



FATS

(Oils, Nuts & Seeds)

ALMOND

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole</i>	100	g	579	21.2	21.6	733.00	49.9
	35.75	g	207	7.6	7.7	262.05	17.9
	0.25	c					
<i>slivered</i>	100	g	579	21.2	21.6	733.00	49.9
	27	g	156	5.7	5.8	197.91	13.5
	0.25	c					
<i>ground</i>	100	g	579	21.2	21.6	733.00	49.9
	23.75	g	138	5.0	5.1	174.09	11.9
	0.25	c					
<i>paste (marzipan)</i>	100	g	458	9.0	47.8	314.00	27.7
	28.38	g	130	2.6	13.6	89.10	7.9
	2	tblsp					
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	13.6
	1	tblsp					
<i>butter, without salt added</i>	100	g	614	21.0	18.8	748.00	55.5
	16	g	98	3.4	3.0	119.68	8.9
	1	tblsp					
<i>dry roasted, without salt added</i>	100	g	598	3.0	21.0	713.00	52.5
	34.5	g	206	7.2	7.3	245.99	18.1
	0.25	c					
<i>oil roasted, without salt</i>	100	g	607	21.2	17.7	699.00	55.2
	39.25	g	238	8.3	6.9	274.36	21.7
	0.25	c					
<i>milk, unsweetened, shelf stable</i>	100	g	15	0.4	1.3	67.00	1.0
	262	g	39	1.1	3.4	175.54	2.5
	1	c					
<i>milk, sweetened, vanilla flavor ready-to-drink</i>	100	g	38	0.4	6.6	50.00	1.0
	240	g	91	1.0	15.8	120.00	2.5
	1	c					
<i>milk, chocolate flavor, unsweetened fortified Vit. D2 and E</i>	100	g	21	0.8	1.3	96.00	1.5
	240	g	50	2.0	3.0	130.40	3.5
	1	c					

WALNUT	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>english, halves</i>	100	g	654	15.2	13.7	441.00	65.2
	25	g	164	3.8	3.4	110.25	16.3
	0.25	c					
<i>english, ground</i>	100	g	654	15.2	13.7	441.00	65.2
	20	g	131	3.1	2.7	88.20	13.0
	0.25	c					
<i>english, chopped</i>	100	g	654	15.2	13.7	441.00	65.2
	29.25	g	191	4.5	4.0	128.99	19.1
	0.25	c					
<i>butternut or white walnut, dried</i>	100	g	612	24.9	12.1	421.00	57.0
	120	g	734	29.9	14.5	505.20	68.4
	1	c					
<i>black or american, dried, chopped</i>	100	g	619	24.1	9.6	523.00	59.3
	31.25	g	193	7.5	3.0	163.44	18.5
	0.25	c					
<i>black or american, dried, ground</i>	100	g	604	23.5	9.3	509.92	57.9
	26.67	g	161	6.3	2.5	135.98	15.4
	0.33	c					
<i>glazed</i>	100	g	500	8.3	47.6	232.00	35.7
	28.35	g	142	2.4	13.5	65.77	10.1
	1	oz					
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	13.6
	1	tbsp					

PECANS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>chopped</i>	100	g	691	9.2	13.9	410.00	72.0
	109	g	753	10.0	15.1	446.90	78.5
	1	c					
<i>halves</i>	100	g	691	9.2	13.9	410.00	72.0
	24.75	g	171	2.3	3.4	101.48	17.8
	0.25	c					
<i>halves, oil roasted</i>	100	g	715	9.2	13.0	392.00	75.2
	110	g	787	10.1	14.3	431.20	82.8
	1	c					
<i>dry roasted, without salt added</i>	100	g	710	9.5	13.6	424.00	74.3
	28.35	g	201	2.7	3.8	120.20	21.1
	1	oz					
PISTACHIO							
<i>raw</i> (1 oz = 49 kernels)	100	g	560	20.2	27.2	1,025.00	45.3
	123	g	689	24.8	33.4	1,260.75	55.7
	1	c					
<i>dry roasted, no salt added</i>	100	g	572	21.1	28.3	1,007.00	45.8
	123	g	704	25.9	34.8	1,238.61	56.4
	1	c					
MACADAMIA							
<i>whole or halves</i> (1 oz = 10-12 kernels)	100	g	718	7.9	13.8	368.00	75.8
	134	g	962	10.6	18.5	493.12	101.5
	1	c					
<i>dry roasted, without salt added</i>	100	g	718	7.8	13.4	363.00	76.1
	33.5	g	241	2.6	4.5	121.61	25.5
	0.25	c					

