	
Phosphorus	4%
Potassium	18%
Selenium	
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	87%
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**Food Evaluation**

Vitamin Score	489
Mineral Score	143
Protein Score	6
Fiber Score	78

Total Nutrients Score	717
Net Food Score	716

Unhealthy Score 2

**Caloric Content**

Carbohydrates	85%
Proteins	10%
Fats	5%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$1.11  
Net nutrition per dollar is 643  
98% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09151

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

## Lentils

Amount for 100 calories is 1.0 ounces or 28 grams

### Carbohydrates 6%

Fiber	29%
Sugars, total	1%

### Fats 1%

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

### Proteins 7%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	6%
Vitamin B-6	6%
Folate	34%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	7%
Iron	12%
Magnesium	7%
Manganese	16%
Phosphorus	6%
Potassium	7%
Selenium	3%
Sodium	0%
Zinc	9%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	67
Mineral Score	69
Protein Score	65
Fiber Score	29

Total Nutrients Score	230
Net Food Score	230

Unhealthy Score 0

### Caloric Content

Carbohydrates	68%
Proteins	29%
Fats	3%

### Health Costs

At \$0.69 per pound, the cost of all displayed nutrients is \$0.04  
 Net nutrition per dollar is 5337  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16069

Food Group Code 1600

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.5 ounces or 43 grams**

**Light Dressing, Miracle Whip**

**Carbohydrates** 2%

Fiber	0%
Sugars, total	8%

**Fats** 14%

Saturated	7%
Trans fats	
Cholesterol	4%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	12%

**Minerals**

Calcium	0%
Copper	
Iron	0%
Magnesium	
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	
Sodium	15%
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	63%
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**Food Evaluation**

Vitamin Score	12	<b>Total Nutrients Score</b>	<b>14</b>	<b>Caloric Content</b>	Carbohydrates	25%
Mineral Score	1				<b>Net Food Score</b>	<b>-12</b>
Protein Score	0				Fats	74%
Fiber Score	0					
		<b>Unhealthy Score</b>	<b>26</b>			

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.38**

Net nutrition per dollar is **-32**

**100%** of purchased food is edible

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

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.1 ounces or 88 grams

## Lima beans

### Carbohydrates 6%

Fiber	14%
Sugars, total	2%

### Fats 1%

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

### Proteins 6%

Histidine*	7%
Isoleucine*	9%
Leucine*	5%
Lysine*	5%
Methionine*	1%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	7%

### Vitamins

Vitamin A	5%
Thiamin (B-1)	10%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	4%
Vitamin K	2%

### Minerals

Calcium	2%
Copper	14%
Iron	15%
Magnesium	10%
Manganese	47%
Phosphorus	6%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	5%

### Other Nutrient

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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## Food Evaluation

Vitamin Score	70
Mineral Score	112
Protein Score	59
Fiber Score	14

Total Nutrients Score	256
Net Food Score	254

Unhealthy Score 1

### Caloric Content

Carbohydrates	73%
Proteins	21%
Fats	6%

### Health Costs

At \$0.95 per pound, the cost of all displayed nutrients is \$0.42  
Net nutrition per dollar is 604  
44% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11031

Food Group Code 1100



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

**Limburger cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	28%
Trans fats	
Cholesterol	9%
Monounsaturated	12%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	6%
Isoleucine*	9%
Leucine*	7%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	7%
Valine*	8%

**Vitamins**

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

**Minerals**

Calcium	11%
Copper	0%
Iron	0%
Magnesium	1%
Manganese	1%
Phosphorus	6%
Potassium	1%
Selenium	6%
Sodium	11%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	48%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	31
Protein Score	66
Fiber Score	0

Total Nutrients Score	138
Net Food Score	91

Unhealthy Score 47

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	1%
Proteins	26%
Fats	73%

**Health Costs**

At \$7.99 per pound, the cost of all displayed nutrients is \$0.54  
 Net nutrition per dollar is 169  
 100% of purchased food is edible

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

USDA food number 01024

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is **11.8 ounces or 333 grams**

## Limes

### Carbohydrates 13%

Fiber	31%
Sugars, total	10%

### Fats 1%

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

### Proteins 2%

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

### Vitamins

Vitamin A	3%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	7%
Vitamin B-12	0%
Vitamin C	108%
Vitamin D	
Vitamin E	5%
Vitamin K	1%

### Minerals

Calcium	8%
Copper	11%
Iron	11%
Magnesium	4%
Manganese	1%
Phosphorus	3%
Potassium	9%
Selenium	2%
Sodium	0%
Zinc	2%

### Other Nutrient

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	147
Mineral Score	51
Protein Score	4
Fiber Score	31

Total Nutrients Score	233
Net Food Score	232

Unhealthy Score 1

### Caloric Content

Carbohydrates	87%
Proteins	8%
Fats	6%

### Health Costs

At **\$0.96** per pound, the cost of all displayed nutrients is **\$0.84**  
 Net nutrition per dollar is **277**  
**84%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09159

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.1 ounces or 115 grams**

**Ling**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	15%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 22%

Histidine*	20%
Isoleucine*	23%
Leucine*	19%
Lysine*	23%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	8%
Niacin (B-3)	12%
Pantothenic acid	4%
Vitamin B-6	15%
Folate	2%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	6%
Iron	4%
Magnesium	14%
Manganese	1%
Phosphorus	11%
Potassium	11%
Selenium	60%
Sodium	7%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	80%
-------	-----

**Food Evaluation**

Vitamin Score	59
Mineral Score	117
Protein Score	207
Fiber Score	0

Total Nutrients Score	384
Net Food Score	361

Unhealthy Score 23

**Caloric Content**

Carbohydrates	0%
Proteins	93%
Fats	7%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$1.52  
Net nutrition per dollar is 238  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15044

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 0.9 ounces or 26 grams

**Link sausage, smoked**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 15%

Saturated	16%
Trans fats	
Cholesterol	6%
Monounsaturated	17%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	1%
Iron	2%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	2%
Selenium	8%
Sodium	17%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
-------	-----

**Food Evaluation**

Vitamin Score	31
Mineral Score	21
Protein Score	51
Fiber Score	0

Total Nutrients Score	120
Net Food Score	82

Unhealthy Score 38

**Caloric Content**

Carbohydrates	2%
Proteins	24%
Fats	74%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 291  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 07074

Food Group Code 0700

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.3 ounces or 38 grams**

**Lipton onion soup mix**

**Carbohydrates** 9%

Fiber	7%
Sugars, total	3%

**Fats** 1%

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

**Proteins** 3%

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

**Vitamins**

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

**Minerals**

Calcium	6%
Copper	
Iron	4%
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	144%
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	9
Protein Score	3
Fiber Score	7

Total Nutrients Score	33
Net Food Score	-112

Unhealthy Score 145

**Caloric Content**

Carbohydrates	85%
Proteins	9%
Fats	6%

**Health Costs**

At \$10.80 per pound, the cost of all displayed nutrients is \$0.91  
 Net nutrition per dollar is -123  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06033

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.3 ounces or 36 grams

**Litchis, dried**

**Carbohydrates** 9%

Fiber	6%
Sugars, total	43%

**Fats** 1%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	7%
Niacin (B-3)	5%
Pantothenic acid	
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	73%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	11%
Iron	3%
Magnesium	3%
Manganese	4%
Phosphorus	3%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	22%
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**Food Evaluation**

Vitamin Score	89
Mineral Score	37
Protein Score	3
Fiber Score	6

Total Nutrients Score	136
Net Food Score	135

Unhealthy Score 1

**Caloric Content**

Carbohydrates	92%
Proteins	5%
Fats	4%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.44  
 Net nutrition per dollar is 307  
 54% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09165

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.9 ounces or 111 grams

## Lobster

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	35%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 21%

Histidine*	14%
Isoleucine*	23%
Leucine*	17%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	11%
Tyrosine	8%
Threonine*	18%
Tryptophan*	24%
Valine*	18%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	18%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	0%

### Minerals

Calcium	4%
Copper	92%
Iron	2%
Magnesium	6%
Manganese	3%
Phosphorus	8%
Potassium	8%
Selenium	66%
Sodium	14%
Zinc	22%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	77%
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## Food Evaluation

Vitamin Score	63
Mineral Score	210
Protein Score	193
Fiber Score	0

Total Nutrients Score	468
Net Food Score	417

Unhealthy Score 51

### Caloric Content

Carbohydrates	2%
Proteins	89%
Fats	9%

### Health Costs

At \$19.99 per pound, the cost of all displayed nutrients is \$4.90  
 Net nutrition per dollar is 85  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15147

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **4.0 ounces or 112 grams**

**Lotus seeds raw**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 1%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	3%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	5%
Iron	6%
Magnesium	13%
Manganese	30%
Phosphorus	9%
Potassium	10%
Selenium	
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	77%
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**Food Evaluation**

Vitamin Score 32  
 Mineral Score 80  
 Protein Score 44  
 Fiber Score

Total Nutrients Score	156
Net Food Score	156

Unhealthy Score 1

**Caloric Content**

Carbohydrates 79%  
 Proteins 16%  
 Fats 5%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$4.67**  
 Net nutrition per dollar is **33**  
**53%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12205

Food Group Code 1200



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 30 grams**

**Lotus seeds, dried**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 1%

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

**Proteins** 5%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	3%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	5%
Iron	6%
Magnesium	13%
Manganese	30%
Phosphorus	9%
Potassium	10%
Selenium	
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	14%
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**Food Evaluation**

Vitamin Score 32  
 Mineral Score 80  
 Protein Score 44  
 Fiber Score

Total Nutrients Score	156
Net Food Score	156

Unhealthy Score 1

**Caloric Content**

Carbohydrates 79%  
 Proteins 16%  
 Fats 5%

**Health Costs**

At \$19.99 per pound, the cost of all displayed nutrients is \$1.33  
 Net nutrition per dollar is 117  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12013

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.5 ounces or 14 grams**

**Macadamia nuts**

**Carbohydrates** 1%

Fiber	4%
Sugars, total	1%

**Fats** 19%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	37%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	5%
Iron	3%
Magnesium	4%
Manganese	25%
Phosphorus	1%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	1%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	42
Protein Score	9
Fiber Score	4

Total Nutrients Score	107
Net Food Score	97

Unhealthy Score 9

**Caloric Content**

Carbohydrates	8%
Proteins	4%
Fats	88%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$0.99  
Net nutrition per dollar is 98  
31% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12131

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.3 ounces or 64 grams**

**Mackerel, canned**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 7%

Saturated	6%
Trans fats	
Cholesterol	17%
Monounsaturated	6%
Polyunsaturated	5%
Omega-3 fats	53%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	13%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	14%
Valine*	14%

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	18%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	1%
Vitamin B-12	74%
Vitamin C	1%
Vitamin D	40%
Vitamin E	4%
Vitamin K	0%

**Minerals**

Calcium	11%
Copper	5%
Iron	7%
Magnesium	5%
Manganese	1%
Phosphorus	10%
Potassium	3%
Selenium	35%
Sodium	11%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	6%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	69%
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**Food Evaluation**

Vitamin Score	158
Mineral Score	81
Protein Score	141
Fiber Score	0

Total Nutrients Score	492
Net Food Score	458

Unhealthy Score 34

**Caloric Content**

Carbohydrates	0%
Proteins	64%
Fats	36%

**Health Costs**

At \$1.49 per pound, the cost of all displayed nutrients is \$0.21  
 Net nutrition per dollar is 2177  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15048

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.1 ounces or 118 grams**

**Malted milk, chocolate**

**Carbohydrates** 5%

Fiber	2%
Sugars, total	14%

**Fats** 7%

Saturated	12%
Trans fats	
Cholesterol	4%
Monounsaturated	4%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	8%
Copper	2%
Iron	1%
Magnesium	4%
Manganese	4%
Phosphorus	5%
Potassium	5%
Selenium	9%
Sodium	3%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	1%

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	33
Mineral Score	42
Protein Score	38
Fiber Score	2

Total Nutrients Score	119
Net Food Score	99

Unhealthy Score 20

**Caloric Content**

Carbohydrates	51%
Proteins	15%
Fats	34%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.26  
 Net nutrition per dollar is 386  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 14318

Food Group Code 1400

**% of Daily Requirements from 100 Calories of  
Mandarin oranges, canned**  
Amount for 100 calories is 5.8 ounces or 164 grams

**Carbohydrates** 10%

Fiber	4%
Sugars, total	46%

**Fats** 0%

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

**Proteins** 1%

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

**Vitamins**

Vitamin A	28%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	36%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	4%
Iron	3%
Magnesium	3%
Manganese	2%
Phosphorus	1%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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**Food Evaluation**

Vitamin Score 82  
Mineral Score 20  
Protein Score 5  
Fiber Score 4

**Total Nutrients Score 111**  
**Net Food Score 110**

Unhealthy Score 1

**Caloric Content**

Carbohydrates 96%  
Proteins 2%  
Fats 1%

**Health Costs**

At \$1.29 per pound, the cost of all displayed nutrients is \$0.47  
Net nutrition per dollar is 236  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09220 Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.4 ounces or 154 grams

## Mangos

### Carbohydrates 10%

Fiber	9%
Sugars, total	41%

### Fats 1%

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

### Proteins 1%

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

### Vitamins

Vitamin A	24%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	2%
Vitamin B-6	9%
Folate	5%
Vitamin B-12	0%
Vitamin C	47%
Vitamin D	
Vitamin E	11%
Vitamin K	2%

### Minerals

Calcium	1%
Copper	8%
Iron	1%
Magnesium	3%
Manganese	2%
Phosphorus	1%
Potassium	6%
Selenium	1%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	14%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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## Food Evaluation

Vitamin Score	113
Mineral Score	24
Protein Score	6
Fiber Score	9

Total Nutrients Score	153
Net Food Score	152

Unhealthy Score 1

### Caloric Content

Carbohydrates	94%
Proteins	3%
Fats	3%

### Health Costs

At \$1.24 per pound, the cost of all displayed nutrients is \$0.61  
Net nutrition per dollar is 249  
69% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09176

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 5.8 ounces or 164 grams**

**Manhattan clam chowder**

**Carbohydrates** 6%

Fiber	7%
Sugars, total	8%

**Fats** 5%

Saturated	3%
Trans fats	
Cholesterol	1%
Monounsaturated	2%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

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

**Vitamins**

Vitamin A	25%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	88%
Vitamin C	6%
Vitamin D	
Vitamin E	11%
Vitamin K	3%

**Minerals**

Calcium	2%
Copper	8%
Iron	12%
Magnesium	3%
Manganese	21%
Phosphorus	3%
Potassium	6%
Selenium	18%
Sodium	33%
Zinc	8%

**Other Nutrient**

Beta-carotene	13%
Lycopene	53%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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**Food Evaluation**

Vitamin Score	153
Mineral Score	81
Protein Score	3
Fiber Score	7

Total Nutrients Score	246
Net Food Score	209

Unhealthy Score 36

**Caloric Content**

Carbohydrates	63%
Proteins	11%
Fats	26%

**Health Costs**

At \$1.62 per pound, the cost of all displayed nutrients is \$0.59  
Net nutrition per dollar is 357  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06028

Food Group Code 0600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.1 ounces or 61 grams

## Maraschino cherries

### Carbohydrates 9%

Fiber	6%
Sugars, total	43%

### Fats 0%

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

### Proteins 0%

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

### Vitamins

Vitamin A	1%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	4%
Iron	1%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	57%
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## Food Evaluation

Vitamin Score	2
Mineral Score	11
Protein Score	0
Fiber Score	6

Total Nutrients Score	19
Net Food Score	19

Unhealthy Score 0

### Caloric Content

Carbohydrates	98%
Proteins	0%
Fats	1%

### Health Costs

At \$2.79 per pound, the cost of all displayed nutrients is  
Net nutrition per dollar is  
of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09328

Food Group Code 0900



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.5 ounces or 14 grams**

**Margarine, hydrogenated**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	10%
Trans fats	
Cholesterol	0%
Monounsaturated	29%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

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

**Minerals**

Calcium	0%
Copper	
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	6%
Zinc	

**Other Nutrient**

Beta-carotene	2%
Lycopene	0%
Phytosterols	18%
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	16%
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**Food Evaluation**

Vitamin Score	21
Mineral Score	1
Protein Score	1
Fiber Score	0

Total Nutrients Score	52
Net Food Score	37

Unhealthy Score 16

**Caloric Content**

Carbohydrates	0%
Proteins	1%
Fats	99%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 1209  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04071

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.3 ounces or 37 grams**

**Marjoram, dried**

**Carbohydrates** 8%

Fiber	50%
Sugars, total	3%

**Fats** 5%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

Vitamin A	60%
Thiamin (B-1)	5%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	18%
Folate	25%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	4%
Vitamin K	76%

**Minerals**

Calcium	52%
Copper	21%
Iron	170%
Magnesium	26%
Manganese	87%
Phosphorus	6%
Potassium	14%
Selenium	2%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	35%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	221
Mineral Score	387
Protein Score	5
Fiber Score	50

Total Nutrients Score	664
Net Food Score	661

Unhealthy Score 2

**Caloric Content**

Carbohydrates	67%
Proteins	11%
Fats	22%

**Health Costs**

At \$236.16 per pound, the cost of all displayed nutrients is \$19.21  
 Net nutrition per dollar is 34  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02023

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.4 ounces or 41 grams

**Marmalade, orange**

**Carbohydrates** 10%

Fiber	1%
Sugars, total	44%

**Fats** 0%

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

**Proteins** 0%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	2%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	1%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	33%
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**Food Evaluation**

Vitamin Score	5
Mineral Score	5
Protein Score	1
Fiber Score	1

Total Nutrients Score	11
Net Food Score	10

Unhealthy Score 1

**Caloric Content**

Carbohydrates	100%
Proteins	0%
Fats	0%

**Health Costs**

At \$3.79 per pound, the cost of all displayed nutrients is \$0.34  
 Net nutrition per dollar is 30  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19303

Food Group Code 1900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 31 grams

## Marshmallows

### Carbohydrates 9%

Fiber	0%
Sugars, total	33%

### Fats 0%

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

### Proteins 1%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	2%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	1%
Sodium	1%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	16%
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## Food Evaluation

Vitamin Score	0
Mineral Score	3
Protein Score	2
Fiber Score	0

Total Nutrients Score	6
Net Food Score	5

Unhealthy Score 1

### Caloric Content

Carbohydrates	97%
Proteins	2%
Fats	1%

### Health Costs

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
 Net nutrition per dollar is \_\_\_\_\_  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19116

Food Group Code 1900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Mashed potato flakes**

**Carbohydrates** 8%

Fiber	6%
Sugars, total	2%

**Fats** 0%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	14%
Riboflavin (B-2)	1%
Niacin (B-3)	8%
Pantothenic acid	6%
Vitamin B-6	9%
Folate	3%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	2%
Iron	2%
Magnesium	4%
Manganese	2%
Phosphorus	2%
Potassium	8%
Selenium	5%
Sodium	1%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	67
Mineral Score	27
Protein Score	18
Fiber Score	6

Total Nutrients Score	119
Net Food Score	118

Unhealthy Score 2

**Caloric Content**

Carbohydrates	92%
Proteins	7%
Fats	1%

**Health Costs**

At \$2.27 per pound, the cost of all displayed nutrients is \$0.14  
 Net nutrition per dollar is 833  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 11378

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.4 ounces or 97 grams**

**Meatball and pasta, canned**

**Carbohydrates** 4%

Fiber	9%
Sugars, total	7%

**Fats** 7%

Saturated	8%
Trans fats	
Cholesterol	3%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

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

**Vitamins**

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

**Minerals**

Calcium	1%
Copper	4%
Iron	5%
Magnesium	3%
Manganese	7%
Phosphorus	2%
Potassium	4%
Selenium	11%
Sodium	18%
Zinc	5%

**Other Nutrient**

Beta-carotene	2%
Lycopene	37%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	78%
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**Food Evaluation**

Vitamin Score	42
Mineral Score	41
Protein Score	32
Fiber Score	9

Total Nutrients Score	131
Net Food Score	102

Unhealthy Score 29

**Caloric Content**

Carbohydrates	48%
Proteins	17%
Fats	36%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.43  
 Net nutrition per dollar is 240  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 22907

Food Group Code 2200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.4 ounces or 11 grams**

**Menhaden oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 20%

Saturated	18%
Trans fats	
Cholesterol	19%
Monounsaturated	13%
Polyunsaturated	17%
Omega-3 fats	185%
Omega-6 fats	0%

**Proteins** 0%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	383
Net Food Score	345

Unhealthy Score 37

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$0.24  
Net nutrition per dollar is 1414  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 04591

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 8.4 ounces or 238 grams**

**Milk 1% with vitamin A**

**Carbohydrates** 4%

Fiber	0%
Sugars, total	23%

**Fats** 4%

Saturated	8%
Trans fats	
Cholesterol	4%
Monounsaturated	3%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	1%

**Proteins** 8%

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

**Vitamins**

Vitamin A	9%
Thiamin (B-1)	2%
Riboflavin (B-2)	16%
Niacin (B-3)	1%
Pantothenic acid	9%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	31%
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	20%
Copper	1%
Iron	0%
Magnesium	5%
Manganese	0%
Phosphorus	11%
Potassium	9%
Selenium	11%
Sodium	5%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	9%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	92
Mineral Score	66
Protein Score	83
Fiber Score	0

Total Nutrients Score	245
Net Food Score	228

Unhealthy Score 17

**Caloric Content**

Carbohydrates	46%
Proteins	34%
Fats	20%

**Health Costs**

At \$0.36 per pound, the cost of all displayed nutrients is \$0.19  
 Net nutrition per dollar is 1209  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01082 Food Group Code 0100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 7.1 ounces or 200 grams**

**Milk 2% with vitamin A**

**Carbohydrates** 3%

Fiber	0%
Sugars, total	18%

**Fats** 7%

Saturated	14%
Trans fats	
Cholesterol	5%
Monounsaturated	5%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	1%

**Proteins** 7%

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

**Vitamins**

Vitamin A	8%
Thiamin (B-1)	4%
Riboflavin (B-2)	13%
Niacin (B-3)	1%
Pantothenic acid	7%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	22%
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	17%
Copper	1%
Iron	0%
Magnesium	4%
Manganese	0%
Phosphorus	9%
Potassium	8%
Selenium	7%
Sodium	4%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	76
Mineral Score	53
Protein Score	67
Fiber Score	0

Total Nutrients Score	203
Net Food Score	180

Unhealthy Score 22

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	38%
Proteins	27%
Fats	36%

**Health Costs**

At \$0.36 per pound, the cost of all displayed nutrients is \$0.16  
 Net nutrition per dollar is 1136  
 100% of purchased food is edible

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

USDA food number 01079

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 26 grams

## Millet

### Carbohydrates 7%

Fiber	7%
Sugars, total	

### Fats 2%

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

### Proteins 3%

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

### Vitamins

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

### Minerals

Calcium	0%
Copper	10%
Iron	4%
Magnesium	6%
Manganese	19%
Phosphorus	4%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	3%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

9%

## Food Evaluation

Vitamin Score	26
Mineral Score	48
Protein Score	25
Fiber Score	7

Total Nutrients Score **108**

Net Food Score **107**

Unhealthy Score **1**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	79%
Proteins	11%
Fats	9%

### Health Costs

At **\$1.99** per pound, the cost of all displayed nutrients is **\$0.12**  
 Net nutrition per dollar is **923**  
**100%** of purchased food is edible

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

USDA food number 20031

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.8 ounces or 50 grams

## Miso

### Carbohydrates 5%

Fiber	9%
Sugars, total	6%

### Fats 5%

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

### Proteins 6%

Histidine*	4%
Isoleucine*	6%
Leucine*	4%
Lysine*	3%
Methionine*	1%
Cystine	0%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	6%
Valine*	5%

### Vitamins

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

### Minerals

Calcium	2%
Copper	11%
Iron	7%
Magnesium	5%
Manganese	19%
Phosphorus	4%
Potassium	3%
Selenium	5%
Sodium	81%
Zinc	9%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	43%
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## Food Evaluation

Vitamin Score	24
Mineral Score	63
Protein Score	46
Fiber Score	9

Total Nutrients Score	145
Net Food Score	60

Unhealthy Score 85

### Caloric Content

Carbohydrates	54%
Proteins	20%
Fats	25%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.33  
Net nutrition per dollar is 181  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16112

Food Group Code 1600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 34 grams

## Molasses

### Carbohydrates 9%

Fiber	0%
Sugars, total	35%

### Fats 0%

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

### Proteins 0%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	10%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	5%
Copper	8%
Iron	9%
Magnesium	17%
Manganese	23%
Phosphorus	1%
Potassium	13%
Selenium	9%
Sodium	1%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	22%
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## Food Evaluation

Vitamin Score	15
Mineral Score	85
Protein Score	0
Fiber Score	0

Total Nutrients Score	99
Net Food Score	99

Unhealthy Score 1

### Caloric Content

Carbohydrates	100%
Proteins	0%
Fats	0%

### Health Costs

At \$2.65 per pound, the cost of all displayed nutrients is \$0.20  
 Net nutrition per dollar is 490  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 19304

Food Group Code 1900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.6 ounces or 132 grams**

**Monkfish**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 4%

Saturated	2%
Trans fats	
Cholesterol	11%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 19%

Histidine*	18%
Isoleucine*	20%
Leucine*	16%
Lysine*	20%
Methionine*	13%
Cystine	5%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	18%
Tryptophan*	17%
Valine*	18%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	13%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	20%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	2%
Magnesium	6%
Manganese	1%
Phosphorus	13%
Potassium	13%
Selenium	69%
Sodium	1%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	83%
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**Food Evaluation**

Vitamin Score	57
Mineral Score	110
Protein Score	180
Fiber Score	0

Total Nutrients Score	<b>349</b>
Net Food Score	<b>334</b>

Unhealthy Score 14

**Caloric Content**

Carbohydrates	0%
Proteins	82%
Fats	18%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$2.03  
Net nutrition per dollar is 165  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15054

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 27 grams

## Monterey cheese

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 14%

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	7%
Isoleucine*	9%
Leucine*	7%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	7%
Valine*	8%

### Vitamins

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

### Minerals

Calcium	14%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	6%
Sodium	6%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	41%
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## Food Evaluation

Vitamin Score	15
Mineral Score	35
Protein Score	69
Fiber Score	0

Total Nutrients Score	129
Net Food Score	87

Unhealthy Score 42

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	1%
Proteins	28%
Fats	71%

### Health Costs

At \$4.00 per pound, the cost of all displayed nutrients is \$0.24  
Net nutrition per dollar is 369  
100% of purchased food is edible

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

USDA food number 01025

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.4 ounces or 39 grams**

**Mozzarella cheese, skim**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	1%

**Fats** 11%

Saturated	22%
Trans fats	
Cholesterol	8%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	11%
Isoleucine*	11%
Leucine*	10%
Lysine*	11%
Methionine*	6%
Cystine	1%
Phenylalanine*	6%
Tyrosine	7%
Threonine*	8%
Tryptophan*	11%
Valine*	11%

**Vitamins**

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

**Minerals**

Calcium	22%
Copper	0%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	9%
Potassium	1%
Selenium	8%
Sodium	11%
Zinc	7%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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**Food Evaluation**

Vitamin Score	17
Mineral Score	50
Protein Score	102
Fiber Score	0

Total Nutrients Score	177
Net Food Score	136

Unhealthy Score 41

**Caloric Content**

Carbohydrates	4%
Proteins	41%
Fats	55%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.35  
 Net nutrition per dollar is 394  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01028

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 27 grams

## Muenster cheese

### Carbohydrates 0%

Fiber	0%
Sugars, total	1%

### Fats 15%

Saturated	28%
Trans fats	
Cholesterol	9%
Monounsaturated	11%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

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

### Vitamins

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

### Minerals

Calcium	14%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	6%
Potassium	1%
Selenium	6%
Sodium	7%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	42%
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## Food Evaluation

Vitamin Score	18
Mineral Score	35
Protein Score	65
Fiber Score	0

Total Nutrients Score	129
Net Food Score	85

Unhealthy Score 44

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	1%
Proteins	27%
Fats	72%

### Health Costs

At \$4.00 per pound, the cost of all displayed nutrients is \$0.24  
 Net nutrition per dollar is 354  
 100% of purchased food is edible

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

USDA food number 01030

Food Group Code 0100



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.2 ounces or 233 grams

## Mulberries

### Carbohydrates 8%

Fiber	13%
Sugars, total	34%

### Fats 2%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
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	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	8%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	5%
Folate	3%
Vitamin B-12	0%
Vitamin C	94%
Vitamin D	
Vitamin E	13%
Vitamin K	6%

### Minerals

Calcium	6%
Copper	7%
Iron	24%
Magnesium	8%
Manganese	
Phosphorus	4%
Potassium	11%
Selenium	2%
Sodium	1%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	141
Mineral Score	65
Protein Score	3
Fiber Score	13

Total Nutrients Score	224
Net Food Score	222

Unhealthy Score 1

### Caloric Content

Carbohydrates	81%
Proteins	11%
Fats	8%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$2.05  
Net nutrition per dollar is 109  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09190

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Mung beans

### Carbohydrates 7%

Fiber	16%
Sugars, total	3%

### Fats 1%

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

### Proteins 7%

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

### Vitamins

Vitamin A	1%
Thiamin (B-1)	9%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	6%
Vitamin B-6	5%
Folate	45%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

### Minerals

Calcium	3%
Copper	14%
Iron	11%
Magnesium	11%
Manganese	13%
Phosphorus	5%
Potassium	9%
Selenium	3%
Sodium	0%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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## Food Evaluation

Vitamin Score	73
Mineral Score	74
Protein Score	59
Fiber Score	16

Total Nutrients Score	222
Net Food Score	221

Unhealthy Score 1

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	73%
Proteins	24%
Fats	3%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 3520  
 100% of purchased food is edible

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

USDA food number 16080

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.1 ounces or 116 grams**

**Mussels**

**Carbohydrates** 2%

Fiber	0%
Sugars, total	0%

**Fats** 5%

Saturated	3%
Trans fats	
Cholesterol	11%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	34%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	8%
Isoleucine*	14%
Leucine*	10%
Lysine*	12%
Methionine*	7%
Cystine	4%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	13%
Tryptophan*	13%
Valine*	11%

**Vitamins**

Vitamin A	4%
Thiamin (B-1)	9%
Riboflavin (B-2)	9%
Niacin (B-3)	8%
Pantothenic acid	6%
Vitamin B-6	2%
Folate	12%
Vitamin B-12	233%
Vitamin C	10%
Vitamin D	
Vitamin E	4%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	5%
Iron	26%
Magnesium	8%
Manganese	172%
Phosphorus	11%
Potassium	9%
Selenium	74%
Sodium	14%
Zinc	12%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	298
Mineral Score	321
Protein Score	117
Fiber Score	0

Total Nutrients Score	805
Net Food Score	777

Unhealthy Score 28

**Caloric Content**

Carbohydrates	18%
Proteins	59%
Fats	23%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$1.02  
 Net nutrition per dollar is 760  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15164

Food Group Code 1500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 13.6 ounces or 385 grams**

**Mustard greens**

**Carbohydrates** 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 Nutrient**

Beta-carotene	485%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
-------	-----

**Food Evaluation**

Vitamin Score	2057
Mineral Score	245
Protein Score	72
Fiber Score	42

Total Nutrients Score	2418
Net Food Score	2414

Unhealthy Score 4

**Caloric Content**

Carbohydrates	68%
Proteins	26%
Fats	6%

**Health Costs**

At \$0.79 per pound, the cost of all displayed nutrients is \$0.72  
Net nutrition per dollar is 3351  
93% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 **0.8 ounces or 21 grams**

**Mustard seed**

**Carbohydrates** 3%

Fiber	10%
Sugars, total	3%

**Fats** 11%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	19%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

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

**Vitamins**

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

**Minerals**

Calcium	8%
Copper	4%
Iron	12%
Magnesium	13%
Manganese	16%
Phosphorus	9%
Potassium	4%
Selenium	41%
Sodium	0%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	30
Mineral Score	115
Protein Score	53
Fiber Score	10

Total Nutrients Score	226
Net Food Score	225

Unhealthy Score 2

**Caloric Content**

Carbohydrates	30%
Proteins	18%
Fats	51%

**Health Costs**

At **\$22.34** per pound, the cost of all displayed nutrients is **\$1.05**  
 Net nutrition per dollar is **214**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 02024

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Navy beans

### Carbohydrates 7%

Fiber	15%
Sugars, total	2%

### Fats 1%

Saturated	0%
Trans fats	0%
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	10%
Omega-6 fats	0%

### Proteins 6%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	27%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	3%
Copper	12%
Iron	9%
Magnesium	10%
Manganese	18%
Phosphorus	6%
Potassium	9%
Selenium	6%
Sodium	0%
Zinc	7%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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## Food Evaluation

Vitamin Score	52
Mineral Score	81
Protein Score	53
Fiber Score	15

Total Nutrients Score	220
Net Food Score	220

Unhealthy Score 0

### Caloric Content

Carbohydrates	76%
Proteins	20%
Fats	4%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$0.05  
Net nutrition per dollar is 4275  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 16037

Food Group Code 1600

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 8.0 ounces or 227 grams**

**Nectarines**

**Carbohydrates** 9%

Fiber	13%
Sugars, total	33%

**Fats** 1%

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

**Proteins** 2%

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

**Vitamins**

Vitamin A	15%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	12%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

**Minerals**

Calcium	1%
Copper	10%
Iron	4%
Magnesium	4%
Manganese	5%
Phosphorus	3%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	7%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	69
Mineral Score	41
Protein Score	7
Fiber Score	13

Total Nutrients Score	131
Net Food Score	130

Unhealthy Score 0

**Caloric Content**

Carbohydrates	86%
Proteins	8%
Fats	6%

**Health Costs**

At \$1.88 per pound, the cost of all displayed nutrients is \$1.04  
Net nutrition per dollar is 126  
91% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 09191

