Nutrition & Costs Comparisons of Select Canned, Frozen and Fresh Fruits and Vegetables



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FORWARD

Why Now? A Study on the Economics and Nutrition of Canned Fruits and Vegetables

Over the last decade the United States has struggled with a paradox that has served as the foundation of a \$46 billion weight-loss industry, yet allowed 48 million Americans to wonder whether they would go to bed hungry. As a nation, we are overweight – many of us obese – yet undernourished. Sixty-eight percent of Americans are overweight or obese, however, 15 percent of Americans received 2011 aid from a Supplemental Nutrition Assistance Program, and 23.5 million people live in areas known as "food deserts" with little or no accessibility to nutritious foods. It's not hard to believe that virtually no Americans meet the public health goal for fruit and vegetable consumption as recommended by the health and nutrition experts.

Added to this bleak nutrition environment, a turbulent economy has driven up food prices at the same time that more and more people find themselves out of work or underemployed. Food assistance programs including Women Infants and Children (WIC) and the National School Lunch and Breakfast programs have reported sharp rises in participation.

Helping Americans incorporate more healthful foods into their diets is one piece toward solving the puzzle. Health and nutrition advocates, public policy leaders and even the food industry have made commitments to combat the burgeoning obesity crisis, which is posing one of the greatest threats to public health. From the USDA's MyPlate to the food industry's Healthy Weight Commitment Foundation, the prescription is the same: reduce calories and increase consumption of nutritious foods like fruits and vegetables. To make things more challenging, there is increasing pressure for consumers to select fresh fruits and vegetables. One needs to look no further than the White House vegetable garden and the growing number of farmer's markets in communities across the country to see the pervasive push for fresh fruits and vegetables as the healthy option.

But is that true? And how do canned foods – especially fruits and vegetables – fit into the equation for solving the obesity/hunger dilemma? That's what researchers at Michigan State University set out to discover through a comprehensive review of scientific literature comparing canned fruits and vegetables to fresh and frozen based on nutrition and cost. Through an analysis and review of more than 40 source materials, including scientific journal studies and nutrition data, the researchers found that despite long-held misconceptions about canned fruits and vegetables, they can be an excellent way for Americans to affordably meet their dietary needs.

The results of the Michigan State University Study clearly outline how canned fruits and vegetables uniquely address obesity and hunger by combining affordability, nutrition and convenience. With canned foods, Americans can stretch their food budget, get virtually the same nutrition as fresh and frozen fruits and vegetables and alleviate accessibility, storage and food safety issues.

While the outlook remains uncertain both on the economic, health and nutrition fronts, the Michigan State University study reveals an indisputable fact: canned fruits and vegetables play important roles in a healthier future for all Americans.

Introduction

Fruits and vegetables are important sources of key nutrients that many Americans under consume. According to the 2010 Dietary Guidelines for Americans, on average, Americans of all ages consume too few vegetables, fruits, high-fiber whole grains, low-fat milk and milk products, and seafood and they eat too much added sugars, solid fats, refined grains, and sodium. Increasing fruit and vegetable intake is a key recommendation of the 2010 Dietary Guidelines for Americans. These guidelines highlight the three main reasons to promote fruits and vegetables: fruits and vegetables are major contributors of key nutrients; consumption of vegetables and fruits is associated with reduced risk of many chronic diseases, including cardiovascular disease, certain types of cancer and type 2 diabetes; and most vegetables and fruits, when prepared without added fats or sugars, are relatively high in dietary fiber and low in calories. While an overwhelming majority of all Americans are at risk for dietrelated ailments, those at greatest risk are the poor, who have documented barriers to healthy food alternatives (Mazur, Marquis and Jensen 2003). This group tends to have lower mobility with restricted access to grocery stores relative to fast food restaurants and convenience stores. With limited access to grocery stores, this group must purchase fruits and vegetables for delayed consumption to last until the next visit. By having limited access to grocery stores, purchases of packaged fruits and vegetables for delayed consumption is a viable option for low-income households wishing to meet USDA dietary guidelines in consumption of fruits and vegetables.

Packaged fruits and vegetables, namely, canned and frozen varieties of fruits and vegetables provide a convenient way to promote intake. Canned and frozen fruits and vegetables have a shelf life longer than their fresh counterpart and are ready to eat and easy to use in meal preparation. These features make canned and frozen fruits and vegetables valuable alternatives for busy and cost-conscious consumers. Due to economies of scale and scope, big-box grocery stores, wholesale clubs and supercenters are increasing the geographic isolation of many shoppers and decreasing the number of trips to buy food goods (Martinez, 2007). Food consumption is increasingly directed at pre-packaged and low-priced bulk food items. Consumers also expect food packaging to be recyclable and environmentally sensitive (Rokka and Uusitalo, 2008).

There has been a great deal of research on the impact of canning on the nutritional value of fruits and vegetables, however, determining the impact is not an exact science. Factors that impede precise measurements and valuations of the effect of canning fruits and vegetables on nutrient value include: the type of fruit and vegetables, differences in research methodologies and practices and real world food storage and preparation. For example, fresh produce loses its nutrient value faster than canned produce. And as described below, cooking and other factors also alters nutrient content.

Despite the challenges in measuring the nutrient content of fruits and vegetables across packaging options, there has been sufficient research to build real knowledge about nutritional merits across multiple packaging options. Equally important is to make sense of the economics behind different packaging options. The literature seldom addresses the cost effectiveness of raw versus processed fruits and vegetables into canned and frozen packaging. More so, few have explored the nutritional content of food packaging relative to consumer costs. This question is relevant to households and to policy in

the face of declining American health that is directly linked to diet and lifestyle. Equally, this question is relevant to social safety net policies designed to cost effectively secure low-income food supply.

This paper discusses research on nutritional uptake across fresh and processed fruit and vegetable options and describes well-established measures of nutrient intake across multiple fruit and vegetable items with a comparison of the nutrient uptake by packaging – including raw, canned, and frozen. It concludes with a summary of findings.