CASHEW	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw</i>	100	g	553	18.2	30.2	660.00	43.9
	28.35	g	157	5.2	8.6	187.11	12.4
	1	oz					
<i>oil roasted, no salt added</i>	100	g	580	16.8	29.9	632.00	47.8
	129	g	748	21.7	38.5	815.28	61.6
	1	c					
<i>dry roasted, no salt added (halves and whole)</i>	100	g	574	15.3	32.7	565.00	46.4
	137	g	786	21.0	44.8	774.05	63.5
	1	c					
<i>butter, without salt added</i>	100	g	587	17.6	27.6	546.00	49.4
	32	g	188	5.6	8.8	174.72	15.8
	2	tbsp					
HAZELNUT							
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	13.6
	1	tbsp					
<i>whole (1 oz= 21 kernels)</i>	100	g	628	15.0	16.7	680.00	60.8
	33.75	g	212	5.1	5.6	229.50	20.5
	0.25	c					
<i>blanched</i>	100	g	629	13.7	17.0	658.00	61.2
	28.35	g	178	3.9	4.8	186.54	17.3
	1	oz					
<i>chopped</i>	100	g	628	15.0	16.7	680.00	60.8
	28.75	g	181	4.3	4.8	195.50	17.5
	0.25	c					
<i>ground</i>	100	g	628	15.0	16.7	680.00	60.8
	18.75	g	118	2.8	3.1	127.50	11.4
	0.25	c					
<i>dry roasted, without salt added</i>	100	g	646	15.0	17.6	755.00	62.4
	28.35	g	183	4.3	5.0	214.04	17.7
	1	oz					
<i>spread, chocolate flavored</i>	100	g	539	5.4	62.4	407.00	29.7

PEANUT

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	13.5	g	119	0.0	0.0	0.00	13.5
	1	tbsp					
<i>all types</i>	100	g	567	25.8	16.1	705.00	49.2
	36.5	g	207	9.4	5.9	257.33	18.0
	0.25	c					
<i>all types, dry roasted, no salt added (1 Oz = 28.35g)</i>	100	g	587	24.4	21.4	634.00	49.7
	36.5	g	214	8.9	7.8	231.41	18.1
	0.25	c					
<i>all types, oil roasted, no salt</i>	100	g	599	28.0	15.3	726.00	52.5
	133	g	797	37.3	20.3	965.58	69.8
	1	c					
<i>butter, smooth, reduced fat</i>	100	g	520	25.9	36.7	669.00	34.0
	36	g	187	9.3	12.8	240.84	12.2
	2	tbsp					
<i>butter, smooth, no salt added</i>	100	g	598	22.2	22.3	558.00	51.4
	32	g	191	7.1	7.1	178.56	16.4
	2	tbsp					
<i>butter, chunky, no salt added</i>	100	g	589	24.1	21.6	745.00	49.9
	32	g	188	7.7	6.9	238.40	16.0
	2	tbsp					
<i>butter, reduced sodium</i>	100	g	590	24.0	21.8	747.00	49.9
	16	g	94	3.8	3.5	119.52	8.0
	1	tbsp					
<i>sauce, made with PB, water & soy sauce</i>	100	g	257	6.3	22.0	235.00	16.0
	18	g	46	1.1	4.0	42.30	2.9
	1	tbsp					
<i>brittle</i>	100	g	486	7.6	71.2	168.00	19.0
	42.53	g	207	3.2	30.3	71.44	8.1
	1.5	oz					
<i>flour, defatted</i>	100	g	327	52.2	34.7	1,290.00	0.6
	30	g	98	15.7	10.4	387.00	0.2
	0.5	c					