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.0 ounces or 143 grams**

**New England clam chowder**

**Carbohydrates** 5%

Fiber	3%
Sugars, total	1%

**Fats** 5%

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

**Proteins** 6%

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

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	186%
Vitamin C	3%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

**Minerals**

Calcium	3%
Copper	7%
Iron	9%
Magnesium	2%
Manganese	12%
Phosphorus	2%
Potassium	3%
Selenium	17%
Sodium	46%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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**Food Evaluation**

Vitamin Score	209
Mineral Score	62
Protein Score	48
Fiber Score	3

Total Nutrients Score	328
Net Food Score	277

Unhealthy Score 50

**Caloric Content**

Carbohydrates	48%
Proteins	26%
Fats	25%

**Health Costs**

At \$1.62 per pound, the cost of all displayed nutrients is \$0.51  
 Net nutrition per dollar is 543  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 06030

Food Group Code 0600



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Non-fat dry milk w vit A**

**Carbohydrates** 5%

Fiber	0%
Sugars, total	26%

**Fats** 0%

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

**Proteins** 10%

Histidine*	9%
Isoleucine*	14%
Leucine*	10%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	10%
Tryptophan*	12%
Valine*	12%

**Vitamins**

Vitamin A	12%
Thiamin (B-1)	6%
Riboflavin (B-2)	15%
Niacin (B-3)	1%
Pantothenic acid	10%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	19%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	25%
Copper	1%
Iron	0%
Magnesium	6%
Manganese	0%
Phosphorus	13%
Potassium	12%
Selenium	11%
Sodium	6%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	12%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	72
Mineral Score	76
Protein Score	104
Fiber Score	0

Total Nutrients Score	253
Net Food Score	244

Unhealthy Score 9

**Caloric Content**

Carbohydrates	56%
Proteins	43%
Fats	2%

**Health Costs**

At \$4.59 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 874  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 01154

Food Group Code 0100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.0 ounces or 114 grams**

**Northern pike**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	15%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	9%
Omega-6 fats	0%

**Proteins** 22%

Histidine*	21%
Isoleucine*	23%
Leucine*	19%
Lysine*	23%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	12%
Pantothenic acid	9%
Vitamin B-6	6%
Folate	4%
Vitamin B-12	38%
Vitamin C	5%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	3%
Iron	3%
Magnesium	7%
Manganese	12%
Phosphorus	13%
Potassium	7%
Selenium	20%
Sodium	2%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	82
Mineral Score	75
Protein Score	207
Fiber Score	0

Total Nutrients Score	382
Net Food Score	365

Unhealthy Score 17

**Caloric Content**

Carbohydrates	0%
Proteins	93%
Fats	7%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$1.75  
Net nutrition per dollar is 208  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 15062

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 16 grams**

**Nuts, almond butter, plain, without salt added**

**Carbohydrates** 1%

Fiber	2%
Sugars, total	

**Fats** 17%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	28%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

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

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	7%
Iron	3%
Magnesium	10%
Manganese	16%
Phosphorus	4%
Potassium	3%
Selenium	
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	1%
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**Food Evaluation**

Vitamin Score	10
Mineral Score	49
Protein Score	22
Fiber Score	2

<b>Total Nutrients Score</b>	<b>111</b>
<b>Net Food Score</b>	<b>106</b>

**Unhealthy Score 5**

**Caloric Content**

Carbohydrates	14%
Proteins	8%
Fats	78%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
 Net nutrition per dollar is \_\_\_\_\_  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 12195

Food Group Code 1200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 41 grams

## Oat bran

### Carbohydrates 10%

Fiber	21%
Sugars, total	1%

### Fats 5%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	5%
Isoleucine*	6%
Leucine*	6%
Lysine*	3%
Methionine*	3%
Cystine	5%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	4%
Tryptophan*	11%
Valine*	7%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	24%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	6%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	8%
Iron	12%
Magnesium	19%
Manganese	100%
Phosphorus	15%
Potassium	6%
Selenium	26%
Sodium	0%
Zinc	8%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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## Food Evaluation

Vitamin Score	46
Mineral Score	196
Protein Score	67
Fiber Score	21

Total Nutrients Score	334
Net Food Score	331

Unhealthy Score 3

### Caloric Content

Carbohydrates	63%
Proteins	13%
Fats	24%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.18  
 Net nutrition per dollar is 1857  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 20033

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 37 grams

## Oat bran muffins

### Carbohydrates 7%

Fiber	6%
Sugars, total	6%

### Fats 5%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

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

### Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	2%

### Minerals

Calcium	2%
Copper	6%
Iron	9%
Magnesium	12%
Manganese	42%
Phosphorus	7%
Potassium	5%
Selenium	6%
Sodium	6%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	35%
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## Food Evaluation

Vitamin Score	29
Mineral Score	92
Protein Score	22
Fiber Score	6

Total Nutrients Score	152
Net Food Score	144

Unhealthy Score 9

### Caloric Content

Carbohydrates	68%
Proteins	8%
Fats	24%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.16  
 Net nutrition per dollar is 886  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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

USDA food number 18283

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 26 grams

## Oats

### Carbohydrates 6%

Fiber	9%
Sugars, total	

### Fats 3%

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

### Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	1%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	8%
Iron	7%
Magnesium	9%
Manganese	55%
Phosphorus	7%
Potassium	3%
Selenium	
Sodium	0%
Zinc	7%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	8%
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## Food Evaluation

Vitamin Score	21
Mineral Score	96
Protein Score	38
Fiber Score	9

Total Nutrients Score	167
Net Food Score	165

Unhealthy Score 2

### Caloric Content

Carbohydrates	70%
Proteins	15%
Fats	15%

### Health Costs

At \$1.59 per pound, the cost of all displayed nutrients is \$0.09  
Net nutrition per dollar is 1832  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20038

Food Group Code 2000

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.2 ounces or 33 grams**

**Oegano, dried**

**Carbohydrates** 8%

Fiber	47%
Sugars, total	2%

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	45%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	
Vitamin B-6	16%
Folate	22%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	41%
Vitamin K	68%

**Minerals**

Calcium	37%
Copper	15%
Iron	80%
Magnesium	18%
Manganese	66%
Phosphorus	3%
Potassium	14%
Selenium	3%
Sodium	0%
Zinc	10%

**Other Nutrient**

Beta-carotene	27%
Lycopene	0%
Phytosterols	15%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	229
Mineral Score	245
Protein Score	4
Fiber Score	47

Total Nutrients Score	526
Net Food Score	521

Unhealthy Score 5

**Caloric Content**

Carbohydrates	63%
Proteins	9%
Fats	28%

**Health Costs**

At **\$61.76** per pound, the cost of all displayed nutrients is **\$4.45**  
 Net nutrition per dollar is **117**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02027

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 11.4 ounces or 323 grams

## Okra

### Carbohydrates 8%

Fiber	34%
Sugars, total	7%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	4%
Tryptophan*	4%
Valine*	5%

### Vitamins

Vitamin A	24%
Thiamin (B-1)	32%
Riboflavin (B-2)	7%
Niacin (B-3)	15%
Pantothenic acid	8%
Vitamin B-6	29%
Folate	71%
Vitamin B-12	0%
Vitamin C	76%
Vitamin D	
Vitamin E	8%
Vitamin K	57%

### Minerals

Calcium	19%
Copper	15%
Iron	14%
Magnesium	37%
Manganese	139%
Phosphorus	10%
Potassium	24%
Selenium	3%
Sodium	1%
Zinc	13%

### Other Nutrient

Beta-carotene	15%
Lycopene	0%
Phytosterols	17%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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## Food Evaluation

Vitamin Score	326
Mineral Score	275
Protein Score	44
Fiber Score	34

Total Nutrients Score	680
Net Food Score	678

Unhealthy Score 2

### Caloric Content

Carbohydrates	81%
Proteins	16%
Fats	3%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$1.65  
Net nutrition per dollar is 412  
86% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11278

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**

**Olive oil**

Amount for 100 calories is **0.4 ounces or 11 grams**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	38%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	2%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	13
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	51
Net Food Score	43

Unhealthy Score 8

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$4.70 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 363  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04053

Food Group Code 0400

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.1 ounces or 87 grams

## Olives, canned

### Carbohydrates 2%

Fiber	9%
Sugars, total	0%

### Fats 17%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	31%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	
Valine*	1%

### Vitamins

Vitamin A	7%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

### Minerals

Calcium	5%
Copper	11%
Iron	16%
Magnesium	1%
Manganese	1%
Phosphorus	0%
Potassium	0%
Selenium	1%
Sodium	33%
Zinc	1%

### Other Nutrient

Beta-carotene	4%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	80%
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## Food Evaluation

Vitamin Score	19
Mineral Score	36
Protein Score	5
Fiber Score	9

Total Nutrients Score	100
Net Food Score	61

Unhealthy Score 40

### Caloric Content

Carbohydrates	20%
Proteins	2%
Fats	78%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.38  
Net nutrition per dollar is 159  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09193

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 29 grams

**Onion powder**

**Carbohydrates** 8%

Fiber	5%
Sugars, total	19%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	3%
Valine*	1%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	15%
Folate	12%
Vitamin B-12	0%
Vitamin C	5%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	7%
Copper	3%
Iron	4%
Magnesium	7%
Manganese	5%
Phosphorus	5%
Potassium	7%
Selenium	1%
Sodium	1%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	40
Mineral Score	43
Protein Score	17
Fiber Score	5

Total Nutrients Score	106
Net Food Score	105

Unhealthy Score 1

**Caloric Content**

Carbohydrates	89%
Proteins	8%
Fats	3%

**Health Costs**

At \$35.92 per pound, the cost of all displayed nutrients is \$2.28  
 Net nutrition per dollar is 46  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02026

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.8 ounces or 250 grams

## Onions

### Carbohydrates 8%

Fiber	14%
Sugars, total	19%

### Fats 0%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	3%
Valine*	1%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	13%
Folate	12%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	4%
Copper	5%
Iron	3%
Magnesium	5%
Manganese	14%
Phosphorus	4%
Potassium	9%
Selenium	2%
Sodium	0%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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## Food Evaluation

Vitamin Score	58
Mineral Score	48
Protein Score	13
Fiber Score	14

Total Nutrients Score	134
Net Food Score	133

Unhealthy Score 1

### Caloric Content

Carbohydrates	90%
Proteins	8%
Fats	2%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.61  
Net nutrition per dollar is 219  
90% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11282

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.8 ounces or 222 grams

## Orange juice

### Carbohydrates 8%

Fiber	1%
Sugars, total	34%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

### Vitamins

Vitamin A	9%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	17%
Vitamin B-12	0%
Vitamin C	123%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	5%
Iron	2%
Magnesium	5%
Manganese	1%
Phosphorus	2%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	174
Mineral Score	29
Protein Score	5
Fiber Score	1

Total Nutrients Score	210
Net Food Score	210

Unhealthy Score 0

### Caloric Content

Carbohydrates	91%
Proteins	5%
Fats	4%

### Health Costs

At \$0.50 per pound, the cost of all displayed nutrients is \$0.24  
 Net nutrition per dollar is 855  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09206

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 8.0 ounces or 227 grams**

**Orange juice, California**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	7%
Thiamin (B-1)	13%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	5%
Folate	16%
Vitamin B-12	0%
Vitamin C	108%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	5%
Iron	2%
Magnesium	5%
Manganese	2%
Phosphorus	1%
Potassium	11%
Selenium	
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	158
Mineral Score	28
Protein Score	4
Fiber Score	

Total Nutrients Score	190
Net Food Score	190

Unhealthy Score 0

**Caloric Content**

Carbohydrates	89%
Proteins	6%
Fats	5%

**Health Costs**

At \$0.50 per pound, the cost of all displayed nutrients is \$0.25  
Net nutrition per dollar is 757  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09406

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 7.8 ounces or 222 grams**

**Orange juice, fr-concentrate**

**Carbohydrates** 9%

Fiber	1%
Sugars, total	34%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	5%
Thiamin (B-1)	9%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	24%
Vitamin B-12	0%
Vitamin C	96%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	5%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	2%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	148
Mineral Score	27
Protein Score	5
Fiber Score	1

Total Nutrients Score	181
Net Food Score	181

Unhealthy Score 0

**Caloric Content**

Carbohydrates	94%
Proteins	5%
Fats	1%

**Health Costs**

At \$1.33 per pound, the cost of all displayed nutrients is \$0.65  
 Net nutrition per dollar is 277  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09215

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.2 ounces or 63 grams**

**Orange juice, concentrate**

**Carbohydrates** 9%

Fiber	2%
Sugars, total	43%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	5%
Thiamin (B-1)	9%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	24%
Vitamin B-12	0%
Vitamin C	96%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	5%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	2%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	58%
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**Food Evaluation**

Vitamin Score	148
Mineral Score	27
Protein Score	5
Fiber Score	2

Total Nutrients Score	181
Net Food Score	181

Unhealthy Score 0

**Caloric Content**

Carbohydrates	94%
Proteins	5%
Fats	1%

**Health Costs**

At \$1.33 per pound, the cost of all displayed nutrients is \$0.18  
 Net nutrition per dollar is 983  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09214

Food Group Code 0900



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 3.6 ounces or 103 grams**

**Orange peel**

**Carbohydrates** 9%

Fiber	36%
Sugars, total	

**Fats** 0%

Saturated	0%
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	9%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	5%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	156%
Vitamin D	
Vitamin E	2%
Vitamin K	

**Minerals**

Calcium	12%
Copper	5%
Iron	5%
Magnesium	5%
Manganese	
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	200
Mineral Score	35
Protein Score	2
Fiber Score	36

Total Nutrients Score	274
Net Food Score	274

Unhealthy Score 0

**Caloric Content**

Carbohydrates	93%
Proteins	5%
Fats	2%

**Health Costs**

At \$0.49 per pound, the cost of all displayed nutrients is \$0.11  
Net nutrition per dollar is 2456  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09216

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 4.6 ounces or 132 grams**

**Orange roughy**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 2%

Saturated	0%
Trans fats	
Cholesterol	26%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	2%
Omega-6 fats	1%

**Proteins** 22%

Histidine*	14%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	16%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	21%
Tryptophan*	20%
Valine*	19%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	9%
Vitamin B-12	8%
Vitamin C	0%
Vitamin D	
Vitamin E	11%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	5%
Iron	7%
Magnesium	4%
Manganese	3%
Phosphorus	7%
Potassium	5%
Selenium	125%
Sodium	4%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	46
Mineral Score	160
Protein Score	198
Fiber Score	0

Total Nutrients Score	<b>410</b>
Net Food Score	<b>380</b>

Unhealthy Score 31

**Caloric Content**

Carbohydrates	0%
Proteins	92%
Fats	8%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$1.74  
Net nutrition per dollar is 219  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 15073

Food Group Code 1500

**% of Daily Requirements from 100 Calories of Oranges**  
 Amount for 100 calories is 7.5 ounces or 213 grams

**Carbohydrates** 9%

Fiber	17%
Sugars, total	36%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	10%
Thiamin (B-1)	9%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	5%
Vitamin B-6	5%
Folate	16%
Vitamin B-12	0%
Vitamin C	126%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	6%
Copper	5%
Iron	1%
Magnesium	4%
Manganese	2%
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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**Food Evaluation**

Vitamin Score	180	<b>Total Nutrients Score</b> 242	<b>Caloric Content</b>
Mineral Score	32		
Protein Score	13		
Fiber Score	17		
		<b>Net Food Score</b> 241	Carbohydrates 91%
		Unhealthy Score 0	Proteins 7%
			Fats 2%

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At \$2.00 per pound, the cost of all displayed nutrients is \$1.29

Net nutrition per dollar is 188

73% of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 10.1 ounces or 286 grams**

**Oyster mushrooms**

**Carbohydrates** 7%

Fiber	22%
Sugars, total	6%

**Fats** 2%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	4%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	9%
Tryptophan*	10%
Valine*	10%

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	18%
Riboflavin (B-2)	36%
Niacin (B-3)	64%
Pantothenic acid	37%
Vitamin B-6	13%
Folate	19%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	35%
Iron	21%
Magnesium	10%
Manganese	14%
Phosphorus	17%
Potassium	30%
Selenium	11%
Sodium	2%
Zinc	15%

**Other Nutrient**

Beta-carotene	2%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	190
Mineral Score	153
Protein Score	72
Fiber Score	22

Total Nutrients Score	437
Net Food Score	435

Unhealthy Score 3

**Caloric Content**

Carbohydrates	65%
Proteins	25%
Fats	10%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$4.24  
 Net nutrition per dollar is 103  
 89% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11987

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.2 ounces or 147 grams**

**Oysters**

**Carbohydrates** 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 Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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**Food Evaluation**

Vitamin Score	644
Mineral Score	1464
Protein Score	88
Fiber Score	0

Total Nutrients Score	2311
Net Food Score	2266

Unhealthy Score 46

**Caloric Content**

Carbohydrates	24%
Proteins	44%
Fats	32%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$3.24  
 Net nutrition per dollar is 700  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 **0.4 ounces or 11 grams**

**Palm oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	30%
Trans fats	
Cholesterol	0%
Monounsaturated	19%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	31
Net Food Score	1

Unhealthy Score 30

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$0.25**  
 Net nutrition per dollar is **5**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04055

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.2 ounces or 175 grams**

**Papaya nector, canned**

**Carbohydrates** 9%

Fiber	4%
Sugars, total	44%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	13%
Thiamin (B-1)	1%
Riboflavin (B-2)	0%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	6%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	1%
Iron	3%
Magnesium	1%
Manganese	1%
Phosphorus	0%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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**Food Evaluation**

Vitamin Score	26
Mineral Score	12
Protein Score	0
Fiber Score	4

Total Nutrients Score	42
Net Food Score	41

Unhealthy Score 1

**Caloric Content**

Carbohydrates	97%
Proteins	1%
Fats	2%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.16**  
 Net nutrition per dollar is **36**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09229

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 9.0 ounces or 256 grams

## Papayas

### Carbohydrates 9%

Fiber	15%
Sugars, total	28%

### Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	0%

### Vitamins

Vitamin A	56%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	6%
Vitamin B-6	2%
Folate	24%
Vitamin B-12	0%
Vitamin C	176%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

### Minerals

Calcium	4%
Copper	2%
Iron	1%
Magnesium	5%
Manganese	1%
Phosphorus	1%
Potassium	16%
Selenium	2%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	14%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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## Food Evaluation

Vitamin Score	289
Mineral Score	35
Protein Score	7
Fiber Score	15

Total Nutrients Score	347
Net Food Score	346

Unhealthy Score 1

### Caloric Content

Carbohydrates	92%
Proteins	5%
Fats	3%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$1.68  
Net nutrition per dollar is 206  
67% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09226

Food Group Code 0900



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 35 grams

## Paprika

### Carbohydrates 7%

Fiber	43%
Sugars, total	7%

### Fats 8%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	13%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	365%
Thiamin (B-1)	11%
Riboflavin (B-2)	22%
Niacin (B-3)	24%
Pantothenic acid	6%
Vitamin B-6	58%
Folate	9%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	69%
Vitamin K	9%

### Minerals

Calcium	4%
Copper	11%
Iron	45%
Magnesium	13%
Manganese	13%
Phosphorus	6%
Potassium	20%
Selenium	2%
Sodium	1%
Zinc	9%

### Other Nutrient

Beta-carotene	192%
Lycopene	0%
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	600
Mineral Score	123
Protein Score	5
Fiber Score	43

Total Nutrients Score	774
Net Food Score	769

Unhealthy Score 4

### Caloric Content

Carbohydrates	45%
Proteins	17%
Fats	38%

### Health Costs

At \$239.20 per pound, the cost of all displayed nutrients is \$18.25  
Net nutrition per dollar is 42  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02028

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.9 ounces or 26 grams**

**Parmesan cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 12%

Saturated	23%
Trans fats	
Cholesterol	6%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	11%
Isoleucine*	11%
Leucine*	9%
Lysine*	9%
Methionine*	6%
Cystine	1%
Phenylalanine*	6%
Tyrosine	6%
Threonine*	7%
Tryptophan*	10%
Valine*	11%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	2%
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	22%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	9%
Potassium	1%
Selenium	8%
Sodium	18%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	29%
-------	-----

**Food Evaluation**

Vitamin Score	16
Mineral Score	48
Protein Score	98
Fiber Score	0

Total Nutrients Score	170
Net Food Score	124

Unhealthy Score 46

**Caloric Content**

Carbohydrates	3%
Proteins	39%
Fats	58%

**Health Costs**

At \$5.89 per pound, the cost of all displayed nutrients is \$0.33  
Net nutrition per dollar is 375  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01033

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 23 grams**

**Parmesan cheese, grated**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 12%

Saturated	22%
Trans fats	
Cholesterol	7%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	8%
Isoleucine*	10%
Leucine*	9%
Lysine*	8%
Methionine*	5%
Cystine	1%
Phenylalanine*	6%
Tyrosine	7%
Threonine*	7%
Tryptophan*	10%
Valine*	11%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	9%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	18%
Copper	3%
Iron	1%
Magnesium	2%
Manganese	1%
Phosphorus	8%
Potassium	1%
Selenium	6%
Sodium	15%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	21%
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**Food Evaluation**

Vitamin Score	18
Mineral Score	46
Protein Score	90
Fiber Score	0

Total Nutrients Score	163
Net Food Score	119

Unhealthy Score 44

**Caloric Content**

Carbohydrates	4%
Proteins	38%
Fats	58%

**Health Costs**

At \$5.38 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 432  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01032

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

**Parsley**

Amount for 100 calories is **9.8 ounces or 278 grams**

**Carbohydrates** 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 Nutrient**

Beta-carotene	281%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	2576
Mineral Score	258
Protein Score	70
Fiber Score	31

Total Nutrients Score	<b>2938</b>
Net Food Score	<b>2929</b>

Unhealthy Score **9**

**Caloric Content**

Carbohydrates	62%
Proteins	20%
Fats	18%

**Health Costs**

At **\$12.32** per pound, the cost of all displayed nutrients is **\$7.94**  
 Net nutrition per dollar is **369**  
**95%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 1.3 ounces or 36 grams**

**Parsley, dried**

**Carbohydrates** 7%

Fiber	37%
Sugars, total	5%

**Fats** 3%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	74%
Thiamin (B-1)	3%
Riboflavin (B-2)	16%
Niacin (B-3)	13%
Pantothenic acid	
Vitamin B-6	15%
Folate	16%
Vitamin B-12	0%
Vitamin C	49%
Vitamin D	
Vitamin E	17%
Vitamin K	164%

**Minerals**

Calcium	38%
Copper	12%
Iron	197%
Magnesium	18%
Manganese	165%
Phosphorus	6%
Potassium	34%
Selenium	15%
Sodium	7%
Zinc	11%

**Other Nutrient**

Beta-carotene	39%
Lycopene	1%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	367
Mineral Score	497
Protein Score	8
Fiber Score	37

Total Nutrients Score	<b>915</b>
Net Food Score	<b>908</b>

Unhealthy Score 7

**Caloric Content**

Carbohydrates	67%
Proteins	20%
Fats	13%

**Health Costs**

At **\$43.36** per pound, the cost of all displayed nutrients is **\$3.46**  
 Net nutrition per dollar is **262**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02029

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.7 ounces or 133 grams

## Parsnips

### Carbohydrates 9%

Fiber	22%
Sugars, total	12%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
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	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	8%
Vitamin B-6	5%
Folate	22%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	13%
Vitamin K	10%

### Minerals

Calcium	3%
Copper	8%
Iron	4%
Magnesium	8%
Manganese	32%
Phosphorus	5%
Potassium	13%
Selenium	3%
Sodium	1%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	80%
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## Food Evaluation

Vitamin Score	96
Mineral Score	82
Protein Score	2
Fiber Score	22

Total Nutrients Score	202
Net Food Score	201

Unhealthy Score 1

### Caloric Content

Carbohydrates	92%
Proteins	4%
Fats	3%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$1.03  
Net nutrition per dollar is 195  
85% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11298

Food Group Code 1100

**% of Daily Requirements from 100 Calories of Peaches**  
 Amount for 100 calories is 9.0 ounces or 256 grams

**Carbohydrates** 9%

Fiber	13%
Sugars, total	39%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

**Vitamins**

Vitamin A	17%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	12%
Vitamin K	2%

**Minerals**

Calcium	1%
Copper	9%
Iron	4%
Magnesium	5%
Manganese	7%
Phosphorus	3%
Potassium	12%
Selenium	0%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	8%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	75	<b>Total Nutrients Score</b>	<b>143</b>	<b>Caloric Content</b>	Carbohydrates	87%
Mineral Score	43				Proteins	8%
Protein Score	12	<b>Net Food Score</b>	<b>143</b>		Fats	5%
Fiber Score	13				<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At \$2.49 per pound, the cost of all displayed nutrients is \$1.47

Net nutrition per dollar is 98

96% of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.8 ounces or 135 grams**

**Peaches in syrup, canned**

**Carbohydrates** 10%

Fiber	6%
Sugars, total	46%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

**Vitamins**

Vitamin A	9%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	3%
Iron	2%
Magnesium	1%
Manganese	3%
Phosphorus	1%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	4%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	27
Mineral Score	15
Protein Score	4
Fiber Score	6

Total Nutrients Score	52
Net Food Score	52

Unhealthy Score 0

**Caloric Content**

Carbohydrates	97%
Proteins	2%
Fats	1%

**Health Costs**

At \$1.23 per pound, the cost of all displayed nutrients is \$0.37  
 Net nutrition per dollar is 141  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09241

Food Group Code 0900



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 17 grams**

**Peanut butter, smooth style, without salt**

**Carbohydrates** 1%

Fiber	3%
Sugars, total	3%

**Fats** 15%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	18%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	2%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	10%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	4%
Iron	2%
Magnesium	5%
Manganese	11%
Phosphorus	3%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	33
Protein Score	27
Fiber Score	3

Total Nutrients Score	112
Net Food Score	103

Unhealthy Score 10

**Caloric Content**

Carbohydrates	14%
Proteins	15%
Fats	72%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
 Net nutrition per dollar is \_\_\_\_\_  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16398

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Peanut oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	10%
Trans fats	
Cholesterol	0%
Monounsaturated	24%
Polyunsaturated	16%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	12%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	36
Net Food Score	25

Unhealthy Score 10

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$1.40 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 725  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04042

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 18 grams**

**Peanuts**

**Carbohydrates** 1%

Fiber	5%
Sugars, total	1%

**Fats** 16%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	20%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	4%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	10%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	11%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	10%
Iron	4%
Magnesium	6%
Manganese	15%
Phosphorus	3%
Potassium	3%
Selenium	2%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	42
Mineral Score	49
Protein Score	35
Fiber Score	5

Total Nutrients Score	150
Net Food Score	144

Unhealthy Score 7

**Caloric Content**

Carbohydrates	12%
Proteins	16%
Fats	73%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.08  
 Net nutrition per dollar is 1856  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16087

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **5.9 ounces or 167 grams**

**Pear nectar, w-vit C**

**Carbohydrates** 10%

Fiber	3%
Sugars, total	

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	50%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	6%
Iron	2%
Magnesium	1%
Manganese	2%
Phosphorus	0%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	84%
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**Food Evaluation**

Vitamin Score	54
Mineral Score	15
Protein Score	0
Fiber Score	3

Total Nutrients Score	72
Net Food Score	71

Unhealthy Score 0

**Caloric Content**

Carbohydrates	99%
Proteins	1%
Fats	0%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.10**  
 Net nutrition per dollar is **65**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09408

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.1 ounces or 172 grams

## Pears

### Carbohydrates 10%

Fiber	18%
Sugars, total	31%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	1%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	1%
Vitamin K	3%

### Minerals

Calcium	1%
Copper	7%
Iron	2%
Magnesium	2%
Manganese	4%
Phosphorus	1%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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## Food Evaluation

Vitamin Score	22
Mineral Score	23
Protein Score	4
Fiber Score	18

Total Nutrients Score	67
Net Food Score	67

Unhealthy Score 0

### Caloric Content

Carbohydrates	96%
Proteins	2%
Fats	2%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.42  
Net nutrition per dollar is 161  
90% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09252

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.2 ounces or 175 grams**

**Pears in syrup, canned**

**Carbohydrates** 10%

Fiber	9%
Sugars, total	39%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	4%
Iron	3%
Magnesium	1%
Manganese	3%
Phosphorus	1%
Potassium	3%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
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**Food Evaluation**

Vitamin Score	7
Mineral Score	16
Protein Score	2
Fiber Score	9

Total Nutrients Score	35
Net Food Score	34

Unhealthy Score 0

**Caloric Content**

Carbohydrates	98%
Proteins	1%
Fats	0%

**Health Costs**

At \$1.23 per pound, the cost of all displayed nutrients is \$0.48  
 Net nutrition per dollar is 72  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09256

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

**Pears, asian**

Amount for 100 calories is **8.4 ounces or 238 grams**

**Carbohydrates** 9%

Fiber	29%
Sugars, total	31%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	0%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	5%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	2%
Vitamin K	4%

**Minerals**

Calcium	1%
Copper	6%
Iron	0%
Magnesium	4%
Manganese	6%
Phosphorus	1%
Potassium	7%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	28
Mineral Score	26
Protein Score	7
Fiber Score	29

Total Nutrients Score	90
Net Food Score	90

Unhealthy Score 0

**Caloric Content**

Carbohydrates	91%
Proteins	4%
Fats	5%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.72**  
 Net nutrition per dollar is **52**  
**91%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09340

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.4 ounces or 123 grams

## Peas

### Carbohydrates 6%

Fiber	21%
Sugars, total	13%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	4%
Isoleucine*	6%
Leucine*	4%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	4%
Valine*	5%

### Vitamins

Vitamin A	19%
Thiamin (B-1)	16%
Riboflavin (B-2)	6%
Niacin (B-3)	12%
Pantothenic acid	1%
Vitamin B-6	9%
Folate	20%
Vitamin B-12	0%
Vitamin C	55%
Vitamin D	
Vitamin E	1%
Vitamin K	10%

### Minerals

Calcium	2%
Copper	11%
Iron	10%
Magnesium	8%
Manganese	22%
Phosphorus	7%
Potassium	8%
Selenium	3%
Sodium	0%
Zinc	10%

### Other Nutrient

Beta-carotene	11%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	149
Mineral Score	81
Protein Score	47
Fiber Score	21

Total Nutrients Score	298
Net Food Score	298

Unhealthy Score 1

### Caloric Content

Carbohydrates	73%
Proteins	23%
Fats	4%

### Health Costs

At \$1.49 per pound, the cost of all displayed nutrients is \$1.07  
Net nutrition per dollar is 279  
38% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11304

Food Group Code 1100



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is **0.5 ounces or 14 grams**

## Pecans

### Carbohydrates 1%

Fiber	5%
Sugars, total	1%

### Fats 19%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	27%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	0%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	9%
Iron	2%
Magnesium	4%
Manganese	28%
Phosphorus	2%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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## Food Evaluation

Vitamin Score	11
Mineral Score	52
Protein Score	10
Fiber Score	5

Total Nutrients Score	105
Net Food Score	100

Unhealthy Score **5**

### Caloric Content

Carbohydrates	8%
Proteins	5%
Fats	87%

### Health Costs

At **\$6.99** per pound, the cost of all displayed nutrients is **\$0.42**  
 Net nutrition per dollar is **238**  
**53%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12142

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.0 ounces or 313 grams**

**Pepper, serrano**

**Carbohydrates** 8%

Fiber	39%
Sugars, total	23%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	59%
Thiamin (B-1)	8%
Riboflavin (B-2)	9%
Niacin (B-3)	22%
Pantothenic acid	6%
Vitamin B-6	66%
Folate	18%
Vitamin B-12	0%
Vitamin C	156%
Vitamin D	
Vitamin E	14%
Vitamin K	12%

**Minerals**

Calcium	2%
Copper	20%
Iron	15%
Magnesium	14%
Manganese	25%
Phosphorus	6%
Potassium	24%
Selenium	2%
Sodium	1%
Zinc	5%

**Other Nutrient**

Beta-carotene	33%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	370
Mineral Score	114
Protein Score	5
Fiber Score	39

Total Nutrients Score	528
Net Food Score	526

Unhealthy Score 2

**Caloric Content**

Carbohydrates	75%
Proteins	13%
Fats	12%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
Net nutrition per dollar is \_\_\_\_\_  
**97%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11977

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 5.0 ounces or 143 grams**

**Peppermint, fresh**

**Carbohydrates** 8%

Fiber	38%
Sugars, total	

**Fats** 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	3%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	7%
Valine*	5%

**Vitamins**

Vitamin A	121%
Thiamin (B-1)	6%
Riboflavin (B-2)	14%
Niacin (B-3)	11%
Pantothenic acid	5%
Vitamin B-6	8%
Folate	41%
Vitamin B-12	0%
Vitamin C	50%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	25%
Copper	24%
Iron	40%
Magnesium	23%
Manganese	73%
Phosphorus	5%
Potassium	20%
Selenium	
Sodium	2%
Zinc	11%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	256
Mineral Score	221
Protein Score	45
Fiber Score	38

Total Nutrients Score	560
Net Food Score	556

Unhealthy Score 4

**Caloric Content**

Carbohydrates	76%
Proteins	13%
Fats	11%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$5.16  
Net nutrition per dollar is 108  
61% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02064

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **3.9 ounces or 110 grams**

**Perch**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	33%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	19%
Omega-6 fats	0%

**Proteins** 21%

Histidine*	20%
Isoleucine*	23%
Leucine*	18%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	8%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	35%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	6%
Copper	8%
Iron	5%
Magnesium	7%
Manganese	33%
Phosphorus	11%
Potassium	7%
Selenium	20%
Sodium	3%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	70
Mineral Score	106
Protein Score	202
Fiber Score	0

Total Nutrients Score	<b>417</b>
Net Food Score	<b>380</b>

Unhealthy Score **37**

**Caloric Content**

Carbohydrates	0%
Proteins	91%
Fats	9%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.97**  
 Net nutrition per dollar is **393**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 15060

