



VEGETABLES

ASPARAGUS	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
boiled, drained	100.00	g	22	2.4	4.1	14.00	224.00	54.00	0.22
	90.00	g	20	2.2	3.7	12.60	201.60	48.60	0.20
	0.50	c							
frozen	100.00	g	24	3.2	4.1	8.00	253.00	64.00	0.23
	87.00	g	21	2.8	3.6	6.96	220.11	55.68	0.20
	6.00	pcs							
frozen, boiled, drained	100.00	g	18	3.0	1.9	3.00	172.00	49.00	0.42
	90.00	g	16	2.7	1.7	2.70	154.80	44.10	0.38
	0.50	c							
canned, drained	100.00	g	19	2.1	2.5	287.00	172.00	43.00	0.65
	121.00	g	23	2.6	3.0	347.27	208.12	52.03	0.79
	0.50	c							
BEANS									
green wax, raw	100.00	g	31	1.8	7.0	6.00	211.00	38.00	
	82.50	g	26	1.5	5.8	4.95	174.08	31.35	
	0.75	c							
green wax, frozen	100.00	g	33	1.8	7.5	3.00	186.00	32.00	
	82.67	g	27	1.5	6.2	2.48	153.76	26.45	
	0.67	c							
green wax, boiled, drained	100.00	g	35	1.9	7.9	1.00	146.00	29.00	
	125.00	g	44	2.4	9.9	1.25	182.50	36.25	
	1.00	c							
green wax, canned, drained	100.00	g	21	1.1	4.2	268.00	96.00	22.00	
	135.00	g	28	1.4	5.7	361.80	129.60	29.70	
	1.00	c							
CARROTS									
strips, slices	100.00	g	41	0.9	9.6	69.00	320.00	35.00	
	122.00	g	50	1.1	11.7	84.18	390.40	42.70	
	1.00	c							
grated	100.00	g	41	0.9	9.6	69.00	320.00	35.00	
	82.50	g	34	0.8	7.9	56.93	264.00	28.88	
	0.75	c							
sliced, boiled, drained, no salt	100.00	g	35	0.8	8.2	58.00	235.00	30.00	
	78.00	g	27	0.6	6.4	45.24	183.30	23.40	
	0.50	c							
frozen	100.00	g	36	0.8	7.9	68.00	235.00	33.00	
	85.33	g	31	0.7	6.7	58.03	200.53	28.16	
	0.67	c							
baby	100.00	g	35	0.6	8.2	78.00	237.00	28.00	
	80.00	g	28	0.5	6.6	62.40	189.60	22.40	
	8.00	pcs							
juice, canned	100.00	g	40	1.0	9.3	66.00	292.00	42.00	
	236.00	g	94	2.2	21.9	155.76	689.12	99.12	
	8.00	fl oz							

TOMATO	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
red, whole medium 2.6 in diameter	100.00	g	18	0.9	3.9	5.00	237.00	24.00	
	123.00	g	22	1.1	4.8	6.15	291.51	29.52	
	1.00	pc							
diced or chopped	100.00	g	18	0.9	3.9	5.00	237.00	24.00	
	90.00	g	16	0.8	3.5	4.50	213.30	21.60	
	0.50	c							
yellow, chopped	100.00	g	15	1.0	3.0	23.00	258.00	36.00	
	92.67	g	14	0.9	2.8	21.31	239.08	33.36	
	0.67	c							
orange, chopped	100.00	g	16	1.2	3.2	42.00	212.00	29.00	
	79.00	g	13	0.9	2.5	33.18	167.48	22.91	
	0.50	c							
green	100.00	g	23	1.2	5.1	13.00	204.00	28.00	
	90.00	g	21	1.1	4.6	11.70	183.60	25.20	
	0.50	c							
whole, canned	100.00	g	16	0.8	3.5	115.00	191.00	17.00	
	240.00	g	38	1.9	8.3	276.00	458.40	40.80	
	1.00	c							
sauce, canned, no salt	100.00	g	24	1.2	5.3	11.00	297.00	27.00	
	244.00	g	59	2.9	13.0	26.84	724.68	65.88	
	1.00	c							
crushed, canned	100.00	g	32	1.6	7.3	186.00	293.00	32.00	
	56.70	g	18	0.9	4.1	105.46	166.13	18.14	
	2.00	oz							
paste, canned	100.00	g	82	4.3	18.9	790.00	1,014.00	83.00	
	32.80	g	27	1.4	6.2	259.12	332.59	27.22	
	2.00	tbsp							
puree, canned, no salt	100.00	g	38	1.7	9.0	28.00	439.00	40.00	
	250.00	g	95	4.1	22.5	70.00	1,097.50	100.00	
	1.00	c							
sun dried, in oil, drained	100.00	g	213	5.1	23.3	266.00	1,565.00	139.00	
	27.50	g	59	1.4	6.4	73.15	430.38	38.23	
	0.25	c							
Ketchup, low sodium	100.00	g	101	1.0	27.4	20.00	281.00	26.00	
	15.00	g	15	0.2	4.1	3.00	42.15	3.90	
	1.00	tbsp							
juice, canned	100.00	g	17	0.9	3.5	253.00	217.00	19.00	
	243.00	g	41	2.1	8.6	614.79	527.31	46.17	
	8.00	fl oz							
cherry, sweet, raw	100.00	g	63	1.1	16.0	0.00	222.00	21.00	
	138.00	g	87	1.5	22.1	0.00	306.00	29.00	
	1.00	c							