PINE	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>(Pinyon), dried</i>	100	g	629	11.6	19.3	628.00	61.0
	28.35	g	178	3.3	5.5	178.04	17.3
	1	oz					
<i>(Pignolia), dried</i>	100	g	673	13.7	13.1	597.00	68.4
	8.6	g	58	1.2	1.1	51.34	5.9
	1	tbsp					
CHESTNUT							
<i>Japanese</i>	100	g	154	2.3	34.9	329.00	0.5
	28.35	g	44	0.6	9.9	93.27	0.2
	1	oz					
<i>Chinese</i>	100	g	224	4.2	49.1	447.00	1.1
	28.35	g	64	1.2	13.9	126.72	0.3
	1	oz					
<i>European, unpeeled</i>	100	g	213	2.4	45.5	518.00	2.3
	36.25	g	77	0.9	16.5	187.78	0.8
	0.25	c					
<i>European, peeled</i>	100	g	196	1.6	44.2	484.00	1.3
	28.35	g	56	0.5	12.5	137.21	0.4
	1	oz					
<i>European, roasted</i>	100	g	245	3.2	53.0	592.00	2.2
	28.35	g	69	0.9	15.0	167.83	0.6
	1	oz					
<i>Japanese, roasted</i>	100	g	201	3.0	45.1	427.00	0.8
	28.35	g	57	0.8	12.8	121.05	0.2
	1	oz					
<i>Chinese, roasted</i>	100	g	239	4.5	52.4	477.00	1.2
	28.35	g	68	1.3	14.8	135.23	0.3
	1	oz					
<i>Chinese, boiled and steamed</i>	100	g	153	2.9	33.6	306.00	0.8
	28.35	g	43	0.8	9.5	86.75	0.2
	1	oz					
<i>European, boiled and steamed</i>	100	g	131	2.0	27.8	715.00	1.4
	28.35	g	37	0.6	7.9	202.70	0.4
	1	oz					
<i>Japanese, boiled and steamed</i>	100	g	56	0.8	12.6	119.00	0.2
	28.35	g	16	0.2	3.6	33.74	0.1
	1	oz					

ACORN	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
Nuts	100	g	387	6.2	40.8	539.00	23.9
	28.35	g	110	1.7	11.6	152.81	6.8
	1	oz					
flour	100	g	501	7.5	54.7	712.00	30.2
	28.35	g	142	2.1	15.5	201.85	8.6
	1	oz					
nuts, dried	100	g	509	8.1	53.7	709.00	31.4
	28.35	g	144	2.3	15.2	201.00	8.9
	1	oz					
CHIA							
seeds, dried	100	g	486	16.5	42.1	407.00	30.7
	28.35	g	138	4.7	11.9	115.38	8.7
	1	oz					
HEMP							
seeds, hulled	100	g	553	31.6	8.7	1,200.00	48.8
	30	g	166	9.5	2.6	360.00	14.6
	3	tbsp					
FLAXSEED							
seeds, whole	100	g	534	18.3	28.9	813.00	42.2
	10.3	g	55	1.9	3.0	83.70	4.3
	1	tbsp					
seeds, ground	7	g	37	1.3	2.0	56.90	3.0
	1	tbsp					
oil	100	g	884	0.1	0.0	0.00	100.0
	14	g	124	0.0	0.0	0.00	14.0
	1	tbsp					
oil with added sliced flaxseed	100	g	878	0.4	0.4	31.00	99.0
	13.7	g	120	0.1	0.1	4.25	13.6
	1	tbsp					
oil, cold pressed	100	g	884	0.1	0.0	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	13.6
	1	tbsp					