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 40 grams

## Pheasant

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 9%

Saturated	8%
Trans fats	
Cholesterol	12%
Monounsaturated	10%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 13%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	2%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	14%
Pantothenic acid	
Vitamin B-6	13%
Folate	1%
Vitamin B-12	5%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

### Minerals

Calcium	0%
Copper	2%
Iron	3%
Magnesium	2%
Manganese	
Phosphorus	5%
Potassium	3%
Selenium	12%
Sodium	1%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	54%
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## Food Evaluation

Vitamin Score	40
Mineral Score	30
Protein Score	13
Fiber Score	0

Total Nutrients Score	94
Net Food Score	73

Unhealthy Score 20

### Caloric Content

Carbohydrates	0%
Proteins	54%
Fats	46%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$0.62  
Net nutrition per dollar is 118  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43283

Food Group Code 0500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.5 ounces or 99 grams

## Pie fillings, apple

### Carbohydrates 9%

Fiber	3%
Sugars, total	25%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	0%
Manganese	1%
Phosphorus	0%
Potassium	1%
Selenium	1%
Sodium	2%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	73%
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## Food Evaluation

Vitamin Score	2
Mineral Score	9
Protein Score	1
Fiber Score	3

Total Nutrients Score	15
Net Food Score	13

Unhealthy Score 2

### Caloric Content

Carbohydrates	99%
Proteins	0%
Fats	1%

### Health Costs

At \$1.79 per pound, the cost of all displayed nutrients is \$0.39  
Net nutrition per dollar is 33  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19312

Food Group Code 1900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 15.3 ounces or 435 grams**

**Pimento**

**Carbohydrates** 8%

Fiber	28%
Sugars, total	23%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	4%
Tryptophan*	5%
Valine*	4%

**Vitamins**

Vitamin A	231%
Thiamin (B-1)	4%
Riboflavin (B-2)	9%
Niacin (B-3)	12%
Pantothenic acid	0%
Vitamin B-6	39%
Folate	7%
Vitamin B-12	0%
Vitamin C	410%
Vitamin D	
Vitamin E	20%
Vitamin K	12%

**Minerals**

Calcium	2%
Copper	11%
Iron	41%
Magnesium	5%
Manganese	17%
Phosphorus	4%
Potassium	17%
Selenium	1%
Sodium	3%
Zinc	6%

**Other Nutrient**

Beta-carotene	128%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	744
Mineral Score	103
Protein Score	35
Fiber Score	28

Total Nutrients Score	910
Net Food Score	906

Unhealthy Score 4

**Caloric Content**

Carbohydrates	78%
Proteins	11%
Fats	11%

**Health Costs**

At \$7.56 per pound, the cost of all displayed nutrients is \$7.25  
Net nutrition per dollar is 125  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11943

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.5 ounces or 15 grams**

**Pine nuts, dried**

**Carbohydrates** 1%

Fiber	2%
Sugars, total	1%

**Fats** 18%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	13%
Polyunsaturated	23%
Omega-3 fats	1%
Omega-6 fats	1%

**Proteins** 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	9%
Vitamin K	3%

**Minerals**

Calcium	0%
Copper	10%
Iron	5%
Magnesium	7%
Manganese	57%
Phosphorus	4%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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**Food Evaluation**

Vitamin Score	21
Mineral Score	92
Protein Score	16
Fiber Score	2

Total Nutrients Score	146
Net Food Score	142

Unhealthy Score 4

**Caloric Content**

Carbohydrates	8%
Proteins	7%
Fats	85%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$0.42  
 Net nutrition per dollar is 334  
 77% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12147

Food Group Code 1200



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.3 ounces or 208 grams

## Pineapple

### Carbohydrates 10%

Fiber	10%
Sugars, total	35%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	10%
Folate	8%
Vitamin B-12	0%
Vitamin C	84%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	10%
Iron	3%
Magnesium	5%
Manganese	107%
Phosphorus	1%
Potassium	6%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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## Food Evaluation

Vitamin Score	124
Mineral Score	136
Protein Score	9
Fiber Score	10

Total Nutrients Score	278
Net Food Score	278

Unhealthy Score 0

### Caloric Content

Carbohydrates	94%
Proteins	4%
Fats	2%

### Health Costs

At \$1.77 per pound, the cost of all displayed nutrients is \$1.56  
Net nutrition per dollar is 178  
52% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09266

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.7 ounces or 189 grams**

**Pineapple juice w-vit C**

**Carbohydrates** 9%

Fiber	1%
Sugars, total	34%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	0%
Vitamin C	92%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	7%
Iron	3%
Magnesium	5%
Manganese	41%
Phosphorus	1%
Potassium	6%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	118
Mineral Score	66
Protein Score	1
Fiber Score	1

Total Nutrients Score	186
Net Food Score	186

Unhealthy Score 0

**Caloric Content**

Carbohydrates	96%
Proteins	2%
Fats	2%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$1.24  
 Net nutrition per dollar is 150  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09409

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.9 ounces or 167 grams**

**Pineapple, canned**

**Carbohydrates** 10%

Fiber	4%
Sugars, total	44%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	0%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	2%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	7%
Iron	3%
Magnesium	5%
Manganese	81%
Phosphorus	1%
Potassium	5%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	84%
-------	-----

**Food Evaluation**

Vitamin Score	39
Mineral Score	105
Protein Score	4
Fiber Score	4

Total Nutrients Score	153
Net Food Score	153

Unhealthy Score 0

**Caloric Content**

Carbohydrates	97%
Proteins	2%
Fats	1%

**Health Costs**

At \$0.95 per pound, the cost of all displayed nutrients is \$0.35  
 Net nutrition per dollar is 439  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09268

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Pink beans

### Carbohydrates 7%

Fiber	12%
Sugars, total	1%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	6%
Valine*	6%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	3%
Vitamin B-6	6%
Folate	34%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

### Minerals

Calcium	3%
Copper	12%
Iron	11%
Magnesium	11%
Manganese	17%
Phosphorus	6%
Potassium	11%
Selenium	5%
Sodium	0%
Zinc	5%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	60
Mineral Score	81
Protein Score	54
Fiber Score	12

Total Nutrients Score	207
Net Food Score	207

Unhealthy Score 1

### Caloric Content

Carbohydrates	76%
Proteins	21%
Fats	3%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$0.05  
Net nutrition per dollar is 4073  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16040

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 2.5 ounces or 72 grams

**Pink salmon, canned**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 8%

Saturated	6%
Trans fats	
Cholesterol	13%
Monounsaturated	6%
Polyunsaturated	7%
Omega-3 fats	76%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	13%
Isoleucine*	15%
Leucine*	12%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	13%
Valine*	13%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	21%
Pantothenic acid	4%
Vitamin B-6	9%
Folate	3%
Vitamin B-12	53%
Vitamin C	0%
Vitamin D	112%
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	11%
Copper	4%
Iron	3%
Magnesium	5%
Manganese	1%
Phosphorus	12%
Potassium	6%
Selenium	34%
Sodium	17%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	69%
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**Food Evaluation**

Vitamin Score	212
Mineral Score	80
Protein Score	135
Fiber Score	0

Total Nutrients Score	585
Net Food Score	548

Unhealthy Score 36

**Caloric Content**

Carbohydrates	0%
Proteins	61%
Fats	39%

**Health Costs**

At \$1.29 per pound, the cost of all displayed nutrients is \$0.20  
 Net nutrition per dollar is 2680  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15084

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Pinto beans

### Carbohydrates 7%

Fiber	15%
Sugars, total	1%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	6%
Valine*	5%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	38%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

### Minerals

Calcium	2%
Copper	13%
Iron	8%
Magnesium	10%
Manganese	14%
Phosphorus	6%
Potassium	10%
Selenium	11%
Sodium	0%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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## Food Evaluation

Vitamin Score	63
Mineral Score	80
Protein Score	50
Fiber Score	15

Total Nutrients Score	208
Net Food Score	207

Unhealthy Score 1

### Caloric Content

Carbohydrates	72%
Proteins	25%
Fats	3%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$0.05  
Net nutrition per dollar is 4129  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16042

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 16 grams**

**Pinyon nuts, dried**

**Carbohydrates** 1%

Fiber	6%
Sugars, total	

**Fats** 17%

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	17%
Polyunsaturated	19%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	8%
Iron	3%
Magnesium	7%
Manganese	30%
Phosphorus	0%
Potassium	2%
Selenium	
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	18
Mineral Score	56
Protein Score	15
Fiber Score	6

Total Nutrients Score	111
Net Food Score	103

Unhealthy Score 9

**Caloric Content**

Carbohydrates	12%
Proteins	6%
Fats	81%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$0.43  
 Net nutrition per dollar is 239  
 57% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12149

Food Group Code 1200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.6 ounces or 18 grams

## Pistachio nuts

### Carbohydrates 2%

Fiber	6%
Sugars, total	2%

### Fats 14%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	19%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	4%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	3%
Vitamin K	

### Minerals

Calcium	1%
Copper	12%
Iron	4%
Magnesium	4%
Manganese	9%
Phosphorus	4%
Potassium	5%
Selenium	2%
Sodium	0%
Zinc	3%

### Other Nutrient

Beta-carotene	1%
Lycopene	
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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## Food Evaluation

Vitamin Score	32
Mineral Score	44
Protein Score	32
Fiber Score	6

Total Nutrients Score	133
Net Food Score	128

Unhealthy Score 5

### Caloric Content

Carbohydrates	20%
Proteins	13%
Fats	67%

### Health Costs

At \$5.00 per pound, the cost of all displayed nutrients is \$0.37  
Net nutrition per dollar is 343  
53% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12151

Food Group Code 1200



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.3 ounces or 37 grams**

**Pizza, cheese**

**Carbohydrates** 4%

Fiber	3%
Sugars, total	2%

**Fats** 8%

Saturated	9%
Trans fats	
Cholesterol	2%
Monounsaturated	7%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	6%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	1%

**Minerals**

Calcium	5%
Copper	4%
Iron	5%
Magnesium	2%
Manganese	5%
Phosphorus	3%
Potassium	1%
Selenium	11%
Sodium	7%
Zinc	3%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	46%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	40
Protein Score	36
Fiber Score	3

Total Nutrients Score	116
Net Food Score	98

Unhealthy Score 18

**Caloric Content**

Carbohydrates	43%
Proteins	15%
Fats	41%

**Health Costs**

At \_\_\_\_\_ per pound, the cost of all displayed nutrients is \_\_\_\_\_  
Net nutrition per dollar is \_\_\_\_\_  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 21224

Food Group Code 2100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 32 grams**

**Plain frozen waffles**

**Carbohydrates** 6%

Fiber	3%
Sugars, total	3%

**Fats** 6%

Saturated	3%
Trans fats	
Cholesterol	2%
Monounsaturated	7%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	9%
Thiamin (B-1)	8%
Riboflavin (B-2)	8%
Niacin (B-3)	13%
Pantothenic acid	1%
Vitamin B-6	14%
Folate	10%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

**Minerals**

Calcium	7%
Copper	0%
Iron	12%
Magnesium	2%
Manganese	4%
Phosphorus	7%
Potassium	1%
Selenium	6%
Sodium	10%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	9%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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**Food Evaluation**

Vitamin Score	81
Mineral Score	40
Protein Score	19
Fiber Score	3

Total Nutrients Score	150
Net Food Score	135

Unhealthy Score 15

**Caloric Content**

Carbohydrates	63%
Proteins	9%
Fats	28%

**Health Costs**

At \$2.39 per pound, the cost of all displayed nutrients is \$0.17  
 Net nutrition per dollar is 802  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 18403

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.9 ounces or 82 grams

## Plantains

### Carbohydrates 10%

Fiber	6%
Sugars, total	22%

### Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	2%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

### Vitamins

Vitamin A	18%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	10%
Folate	5%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	3%
Iron	3%
Magnesium	6%
Manganese	
Phosphorus	1%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	7%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	65%
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## Food Evaluation

Vitamin Score	59
Mineral Score	26
Protein Score	8
Fiber Score	6

Total Nutrients Score	100
Net Food Score	100

Unhealthy Score 1

### Caloric Content

Carbohydrates	94%
Proteins	4%
Fats	3%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.28  
Net nutrition per dollar is 362  
65% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09277

Food Group Code 0900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.7 ounces or 217 grams

## Plums

### Carbohydrates 9%

Fiber	10%
Sugars, total	39%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	2%
Valine*	1%

### Vitamins

Vitamin A	15%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	4%
Vitamin K	5%

### Minerals

Calcium	1%
Copper	6%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	8%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	87%
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## Food Evaluation

Vitamin Score	64
Mineral Score	29
Protein Score	7
Fiber Score	10

Total Nutrients Score	111
Net Food Score	111

Unhealthy Score 0

### Caloric Content

Carbohydrates	90%
Proteins	5%
Fats	5%

### Health Costs

At \$1.49 per pound, the cost of all displayed nutrients is \$0.76  
Net nutrition per dollar is 147  
94% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09279

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **8.4 ounces or 238 grams**

**Podded peas**

**Carbohydrates** 7%

Fiber	21%
Sugars, total	17%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	1%
Isoleucine*	9%
Leucine*	6%
Lysine*	5%
Methionine*	1%
Cystine	2%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	5%
Valine*	12%

**Vitamins**

Vitamin A	52%
Thiamin (B-1)	18%
Riboflavin (B-2)	7%
Niacin (B-3)	6%
Pantothenic acid	18%
Vitamin B-6	16%
Folate	25%
Vitamin B-12	0%
Vitamin C	159%
Vitamin D	
Vitamin E	6%
Vitamin K	20%

**Minerals**

Calcium	7%
Copper	9%
Iron	28%
Magnesium	11%
Manganese	25%
Phosphorus	6%
Potassium	12%
Selenium	2%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	30%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	326
Mineral Score	106
Protein Score	58
Fiber Score	21

Total Nutrients Score	511
Net Food Score	510

Unhealthy Score 1

**Caloric Content**

Carbohydrates	73%
Proteins	23%
Fats	4%

**Health Costs**

At **\$1.29** per pound, the cost of all displayed nutrients is **\$0.72**  
 Net nutrition per dollar is **708**  
**94%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11300

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.7 ounces or 77 grams**

**Polar bear meat**

**Carbohydrates** 0%

Fiber	
Sugars, total	

**Fats** 4%

Saturated	3%
Trans fats	
Cholesterol	
Monounsaturated	7%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 20%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	22%
Thiamin (B-1)	1%
Riboflavin (B-2)	16%
Niacin (B-3)	14%
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	2%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	
Iron	26%
Magnesium	
Manganese	
Phosphorus	
Potassium	1%
Selenium	
Sodium	
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	54
Mineral Score	28
Protein Score	20
Fiber Score	

<b>Total Nutrients Score</b>	<b>108</b>
<b>Net Food Score</b>	<b>106</b>

Unhealthy Score 3

**Caloric Content**

Carbohydrates	0%
Proteins	79%
Fats	21%

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$3.39**  
Net nutrition per dollar is **31**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 35008

Food Group Code 3500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.8 ounces or 109 grams

**Pollock**

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	26%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	30%
Omega-6 fats	0%

### Proteins 21%

Histidine*	20%
Isoleucine*	22%
Leucine*	18%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	19%
Valine*	20%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	4%
Vitamin B-6	13%
Folate	1%
Vitamin B-12	58%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

### Minerals

Calcium	5%
Copper	3%
Iron	3%
Magnesium	15%
Manganese	1%
Phosphorus	12%
Potassium	10%
Selenium	57%
Sodium	4%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	78%
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## Food Evaluation

Vitamin Score	104
Mineral Score	107
Protein Score	200
Fiber Score	0

Total Nutrients Score	472
Net Food Score	441

Unhealthy Score 31

### Caloric Content

Carbohydrates	0%
Proteins	90%
Fats	10%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.44  
 Net nutrition per dollar is 307  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15065

Food Group Code 1500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 5.2 ounces or 147 grams**

**Pomegranates**

**Carbohydrates** 9%

Fiber	3%
Sugars, total	44%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	9%
Vitamin B-6	6%
Folate	2%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	6%
Vitamin K	2%

**Minerals**

Calcium	0%
Copper	5%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	44
Mineral Score	21
Protein Score	1
Fiber Score	3

Total Nutrients Score	70
Net Food Score	70

Unhealthy Score 0

**Caloric Content**

Carbohydrates	92%
Proteins	5%
Fats	4%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$2.89  
Net nutrition per dollar is 24  
56% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09286

Food Group Code 0900



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 26 grams

## Pop Tarts

### Carbohydrates 7%

Fiber	1%
Sugars, total	17%

### Fats 4%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	5%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	0%
Vitamin B-6	4%
Folate	
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	0%
Copper	0%
Iron	5%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	1%
Selenium	
Sodium	4%
Zinc	1%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

13%

## Food Evaluation

Vitamin Score	20
Mineral Score	8
Protein Score	1
Fiber Score	1

Total Nutrients Score	36
Net Food Score	29

Unhealthy Score 7

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	74%
Proteins	4%
Fats	22%

### Health Costs

At \$2.38 per pound, the cost of all displayed nutrients is \$0.13  
 Net nutrition per dollar is 216  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18489

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Popcorn, air-popped**

**Carbohydrates** 7%

Fiber	12%
Sugars, total	0%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	4%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	2%
Tryptophan*	2%
Valine*	3%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	3%
Iron	5%
Magnesium	7%
Manganese	13%
Phosphorus	5%
Potassium	2%
Selenium	0%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	11
Mineral Score	40
Protein Score	27
Fiber Score	12

Total Nutrients Score	92
Net Food Score	92

Unhealthy Score 1

**Caloric Content**

Carbohydrates	81%
Proteins	9%
Fats	10%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**  
 Net nutrition per dollar is **1624**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19034

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 27 grams

## Popovers, dry mix

### Carbohydrates 7%

Fiber	
Sugars, total	

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	15%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	2%
Iron	4%
Magnesium	1%
Manganese	9%
Phosphorus	1%
Potassium	1%
Selenium	14%
Sodium	11%
Zinc	2%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	12%
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## Food Evaluation

Vitamin Score	29
Mineral Score	35
Protein Score	22
Fiber Score	

Total Nutrients Score	89
Net Food Score	77

Unhealthy Score 12

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	78%
Proteins	11%
Fats	10%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 650  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18339

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 19 grams**

**Poppy seed**

**Carbohydrates** 2%

Fiber	6%
Sugars, total	5%

**Fats** 15%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	26%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	4%
Valine*	4%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	3%
Folate	3%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	19%
Copper	15%
Iron	10%
Magnesium	12%
Manganese	56%
Phosphorus	8%
Potassium	3%
Selenium	0%
Sodium	0%
Zinc	13%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	18
Mineral Score	137
Protein Score	35
Fiber Score	6

Total Nutrients Score	202
Net Food Score	197

Unhealthy Score 5

**Caloric Content**

Carbohydrates	18%
Proteins	12%
Fats	70%

**Health Costs**

At **\$36.15** per pound, the cost of all displayed nutrients is **\$1.50**  
 Net nutrition per dollar is **132**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02033

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.7 ounces or 78 grams**

**Pork and beans, canned**

**Carbohydrates** 5%

Fiber	15%
Sugars, total	4%

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	1%
Monounsaturated	6%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	4%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	1%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	4%
Valine*	4%

**Vitamins**

Vitamin A	10%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	5%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

**Minerals**

Calcium	3%
Copper	12%
Iron	7%
Magnesium	5%
Manganese	17%
Phosphorus	4%
Potassium	6%
Selenium	7%
Sodium	24%
Zinc	4%

**Other Nutrient**

Beta-carotene	5%
Lycopene	23%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	28
Mineral Score	64
Protein Score	41
Fiber Score	15

Total Nutrients Score	153
Net Food Score	124

Unhealthy Score 29

**Caloric Content**

Carbohydrates	53%
Proteins	17%
Fats	31%

**Health Costs**

At \$0.76 per pound, the cost of all displayed nutrients is \$0.13  
Net nutrition per dollar is 956  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06004

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.5 ounces or 71 grams**

**Pork chops, lean boneless**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 7%

Saturated	7%
Trans fats	
Cholesterol	13%
Monounsaturated	8%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	20%
Isoleucine*	17%
Leucine*	13%
Lysine*	16%
Methionine*	9%
Cystine	5%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	16%
Valine*	15%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	30%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	5%
Vitamin B-6	14%
Folate	1%
Vitamin B-12	6%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	2%
Iron	3%
Magnesium	3%
Manganese	0%
Phosphorus	8%
Potassium	7%
Selenium	33%
Sodium	1%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	72%
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**Food Evaluation**

Vitamin Score	81
Mineral Score	65
Protein Score	155
Fiber Score	0

Total Nutrients Score	309
Net Food Score	288

Unhealthy Score 21

**Caloric Content**

Carbohydrates	0%
Proteins	66%
Fats	34%

**Health Costs**

At \$2.49 per pound, the cost of all displayed nutrients is \$0.46  
 Net nutrition per dollar is 621  
 84% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 10066

Food Group Code 1000

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.6 ounces or 75 grams**

**Pork liver**

**Carbohydrates** 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 Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	0%
Retinol	323%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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**Food Evaluation**

Vitamin Score	921
Mineral Score	237
Protein Score	160
Fiber Score	0

Total Nutrients Score	1324
Net Food Score	1241

Unhealthy Score 82

**Caloric Content**

Carbohydrates	7%
Proteins	68%
Fats	25%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.49  
 Net nutrition per dollar is 2524  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 0.6 ounces or 18 grams

## Pork skins

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 10%

Saturated	11%
Trans fats	
Cholesterol	6%
Monounsaturated	12%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 11%

Histidine*	4%
Isoleucine*	6%
Leucine*	6%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	7%
Tryptophan*	2%
Valine*	8%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	1%
Iron	1%
Magnesium	0%
Manganese	1%
Phosphorus	1%
Potassium	1%
Selenium	11%
Sodium	15%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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## Food Evaluation

Vitamin Score	8
Mineral Score	16
Protein Score	62
Fiber Score	0

Total Nutrients Score	98
Net Food Score	66

Unhealthy Score 32

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	48%
Fats	52%

### Health Costs

At \$7.95 per pound, the cost of all displayed nutrients is \$0.32  
 Net nutrition per dollar is 205  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19041

Food Group Code 2500



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 13.6 ounces or 385 grams**

**Portabella mushrooms**

**Carbohydrates** 7%

Fiber	19%
Sugars, total	13%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	5%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	6%
Tryptophan*	10%
Valine*	11%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	15%
Riboflavin (B-2)	66%
Niacin (B-3)	79%
Pantothenic acid	58%
Vitamin B-6	16%
Folate	21%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	77%
Iron	13%
Magnesium	8%
Manganese	24%
Phosphorus	25%
Potassium	47%
Selenium	60%
Sodium	1%
Zinc	15%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	258
Mineral Score	272
Protein Score	58
Fiber Score	19

Total Nutrients Score	607
Net Food Score	606

Unhealthy Score 1

**Caloric Content**

Carbohydrates	68%
Proteins	25%
Fats	6%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$5.24  
 Net nutrition per dollar is 116  
 97% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11265

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 18 grams**

**Potato chips**

**Carbohydrates** 3%

Fiber	3%
Sugars, total	0%

**Fats** 12%

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	8%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	8%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	4%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	1%
Potassium	8%
Selenium	2%
Sodium	4%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
-------	----

**Food Evaluation**

Vitamin Score	36
Mineral Score	27
Protein Score	11
Fiber Score	3

Total Nutrients Score	85
Net Food Score	70

Unhealthy Score 15

**Caloric Content**

Carbohydrates	36%
Proteins	3%
Fats	60%

**Health Costs**

At \$4.78 per pound, the cost of all displayed nutrients is \$0.19  
 Net nutrition per dollar is 363  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19411

Food Group Code 2500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.7 ounces or 20 grams**

**Potato chips, barbecue**

**Carbohydrates** 4%

Fiber	3%
Sugars, total	

**Fats** 12%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	15%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	4%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	4%
Iron	2%
Magnesium	3%
Manganese	4%
Phosphorus	2%
Potassium	6%
Selenium	2%
Sodium	7%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	2%
-------	----

**Food Evaluation**

Vitamin Score	27
Mineral Score	26
Protein Score	14
Fiber Score	3

Total Nutrients Score	76
Net Food Score	61

Unhealthy Score 16

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	39%
Proteins	4%
Fats	57%

**Health Costs**

At \$5.58 per pound, the cost of all displayed nutrients is \$0.25  
 Net nutrition per dollar is 243  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19042

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.7 ounces or 19 grams

## Potato sticks

### Carbohydrates 4%

Fiber	2%
Sugars, total	0%

### Fats 12%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	16%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	10%
Vitamin D	
Vitamin E	12%
Vitamin K	1%

### Minerals

Calcium	0%
Copper	3%
Iron	2%
Magnesium	2%
Manganese	4%
Phosphorus	2%
Potassium	6%
Selenium	2%
Sodium	2%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	2%
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## Food Evaluation

Vitamin Score	34
Mineral Score	23
Protein Score	1
Fiber Score	2

Total Nutrients Score	66
Net Food Score	54

Unhealthy Score 11

### Caloric Content

Carbohydrates	41%
Proteins	4%
Fats	55%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.13  
Net nutrition per dollar is 431  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19415

Food Group Code 2500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.6 ounces or 130 grams**

**Potatoes with skin**

**Carbohydrates** 8%

Fiber	10%
Sugars, total	2%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	6%
Pantothenic acid	4%
Vitamin B-6	16%
Folate	5%
Vitamin B-12	0%
Vitamin C	28%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	7%
Iron	6%
Magnesium	6%
Manganese	9%
Phosphorus	4%
Potassium	14%
Selenium	1%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	67
Mineral Score	49
Protein Score	23
Fiber Score	10

Total Nutrients Score	149
Net Food Score	148

Unhealthy Score 1

**Caloric Content**

Carbohydrates	92%
Proteins	7%
Fats	1%

**Health Costs**

At \$0.79 per pound, the cost of all displayed nutrients is \$0.23  
 Net nutrition per dollar is 656  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11352

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 32 grams**

**Potatoes, au gratin, mix**

**Carbohydrates** 9%

Fiber	4%
Sugars, total	

**Fats** 2%

Saturated	4%
Trans fats	
Cholesterol	
Monounsaturated	2%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	5%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	7%
Copper	4%
Iron	3%
Magnesium	4%
Manganese	8%
Phosphorus	6%
Potassium	8%
Selenium	5%
Sodium	29%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	25
Mineral Score	47
Protein Score	3
Fiber Score	4

Total Nutrients Score	81
Net Food Score	48

Unhealthy Score 33

**Caloric Content**

Carbohydrates	81%
Proteins	10%
Fats	9%

**Health Costs**

At \$5.32 per pound, the cost of all displayed nutrients is \$0.37  
 Net nutrition per dollar is 128  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11384

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.6 ounces or 46 grams**

**Potatoes, hashed brown**

**Carbohydrates** 5%

Fiber	3%
Sugars, total	1%

**Fats** 9%

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	0%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	3%
Iron	4%
Magnesium	2%
Manganese	4%
Phosphorus	2%
Potassium	5%
Selenium	0%
Sodium	1%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	56%
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**Food Evaluation**

Vitamin Score	18
Mineral Score	22
Protein Score	12
Fiber Score	3

Total Nutrients Score	65
Net Food Score	53

Unhealthy Score 12

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	52%
Proteins	4%
Fats	44%

**Health Costs**

At \$1.46 per pound, the cost of all displayed nutrients is \$0.15  
 Net nutrition per dollar is 357  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11391

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.8 ounces or 108 grams**

**Potatoes, no skin**

**Carbohydrates** 8%

Fiber	5%
Sugars, total	3%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	7%
Pantothenic acid	6%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	0%
Vitamin C	15%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	12%
Iron	2%
Magnesium	5%
Manganese	8%
Phosphorus	3%
Potassium	11%
Selenium	0%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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**Food Evaluation**

Vitamin Score	51
Mineral Score	43
Protein Score	18
Fiber Score	5

Total Nutrients Score	117
Net Food Score	117

Unhealthy Score 0

**Caloric Content**

Carbohydrates	93%
Proteins	6%
Fats	1%

**Health Costs**

At **\$0.49** per pound, the cost of all displayed nutrients is **\$0.15**  
 Net nutrition per dollar is **774**  
**77%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11363

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 33 grams**

**Poultry seasoning**

**Carbohydrates** 8%

Fiber	12%
Sugars, total	2%

**Fats** 4%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	17%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	
Vitamin B-6	18%
Folate	11%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	3%
Vitamin K	87%

**Minerals**

Calcium	23%
Copper	14%
Iron	64%
Magnesium	15%
Manganese	97%
Phosphorus	3%
Potassium	6%
Selenium	3%
Sodium	0%
Zinc	7%

**Other Nutrient**

Beta-carotene	10%
Lycopene	0%
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	152
Mineral Score	231
Protein Score	3
Fiber Score	12

Total Nutrients Score	400
Net Food Score	394

Unhealthy Score 6

**Caloric Content**

Carbohydrates	72%
Proteins	7%
Fats	21%

**Health Costs**

At **\$51.07** per pound, the cost of all displayed nutrients is **\$3.67**  
 Net nutrition per dollar is **107**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02034

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Powdered sugar**

**Carbohydrates** 9%

Fiber	0%
Sugars, total	46%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	1
Net Food Score	0

Unhealthy Score 0

**Caloric Content**

Carbohydrates	100%
Proteins	0%
Fats	0%

**Health Costs**

At \$0.60 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 14  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19336

Food Group Code 1900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 28 grams

## Provolone cheese

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 14%

Saturated	26%
Trans fats	
Cholesterol	7%
Monounsaturated	10%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	10%
Isoleucine*	7%
Leucine*	7%
Lysine*	8%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	5%
Threonine*	6%
Tryptophan*	8%
Valine*	8%

### Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	15%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	7%
Potassium	1%
Selenium	6%
Sodium	11%
Zinc	6%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	41%
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## Food Evaluation

Vitamin Score	19
Mineral Score	38
Protein Score	77
Fiber Score	0

Total Nutrients Score	144
Net Food Score	101

Unhealthy Score 44

### Caloric Content

Carbohydrates	2%
Proteins	31%
Fats	67%

### Health Costs

At \$4.98 per pound, the cost of all displayed nutrients is \$0.31  
Net nutrition per dollar is 322  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01035

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **5.0 ounces or 141 grams**

**Prune juice**

**Carbohydrates** 9%

Fiber	5%
Sugars, total	42%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	0%
Vitamin B-12	0%
Vitamin C	6%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

**Minerals**

Calcium	1%
Copper	5%
Iron	9%
Magnesium	4%
Manganese	9%
Phosphorus	2%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	33
Mineral Score	43
Protein Score	1
Fiber Score	5

Total Nutrients Score	82
Net Food Score	82

Unhealthy Score 0

**Caloric Content**

Carbohydrates	97%
Proteins	3%
Fats	0%

**Health Costs**

At **\$1.03** per pound, the cost of all displayed nutrients is **\$0.32**  
 Net nutrition per dollar is **255**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09294

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.4 ounces or 40 grams**

**Pumpernickel bread**

**Carbohydrates** 7%

Fiber	9%
Sugars, total	0%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	6%
Iron	6%
Magnesium	4%
Manganese	23%
Phosphorus	4%
Potassium	2%
Selenium	14%
Sodium	12%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	38%
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**Food Evaluation**

Vitamin Score	35
Mineral Score	65
Protein Score	27
Fiber Score	9

Total Nutrients Score	137
Net Food Score	125

Unhealthy Score 13

**Caloric Content**

Carbohydrates	76%
Proteins	13%
Fats	11%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.26  
Net nutrition per dollar is 473  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 18044

Food Group Code 1800

**% of Daily Requirements from 100 Calories of Pumpkin**  
 Amount for 100 calories is 13.6 ounces or 385 grams

**Carbohydrates** 9%

Fiber	6%
Sugars, total	10%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	2%
Tryptophan*	4%
Valine*	2%

**Vitamins**

Vitamin A	568%
Thiamin (B-1)	10%
Riboflavin (B-2)	15%
Niacin (B-3)	10%
Pantothenic acid	11%
Vitamin B-6	10%
Folate	15%
Vitamin B-12	0%
Vitamin C	38%
Vitamin D	
Vitamin E	27%
Vitamin K	1%

**Minerals**

Calcium	6%
Copper	24%
Iron	17%
Magnesium	9%
Manganese	21%
Phosphorus	8%
Potassium	33%
Selenium	2%
Sodium	0%
Zinc	8%

**Other Nutrient**

Beta-carotene	238%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	707	<b>Total Nutrients Score</b>	<b>868</b>	<b>Caloric Content</b>	Carbohydrates	88%	
Mineral Score	128				<b>Net Food Score</b>	<b>867</b>	Proteins
Protein Score	26	<b>Unhealthy Score</b>		<b>1</b>		Fats	3%
Fiber Score	6						

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.20**  
 Net nutrition per dollar is **723**  
**70%** of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11422 Food Group Code 1100

**% of Daily Requirements from 100 Calories of Pumpkin and squash seeds**  
 Amount for 100 calories is 0.8 ounces or 22 grams

**Carbohydrates** 4%

Fiber	
Sugars, total	

**Fats** 8%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	4%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	3%
Tryptophan*	6%
Valine*	6%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	8%
Iron	4%
Magnesium	12%
Manganese	5%
Phosphorus	1%
Potassium	5%
Selenium	
Sodium	0%
Zinc	15%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score 2  
 Mineral Score 51  
 Protein Score 43  
 Fiber Score

Total Nutrients Score	103
Net Food Score	98

Unhealthy Score 5

**Caloric Content**

Carbohydrates 49%  
 Proteins 14%  
 Fats 36%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.15  
 Net nutrition per dollar is 663  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12163 Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.4 ounces or 96 grams**