PEPPER	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
bell, sweet yellow, 3 in diameter	100.00	g	27	1.0	6.3	2.00	212.00	24.00	
	186.00	g	50	1.9	11.8	3.72	394.32	44.64	
	1.00	pc							
bell, sweet green, chopped	100.00	g	20	0.9	4.6	3.00	175.00	20.00	
	74.50	g	15	0.6	3.5	2.24	130.38	14.90	
	0.50	c							
bell, sweet green, sauteed	100.00	g	116	0.8	4.2	17.00	134.00	15.00	
bell, sweet red, chopped	100.00	g	26	1.0	6.0	4.00	211.00	26.00	
	74.50	g	19	0.7	4.5	2.98	157.20	19.37	
	0.50	c							
bell, sweet red, sauteed	100.00	g	133	1.0	6.6	21.00	193.00	23.00	
bell, sweet red, chopped, frozen, drained, boiled, no salt added	100.00	g	16	1.0	3.3	4.00	72.00	13.00	
	85.05	g	14	0.8	2.8	3.40	61.24	11.06	
	3.00	oz							
jalapeno, sliced	100.00	g	29	0.9	6.5	3.00	248.00	26.00	
	22.50	g	7	0.2	1.5	0.68	55.80	5.85	
	0.13	c							
serrano, chopped	100.00	g	32	1.7	6.7	10.00	305.00	40.00	
	26.25	g	8	0.5	1.8	2.63	80.06	10.50	
	0.25	c							
black, ground	100.00	g	251	10.4	64.0	20.00	1,329.00	158.00	
	2.10	g	5	0.2	1.3	0.42	27.91	3.32	
	1.00	ts p							
white, ground	100.00	g	296	10.4	68.6	5.00	73.00	176.00	
	2.40	g	7	0.3	1.7	0.12	1.75	4.22	
	1.00	ts p							
hot chilli, red	100.00	g	40	1.9	8.8	9.00	322.00	43.00	
	45.00	g	18	0.8	4.0	4.05	144.90	19.35	
	1.00	pc							

CABBAGE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
green, chopped	100.00	g	25	1.3	5.8	18.00	170.00	26.00	
	89.00	g	22	1.1	5.2	16.02	151.30	23.14	
	1.00	c							
green shredded, sliced	100.00	g	25	1.3	5.8	18.00	170.00	26.00	
	87.50	g	22	1.1	5.1	15.75	148.75	22.75	
	1.25	c							
green, shredded, boiled, drained, no salt added	100.00	g	23	1.3	5.5	8.00	196.00	33.00	
	75.00	g	17	1.0	4.1	6.00	147.00	24.75	
	0.50	c							
chinese, shredded, raw	100.00	g							
	76.00	g	12	0.9		6.84	181.00	22.04	
	1.00	c							
chinese, cooked, no salt	100.00	g							
	75.00	g	17	1.0		6.00	147.00	24.75	
	0.50	c							
red, shredded	100.00	g	31	1.4	7.4	27.00	243.00	30.00	
	87.50	g	27	1.3	6.5	23.63	212.63	26.25	
	1.25	c							
red, shredded, boiled, drained, no salt added	100.00	g	29	1.5	6.9	28.00	262.00	33.00	
	75.00	g	27	1.1	5.2	21.00	196.50	24.75	
	0.50	c							
Bok Choy or White Mustard, shredded	100.00	g	13	1.5	2.2	65.00	252.00	37.00	
	87.50	g	11	1.3	1.9	56.88	220.50	32.38	
	1.25	c							
Bok Choy/ Pak Choi, shredded, boiled, drained	100.00	g	12	1.6	1.8	34.00	371.00	29.00	
	85.00	g	10	1.3	1.5	28.90	315.35	24.65	
	0.50	c							
Kimchi	100.00	g	15	1.1	2.4	498.00	151.00	24.00	
	150.00	g	23	1.7	3.6	747.00	226.50	36.00	
	1.00	c							