Part 1: Review of the Nutrition Comparison Literature

The most recent comprehensive review of the nutritional attributes of canned vegetables was carried out by Rickman, Bruhn and Barrett on behalf of the Canned Food Alliance in a two-part study. Part 1 of the study analyzed vitamins C and B as well as phenolic compounds. Part 2 analyzed vitamin A and carotenoids, vitamin E, minerals and fiber. Findings suggest that freezing and canning actually preserve nutrient value (Rickman, Barrett and Bruhn, 2007; Rickman, Bruhn and Barrett, 2007). That is, while heat treatment of processed products can cause initial loss of vitamin C and B, the remaining nutrients and nutrient levels remain more stable when stored relative to fresh produce. While frozen products initially lose fewer nutrients than canned products they lose more nutrients over time due to oxidation, even in a frozen state.

Unlike canned vegetables, where vitamin C content remains relatively constant after canning, the amount of vitamin C in fresh vegetables begins to decline immediately after harvest, and continues to decline during storage. In addition, the amount of vitamin C lost during heating is higher for fresh produce compared to canned (Rickman, Barrett and Bruhn, 2007a). Lee *et al.* also determined that canned foods had lower levels of vitamin C due to blanching, but the amount of vitamin C loss depends on crop varieties and grower processes that directly influence vitamin C content (Lee *et al.*, 1976) – a consistent finding in other research (Breene, 1994). Commodities considered in the Lee *et al.* study included peas, corn, beets, wax beans, and green beans. Green beans lost a great deal of their vitamin C content. However, the authors note that differences in processing techniques lead to different results (Lee *et al.*, 1976).

Canned fruits and vegetables tend to have slightly lower levels of vitamin B than fresh cooked, with the exception of tomatoes. Canned tomatoes tend to have higher levels of B vitamins, with the exception of folate. However, the levels of B vitamins also depend on how produce is prepared.

Depending on the packing technique canning may or may not reduce phenolic compounds. Eating a diet rich in phenolic compounds may reduce the risk of cancer and heart disease, but beneficial impacts on overall health have yet to be documented (Rickman, Barrett and Bruhn, 2007). Fruits and vegetables that are packed in brine or syrup tend to lose phenolic compounds and those that are vacuum packed or canned without liquids tend to retain their levels of phenolic compounds (Rickman, Barrett and Bruhn, 2007).

For vitamin A and carotenoids, vitamin E, minerals and fiber, the results indicate that these nutrients were generally similar in fresh and processed form. In some cases carotenoid levels were higher in canned than in fresh or frozen form. Industrial cultivars of tomatoes appear to have higher levels of vitamin E and carotenoids compared to fresh varieties (Rickman, Bruhn, and Barrett, 2007). The variability of alpha and beta carotene, beta cryptoxanthin, and total provitamin A are shown in Table 1. In essence, Table 1 shows that Vitamin A content mostly increases in canned packaging for all vegetables. However, reported Vitamin A content declined for peaches and tomatoes.

Table 1: Percent Change (Dry Weight) in Total Beta Carotene and Provitamin A Due toCanning

Commodity	Beta Carotene	Alpha Carotene	Beta Cryptoxanthin	Total Provitamin A
Carrots	7 percent increase	33 percent increase	ND	16 percent increase
Collard Greens	50 percent increase	ND	ND	50 percent increase
Peaches	50 percent decrease	ND	40 percent decrease	49 percent decrease
Spinach	19 percent increase	ND	ND	19 percent increase
Sweet Potato	22 percent increase	ND	ND	22 percent increase
Tomato	13 percent decrease	ND	ND	13 percent decrease

ND=No Difference

Source: Rickman, Barrett and Bruhn

Mineral values tend to be dependent on commercial processing techniques and the mineral content of water used by the processing facility. In fact, mineral content in canned items may reflect increases due simply to the uptake from hard water or the addition of brines (Rickman Bruhn and Barrett, 2007). Researchers further note that cooked fresh vegetables contained similar amounts of beta carotene as cooked canned and frozen vegetables and that processing does not effectively reduce the fiber content of edible portions (Rickman, Bruhn and Barrett, 2007).

In 1997, the University of Illinois (Illinois Study) Department of Food Science and Human Nutrition conducted a study on the conservation of nutrients in canned, frozen and fresh fruits and vegetables. The study, funded by the Steel Packaging Council, analyzed 14 fruit items (applesauce, apricots, blackberries, blueberries, grapefruit, Mandarin oranges, peaches, pears, pineapple, purple plums, strawberries, sweet Bing cherries, stewed and whole tomatoes, and olives) and 11 vegetables (asparagus, beets, carrots, corn, green beans, mushrooms, peas, pumpkins, spinach, sweet potatoes, and white potatoes). The fundamental findings of the study are as follows:

- **Canning Increases Fiber Availability:** The canning process does not impact the fiber content, and the heating process appears to make the fiber more soluble and therefore more useful, to the human body.
- Vitamin A is On Par or Higher than Fresh: Little vitamin A is lost in the canning process, and in the case of canned pumpkin the level is higher than in the raw form.
- Folate is On Par with Fresh: Folate levels remain mostly constant during the canning process.
- Vitamin C in Canned Foods Remains Stable: While some vitamin C is lost during the canning process, most of what is lost ends up in the liquid and the level of vitamin C remains stable during the one- to two-year shelf life of the product (Illinois Study, 1997).

The study also notes that canned foods are the safest form of food because barriers to microbiological contamination generated during the canning process. The authors also report that using canned vegetables and beans in soups and stews provide the same nutritional value as fresh ingredients would provide (Illinois Study, 1997).

Breene also conducted a review of the literature in 1994. He determined that canning destroys heat labile nutrients and antinutrients such as lectins and antitrypsin, kills microorganisms and can improve digestibility. Properly processed packaged or stored fruits and vegetables can be as healthful, if not more healthful, than their fresh counterpart (Breene, 1994).

Rickman, Barret and Bruhn, conclude that, "losses of nutrients during fresh storage may be more substantial than consumers realize. Depending on the commodity, freezing and canning processes may preserve nutrient value, and while canned foods are often regarded as less nutritious than fresh or frozen products, research reveals that this is not always true."