**Pumpkin pie mix, canned**

**Carbohydrates** 9%

Fiber	27%
Sugars, total	

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

**Vitamins**

Vitamin A	160%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	2%
Pantothenic acid	11%
Vitamin B-6	6%
Folate	8%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	3%
Iron	6%
Magnesium	3%
Manganese	17%
Phosphorus	2%
Potassium	3%
Selenium	2%
Sodium	9%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	71%
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**Food Evaluation**

Vitamin Score	195
Mineral Score	40
Protein Score	7
Fiber Score	27

Total Nutrients Score	269
Net Food Score	260

Unhealthy Score 9

**Caloric Content**

Carbohydrates	96%
Proteins	3%
Fats	1%

**Health Costs**

At **\$0.90** per pound, the cost of all displayed nutrients is **\$0.19**  
 Net nutrition per dollar is **1364**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11426

Food Group Code 1100



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 10.4 ounces or 294 grams**

**Pumpkin, canned**

**Carbohydrates** 9%

Fiber	28%
Sugars, total	18%

**Fats** 1%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	2%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	915%
Thiamin (B-1)	4%
Riboflavin (B-2)	6%
Niacin (B-3)	5%
Pantothenic acid	12%
Vitamin B-6	7%
Folate	9%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	21%
Vitamin K	16%

**Minerals**

Calcium	5%
Copper	16%
Iron	23%
Magnesium	14%
Manganese	19%
Phosphorus	5%
Potassium	15%
Selenium	2%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	408%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	1007
Mineral Score	102
Protein Score	22
Fiber Score	28

Total Nutrients Score	1160
Net Food Score	1157

Unhealthy Score 3

**Caloric Content**

Carbohydrates	85%
Proteins	8%
Fats	7%

**Health Costs**

At \$1.16 per pound, the cost of all displayed nutrients is \$0.75  
Net nutrition per dollar is 1538  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11424

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.7 ounces or 19 grams**

**Pumpkin-squash seeds**

**Carbohydrates** 1%

Fiber	2%
Sugars, total	0%

**Fats** 14%

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	17%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	5%
Tryptophan*	9%
Valine*	9%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	3%

**Minerals**

Calcium	1%
Copper	13%
Iron	16%
Magnesium	20%
Manganese	25%
Phosphorus	11%
Potassium	4%
Selenium	2%
Sodium	0%
Zinc	10%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	7%
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**Food Evaluation**

Vitamin Score	15
Mineral Score	101
Protein Score	65
Fiber Score	2

Total Nutrients Score	195
Net Food Score	187

Unhealthy Score 8

**Caloric Content**

Carbohydrates	10%
Proteins	22%
Fats	68%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.08  
Net nutrition per dollar is 2226  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12016

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 22.0 ounces or 625 grams**

**Purslane**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	4%
Isoleucine*	7%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	7%

**Vitamins**

Vitamin A	165%
Thiamin (B-1)	15%
Riboflavin (B-2)	25%
Niacin (B-3)	14%
Pantothenic acid	2%
Vitamin B-6	19%
Folate	19%
Vitamin B-12	0%
Vitamin C	146%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	29%
Copper	35%
Iron	69%
Magnesium	85%
Manganese	82%
Phosphorus	14%
Potassium	77%
Selenium	8%
Sodium	12%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	94%
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**Food Evaluation**

Vitamin Score 404  
Mineral Score 407  
Protein Score 57  
Fiber Score

Total Nutrients Score	868
Net Food Score	855

Unhealthy Score 12

**Caloric Content**

Carbohydrates 75%  
Proteins 20%  
Fats 5%

**Health Costs**

At \$1.90 per pound, the cost of all displayed nutrients is \$3.44  
Net nutrition per dollar is 248  
76% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11427

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.5 ounces or 43 grams

## Quail

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 11%

Saturated	9%
Trans fats	
Cholesterol	12%
Monounsaturated	10%
Polyunsaturated	7%
Omega-3 fats	1%
Omega-6 fats	0%

### Proteins 11%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	5%
Niacin (B-3)	15%
Pantothenic acid	
Vitamin B-6	11%
Folate	1%
Vitamin B-12	3%
Vitamin C	1%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

### Minerals

Calcium	0%
Copper	13%
Iron	11%
Magnesium	2%
Manganese	
Phosphorus	6%
Potassium	2%
Selenium	13%
Sodium	1%
Zinc	9%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	60%
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## Food Evaluation

Vitamin Score	45
Mineral Score	56
Protein Score	11
Fiber Score	0

Total Nutrients Score	123
Net Food Score	101

Unhealthy Score 22

### Caloric Content

Carbohydrates	0%
Proteins	44%
Fats	56%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is  
Net nutrition per dollar is  
of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43282

Food Group Code 0500

## % of Daily Requirements from 100 Calories of

## Quinoa

Amount for 100 calories is 0.9 ounces or 27 grams

### Carbohydrates 7%

Fiber	5%
Sugars, total	

### Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	2%
Cystine	
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	
Valine*	3%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	11%
Iron	14%
Magnesium	11%
Manganese	26%
Phosphorus	5%
Potassium	5%
Selenium	
Sodium	0%
Zinc	6%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

9%

## Food Evaluation

Vitamin Score	19
Mineral Score	80
Protein Score	23
Fiber Score	5

Total Nutrients Score	129
Net Food Score	128

Unhealthy Score 1

### Caloric Content

Carbohydrates	75%
Proteins	12%
Fats	13%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$0.24  
 Net nutrition per dollar is 543  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20035

Food Group Code 2000

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 22.0 ounces or 625 grams**

**Radishes**

**Carbohydrates** 8%

Fiber	33%
Sugars, total	21%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	3%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	9%
Niacin (B-3)	7%
Pantothenic acid	10%
Vitamin B-6	18%
Folate	39%
Vitamin B-12	0%
Vitamin C	103%
Vitamin D	
Vitamin E	0%
Vitamin K	3%

**Minerals**

Calcium	11%
Copper	16%
Iron	12%
Magnesium	13%
Manganese	19%
Phosphorus	6%
Potassium	36%
Selenium	5%
Sodium	11%
Zinc	12%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	10%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	194
Mineral Score	130
Protein Score	32
Fiber Score	33

Total Nutrients Score	389
Net Food Score	378

Unhealthy Score 12

**Caloric Content**

Carbohydrates	83%
Proteins	12%
Fats	5%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$3.05  
Net nutrition per dollar is 124  
90% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11429

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 33 grams

## Raisins

### Carbohydrates 10%

Fiber	4%
Sugars, total	36%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	0%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	2%
Folate	0%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	5%
Iron	3%
Magnesium	2%
Manganese	4%
Phosphorus	2%
Potassium	6%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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## Food Evaluation

Vitamin Score	9
Mineral Score	25
Protein Score	6
Fiber Score	4

Total Nutrients Score	45
Net Food Score	44

Unhealthy Score 0

### Caloric Content

Carbohydrates	95%
Proteins	3%
Fats	1%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.15  
Net nutrition per dollar is 303  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09298

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.8 ounces or 23 grams** **Ramen noodle**

**Carbohydrates** 5%

Fiber	2%
Sugars, total	1%

**Fats** 6%

Saturated	10%
Trans fats	
Cholesterol	
Monounsaturated	7%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	17%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	10%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	

**Minerals**

Calcium	0%
Copper	2%
Iron	5%
Magnesium	1%
Manganese	5%
Phosphorus	1%
Potassium	1%
Selenium	4%
Sodium	20%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	38
Mineral Score	21
Protein Score	15
Fiber Score	2

Total Nutrients Score	84
Net Food Score	54

Unhealthy Score 30

**Caloric Content**

Carbohydrates	58%
Proteins	9%
Fats	32%

**Health Costs**

At \$7.47 per pound, the cost of all displayed nutrients is \$0.38  
Net nutrition per dollar is 143  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 06982 Food Group Code 0600



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 70.5 ounces or 2000 grams**

**Ramen Oodles of Noodles**

**Carbohydrates** 5%

Fiber	
Sugars, total	

**Fats** 4%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	5%
Riboflavin (B-2)	7%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	0%
Folate	5%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	7%
Copper	0%
Iron	6%
Magnesium	4%
Manganese	9%
Phosphorus	5%
Potassium	5%
Selenium	
Sodium	283%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	97%
-------	-----

**Food Evaluation**

Vitamin Score	37
Mineral Score	37
Protein Score	8
Fiber Score	

Total Nutrients Score	86
Net Food Score	-201

Unhealthy Score 287

**Caloric Content**

Carbohydrates	48%
Proteins	32%
Fats	21%

**Health Costs**

At \$0.76 per pound, the cost of all displayed nutrients is \$3.35  
Net nutrition per dollar is -60  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 06481

Food Group Code 0600

**% of Daily Requirements from 100 Calories of Raspberries**  
 Amount for 100 calories is 6.8 ounces or 192 grams

**Carbohydrates** 8%

Fiber	42%
Sugars, total	15%

**Fats** 2%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	6%
Vitamin B-6	4%
Folate	10%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	11%
Vitamin K	5%

**Minerals**

Calcium	3%
Copper	9%
Iron	7%
Magnesium	8%
Manganese	56%
Phosphorus	3%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	105
Mineral Score	100
Protein Score	2
Fiber Score	42
<b>Total Nutrients Score</b>	<b>250</b>
<b>Net Food Score</b>	<b>249</b>
<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	82%
Proteins	8%
Fats	10%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is \$2.65  
 Net nutrition per dollar is 94  
 96% of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.8 ounces or 51 grams**

**Raw Chestnuts European**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	1%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	0%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	7%
Folate	7%
Vitamin B-12	0%
Vitamin C	23%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	11%
Iron	3%
Magnesium	3%
Manganese	7%
Phosphorus	1%
Potassium	6%
Selenium	
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	52%
-------	-----

**Food Evaluation**

Vitamin Score	47
Mineral Score	33
Protein Score	7
Fiber Score	

Total Nutrients Score	89
Net Food Score	88

Unhealthy Score 1

**Caloric Content**

Carbohydrates	92%
Proteins	3%
Fats	5%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.45  
 Net nutrition per dollar is 196  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12098

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 13.6 ounces or 385 grams**

**Red bell peppers**

**Carbohydrates** 8%

Fiber	27%
Sugars, total	29%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	0%
Threonine*	3%
Tryptophan*	4%
Valine*	2%

**Vitamins**

Vitamin A	241%
Thiamin (B-1)	10%
Riboflavin (B-2)	12%
Niacin (B-3)	17%
Pantothenic acid	12%
Vitamin B-6	47%
Folate	44%
Vitamin B-12	0%
Vitamin C	546%
Vitamin D	
Vitamin E	41%
Vitamin K	6%

**Minerals**

Calcium	2%
Copper	3%
Iron	9%
Magnesium	9%
Manganese	19%
Phosphorus	5%
Potassium	20%
Selenium	1%
Sodium	1%
Zinc	6%

**Other Nutrient**

Beta-carotene	125%
Lycopene	6%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	976
Mineral Score	75
Protein Score	25
Fiber Score	27

Total Nutrients Score	1102
Net Food Score	1100

Unhealthy Score 2

**Caloric Content**

Carbohydrates	81%
Proteins	9%
Fats	9%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$2.06  
Net nutrition per dollar is 535  
82% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11821

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **1.1 ounces or 31 grams**

**Red cayenne pepper**

**Carbohydrates** 6%

Fiber	29%
Sugars, total	6%

**Fats** 10%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	262%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	12%
Pantothenic acid	
Vitamin B-6	32%
Folate	8%
Vitamin B-12	0%
Vitamin C	27%
Vitamin D	
Vitamin E	63%
Vitamin K	8%

**Minerals**

Calcium	3%
Copper	6%
Iron	14%
Magnesium	10%
Manganese	27%
Phosphorus	5%
Potassium	16%
Selenium	4%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	137%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	428
Mineral Score	89
Protein Score	4
Fiber Score	29

Total Nutrients Score	<b>553</b>
Net Food Score	<b>547</b>

Unhealthy Score **6**

**Caloric Content**

Carbohydrates	42%
Proteins	13%
Fats	45%

**Health Costs**

At **\$36.48** per pound, the cost of all displayed nutrients is **\$2.53**  
 Net nutrition per dollar is **216**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02031

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 22.0 ounces or 625 grams**

**Red leaf lettuce**

**Carbohydrates** 5%

Fiber	19%
Sugars, total	5%

**Fats** 2%

Saturated	
Trans fats	
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	4%
Isoleucine*	5%
Leucine*	5%
Lysine*	3%
Methionine*	2%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	11%
Valine*	5%

**Vitamins**

Vitamin A	937%
Thiamin (B-1)	20%
Riboflavin (B-2)	17%
Niacin (B-3)	9%
Pantothenic acid	9%
Vitamin B-6	26%
Folate	
Vitamin B-12	
Vitamin C	26%
Vitamin D	
Vitamin E	6%
Vitamin K	292%

**Minerals**

Calcium	15%
Copper	9%
Iron	42%
Magnesium	15%
Manganese	55%
Phosphorus	9%
Potassium	29%
Selenium	13%
Sodium	7%
Zinc	8%

**Other Nutrient**

Beta-carotene	562%
Lycopene	0%
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	96%
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**Food Evaluation**

Vitamin Score	1342
Mineral Score	195
Protein Score	59
Fiber Score	19

Total Nutrients Score	1615
Net Food Score	1608

Unhealthy Score 7

**Caloric Content**

Carbohydrates	55%
Proteins	33%
Fats	12%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$3.43  
 Net nutrition per dollar is 469  
 80% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11257

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **4.1 ounces or 118 grams**

**Red wine**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	1%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	3%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	1%
Iron	3%
Magnesium	3%
Manganese	7%
Phosphorus	1%
Potassium	4%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	42%
Caffeine	

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	6
Mineral Score	20
Protein Score	0
Fiber Score	0

Total Nutrients Score	27
Net Food Score	-15

Unhealthy Score 42

**Caloric Content**

Carbohydrates	13%
Proteins	0%
Fats	0%

**Health Costs**

At **\$7.99** per pound, the cost of all displayed nutrients is **\$2.07**  
 Net nutrition per dollar is **-7**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 14096

Food Group Code 1400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 16.8 ounces or 476 grams**

**Rhubarb**

**Carbohydrates** 8%

Fiber	29%
Sugars, total	10%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	10%
Thiamin (B-1)	5%
Riboflavin (B-2)	5%
Niacin (B-3)	6%
Pantothenic acid	4%
Vitamin B-6	5%
Folate	8%
Vitamin B-12	0%
Vitamin C	42%
Vitamin D	
Vitamin E	12%
Vitamin K	65%

**Minerals**

Calcium	29%
Copper	5%
Iron	6%
Magnesium	11%
Manganese	41%
Phosphorus	3%
Potassium	34%
Selenium	7%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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**Food Evaluation**

Vitamin Score	163
Mineral Score	140
Protein Score	4
Fiber Score	29

Total Nutrients Score	337
Net Food Score	335

Unhealthy Score 2

**Caloric Content**

Carbohydrates	78%
Proteins	14%
Fats	8%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$2.79  
Net nutrition per dollar is 120  
75% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09307

Food Group Code 0900



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

## Rice bran

### Carbohydrates 6%

Fiber	22%
Sugars, total	1%

### Fats 12%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	11%
Polyunsaturated	11%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	4%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	4%
Tryptophan*	3%
Valine*	5%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	44%
Riboflavin (B-2)	3%
Niacin (B-3)	49%
Pantothenic acid	23%
Vitamin B-6	54%
Folate	5%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	10%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	12%
Iron	33%
Magnesium	49%
Manganese	196%
Phosphorus	27%
Potassium	12%
Selenium	7%
Sodium	0%
Zinc	13%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
-------	----

## Food Evaluation

Vitamin Score	188
Mineral Score	348
Protein Score	38
Fiber Score	22

Total Nutrients Score	607
Net Food Score	600

Unhealthy Score 7

### Caloric Content

Carbohydrates	37%
Proteins	8%
Fats	55%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 2156  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20060

Food Group Code 2000

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Rice cakes, brown rice**

**Carbohydrates** 8%

Fiber	4%
Sugars, total	0%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	6%
Iron	2%
Magnesium	7%
Manganese	42%
Phosphorus	5%
Potassium	2%
Selenium	9%
Sodium	4%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	6%
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**Food Evaluation**

Vitamin Score	19
Mineral Score	78
Protein Score	19
Fiber Score	4

Total Nutrients Score	120
Net Food Score	116

Unhealthy Score 4

**Caloric Content**

Carbohydrates	87%
Proteins	7%
Fats	6%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.11  
 Net nutrition per dollar is 1022  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19051

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 40 grams

## Rich vanilla ice cream

### Carbohydrates 3%

Fiber	0%
Sugars, total	15%

### Fats 12%

Saturated	22%
Trans fats	
Cholesterol	12%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

### Vitamins

Vitamin A	5%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	4%
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	3%
Copper	0%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	2%
Selenium	2%
Sodium	1%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	57%
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## Food Evaluation

Vitamin Score	21
Mineral Score	12
Protein Score	13
Fiber Score	0

Total Nutrients Score	54
Net Food Score	18

Unhealthy Score 36

### Caloric Content

Carbohydrates	36%
Proteins	6%
Fats	59%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.09  
 Net nutrition per dollar is 208  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19089

Food Group Code 1900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.0 ounces or 57 grams

## Ricotta cheese

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 13%

Saturated	26%
Trans fats	
Cholesterol	10%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

Histidine*	8%
Isoleucine*	8%
Leucine*	7%
Lysine*	9%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	6%
Tryptophan*	6%
Valine*	7%

### Vitamins

Vitamin A	5%
Thiamin (B-1)	0%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	8%
Copper	1%
Iron	1%
Magnesium	1%
Manganese	0%
Phosphorus	5%
Potassium	2%
Selenium	12%
Sodium	2%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	72%
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## Food Evaluation

Vitamin Score	18
Mineral Score	34
Protein Score	71
Fiber Score	0

Total Nutrients Score	132
Net Food Score	95

Unhealthy Score 38

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	7%
Proteins	28%
Fats	66%

### Health Costs

At \$2.10 per pound, the cost of all displayed nutrients is \$0.27  
 Net nutrition per dollar is 356  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01036

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.6 ounces or 72 grams**

**Ricotta cheese, skim**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	0%

**Fats** 10%

Saturated	19%
Trans fats	
Cholesterol	7%
Monounsaturated	8%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	11%
Isoleucine*	10%
Leucine*	9%
Lysine*	11%
Methionine*	5%
Cystine	2%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	8%
Tryptophan*	8%
Valine*	9%

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	5%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	2%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	14%
Copper	1%
Iron	2%
Magnesium	2%
Manganese	0%
Phosphorus	7%
Potassium	2%
Selenium	17%
Sodium	4%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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**Food Evaluation**

Vitamin Score	20
Mineral Score	52
Protein Score	91
Fiber Score	0

Total Nutrients Score	171
Net Food Score	140

Unhealthy Score 31

**Caloric Content**

Carbohydrates	14%
Proteins	35%
Fats	50%

**Health Costs**

At \$1.50 per pound, the cost of all displayed nutrients is \$0.24  
 Net nutrition per dollar is 583  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01037

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.4 ounces or 41 grams**

**Roasted Chestnuts European**

**Carbohydrates** 8%

Fiber	7%
Sugars, total	8%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	8%
Folate	7%
Vitamin B-12	0%
Vitamin C	12%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	10%
Iron	2%
Magnesium	3%
Manganese	21%
Phosphorus	2%
Potassium	6%
Selenium	1%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	40%
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**Food Evaluation**

Vitamin Score	42
Mineral Score	47
Protein Score	11
Fiber Score	7

Total Nutrients Score	109
Net Food Score	109

Unhealthy Score 1

**Caloric Content**

Carbohydrates	88%
Proteins	4%
Fats	8%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$1.43**  
 Net nutrition per dollar is **76**  
**63%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12167

Food Group Code 1200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 20.7 ounces or 588 grams**

**Romaine lettuce**

**Carbohydrates** 7%

Fiber	41%
Sugars, total	13%

**Fats** 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	5%
Tryptophan*	5%
Valine*	6%

**Vitamins**

Vitamin A	683%
Thiamin (B-1)	21%
Riboflavin (B-2)	14%
Niacin (B-3)	8%
Pantothenic acid	8%
Vitamin B-6	18%
Folate	200%
Vitamin B-12	0%
Vitamin C	157%
Vitamin D	
Vitamin E	5%
Vitamin K	201%

**Minerals**

Calcium	14%
Copper	14%
Iron	32%
Magnesium	16%
Manganese	40%
Phosphorus	9%
Potassium	36%
Selenium	3%
Sodium	2%
Zinc	9%

**Other Nutrient**

Beta-carotene	410%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	1316
Mineral Score	173
Protein Score	51
Fiber Score	41

Total Nutrients Score	1583
Net Food Score	1579

Unhealthy Score 3

**Caloric Content**

Carbohydrates	68%
Proteins	17%
Fats	15%

**Health Costs**

At \$1.42 per pound, the cost of all displayed nutrients is \$1.96  
 Net nutrition per dollar is 806  
 94% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11251

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Romano cheese**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 12%

Saturated	24%
Trans fats	
Cholesterol	9%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	10%
Isoleucine*	10%
Leucine*	8%
Lysine*	9%
Methionine*	5%
Cystine	1%
Phenylalanine*	5%
Tyrosine	6%
Threonine*	6%
Tryptophan*	9%
Valine*	10%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	20%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	10%
Potassium	1%
Selenium	5%
Sodium	13%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	31%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	44
Protein Score	88
Fiber Score	0

Total Nutrients Score	155
Net Food Score	109

Unhealthy Score 46

**Caloric Content**

Carbohydrates	4%
Proteins	35%
Fats	61%

**Health Costs**

At \$10.64 per pound, the cost of all displayed nutrients is \$0.61  
 Net nutrition per dollar is 179  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01038

Food Group Code 0100



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 27 grams

## Roquefort cheese

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 15%

Saturated	28%
Trans fats	
Cholesterol	8%
Monounsaturated	10%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

Histidine*	5%
Isoleucine*	8%
Leucine*	6%
Lysine*	6%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	7%
Valine*	8%

### Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	6%
Niacin (B-3)	1%
Pantothenic acid	5%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	13%
Copper	0%
Iron	1%
Magnesium	2%
Manganese	0%
Phosphorus	5%
Potassium	1%
Selenium	6%
Sodium	21%
Zinc	4%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

39%

## Food Evaluation

Vitamin Score	25
Mineral Score	31
Protein Score	61
Fiber Score	0

Total Nutrients Score	128
Net Food Score	71

Unhealthy Score 58

### Caloric Content

Carbohydrates	2%
Proteins	25%
Fats	73%

### Health Costs

At \$9.99 per pound, the cost of all displayed nutrients is \$0.60  
 Net nutrition per dollar is 118  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01039

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.1 ounces or 30 grams**

**Rosemary, dried**

**Carbohydrates** 7%

Fiber	43%
Sugars, total	

**Fats** 8%

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	19%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	22%
Folate	23%
Vitamin B-12	0%
Vitamin C	21%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	28%
Copper	8%
Iron	49%
Magnesium	13%
Manganese	25%
Phosphorus	1%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	98
Mineral Score	140
Protein Score	1
Fiber Score	43

Total Nutrients Score	286
Net Food Score	274

Unhealthy Score 13

**Caloric Content**

Carbohydrates	58%
Proteins	4%
Fats	38%

**Health Costs**

At **\$59.04** per pound, the cost of all displayed nutrients is **\$3.93**  
 Net nutrition per dollar is **70**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02036

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.7 ounces or 76 grams

## Rosemary, fresh

### Carbohydrates 6%

Fiber	36%
Sugars, total	

### Fats 8%

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

### Vitamins

Vitamin A	45%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	6%
Vitamin B-6	11%
Folate	21%
Vitamin B-12	0%
Vitamin C	18%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	17%
Copper	11%
Iron	28%
Magnesium	14%
Manganese	32%
Phosphorus	3%
Potassium	13%
Selenium	
Sodium	1%
Zinc	5%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	7%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

68%

## Food Evaluation

Vitamin Score	109
Mineral Score	123
Protein Score	21
Fiber Score	36

Total Nutrients Score **293**

Net Food Score **281**

Unhealthy Score **13**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	56%
Proteins	6%
Fats	37%

### Health Costs

At **\$42.45** per pound, the cost of all displayed nutrients is **\$10.99**  
 Net nutrition per dollar is **26**  
**65%** of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02063

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 9.8 ounces or 278 grams

## Rutabagas

### Carbohydrates 8%

Fiber	23%
Sugars, total	28%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	2%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	13%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	4%
Vitamin B-6	12%
Folate	15%
Vitamin B-12	0%
Vitamin C	77%
Vitamin D	
Vitamin E	6%
Vitamin K	0%

### Minerals

Calcium	9%
Copper	6%
Iron	8%
Magnesium	13%
Manganese	21%
Phosphorus	8%
Potassium	23%
Selenium	3%
Sodium	2%
Zinc	6%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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## Food Evaluation

Vitamin Score	139
Mineral Score	97
Protein Score	23
Fiber Score	23

Total Nutrients Score	282
Net Food Score	279

Unhealthy Score 3

### Caloric Content

Carbohydrates	86%
Proteins	9%
Fats	5%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$1.43  
Net nutrition per dollar is 195  
85% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11435

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.4 ounces or 39 grams

## Rye bread

### Carbohydrates 7%

Fiber	7%
Sugars, total	3%

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	5%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	15%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	4%
Iron	6%
Magnesium	3%
Manganese	14%
Phosphorus	2%
Potassium	2%
Selenium	17%
Sodium	11%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	37%
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## Food Evaluation

Vitamin Score	39
Mineral Score	53
Protein Score	25
Fiber Score	7

Total Nutrients Score	126
Net Food Score	114

Unhealthy Score 12

### Caloric Content

Carbohydrates	77%
Proteins	12%
Fats	11%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.26  
Net nutrition per dollar is 446  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18060

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Safflower oil, linoleic**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	38%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	26%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	11%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	26
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	33
Net Food Score	30

Unhealthy Score 4

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$2.50 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 474  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04510

Food Group Code 0400

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

## Saffron

### Carbohydrates 8%

Fiber	4%
Sugars, total	

### Fats 3%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	2%
Pantothenic acid	
Vitamin B-6	14%
Folate	8%
Vitamin B-12	0%
Vitamin C	29%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	3%
Copper	5%
Iron	20%
Magnesium	17%
Manganese	398%
Phosphorus	4%
Potassium	14%
Selenium	3%
Sodium	2%
Zinc	2%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	12%
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## Food Evaluation

Vitamin Score	61
Mineral Score	466
Protein Score	4
Fiber Score	4

Total Nutrients Score	535
Net Food Score	531

Unhealthy Score 5

### Caloric Content

Carbohydrates	75%
Proteins	9%
Fats	16%

### Health Costs

At \$128.77 per pound, the cost of all displayed nutrients is **\$9.16**  
 Net nutrition per dollar is **58**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02037

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

Sage

### Carbohydrates 7%

Fiber	43%
Sugars, total	1%

### Fats 7%

Saturated	12%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	37%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	36%
Folate	22%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	16%
Vitamin K	181%

### Minerals

Calcium	37%
Copper	12%
Iron	50%
Magnesium	27%
Manganese	43%
Phosphorus	1%
Potassium	8%
Selenium	2%
Sodium	0%
Zinc	10%

### Other Nutrient

Beta-carotene	22%
Lycopene	0%
Phytosterols	17%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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## Food Evaluation

Vitamin Score	328
Mineral Score	191
Protein Score	3
Fiber Score	43

Total Nutrients Score	567
Net Food Score	555

Unhealthy Score 12

### Caloric Content

Carbohydrates	58%
Proteins	8%
Fats	34%

### Health Costs

At \$128.77 per pound, the cost of all displayed nutrients is **\$9.01**  
 Net nutrition per dollar is **62**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02038

Food Group Code 0200



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 23 grams**

**Salad dressing, sesame seed**

**Carbohydrates** 1%

Fiber	1%
Sugars, total	3%

**Fats** 18%

Saturated	8%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	26%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	1%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	8%
Vitamin K	4%

**Minerals**

Calcium	0%
Copper	0%
Iron	1%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	1%
Selenium	1%
Sodium	10%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	3
Protein Score	4
Fiber Score	1

Total Nutrients Score	32
Net Food Score	14

Unhealthy Score 17

**Caloric Content**

Carbohydrates	7%
Proteins	3%
Fats	90%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.20  
 Net nutrition per dollar is 72  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04016

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.9 ounces or 55 grams**

**Salmon**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 8%

Saturated	4%
Trans fats	
Cholesterol	13%
Monounsaturated	7%
Polyunsaturated	8%
Omega-3 fats	76%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	13%
Isoleucine*	15%
Leucine*	12%
Lysine*	14%
Methionine*	10%
Cystine	3%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	13%
Valine*	13%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	8%
Riboflavin (B-2)	10%
Niacin (B-3)	25%
Pantothenic acid	11%
Vitamin B-6	22%
Folate	4%
Vitamin B-12	28%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	9%
Iron	3%
Magnesium	4%
Manganese	1%
Phosphorus	7%
Potassium	9%
Selenium	37%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	60%
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**Food Evaluation**

Vitamin Score	107
Mineral Score	73
Protein Score	132
Fiber Score	0

Total Nutrients Score	<b>470</b>
Net Food Score	<b>452</b>

Unhealthy Score 18

**Caloric Content**

Carbohydrates	0%
Proteins	60%
Fats	40%

**Health Costs**

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.73**  
 Net nutrition per dollar is **623**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 15209

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**

**Salmon oil**

Amount for 100 calories is **0.4 ounces or 11 grams**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 20%

Saturated	12%
Trans fats	
Cholesterol	18%
Monounsaturated	15%
Polyunsaturated	20%
Omega-3 fats	237%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	489
Net Food Score	459

Unhealthy Score 30

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.15**  
 Net nutrition per dollar is **3138**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04593

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.3 ounces or 122 grams**

**Salsify, (vegetable oyster)**

**Carbohydrates** 8%

Fiber	13%
Sugars, total	

**Fats** 0%

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	10%
Niacin (B-3)	3%
Pantothenic acid	5%
Vitamin B-6	14%
Folate	8%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	5%
Copper	5%
Iron	5%
Magnesium	6%
Manganese	14%
Phosphorus	5%
Potassium	12%
Selenium	1%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	77%
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**Food Evaluation**

Vitamin Score	55
Mineral Score	56
Protein Score	4
Fiber Score	13

Total Nutrients Score	128
Net Food Score	127

Unhealthy Score 1

**Caloric Content**

Carbohydrates	87%
Proteins	11%
Fats	2%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.61  
 Net nutrition per dollar is 206  
 87% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11437

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.8 ounces or 23 grams**

**Saltines (oyster, soup)**

**Carbohydrates** 6%

Fiber	2%
Sugars, total	0%

**Fats** 5%

Saturated	2%
Trans fats	17%
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	3%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	3%
Iron	7%
Magnesium	1%
Manganese	7%
Phosphorus	1%
Potassium	1%
Selenium	3%
Sodium	11%
Zinc	1%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	28
Mineral Score	26
Protein Score	17
Fiber Score	2

Total Nutrients Score	83
Net Food Score	53

Unhealthy Score 30

**Caloric Content**

Carbohydrates	68%
Proteins	9%
Fats	23%

**Health Costs**

At \$2.27 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 453  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 18228

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 11 grams

## Sardine oil

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 20%

Saturated	18%
Trans fats	
Cholesterol	26%
Monounsaturated	17%
Polyunsaturated	16%
Omega-3 fats	158%
Omega-6 fats	0%

### Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	9%
Vitamin E	
Vitamin K	

### Minerals

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

0%

## Food Evaluation

Vitamin Score	9
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	342
Net Food Score	298

Unhealthy Score 44

### Caloric Content

Carbohydrates	0%
Proteins	0%
Fats	100%

### Health Costs

At \$4.99 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 2440  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04594

Food Group Code 0400

**% of Daily Requirements from 100 Calories of Sauerkraut**  
 Amount for 100 calories is 18.6 ounces or 526 grams

**Carbohydrates** 8%

Fiber	51%
Sugars, total	17%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	5%
Vitamin B-6	29%
Folate	32%
Vitamin B-12	0%
Vitamin C	86%
Vitamin D	
Vitamin E	5%
Vitamin K	23%

**Minerals**

Calcium	11%
Copper	25%
Iron	43%
Magnesium	14%
Manganese	35%
Phosphorus	5%
Potassium	22%
Selenium	5%
Sodium	151%
Zinc	7%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score 194  
 Mineral Score 167  
 Protein Score 27  
 Fiber Score 51

**Total Nutrients Score 438**  
**Net Food Score 286**

Unhealthy Score 152

**Caloric Content**

Carbohydrates 82%  
 Proteins 12%  
 Fats 6%

**Health Costs**

At \$0.83 per pound, the cost of all displayed nutrients is \$0.96  
 Net nutrition per dollar is 297  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11439 Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.3 ounces or 37 grams

## Savory

### Carbohydrates 9%

Fiber	56%
Sugars, total	

### Fats 4%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	38%
Thiamin (B-1)	7%
Riboflavin (B-2)	
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	28%
Folate	
Vitamin B-12	0%
Vitamin C	20%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	56%
Copper	16%
Iron	77%
Magnesium	28%
Manganese	98%
Phosphorus	3%
Potassium	10%
Selenium	2%
Sodium	0%
Zinc	11%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

9%

## Food Evaluation

Vitamin Score	99
Mineral Score	299
Protein Score	2
Fiber Score	56

Total Nutrients Score **457**

Net Food Score **450**

Unhealthy Score **7**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	76%
Proteins	6%
Fats	18%

### Health Costs

At **\$7.73** per pound, the cost of all displayed nutrients is **\$0.63**  
 Net nutrition per dollar is **719**  
**100%** of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02039

Food Group Code 0200



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.0 ounces or 114 grams

## Scallops

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 2%

Saturated	0%
Trans fats	
Cholesterol	13%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	15%
Omega-6 fats	0%