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

PUMPKIN	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>meat, 1" cubes</i>	100	g	26	1.0	6.5	340.00	0.1
	116	g	30	1.2	7.5	394.40	0.1
	1	c					
<i>flowers</i>	100	g	15	1.0	3.3	173.00	0.1
	33	g	1	0.0	0.1	6.92	0.0
	1	c					
<i>meat, boiled, drained, no salt added</i>	100	g	20	0.7	4.9	230.00	0.1
	122.5	g	25	0.9	6.0	281.75	0.1
	0.5	c					
<i>pumpkin pie spice powder</i>	100	g	342	5.8	69.3	663.00	12.6
	1.7	g	6	0.1	1.2	11.27	0.2
	1	tsp					
<i>seed sunfish, cooked dry heat</i>	100	g	114	24.9	0.0	449.00	0.9
	85.05	g	97	21.2	0.0	381.87	0.8
	3	oz					
<i>seeds, kernels, whole, roasted without salt added</i>	100	g	446	18.6	53.8	919.00	19.4
	32	g	143	5.9	17.2	294.08	6.2
	0.5	c					
POPPYSEED							
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	13.6	g	120	0.0	0.0	0.00	13.6
	1	tblsp					
<i>salad dressing, creamy</i>	100	g	399	0.9	23.7	61.00	33.3
	33	g	132	0.3	7.8	20.13	11.0
	2	tblsp					

OLIVE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>oil, extra virgin, virgin</i>	100	g	884	0.0	0.0	1.00	100.0
	14	g	124	0.0	0.0	0.14	14.0
	1	tbbsp					
<i>black, kalamata</i>	100	g	116	0.8	6.0	8.00	10.9
	15	g	17	0.1	0.9	1.20	1.6
	3	pcs					
<i>green</i>	100	g	145	1.0	3.8	42.00	15.3
	15	g	22	0.2	0.6	6.30	2.3
	3	pcs					
<i>spread (tapenade)</i>	100	g	278	0.7	4.2	17.00	30.1
	16	g	45	0.1	0.7	2.72	4.8
	1	tbbsp					
<i>stuffed</i>	100	g	128	1.0	4.0	58.00	13.2
	15	g	19	0.2	0.6	8.70	2.0
	3	pcs					
COCONUT							
<i>fresh</i>	100	g	354	3.3	15.2	356.00	33.5
	85	g	301	2.8	12.9	303.00	28.5
	1	c					
<i>water, unsweetened</i>	100	g	18	0.2	4.2	165.00	0.0
	240	g	43	0.5	10.2	396.00	0.0
	1	c					
<i>milk</i>	100	g	31	0.2	2.9	19.00	2.1
	244	g	76	0.5	7.1	46.40	5.1
	1	c					
<i>milk/cream for cooking</i>	100	g	230	2.3	5.5	263.00	23.8
	240	g	552	5.5	13.3	631.00	57.2
	1	c					
<i>yogurt</i>	100	g	64	0.3	8.0	27.00	3.5
	170	g	109	0.5	13.5	45.90	6.0
	6	oz					
<i>cream, canned, sweetened</i>	100	g	357	1.2	53.2	101.00	16.3
	37	g	132	0.4	19.7	37.40	6.0
	1/4	c					
<i>oil</i>	100	g	833	0.0	0.0	0.00	99.1
	14	g	117	0.0	0.0	0.00	13.9
	1	tbbsp					
<i>flaked, shredded, packed</i>	100	g	456	3.1	51.9	361.00	28.0
	28	g	128	1.0	14.5	101.00	7.8
	2	tbbsp					

SAFFLOWER	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	14	g	124	0.0	0.0	0.00	14.0
	1	tbsp					
CANOLA							
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	14	g	124	0.0	0.0	0.00	14.0
	1	tbsp					
SOYBEAN							
<i>oil</i>	100	g	884	0.0	0.0	0.00	100.0
	14	g	124	0.0	0.0	0.00	14.0
	1	tbsp					
BUTTER							
<i>stick</i>	100	g	717	0.9	0.1	24.00	81.1
	14	g	100	0.1	0.0	3.36	11.4
	1	tbsp					
<i>light, stick or tub</i>	100	g	499	3.3	0.0	71.00	55.1
	14	g	70	0.5	0.0	9.94	7.7
	1	tbsp					
<i>unsalted</i>	100	g	717	0.9	0.1	24.00	81.1
	14	g	102	0.1	0.0	3.41	11.5
	1	tbsp					
GHEE							
<i>clarified butter</i>	100	g	876	0.3	0.0	5.00	99.5
	14	g	123	0.0	0.0	0.70	13.9
	1	tbsp					
MARGARINE							
<i>stick</i>	100	g	717	0.2	0.7	18.00	80.7
	14	g	100	0.0	0.1	2.52	11.3
	1	tbsp					