MUSH ROOM	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Shitake, raw	100.00	g	34	2.2	6.8	9.00	304.00	112.00	
	19.00	g	6	0.4	1.3	1.71	57.76	21.28	
	1.00	pc							
Shitake, dried	100.00	g	296	9.6	75.4	13.00	1,534.00	294.00	
	32.40	g	96	3.1	24.4	4.21	497.02	95.26	
	9.00	pcs							
Shitake, cooked	100.00	g	56	1.6	14.4	4.00	117.00	29.00	
	72.50	g	41	1.1	10.4	2.90	84.83	21.03	
	0.50	c							
Shitake, stir fried	100.00	g	39	3.5	7.7	5.00	326.00	111.00	
	108.00	g	42	3.7	8.3	5.40	352.08	119.88	
	1.00	c							
Portabella/ Portabello	100.00	g	22	2.1	3.9	9.00	364.00	108.00	
Portabello, grilled	100.00	g	29	3.3	4.4	11.00	437.00	135.00	
White, raw	100.00	g	22	3.0	3.3	5.00	318.00	86.00	
	96.00	g	21	3.0	3.1	4.80	305.28	82.56	
	1.00	c							
white, sliced, stir-fried	100.00	g	26	3.6	4.0	12.00	396.00	105.00	
	108.00	g	28	3.9	4.4	12.96	427.68	113.40	
	1.00	c							
LETTUCE									
romaine, shredded	100.00	g	17	1.2	3.3		8.00	247.00	30.00
	70.50	g	12	0.9	2.3		5.64	174.14	21.15
	1.50	c							
butterhead, medium leaves	100.00	g	13	1.4	2.2		5.00	238.00	33.00
	82.50	g	11	1.1	1.8		4.13	196.35	27.23
	11.00	pcs							
Red Leaf, shredded	100.00	g	13	1.3	2.3		25.00	187.00	28.00
	28.00	g	4	0.4	0.6		7.00	52.36	7.84
	1.00	c							
Iceberg, shredded or chopped	100.00	g	14	0.9	3.0		10.00	141.00	20.00
	108.00	g	15	1.0	3.2		10.80	152.28	21.60
	1.50	c							
Iceberg, loose leaves, medium	100.00	g	14	0.9	3.0		10.00	141.00	20.00
	80.00	g	11	0.7	2.4		8.00	112.80	16.00
	10.00	pcs							

CORN	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
white, sweet	100.00	g	390	7.8	86.6	956.00	88.00	39.00	
	25.00	g	98	2.0	21.7	239.00	22.00	9.75	
	1.00	c							
white, steamed (Navajo)	100.00	g	386	9.7	75.2	4.00	532.00	312.00	
	85.05	g	328	8.3	64.0	3.40	452.47	265.36	
	3.00	oz							
white, stew, steamed (Navajo)	100.00	g	112	8.8	10.8	104.00	177.00	107.00	
	85.05	g	95	7.5	9.2	88.45	150.54	91.00	
	3.00	oz							
sweet, boiled, drained	100.00	g	94	3.1	22.3	4.00	251.00	75.00	0.74
	82.00	g	77	2.6	18.3	3.28	205.82	61.50	0.61
	0.50	c							
flour, white, whole grain	100.00	g	361	6.9	76.9	5.00	315.00	272.00	3.86
	29.25	g	106	2.0	22.5	1.46	92.14	79.56	1.13
	0.25	c							
yellow, sweet, boiled, drained	100.00	g	96	3.4	21.0	1.00	218.00	77.00	1.50
	82.00	g	79	2.8	17.2	0.82	178.76	63.14	1.23
	0.50	c							
yellow, sweet, on the cob	100.00	g	86	3.3	18.7	15.00	270.00	89.00	1.35
	154.00	g	77	2.9	16.8	13.50	243.00	80.10	1.22
	1.00	c							
yellow, sweet, creamed, canned	100.00	g	72	1.7	18.1	261.00	134.00	51.00	0.42
	128.00	g	92	2.2	23.2	334.08	171.52	65.28	0.54
	0.50	c							
yellow, sweet, kernels, frozen	100.00	g	88	3.0	20.7	3.00	213.00	70.00	0.78
	82.00	g	72	2.5	17.0	2.46	174.66	57.40	0.64
	0.50	c							
yellow, sweet, canned with liquid	100.00	g	61	2.0	13.9	195.00	136.00	46.00	0.77
	128.00	g	78	2.5	17.7	249.60	174.08	58.88	0.99
	0.50	c							
tortilla, no salt added	100.00	g	222	5.7	46.6	11.00	154.00	314.00	2.50
	26.00	g	58	1.5	12.1	2.86	40.04	81.64	0.65
	1.00	pc							

