



FATS

Oils

Nuts

Seeds

ALMOND

	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole	100	g	579	21.2	21.6	1.00	733.00	481.00	49.9
	35.75	g	207	7.6	7.7	0.36	262.05	171.96	17.9
	0.25	c							
slivered	100	g	579	21.2	21.6	1.00	733.00	481.00	49.9
	27	g	156	5.7	5.8	0.27	197.91	129.87	13.5
	0.25	c							
ground	100	g	579	21.2	21.6	1.00	733.00	481.00	49.9
	23.75	g	138	5.0	5.1	0.24	174.09	114.42	11.9
	0.25	c							
paste (marzipan)	100	g	458	9.0	47.8	9.00	314.00	258.00	27.7
	28.38	g	130	2.6	13.6	2.55	89.10	73.21	7.9
	2	tbsp							
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	0.00	0.00	13.6
	1	tbsp							
butter, without salt added	100	g	614	21.0	18.8	227.00	748.00	508.00	55.5
	16	g	98	3.4	3.0	1.12	119.68	81.28	8.9
	1	tbsp							
dry roasted, without salt added	100	g	598	3.0	21.0	3.00	713.00	471.00	52.5
	34.5	g	206	7.2	7.3	1.04	245.99	162.50	18.1
	0.25	c							
oil roasted, without salt	100	g	607	21.2	17.7	1.00	699.00	466.00	55.2
	39.25	g	238	8.3	6.9	0.39	274.36	182.91	21.7
	0.25	c							
milk, unsweetened, shelf stable	100	g	15	0.4	1.3	72.00	67.00	9.00	1.0
	262	g	39	1.1	3.4	188.64	175.54	23.58	2.5
	1	c							
milk, sweetened, vanilla flavor ready-to-drink	100	g	38	0.4	6.6	63.00	50.00	8.00	1.0
	240	g	91	1.0	15.8	151.20	120.00	19.20	2.5
	1	c							
milk, chocolate flavor, unsweetened fortified Vit. D2 and E	100	g	21	0.8	1.3	75.00	96.00	17.00	1.5
	240	g	50	2.0	3.0	180.00	130.40	40.80	3.5
	1	c							

WALNUT	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
english, halves	100	g	654	15.2	13.7	2.00	441.00	346.00	65.2
	25	g	164	3.8	3.4	0.50	110.25	86.50	16.3
	0.25	c							
english, ground	100	g	654	15.2	13.7	2.00	441.00	346.00	65.2
	20	g	131	3.1	2.7	0.40	88.20	69.20	13.0
	0.25	c							
english, chopped	100	g	654	15.2	13.7	2.00	441.00	346.00	65.2
	29.25	g	191	4.5	4.0	0.59	128.99	101.21	19.1
	0.25	c							
butternut or white walnut, dried	100	g	612	24.9	12.1	1.00	421.00	446.00	57.0
	120	g	734	29.9	14.5	1.20	505.20	535.20	68.4
	1	c							
black or american, dried, chopped	100	g	619	24.1	9.6	2.00	523.00	513.00	59.3
	31.25	g	193	7.5	3.0	0.63	163.44	160.31	18.5
	0.25	c							
black or american, dried, ground	100	g	604	23.5	9.3	1.95	509.92	500.17	57.9
	26.67	g	161	6.3	2.5	0.52	135.98	133.38	15.4
	0.33	c							
glazed	100	g	500	8.3	47.6	446.00	232.00	na	35.7
	28.35	g	142	2.4	13.5	126.44	65.77	na	10.1
	1	oz							
oil	100	g	884	0.0	0.0	0.0	0.00	0.00	100.0
	13.6	g	120	0.0	0.0	0.0	0.00	0.00	13.6
	1	tbsp							