### Proteins 19%

Histidine*	12%
Isoleucine*	19%
Leucine*	14%
Lysine*	16%
Methionine*	10%
Cystine	6%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	17%
Tryptophan*	18%
Valine*	15%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	7%
Folate	5%
Vitamin B-12	29%
Vitamin C	4%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	3%
Iron	2%
Magnesium	13%
Manganese	4%
Phosphorus	12%
Potassium	9%
Selenium	36%
Sodium	8%
Zinc	7%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	56
Mineral Score	89
Protein Score	161
Fiber Score	0

Total Nutrients Score	337
Net Food Score	316

Unhealthy Score 21

### Caloric Content

Carbohydrates	11%
Proteins	81%
Fats	8%

### Health Costs

At \$8.99 per pound, the cost of all displayed nutrients is \$2.25  
Net nutrition per dollar is 140  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15172

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 13.6 ounces or 385 grams**

**Seaweed, agar**

**Carbohydrates** 9%

Fiber	6%
Sugars, total	2%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	1%
Pantothenic acid	12%
Vitamin B-6	5%
Folate	82%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	22%
Vitamin K	3%

**Minerals**

Calcium	15%
Copper	12%
Iron	40%
Magnesium	52%
Manganese	62%
Phosphorus	1%
Potassium	22%
Selenium	4%
Sodium	2%
Zinc	15%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	129
Mineral Score	222
Protein Score	2
Fiber Score	6

Total Nutrients Score	363
Net Food Score	361

Unhealthy Score 2

**Caloric Content**

Carbohydrates	94%
Proteins	5%
Fats	1%

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$16.95**  
 Net nutrition per dollar is **21**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11442 Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 8.2 ounces or 233 grams

Seaweed, kelp

### Carbohydrates 8%

Fiber	10%
Sugars, total	3%

### Fats 2%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	1%
Omega-6 fats	0%

### Proteins 4%

Histidine*	2%
Isoleucine*	4%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	5%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	9%
Valine*	3%

### Vitamins

Vitamin A	5%
Thiamin (B-1)	6%
Riboflavin (B-2)	12%
Niacin (B-3)	5%
Pantothenic acid	15%
Vitamin B-6	0%
Folate	105%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	13%
Vitamin K	51%

### Minerals

Calcium	28%
Copper	15%
Iron	37%
Magnesium	56%
Manganese	20%
Phosphorus	5%
Potassium	5%
Selenium	2%
Sodium	24%
Zinc	19%

### Other Nutrient

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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## Food Evaluation

Vitamin Score	221
Mineral Score	188
Protein Score	37
Fiber Score	10

Total Nutrients Score	458
Net Food Score	432

Unhealthy Score 27

### Caloric Content

Carbohydrates	80%
Proteins	10%
Fats	11%

### Health Costs

At \$19.99 per pound, the cost of all displayed nutrients is \$10.25  
Net nutrition per dollar is 42  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11445

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 13.6 ounces or 385 grams**

**Seaweed, spirulina**

**Carbohydrates** 3%

Fiber	
Sugars, total	

**Fats** 3%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 23%

Histidine*	14%
Isoleucine*	29%
Leucine*	20%
Lysine*	14%
Methionine*	10%
Cystine	6%
Phenylalanine*	13%
Tyrosine	12%
Threonine*	25%
Tryptophan*	30%
Valine*	25%

**Vitamins**

Vitamin A	4%
Thiamin (B-1)	43%
Riboflavin (B-2)	47%
Niacin (B-3)	21%
Pantothenic acid	13%
Vitamin B-6	5%
Folate	9%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	115%
Iron	60%
Magnesium	15%
Manganese	31%
Phosphorus	2%
Potassium	12%
Selenium	4%
Sodium	16%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score 145  
Mineral Score 247  
Protein Score 222  
Fiber Score

Total Nutrients Score	615
Net Food Score	596

Unhealthy Score 19

**Caloric Content**

Carbohydrates 33%  
Proteins 55%  
Fats 12%

**Health Costs**

At \$19.99 per pound, the cost of all displayed nutrients is \$16.95  
Net nutrition per dollar is 35  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11666

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 7.8 ounces or 222 grams

## Seaweed, wakame

### Carbohydrates 7%

Fiber	4%
Sugars, total	3%

### Fats 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	26%
Omega-6 fats	0%

### Proteins 7%

Histidine*	1%
Isoleucine*	4%
Leucine*	6%
Lysine*	3%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	1%
Threonine*	8%
Tryptophan*	6%
Valine*	8%

### Vitamins

Vitamin A	16%
Thiamin (B-1)	7%
Riboflavin (B-2)	18%
Niacin (B-3)	16%
Pantothenic acid	15%
Vitamin B-6	0%
Folate	109%
Vitamin B-12	0%
Vitamin C	7%
Vitamin D	
Vitamin E	15%
Vitamin K	53%

### Minerals

Calcium	24%
Copper	32%
Iron	27%
Magnesium	48%
Manganese	135%
Phosphorus	9%
Potassium	3%
Selenium	2%
Sodium	84%
Zinc	6%

### Other Nutrient

Beta-carotene	10%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	80%
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## Food Evaluation

Vitamin Score	257
Mineral Score	285
Protein Score	53
Fiber Score	4

Total Nutrients Score	650
Net Food Score	564

Unhealthy Score 86

### Caloric Content

Carbohydrates	72%
Proteins	16%
Fats	12%

### Health Costs

At \$19.99 per pound, the cost of all displayed nutrients is \$9.79  
Net nutrition per dollar is 58  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11669

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Semolina, enriched**

**Carbohydrates** 7%

Fiber	4%
Sugars, total	

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	6%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	1%
Folate	18%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	

**Minerals**

Calcium	0%
Copper	3%
Iron	7%
Magnesium	3%
Manganese	7%
Phosphorus	2%
Potassium	1%
Selenium	35%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	13%
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**Food Evaluation**

Vitamin Score	46
Mineral Score	60
Protein Score	27
Fiber Score	4

Total Nutrients Score	137
Net Food Score	137

Unhealthy Score 0

**Caloric Content**

Carbohydrates	83%
Proteins	14%
Fats	2%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.18  
 Net nutrition per dollar is 749  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 20066

Food Group Code 2000

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams** **Sesame oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	20%
Polyunsaturated	21%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	22%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	2
Mineral Score	0
Protein Score	0
Fiber Score	0

<b>Total Nutrients Score</b>	<b>22</b>
<b>Net Food Score</b>	<b>13</b>

Unhealthy Score 9

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$0.17  
 Net nutrition per dollar is 76  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04058      Food Group Code 0400

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 17 grams**

**Sesame seeds**

**Carbohydrates** 1%

Fiber	7%
Sugars, total	0%

**Fats** 15%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	15%
Polyunsaturated	17%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	6%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	0%
Vitamin B-6	6%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	12%
Copper	36%
Iron	14%
Magnesium	12%
Manganese	19%
Phosphorus	5%
Potassium	2%
Selenium	1%
Sodium	0%
Zinc	9%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	28%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	22
Mineral Score	111
Protein Score	31
Fiber Score	7

Total Nutrients Score	186
Net Food Score	180

Unhealthy Score 7

**Caloric Content**

Carbohydrates	17%
Proteins	11%
Fats	73%

**Health Costs**

At **\$38.42** per pound, the cost of all displayed nutrients is **\$1.48**  
 Net nutrition per dollar is **122**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12023

Food Group Code 1200



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.8 ounces or 51 grams

**Shad**

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 12%

Saturated	9%
Trans fats	
Cholesterol	13%
Monounsaturated	13%
Polyunsaturated	8%
Omega-3 fats	79%
Omega-6 fats	0%

### Proteins 9%

Histidine*	8%
Isoleucine*	9%
Leucine*	7%
Lysine*	9%
Methionine*	6%
Cystine	2%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	8%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	4%
Niacin (B-3)	19%
Pantothenic acid	4%
Vitamin B-6	8%
Folate	2%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	2%
Iron	3%
Magnesium	3%
Manganese	1%
Phosphorus	7%
Potassium	5%
Selenium	26%
Sodium	1%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	68%
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## Food Evaluation

Vitamin Score	47
Mineral Score	50
Protein Score	81
Fiber Score	0

Total Nutrients Score	350
Net Food Score	327

Unhealthy Score 22

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	37%
Fats	63%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.67  
 Net nutrition per dollar is 488  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15094

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.9 ounces or 27 grams

## Shake N Bake

### Carbohydrates 8%

Fiber	
Sugars, total	

### Fats 2%

Saturated	
Trans fats	
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	
Copper	
Iron	
Magnesium	
Manganese	
Phosphorus	
Potassium	
Selenium	
Sodium	33%
Zinc	

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	3%
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## Food Evaluation

Vitamin Score	0
Mineral Score	0
Protein Score	2
Fiber Score	

Total Nutrients Score	2
Net Food Score	-31

Unhealthy Score 33

### Caloric Content

Carbohydrates	85%
Proteins	6%
Fats	9%

### Health Costs

At \$6.64 per pound, the cost of all displayed nutrients is \$0.39  
 Net nutrition per dollar is -80  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18637

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.9 ounces or 139 grams

## Shallots

### Carbohydrates 8%

Fiber	
Sugars, total	

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

### Vitamins

Vitamin A	33%
Thiamin (B-1)	4%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	4%
Vitamin B-6	20%
Folate	12%
Vitamin B-12	
Vitamin C	12%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	4%
Copper	6%
Iron	9%
Magnesium	6%
Manganese	18%
Phosphorus	4%
Potassium	12%
Selenium	2%
Sodium	1%
Zinc	4%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

80%

## Food Evaluation

Vitamin Score 88  
 Mineral Score 64  
 Protein Score 25  
 Fiber Score

Total Nutrients Score **177**  
 Net Food Score **176**

Unhealthy Score 1

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates 89%  
 Proteins 10%  
 Fats 1%

### Health Costs

At \$1.49 per pound, the cost of all displayed nutrients is \$0.52  
 Net nutrition per dollar is 340  
 88% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11677

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.3 ounces or 93 grams

## Sheep milk

### Carbohydrates 2%

Fiber	0%
Sugars, total	

### Fats 12%

Saturated	23%
Trans fats	
Cholesterol	8%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 6%

Histidine*	5%
Isoleucine*	7%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	6%
Valine*	7%

### Vitamins

Vitamin A	3%
Thiamin (B-1)	3%
Riboflavin (B-2)	12%
Niacin (B-3)	2%
Pantothenic acid	4%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	11%
Vitamin C	4%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	13%
Copper	2%
Iron	1%
Magnesium	3%
Manganese	1%
Phosphorus	7%
Potassium	3%
Selenium	2%
Sodium	2%
Zinc	3%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

81%

## Food Evaluation

Vitamin Score	42
Mineral Score	36
Protein Score	58
Fiber Score	0

Total Nutrients Score 143

Net Food Score 110

Unhealthy Score 33

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	19%
Proteins	24%
Fats	57%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.61  
Net nutrition per dollar is 180  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01109

Food Group Code 0100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 34 grams

## Shiitake mushrooms

### Carbohydrates 9%

Fiber	13%
Sugars, total	1%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	4%
Tryptophan*	1%
Valine*	3%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	15%
Niacin (B-3)	22%
Pantothenic acid	74%
Vitamin B-6	14%
Folate	14%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	87%
Iron	3%
Magnesium	9%
Manganese	17%
Phosphorus	5%
Potassium	13%
Selenium	22%
Sodium	0%
Zinc	17%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	145
Mineral Score	174
Protein Score	25
Fiber Score	13

Total Nutrients Score	358
Net Food Score	357

Unhealthy Score 1

### Caloric Content

Carbohydrates	89%
Proteins	8%
Fats	3%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$0.45  
Net nutrition per dollar is 801  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11268

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.3 ounces or 94 grams

## Shrimp

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 3%

Saturated	2%
Trans fats	
Cholesterol	48%
Monounsaturated	1%
Polyunsaturated	3%
Omega-3 fats	31%
Omega-6 fats	0%

### Proteins 19%

Histidine*	12%
Isoleucine*	21%
Leucine*	16%
Lysine*	19%
Methionine*	12%
Cystine	5%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	16%
Tryptophan*	22%
Valine*	16%

### Vitamins

Vitamin A	3%
Thiamin (B-1)	1%
Riboflavin (B-2)	1%
Niacin (B-3)	11%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	1%
Vitamin B-12	18%
Vitamin C	2%
Vitamin D	36%
Vitamin E	7%
Vitamin K	0%

### Minerals

Calcium	4%
Copper	12%
Iron	13%
Magnesium	7%
Manganese	2%
Phosphorus	10%
Potassium	4%
Selenium	51%
Sodium	6%
Zinc	7%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
-------	-----

## Food Evaluation

Vitamin Score	87
Mineral Score	110
Protein Score	177
Fiber Score	0

Total Nutrients Score	437
Net Food Score	382

Unhealthy Score 56

### Caloric Content

Carbohydrates	4%
Proteins	82%
Fats	15%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.25  
 Net nutrition per dollar is 307  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15149

Food Group Code 1500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 30 grams

## Soft pretzels

### Carbohydrates 7%

Fiber	2%
Sugars, total	0%

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	6%
Pantothenic acid	
Vitamin B-6	0%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	2%
Iron	6%
Magnesium	1%
Manganese	
Phosphorus	1%
Potassium	1%
Selenium	7%
Sodium	18%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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## Food Evaluation

Vitamin Score	18
Mineral Score	21
Protein Score	2
Fiber Score	2

Total Nutrients Score	45
Net Food Score	25

Unhealthy Score 19

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	82%
Proteins	10%
Fats	8%

### Health Costs

At \$3.31 per pound, the cost of all displayed nutrients is \$0.22  
Net nutrition per dollar is 117  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43109

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Sorghum

### Carbohydrates 8%

Fiber	6%
Sugars, total	

### Fats 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	5%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	4%
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	
Iron	7%
Magnesium	
Manganese	
Phosphorus	4%
Potassium	3%
Selenium	
Sodium	0%
Zinc	

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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## Food Evaluation

Vitamin Score	9
Mineral Score	15
Protein Score	27
Fiber Score	6

Total Nutrients Score	58
Net Food Score	57

Unhealthy Score 1

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	89%
Proteins	3%
Fats	8%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.13  
Net nutrition per dollar is 444  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20067

Food Group Code 2000



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.6 ounces or 47 grams

## Sour cream

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 17%

Saturated	33%
Trans fats	
Cholesterol	7%
Monounsaturated	13%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

### Vitamins

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	2%
Vitamin B-6	0%
Folate	1%
Vitamin B-12	2%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

### Minerals

Calcium	4%
Copper	0%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	2%
Potassium	2%
Selenium	1%
Sodium	1%
Zinc	1%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	5%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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## Food Evaluation

Vitamin Score	18
Mineral Score	12
Protein Score	15
Fiber Score	0

Total Nutrients Score	57
Net Food Score	17

Unhealthy Score 41

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	8%
Proteins	6%
Fats	86%

### Health Costs

At \$1.50 per pound, the cost of all displayed nutrients is \$0.15  
Net nutrition per dollar is 107  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01056

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.3 ounces or 66 grams**

**Sour cream, reduced fat**

**Carbohydrates** 2%

Fiber	0%
Sugars, total	8%

**Fats** 14%

Saturated	27%
Trans fats	
Cholesterol	11%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	14%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	8%
Copper	
Iron	0%
Magnesium	
Manganese	
Phosphorus	4%
Potassium	3%
Selenium	
Sodium	2%
Zinc	

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	15
Mineral Score	15
Protein Score	3
Fiber Score	0

Total Nutrients Score	33
Net Food Score	-7

Unhealthy Score 40

**Caloric Content**

Carbohydrates	17%
Proteins	12%
Fats	71%

**Health Costs**

At \$1.50 per pound, the cost of all displayed nutrients is \$0.22  
 Net nutrition per dollar is -32  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01193

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**

**Sour red cherries**

Amount for 100 calories is 7.1 ounces or 200 grams

**Carbohydrates** 9%

Fiber	11%
Sugars, total	31%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	51%
Thiamin (B-1)	3%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	4%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	2%
Copper	10%
Iron	4%
Magnesium	4%
Manganese	10%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	31%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	96
Mineral Score	41
Protein Score	2
Fiber Score	11

Total Nutrients Score	150
Net Food Score	149

Unhealthy Score 1

**Caloric Content**

Carbohydrates	88%
Proteins	7%
Fats	5%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$1.95  
 Net nutrition per dollar is 76  
 90% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09063

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.2 ounces or 35 grams**

**Sourdough or French Bread**

**Carbohydrates** 7%

Fiber	3%
Sugars, total	2%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	1%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	20%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	2%
Iron	7%
Magnesium	2%
Manganese	8%
Phosphorus	2%
Potassium	1%
Selenium	13%
Sodium	10%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	28%
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**Food Evaluation**

Vitamin Score	42
Mineral Score	39
Protein Score	27
Fiber Score	3

Total Nutrients Score	113
Net Food Score	102

Unhealthy Score 11

**Caloric Content**

Carbohydrates	78%
Proteins	16%
Fats	6%

**Health Costs**

At \$1.59 per pound, the cost of all displayed nutrients is \$0.12  
 Net nutrition per dollar is 842  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 18029

Food Group Code 1800

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Soy and corn oil, industrial**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	11%
Trans fats	31%
Cholesterol	0%
Monounsaturated	21%
Polyunsaturated	19%
Omega-3 fats	12%
Omega-6 fats	43%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	2%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	2
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	46
Net Food Score	4

Unhealthy Score 42

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$1.06 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 167  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04666

Food Group Code 0400

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 6.8 ounces or 192 grams

## Soy milk

### Carbohydrates 3%

Fiber	8%
Sugars, total	2%

### Fats 7%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	7%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 9%

Histidine*	5%
Isoleucine*	7%
Leucine*	5%
Lysine*	4%
Methionine*	2%
Cystine	0%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	6%
Tryptophan*	8%
Valine*	5%

### Vitamins

Vitamin A	24%
Thiamin (B-1)	6%
Riboflavin (B-2)	4%
Niacin (B-3)	3%
Pantothenic acid	10%
Vitamin B-6	8%
Folate	8%
Vitamin B-12	39%
Vitamin C	0%
Vitamin D	8%
Vitamin E	17%
Vitamin K	2%

### Minerals

Calcium	5%
Copper	14%
Iron	12%
Magnesium	10%
Manganese	18%
Phosphorus	5%
Potassium	6%
Selenium	13%
Sodium	5%
Zinc	6%

### Other Nutrient

Beta-carotene	14%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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## Food Evaluation

Vitamin Score	127
Mineral Score	88
Protein Score	55
Fiber Score	8

Total Nutrients Score	282
Net Food Score	275

Unhealthy Score 7

### Caloric Content

Carbohydrates	39%
Proteins	30%
Fats	31%

### Health Costs

At \$0.63 per pound, the cost of all displayed nutrients is \$0.27  
 Net nutrition per dollar is 1031  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16120

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 30 grams**

**Soy protein isolate**

**Carbohydrates** 1%

Fiber	6%
Sugars, total	0%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 24%

Histidine*	22%
Isoleucine*	29%
Leucine*	21%
Lysine*	18%
Methionine*	8%
Cystine	7%
Phenylalanine*	17%
Tyrosine	12%
Threonine*	20%
Tryptophan*	27%
Valine*	22%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	13%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	4%
Copper	24%
Iron	24%
Magnesium	2%
Manganese	19%
Phosphorus	11%
Potassium	1%
Selenium	0%
Sodium	13%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	20
Mineral Score	93
Protein Score	225
Fiber Score	6

Total Nutrients Score	344
Net Food Score	331

Unhealthy Score 14

**Caloric Content**

Carbohydrates	9%
Proteins	83%
Fats	8%

**Health Costs**

At **\$10.99** per pound, the cost of all displayed nutrients is **\$0.72**  
 Net nutrition per dollar is **461**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16122 Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Soybean oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	30%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	7%
Vitamin K	7%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	14
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	26
Net Food Score	18

Unhealthy Score 9

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$1.26 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 560  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04044

Food Group Code 0400



**% of Daily Requirements from 100 Calories of Soybeans**  
 Amount for 100 calories is 0.8 ounces or 24 grams

**Carbohydrates** 3%

Fiber	7%
Sugars, total	

**Fats** 9%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	8%
Isoleucine*	10%
Leucine*	7%
Lysine*	7%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	10%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	7%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	23%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	1%
Vitamin K	4%

**Minerals**

Calcium	5%
Copper	20%
Iron	21%
Magnesium	13%
Manganese	26%
Phosphorus	8%
Potassium	11%
Selenium	6%
Sodium	0%
Zinc	8%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	55	<b>Total Nutrients Score</b> <b>268</b>	<b>Caloric Content</b>
Mineral Score	119		
Protein Score	82		
Fiber Score	7		
		<b>Net Food Score</b> <b>264</b>	Carbohydrates 29%
		<b>Unhealthy Score</b> <b>4</b>	Proteins 30%
			Fats 40%

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.05**  
 Net nutrition per dollar is **5031**  
**100%** of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*

USDA food number 16108      Food Group Code 1600

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.4 ounces or 68 grams**

**Soybeans, green**

**Carbohydrates** 3%

Fiber	10%
Sugars, total	

**Fats** 8%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	10%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	8%
Isoleucine*	9%
Leucine*	7%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	7%
Tryptophan*	9%
Valine*	7%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	15%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	28%
Vitamin B-12	0%
Vitamin C	22%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	10%
Copper	4%
Iron	13%
Magnesium	9%
Manganese	16%
Phosphorus	7%
Potassium	11%
Selenium	1%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	68%
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**Food Evaluation**

Vitamin Score	79
Mineral Score	75
Protein Score	74
Fiber Score	10

Total Nutrients Score	242
Net Food Score	239

Unhealthy Score 3

**Caloric Content**

Carbohydrates	31%
Proteins	31%
Fats	39%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.56  
Net nutrition per dollar is 425  
53% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11450

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.8 ounces or 52 grams

## Soyburger

### Carbohydrates 1%

Fiber	8%
Sugars, total	1%

### Fats 8%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 11%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	23%
Riboflavin (B-2)	11%
Niacin (B-3)	23%
Pantothenic acid	
Vitamin B-6	26%
Folate	10%
Vitamin B-12	21%
Vitamin C	0%
Vitamin D	
Vitamin E	6%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	18%
Iron	6%
Magnesium	2%
Manganese	
Phosphorus	9%
Potassium	2%
Selenium	1%
Sodium	12%
Zinc	6%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	58%
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## Food Evaluation

Vitamin Score	120
Mineral Score	45
Protein Score	11
Fiber Score	8

Total Nutrients Score	188
Net Food Score	172

Unhealthy Score 15

### Caloric Content

Carbohydrates	15%
Proteins	43%
Fats	42%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.34  
 Net nutrition per dollar is 507  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43133

Food Group Code 1600

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.4 ounces or 323 grams**

**Spaghetti squash**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	6%
Riboflavin (B-2)	2%
Niacin (B-3)	14%
Pantothenic acid	12%
Vitamin B-6	14%
Folate	10%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	5%
Copper	6%
Iron	6%
Magnesium	8%
Manganese	18%
Phosphorus	2%
Potassium	9%
Selenium	1%
Sodium	2%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	68
Mineral Score	58
Protein Score	15
Fiber Score	

Total Nutrients Score	141
Net Food Score	137

Unhealthy Score 4

**Caloric Content**

Carbohydrates	80%
Proteins	5%
Fats	15%

**Health Costs**

At \$0.59 per pound, the cost of all displayed nutrients is \$0.59  
Net nutrition per dollar is 231  
71% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11492

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 27 grams**

**Spaghetti, enriched**

**Carbohydrates** 7%

Fiber	3%
Sugars, total	1%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	4%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	4%
Niacin (B-3)	9%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	26%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	4%
Iron	5%
Magnesium	3%
Manganese	11%
Phosphorus	3%
Potassium	2%
Selenium	24%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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**Food Evaluation**

Vitamin Score	54
Mineral Score	54
Protein Score	28
Fiber Score	3

Total Nutrients Score	140
Net Food Score	139

Unhealthy Score 0

**Caloric Content**

Carbohydrates	83%
Proteins	14%
Fats	3%

**Health Costs**

At \$0.49 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 4779  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 20120

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.1 ounces or 32 grams

## Spam

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 16%

Saturated	17%
Trans fats	
Cholesterol	8%
Monounsaturated	20%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	0%
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	0%
Copper	2%
Iron	2%
Magnesium	1%
Manganese	
Phosphorus	
Potassium	2%
Selenium	
Sodium	19%
Zinc	4%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	53%
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## Food Evaluation

Vitamin Score	1
Mineral Score	10
Protein Score	4
Fiber Score	0

Total Nutrients Score	35
Net Food Score	-9

Unhealthy Score 44

### Caloric Content

Carbohydrates	4%
Proteins	17%
Fats	79%

### Health Costs

At \$3.05 per pound, the cost of all displayed nutrients is \$0.22  
Net nutrition per dollar is -40  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 07276

Food Group Code 0700

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.2 ounces or 35 grams**

**Spearmint, dried**

**Carbohydrates** 7%

Fiber	35%
Sugars, total	

**Fats** 4%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	4%
Isoleucine*	7%
Leucine*	5%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	9%
Valine*	6%

**Vitamins**

Vitamin A	74%
Thiamin (B-1)	5%
Riboflavin (B-2)	18%
Niacin (B-3)	10%
Pantothenic acid	5%
Vitamin B-6	38%
Folate	46%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	37%
Copper	27%
Iron	171%
Magnesium	42%
Manganese	175%
Phosphorus	5%
Potassium	17%
Selenium	
Sodium	5%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	197
Mineral Score	480
Protein Score	59
Fiber Score	35

Total Nutrients Score	770
Net Food Score	762

Unhealthy Score 8

**Caloric Content**

Carbohydrates	65%
Proteins	17%
Fats	18%

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$1.55**  
Net nutrition per dollar is **493**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02066

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 8.0 ounces or 227 grams**

**Spearmint, fresh**

**Carbohydrates** 7%

Fiber	52%
Sugars, total	

**Fats** 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	5%
Isoleucine*	7%
Leucine*	6%
Lysine*	4%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	9%
Valine*	7%

**Vitamins**

Vitamin A	184%
Thiamin (B-1)	9%
Riboflavin (B-2)	14%
Niacin (B-3)	10%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	60%
Vitamin B-12	0%
Vitamin C	34%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	32%
Copper	27%
Iron	150%
Magnesium	29%
Manganese	110%
Phosphorus	7%
Potassium	26%
Selenium	
Sodium	3%
Zinc	17%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	331
Mineral Score	398
Protein Score	63
Fiber Score	52

Total Nutrients Score	<b>844</b>
Net Food Score	<b>838</b>

Unhealthy Score 5

**Caloric Content**

Carbohydrates	68%
Proteins	18%
Fats	14%

**Health Costs**

At **\$9.99** per pound, the cost of all displayed nutrients is **\$12.21**  
Net nutrition per dollar is **69**  
**41%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02065

Food Group Code 0200



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 15.3 ounces or 435 grams**

**Spinach**

**Carbohydrates** 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 Nutrient**

Beta-carotene	489%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	2019
Mineral Score	456
Protein Score	114
Fiber Score	32

Total Nutrients Score	2621
Net Food Score	2604

Unhealthy Score 16

**Caloric Content**

Carbohydrates	56%
Proteins	30%
Fats	14%

**Health Costs**

At \$2.88 per pound, the cost of all displayed nutrients is \$3.83  
Net nutrition per dollar is 679  
72% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 18.6 ounces or 526 grams**

**Spinach, canned**

**Carbohydrates** 6%

Fiber	28%
Sugars, total	

**Fats** 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 11%

Histidine*	8%
Isoleucine*	13%
Leucine*	9%
Lysine*	8%
Methionine*	5%
Cystine	3%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	10%
Tryptophan*	12%
Valine*	11%

**Vitamins**

Vitamin A	677%
Thiamin (B-1)	5%
Riboflavin (B-2)	20%
Niacin (B-3)	6%
Pantothenic acid	2%
Vitamin B-6	18%
Folate	76%
Vitamin B-12	0%
Vitamin C	79%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	31%
Copper	31%
Iron	46%
Magnesium	59%
Manganese	113%
Phosphorus	8%
Potassium	30%
Selenium	9%
Sodium	73%
Zinc	15%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	883
Mineral Score	342
Protein Score	101
Fiber Score	28

Total Nutrients Score	1355
Net Food Score	1280

Unhealthy Score 75

**Caloric Content**

Carbohydrates	56%
Proteins	28%
Fats	17%

**Health Costs**

At \$1.01 per pound, the cost of all displayed nutrients is \$1.17  
 Net nutrition per dollar is 1092  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11459

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.1 ounces or 30 grams**

**Splemda sweetener**

**Carbohydrates** 10%

Fiber	0%
Sugars, total	44%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	0
Net Food Score	0

Unhealthy Score 0

**Caloric Content**

Carbohydrates	100%
Proteins	0%
Fats	0%

**Health Costs**

At \$21.85 per pound, the cost of all displayed nutrients is \$1.46  
Net nutrition per dollar is 0  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19868

Food Group Code 1900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Split peas

### Carbohydrates 6%

Fiber	25%
Sugars, total	4%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	6%
Methionine*	2%
Cystine	3%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	5%
Tryptophan*	7%
Valine*	6%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	5%
Vitamin B-6	2%
Folate	20%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

### Minerals

Calcium	1%
Copper	13%
Iron	7%
Magnesium	7%
Manganese	18%
Phosphorus	5%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	6%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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## Food Evaluation

Vitamin Score	47
Mineral Score	65
Protein Score	60
Fiber Score	25

Total Nutrients Score	197
Net Food Score	196

Unhealthy Score 0

### Caloric Content

Carbohydrates	72%
Proteins	25%
Fats	3%

### Health Costs

At \$0.89 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 3414  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16085

Food Group Code 1600

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 15.3 ounces or 435 grams**

**Sprouted alfalfa seeds**

**Carbohydrates** 3%

Fiber	28%
Sugars, total	1%

**Fats** 5%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 17%

Histidine*	
Isoleucine*	14%
Leucine*	12%
Lysine*	10%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	12%
Tryptophan*	
Valine*	11%

**Vitamins**

Vitamin A	13%
Thiamin (B-1)	17%
Riboflavin (B-2)	20%
Niacin (B-3)	10%
Pantothenic acid	24%
Vitamin B-6	6%
Folate	39%
Vitamin B-12	0%
Vitamin C	40%
Vitamin D	
Vitamin E	1%
Vitamin K	44%

**Minerals**

Calcium	10%
Copper	34%
Iron	23%
Magnesium	23%
Manganese	36%
Phosphorus	15%
Potassium	9%
Selenium	4%
Sodium	1%
Zinc	27%

**Other Nutrient**

Beta-carotene	8%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	213
Mineral Score	180
Protein Score	78
Fiber Score	28

Total Nutrients Score	500
Net Food Score	497

Unhealthy Score 3

**Caloric Content**

Carbohydrates	33%
Proteins	42%
Fats	25%

**Health Costs**

At \$5.32 per pound, the cost of all displayed nutrients is \$5.10  
Net nutrition per dollar is 98  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11001

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 12.2 ounces or 345 grams**

**Sprouted kidney beans**

**Carbohydrates** 5%

Fiber	
Sugars, total	

**Fats** 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	13%
Isoleucine*	15%
Leucine*	11%
Lysine*	9%
Methionine*	3%
Cystine	4%
Phenylalanine*	9%
Tyrosine	6%
Threonine*	13%
Tryptophan*	12%
Valine*	13%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	64%
Riboflavin (B-2)	31%
Niacin (B-3)	46%
Pantothenic acid	13%
Vitamin B-6	12%
Folate	51%
Vitamin B-12	0%
Vitamin C	148%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	27%
Iron	16%
Magnesium	14%
Manganese	27%
Phosphorus	6%
Potassium	16%
Selenium	3%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	365
Mineral Score	124
Protein Score	123
Fiber Score	

Total Nutrients Score	612
Net Food Score	610

Unhealthy Score 2

**Caloric Content**

Carbohydrates	50%
Proteins	35%
Fats	14%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$2.27  
Net nutrition per dollar is 268  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11029

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 10.7 ounces or 303 grams**

**Sprouted kidney beans, cooked**

**Carbohydrates** 5%

Fiber	
Sugars, total	

**Fats** 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	13%
Isoleucine*	15%
Leucine*	11%
Lysine*	9%
Methionine*	3%
Cystine	4%
Phenylalanine*	9%
Tyrosine	6%
Threonine*	13%
Tryptophan*	12%
Valine*	13%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	55%
Riboflavin (B-2)	30%
Niacin (B-3)	42%
Pantothenic acid	12%
Vitamin B-6	12%
Folate	36%
Vitamin B-12	0%
Vitamin C	120%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	26%
Iron	15%
Magnesium	14%
Manganese	26%
Phosphorus	6%
Potassium	15%
Selenium	3%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	89%
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**Food Evaluation**

Vitamin Score	305
Mineral Score	118
Protein Score	124
Fiber Score	

Total Nutrients Score	547
Net Food Score	545

Unhealthy Score 2

**Caloric Content**

Carbohydrates	50%
Proteins	35%
Fats	14%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$2.00  
 Net nutrition per dollar is 273  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11030

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.3 ounces or 94 grams

## Sprouted lentils

### Carbohydrates 8%

Fiber	
Sugars, total	

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 8%

Histidine*	8%
Isoleucine*	7%
Leucine*	6%
Lysine*	8%
Methionine*	2%
Cystine	7%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	
Valine*	7%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	4%
Niacin (B-3)	5%
Pantothenic acid	5%
Vitamin B-6	7%
Folate	24%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	2%
Copper	17%
Iron	17%
Magnesium	7%
Manganese	21%
Phosphorus	8%
Potassium	8%
Selenium	1%
Sodium	0%
Zinc	9%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

67%

## Food Evaluation

Vitamin Score 75  
Mineral Score 89  
Protein Score 68  
Fiber Score

Total Nutrients Score 232

Net Food Score 231

Unhealthy Score 1

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates 75%  
Proteins 21%  
Fats 4%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$0.83  
Net nutrition per dollar is 278  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11248