BROCCOLI	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
florets, raw	100.00	g	28	3.0	5.1	27.00	325.00	66.00	0.35
	71.00	g	20	2.1	3.6	19.17	230.75	46.86	0.25
	1.00	c							
Cooked, no salt	100.00	g	35	2.4	7.2	41.00	293.00	67.00	0.41
	78.00	g	27	1.9	5.6	31.98	228.54	52.26	0.32
	0.50	c							
frozen, spears	100.00	g	29	3.1	5.4	17.00	250.00	59.00	0.34
	85.05	g	25	2.6	4.6	14.46	212.62	50.18	0.29
	3.00	oz							
CAULIFLOWER									
green,raw	100.00	g	31	3.0	6.1	23.00	300.00	62.00	0.30
	64.00	g	20	1.9	3.9	14.72	192.00	39.68	0.19
	1.00	c							
cooked, no salt	100.00	g	32	3.0	6.3	23.00	278.00	57.00	0.31
	62.00	g	20	1.9	3.9	14.26	172.36	35.34	0.19
	0.50	c							
CUCUMBER									
sliced, raw	100.00	g	15	0.7	3.6	2.00	147.00	24.00	0.11
	52.00	g	8	0.3	1.9	1.04	76.44	12.48	0.06
	0.50	c							
sliced	100.00	g	15	0.7	3.6	2.00	147.00	24.00	0.11
	78.00	g	12	0.5	2.8	1.56	114.66	18.72	0.09
	0.75	c							
BEETS									
raw	100.00	g	43	1.6	9.6	78.00	325.00	40.00	0.17
	90.67	g	39	1.5	8.7	70.72	294.67	36.27	0.15
	0.67	c							
whole or sliced, boiled, drained, no salt	100.00	g	44	1.7	10.0	77.00	305.00	38.00	0.18
whole, canned	100.00	g	30	0.7	7.1	143.00	159.00	15.00	0.09
	246.00	g	74	1.8	17.6	351.78	391.14	36.90	0.22
	1.00	c							
sliced, canned, drained	100.00	g	31	0.9	7.2	194.00	148.00	17.00	0.14
	85.00	g	26	0.8	6.1	164.90	125.80	14.45	0.12
	0.50	c							

PEAS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
green	100.00	g	81	5.4	14.5	5.00	244.00	108.00	0.40
	72.50	g	59	3.9	10.5	3.63	176.90	78.30	0.29
	0.50	c							
green, frozen	100.00	g	77	5.2	13.6	108.00	153.00	82.00	0.40
	72.00	g	55	3.8	9.8	77.76	110.16	59.04	0.29
	0.50	c							
green, boiled, drained	100.00	g	84	5.4	15.6	3.00	271.00	117.00	0.22
	80.00	g	67	4.3	12.5	2.40	216.80	93.60	0.18
	0.50	c							
green, canned, drained	100.00	g	68	4.5	11.4	273.00	106.00	67.00	0.80
	87.50	g	60	3.9	9.9	238.88	92.75	58.63	0.70
	0.50	c							
green, frozen, boiled, drained	100.00	g	78	5.2	14.3	72.00	110.00	77.00	0.27
	80.00	g	62	4.1	11.4	57.60	88.00	61.60	0.22
	0.50	c							
split, boiled, no salt added	100.00	g	118	8.3	21.1	2.00	362.00	99.00	0.39
	98.00	g	116	8.2	21.0	1.96	354.76	97.02	0.38
	0.50	c							
sugar or snow peas, whole fresh	100.00	g	42	2.8	7.6	4.00	200.00	53.00	0.20
	78.75	g	33	2.2	6.0	3.15	157.50	41.74	0.16
	1.25	c							
snow/sugar, frozen	100.00	g	42	2.8	7.6	4.00	200.00	53.00	0.20
	78.75	g	33	2.2	6.0	3.15	157.50	41.74	0.16
	1.25	c							
snow/sugar, boiled, drained	100.00	g	42	3.3	7.1	4.00	240.00	55.00	0.23
	80.00	g	34	2.6	5.6	3.20	192.00	44.00	0.18
	0.50	c							
snow/sugar, frozen, boiled, drained	100.00	g	52	3.5	9.0	5.00	217.00	58.00	0.38
	80.00	g	42	2.8	7.2	4.00	173.60	46.40	0.30
	0.50	c							

POTATOES	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
russet, flesh and skin	100.00	g	79	2.1	18.1	5.00	417.00	55.00	0.08
russet, flesh and skin, baked	100.00	g	95	2.6	21.4	14.00	550.00	71.00	0.13
	173.00	g	164	4.6	37.1	24.22	951.50	122.83	0.22
	1.00	pc							
white, flesh and skin	100.00	g	69	1.7	15.7	16.00	407.00	62.00	0.10
white, flesh and skin, baked	100.00	g	92	2.1	21.1	7.00	544.00	75.00	0.15
	173.00	g	159	3.6	36.5	12.11	941.12	129.75	0.26
	1.00	pcs							
french fries, frozen	100.00	g	147	2.2	24.8	332.00	408.00	83.00	4.66
	71.50	g	105	1.6	17.7	237.38	291.72	59.35	3.33
	11.00	pcs							
sweet,cubed	100.00	g	86	1.6	20.1	55.00	337.00	47.00	0.05
	99.75	g	86	1.6	20.1	54.86	336.16	46.88	0.05
	0.75	c							
sweet, boiled, mashed	100.00	g	76	1.4	17.7	27.00	230.00	32.00	0.14
	328.00	g	249	4.5	58.1	88.56	754.40	104.96	0.46
	1.00	c							
sweet, frozen, baked	100.00	g	100	1.7	23.4	8.00	377.00	44.00	0.12
	117.33	g	117	2.0	27.5	9.39	442.35	51.63	0.14
	0.67	c							
sweet, baked, peeled	100.00	g	90	2.0	20.7	36.00	475.00	54.00	0.15
	0.50	c							
chips, unsalted	100.00	g	536	7.0	52.9	8.00	1,275.00	165.00	34.60
	28.35	g	152	2.0	15.0	2.27	361.46	46.78	9.81
	1.00	oz							
hash browns, frozen	100.00	g	82	2.1	17.7	22.00	285.00	47.00	0.62
	70.00	g	57	1.4	12.4	15.40	199.50	32.90	0.43
	0.33	c							
wedges, frozen	100.00	g	129	2.7	25.5	49.00	394.00	87.00	2.20