PECANS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
chopped	100	g	691	9.2	13.9	0.00	410.00	277.00	72.0
	109	g	753	10.0	15.1	0.00	446.90	410.00	78.5
	1	c							
halves	100	g	691	9.2	13.9	0.00	410.00	277.00	72.0
	24.75	g	171	2.3	3.4	0.00	101.48	68.56	17.8
	0.25	c							
halves, oil roasted	100	g	715	9.2	13.0	1.00	392.00	263.00	75.2
	110	g	787	10.1	14.3	1.10	431.20	289.30	82.8
	1	c							
dry roasted, without salt added	100	g	710	9.5	13.6	1.00	424.00	293.00	74.3
	28.35	g	201	2.7	3.8	0.28	120.20	83.07	21.1
	1	oz							
PISTACHIO									
raw (1 oz = 49 kernels)	100	g	560	20.2	27.2	1.00	1,025.00	490.00	45.3
	123	g	689	24.8	33.4	1.23	1,260.75	602.70	55.7
	1	c							
dry roasted, no salt added	100	g	572	21.1	28.3	6.00	1,007.00	469.00	45.8
	123	g	704	25.9	34.8	7.38	1,238.61	576.87	56.4
	1	c							
MACADAMIA									
whole or halves (1 oz = 10-12 kernels)	100	g	718	7.9	13.8	5.00	368.00	188.00	75.8
	134	g	962	10.6	18.5	6.70	493.12	251.92	101.5
	1	c							
dry roasted, without salt added	100	g	718	7.8	13.4	4.00	363.00	198.00	76.1
	33.5	g	241	2.6	4.5	1.34	121.61	66.33	25.5
	0.25	c							

CASHEW	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw	100	g	553	18.2	30.2	12.00	660.00	593.00	43.9
	28.35	g	157	5.2	8.6	3.40	187.11	168.12	12.4
	1	oz							
oil roasted, no salt added	100	g	580	16.8	29.9	13.00	632.00	531.00	47.8
	129	g	748	21.7	38.5	16.77	815.28	684.99	61.6
	1	c							
dry roasted, no salt added (halves and whole)	100	g	574	15.3	32.7	16.00	565.00	490.00	46.4
	137	g	786	21.0	44.8	21.92	774.05	671.30	63.5
	1	c							
butter, without salt added	100	g	587	17.6	27.6	15.00	546.00	457.00	49.4
	32	g	188	5.6	8.8	4.80	174.72	146.24	15.8
	2	tb sp							
HAZELNUT									
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	0.00	0.00	13.6
	1	tb sp							
whole (1 oz= 21 kernels)	100	g	628	15.0	16.7	0.00	680.00	290.00	60.8
	33.75	g	212	5.1	5.6	0.00	229.50	97.88	20.5
	0.25	c							
blanched	100	g	629	13.7	17.0	0.00	658.00	310.00	61.2
	28.35	g	178	3.9	4.8	0.00	186.54	87.89	17.3
	1	oz							
chopped	100	g	628	15.0	16.7	0.00	680.00	290.00	60.8
	28.75	g	181	4.3	4.8	0.00	195.50	83.38	17.5
	0.25	c							
ground	100	g	628	15.0	16.7	0.00	680.00	290.00	60.8
	18.75	g	118	2.8	3.1	0.00	127.50	54.38	11.4
	0.25	c							
dry roasted, without salt added	100	g	646	15.0	17.6	0.00	755.00	310.00	62.4
	28.35	g	183	4.3	5.0	0.00	214.04	87.89	17.7
	1	oz							
spread, chocolate flavored	100	g	539	5.4	62.4	41.00	407.00	152.00	29.7

PEANUT	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	13.5	g	119	0.0	0.0	0.00	0.00	0.00	13.5
	1	tblsp							
all types	100	g	567	25.8	16.1	18.00	705.00	376.00	49.2
	36.5	g	207	9.4	5.9	6.57	257.33	137.24	18.0
	0.25	c							
all types, dry roasted, no salt added (1 Oz = 28.35g)	100	g	587	24.4	21.4	6.00	634.00	363.00	49.7
	36.5	g	214	8.9	7.8	2.19	231.41	132.50	18.1
	0.25	c							
all types, oil roasted, no salt	100	g	599	28.0	15.3	6.00	726.00	397.00	52.5
	133	g	797	37.3	20.3	7.98	965.58	528.01	69.8
	1	c							
butter, smooth, reduced fat	100	g	520	25.9	36.7	540.00	669.00	369.00	34.0
	36	g	187	9.3	12.8	194.40	240.84	132.84	12.2
	2	tblsp							
butter, smooth, no salt added	100	g	598	22.2	22.3	17.00	558.00	335.00	51.4
	32	g	191	7.1	7.1	5.44	178.56	107.20	16.4
	2	tblsp							
butter, chunky, no salt added	100	g	589	24.1	21.6	17.00	745.00	319.00	49.9
	32	g	188	7.7	6.9	5.44	238.40	102.08	16.0
	2	tblsp							
butter, reduced sodium	100	g	590	24.0	21.8	203.00	747.00	317.00	49.9
	16	g	94	3.8	3.5	32.48	119.52	50.72	8.0
	1	tblsp							
sauce, made with PB, water & soy sauce	100	g	257	6.3	22.0	1338.00	235.00	107.00	16.0
	18	g	46	1.1	4.0	240.84	42.30	19.26	2.9
	1	tblsp							
brittle	100	g	486	7.6	71.2	445.00	168.00	106.00	19.0
	42.53	g	207	3.2	30.3	189.24	71.44	45.08	8.1
	1.5	oz							
flour, defatted	100	g	327	52.2	34.7	180.00	1,290.00	760.00	0.6
	30	g	98	15.7	10.4	54.00	387.00	228.00	0.2
	0.5	c							