Other studies tend to support the findings. Although processing food tends to reduce nutrient content, the nutrient loss is not absolute. In some research, canned fruits and vegetables exhibited higher nutrient contents than fresh. Lessin, Catigani and Schwartz considered the levels of provitamin A carotenoids in fresh and processed fruits and vegetables, finding that canning increased the amount of measured provitamin A carotenoids by 16 to 50 percent. The authors believe the increases were most likely a result of increased extraction efficiency, inactivation of enzymes capable of degrading carotenoids, and/or loss of soluble solids into the liquid canning medium (Lessin, Catigani and Schwartz, 1997). Hunter and Fletcher, studying peas and spinach, analyzed antioxidant activity of fresh, frozen, jarred and canned vegetables and concluded that, "frozen vegetables have similar antioxidant activities to the equivalent vegetables purchased fresh from supermarkets and much higher levels compared to canned and jarred vegetables." They also find that antioxidant activity of fresh vegetables declines over time, while the literature suggests that it tends to remain stable in canned products (Hunter and Fletcher, 2002). Dewanto et al. (2002) found that antioxidant activity increases the longer the thermal processing time fruits and vegetables are subjected to when canning. Kramer analyzed the impact of cold storage on nutritional values in a wide variety of foods. The findings suggested that little vitamin C is lost in canned fruit and vegetable juices if the juice is stored at temperatures of 5 degrees Celsius or less. More is lost if the storage temperature is higher. Storage temperature has a lesser impact on vitamin A losses relative to vitamin C (Kramer, 1977). The results are similar for canned fruits and vegetables, although both differ in losses in vitamin C, B1, and B2 in storage and losses are time and temperature dependent (Kramer, 1977).

Similar findings have been suggested for antioxidant activity, fiber and protein across packaging options. Jiratanan and Liu studied the antioxidant activity of processed table beets and green beans. They found that antioxidant activity of processed beets remained constant despite an eight percent loss of vitamin C, and a 30 percent loss of dietary folate. The phenolic content of processed beets increased by five percent. In the case of processed green beans, antioxidant activity declined by 20 percent, due primarily to a 32 percent reduction in phenolic compounds. The level of vitamin C and dietary folate remained constant (Jiratanan and Liu, 2004). They concluded that, "depending on the particular produce, and

processing parameters and methods, thermal processing may enhance, reduce or cause no change in total antioxidant activity from that of fresh produce," (Jiratanan and Liu, 2004). Makhlouf *et al.* (1995) looked at the nutrient and fiber content of raw, canned and frozen beans, sweet corn and peas grown and processed in Quebec. The difference in fiber content between raw and processed vegetables into canned and frozen packaging was negligible. The authors warn that, "in practice it is possible that processed vegetables are comparable to boiled products (Makhlouf *et al.* 1995). Finally, Wang, Chang and Grafton (1988) analyzed the protein value of canned pinto and navy beans and determined that while canning reduced the amount of protein in beans, the impact was dependent on the variety of bean analyzed. Their study shows that there is relatively little difference in protein values between raw and canned beans, and that cooking raw beans to make them digestible might reduce protein values.

One of the most comprehensive recent works on the nutrition content of canned food was carried out by Murcia, Jimenez and Martinez-Tome (2009), finding limited declines in antioxidant activity for canned relative to fresh in the following vegetables: artichoke, asparagus, Broad been, beetroot, broccoli, Brussels sprout, carrot, cauliflower, celery, chicory, cucumber, eggplant, endive, garlic, Green bean, leek, lettuce, corn, onion, pea, peer, radish spinach, Swiss chard, and zucchini. Researchers found that the canning process led to a decline in antioxidants in garlic, corn, peas, and leek. Losses were in the range of between 18 and 35 percent.

Summary of Nutrition Comparison Findings

The body of evidence suggests that, overall, canned vegetables and fruits are on par with fresh and frozen. While in some cases the canning process slightly compromises the nutritive value, a similar affect is observed with prolonged storage life for fresh – and even frozen produce. Therefore, the net is that canned, fresh and frozen vegetables and fruits are comparable nutritionally.

While making precise statements about the nutrient content of fruit and vegetables across packaging options is difficult, it appears that canning may present marginal declines in some vitamins in some instances, though the effect is not universal. In fact some studies suggest that the canning process may enhance vitamin content. While the evidence tends to support that vitamin C and some forms of B vitamins tends to be lower in canned packaging for many fruits and vegetables, canning appears to have little effect on vitamins A and E. For the latter there are multiple studies that show that the canning process enhances vitamin A and E values. Additionally, minerals, protein and fiber are not significantly impacted by the canning process; in fact, some authors suggest that canning increases the digestible fiber content of many vegetables. In the case of minerals, some minerals appear to be lost in the canning process while others appear to increase.

The mandate from health advocates and public policy officials to increase fruit and vegetable consumption and therefore improve public health coupled with the nutritional comparability of canned fruits and vegetables to fresh and frozen, clearly defines the role of canned foods in the lives of Americans. The evidence suggests that canned fruits and vegetables can play an important role in a healthy diet.

Part 2: Comparisons of Nutritional Content and Prices of Fruits and Vegetables across Packaging Options

The following section compares the nutritional content and prices of fruits and vegetables across packaging options to provide a more complete picture of the relative consumer returns across multiple packaged goods. Packaging options include whole-fresh produce, frozen-processed fruits and vegetables, and canned-processed fruits and vegetables. This report synthesizes existing statistics of nutrient uptake by competing packaging options and consumer costs based on edible portions of common fruits and vegetables. Dietary values of intake are based on nationally recognized nutrient recommendations established by the Institute of Medicine. This analysis follows similar analyses that compare nutrient content across food groups relative to costs (Connell et al.) and affordability of healthy food choices (Darmon et al. 2005).

Price Estimates

The USDA Economic Research Service (ERS) provides periodic consumer price references for fruits and vegetables across multiple packaging options. The last such estimate was published in February 2011 using 2008 Nielsen Homescan price data (Stewart et al. 2011). The Nielsen Homescan data provides purchase data from a panel of 61,440 households with sample weights for extrapolating across the entire U.S. population of households. The Homescan panel uses scanners to record purchase quantity, price, weight, date, and type of retail facility purchased from. The scanners use the Universal Product Code (UPC label) in identifying the purchased items. A recent study found that the accuracy of the Nielsen Homescan data is consistent with most survey data used in research (Einav, Leibtag, and Nevo 2008).