ARTI- CHOKES	SERVING QUANTITY	S E R V I N G	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, boiled, drained	100.00	g	53	2.9	12.0	60.00	286.00	73.00	0.34
med size	120.00	g	64	3.5	14.3	72.00	343.20	87.60	0.41
	1.00	pc							
hearts, boiled, drained	100.00	g	53	2.9	11.9	60.00	286.00	73.00	0.34
	84.00	g	45	2.4	10.0	50.40	240.24	61.32	0.29
	0.50	c							
Globe or French, frozen	100.00	g	45	3.1	9.2	53.00	264.00	61.00	0.50
boiled, drained	80.00	g	36	2.5	7.3	42.40	211.20	48.80	0.40
1 svg= 1/3 of 9oz package	1.00	svg							
ALFALFA									
sprouts	100.00	g	23	4.0	2.1	6.00	79.00	70.00	0.69
	33.00	g	8	1.3	0.7	1.98	26.07	23.10	0.23
	1.00	c							
CELERY									
stalk	100.00	g	14	0.7	3.0	80.00	260.00	24.00	0.17
medium 7.5 - 8 in long	80.00	g	11	0.6	2.4	64.00	208.00	19.20	0.14
	2.00	stalks							
diced, chopped	100.00	g	14	0.7	3.0	80.00	260.00	24.00	0.17
	101.00	g	14	0.7	3.0	80.80	262.60	24.24	0.17
	1.00	c							
celeriac or celery root	100.00	g	42	1.5	9.2	100.00	300.00	115.00	0.30
	78.00	g	33	1.2	7.2	78.00	234.00	89.70	0.23
	0.50	c							
seeds	100.00	g	392	18.1	41.4	160.00	1,400.00	547.00	25.27
	2.00	g	8	0.4	0.8	3.20	28.00	10.94	0.51
	1.00	tsp							
flakes, dried	100.00	g	319	11.3	68.7	1,435.00	4,388.00	402.00	2.10
	28.35	g	90	3.2	18.1	406.82	1,244.00	113.97	0.60
	1.00	oz							

COLLARDS	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
chopped, raw	100.00	g	32	3.0	5.4	17.00	213.00	25.00	0.61
	90.00	g	29	2.7	4.9	15.30	191.70	22.50	0.55
	2.50	c							
boiled, drained	100.00	g	33	2.7	5.7	15.00	117.00	32.00	0.72
	95.00	g	31	2.6	5.4	14.25	111.15	30.40	0.68
	0.50	c							
frozen, chopped, raw	100.00	g	33	2.7	6.5	48.00	253.00	27.00	0.37
	85.05	g	28	2.3	5.5	40.82	215.17	22.96	0.31
	3.00	oz							
frozen, chopped, boiled/ drained	100.00	g	36	3.0	7.1	50.00	251.00	27.00	0.41
	85.00	g	31	2.5	6.0	42.50	213.35	22.95	0.35
	0.50	c							
EGGPLANT/AUBERGINE									
boiled, drained, no salt	100.00	g	35	0.8	8.7	1.00	123.00	15.00	0.23
	99.00	g	35	0.8	8.6	0.99	121.77	14.85	0.23
cut in 1" cubes	1.00	c							
	100.00	g	49	0.9	9.8	1,674.00	12.00	9.00	0.70
	136	g	67	1.2	13.3	2,276.64	16.32	12.24	0.95
1.00	c								
JICAMA (YAMBEAN)									
raw	100.00	g	38	0.7	8.8	4.00	150.00	18.00	0.09
	86.67	g	33	0.6	7.6	3.47	130.00	15.60	0.08
	0.67	c							
boiled, drained, no salt	100.00	g	38	0.7	8.8	4.00	135.00	16.00	0.09
	85.05	g	32	0.6	7.5	3.40	114.82	13.61	0.08
	3.00	oz							