PINE

	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
(Pinyon), dried	100	g	629	11.6	19.3	72.00	628.00	35.00	61.0
	28.35	g	178	3.3	5.5	20.41	178.04	9.92	17.3
	1	oz							
(Pignolia), dried	100	g	673	13.7	13.1	2.00	597.00	575.00	68.4
	8.6	g	58	1.2	1.1	0.17	51.34	49.45	5.9
	1	tbsp							
CHESTNUT									
Japanese	100	g	154	2.3	34.9	14.00	329.00	72.00	0.5
	28.35	g	44	0.6	9.9	3.97	93.27	20.41	0.2
	1	oz							
Chinese	100	g	224	4.2	49.1	3.00	447.00	96.00	1.1
	28.35	g	64	1.2	13.9	0.85	126.72	27.22	0.3
	1	oz							
European, unpeeled	100	g	213	2.4	45.5	3.00	518.00	93.00	2.3
	36.25	g	77	0.9	16.5	1.09	187.78	33.71	0.8
	0.25	c							
European, peeled	100	g	196	1.6	44.2	2.00	484.00	38.00	1.3
	28.35	g	56	0.5	12.5	0.57	137.21	10.77	0.4
	1	oz							
European, roasted	100	g	245	3.2	53.0	2.00	592.00	107.00	2.2
	28.35	g	69	0.9	15.0	0.57	167.83	30.33	0.6
	1	oz							
Japanese, roasted	100	g	201	3.0	45.1	19.00	427.00	93.00	0.8
	28.35	g	57	0.8	12.8	5.39	121.05	26.37	0.2
	1	oz							
Chinese, roasted	100	g	239	4.5	52.4	4.00	477.00	102.00	1.2
	28.35	g	68	1.3	14.8	1.13	135.23	28.92	0.3
	1	oz							
Chinese, boiled and steamed	100	g	153	2.9	33.6	2.00	306.00	66.00	0.8
	28.35	g	43	0.8	9.5	0.57	86.75	18.71	0.2
	1	oz							
European, boiled and steamed	100	g	131	2.0	27.8	27.00	715.00	99.00	1.4
	28.35	g	37	0.6	7.9	7.65	202.70	15.31	0.4
	1	oz							
Japanese, boiled and steamed	100	g	56	0.8	12.6	5.00	119.00	26.00	0.2
	28.35	g	16	0.2	3.6	1.42	33.74	7.37	0.1
	1	oz							

ACORN

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Nuts	100	g	387	6.2	40.8	0.00	539.00	79.00	23.9
	28.35	g	110	1.7	11.6	0.00	152.81	22.40	6.8
	1	oz							
flour	100	g	501	7.5	54.7	0.00	712.00	103.00	30.2
	28.35	g	142	2.1	15.5	0.00	201.85	29.20	8.6
	1	oz							
nuts, dried	100	g	509	8.1	53.7	0.00	709.00	103.00	31.4
	28.35	g	144	2.3	15.2	0.00	201.00	29.20	8.9
	1	oz							

CHIA

seeds, dried	100	g	486	16.5	42.1	16.00	407.00	860.00	30.7
	28.35	g	138	4.7	11.9	4.54	115.38	243.81	8.7
	1	oz							

HEMP

seeds, hulled	100	g	553	31.6	8.7	5.00	1,200.00	1,650.00	48.8
	30	g	166	9.5	2.6	1.50	360.00	495.00	14.6
	3	tbsp							