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.5 ounces or 99 grams**

**Sprouted lentils, cooked**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	8%
Isoleucine*	7%
Leucine*	6%
Lysine*	8%
Methionine*	2%
Cystine	7%
Phenylalanine*	5%
Tyrosine	3%
Threonine*	7%
Tryptophan*	
Valine*	7%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	11%
Riboflavin (B-2)	3%
Niacin (B-3)	5%
Pantothenic acid	6%
Vitamin B-6	7%
Folate	17%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	17%
Iron	17%
Magnesium	7%
Manganese	22%
Phosphorus	8%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	11%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	69%
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**Food Evaluation**

Vitamin Score	63
Mineral Score	89
Protein Score	70
Fiber Score	

Total Nutrients Score	223
Net Food Score	222

Unhealthy Score 1

**Caloric Content**

Carbohydrates	75%
Proteins	21%
Fats	4%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.65  
 Net nutrition per dollar is 340  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11249

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.8 ounces or 333 grams**

**Sprouted mung beans**

**Carbohydrates** 7%

Fiber	20%
Sugars, total	25%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	7%
Isoleucine*	10%
Leucine*	6%
Lysine*	6%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	10%
Valine*	8%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	14%
Riboflavin (B-2)	15%
Niacin (B-3)	11%
Pantothenic acid	13%
Vitamin B-6	12%
Folate	51%
Vitamin B-12	0%
Vitamin C	49%
Vitamin D	
Vitamin E	2%
Vitamin K	37%

**Minerals**

Calcium	3%
Copper	27%
Iron	17%
Magnesium	14%
Manganese	27%
Phosphorus	9%
Potassium	12%
Selenium	3%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	11%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	205
Mineral Score	122
Protein Score	74
Fiber Score	20

Total Nutrients Score	421
Net Food Score	420

Unhealthy Score 2

**Caloric Content**

Carbohydrates	70%
Proteins	25%
Fats	5%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$2.93  
Net nutrition per dollar is 143  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11043

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 16.8 ounces or 476 grams**

**Sprouted mung beans, cooked**

**Carbohydrates** 7%

Fiber	13%
Sugars, total	25%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	8%
Isoleucine*	11%
Leucine*	6%
Lysine*	7%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	6%
Tryptophan*	11%
Valine*	8%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	12%
Riboflavin (B-2)	17%
Niacin (B-3)	18%
Pantothenic acid	12%
Vitamin B-6	11%
Folate	35%
Vitamin B-12	0%
Vitamin C	60%
Vitamin D	
Vitamin E	2%
Vitamin K	36%

**Minerals**

Calcium	4%
Copper	29%
Iron	17%
Magnesium	13%
Manganese	29%
Phosphorus	7%
Potassium	12%
Selenium	4%
Sodium	2%
Zinc	15%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	204
Mineral Score	130
Protein Score	78
Fiber Score	13

Total Nutrients Score	425
Net Food Score	422

Unhealthy Score 3

**Caloric Content**

Carbohydrates	72%
Proteins	24%
Fats	4%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$5.24  
 Net nutrition per dollar is 81  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11044

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.3 ounces or 149 grams**

**Sprouted navy beans**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	8%
Isoleucine*	9%
Leucine*	7%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	29%
Riboflavin (B-2)	11%
Niacin (B-3)	8%
Pantothenic acid	12%
Vitamin B-6	12%
Folate	49%
Vitamin B-12	0%
Vitamin C	31%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	27%
Iron	16%
Magnesium	30%
Manganese	26%
Phosphorus	7%
Potassium	11%
Selenium	1%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	154
Mineral Score	130
Protein Score	78
Fiber Score	

Total Nutrients Score	362
Net Food Score	360

Unhealthy Score 2

**Caloric Content**

Carbohydrates	69%
Proteins	22%
Fats	9%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$1.31**  
 Net nutrition per dollar is **274**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11046

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.5 ounces or 128 grams**

**Sprouted navy beans, cooked**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	8%
Isoleucine*	9%
Leucine*	7%
Lysine*	6%
Methionine*	2%
Cystine	2%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	8%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	24%
Riboflavin (B-2)	11%
Niacin (B-3)	7%
Pantothenic acid	11%
Vitamin B-6	11%
Folate	34%
Vitamin B-12	0%
Vitamin C	25%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	25%
Iron	15%
Magnesium	28%
Manganese	25%
Phosphorus	7%
Potassium	10%
Selenium	1%
Sodium	1%
Zinc	8%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score 123  
 Mineral Score 121  
 Protein Score 77  
 Fiber Score

Total Nutrients Score	321
Net Food Score	320

Unhealthy Score 1

**Caloric Content**

Carbohydrates 69%  
 Proteins 22%  
 Fats 9%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.85  
 Net nutrition per dollar is 378  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11047

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.8 ounces or 78 grams**

**Sprouted peas**

**Carbohydrates** 8%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	4%
Isoleucine*	3%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	3%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	
Valine*	3%

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	9%
Riboflavin (B-2)	4%
Niacin (B-3)	11%
Pantothenic acid	8%
Vitamin B-6	9%
Folate	28%
Vitamin B-12	0%
Vitamin C	9%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	11%
Iron	10%
Magnesium	9%
Manganese	15%
Phosphorus	6%
Potassium	7%
Selenium	1%
Sodium	1%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	62%
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**Food Evaluation**

Vitamin Score	80
Mineral Score	66
Protein Score	34
Fiber Score	

Total Nutrients Score	181
Net Food Score	180

Unhealthy Score 1

**Caloric Content**

Carbohydrates	79%
Proteins	17%
Fats	4%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$0.86  
Net nutrition per dollar is 209  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11316

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.6 ounces or 102 grams**

**Sprouted peas, cooked**

**Carbohydrates** 6%

Fiber	
Sugars, total	

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	7%
Isoleucine*	5%
Leucine*	5%
Lysine*	6%
Methionine*	2%
Cystine	5%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	5%
Tryptophan*	
Valine*	5%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	11%
Riboflavin (B-2)	10%
Niacin (B-3)	5%
Pantothenic acid	7%
Vitamin B-6	5%
Folate	9%
Vitamin B-12	0%
Vitamin C	7%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	1%
Iron	9%
Magnesium	8%
Manganese	14%
Phosphorus	1%
Potassium	7%
Selenium	1%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
-------	-----

**Food Evaluation**

Vitamin Score 58  
 Mineral Score 49  
 Protein Score 53  
 Fiber Score

Total Nutrients Score	161
Net Food Score	160

Unhealthy Score 1

**Caloric Content**

Carbohydrates 71%  
 Proteins 25%  
 Fats 4%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$1.12  
 Net nutrition per dollar is 143  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11317

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.7 ounces or 161 grams**

**Sprouted pinto beans**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	8%
Isoleucine*	9%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	8%
Tryptophan*	7%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	19%
Riboflavin (B-2)	10%
Niacin (B-3)	17%
Pantothenic acid	12%
Vitamin B-6	11%
Folate	48%
Vitamin B-12	0%
Vitamin C	39%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	5%
Copper	26%
Iron	18%
Magnesium	17%
Manganese	26%
Phosphorus	8%
Potassium	12%
Selenium	1%
Sodium	11%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	81%
-------	-----

**Food Evaluation**

Vitamin Score	155
Mineral Score	118
Protein Score	72
Fiber Score	

Total Nutrients Score	<b>346</b>
Net Food Score	<b>334</b>

Unhealthy Score 12

**Caloric Content**

Carbohydrates	67%
Proteins	21%
Fats	12%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$1.06**  
 Net nutrition per dollar is **314**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11653

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 16.0 ounces or 455 grams**

**Sprouted pinto beans, cooked**

**Carbohydrates** 7%

Fiber	
Sugars, total	

**Fats** 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	4%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	8%
Isoleucine*	9%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	5%
Tyrosine	4%
Threonine*	8%
Tryptophan*	7%
Valine*	8%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	15%
Riboflavin (B-2)	10%
Niacin (B-3)	15%
Pantothenic acid	11%
Vitamin B-6	10%
Folate	33%
Vitamin B-12	0%
Vitamin C	31%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	5%
Copper	24%
Iron	17%
Magnesium	16%
Manganese	24%
Phosphorus	7%
Potassium	11%
Selenium	4%
Sodium	10%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score 125  
 Mineral Score 114  
 Protein Score 72  
 Fiber Score

Total Nutrients Score	310
Net Food Score	299

Unhealthy Score 11

**Caloric Content**

Carbohydrates 67%  
 Proteins 21%  
 Fats 12%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$3.00  
 Net nutrition per dollar is 100  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11654

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 8.2 ounces or 233 grams**

**Sprouted radish seeds**

**Carbohydrates** 3%

Fiber	
Sugars, total	

**Fats** 11%

Saturated	10%
Trans fats	
Cholesterol	0%
Monounsaturated	4%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 9%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	18%
Thiamin (B-1)	12%
Riboflavin (B-2)	9%
Niacin (B-3)	30%
Pantothenic acid	17%
Vitamin B-6	28%
Folate	55%
Vitamin B-12	0%
Vitamin C	75%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	8%
Copper	14%
Iron	11%
Magnesium	20%
Manganese	26%
Phosphorus	13%
Potassium	5%
Selenium	2%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	243
Mineral Score	109
Protein Score	9
Fiber Score	

Total Nutrients Score	366
Net Food Score	355

Unhealthy Score 10

**Caloric Content**

Carbohydrates	31%
Proteins	21%
Fats	48%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$2.05  
Net nutrition per dollar is 174  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11676

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.9 ounces or 82 grams**

**Sprouted soybeans**

**Carbohydrates** 3%

Fiber	3%
Sugars, total	

**Fats** 10%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 11%

Histidine*	9%
Isoleucine*	11%
Leucine*	8%
Lysine*	7%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	9%
Tryptophan*	11%
Valine*	9%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	14%
Riboflavin (B-2)	3%
Niacin (B-3)	4%
Pantothenic acid	8%
Vitamin B-6	6%
Folate	35%
Vitamin B-12	0%
Vitamin C	14%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	18%
Iron	10%
Magnesium	12%
Manganese	25%
Phosphorus	7%
Potassium	10%
Selenium	1%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	69%
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**Food Evaluation**

Vitamin Score	85
Mineral Score	92
Protein Score	91
Fiber Score	3

Total Nutrients Score	276
Net Food Score	271

Unhealthy Score 5

**Caloric Content**

Carbohydrates	28%
Proteins	26%
Fats	46%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.54  
Net nutrition per dollar is 502  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11452

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.4 ounces or 123 grams**

**Sprouted soybeans, cooked**

**Carbohydrates** 3%

Fiber	3%
Sugars, total	1%

**Fats** 10%

Saturated	4%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	14%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	9%
Isoleucine*	11%
Leucine*	8%
Lysine*	7%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	9%
Tryptophan*	10%
Valine*	9%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	13%
Riboflavin (B-2)	2%
Niacin (B-3)	6%
Pantothenic acid	9%
Vitamin B-6	5%
Folate	25%
Vitamin B-12	0%
Vitamin C	11%
Vitamin D	
Vitamin E	2%
Vitamin K	14%

**Minerals**

Calcium	5%
Copper	20%
Iron	9%
Magnesium	15%
Manganese	38%
Phosphorus	8%
Potassium	11%
Selenium	1%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	88
Mineral Score	116
Protein Score	89
Fiber Score	3

Total Nutrients Score	302
Net Food Score	297

Unhealthy Score 5

**Caloric Content**

Carbohydrates	29%
Proteins	25%
Fats	46%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$1.09  
 Net nutrition per dollar is 274  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11453

Food Group Code 1100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.8 ounces or 51 grams**

**Sprouted wheat**

**Carbohydrates** 8%

Fiber	2%
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	3%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	7%
Pantothenic acid	5%
Vitamin B-6	6%
Folate	5%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	7%
Iron	6%
Magnesium	8%
Manganese	41%
Phosphorus	5%
Potassium	2%
Selenium	31%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	48%
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**Food Evaluation**

Vitamin Score	32
Mineral Score	106
Protein Score	32
Fiber Score	2

Total Nutrients Score	172
Net Food Score	171

Unhealthy Score 1

**Caloric Content**

Carbohydrates	81%
Proteins	14%
Fats	5%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.44  
Net nutrition per dollar is 386  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20087

Food Group Code 2000

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **3.3 ounces or 93 grams**

**Stewed prunes**

**Carbohydrates** 10%

Fiber	10%
Sugars, total	42%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	6%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	8%
Folate	0%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	1%
Vitamin K	8%

**Minerals**

Calcium	1%
Copper	6%
Iron	2%
Magnesium	3%
Manganese	5%
Phosphorus	1%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	3%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	36
Mineral Score	28
Protein Score	1
Fiber Score	10

Total Nutrients Score	75
Net Food Score	75

Unhealthy Score 0

**Caloric Content**

Carbohydrates	96%
Proteins	3%
Fats	1%

**Health Costs**

At **\$4.52** per pound, the cost of all displayed nutrients is **\$1.10**  
 Net nutrition per dollar is **68**  
**85%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09292

Food Group Code 0900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.0 ounces or 313 grams**

**Strawberries**

**Carbohydrates** 9%

Fiber	21%
Sugars, total	28%

**Fats** 2%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	19%
Vitamin B-12	0%
Vitamin C	204%
Vitamin D	
Vitamin E	6%
Vitamin K	2%

**Minerals**

Calcium	4%
Copper	8%
Iron	7%
Magnesium	8%
Manganese	52%
Phosphorus	4%
Potassium	12%
Selenium	2%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	254
Mineral Score	99
Protein Score	13
Fiber Score	21

Total Nutrients Score	387
Net Food Score	387

Unhealthy Score 0

**Caloric Content**

Carbohydrates	85%
Proteins	7%
Fats	8%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$2.92  
Net nutrition per dollar is 132  
94% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 09316

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **3.6 ounces or 103 grams**

**Striped bass**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 4%

Saturated	3%
Trans fats	
Cholesterol	27%
Monounsaturated	3%
Polyunsaturated	4%
Omega-3 fats	49%
Omega-6 fats	0%

**Proteins** 18%

Histidine*	17%
Isoleucine*	19%
Leucine*	16%
Lysine*	19%
Methionine*	12%
Cystine	4%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	17%
Tryptophan*	17%
Valine*	17%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	10%
Pantothenic acid	8%
Vitamin B-6	13%
Folate	2%
Vitamin B-12	66%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	5%
Magnesium	8%
Manganese	1%
Phosphorus	10%
Potassium	7%
Selenium	54%
Sodium	3%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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**Food Evaluation**

Vitamin Score	107
Mineral Score	90
Protein Score	173
Fiber Score	0

Total Nutrients Score	<b>470</b>
Net Food Score	<b>436</b>

Unhealthy Score **33**

**Caloric Content**

Carbohydrates	0%
Proteins	78%
Fats	22%

**Health Costs**

At **\$5.99** per pound, the cost of all displayed nutrients is **\$1.36**  
 Net nutrition per dollar is **320**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 15004

Food Group Code 1500



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.9 ounces or 26 grams**

**Sugar, granulated**

**Carbohydrates** 9%

Fiber	0%
Sugars, total	47%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	0
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	0
Net Food Score	0

Unhealthy Score 0

**Caloric Content**

Carbohydrates	100%
Proteins	0%
Fats	0%

**Health Costs**

At \$0.50 per pound, the cost of all displayed nutrients is \$0.03  
 Net nutrition per dollar is 16  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19335

Food Group Code 1900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 22.0 ounces or 625 grams**

**Summer squash**

**Carbohydrates** 8%

Fiber	23%
Sugars, total	25%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	6%
Valine*	6%

**Vitamins**

Vitamin A	25%
Thiamin (B-1)	15%
Riboflavin (B-2)	32%
Niacin (B-3)	14%
Pantothenic acid	10%
Vitamin B-6	57%
Folate	45%
Vitamin B-12	0%
Vitamin C	118%
Vitamin D	
Vitamin E	5%
Vitamin K	6%

**Minerals**

Calcium	7%
Copper	16%
Iron	12%
Magnesium	21%
Manganese	48%
Phosphorus	12%
Potassium	41%
Selenium	2%
Sodium	1%
Zinc	12%

**Other Nutrient**

Beta-carotene	15%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	327
Mineral Score	170
Protein Score	53
Fiber Score	23

Total Nutrients Score	573
Net Food Score	571

Unhealthy Score 2

**Caloric Content**

Carbohydrates	73%
Proteins	18%
Fats	9%

**Health Costs**

At \$1.49 per pound, the cost of all displayed nutrients is \$2.16  
Net nutrition per dollar is 264  
95% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11641

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.4 ounces or 39 grams**

**Sun-dried tomatoes**

**Carbohydrates** 8%

Fiber	16%
Sugars, total	26%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	3%
Isoleucine*	3%
Leucine*	2%
Lysine*	2%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	7%
Thiamin (B-1)	10%
Riboflavin (B-2)	7%
Niacin (B-3)	16%
Pantothenic acid	8%
Vitamin B-6	5%
Folate	7%
Vitamin B-12	0%
Vitamin C	17%
Vitamin D	
Vitamin E	0%
Vitamin K	6%

**Minerals**

Calcium	3%
Copper	28%
Iron	20%
Magnesium	15%
Manganese	31%
Phosphorus	7%
Potassium	33%
Selenium	3%
Sodium	35%
Zinc	5%

**Other Nutrient**

Beta-carotene	4%
Lycopene	79%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
-------	-----

**Food Evaluation**

Vitamin Score	82
Mineral Score	145
Protein Score	30
Fiber Score	16

Total Nutrients Score	273
Net Food Score	237

Unhealthy Score 36

**Caloric Content**

Carbohydrates	77%
Proteins	13%
Fats	10%

**Health Costs**

At \$17.87 per pound, the cost of all displayed nutrients is \$1.53  
 Net nutrition per dollar is 155  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11955

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Sunflower oil, linoleic**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	23%
Polyunsaturated	21%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	31%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	55
Net Food Score	48

Unhealthy Score 6

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$0.17  
 Net nutrition per dollar is 277  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04060

Food Group Code 0400

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.4 ounces or 11 grams**

**Sunflower oil, oleic**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	43%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	31%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	31
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	74
Net Food Score	68

Unhealthy Score 6

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$0.10**  
 Net nutrition per dollar is **685**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04584

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Sunflower seed kernels**  
Amount for 100 calories is 0.6 ounces or 18 grams

<b>Carbohydrates</b> 1%	
Fiber	6%
Sugars, total	1%

<b>Fats</b> 16%	
Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	26%
Omega-3 fats	0%
Omega-6 fats	0%

<b>Proteins</b> 4%	
Histidine*	4%
Isoleucine*	5%
Leucine*	3%
Lysine*	2%
Methionine*	2%
Cystine	2%
Phenylalanine*	3%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	4%

<b>Vitamins</b>	
Vitamin A	0%
Thiamin (B-1)	20%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	12%
Vitamin B-6	6%
Folate	10%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	40%
Vitamin K	0%

<b>Minerals</b>	
Calcium	1%
Copper	15%
Iron	7%
Magnesium	12%
Manganese	15%
Phosphorus	6%
Potassium	3%
Selenium	15%
Sodium	0%
Zinc	6%

<b>Other Nutrient</b>	
Beta-carotene	0%
Lycopene	0%
Phytosterols	21%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	94
Mineral Score	81
Protein Score	37
Fiber Score	6

<b>Total Nutrients Score</b>	<b>226</b>
<b>Net Food Score</b>	<b>221</b>

Unhealthy Score 5

<b>Caloric Content</b>	
Carbohydrates	13%
Proteins	14%
Fats	73%

**Health Costs**

At \$3.51 per pound, the cost of all displayed nutrients is \$0.25  
Net nutrition per dollar is 879  
54% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12036      Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 18.6 ounces or 526 grams**

**Swamp cabbage**

**Carbohydrates** 6%

Fiber	37%
Sugars, total	

**Fats** 2%

Saturated	
Trans fats	
Cholesterol	0%
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	8%
Isoleucine*	13%
Leucine*	8%
Lysine*	6%
Methionine*	5%
Cystine	3%
Phenylalanine*	8%
Tyrosine	5%
Threonine*	16%
Tryptophan*	
Valine*	13%

**Vitamins**

Vitamin A	663%
Thiamin (B-1)	8%
Riboflavin (B-2)	19%
Niacin (B-3)	22%
Pantothenic acid	7%
Vitamin B-6	21%
Folate	75%
Vitamin B-12	0%
Vitamin C	322%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	29%
Copper	6%
Iron	49%
Magnesium	75%
Manganese	37%
Phosphorus	10%
Potassium	41%
Selenium	7%
Sodium	26%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	1136
Mineral Score	260
Protein Score	99
Fiber Score	37

Total Nutrients Score	1532
Net Food Score	1506

Unhealthy Score 26

**Caloric Content**

Carbohydrates	58%
Proteins	33%
Fats	9%

**Health Costs**

At \$1.49 per pound, the cost of all displayed nutrients is \$2.25  
Net nutrition per dollar is 671  
77% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11503

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.1 ounces or 116 grams

## Sweet potato

### Carbohydrates 9%

Fiber	12%
Sugars, total	9%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

### Vitamins

Vitamin A	330%
Thiamin (B-1)	5%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	9%
Vitamin B-6	10%
Folate	3%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

### Minerals

Calcium	2%
Copper	9%
Iron	4%
Magnesium	6%
Manganese	13%
Phosphorus	3%
Potassium	10%
Selenium	1%
Sodium	3%
Zinc	2%

### Other Nutrient

Beta-carotene	198%
Lycopene	0%
Phytosterols	3%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
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Caffeine	0%
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Percent(%) of food item's weight that is water:

Water	77%
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## Food Evaluation

Vitamin Score 368  
 Mineral Score 50  
 Protein Score 18  
 Fiber Score 12

Total Nutrients Score	448
Net Food Score	445

Unhealthy Score 3

### Caloric Content

Carbohydrates 94%  
 Proteins 5%  
 Fats 0%

### Health Costs

At \$0.79 per pound, the cost of all displayed nutrients is \$0.28  
 Net nutrition per dollar is 1581  
 72% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11507

Food Group Code 1100



**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **5.6 ounces or 159 grams**

**Sweet red cherries**

**Carbohydrates** 9%

Fiber	11%
Sugars, total	37%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	0%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	3%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	0%
Vitamin C	12%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	1%
Copper	5%
Iron	3%
Magnesium	3%
Manganese	5%
Phosphorus	2%
Potassium	9%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	82%
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**Food Evaluation**

Vitamin Score	29
Mineral Score	29
Protein Score	8
Fiber Score	11

Total Nutrients Score	78
Net Food Score	78

Unhealthy Score 0

**Caloric Content**

Carbohydrates	92%
Proteins	6%
Fats	3%

**Health Costs**

At **\$5.99** per pound, the cost of all displayed nutrients is **\$2.33**  
 Net nutrition per dollar is **33**  
**90%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09070

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.1 ounces or 116 grams**

**Sweet yellow corn**

**Carbohydrates** 8%

Fiber	10%
Sugars, total	7%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	3%
Isoleucine*	3%
Leucine*	4%
Lysine*	2%
Methionine*	2%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	2%
Valine*	4%

**Vitamins**

Vitamin A	5%
Thiamin (B-1)	12%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	9%
Vitamin B-6	3%
Folate	13%
Vitamin B-12	0%
Vitamin C	9%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	3%
Iron	3%
Magnesium	9%
Manganese	8%
Phosphorus	5%
Potassium	8%
Selenium	1%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	62
Mineral Score	41
Protein Score	32
Fiber Score	10

Total Nutrients Score	148
Net Food Score	146

Unhealthy Score 2

**Caloric Content**

Carbohydrates	79%
Proteins	9%
Fats	12%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$1.42  
 Net nutrition per dollar is 103  
 36% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11167

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 18.6 ounces or 526 grams**

**Swiss chard**

**Carbohydrates** 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 Nutrient**

Beta-carotene	384%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	2428
Mineral Score	369
Protein Score	83
Fiber Score	28

Total Nutrients Score	2909
Net Food Score	2859

Unhealthy Score 50

**Caloric Content**

Carbohydrates	69%
Proteins	23%
Fats	9%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$1.25  
 Net nutrition per dollar is 2290  
 92% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 0.9 ounces or 26 grams

## Swiss cheese

### Carbohydrates 1%

Fiber	0%
Sugars, total	1%

### Fats 13%

Saturated	25%
Trans fats	
Cholesterol	8%
Monounsaturated	9%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	9%
Isoleucine*	9%
Leucine*	8%
Lysine*	8%
Methionine*	5%
Cystine	2%
Phenylalanine*	5%
Tyrosine	5%
Threonine*	6%
Tryptophan*	9%
Valine*	10%

### Vitamins

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	15%
Vitamin C	0%
Vitamin D	3%
Vitamin E	1%
Vitamin K	0%

### Minerals

Calcium	15%
Copper	1%
Iron	0%
Magnesium	2%
Manganese	0%
Phosphorus	7%
Potassium	1%
Selenium	7%
Sodium	2%
Zinc	8%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	37%
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## Food Evaluation

Vitamin Score	29
Mineral Score	40
Protein Score	83
Fiber Score	0

Total Nutrients Score	161
Net Food Score	125

Unhealthy Score 36

### Caloric Content

Carbohydrates	5%
Proteins	30%
Fats	64%

### Health Costs

At \$2.29 per pound, the cost of all displayed nutrients is \$0.13  
 Net nutrition per dollar is 943  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01040

Food Group Code 0100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.9 ounces or 83 grams**

**Swordfish**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 6%

Saturated	5%
Trans fats	
Cholesterol	11%
Monounsaturated	6%
Polyunsaturated	3%
Omega-3 fats	33%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	15%
Isoleucine*	17%
Leucine*	14%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	7%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

**Vitamins**

Vitamin A	2%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	36%
Pantothenic acid	3%
Vitamin B-6	11%
Folate	0%
Vitamin B-12	24%
Vitamin C	1%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	5%
Iron	4%
Magnesium	4%
Manganese	1%
Phosphorus	11%
Potassium	6%
Selenium	57%
Sodium	3%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	76%
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**Food Evaluation**

Vitamin Score	86
Mineral Score	94
Protein Score	155
Fiber Score	0

Total Nutrients Score	407
Net Food Score	388

Unhealthy Score 19

**Caloric Content**

Carbohydrates	0%
Proteins	70%
Fats	30%

**Health Costs**

At \$6.99 per pound, the cost of all displayed nutrients is \$1.27  
Net nutrition per dollar is 305  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15110

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.7 ounces or 189 grams**

**Tangerines, mandarin oranges**

**Carbohydrates** 9%

Fiber	11%
Sugars, total	36%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	1%
Tryptophan*	0%
Valine*	1%

**Vitamins**

Vitamin A	26%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	3%
Pantothenic acid	4%
Vitamin B-6	6%
Folate	8%
Vitamin B-12	0%
Vitamin C	56%
Vitamin D	
Vitamin E	3%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	4%
Iron	2%
Magnesium	5%
Manganese	3%
Phosphorus	2%
Potassium	8%
Selenium	0%
Sodium	0%
Zinc	1%

**Other Nutrient**

Beta-carotene	6%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
-------	-----

**Food Evaluation**

Vitamin Score	113
Mineral Score	29
Protein Score	7
Fiber Score	11

Total Nutrients Score	161
Net Food Score	160

Unhealthy Score 1

**Caloric Content**

Carbohydrates	90%
Proteins	5%
Fats	5%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.56**  
 Net nutrition per dollar is **288**  
**74%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 09218

Food Group Code 0900

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.2 ounces or 34 grams

**Taragon, dried**

**Carbohydrates** 6%

Fiber	8%
Sugars, total	

**Fats** 4%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	28%
Thiamin (B-1)	4%
Riboflavin (B-2)	16%
Niacin (B-3)	14%
Pantothenic acid	
Vitamin B-6	34%
Folate	23%
Vitamin B-12	0%
Vitamin C	19%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	28%
Copper	11%
Iron	61%
Magnesium	24%
Manganese	117%
Phosphorus	5%
Potassium	26%
Selenium	2%
Sodium	1%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	139
Mineral Score	283
Protein Score	8
Fiber Score	8

Total Nutrients Score	<b>438</b>
Net Food Score	<b>434</b>

Unhealthy Score 4

**Caloric Content**

Carbohydrates	61%
Proteins	19%
Fats	21%

**Health Costs**

At \$63.87 per pound, the cost of all displayed nutrients is \$4.77  
 Net nutrition per dollar is 91  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02041

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.1 ounces or 89 grams

## Taro

### Carbohydrates 9%

Fiber	12%
Sugars, total	1%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	1%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	4%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	3%
Vitamin B-6	11%
Folate	5%
Vitamin B-12	0%
Vitamin C	4%
Vitamin D	
Vitamin E	14%
Vitamin K	0%

### Minerals

Calcium	3%
Copper	8%
Iron	3%
Magnesium	6%
Manganese	15%
Phosphorus	4%
Potassium	13%
Selenium	1%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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## Food Evaluation

Vitamin Score	46
Mineral Score	53
Protein Score	12
Fiber Score	12

Total Nutrients Score	123
Net Food Score	123

Unhealthy Score 1

### Caloric Content

Carbohydrates	95%
Proteins	4%
Fats	1%

### Health Costs

At \$9.99 per pound, the cost of all displayed nutrients is \$2.29  
 Net nutrition per dollar is 54  
 86% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11518

Food Group Code 1100



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.8 ounces or 52 grams**

**Tempeh**

**Carbohydrates** 2%

Fiber	
Sugars, total	

**Fats** 10%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	8%
Isoleucine*	10%
Leucine*	8%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	9%
Tryptophan*	8%
Valine*	9%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	7%
Niacin (B-3)	6%
Pantothenic acid	1%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	1%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	15%
Iron	8%
Magnesium	8%
Manganese	29%
Phosphorus	7%
Potassium	5%
Selenium	0%
Sodium	0%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	60%
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**Food Evaluation**

Vitamin Score	25
Mineral Score	80
Protein Score	81
Fiber Score	
<b>Total Nutrients Score</b>	<b>193</b>
<b>Net Food Score</b>	<b>186</b>
<b>Unhealthy Score</b>	<b>6</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	20%
Proteins	33%
Fats	47%

**Health Costs**

At \$5.99 per pound, the cost of all displayed nutrients is **\$0.68**

Net nutrition per dollar is **272**

**100%** of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*

USDA food number 16114      Food Group Code 1600

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.3 ounces or 36 grams

**Thyme, dried**

**Carbohydrates** 8%

Fiber	45%
Sugars, total	1%

**Fats** 5%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	
Isoleucine*	4%
Leucine*	2%
Lysine*	1%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	2%
Tryptophan*	6%
Valine*	3%

**Vitamins**

Vitamin A	28%
Thiamin (B-1)	9%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	
Vitamin B-6	8%
Folate	25%
Vitamin B-12	0%
Vitamin C	20%
Vitamin D	
Vitamin E	18%
Vitamin K	207%

**Minerals**

Calcium	49%
Copper	16%
Iron	249%
Magnesium	16%
Manganese	124%
Phosphorus	4%
Potassium	7%
Selenium	2%
Sodium	1%
Zinc	15%

**Other Nutrient**

Beta-carotene	16%
Lycopene	0%
Phytosterols	13%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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**Food Evaluation**

Vitamin Score	329
Mineral Score	481
Protein Score	20
Fiber Score	45

Total Nutrients Score	876
Net Food Score	870

Unhealthy Score 6

**Caloric Content**

Carbohydrates	69%
Proteins	8%
Fats	23%

**Health Costs**

At \$120.65 per pound, the cost of all displayed nutrients is **\$9.64**  
 Net nutrition per dollar is **90**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02042

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 3.5 ounces or 99 grams

**Thyme, fresh**

**Carbohydrates** 9%

Fiber	46%
Sugars, total	

**Fats** 3%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	
Isoleucine*	6%
Leucine*	3%
Lysine*	1%
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	3%
Tryptophan*	9%
Valine*	5%

**Vitamins**

Vitamin A	94%
Thiamin (B-1)	2%
Riboflavin (B-2)	17%
Niacin (B-3)	8%
Pantothenic acid	4%
Vitamin B-6	14%
Folate	11%
Vitamin B-12	0%
Vitamin C	176%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	29%
Copper	27%
Iron	96%
Magnesium	32%
Manganese	74%
Phosphorus	5%
Potassium	15%
Selenium	
Sodium	0%
Zinc	12%

**Other Nutrient**

Beta-carotene	56%
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	65%
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**Food Evaluation**

Vitamin Score	327
Mineral Score	290
Protein Score	34
Fiber Score	46

Total Nutrients Score	698
Net Food Score	695

Unhealthy Score 3

**Caloric Content**

Carbohydrates	73%
Proteins	13%
Fats	14%

**Health Costs**

At \$42.45 per pound, the cost of all displayed nutrients is \$13.63  
 Net nutrition per dollar is 51  
 68% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02049

Food Group Code 0200

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.7 ounces or 104 grams

## Tilefish

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 4%

Saturated	2%
Trans fats	
Cholesterol	17%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	32%
Omega-6 fats	0%

### Proteins 18%

Histidine*	17%
Isoleucine*	19%
Leucine*	15%
Lysine*	19%
Methionine*	12%
Cystine	4%
Phenylalanine*	9%
Tyrosine	8%
Threonine*	17%
Tryptophan*	17%
Valine*	17%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	6%
Riboflavin (B-2)	6%
Niacin (B-3)	14%
Pantothenic acid	8%
Vitamin B-6	11%
Folate	4%
Vitamin B-12	38%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	2%
Copper	2%
Iron	1%
Magnesium	6%
Manganese	0%
Phosphorus	10%
Potassium	11%
Selenium	54%
Sodium	2%
Zinc	3%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	79%
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## Food Evaluation