KALE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw, chopped	100.00	g	35	2.9	4.4	53.00	348.00	55.00	1.49
	83.75	g	29	2.5	3.7	44.39	291.45	46.06	1.25
	1.25	c							
chopped, boiled, drained, no salt	100.00	g	36	2.9	5.3	16.00	144.00	42.00	1.21
	65.00	g	23	1.9	3.5	10.40	93.60	27.30	0.79
	0.50	c							
scotch, raw, chopped	100.00	g	42	2.8	8.3	70.00	450.00	62.00	0.60
	83.75	g	35	2.4	7.0	58.63	376.88	51.93	0.50
	1.25	c							
scotch, boiled, drained, chopped no salt	100.00	g	28	1.9	5.6	45.00	274.00	38.00	0.41
	86.67	g	24	1.7	4.9	39.00	237.47	32.93	0.36
	0.67	c							
frozen, raw 1 pack=10 oz/ 284g	100.00	g	28	2.7	4.9	15.00	333.00	29.00	0.46
	85.05	g	24	2.3	4.2	12.76	283.21	24.66	0.39
	3.00	oz							
frozen, chopped, boiled, drained, no salt	100.00	g	36	2.9	5.3	16.00	144.00	42.00	1.21
	65.00	g	23	1.9	3.5	10.40	93.60	27.30	0.79
	0.50	c							
MUSTARD GREENS									
raw, chopped	100.00	g	27	2.9	4.7	20.00	384.00	58.00	0.42
	84.00	g	23	2.4	3.9	16.80	322.56	48.72	0.35
	1.50	c							
boiled, drained, chopped, no salt	100.00	g	26	2.6	4.5	9.00	162.00	42.00	0.47
	70.00	g	18	1.8	3.2	6.30	113.40	29.40	0.33
	0.50	c							
frozen 1 pack=10oz/284g	100.00	g	20	2.5	3.4	29.00	170.00	30.00	0.27
	73.00	g	15	1.8	2.5	21.17	124.10	21.90	0.20
	0.50	c							
frozen, boiled, drained, no salt 1 pack = 10oz/ 212g	100.00	g	19	2.3	3.1	25.00	139.00	24.00	0.25
	75.00	g	14	1.7	2.3	18.75	104.25	18.00	0.19
	0.50	c							

ARUGULA	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw, leaves	100.00	g	25	2.6	3.7	27.00	369.00	52.00	0.66
	80.00	g	20	2.1	2.9	21.60	295.20	41.60	0.53
	4.00	c							
salad mixed baby greens Arugula, butterhead, endives, Radicchio	100.00	g	18	1.5	3.3	16.94	298.76	32.15	0.27
	41.25	g	7	0.6	1.4	6.99	123.24	13.26	0.11
	1.00	c							
ENDIVE OR ESCAROLE									
raw, chopped	100.00	g	17	1.3	3.4	22.00	314.00	28.00	0.20
	87.50	g	15	1.1	2.9	19.25	274.75	24.50	0.18
	1.75	c							
Chicory, Witlof or Belgium	100.00	g	17	0.9	4.0	2.00	211.00	26.00	0.10
	90.00	g	15	0.8	3.6	1.80	189.90	23.40	0.09
	1.00	c							
OKRA									
raw	100.00	g	33	1.9	7.5	7.00	299.00	61.00	0.19
	75.00	g	25	1.5	5.6	5.25	224.25	45.75	0.14
	0.75	c							
sliced, boiled, drained, n.s.	100.00	g	22	1.9	4.5	6.00	135.00	32.00	0.21
	80.00	g	18	1.5	3.6	4.80	108.00	25.60	0.17
	0.50	c							
frozen	100.00	g	30	1.7	6.6	3.00	211.00	42.00	0.25
	85.05	g	26	1.4	5.6	2.55	179.45	35.72	0.21
	3.00	oz							
frozen, boiled, drained, no salt sliced	100.00	g	29	1.6	6.4	3.00	184.00	37.00	0.24
	92.00	g	27	1.5	5.9	2.76	169.28	34.04	0.22
	0.50	c							
PUMPKIN									
fruit/meat, raw, cut 1" cube	100.00	g	26	1.0	6.5	1.00	340.00	44.00	0.10
	116.00	g	30	1.2	7.5	1.16	394.40	51.04	0.12
	1.00	c							
boiled, drained, mashed, n.s.	100.00	g	20	0.7	4.9	1.00	230.00	30.00	0.07
	122.50	g	25	0.9	6.0	1.23	281.75	36.75	0.09
	0.50	c							
flowers	100.00	g	15	0.0	3.3	5.00	173.00	49.00	0.07
	33.00	g	1	0.0	0.1	0.20	6.92	1.96	0.00
	1.00	c							
flowers, boiled, drained	100.00	g	15	1.1	3.3	6.00	106.00	34.00	0.08
	89.33	g	13	1.0	3.0	5.36	5.36	30.37	0.07
	0.67	c							
seeds (squash kernels), dried	100.00	g	559	30.2	10.7	7.00	809.00	1,233	49.05
	34.50	g	193	10.4	3.7	2.42	279.11	425.39	16.92
	0.25	c							
seeds (pumpkin/squash), whole, roasted no salt added	100.00	g	446	18.6	53.8	18.00	919.00	92.00	19.40
	32.00	g	143	5.9	17.2	5.76	294.08	29.44	6.21
	0.50	c							