ERS researchers adjust the Homescan price data to reflect the prices per edible portions. In many cases, the purchase price of fresh fruits and vegetables include non-edible food parts. The edible portion excludes food parts such as fruit cores, pits and stems that are not part of the food-consumable component of purchase. For whole-fresh fruits and vegetables, consumers purchase raw produce and remove inedible parts in preparation. For processed foods, processors mostly remove edible parts before packaging. Hence when pricing purchases on weight, comparing prices for fresh produce in its raw form to processed produce sold in frozen packages or in cans may not accurately reflect the relative costs of consumption. In their price comparison, the ERS reduced purchase weight of fresh produce by USDA factors published in their report *Food Yields Summarized by Different Stages of Preparation* (Matthews and Garrison 1975),¹ making all prices equally comparable.

Nutrient Uptake Estimates

The USDA's Food and Nutrient Database for Standard Reference, 24 (SR24) (U.S. Department of Agriculture 2011; USDA 2011)² is used to compare dietary intakes of fruits and vegetables across alternative packaging. The SR24 is a searchable online database of food composition of over 7,500 food

¹ Details on how price of consumer quantities can be found at <u>http://www.ers.usda.gov/data/FruitVegetableCosts/index.htm/</u>, referenced 11/28/2011.

² Downloaded from <u>http://www.nal.usda.gov/fnic/foodcomp/search/</u>, referenced 11/14/2011

items. It contains nutrient data of up to 143 components including vitamins, minerals, amino and fatty acids and others that make up the dietary intake from foods. Because nutrient content of fresh fruits and vegetables degrades over time, produce is stored more than two days before shipment for analysis (Trainer et al. 2010). Nutrient components are reported on a per-portion basis, where portions are measured in cups, gram weight, serving size, etc. For the purposes of this analysis, portions are measured as cups or as 100 gram weight depending on the coarseness of the food item. That is, coarse fruits and vegetables such as sliced carrots may not be consistently measured using a cup measure but rather are measured in milligrams.

The Food and Nutrition Board of the U.S. National Academies of Science establishes Dietary Reference Intakes (DRIs) for a variety of age groups. We use the average Recommended Dietary Allowances (RDAs) for adult intake of 29 vitamins and elements in scoring nutrient values. The RDAs represent the average daily dietary intake of nutrients sufficient to meet requirements of 97 percent of healthy persons (Penland 2011). Nutrient scores are comparable across all packaging options and reflect the contribution of each packaging option in reaching the RDA.

As RDAs vary by nutrient, the dietary value of nutrient intake cannot be summarized by a simple summation of vitamin intakes. That is, a milligram of vitamin D cannot be added to a milligram of vitamin E to create a meaningful measure of vitamin intake. Additionally, there is no generally agreed-upon proper measurement of nutrient density of whole foods (Drewnowski 2005; Jiratanan and Liu 2004). Therefore, an ad-hoc, normalized measure, or score, of nutrient uptake is used where nutrient content is measured against average adult RDA. The score is calculated as follows. First nutrient intake reported by the SR24 is divided by the RDA. Then the ratios are summed over all 29 vitamins and elements. This is then divided by the calorie intake, such that scores are relative to the caloric intake.³ That is, the score controls for differences in caloric intake across packaging options. Higher scores are preferable. The resulting standardized values, because they combine non-equal nutrient intakes, provide an index comparable across alternative intakes of the same commodity.

Fresh, frozen and canned packaged nutrient indices of eight vegetables and ten fruit items, representing food items commonly purchased in all three packaging options were compared. Most vegetable families are represented, including dark green leafy, red and orange, legumes, starchy and other vegetables. Many fruit groups are also represented including berries, cherries, and nectarines. Tomatoes, though often consumed as a vegetable, are technically a fruit and are included in the fruit section of this study.

Findings

Table 2 shows the combined nutrient scores and prices per edible portions of the eight vegetables reviewed. Components of the nutrient scores for each vegetable can be found in the Appendix. The findings show that vitamin intake indices of the eight common vegetables are remarkably similar across

³ The index is calculated with the following equation, where *i* is the food package – fresh, frozen or canned, *SR24* is the packaging content and *DRI* is the dietary needs of vitamin *n* in packaging *i*, and *Cal* is the calories per unit. The calculation is as follows,

the three packaging options. There are some exceptions; for two leafy green vegetable items, spinach and turnip greens, fresh provides a more nutritious option relative to frozen and canned. For green beans and carrots, canned packaging offers a preferred nutritional option. For the remaining four vegetables, either option provides comparable vitamin intakes.

Indices of Vitamin Intak	e Per Calorie	Consumed [*]		Price	per Edib	e Cup [®]			
	Canned	Frozen	Fresh	Canne	ed	Frozen		Fresh	
White Corn	0.013	0.011	0.014	\$	0.69	\$	1.40	\$	1.17
Yellow Corn	0.013	0.012	0.014	\$	0.69	\$	1.40	\$	1.17
Carrots, Whole	0.061	0.048	0.049	\$	0.69	\$	1.19	\$	0.77
Spinach	0.298	0.221	0.334	\$	0.84	\$	1.51	\$	3.92
Turnip Greens	0.096	0.079	0.177	\$	0.81	\$	1.48	\$	2.11
Green Beans	0.049	0.035	0.039	\$	0.67	\$	1.22	\$	3.23
Peas	0.023	0.027	0.030	\$	0.74	\$	1.34	\$	1.83
Asparagus	0.083	0.075	0.084	\$	2.09	\$	3.61	\$	1.83

Table 2: Nutrient Scores and Prices for Vegetables

¥ Sources: Author's calculation using USDA's Food and Nutrient Database for Standard Reference, Release 24, and National Academies Institute of Medicine, Food and Nutrition Board, Recommended Dietary Allowances and Adequate Intakes for Vitamins and Elements

§ Sources: Stewart, Hayden, Jeffrey Hyman, Jean C. Buzby, Elizabeth Frazão, and Andrea Carlso. 2011. How Much Do Fruits and Vegetables Cost? In Economic Information Bulletin. Washington, DC: USDA: Economic Research Service. Italicized values are from Reed, J., E. Frazao, and R. Itskowitz. 2004. How Much Do Americans Pay for Fruits and Vegetables? Vol. 790, Economic Information Bulletin. Washington, DC: US Dept. of Agriculture, Economic Research Service.