Vitamin Score	88
Mineral Score	90
Protein Score	173
Fiber Score	0

Total Nutrients Score	418
Net Food Score	396

Unhealthy Score 22

### Caloric Content

Carbohydrates	0%
Proteins	78%
Fats	22%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.61  
Net nutrition per dollar is 247  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15112

Food Group Code 1500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 3.0 ounces or 86 grams**

**Tofu**

**Carbohydrates** 2%

Fiber	
Sugars, total	

**Fats** 12%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	18%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	7%
Isoleucine*	8%
Leucine*	6%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	6%
Tryptophan*	9%
Valine*	6%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	6%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	16%
Iron	9%
Magnesium	9%
Manganese	44%
Phosphorus	3%
Potassium	2%
Selenium	21%
Sodium	108%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	22
Mineral Score	117
Protein Score	65
Fiber Score	

Total Nutrients Score	211
Net Food Score	98

Unhealthy Score 113

**Caloric Content**

Carbohydrates	18%
Proteins	24%
Fats	58%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.38  
Net nutrition per dollar is 258  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16132

Food Group Code 1600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.8 ounces or 106 grams

## Tofu yogurt

### Carbohydrates 6%

Fiber	1%
Sugars, total	2%

### Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	1%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	
Vitamin B-6	1%
Folate	2%
Vitamin B-12	0%
Vitamin C	3%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

### Minerals

Calcium	9%
Copper	4%
Iron	6%
Magnesium	9%
Manganese	
Phosphorus	2%
Potassium	1%
Selenium	20%
Sodium	2%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	78%
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## Food Evaluation

Vitamin Score	15
Mineral Score	53
Protein Score	4
Fiber Score	1

Total Nutrients Score	74
Net Food Score	71

Unhealthy Score 3

### Caloric Content

Carbohydrates	68%
Proteins	15%
Fats	17%

### Health Costs

At \$3.99 per pound, the cost of all displayed nutrients is \$0.94  
 Net nutrition per dollar is 76  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 43476

Food Group Code 1600

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 3.9 ounces or 110 grams**

**Tofu, extra firm**

**Carbohydrates** 1%

Fiber	1%
Sugars, total	1%

**Fats** 11%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	22%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 11%

Histidine*	10%
Isoleucine*	12%
Leucine*	9%
Lysine*	8%
Methionine*	3%
Cystine	3%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	9%
Tryptophan*	14%
Valine*	10%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	5%
Vitamin B-6	3%
Folate	5%
Vitamin B-12	0%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	14%
Copper	10%
Iron	11%
Magnesium	12%
Manganese	36%
Phosphorus	7%
Potassium	4%
Selenium	20%
Sodium	0%
Zinc	8%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	81%
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**Food Evaluation**

Vitamin Score	19
Mineral Score	123
Protein Score	101
Fiber Score	1

Total Nutrients Score	266
Net Food Score	262

Unhealthy Score 4

**Caloric Content**

Carbohydrates	9%
Proteins	38%
Fats	53%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.48  
Net nutrition per dollar is 544  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16159

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.0 ounces or 143 grams**

**Tofu, firm**

**Carbohydrates** 1%

Fiber	4%
Sugars, total	2%

**Fats** 11%

Saturated	7%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	12%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 12%

Histidine*	10%
Isoleucine*	15%
Leucine*	11%
Lysine*	7%
Methionine*	4%
Cystine	1%
Phenylalanine*	8%
Tyrosine	6%
Threonine*	12%
Tryptophan*	14%
Valine*	12%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	3%
Niacin (B-3)	1%
Pantothenic acid	2%
Vitamin B-6	4%
Folate	7%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	21%
Copper	15%
Iron	13%
Magnesium	11%
Manganese	39%
Phosphorus	9%
Potassium	5%
Selenium	20%
Sodium	1%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
-------	-----

**Food Evaluation**

Vitamin Score	22
Mineral Score	140
Protein Score	112
Fiber Score	4

Total Nutrients Score	286
Net Food Score	279

Unhealthy Score 7

**Caloric Content**

Carbohydrates	10%
Proteins	40%
Fats	50%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.63  
 Net nutrition per dollar is 445  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16126

Food Group Code 1600



**% of Daily Requirements from 100 Calories of**

**Tofu, fried**

Amount for 100 calories is 1.3 ounces or 37 grams

**Carbohydrates** 1%

Fiber	5%
Sugars, total	2%

**Fats** 13%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	7%
Polyunsaturated	19%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	6%
Isoleucine*	7%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	3%
Threonine*	5%
Tryptophan*	8%
Valine*	6%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	0%
Pantothenic acid	1%
Vitamin B-6	2%
Folate	2%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	10%
Copper	7%
Iron	10%
Magnesium	4%
Manganese	24%
Phosphorus	5%
Potassium	1%
Selenium	15%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	51%
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**Food Evaluation**

Vitamin Score	10
Mineral Score	82
Protein Score	59
Fiber Score	5

Total Nutrients Score	163
Net Food Score	157

Unhealthy Score 6

**Caloric Content**

Carbohydrates	16%
Proteins	22%
Fats	62%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$0.32  
 Net nutrition per dollar is 483  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16129

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 11.0 ounces or 313 grams**

**Tomatillos**

**Carbohydrates** 7%

Fiber	20%
Sugars, total	22%

**Fats** 6%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	6%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	7%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	26%
Pantothenic acid	5%
Vitamin B-6	7%
Folate	5%
Vitamin B-12	0%
Vitamin C	41%
Vitamin D	
Vitamin E	8%
Vitamin K	10%

**Minerals**

Calcium	2%
Copper	12%
Iron	11%
Magnesium	13%
Manganese	21%
Phosphorus	6%
Potassium	21%
Selenium	2%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	4%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	120
Mineral Score	92
Protein Score	3
Fiber Score	20

Total Nutrients Score	237
Net Food Score	235

Unhealthy Score 2

**Caloric Content**

Carbohydrates	66%
Proteins	7%
Fats	27%

**Health Costs**

At \$1.88 per pound, the cost of all displayed nutrients is  
 Net nutrition per dollar is  
 of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11954

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 20.7 ounces or 588 grams**

**Tomato juice**

**Carbohydrates** 9%

Fiber	8%
Sugars, total	38%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	53%
Thiamin (B-1)	14%
Riboflavin (B-2)	7%
Niacin (B-3)	18%
Pantothenic acid	15%
Vitamin B-6	27%
Folate	29%
Vitamin B-12	0%
Vitamin C	120%
Vitamin D	
Vitamin E	13%
Vitamin K	5%

**Minerals**

Calcium	4%
Copper	18%
Iron	14%
Magnesium	13%
Manganese	18%
Phosphorus	5%
Potassium	34%
Selenium	3%
Sodium	3%
Zinc	6%

**Other Nutrient**

Beta-carotene	32%
Lycopene	266%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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**Food Evaluation**

Vitamin Score	299
Mineral Score	114
Protein Score	21
Fiber Score	8

Total Nutrients Score	442
Net Food Score	440

Unhealthy Score 3

**Caloric Content**

Carbohydrates	87%
Proteins	11%
Fats	2%

**Health Costs**

At \$0.87 per pound, the cost of all displayed nutrients is \$1.13  
 Net nutrition per dollar is 390  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11886

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 4.3 ounces or 122 grams

## Tomato paste

### Carbohydrates 8%

Fiber	17%
Sugars, total	27%

### Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 5%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	3%
Tryptophan*	2%
Valine*	2%

### Vitamins

Vitamin A	37%
Thiamin (B-1)	4%
Riboflavin (B-2)	7%
Niacin (B-3)	17%
Pantothenic acid	2%
Vitamin B-6	11%
Folate	4%
Vitamin B-12	0%
Vitamin C	30%
Vitamin D	
Vitamin E	35%
Vitamin K	5%

### Minerals

Calcium	3%
Copper	22%
Iron	20%
Magnesium	10%
Manganese	16%
Phosphorus	5%
Potassium	31%
Selenium	9%
Sodium	42%
Zinc	5%

### Other Nutrient

Beta-carotene	22%
Lycopene	175%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	74%
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## Food Evaluation

Vitamin Score	150
Mineral Score	122
Protein Score	23
Fiber Score	17

Total Nutrients Score	312
Net Food Score	270

Unhealthy Score 43

### Caloric Content

Carbohydrates	82%
Proteins	13%
Fats	5%

### Health Costs

At \$1.07 per pound, the cost of all displayed nutrients is \$0.29  
Net nutrition per dollar is 938  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11887

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **5.9 ounces or 167 grams**

**Tomato soup**

**Carbohydrates** 8%

Fiber	7%
Sugars, total	25%

**Fats** 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	13%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	8%
Pantothenic acid	1%
Vitamin B-6	6%
Folate	0%
Vitamin B-12	0%
Vitamin C	24%
Vitamin D	
Vitamin E	4%
Vitamin K	2%

**Minerals**

Calcium	2%
Copper	13%
Iron	10%
Magnesium	5%
Manganese	9%
Phosphorus	2%
Potassium	10%
Selenium	12%
Sodium	40%
Zinc	3%

**Other Nutrient**

Beta-carotene	8%
Lycopene	91%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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**Food Evaluation**

Vitamin Score	64
Mineral Score	65
Protein Score	17
Fiber Score	7

Total Nutrients Score	155
Net Food Score	113

Unhealthy Score 42

**Caloric Content**

Carbohydrates	84%
Proteins	7%
Fats	8%

**Health Costs**

At **\$1.12** per pound, the cost of all displayed nutrients is **\$0.41**  
 Net nutrition per dollar is **275**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 06159

Food Group Code 0600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 20.7 ounces or 588 grams**

**Tomatoes, canned**

**Carbohydrates** 9%

Fiber	20%
Sugars, total	25%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	14%
Thiamin (B-1)	13%
Riboflavin (B-2)	12%
Niacin (B-3)	19%
Pantothenic acid	7%
Vitamin B-6	27%
Folate	12%
Vitamin B-12	0%
Vitamin C	61%
Vitamin D	
Vitamin E	27%
Vitamin K	5%

**Minerals**

Calcium	13%
Copper	20%
Iron	32%
Magnesium	13%
Manganese	20%
Phosphorus	6%
Potassium	28%
Selenium	1%
Sodium	37%
Zinc	5%

**Other Nutrient**

Beta-carotene	8%
Lycopene	79%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	94%
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**Food Evaluation**

Vitamin Score	196
Mineral Score	137
Protein Score	5
Fiber Score	20

<b>Total Nutrients Score</b>	<b>358</b>
<b>Net Food Score</b>	<b>321</b>

Unhealthy Score 37

**Caloric Content**

Carbohydrates	83%
Proteins	11%
Fats	6%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$1.28**  
 Net nutrition per dollar is **250**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11531

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 19.6 ounces or 556 grams**

**Tomatoes, ripe**

**Carbohydrates** 8%

Fiber	22%
Sugars, total	27%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	2%
Isoleucine*	2%
Leucine*	1%
Lysine*	2%
Methionine*	1%
Cystine	1%
Phenylalanine*	5%
Tyrosine	1%
Threonine*	3%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	93%
Thiamin (B-1)	10%
Riboflavin (B-2)	4%
Niacin (B-3)	15%
Pantothenic acid	5%
Vitamin B-6	19%
Folate	21%
Vitamin B-12	0%
Vitamin C	78%
Vitamin D	
Vitamin E	20%
Vitamin K	15%

**Minerals**

Calcium	4%
Copper	16%
Iron	8%
Magnesium	12%
Manganese	28%
Phosphorus	7%
Potassium	33%
Selenium	0%
Sodium	1%
Zinc	6%

**Other Nutrient**

Beta-carotene	50%
Lycopene	71%
Phytosterols	9%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	279
Mineral Score	114
Protein Score	28
Fiber Score	22

Total Nutrients Score	444
Net Food Score	442

Unhealthy Score 2

**Caloric Content**

Carbohydrates	79%
Proteins	12%
Fats	9%

**Health Costs**

At **\$1.99** per pound, the cost of all displayed nutrients is **\$2.68**  
 Net nutrition per dollar is **165**  
**91%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11529

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.6 ounces or 44 grams

**Top loin pork roast**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 9%

Saturated	10%
Trans fats	
Cholesterol	12%
Monounsaturated	11%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 13%

Histidine*	16%
Isoleucine*	14%
Leucine*	11%
Lysine*	13%
Methionine*	8%
Cystine	4%
Phenylalanine*	6%
Tyrosine	5%
Threonine*	12%
Tryptophan*	13%
Valine*	12%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	14%
Riboflavin (B-2)	5%
Niacin (B-3)	10%
Pantothenic acid	2%
Vitamin B-6	7%
Folate	1%
Vitamin B-12	4%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	0%
Iron	2%
Magnesium	2%
Manganese	0%
Phosphorus	5%
Potassium	4%
Selenium	29%
Sodium	1%
Zinc	7%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	59%
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**Food Evaluation**

Vitamin Score	43
Mineral Score	49
Protein Score	127
Fiber Score	0

Total Nutrients Score	230
Net Food Score	207

Unhealthy Score 22

**Caloric Content**

Carbohydrates	0%
Proteins	54%
Fats	46%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$0.53  
 Net nutrition per dollar is 392  
 92% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 10065

Food Group Code 1000



**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.8 ounces or 22 grams**

**Trail mix, regular**

**Carbohydrates** 4%

Fiber	
Sugars, total	

**Fats** 11%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	5%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	11%
Iron	4%
Magnesium	7%
Manganese	10%
Phosphorus	4%
Potassium	4%
Selenium	
Sodium	2%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	9%
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**Food Evaluation**

Vitamin Score	20
Mineral Score	44
Protein Score	24
Fiber Score	

Total Nutrients Score	101
Net Food Score	92

Unhealthy Score 9

**Caloric Content**

Carbohydrates	36%
Proteins	10%
Fats	54%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.05**  
 Net nutrition per dollar is **1946**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19059

Food Group Code 2500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.4 ounces or 67 grams

## Trout

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 7%

Saturated	6%
Trans fats	
Cholesterol	15%
Monounsaturated	5%
Polyunsaturated	6%
Omega-3 fats	41%
Omega-6 fats	0%

### Proteins 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	13%
Lysine*	16%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	14%
Valine*	14%

### Vitamins

Vitamin A	1%
Thiamin (B-1)	5%
Riboflavin (B-2)	2%
Niacin (B-3)	17%
Pantothenic acid	7%
Vitamin B-6	10%
Folate	3%
Vitamin B-12	70%
Vitamin C	1%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	4%
Copper	2%
Iron	1%
Magnesium	4%
Manganese	1%
Phosphorus	9%
Potassium	7%
Selenium	13%
Sodium	2%
Zinc	2%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

71%

## Food Evaluation

Vitamin Score	117
Mineral Score	43
Protein Score	145
Fiber Score	0

Total Nutrients Score **393**

Net Food Score **370**

Unhealthy Score **23**

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	65%
Fats	35%

### Health Costs

At **\$5.99** per pound, the cost of all displayed nutrients is **\$0.88**  
 Net nutrition per dollar is **420**  
**100%** of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15116

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.8 ounces or 51 grams**

**Tuna, canned in oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 7%

Saturated	4%
Trans fats	
Cholesterol	3%
Monounsaturated	7%
Polyunsaturated	7%
Omega-3 fats	4%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	14%
Isoleucine*	16%
Leucine*	12%
Lysine*	15%
Methionine*	10%
Cystine	4%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	14%
Tryptophan*	13%
Valine*	14%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	28%
Pantothenic acid	2%
Vitamin B-6	2%
Folate	1%
Vitamin B-12	19%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	0%
Copper	2%
Iron	4%
Magnesium	3%
Manganese	0%
Phosphorus	8%
Potassium	3%
Selenium	55%
Sodium	1%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	60%
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**Food Evaluation**

Vitamin Score	56
Mineral Score	78
Protein Score	139
Fiber Score	0

Total Nutrients Score	288
Net Food Score	279

Unhealthy Score 8

**Caloric Content**

Carbohydrates	0%
Proteins	63%
Fats	37%

**Health Costs**

At \$2.40 per pound, the cost of all displayed nutrients is \$0.27  
 Net nutrition per dollar is 1046  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 15183

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 3.0 ounces or 86 grams**

**Tuna, canned in water**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	9%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	15%
Omega-6 fats	0%

**Proteins** 22%

Histidine*	21%
Isoleucine*	23%
Leucine*	19%
Lysine*	23%
Methionine*	15%
Cystine	5%
Phenylalanine*	10%
Tyrosine	9%
Threonine*	20%
Tryptophan*	20%
Valine*	20%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	52%
Pantothenic acid	2%
Vitamin B-6	13%
Folate	1%
Vitamin B-12	43%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	2%
Iron	7%
Magnesium	5%
Manganese	0%
Phosphorus	7%
Potassium	5%
Selenium	99%
Sodium	2%
Zinc	4%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	75%
-------	-----

**Food Evaluation**

Vitamin Score	115
Mineral Score	131
Protein Score	208
Fiber Score	0

Total Nutrients Score	485
Net Food Score	473

Unhealthy Score 12

**Caloric Content**

Carbohydrates	0%
Proteins	94%
Fats	6%

**Health Costs**

At \$2.40 per pound, the cost of all displayed nutrients is \$0.46  
 Net nutrition per dollar is 1037  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 15184

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.4 ounces or 69 grams**

**Turkey leg, meat and skin**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 8%

Saturated	8%
Trans fats	
Cholesterol	16%
Monounsaturated	7%
Polyunsaturated	6%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 14%

Histidine*	13%
Isoleucine*	16%
Leucine*	11%
Lysine*	14%
Methionine*	9%
Cystine	3%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	13%
Tryptophan*	12%
Valine*	13%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	5%
Niacin (B-3)	9%
Pantothenic acid	8%
Vitamin B-6	10%
Folate	2%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	5%
Iron	7%
Magnesium	3%
Manganese	1%
Phosphorus	6%
Potassium	5%
Selenium	26%
Sodium	2%
Zinc	14%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	73%
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**Food Evaluation**

Vitamin Score	41
Mineral Score	67
Protein Score	131
Fiber Score	0

Total Nutrients Score	250
Net Food Score	224

Unhealthy Score 26

**Caloric Content**

Carbohydrates	0%
Proteins	58%
Fats	42%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.18  
 Net nutrition per dollar is 1226  
 83% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 05193

Food Group Code 0500

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.7 ounces or 48 grams

## Turkey wings

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 12%

Saturated	9%
Trans fats	
Cholesterol	10%
Monounsaturated	12%
Polyunsaturated	7%
Omega-3 fats	1%
Omega-6 fats	0%

### Proteins 9%

Histidine*	9%
Isoleucine*	11%
Leucine*	8%
Lysine*	9%
Methionine*	6%
Cystine	3%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	9%
Tryptophan*	8%
Valine*	9%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	8%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	0%
Copper	2%
Iron	4%
Magnesium	2%
Manganese	0%
Phosphorus	4%
Potassium	3%
Selenium	15%
Sodium	1%
Zinc	5%

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	65%
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### Food Evaluation

Vitamin Score	27
Mineral Score	35
Protein Score	89
Fiber Score	0

Total Nutrients Score	163
Net Food Score	143

Unhealthy Score 21

### Caloric Content

Carbohydrates	0%
Proteins	40%
Fats	60%

### Health Costs

At \$1.99 per pound, the cost of all displayed nutrients is \$0.30  
Net nutrition per dollar is 471  
69% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 05251

Food Group Code 0500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.8 ounces or 80 grams**

**Turkey, dark meat**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 6%

Saturated	6%
Trans fats	
Cholesterol	18%
Monounsaturated	4%
Polyunsaturated	5%
Omega-3 fats	3%
Omega-6 fats	0%

**Proteins** 16%

Histidine*	16%
Isoleucine*	19%
Leucine*	13%
Lysine*	17%
Methionine*	11%
Cystine	4%
Phenylalanine*	8%
Tyrosine	8%
Threonine*	15%
Tryptophan*	15%
Valine*	15%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	6%
Niacin (B-3)	11%
Pantothenic acid	9%
Vitamin B-6	12%
Folate	2%
Vitamin B-12	5%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	6%
Iron	8%
Magnesium	4%
Manganese	1%
Phosphorus	7%
Potassium	6%
Selenium	33%
Sodium	3%
Zinc	17%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
-------	-----

**Food Evaluation**

Vitamin Score	50
Mineral Score	82
Protein Score	157
Fiber Score	0

Total Nutrients Score	297
Net Food Score	270

Unhealthy Score 27

**Caloric Content**

Carbohydrates	0%
Proteins	68%
Fats	32%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.27  
 Net nutrition per dollar is 988  
 64% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 05187

Food Group Code 0500

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **3.1 ounces or 87 grams**

**Turkey, light meat**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	

**Fats** 2%

Saturated	2%
Trans fats	
Cholesterol	17%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	2%
Omega-6 fats	0%

**Proteins** 20%

Histidine*	20%
Isoleucine*	24%
Leucine*	17%
Lysine*	22%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	10%
Threonine*	19%
Tryptophan*	19%
Valine*	20%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	4%
Niacin (B-3)	23%
Pantothenic acid	6%
Vitamin B-6	20%
Folate	2%
Vitamin B-12	7%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	3%
Iron	6%
Magnesium	5%
Manganese	1%
Phosphorus	9%
Potassium	7%
Selenium	30%
Sodium	2%
Zinc	9%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	74%
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**Food Evaluation**

Vitamin Score	64
Mineral Score	70
Protein Score	200
Fiber Score	0

Total Nutrients Score	<b>339</b>
Net Food Score	<b>317</b>

Unhealthy Score **22**

**Caloric Content**

Carbohydrates	0%
Proteins	88%
Fats	12%

**Health Costs**

At **\$2.99** per pound, the cost of all displayed nutrients is **\$0.81**  
 Net nutrition per dollar is **393**  
**71%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 05185

Food Group Code 0500



**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 28 grams

**Turmeric, ground**

**Carbohydrates** 7%

Fiber	20%
Sugars, total	2%

**Fats** 5%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	
Vitamin B-6	21%
Folate	3%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	6%
Vitamin K	1%

**Minerals**

Calcium	4%
Copper	9%
Iron	65%
Magnesium	11%
Manganese	96%
Phosphorus	4%
Potassium	18%
Selenium	2%
Sodium	0%
Zinc	8%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	5%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	50
Mineral Score	216
Protein Score	2
Fiber Score	20

Total Nutrients Score	290
Net Food Score	285

Unhealthy Score 5

**Caloric Content**

Carbohydrates	70%
Proteins	6%
Fats	23%

**Health Costs**

At \$63.83 per pound, the cost of all displayed nutrients is \$3.98  
 Net nutrition per dollar is 72  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02043

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 11.0 ounces or 313 grams**

**Turnip greens**

**Carbohydrates** 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 Nutrient**

Beta-carotene	435%
Lycopene	0%
Phytosterols	8%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	90%
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**Food Evaluation**

Vitamin Score	1482
Mineral Score	238
Protein Score	49
Fiber Score	33

Total Nutrients Score	1802
Net Food Score	1796

Unhealthy Score 7

**Caloric Content**

Carbohydrates	80%
Proteins	12%
Fats	8%

**Health Costs**

At \$0.79 per pound, the cost of all displayed nutrients is \$0.78  
Net nutrition per dollar is 2310  
70% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**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 12.6 ounces or 357 grams**

**Turnips**

**Carbohydrates** 8%

Fiber	21%
Sugars, total	25%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	1%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	4%
Niacin (B-3)	6%
Pantothenic acid	7%
Vitamin B-6	13%
Folate	13%
Vitamin B-12	0%
Vitamin C	83%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	8%
Copper	15%
Iron	6%
Magnesium	8%
Manganese	21%
Phosphorus	5%
Potassium	17%
Selenium	4%
Sodium	10%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	6%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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**Food Evaluation**

Vitamin Score	136
Mineral Score	89
Protein Score	20
Fiber Score	21

Total Nutrients Score	266
Net Food Score	255

Unhealthy Score 11

**Caloric Content**

Carbohydrates	88%
Proteins	9%
Fats	3%

**Health Costs**

At \$0.59 per pound, the cost of all displayed nutrients is \$0.57  
Net nutrition per dollar is 445  
81% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11564

Food Group Code 1100

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.2 ounces or 35 grams

## Vanilla extract

### Carbohydrates 2%

Fiber	0%
Sugars, total	8%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	1%
Iron	0%
Magnesium	1%
Manganese	3%
Phosphorus	0%
Potassium	1%
Selenium	0%
Sodium	0%
Zinc	0%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	40%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	53%
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## Food Evaluation

Vitamin Score	3
Mineral Score	8
Protein Score	0
Fiber Score	0

Total Nutrients Score	10
Net Food Score	-30

Unhealthy Score 40

### Caloric Content

Carbohydrates	99%
Proteins	0%
Fats	1%

### Health Costs

At \$55.84 per pound, the cost of all displayed nutrients is \$4.27  
Net nutrition per dollar is -7  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02050

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 6.3 ounces or 179 grams**

**Vanilla extract, imitation**

**Carbohydrates** 9%

Fiber	0%
Sugars, total	47%

**Fats** 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	1%
Pantothenic acid	0%
Vitamin B-6	1%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	86%
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**Food Evaluation**

Vitamin Score	4	<b>Total Nutrients Score</b>	<b>6</b>	<b>Caloric Content</b>	Carbohydrates	100%
Mineral Score	2				Proteins	0%
Protein Score	0	<b>Net Food Score</b>	<b>5</b>	Fats	0%	
Fiber Score	0			<b>Unhealthy Score</b>	<b>0</b>	

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Health Costs**

At **\$19.99** per pound, the cost of all displayed nutrients is **\$7.87**

Net nutrition per dollar is **1**

**100%** of purchased food is edible

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is **0.8 ounces or 24 grams**

**Vanilla frosting**

**Carbohydrates** 6%

Fiber	0%
Sugars, total	27%

**Fats** 7%

Saturated	4%
Trans fats	0%
Cholesterol	0%
Monounsaturated	5%
Polyunsaturated	9%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	3%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	0%
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	2%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	15%
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**Food Evaluation**

Vitamin Score	7
Mineral Score	1
Protein Score	0
Fiber Score	0

Total Nutrients Score	13
Net Food Score	7

Unhealthy Score 6

**Caloric Content**

Carbohydrates	65%
Proteins	0%
Fats	35%

**Health Costs**

At **\$1.49** per pound, the cost of all displayed nutrients is **\$0.08**  
 Net nutrition per dollar is **95**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19230

Food Group Code 1900

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.8 ounces or 50 grams**

**Vanilla ice cream**

**Carbohydrates** 4%

Fiber	1%
Sugars, total	19%

**Fats** 10%

Saturated	18%
Trans fats	
Cholesterol	7%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	0%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	4%
Thiamin (B-1)	1%
Riboflavin (B-2)	4%
Niacin (B-3)	0%
Pantothenic acid	3%
Vitamin B-6	1%
Folate	1%
Vitamin B-12	3%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	5%
Copper	1%
Iron	0%
Magnesium	1%
Manganese	0%
Phosphorus	3%
Potassium	2%
Selenium	1%
Sodium	2%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	4%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	61%
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**Food Evaluation**

Vitamin Score	19
Mineral Score	16
Protein Score	17
Fiber Score	1

Total Nutrients Score	59
Net Food Score	32

Unhealthy Score 28

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	46%
Proteins	7%
Fats	48%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.11  
Net nutrition per dollar is 293  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 19095

Food Group Code 1900

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 2.5 ounces or 71 grams

## Veal liver

### Carbohydrates 1%

Fiber	0%
Sugars, total	0%

### Fats 6%

Saturated	6%
Trans fats	3%
Cholesterol	80%
Monounsaturated	3%
Polyunsaturated	3%
Omega-3 fats	1%
Omega-6 fats	5%

### Proteins 14%

Histidine*	14%
Isoleucine*	16%
Leucine*	14%
Lysine*	13%
Methionine*	9%
Cystine	6%
Phenylalanine*	10%
Tyrosine	7%
Threonine*	13%
Tryptophan*	16%
Valine*	16%

### Vitamins

Vitamin A	558%
Thiamin (B-1)	6%
Riboflavin (B-2)	62%
Niacin (B-3)	34%
Pantothenic acid	43%
Vitamin B-6	28%
Folate	22%
Vitamin B-12	713%
Vitamin C	1%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	424%
Iron	25%
Magnesium	3%
Manganese	8%
Phosphorus	14%
Potassium	6%
Selenium	23%
Sodium	2%
Zinc	57%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	557%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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## Food Evaluation

Vitamin Score	1470
Mineral Score	560
Protein Score	149
Fiber Score	0

Total Nutrients Score	2184
Net Food Score	2093

Unhealthy Score 91

### Caloric Content

Carbohydrates	8%
Proteins	61%
Fats	31%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.47  
 Net nutrition per dollar is 4446  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 17202

Food Group Code 1700



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 2.6 ounces or 75 grams**

**Veggie Dog**

**Carbohydrates** 3%

Fiber	8%
Sugars, total	6%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 15%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	
Thiamin (B-1)	12%
Riboflavin (B-2)	5%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	2%
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	
Iron	6%
Magnesium	
Manganese	
Phosphorus	
Potassium	2%
Selenium	
Sodium	35%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	65%
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**Food Evaluation**

Vitamin Score	19	<b>Total Nutrients Score</b>	<b>58</b>	<b>Caloric Content</b>	Carbohydrates	33%
Mineral Score	14				<b>Net Food Score</b>	<b>22</b>
Protein Score	15	Unhealthy Score	35			
Fiber Score	8	SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.				