SQUASH	SERVING QUANTITY	SERVING	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
winter, all varieties cubes	100.00	g	34	1.0	8.6	4.00	350.00	23.00	0.13
	116.00	g	39	1.1	10.0	4.64	406.00	26.68	0.15
	1.00	c							
butternut cubes	100.00	g	45	1.0	11.7	4.00	352.00	33.00	0.10
	140.00	g	63	1.4	16.4	5.60	492.80	46.20	0.14
	1.00	c							
winter, butternut, frozen	100.00	g	57	1.8	14.4	2.00	212.00	22.00	0.10
	85.05	g	48	1.5	12.3	1.70	180.30	18.71	0.09
	3.00	oz							
summer, all varieties sliced	100.00	g	16	1.2	3.4	2.00	262.00	38.00	0.18
	84.75	g	14	1.0	2.8	1.70	222.05	32.21	0.15
	0.75	c							
KOHLRABI									
raw	100.00	g	27	1.7	6.2	20.00	350.00	46.00	0.10
	135.00	g	36	2.3	8.4	27.00	472.50	62.10	0.14
	1.00	c							
boiled, drained, sliced	100.00	g	29	1.8	6.7	21.00	340.00	45.00	0.11
	165.00	g	48	3.0	11.0	34.65	561.00	74.25	0.18
	1.00	c							
LEEKS									
raw	100.00	g	61	1.5	14.2	20.00	180.00	35.00	0.30
	89.00	g	54	1.3	12.6	17.80	160.20	31.15	0.27
	1.00	c							
boiled, drained, chopped or diced	100.00	g	31	0.8	7.6	10.00	87.00	17.00	0.20
	26.00	g	8	0.2	2.0	2.60	22.62	4.42	0.05
	0.25	c							
CASSAVA/YUCCA/MANIOC									
raw	100.00	g	160	1.4	38.1	14.00	271.00	27.00	0.28
	103.00	g	165	1.4	39.2	14.42	279.13	27.81	0.29
	0.50	c							
RADISH									
oriental (Daikon), 7" long	100.00	g	18	0.6	4.1	21.00	227.00	23.00	0.10
	338.00	g	61	2.0	13.9	70.98	767.26	77.74	0.34
	1.00	pc							
oriental, boiled, drained, no salt sliced	100.00	g	17	0.7	3.4	13.00	285.00	24.00	0.24
	73.50	g	13	0.5	2.5	9.56	209.48	17.64	0.18
	0.50	c							
sprouts	100.00	g	43	3.8	3.6	6.00	86.00	113.00	2.53
	38.00	g	16	1.5	1.4	2.28	32.68	42.94	0.96
	1.00	c							

SWISS CHARD	SERVING QUANTITY	SERVING	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw	100.00	g	19	1.8	3.7	213.00	379.00	46.00	0.20
	36.00	g	7	0.7	1.4	76.68	136.44	16.56	0.07
	1.00	c							
boiled, drained, no salt	100.00	g	20	1.9	4.1	179.00	549.00	33.00	0.08
	175.00	g	35	3.3	7.2	313.25	960.75	57.75	0.14
	1.00	c							
SPINACH									
raw, chopped	100.00	g	23	2.9	3.6	79.00	558.00	49.00	0.39
	90.00	g	21	2.6	3.3	71.10	502.20	44.10	0.35
	3.00	c							
frozen	100.00	g	29	3.6	4.2	74.00	346.00	49.00	0.57
	78.00	g	23	2.8	3.3	57.72	269.88	38.22	0.44
	0.50	c							
chopped, boiled, drained, no salt	100.00	g	23	3.0	3.8	70.00	466.00	56.00	0.26
	90.00	g	21	2.7	3.4	63.00	419.40	50.40	0.23
	0.50	c							
mustard (Tendergreens)	100.00	g	22	2.2	3.9	21.00	449.00	28.00	0.30
	150.00	g	33	3.3	5.9	31.50	673.50	42.00	0.45
	1.00	c							
mustard, boiled, drained, no salt	100.00	g	16	1.7	2.8	14.00	285.00	18.00	0.20
	180.00	g	29	3.1	5.0	25.20	513.00	32.40	0.36
	1.00	c							
TOMATILLOS									
chopped	100.00	g	32	1.0	5.8	1.00	268.00	39.00	1.02
	132.00	g	42	1.3	7.7	1.32	353.76	51.48	1.35
	1.00	c							
TURNIPS									
raw	100.00	g	28	0.9	6.4	67.00	191.00	27.00	0.10
	130.00	g	34	1.1	7.8	81.74	233.02	32.94	0.12
	1.00	c							
frozen	100.00	g	16	1.0	2.9	25.00	137.00	20.00	0.16
	85.05	g	14	0.9	2.5	21.26	116.52	17.01	0.14
	3.00	oz							
cubed, boiled, drained, no salt	100.00	g	22	0.7	5.1	16.00	177.00	40.56	0.08
	156.00	g	34	1.1	7.9	24.96	276.12	26.00	0.12
	1.00	c							
frozen, boiled, drained, no salt	100.00	g	23	1.5	4.4	36.00	182.00	26.00	0.24
	78.00	g	18	1.2	3.4	28.08	141.96	20.28	0.19
	0.50	c							