While nutrient content across packaging options suggests that no packaging option has a clear nutrient advantage, systematic differences are found when comparing prices. For seven of the eight vegetables in this study, the consumer prices per edible cup of canned vegetables are lower than the prices of frozen or fresh-packaged options. More so, consumer costs for canned vegetables can be as low as 50 percent of the costs of frozen alternatives and as low as 20 percent of the cost of fresh alternatives based on the cost per edible portion. Frozen packaging affords cost savings over fresh vegetables for four of the eight vegetables represented here, but command higher prices than canned vegetables for all eight.

While both canned and frozen packaging provides for deferred consumption, canned vegetables afford lower consumer costs and higher nutritional content. With few exceptions, nutritional content is comparable across all packaging options. Canned vegetables afford households greater access through lower costs. For example, household food budgets can be stretched by nearly 50 percent with canned sweet corn over fresh and nearly five hundred percent times with canned green beans. Similar savings are found by comparing canned vegetables to frozen. In many cases, the savings are accompanied with increased nutrient content of canned packaging.

Nutrient content and prices of common fruits across packaging options are compared next. As many fruit varieties do not have frozen packaging options or those options are uncommon, the report omits frozen nutrient scores and prices where reliable measures are not available. Table 3 shows the combined nutrient scores and prices per edible portions of the ten fruit items reviewed. For many fruit items the nutrient intakes are comparable across packaging options. Alternatively, the nutrient content of fresh strawberries and raspberries significantly exceeds that of the canned counterpart. In fact, for all

fruits compared besides peaches, fresh provides the greatest nutrient intake per calorie. Frozen packaging also tends to provide greater nutrient content relative to canned.

Index of Vitamin Intake	Per Calorie C	$Consumed^{\mathtt{Y}}$		Price	per Edib	le Cup Equ	ivalence	e [§]	
	Canned	Frozen	Fresh	Cann	ed	Frozen		Fresh	
Tomatoes	0.037	na	0.043	\$	0.41	na		\$	1.28
Peaches	0.014	0.016	0.013	\$	0.58	na		\$	0.66
Strawberries	0.009	0.030	0.041	\$	0.66	\$	1.14	\$	0.89
Blue Berries	0.005	0.011	0.014	\$	1.60	\$	1.35	\$	1.31
Cherries	0.247	0.520	0.703	\$	1.50	na		\$	1.22
Raspberries	0.007	0.010	0.025	\$	0.69	\$	0.54	\$	0.64
Blackberries	0.010	0.023	0.031	\$	1.51	\$	1.13	\$	1.71
Pineapples	0.017	na	0.031	\$	0.49	na		\$	0.70
Apricots	0.005	na	0.016	\$	0.37	na		\$	0.25
Pears	0.016	na	0.035	\$	0.58	na		\$	0.42

Table 3: Nutrient Scores and Prices for Fruit

¥ Sources: Author's calculation using USDA's Food and Nutrient Database for Standard Reference, Release 24, and National Academies Institute of Medicine, Food and Nutrition Board, Recommended Dietary Allowances and Adequate Intakes for Vitamins and Elements

§ Sources: Stewart, Hayden, Jeffrey Hyman, Jean C. Buzby, Elizabeth Frazão, and Andrea Carlso. 2011. How Much Do Fruits and Vegetables Cost? In Economic Information Bulletin. Washington, DC: USDA: Economic Research Service. Italicized values are from Reed, J., E. Frazao, and R. Itskowitz. 2004. How Much Do Americans Pay for Fruits and Vegetables? Vol. 790, Economic Information Bulletin. Washington, DC: US Dept. of Agriculture, Economic Research Service.

Compared to vegetables, nutrient intakes for fruits tend to exhibit larger variation across packaging options. Much of this variation may reflect variation in caloric density across packaging options. Because scores are based on nutrient content per calorie, packaging options that are higher in calories may dampen the nutrient scores. For example, many canned fruits are packaged with syrup, adding sugars and calories for a given serving. This is illustrated in the Appendix for the case of strawberries. A 100 gram portion of canned strawberries delivers 92 calories (kcal) relative to 25 for frozen and 32 for fresh. In the absence of the calories from syrup, the nutrient scores of canned strawberries would be on par with fresh and frozen varieties. Hence the nutrient per-calorie score of canned strawberries is much lower than for fresh and raw strawberries not packaged with added sugars. Unfortunately, this is the nature of several canned fruit options that include many products of peaches, strawberries, black and blue berries, cherries, raspberries and apricots. In this analysis, canned fruit nutrient scores of only peaches, pineapples, pears and tomatoes are reported without added sugars. For the remainder, the National Nutrient Database for Standard Reference does not report nutritional values for canned packaging without syrup.

Price comparisons in Table 3 show that prices are fairly comparable across the three packaging options. However, only four of the 10 common fruits have comparable frozen price statistics. Canned tomatoes, aside from providing greater nutrient intake, are also substantially less expensive than fresh. Additionally, the price of canned blackberries and pineapples are significantly less expensive, while peaches and strawberries are marginally less expensive to acquire. Many of the remaining canned fruit items are comparably priced relative to fresh. However, canned blue berries and cherries tend to be substantially more expensive. In sum, price comparisons of packaging options indicate no clear delineation in packaging costs of fruits.

While fresh fruits provide greater nutrient intake than canned and frozen, households may find it challenging to acquire fresh fruit year-round. Frozen and canned packaging options help to remedy the seasonal availability of fruits, though frozen fruits may be limited to certain fruit items amenable to freezing. This limits off-seasonal availability for many fruit items. The Nielsen Homescan data used in the USDA price report provided limited frozen options relative to canned for deferred consumption of fruits. That is, households have greater utilization of canned fruits relative to frozen for year-round consumption and have seasonal access to fresh and in some cases is the only option for off-season consumption of fruits.