FLAXSEED

seeds, whole	100	g	534	18.3	28.9	30.00	813.00	642.00	42.2
	10.3	g	55	1.9	3.0	3.09	83.70	66.10	4.3
	1	tbsp							
seeds, ground	7	g	37	1.3	2.0	2.10	56.90	44.90	3.0
	1	tbsp							
oil	100	g	884	0.1	0.0	0.00	0.00	1.00	100.0
	14	g	124	0.0	0.0	0.00	0.00	0.14	14.0
	1	tbsp							
oil with added sliced flaxseed	100	g	878	0.4	0.4	6.00	31.00	27.00	99.0
	13.7	g	120	0.1	0.1	0.82	4.25	3.70	13.6
	1	tbsp							
oil, cold pressed	100	g	884	0.1	0.0	0.00	0.00	1.00	100.0
	13.6	g	120	0.0	0.0	0.00	0.00	0.14	13.6
	1	tbsp							

SESAME	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)	
seeds, kernels, toasted	100	g	567	17.0	26.0	39.00	406.00	774.00	48.0	
	128	g	726	21.7	33.3	49.92	519.68	990.72	61.4	
	1	c								
butter or Tahini	100	g	592	17.4	21.5	35.00	459.00	790.00	53.0	
	30	g	178	5.2	6.5	10.50	137.70	237.00	15.9	
	2	tbsp								
seeds, whole, dried	100	g	573	17.7	23.5	11.00	468.00	629.00	49.7	
	9	g	52	1.6	2.1	0.99	42.12	56.61	4.5	
	1	tbsp								
butter or Tahini, from roasted/toasted kernels	100	g	595	17.0	21.2	115.00	414.00	732.00	53.8	
	30	g	179	5.1	6.4	34.50	124.20	219.60	16.1	
	2	tbsp								
SUNFLOWER										
seeds, kernels, toasted	100	g	619	17.2	20.6	3.00	491.00	1,158.00	56.8	
	33.5	g	207	5.8	6.9	1.01	164.49	387.93	19.0	
	0.25	c								
seeds, kernels, dried	100	g	584	20.8	20.0	9.00	645.00	660.00	51.5	
	36	g	210	7.5	7.2	3.24	232.20	237.60	18.5	
	0.25	c								
seeds, kernels, oil roasted	100	g	592	20.1	22.9	3.00	483.00	1,139.00	51.3	
	135	g	799	27.1	31.0	4.05	652.05	1,537.65	69.3	
	1	c								
seeds, kernel, dry roasted	100	g	582	19.3	24.1	3.00	850.00	1,155.00	49.8	
	32	g	186	6.2	7.7	0.96	272.00	369.60	15.9	
	0.25	c								
butter, without salt added	100	g	617	17.3	23.3	3.00	576.00	666.00	55.2	
	16	g	99	2.8	3.7	0.48	92.16	106.56	8.8	
	1	tbsp								
oil, <60% / >60% / >70% Linoleic	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0	
	13.6	g	120	0.0	0.0	0.00	0.00	0.00	13.6	
	1	tbsp								
oil, industrial, mid-oleic for frying and salad dressings	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0	
	13.6	g	120	0.0	0.0	0.00	0.00	0.00	13.6	
	1	tbsp								

PUMPKIN	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
meat, 1" cubes	100	g	26	1.0	6.5	1.00	340.00	44.00	0.1
	116	g	30	1.2	7.5	1.16	394.40	51.04	0.1
	1	c							
flowers	100	g	15	1.0	3.3	5.00	173.00	49.00	0.1
	33	g	1	0.0	0.1	0.20	6.92	1.96	0.0
	1	c							
meat, boiled, drained, no salt added	100	g	20	0.7	4.9	1.00	230.00	30.00	0.1
	122.5	g	25	0.9	6.0	1.23	281.75	36.75	0.1
	0.5	c							
pumpkin pie spice powder	100	g	342	5.8	69.3	52.00	663.00	118.00	12.6
	1.7	g	6	0.1	1.2	0.88	11.27	2.01	0.2
	1	tsp							
seed sunfish, cooked dry heat	100	g	114	24.9	0.0	103.00	449.00	231.00	0.9
	85.05	g	97	21.2	0.0	87.60	381.87	196.46	0.8
	3	oz							
seeds, kernels, whole, roasted without salt added	100	g	446	18.6	53.8	18.00	919.00	92.00	19.4
	32	g	143	5.9	17.2	5.76	294.08	29.44	6.2
	0.5	c							
POPPYSEED									
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	0.00	0.00	13.6
	1	tbsp							
salad dressing, creamy	100	g	399	0.9	23.7	933.00	61.00	49.00	33.3
	33	g	132	0.3	7.8	307.89	20.13	16.17	11.0
	2	tbsp							

