

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 174
 Mineral Score 777
 Protein Score 263
 Fiber Score 843

Total Nutrients Score	490
Net Food Score	488

Unhealthy Score 2

SCORES are based on 1000 as the maximum

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 **4832**
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 20077 Food Group Code 2000

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.8 ounces or 24 grams

Soybeans

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 Nutrients	
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 95
 Mineral Score 288
 Protein Score 359
 Fiber Score 95

Total Nutrients Score	240
Net Food Score	236

Unhealthy Score 3

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 29%
 Proteins 30%
 Fats 40%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.05**
 Net nutrition per dollar is **4504**
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 **1.0 ounces or 28 grams**

Lentils

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 Nutrients	
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%

Food Evaluation

Vitamin Score 117
 Mineral Score 168
 Protein Score 283
 Fiber Score 368

Total Nutrients Score	206
Net Food Score	205

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 68%
 Proteins 29%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **3315**
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 16069 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 128
 Mineral Score 179
 Protein Score 258
 Fiber Score 200

Total Nutrients Score	199
Net Food Score	195

Unhealthy Score 4

SCORES are based on 1000 as the maximum

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 **3102**
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 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 Nutrients	
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 116
 Mineral Score 175
 Protein Score 268
 Fiber Score 314

Total Nutrients Score	201
Net Food Score	201

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 73%
 Proteins 24%
 Fats 3%

Health Costs

At \$0.99 per pound, the cost of all displayed nutrients is \$0.07
 Net nutrition per dollar is 3081
 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 16019 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 97
 Mineral Score 196
 Protein Score 266
 Fiber Score 312

Total Nutrients Score	199
Net Food Score	195

Unhealthy Score 3

SCORES are based on 1000 as the maximum

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 **3054**
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 16052 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 108
 Mineral Score 197
 Protein Score 251
 Fiber Score 254

Total Nutrients Score	197
Net Food Score	196

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 75%
 Proteins 22%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **3037**
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 16024 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score	90
Mineral Score	196
Protein Score	230
Fiber Score	192

Total Nutrients Score	197
Net Food Score	195

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content	
Carbohydrates	76%
Proteins	20%
Fats	4%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **3025**
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 16037 Food Group Code 1600

% 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 Nutrients	
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 91
 Mineral Score 190
 Protein Score 248
 Fiber Score 310

Total Nutrients Score	190
Net Food Score	189

Unhealthy Score 1

SCORES are based on 1000 as the maximum

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 **2985**
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 16047 Food Group Code 1600

% 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 Nutrients	
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 94
 Mineral Score 186
 Protein Score 276
 Fiber Score 318

Total Nutrients Score	196
Net Food Score	194

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 73%
 Proteins 25%
 Fats 2%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.07**
 Net nutrition per dollar is **2960**
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 16027 Food Group Code 1600

% 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 Nutrients	
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 90
 Mineral Score 200
 Protein Score 245
 Fiber Score 315

Total Nutrients Score	192
Net Food Score	192

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 75%
 Proteins 22%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2950**
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 16045 Food Group Code 1600

% 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 Nutrients	
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 109
 Mineral Score 193
 Protein Score 219
 Fiber Score 190

Total Nutrients Score	186
Net Food Score	185

Unhealthy Score 1

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 72%
 Proteins 25%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2934**
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 16042 Food Group Code 1600

% 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 Nutrients	
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%
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Food Evaluation

Vitamin Score 121
 Mineral Score 204
 Protein Score 221
 Fiber Score 164

Total Nutrients Score	194
Net Food Score	194

Unhealthy Score 0

SCORES are based on 1000 as the maximum

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 **2918**
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 16001 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 110
 Mineral Score 185
 Protein Score 191
 Fiber Score 203

Total Nutrients Score	180
Net Food Score	174

Unhealthy Score 6

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 68%
 Proteins 18%
 Fats 14%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2903**
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 16056 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 104
 Mineral Score 196
 Protein Score 238
 Fiber Score 158

Total Nutrients Score	186
Net Food Score	184

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 76%
 Proteins 21%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2893**
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 16040 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 100
 Mineral Score 173
 Protein Score 247
 Fiber Score 190

Total Nutrients Score	179
Net Food Score	178

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 75%
 Proteins 22%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2774**
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 16014 Food Group Code 1600

% 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 Nutrients	
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 349
 Mineral Score 0
 Protein Score 0
 Fiber Score 0

Total Nutrients Score	433
Net Food Score	402

Unhealthy Score 31

SCORES are based on 1000 as the maximum

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 2749
 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 04589 Food Group Code 0400

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score	82
Mineral Score	157
Protein Score	261
Fiber Score	318

Total Nutrients Score	176
Net Food Score	172

Unhealthy Score 4

SCORES are based on 1000 as the maximum

Caloric Content	
Carbohydrates	72%
Proteins	25%
Fats	3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2688**
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 16085 Food Group Code 1600

**% 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 Nutrients	
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 140
Mineral Score 502
Protein Score 249
Fiber Score 156

Total Nutrients Score	321
Net Food Score	318

Unhealthy Score 2

SCORES are based on 1000 as the maximum

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 2666
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 20078 Food Group Code 2000

% of Daily Requirements from 100 Calories of

Amount for 100 calories is 0.4 ounces or 11 grams

Salmon oil

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 Nutrients	
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	391
Net Food Score	364

Unhealthy Score 27

SCORES are based on 1000 as the maximum

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 **2488**
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 04593 Food Group Code 0400

% 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 Nutrients	
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 16
 Mineral Score 0
 Protein Score 0
 Fiber Score 0

Total Nutrients Score	306
Net Food Score	266

Unhealthy Score 40

SCORES are based on 1000 as the maximum

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 2185
 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 04594 Food Group Code 0400

% 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 Nutrients	
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 94
 Mineral Score 130
 Protein Score 122
 Fiber Score 37

Total Nutrients Score	125
Net Food Score	123

Unhealthy Score 2

SCORES are based on 1000 as the maximum

Caloric Content
 Carbohydrates 83%
 Proteins 14%
 Fats 3%

Health Costs

At **\$0.99** per pound, the cost of all displayed nutrients is **\$0.06**
 Net nutrition per dollar is **2098**
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 20120 Food Group Code 2000

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score	26
Mineral Score	246
Protein Score	286
Fiber Score	32

Total Nutrients Score	175
Net Food Score	167

Unhealthy Score 8

SCORES are based on 1000 as the maximum

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 **1989**
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 12016 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 Nutrients	
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%

Food Evaluation

Vitamin Score	80
Mineral Score	476
Protein Score	292
Fiber Score	266

Total Nutrients Score	299
Net Food Score	295

Unhealthy Score 4

SCORES are based on 1000 as the maximum

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 **1657**
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 20033 Food Group Code 2000

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 74
 Mineral Score 118
 Protein Score 153
 Fiber Score 64

Total Nutrients Score	135
Net Food Score	127

Unhealthy Score 7

SCORES are based on 1000 as the maximum

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 **1647**
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 16087 Food Group Code 1600

% 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 Nutrients	
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%

Food Evaluation

Vitamin Score 36
 Mineral Score 233
 Protein Score 168
 Fiber Score 116

Total Nutrients Score	149
Net Food Score	148

Unhealthy Score 2

SCORES are based on 1000 as the maximum

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 **1640**
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 20038 Food Group Code 2000

% 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 Nutrients	
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 328
 Mineral Score 614
 Protein Score 165
 Fiber Score 283

Total Nutrients Score	458
Net Food Score	451

Unhealthy Score 7

SCORES are based on 1000 as the maximum

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 **1622**
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 20060 Food Group Code 2000