TURNIP GREENS	SERVING QUANTITY	SERVING	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw, turnip greens, chopped	100.00	g	32	1.5	7.1	40.00	296.00	42.00	0.30
	82.50	g	26	1.2	5.9	33.00	244.20	34.65	0.25
	1.50	c							
frozen	100.00	g	22	2.5	3.7	12.00	184.00	27.00	0.31
	82.00	g	18	2.0	3.0	9.84	150.88	22.14	0.25
	0.50	c							
canned	100.00	g	14	1.4	2.4	277.00	141.00	21.00	0.30
	78.00	g	11	1.1	1.9	216.06	109.98	16.38	0.23
	0.33	c							
chopped, boiled, drained, no salt	100.00	g	20	1.1	4.4	29.00	203.00	29.00	0.23
	144.00	g	29	1.6	6.3	41.76	292.32	41.76	0.33
	1.00	c							
canned, with no salt	100.00	g	19	1.4	2.8	29.00	141.00	21.00	0.30
	144.00	g	27	2.0	4.1	41.76	203.04	30.24	0.43
	1.00	c							
frozen, chopped, boiled, drained, no salt added	100.00	g	29	3.4	5.0	15.00	224.00	34.00	0.42
	164.00	g	48	5.5	8.2	24.60	367.36	55.76	0.69
	1.00	c							
RUTABAGA									
raw, cubes	100.00	g	37	1.1	8.6	12.00	305.00	53.00	0.16
	93.33	g	35	1.0	8.1	11.20	284.67	49.47	0.15
	0.67	c							
boiled, drained, no salt cubed	100.00	g	30	0.9	6.8	5.00	216.00	41.00	0.18
	170.00	g	51	1.6	11.6	8.50	367.20	69.70	0.31
	1.00	c							
boiled, drained, mashed	100.00	g	30	0.9	6.8	5.00	216.00	41.00	0.18
	160.80	g	48	1.5	11.0	8.04	347.33	65.93	0.29
	0.67	c							
PARSNIPS									
raw, sliced	100.00	g	75	1.2	18.0	10.00	375.00	71.00	0.30
	88.67	g	67	1.1	16.0	8.87	332.50	62.95	0.27
	0.67	c							
boiled, drained, sliced, no salt	100.00	g	71	1.3	17.0	10.00	367.00	69.00	0.30
	78.00	g	55	1.0	13.3	7.80	286.26	53.82	0.23
	0.50	c							

	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
WATER CHESTNUTS									
fresh, raw, Chinese (Matai) slices	100.00	g	97	1.4	23.9	14.00	584.00	63.00	0.10
	62.00	g	60	0.9	14.8	8.68	362.08	39.06	0.06
	0.50	c							
canned with liquid Chinese (Matai)	100.00	g	50	0.9	12.3	8.00	118.00	19.00	0.06
	70.00	g	35	0.6	8.6	5.60	82.60	13.30	0.04
	0.50	c							
WATERCRESS									
raw, chopped	100.00	g	11	2.3	1.3	41.00	330.00	60.00	0.10
	34.00	g	4	0.8	0.4	13.94	112.20	20.40	0.03
	1.00	c							
YAM									
raw, in cubes	100.00	g	118	1.5	28.0	9.00	816.00	55.00	0.17
	112.50	g	133	1.7	31.4	10.13	918.00	61.88	0.19
	0.75	c							
baked or broiled, drained, no salt cubed	100.00	g	116	1.5	27.5	8.00	670.00	49.00	0.14
	68.00	g	79	1.0	18.7	5.44	455.60	33.32	0.10
	0.50	c							
Hawaiian Mountain, raw cubed	100.00	g	67	1.3	16.3	13.00	418.00	34.00	0.10
	68.00	g	46	0.9	11.1	8.84	284.24	23.12	0.07
	0.50	c							
Hawaiian Mountain, steamed cubed	100.00	g	82	1.7	20.0	12.00	495.00	40.00	0.08
	145.00	g	119	2.5	29.0	17.40	717.75	58.00	0.12
	1.00	c							
MIXED VEGETABLES									
frozen	100.00	g	72	3.3	13.5	47.00	212.00	59.00	0.52
	72.00	g	52	2.4	9.7	33.84	152.64	42.48	0.37
	0.50	c							
frozen, boiled, drained, no salt added	100.00	g	65	2.9	13.1	35.00	169.00	51.00	0.15
	91.00	g	59	2.6	11.9	31.85	153.79	46.41	0.14
	0.50	c							
canned, drained	100.00	g	49	2.6	9.3	214.00	291.00	42.00	0.25
	163.00	g	80	4.2	15.1	348.82	474.33	68.46	0.41
	1.00	c							
BRUSSEL SPROUTS									
raw	100.00	g	43	33.4	9.0	25.00	389.00	69.00	0.30
	88.00	g	38	3.0	7.9	22.00	342.00	60.70	0.26
	1.00	c							