OLIVE

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
oil, extra virgin, virgin	100	g	884	0.0	0.0	2.00	1.00	0.00	100.0
	14	g	124	0.0	0.0	0.28	0.14	0.00	14.0
	1	tblsp							
black, kalamata	100	g	116	0.8	6.0	735.00	8.00	3.00	10.9
	15	g	17	0.1	0.9	110.00	1.20	0.45	1.6
	3	pcs							
green	100	g	145	1.0	3.8	1556.00	42.00	4.00	15.3
	15	g	22	0.2	0.6	233.00	6.30	0.60	2.3
	3	pcs							
spread (tapenade)	100	g	278	0.7	4.2	835.00	17.00	3.00	30.1
	16	g	45	0.1	0.7	134.00	2.72	0.48	4.8
	1	tblsp							
stuffed	100	g	128	1.0	4.0	1340.00	58.00	6.00	13.2
	15	g	19	0.2	0.6	201.00	8.70	0.90	2.0
	3	pcs							

COCONUT

fresh	100	g	354	3.3	15.2	20.00	356.00	113.00	33.5
	85	g	301	2.8	12.9	17.00	303.00	96.00	28.5
	1	c							
water, unsweetened	100	g	18	0.2	4.2	26.00	165.00	5.00	0.0
	240	g	43	0.5	10.2	62.40	396.00	12.00	0.0
	1	c							
milk	100	g	31	0.2	2.9	19.00	19.00	0.00	2.1
	244	g	76	0.5	7.1	46.40	46.40	0.00	5.1
	1	c							
milk/cream for cooking	100	g	230	2.3	5.5	15.00	263.00	100.00	23.8
	240	g	552	5.5	13.3	36.00	631.00	240.00	57.2
	1	c							
yogurt	100	g	64	0.3	8.0	21.00	27.00	2.00	3.5
	170	g	109	0.5	13.5	35.70	45.90	3.40	6.0
	6	oz							
cream, canned, sweetened	100	g	357	1.2	53.2	36.00	101.00	22.00	16.3
	37	g	132	0.4	19.7	13.30	37.40	8.14	6.0
	1/4	c							
oil	100	g	833	0.0	0.0	0.00	0.00	0.00	99.1
	14	g	117	0.0	0.0	0.00	0.00	0.00	13.9
	1	tblsp							
flaked, shredded, packed	100	g	456	3.1	51.9	285.00	361.00	100.00	28.0
	28	g	128	1.0	14.5	79.80	101.00	28.00	7.8
	2	tblsp							

SAFFLOWER	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	14	g	124	0.0	0.0	0.00	0.00	0.00	14.0
	1	tblsp							
CANOLA									
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	14	g	124	0.0	0.0	0.00	0.00	0.00	14.0
	1	tblsp							
SOYBEAN									
oil	100	g	884	0.0	0.0	0.00	0.00	0.00	100.0
	14	g	124	0.0	0.0	0.00	0.00	0.00	14.0
	1	tblsp							
BUTTER									
stick	100	g	717	0.9	0.1	643.00	24.00	24.00	81.1
	14	g	100	0.1	0.0	90.00	3.36	3.36	11.4
	1	tblsp							
light, stick or tub	100	g	499	3.3	0.0	450.00	71.00	34.00	55.1
	14	g	70	0.5	0.0	63.00	9.94	4.76	7.7
	1	tblsp							
unsalted	100	g	717	0.9	0.1	11.00	24.00	24.00	81.1
	14	g	102	0.1	0.0	1.56	3.41	3.41	11.5
	1	tblsp							
GHEE									
clarified butter	100	g	876	0.3	0.0	2.00	5.00	3.00	99.5
	14	g	123	0.0	0.0	0.28	0.70	0.42	13.9
	1	tblsp							
MARGARINE									
stick	100	g	717	0.2	0.7	751.00	18.00	5.00	80.7
	14	g	100	0.0	0.1	105.00	2.52	0.70	11.3
	1	tblsp							