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is **\$0.49**  
 Net nutrition per dollar is **45**  
**100%** of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 4.0 ounces or 114 grams**

**Vinegar, balsamic**

**Carbohydrates** 7%

Fiber	
Sugars, total	31%

**Fats** 0%

Saturated	0%
Trans fats	0%
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 1%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	1%
Iron	5%
Magnesium	3%
Manganese	6%
Phosphorus	1%
Potassium	3%
Selenium	
Sodium	1%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	76%
-------	-----

**Food Evaluation**

Vitamin Score	0
Mineral Score	22
Protein Score	1
Fiber Score	

Total Nutrients Score	23
Net Food Score	22

Unhealthy Score 1

**Caloric Content**

Carbohydrates	97%
Proteins	3%
Fats	0%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$1.00  
 Net nutrition per dollar is 22  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 02069

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 18.6 ounces or 526 grams**

**Vinegar, red wine**

**Carbohydrates** 1%

Fiber	0%
Sugars, total	0%

**Fats** 0%

Saturated	0%
Trans fats	0%
Cholesterol	
Monounsaturated	
Polyunsaturated	
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	
Riboflavin (B-2)	
Niacin (B-3)	
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	3%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	2%
Copper	3%
Iron	13%
Magnesium	4%
Manganese	11%
Phosphorus	2%
Potassium	5%
Selenium	
Sodium	2%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	94%
-------	-----

**Food Evaluation**

Vitamin Score	3
Mineral Score	41
Protein Score	0
Fiber Score	0

Total Nutrients Score	44
Net Food Score	42

Unhealthy Score 2

**Caloric Content**

Carbohydrates	87%
Proteins	13%
Fats	0%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$3.47  
 Net nutrition per dollar is 12  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02068

Food Group Code 0200

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.4 ounces or 11 grams**

**Walnut oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	6%
Trans fats	
Cholesterol	0%
Monounsaturated	12%
Polyunsaturated	33%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	1
Mineral Score	0
Protein Score	0
Fiber Score	0

<b>Total Nutrients Score</b>	<b>13</b>
<b>Net Food Score</b>	<b>7</b>

**Unhealthy Score 6**

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At **\$6.99** per pound, the cost of all displayed nutrients is **\$0.17**  
 Net nutrition per dollar is **40**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 04528

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.5 ounces or 15 grams**

**Walnuts**

**Carbohydrates** 1%

Fiber	3%
Sugars, total	1%

**Fats** 18%

Saturated	5%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	33%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	2%
Tryptophan*	2%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	3%
Riboflavin (B-2)	1%
Niacin (B-3)	1%
Pantothenic acid	1%
Vitamin B-6	3%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	12%
Iron	2%
Magnesium	5%
Manganese	23%
Phosphorus	3%
Potassium	2%
Selenium	1%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	4%
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**Food Evaluation**

Vitamin Score	13
Mineral Score	52
Protein Score	19
Fiber Score	3

Total Nutrients Score	94
Net Food Score	88

Unhealthy Score 5

**Caloric Content**

Carbohydrates	9%
Proteins	8%
Fats	83%

**Health Costs**

At \$4.99 per pound, the cost of all displayed nutrients is \$0.37  
Net nutrition per dollar is 237  
45% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 12155

Food Group Code 1200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 32.1 ounces or 909 grams**

**Watercress**

**Carbohydrates** 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 Nutrient**

Beta-carotene	513%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	2293
Mineral Score	378
Protein Score	177
Fiber Score	15

Total Nutrients Score	2864
Net Food Score	2846

Unhealthy Score 18

**Caloric Content**

Carbohydrates	42%
Proteins	51%
Fats	8%

**Health Costs**

At \$2.36 per pound, the cost of all displayed nutrients is \$5.14  
Net nutrition per dollar is 554  
92% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

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 Watermelon**  
 Amount for 100 calories is 11.8 ounces or 333 grams

**Carbohydrates** 9%

Fiber	4%
Sugars, total	38%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	2%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	2%
Tryptophan*	2%
Valine*	1%

**Vitamins**

Vitamin A	38%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	7%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	0%
Vitamin C	30%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	7%
Iron	4%
Magnesium	7%
Manganese	6%
Phosphorus	2%
Potassium	9%
Selenium	2%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	20%
Lycopene	76%
Phytosterols	1%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	91%
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**Food Evaluation**

Vitamin Score	96
Mineral Score	41
Protein Score	14
Fiber Score	4
<b>Total Nutrients Score</b>	<b>155</b>
<b>Net Food Score</b>	<b>155</b>
<b>Unhealthy Score</b>	<b>0</b>

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	89%
Proteins	7%
Fats	4%

**Health Costs**

At \$1.29 per pound, the cost of all displayed nutrients is \$1.82  
 Net nutrition per dollar is 85  
 52% of purchased food is edible

*Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.*

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 0.6 ounces or 18 grams**

**Watermelon seeds, dried**

**Carbohydrates** 1%

Fiber	
Sugars, total	

**Fats** 15%

Saturated	9%
Trans fats	
Cholesterol	0%
Monounsaturated	6%
Polyunsaturated	23%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	4%
Isoleucine*	6%
Leucine*	4%
Lysine*	2%
Methionine*	3%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	4%
Tryptophan*	6%
Valine*	5%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	1%
Niacin (B-3)	3%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	6%
Iron	7%
Magnesium	18%
Manganese	13%
Phosphorus	7%
Potassium	3%
Selenium	
Sodium	1%
Zinc	12%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	5%
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**Food Evaluation**

Vitamin Score	9
Mineral Score	67
Protein Score	48
Fiber Score	

Total Nutrients Score	130
Net Food Score	120

Unhealthy Score 10

**Caloric Content**

Carbohydrates	11%
Proteins	18%
Fats	71%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.32  
 Net nutrition per dollar is 376  
 37% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 12174

Food Group Code 1200



## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 29 grams

## Wheat

### Carbohydrates 8%

Fiber	12%
Sugars, total	0%

### Fats 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
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	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	1%
Niacin (B-3)	6%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	3%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	6%
Iron	9%
Magnesium	5%
Manganese	44%
Phosphorus	6%
Potassium	3%
Selenium	
Sodium	0%
Zinc	7%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	26
Mineral Score	80
Protein Score	3
Fiber Score	12

Total Nutrients Score	122
Net Food Score	122

Unhealthy Score 1

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	84%
Proteins	11%
Fats	5%

### Health Costs

At \$1.06 per pound, the cost of all displayed nutrients is \$0.07  
 Net nutrition per dollar is 1770  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20075

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.6 ounces or 46 grams

## Wheat bran, crude

### Carbohydrates 11%

Fiber	66%
Sugars, total	0%

### Fats 4%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	5%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 7%

Histidine*	6%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	4%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	5%
Tryptophan*	11%
Valine*	6%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	12%
Riboflavin (B-2)	10%
Niacin (B-3)	29%
Pantothenic acid	10%
Vitamin B-6	25%
Folate	9%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

### Minerals

Calcium	2%
Copper	23%
Iron	27%
Magnesium	57%
Manganese	231%
Phosphorus	23%
Potassium	14%
Selenium	51%
Sodium	0%
Zinc	22%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	10%
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## Food Evaluation

Vitamin Score	100
Mineral Score	452
Protein Score	60
Fiber Score	66

Total Nutrients Score	679
Net Food Score	677

Unhealthy Score 2

### Caloric Content

Carbohydrates	70%
Proteins	13%
Fats	17%

### Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.10  
 Net nutrition per dollar is 6702  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20077

Food Group Code 2000

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 0.4 ounces or 11 grams**

**Wheat germ oil**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	0%

**Fats** 20%

Saturated	11%
Trans fats	
Cholesterol	0%
Monounsaturated	8%
Polyunsaturated	32%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 0%

Histidine*	0%
Isoleucine*	0%
Leucine*	0%
Lysine*	0%
Methionine*	0%
Cystine	0%
Phenylalanine*	0%
Tyrosine	0%
Threonine*	0%
Tryptophan*	0%
Valine*	0%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	113%
Vitamin K	1%

**Minerals**

Calcium	0%
Copper	0%
Iron	0%
Magnesium	0%
Manganese	
Phosphorus	0%
Potassium	0%
Selenium	0%
Sodium	0%
Zinc	0%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	14%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	0%
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**Food Evaluation**

Vitamin Score	114
Mineral Score	0
Protein Score	0
Fiber Score	0

Total Nutrients Score	121
Net Food Score	110

Unhealthy Score 11

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Caloric Content**

Carbohydrates	0%
Proteins	0%
Fats	100%

**Health Costs**

At \$9.99 per pound, the cost of all displayed nutrients is \$0.25  
Net nutrition per dollar is 441  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04038

Food Group Code 0400

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.0 ounces or 28 grams**

**Wheat germ, crude**

**Carbohydrates** 5%

Fiber	12%
Sugars, total	

**Fats** 5%

Saturated	3%
Trans fats	
Cholesterol	0%
Monounsaturated	2%
Polyunsaturated	8%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	6%
Isoleucine*	5%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	3%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	6%
Tryptophan*	7%
Valine*	6%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	26%
Riboflavin (B-2)	5%
Niacin (B-3)	9%
Pantothenic acid	6%
Vitamin B-6	15%
Folate	20%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	11%
Iron	10%
Magnesium	13%
Manganese	161%
Phosphorus	12%
Potassium	6%
Selenium	31%
Sodium	0%
Zinc	23%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	81
Mineral Score	267
Protein Score	57
Fiber Score	12

Total Nutrients Score	<b>419</b>
Net Food Score	<b>416</b>

Unhealthy Score 3

**Caloric Content**

Carbohydrates	54%
Proteins	23%
Fats	23%

**Health Costs**

At \$1.95 per pound, the cost of all displayed nutrients is \$0.12  
Net nutrition per dollar is 3486  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20078

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 27 grams

## Wheat gluten

### Carbohydrates 1%

Fiber	1%
Sugars, total	0%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 20%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

### Vitamins

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	0%
Niacin (B-3)	0%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	0%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	3%
Copper	2%
Iron	8%
Magnesium	1%
Manganese	
Phosphorus	4%
Potassium	1%
Selenium	15%
Sodium	0%
Zinc	2%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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## Food Evaluation

Vitamin Score	0
Mineral Score	35
Protein Score	20
Fiber Score	1

Total Nutrients Score	56
Net Food Score	56

Unhealthy Score 1

### Caloric Content

Carbohydrates	15%
Proteins	81%
Fats	4%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$0.18  
Net nutrition per dollar is 313  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 48052

Food Group Code 2000

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 14.7 ounces or 417 grams**

**Whey, acid**

**Carbohydrates** 8%

Fiber	0%
Sugars, total	39%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	3%
Tryptophan*	5%
Valine*	3%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	9%
Riboflavin (B-2)	21%
Niacin (B-3)	1%
Pantothenic acid	16%
Vitamin B-6	7%
Folate	2%
Vitamin B-12	13%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	31%
Copper	1%
Iron	2%
Magnesium	8%
Manganese	0%
Phosphorus	16%
Potassium	15%
Selenium	11%
Sodium	9%
Zinc	12%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	70
Mineral Score	96
Protein Score	32
Fiber Score	0

Total Nutrients Score	198
Net Food Score	186

Unhealthy Score 11

**Caloric Content**

Carbohydrates	83%
Proteins	14%
Fats	3%

**Health Costs**

At \$3.99 per pound, the cost of all displayed nutrients is \$3.67  
 Net nutrition per dollar is 51  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01112

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 13.1 ounces or 370 grams**

**Whey, sweet**

**Carbohydrates** 7%

Fiber	0%
Sugars, total	35%

**Fats** 2%

Saturated	5%
Trans fats	
Cholesterol	2%
Monounsaturated	2%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	4%
Leucine*	3%
Lysine*	3%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	4%
Tryptophan*	4%
Valine*	3%

**Vitamins**

Vitamin A	1%
Thiamin (B-1)	7%
Riboflavin (B-2)	21%
Niacin (B-3)	1%
Pantothenic acid	14%
Vitamin B-6	5%
Folate	1%
Vitamin B-12	17%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	12%
Copper	1%
Iron	1%
Magnesium	6%
Manganese	0%
Phosphorus	9%
Potassium	15%
Selenium	10%
Sodium	9%
Zinc	3%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	1%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	93%
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**Food Evaluation**

Vitamin Score	67
Mineral Score	57
Protein Score	31
Fiber Score	0

Total Nutrients Score	157
Net Food Score	142

Unhealthy Score 16

**Caloric Content**

Carbohydrates	75%
Proteins	14%
Fats	12%

**Health Costs**

At **\$3.99** per pound, the cost of all displayed nutrients is **\$3.26**  
 Net nutrition per dollar is **43**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01114

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 28 grams**

**Whey, sweet, dried**

**Carbohydrates** 8%

Fiber	0%
Sugars, total	38%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	2%
Isoleucine*	5%
Leucine*	4%
Lysine*	3%
Methionine*	2%
Cystine	2%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	5%
Tryptophan*	5%
Valine*	4%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	22%
Niacin (B-3)	2%
Pantothenic acid	16%
Vitamin B-6	7%
Folate	1%
Vitamin B-12	11%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	16%
Copper	1%
Iron	1%
Magnesium	10%
Manganese	0%
Phosphorus	13%
Potassium	15%
Selenium	11%
Sodium	13%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	3%
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**Food Evaluation**

Vitamin Score	67
Mineral Score	71
Protein Score	36
Fiber Score	0

Total Nutrients Score	175
Net Food Score	160

Unhealthy Score 15

**Caloric Content**

Carbohydrates	82%
Proteins	16%
Fats	3%

**Health Costs**

At **\$12.65** per pound, the cost of all displayed nutrients is **\$0.79**  
 Net nutrition per dollar is **202**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01115

Food Group Code 0100



**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.0 ounces or 30 grams**

**White beans**

**Carbohydrates** 7%

Fiber	25%
Sugars, total	

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	6%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	11%
Riboflavin (B-2)	2%
Niacin (B-3)	2%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	29%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	4%
Copper	9%
Iron	13%
Magnesium	11%
Manganese	17%
Phosphorus	7%
Potassium	11%
Selenium	5%
Sodium	0%
Zinc	6%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	12%
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**Food Evaluation**

Vitamin Score	51
Mineral Score	82
Protein Score	56
Fiber Score	25

Total Nutrients Score	215
Net Food Score	214

Unhealthy Score 1

**Caloric Content**

Carbohydrates	75%
Proteins	22%
Fats	3%

**Health Costs**

At **\$0.79** per pound, the cost of all displayed nutrients is **\$0.05**  
 Net nutrition per dollar is **4129**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16045

Food Group Code 1600

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.3 ounces or 38 grams** **White bread**

**Carbohydrates** 7%

Fiber	3%
Sugars, total	3%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	4%
Niacin (B-3)	7%
Pantothenic acid	1%
Vitamin B-6	1%
Folate	16%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	4%
Copper	5%
Iron	8%
Magnesium	2%
Manganese	8%
Phosphorus	2%
Potassium	1%
Selenium	9%
Sodium	11%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	0%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	36%
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**Food Evaluation**

Vitamin Score 40  
 Mineral Score 40  
 Protein Score 22  
 Fiber Score 3

**Total Nutrients Score 106**  
**Net Food Score 94**

**Unhealthy Score 13**

**Caloric Content**

Carbohydrates 78%  
 Proteins 11%  
 Fats 11%

**Health Costs**

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.08**  
 Net nutrition per dollar is **1142**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 18069 Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 16.0 ounces or 455 grams

## White mushrooms

### Carbohydrates 5%

Fiber	15%
Sugars, total	14%

### Fats 3%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 14%

Histidine*	8%
Isoleucine*	8%
Leucine*	6%
Lysine*	5%
Methionine*	3%
Cystine	1%
Phenylalanine*	5%
Tyrosine	2%
Threonine*	10%
Tryptophan*	13%
Valine*	19%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	18%
Riboflavin (B-2)	65%
Niacin (B-3)	75%
Pantothenic acid	68%
Vitamin B-6	20%
Folate	18%
Vitamin B-12	3%
Vitamin C	11%
Vitamin D	20%
Vitamin E	0%
Vitamin K	0%

### Minerals

Calcium	1%
Copper	72%
Iron	13%
Magnesium	8%
Manganese	9%
Phosphorus	20%
Potassium	36%
Selenium	60%
Sodium	1%
Zinc	16%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	92%
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## Food Evaluation

Vitamin Score	299
Mineral Score	235
Protein Score	95
Fiber Score	15

Total Nutrients Score	644
Net Food Score	642

Unhealthy Score 2

### Caloric Content

Carbohydrates	51%
Proteins	36%
Fats	13%

### Health Costs

At \$2.99 per pound, the cost of all displayed nutrients is \$3.09  
Net nutrition per dollar is 208  
97% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11260

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.2 ounces or 34 grams

**White pepper**

**Carbohydrates** 8%

Fiber	30%
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 4%

Histidine*	
Isoleucine*	
Leucine*	
Lysine*	
Methionine*	
Cystine	
Phenylalanine*	
Tyrosine	
Threonine*	
Tryptophan*	
Valine*	

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	0%
Riboflavin (B-2)	2%
Niacin (B-3)	0%
Pantothenic acid	
Vitamin B-6	1%
Folate	1%
Vitamin B-12	0%
Vitamin C	8%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	6%
Copper	15%
Iron	27%
Magnesium	6%
Manganese	63%
Phosphorus	3%
Potassium	1%
Selenium	1%
Sodium	0%
Zinc	3%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	4%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	12
Mineral Score	125
Protein Score	4
Fiber Score	30

Total Nutrients Score	172
Net Food Score	171

Unhealthy Score 1

**Caloric Content**

Carbohydrates	88%
Proteins	6%
Fats	6%

**Health Costs**

At \$50.19 per pound, the cost of all displayed nutrients is \$3.74  
 Net nutrition per dollar is 46  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02032

Food Group Code 0200

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 2.9 ounces or 81 grams**

**White rice, enriched**

**Carbohydrates** 8%

Fiber	2%
Sugars, total	0%

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 2%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	1%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	28%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	1%
Copper	3%
Iron	8%
Magnesium	1%
Manganese	13%
Phosphorus	2%
Potassium	1%
Selenium	11%
Sodium	0%
Zinc	2%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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**Food Evaluation**

Vitamin Score	53
Mineral Score	42
Protein Score	22
Fiber Score	2

Total Nutrients Score	120
Net Food Score	119

Unhealthy Score 0

**Caloric Content**

Carbohydrates	88%
Proteins	9%
Fats	3%

**Health Costs**

At \$0.59 per pound, the cost of all displayed nutrients is \$0.11  
Net nutrition per dollar is 1130  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20047

Food Group Code 2000

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.0 ounces or 86 grams

## Whiting

### Carbohydrates 0%

Fiber	0%
Sugars, total	0%

### Fats 3%

Saturated	2%
Trans fats	
Cholesterol	24%
Monounsaturated	2%
Polyunsaturated	2%
Omega-3 fats	29%
Omega-6 fats	0%

### Proteins 20%

Histidine*	19%
Isoleucine*	21%
Leucine*	17%
Lysine*	21%
Methionine*	14%
Cystine	5%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	19%
Tryptophan*	19%
Valine*	19%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	3%
Riboflavin (B-2)	2%
Niacin (B-3)	7%
Pantothenic acid	2%
Vitamin B-6	6%
Folate	3%
Vitamin B-12	37%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

### Minerals

Calcium	4%
Copper	2%
Iron	2%
Magnesium	5%
Manganese	5%
Phosphorus	12%
Potassium	9%
Selenium	51%
Sodium	5%
Zinc	3%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	2%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	75%
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## Food Evaluation

Vitamin Score	64
Mineral Score	92
Protein Score	192
Fiber Score	0

Total Nutrients Score	408
Net Food Score	377

Unhealthy Score 31

### Caloric Content

Carbohydrates	0%
Proteins	87%
Fats	13%

### Health Costs

At \$5.99 per pound, the cost of all displayed nutrients is \$1.14  
Net nutrition per dollar is 331  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 15133

Food Group Code 1500

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 1.9 ounces or 54 grams**

**Whole duck egg**

**Carbohydrates** 0%

Fiber	0%
Sugars, total	1%

**Fats** 13%

Saturated	11%
Trans fats	
Cholesterol	159%
Monounsaturated	16%
Polyunsaturated	3%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 7%

Histidine*	6%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	7%
Cystine	4%
Phenylalanine*	6%
Tyrosine	4%
Threonine*	8%
Tryptophan*	12%
Valine*	9%

**Vitamins**

Vitamin A	7%
Thiamin (B-1)	4%
Riboflavin (B-2)	8%
Niacin (B-3)	0%
Pantothenic acid	10%
Vitamin B-6	6%
Folate	11%
Vitamin B-12	49%
Vitamin C	0%
Vitamin D	
Vitamin E	5%
Vitamin K	0%

**Minerals**

Calcium	2%
Copper	2%
Iron	12%
Magnesium	2%
Manganese	1%
Phosphorus	6%
Potassium	3%
Selenium	28%
Sodium	3%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	7%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	71%
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**Food Evaluation**

Vitamin Score	100
Mineral Score	61
Protein Score	81
Fiber Score	0

Total Nutrients Score	257
Net Food Score	84

Unhealthy Score 173

**Caloric Content**

Carbohydrates	3%
Proteins	30%
Fats	67%

**Health Costs**

At \$2.99 per pound, the cost of all displayed nutrients is \$0.40  
 Net nutrition per dollar is 207  
 88% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01138

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.9 ounces or 167 grams**

**Whole milk 3.25% fat**

**Carbohydrates** 3%

Fiber	0%
Sugars, total	16%

**Fats** 10%

Saturated	17%
Trans fats	
Cholesterol	6%
Monounsaturated	6%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	4%
Isoleucine*	6%
Leucine*	5%
Lysine*	3%
Methionine*	3%
Cystine	1%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	10%
Valine*	6%

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	4%
Riboflavin (B-2)	11%
Niacin (B-3)	1%
Pantothenic acid	6%
Vitamin B-6	3%
Folate	2%
Vitamin B-12	12%
Vitamin C	0%
Vitamin D	17%
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	13%
Copper	1%
Iron	0%
Magnesium	3%
Manganese	0%
Phosphorus	8%
Potassium	6%
Selenium	9%
Sodium	3%
Zinc	4%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	59
Mineral Score	45
Protein Score	54
Fiber Score	0

Total Nutrients Score	164
Net Food Score	139

Unhealthy Score 25

**Caloric Content**

Carbohydrates	30%
Proteins	21%
Fats	49%

**Health Costs**

At \$0.36 per pound, the cost of all displayed nutrients is \$0.13  
 Net nutrition per dollar is 1047  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01077

Food Group Code 0100



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.0 ounces or 28 grams**

**Whole wheat hard pretzels**

**Carbohydrates** 8%

Fiber	7%
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	1%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	4%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	6%
Riboflavin (B-2)	3%
Niacin (B-3)	8%
Pantothenic acid	2%
Vitamin B-6	3%
Folate	4%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	4%
Iron	4%
Magnesium	2%
Manganese	32%
Phosphorus	2%
Potassium	3%
Selenium	
Sodium	2%
Zinc	1%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	4%
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**Food Evaluation**

Vitamin Score	27
Mineral Score	48
Protein Score	25
Fiber Score	7

Total Nutrients Score	108
Net Food Score	105

Unhealthy Score 3

**Caloric Content**

Carbohydrates	83%
Proteins	11%
Fats	6%

**Health Costs**

At \$3.50 per pound, the cost of all displayed nutrients is \$0.21  
Net nutrition per dollar is 491  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 19050

Food Group Code 2500

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.4 ounces or 40 grams**

**Whole-wheat bread**

**Carbohydrates** 6%

Fiber	9%
Sugars, total	4%

**Fats** 2%

Saturated	2%
Trans fats	
Cholesterol	0%
Monounsaturated	3%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 5%

Histidine*	2%
Isoleucine*	2%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	1%
Phenylalanine*	1%
Tyrosine	1%
Threonine*	1%
Tryptophan*	3%
Valine*	2%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	7%
Riboflavin (B-2)	3%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	4%
Folate	5%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	1%
Vitamin K	1%

**Minerals**

Calcium	3%
Copper	8%
Iron	5%
Magnesium	7%
Manganese	38%
Phosphorus	4%
Potassium	3%
Selenium	23%
Sodium	8%
Zinc	5%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	39%
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**Food Evaluation**

Vitamin Score	33
Mineral Score	95
Protein Score	21
Fiber Score	9

Total Nutrients Score	161
Net Food Score	151

Unhealthy Score 10

**Caloric Content**

Carbohydrates	67%
Proteins	21%
Fats	12%

**Health Costs**

At \$1.99 per pound, the cost of all displayed nutrients is \$0.18  
Net nutrition per dollar is 848  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18075

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.1 ounces or 88 grams

Wild rabbit

### Carbohydrates 0%

Fiber	0%
Sugars, total	

### Fats 4%

Saturated	3%
Trans fats	
Cholesterol	24%
Monounsaturated	3%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 19%

Histidine*	17%
Isoleucine*	21%
Leucine*	16%
Lysine*	19%
Methionine*	11%
Cystine	6%
Phenylalanine*	10%
Tyrosine	8%
Threonine*	18%
Tryptophan*	21%
Valine*	17%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	1%
Riboflavin (B-2)	2%
Niacin (B-3)	26%
Pantothenic acid	
Vitamin B-6	
Folate	
Vitamin B-12	
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

### Minerals

Calcium	1%
Copper	
Iron	16%
Magnesium	5%
Manganese	
Phosphorus	10%
Potassium	8%
Selenium	12%
Sodium	2%
Zinc	

### Other Nutrient

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol

Caffeine

Percent(%) of food item's weight that is water:

Water

75%

## Food Evaluation

Vitamin Score	29
Mineral Score	51
Protein Score	182
Fiber Score	0

Total Nutrients Score 265

Net Food Score 236

Unhealthy Score 29

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

### Caloric Content

Carbohydrates	0%
Proteins	82%
Fats	18%

### Health Costs

At \$6.99 per pound, the cost of all displayed nutrients is \$1.35  
 Net nutrition per dollar is 175  
 100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 17180

Food Group Code 1700

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 1.0 ounces or 28 grams

## Wild rice

### Carbohydrates 8%

Fiber	6%
Sugars, total	1%

### Fats 1%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 4%

Histidine*	3%
Isoleucine*	4%
Leucine*	3%
Lysine*	2%
Methionine*	3%
Cystine	1%
Phenylalanine*	2%
Tyrosine	2%
Threonine*	3%
Tryptophan*	4%
Valine*	4%

### Vitamins

Vitamin A	0%
Thiamin (B-1)	2%
Riboflavin (B-2)	3%
Niacin (B-3)	9%
Pantothenic acid	3%
Vitamin B-6	5%
Folate	7%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	2%
Vitamin K	0%

### Minerals

Calcium	0%
Copper	7%
Iron	3%
Magnesium	10%
Manganese	16%
Phosphorus	6%
Potassium	3%
Selenium	1%
Sodium	0%
Zinc	11%

### Other Nutrient

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	8%
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## Food Evaluation

Vitamin Score	29
Mineral Score	58
Protein Score	36
Fiber Score	6

Total Nutrients Score	129
Net Food Score	129

Unhealthy Score 0

### Caloric Content

Carbohydrates	83%
Proteins	15%
Fats	3%

### Health Costs

At \$3.29 per pound, the cost of all displayed nutrients is \$0.20  
Net nutrition per dollar is 635  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20088

Food Group Code 2000

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 1.2 ounces or 34 grams**

**Wonton wrappers**

**Carbohydrates** 7%

Fiber	2%
Sugars, total	

**Fats** 1%

Saturated	0%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 3%

Histidine*	2%
Isoleucine*	3%
Leucine*	2%
Lysine*	1%
Methionine*	1%
Cystine	2%
Phenylalanine*	2%
Tyrosine	1%
Threonine*	2%
Tryptophan*	3%
Valine*	3%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	9%
Riboflavin (B-2)	5%
Niacin (B-3)	8%
Pantothenic acid	0%
Vitamin B-6	0%
Folate	12%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	1%
Copper	3%
Iron	6%
Magnesium	1%
Manganese	10%
Phosphorus	1%
Potassium	1%
Selenium	14%
Sodium	9%
Zinc	2%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	

Percent(%) of food item's weight that is water:

Water	29%
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**Food Evaluation**

Vitamin Score	34
Mineral Score	39
Protein Score	26
Fiber Score	2

Total Nutrients Score	101
Net Food Score	91

Unhealthy Score 10

**Caloric Content**

Carbohydrates	81%
Proteins	14%
Fats	5%

**Health Costs**

At \$1.09 per pound, the cost of all displayed nutrients is \$0.08  
Net nutrition per dollar is 1103  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 18368

Food Group Code 1800

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 3.0 ounces or 85 grams

## Yams

### Carbohydrates 9%

Fiber	12%
Sugars, total	1%

### Fats 0%

Saturated	0%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

### Proteins 1%

Histidine*	1%
Isoleucine*	1%
Leucine*	1%
Lysine*	1%
Methionine*	0%
Cystine	0%
Phenylalanine*	1%
Tyrosine	0%
Threonine*	1%
Tryptophan*	1%
Valine*	1%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	5%
Riboflavin (B-2)	1%
Niacin (B-3)	2%
Pantothenic acid	3%
Vitamin B-6	10%
Folate	5%
Vitamin B-12	0%
Vitamin C	16%
Vitamin D	
Vitamin E	2%
Vitamin K	1%

### Minerals

Calcium	1%
Copper	8%
Iron	3%
Magnesium	4%
Manganese	15%
Phosphorus	2%
Potassium	17%
Selenium	1%
Sodium	0%
Zinc	1%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	2%
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	70%
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## Food Evaluation

Vitamin Score	47
Mineral Score	51
Protein Score	9
Fiber Score	12

Total Nutrients Score	119
Net Food Score	119

Unhealthy Score 1

### Caloric Content

Carbohydrates	95%
Proteins	4%
Fats	1%

### Health Costs

At \$0.65 per pound, the cost of all displayed nutrients is \$0.14  
Net nutrition per dollar is 840  
86% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 11601

Food Group Code 1100

**% of Daily Requirements from 100 Calories of**

Amount for 100 calories is 1.0 ounces or 29 grams

**Yellow beans**

**Carbohydrates** 6%

Fiber	24%
Sugars, total	

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	6%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	2%
Cystine	2%
Phenylalanine*	4%
Tyrosine	2%
Threonine*	6%
Tryptophan*	6%
Valine*	6%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	10%
Riboflavin (B-2)	3%
Niacin (B-3)	3%
Pantothenic acid	2%
Vitamin B-6	5%
Folate	28%
Vitamin B-12	0%
Vitamin C	0%
Vitamin D	
Vitamin E	
Vitamin K	

**Minerals**

Calcium	3%
Copper	9%
Iron	11%
Magnesium	13%
Manganese	16%
Phosphorus	7%
Potassium	8%
Selenium	5%
Sodium	0%
Zinc	5%

**Other Nutrient**

Beta-carotene	
Lycopene	
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	
Caffeine	

Percent(%) of food item's weight that is water:

Water	11%
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**Food Evaluation**

Vitamin Score	52
Mineral Score	78
Protein Score	57
Fiber Score	24

Total Nutrients Score	212
Net Food Score	211

Unhealthy Score 1

**Caloric Content**

Carbohydrates	72%
Proteins	22%
Fats	6%

**Health Costs**

At \$0.99 per pound, the cost of all displayed nutrients is \$0.06  
 Net nutrition per dollar is 3334  
 100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16047

Food Group Code 1600

## % of Daily Requirements from 100 Calories of

Amount for 100 calories is 5.3 ounces or 149 grams

## Yellow mustard

### Carbohydrates 3%

Fiber	16%
Sugars, total	2%

### Fats 11%

Saturated	2%
Trans fats	0%
Cholesterol	0%
Monounsaturated	18%
Polyunsaturated	6%
Omega-3 fats	43%
Omega-6 fats	8%

### Proteins 7%

Histidine*	6%
Isoleucine*	5%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	3%
Phenylalanine*	3%
Tyrosine	3%
Threonine*	5%
Tryptophan*	1%
Valine*	5%

### Vitamins

Vitamin A	2%
Thiamin (B-1)	26%
Riboflavin (B-2)	2%
Niacin (B-3)	4%
Pantothenic acid	4%
Vitamin B-6	4%
Folate	3%
Vitamin B-12	0%
Vitamin C	2%
Vitamin D	
Vitamin E	4%
Vitamin K	1%

### Minerals

Calcium	6%
Copper	6%
Iron	13%
Magnesium	15%
Manganese	27%
Phosphorus	8%
Potassium	5%
Selenium	70%
Sodium	74%
Zinc	6%

### Other Nutrient

Beta-carotene	1%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	83%
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## Food Evaluation

Vitamin Score	51
Mineral Score	156
Protein Score	49
Fiber Score	16

Total Nutrients Score	376
Net Food Score	300

Unhealthy Score 76

### Caloric Content

Carbohydrates	27%
Proteins	23%
Fats	50%

### Health Costs

At \$1.59 per pound, the cost of all displayed nutrients is \$0.52  
Net nutrition per dollar is 574  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 02046

Food Group Code 0200



**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 6.3 ounces or 179 grams**

**Yogurt, fat free**

**Carbohydrates** 5%

Fiber	0%
Sugars, total	25%

**Fats** 1%

Saturated	1%
Trans fats	
Cholesterol	1%
Monounsaturated	0%
Polyunsaturated	0%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 10%

Histidine*	8%
Isoleucine*	13%
Leucine*	11%
Lysine*	10%
Methionine*	7%
Cystine	2%
Phenylalanine*	7%
Tyrosine	6%
Threonine*	9%
Tryptophan*	5%
Valine*	15%

**Vitamins**

Vitamin A	0%
Thiamin (B-1)	4%
Riboflavin (B-2)	15%
Niacin (B-3)	1%
Pantothenic acid	11%
Vitamin B-6	4%
Folate	5%
Vitamin B-12	18%
Vitamin C	2%
Vitamin D	
Vitamin E	0%
Vitamin K	0%

**Minerals**

Calcium	25%
Copper	1%
Iron	1%
Magnesium	7%
Manganese	0%
Phosphorus	14%
Potassium	11%
Selenium	9%
Sodium	6%
Zinc	12%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	85%
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**Food Evaluation**

Vitamin Score	61
Mineral Score	81
Protein Score	103
Fiber Score	0

Total Nutrients Score	246
Net Food Score	238

Unhealthy Score 8

**Caloric Content**

Carbohydrates	53%
Proteins	44%
Fats	3%

**Health Costs**

At \$0.90 per pound, the cost of all displayed nutrients is \$0.35  
Net nutrition per dollar is 670  
100% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 01118

Food Group Code 0100

**% of Daily Requirements from 100 Calories of**  
**Amount for 100 calories is 5.8 ounces or 164 grams**

**Yogurt, plain, whole milk**

**Carbohydrates** 3%

Fiber	0%
Sugars, total	14%

**Fats** 10%

Saturated	19%
Trans fats	
Cholesterol	7%
Monounsaturated	7%
Polyunsaturated	1%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 6%

Histidine*	4%
Isoleucine*	7%
Leucine*	6%
Lysine*	6%
Methionine*	4%
Cystine	1%
Phenylalanine*	4%
Tyrosine	4%
Threonine*	5%
Tryptophan*	3%
Valine*	8%

**Vitamins**

Vitamin A	3%
Thiamin (B-1)	2%
Riboflavin (B-2)	8%
Niacin (B-3)	1%
Pantothenic acid	6%
Vitamin B-6	2%
Folate	3%
Vitamin B-12	10%
Vitamin C	1%
Vitamin D	
Vitamin E	1%
Vitamin K	0%

**Minerals**

Calcium	14%
Copper	1%
Iron	0%
Magnesium	4%
Manganese	0%
Phosphorus	8%
Potassium	6%
Selenium	5%
Sodium	3%
Zinc	6%

**Other Nutrient**

Beta-carotene	0%
Lycopene	0%
Phytosterols	
Retinol	3%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	88%
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**Food Evaluation**

Vitamin Score	38
Mineral Score	45
Protein Score	57
Fiber Score	0

Total Nutrients Score	147
Net Food Score	118

Unhealthy Score 29

**Caloric Content**

Carbohydrates	29%
Proteins	24%
Fats	47%

**Health Costs**

At **\$0.90** per pound, the cost of all displayed nutrients is **\$0.33**  
 Net nutrition per dollar is **363**  
**100%** of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 01116

Food Group Code 0100

**% of Daily Requirements from 100 Calories of  
Amount for 100 calories is 22.0 ounces or 625 grams**

**Zucchini**

**Carbohydrates** 8%

Fiber	23%
Sugars, total	20%

**Fats** 2%

Saturated	1%
Trans fats	
Cholesterol	0%
Monounsaturated	0%
Polyunsaturated	2%
Omega-3 fats	0%
Omega-6 fats	0%

**Proteins** 8%

Histidine*	5%
Isoleucine*	6%
Leucine*	5%
Lysine*	5%
Methionine*	3%
Cystine	2%
Phenylalanine*	3%
Tyrosine	2%
Threonine*	4%
Tryptophan*	5%
Valine*	6%

**Vitamins**

Vitamin A	25%
Thiamin (B-1)	15%
Riboflavin (B-2)	32%
Niacin (B-3)	14%
Pantothenic acid	10%
Vitamin B-6	57%
Folate	45%
Vitamin B-12	0%
Vitamin C	118%
Vitamin D	
Vitamin E	5%
Vitamin K	9%

**Minerals**

Calcium	7%
Copper	16%
Iron	12%
Magnesium	21%
Manganese	48%
Phosphorus	12%
Potassium	41%
Selenium	2%
Sodium	3%
Zinc	12%

**Other Nutrient**

Beta-carotene	15%
Lycopene	0%
Phytosterols	
Retinol	0%

Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

Alcohol	0%
Caffeine	0%

Percent(%) of food item's weight that is water:

Water	95%
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**Food Evaluation**

Vitamin Score	329
Mineral Score	170
Protein Score	53
Fiber Score	23

Total Nutrients Score	576
Net Food Score	572

Unhealthy Score 4

**Caloric Content**

Carbohydrates	73%
Proteins	18%
Fats	9%

**Health Costs**

At \$1.79 per pound, the cost of all displayed nutrients is \$2.60  
Net nutrition per dollar is 220  
95% of purchased food is edible

SCORES are the sums of nutrients with each nutrient's contribution limited at 100%.

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 11477

Food Group Code 1100