Summary of Comparisons of Nutritional Content and Prices

This report set out to estimate the consumer cost of nutrient intake for fruits and vegetables across fresh, frozen and canned packaging options. The issue of food costs and healthy food choices is relevant to current food policy discussions in the U.S., where affordability and availability of healthy food options have taken a central discourse on the causes of obesity and other diet-related diseases. The economic costs of obesity and poor diet choices are well established (Thorpe, Florence, Howard, and Joski, 2004; Wellman and Friedberg 2002). Many researchers see low affordability and availability of nutritious food options as a core issue of America's obesity epidemic (Drewnowski and Barratt-Fornell 2004; Drewnowski and Darmon 2005). While researchers emphasize the importance of access to fresh produce, much of the literature suggests that low-income households have limited access to quality grocery stores, and that shelf-life is an important feature of their food stocks. Canned and frozen packaging extends the effective life of fruits and vegetables and this study shows that in the case of vegetables, they are also price competitive with regard to nutrient uptake.

Comparing nutritional content of eight common vegetables, the literature shows no systematic reduction in nutrient uptake from processed foods into canned and frozen packaging. From a consumer perspective, canned vegetables are the most economical package options for nutrient uptake from the eight vegetables reviewed in this study. Canned vegetables provide households cost savings of up to 20 percent relative to fresh. Frozen packaging also tends to be price competitive, but in some cases affords lower shelf life. Freezer space may be a limiting factor for some households seeking to defer consumption of vegetables, leaving canned as a preferable option. This analysis shows that cost savings of canned and frozen vegetables are not at the expense of lost nutrient content.

Relative to vegetables, processed fruits show greater variation between processed and fresh options. Much of this variation can be attributed to methods and additives introduced in the production process. More specifically, the fruits available in the USDA database are those that have been packaged in syrup rather than water or natural fluids and many fresh fruit items are not amenable to processing. For consumers, processed fruits tend to be competitive with fresh fruits, and are available year-round. Of the 10 fruit items reviewed in this study, canned packaging provided the lowest cost for four items; frozen packaging provided the lowest cost for two; and fresh for the remaining four. However, regardless of price many fruit items have extremely limited availability throughout much of the year, and many people, especially those living in low income communities have limited access throughout the year to fresh produce (Algert, Agrawal and Lewis, 2006).

Given the limited availability of fresh fruit, canning and freezing options can help consumers meet fruit and vegetable recommendations throughout the year. As availability is a necessity for meeting USDA dietary guidelines, processed fruits and vegetables in canned and frozen packaging plays an important role for American consumers, and is a cost effective means toward meeting food security needs of low income households.

As Breene notes, consumer costs of consumption may play a dominant role in determining uptake of nutrients through fruits and vegetables. Darmon *et al.* (2005) determined that on a calorie basis fresh fruits and vegetables are more expensive to alternative packaging options. Especially for those with limited access, financial resources and storage, canned and frozen packaged fruits and vegetables may be a better option. Canned and frozen packaging provides deferred consumption and as Rickman, Barrett and Bruhn observe, fresh, frozen and canned fruits and vegetables are nutritionally similar at the time of consumption.

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	NUA.	-	CULL, SWEER, WILLE, CALIDER, WILLE KELLEI, LEGMAI PACE, solide and li mide	kemet, regui 1e	ar pack,	Com, sweet, white, frozen, kernels cut off cob,	nels cut orr o	:ob,	Com, sweet, w
			Unit 1 Cup Edible Portion	2		Unit 1 Cup Edible Portion			Unit 1 Cup Edible Portion
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	Units		Proximates			Proximates			Proximates
	kcal		Calories	164		Calories	145		Calories
		Std.	Minerals		Score	Minerals		Score	Minerals
	mg	1000	Calcium, Ca	10.00	0.010	Calcium, Ca	7.00	0.007	Calcium, Ca
	mg	13	Iron, Fe	1.05	0.081	Iron, Fe	0.69	0.053	Iron, Fe
	mg	370	Magnesium, Mg	41.00	0.111	Magnesium, Mg	30.00	0.081	Magnesium, Mg
	mg	700	Phosphorus, P	131.00	0.187	Phosphorus, P	114.00	0.163	Phosphorus, P
	mg	4700	Potassium, K	420.00	0.089	Potassium, K	346.00	0.074	Potassium, K
	mg	1500	Sodium, Na	545.00	0.363	Sodium, Na	5.00	0.003	Sodium, Na
	mg	9.5	Zine, Zn	0.92	0.097	Zine, Zn	0.61	0.064	Zine, Zn
	mg	900	Copper, Cu	0.14	0.000	Copper, Cu	0.06	0.000	Copper, Cu
	mg	2.05	Manganese, Mn	0.08	0.041	Manganese, Mn	0.21	0.101	Manganese, Mn
	ârí	3500	Fluoride, F	46.10	0.013	Fluoride, F	24.10	0.007	Fluoride, F
	рц	55	Selenium, Se	1.50	0.027	Selenium, Se	1.20	0.022	Selenium, Se
	дц	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
	Зrí	150	Iodine	0.00	0.000	Io dine	0.00	0.000	Iodine
	Ъщ	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
	9	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	дш	82.5	Vitamin C, total ascorbic acid	14.10	0.171	Vitamin C, total ascorbic acid	10.60	0.128	Vitamin C, total ascorbic acid
	mg	1.15	Thiamin	0.07	0.058	Thiamin	0.14	0.119	Thiamin
	mg	1.2	Riboflavin	0.16	0.130	Riboflavin	0.12	0.097	Riboflavin
	mg	15	Niacin	2.40	0.160	Niacin	2.85	0.190	Niacin
	mg	S	Pantothenic acid	1.34	0.267	Pantothenic acid	0.46	0.092	Pantothenic acid
	mg	13	Vitamin B-6	0.10	0.073	Vitamin B-6	0.29	0.226	Vitamin B-6
	ธิท	400	Folate, total	97.00	0.243	Folate, total	59.00	0.148	Folate, total
	ârí	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
	mcg_RAE	800	Vitamin A, RAE	0.00	0.000	Vitamin A, RAE	0.00	0.000	Vitamin A, RAE
opherol)	mg	15	Vitamin E (alpha-tocopherol)	0.00	0.000	Vitamin E (alpha-tocopherol)	0.00	0.000	Vitamin E (alpha-tocopherol)
	дц	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D $(D2 + D3)$
Vitamin K (phylloquinone)	βπ	110	Vitamin K (phylloquinone)	0.00	0.000	Vitamin K (phylloquinone)	0.00	0.000	Vitamin K (phylloquinone)
	mg	487.5	Choline, total	0.00	0.000	Choline, total	0.00	0.000	Choline, total
	112	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin

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white, raw

White Corn

	RDA		Com, sweet, yellow, canned, brine pack, regular pack, solids and liquids	ıck, regulaı	r pack,	Com, sweet, yellow, frozen, kernels cut off cob, unprepared	ls cut off c	ob,	Com, sweet,
			Unit 1 Cup Edible Portion			Unit 1 Cup Edible Portion			Unit 1 Cup Edible Portion
	Units		Proximates			Proximates			Proximates
	kcal		Calories	156		Calories	120		Calories
		Std.	Minerals	S	Score	Minerals	Sc	Score	Minerals
Calcium, Ca	mg	1000	Calcium, Ca	10.00	0.010	Caleium, Ca	5.00	0.005	Calcium, Ca
Iron, Fe	mg	13	Iron, Fe	0.92	0.071	Iron, Fe	0.57	0.044	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg	38.00	0.103	Magnesium, Mg	24.00	0.065	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	118.00	0.169	Phosphorus, P	95.00	0.136	Phosphorus, P
Potassium, K	mg	4700	Potassium, K	348.00	0.074	Potassium, K	290.00	0.062	Potassium, K
Sodium, Na	mg	1500	So dium, Na	499.00	0.333	Sodium, Na	4.00	0.003	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	1.00	0.105	Zine, Zn	0.52	0.055	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.07	0.000	Copper, Cu	0.05	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	0.21	0.102	Manganese, Mn	0.17	0.081	Manganese, Mn
Fluoride, F	ârí	3500	Fluoride, F	46.10	0.013	Fluoride, F	19.90	0.006	Fluoride, F
Selenium, Se	âпі	55	Selenium, Se	1.30	0.024	Selenium, Se	1.00	0.018	Selenium, Se
Chromium	âпí	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
Iodine	âпí	150	Iodine	0.00	0.000	Io dine	0.00	0.000	Iodine
Molybdenum	ธิป	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	20	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	6.70	0.081	Vitamin C, total ascorbic acid	8.70	0.105	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.04	0.033	Thiamin	0.11	0.098	Thiamin
Riboflavin	mg	1.2	Riboflavin	0.04	0.032	Riboflavin	0.09	0.077	Riboflavin
Niacin	mg	15	Niacin	2.26	0.151	Niacin	2.37	0.158	Niacin
Pantothenic acid	mg	5	Pantothenic acid	1.34	0.267	Pantothenic acid	0.49	0.098	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6	0.10	0.073	Vitamin B-6	0.23	0.175	Vitamin B-6
Folate, total	Ъщ	400	Folate, total	97.00	0.243	Folate, total	49.00	0.123	Folate, total
Vitamin B-12	ârí	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	5.00	0.006	Vitamin A, RAE	14.00	0.018	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.08	0.005	Vitamin E (alpha-tocopherol)	0.11	0.007	Vitamin E (alpha-tocopherol)
Vitamin D $(D2 + D3)$	âпí	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D (D2 + D3)
Vitamin K (phylloquinone)	ธิป	110	Vitamin K (phylloquinone)	0.00	0.000	Vitamin K (phylloquinone)	0.40	0.004	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	42.50	0.087	Choline, total	32.60	0.067	Choline, total
Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin
T otal Score					0.013			0.012	

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i, yellow, raw

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Yellow Com

Carrots, rav		Unit 100 grams Edible Portion	Proximates	Calories	Minerals	0.036 Calcium, Ca	0.034 Iron, Fe	0.032 Magnesium, Mg	0.047 Phosphorus, P		0.045 Sodium, Na	0.035 Zine, Zn	0.000 Copper, Cu	0.083 Manganese, Mn	0.006 Fluoride, F	0.013 Selenium, Se	0.000 Chromium		0.000 Molybdenum	0.000 Chloride	Vitamins	0.030 Vitamin C, total ascorbic acid	0.038 Thiamin	0.031 Riboflavin	0.031 Niacin	0.037 Pantothenic acid	0.073 Vitamin B-6	0.025 Folate, total	0.000 Vitamin B-12	0.888 Vitamin A, RAE	0.038 Vitamin E (alpha-tocopherol)	0.000 Vitamin D (D2 + D3)	0.160 Vitamin K (phylloquinone)	0.015 Choline, total	0.000 Biotin
				36	Score	36.00 0.(0.44 0.0	12.00 0.0	-		_		_	_	19.90 0.0	_				0.00 0.0		_	_	0.04 0.0	-	_	0.10 0.0		0.00 0.0		0.57 0.0		17.60 0.1	_	0.00 0.0
Carrots, frozen, unprepared	na mdarden (marare (marare)	Unit 100 grams Edible Portion	Proximates	Calories	Minerals	Calcium, Ca 36.	Iron, Fe 0.	Magnesium, Mg 12.	Phosphorus, P 33.00	2	Sodium, Na 68.00	Zine, Zn 0.		Manganese, Mn 0.	Fluoride, F 19.	Selenium, Se 0.	Chromium 0.		Molybdenum 0.	Chloride 0.	Vitamins	Vitamin C, total ascorbic acid 2.		Riboflavin 0.	Niacin 0.	Pantothenic acid 0.	Vitamin B-6 0.	Folate, total 10.	Vitamin B-12 0.	Vitamin A, RAE 710.00	Vitamin E (alpha-tocopherol) 0.	Vitamin D (D2 + D3) 0.	Vitamin K (phylloquinone) 17.	Choline, total 7.	Biotin 0.
Is					Score	0.025	0.049	0.022	0.034	0.038	0.028	0.027	0.000	0.220	0.013	0.007	0.000	0.000	0.000	0.000		0.033	0.016	0.025	0.037	0.027	0.086	0.023	0.000	0.698	0.049	0.000	0.089	0.000	0.000
ained solid				25	Sc	25.00	0.64	8.00	24.00	179.00	42.00	0.26	0.10	0.45	46.10	0.40	0.00	0.00	0.00	0.00		2.70	0.02	0.03	0.55	0.14	0.11	9.00	0.00	558.00	0.74	0.00	9.80	0.00	0.00
Carrots, canned, no salt added, drained solids		Unit 100 grams Edible Portion	Proximates	Calories	Minerals	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	So dium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D (D2 + D3)	Vitamin K (phylloquinone)	Choline, total	Biotin
					Std.	1000	13	370	700	4700	1500	9.5	900	2.05	3500	55	30	150	45	23		82.5	1.15	1.2	15	5	13	400	2.4	800	15	15	110	487.5	30
RDA			Units	kcal		gm	mg	mg	mg	mg	mg	mg	mg	mg	âni	âті	ŝп	âпí	ârí	50		gm	mg	mg	mg	mg	mg	ârí	Bri	mcg_RAE	mg	Ъп	Зrí	mg	511
						Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride		Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin

Score 0.033 0.023 0.025 0.025 0.035 0.046 0.046 0.046 0.036 0.046 0.025 0.000 0.000 0.000 0.000

33.00 0.30 35.00 320.00 69.00 0.24 0.14 3.20 0.10 0.00 0.00 0.00

0.072 0.057 0.055 0.055 0.055 0.055 0.055 0.055 0.048 0.048 0.044 0.044 0.044 0.044 0.044 0.049

5.90 0.07 0.06 0.98 0.27 0.14 19.00 835.00 835.00 0.00 835.00 835.00 835.00 835.00 0.00 0.00

Carrots

Carrots, raw

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			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion
	Units		Proximates			Proximates			Proximates
	kcal		Calories	23		Calories	29		Calories
		Std.	Minerals	U 2	Score	Minerals	Š	Score	Minerals
Calcium, Ca	mg	1000	Caleium, Ca	127.00	0.127	Caleium, Ca	129.00	0.129	Calcium, Ca
ron, Fe	mg	13	Iron, Fe	2.30	0.177	Iron, Fe	1.89	0.145	Iron, Fe
Magnesium, Mg	gm	370	Magnesium, Mg	76.00	0.205	Magnesium, Mg	75.00	0.203	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	44.00	0.063	Phosphorus, P	49.00	0.070	Phosphorus, P
² otassium, K	gm	4700	Potassium, K	346.00	0.074	Potassium, K	346.00	0.074	Potassium, K
Sodium, Na	mg	1500	Sodium, Na	322.00	0.215	Sodium, Na	74.00	0.049	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	0.46	0.048	Zine, Zn	0.56	0.059	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.18	0.000	Copper, Cu	0.14	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	0.60	0.291	Manganese, Mn	0.70	0.343	Manganese, Mn
Fluoride, F	ârí	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
Selenium, Se	âпí	55	Selenium, Se	1.40	0.025	Selenium, Se	6.00	0.109	Selenium, Se
Chromium	Ъщ	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
lodine	Brí	150	Iodine	0.00	0.000	Io dine	0.00	0.000	Iodine
Molybdenum	ธิท	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	96	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	14.30	0.173	Vitamin C, total ascorbic acid	5.50	0.067	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.02	0.014	Thiamin	0.09	0.082	Thiamin
Riboflavin	mg	1.2	Riboflavin	0.14	0.115	Riboflavin	0.22	0.187	Riboflavin
Niacin	mg	15	Niacin	0.39	0.026	Niacin	0.51	0.034	Niacin
² antothenic acid	mg	5	Pantothenic acid	0.05	0.009	Pantothenic acid	0.09	0.019	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6	0.10	0.077	Vitamin B-6	0.17	0.132	Vitamin B-6
Folate, total	Ъщ	400	Folate, total	98.00	0.245	Folate, total	145.00	0.363	Folate, total
Vitamin B-12	ârí	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
Vitamin A, RAE	meg_RAE	800	Vitamin A, RAE	490.00	0.613	Vitamin A, RAE	586.00	0.733	Vitamin A, RAE
/itamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	1.94	0.129	Vitamin E (alpha-tocopherol)	2.90	0.193	Vitamin E (alpha-tocopherol)
Vitamin D (D2 + D3)	Brí	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D $(D2 + D3)$
/itamin K (phylloquinone)	Brí	110	Vitamin K (phylloquinone)	461.60	4.196	Vitamin K (phylloquinone)	372.00	3.382	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	0.00	0.000	Choline, total	0.00	0.000	Choline, total
Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin
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Spinach

Greens	
Turnip	

	RDA	A	Turrup greens, canned, solids and liquids	s and liquid	s	Turnip greens, frozen, unprepared	prepared		Tuttip greens, taw
			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion
	Units		Proximates			Proximates			Proximates
	kcal		Calories	14		Calories	22		Calories
		Std.	Minerals		Score	Minerals		Score	Minerals
Calcium, Ca	mg	1000	Caleium, Ca	127.00	0.127	Calcium, Ca	129.00	0.129	Calcium, Ca
Iron, Fe	mg	13	Iron, Fe	2.30	0.177	Iron, Fe	1.89	0.145	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg	76.00	0.205	Magnesium, Mg	75.00	0.203	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	44.00	0.063	Phosphorus, P	49.00	0.070	Phosphorus, P
Potassium, K	mg	4700	Potassium, K	346.00	0.074	Potassium, K	346.00	0.074	Potassium, K
Sodium, Na	mg	1500	Sodium, Na	322.00	0.215	Sodium, Na	74.00	0.049	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	0.46	0.048	Zine, Zn	0.56	0.059	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.18	0.000	Copper, Cu	0.14	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	09.0	0.291	Manganese, Mn	0.70	0.343	Manganese, Mn
Fluoride, F	8ni	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
Selenium, Se	âπί	55	Selenium, Se	1.40	0.025	S elenium, Se	6.00	0.109	Selenium, Se
Chromium	Ъп	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
lodine	ธิท	150	Iodine	0.00	0.000	Io dine	0.00	0.000	Iodine
Molybdenum	ธิท	45	Molybdenum	00.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	50	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	gm	82.5	Vitamin C, total ascorbic acid	15.50	0.188	Vitamin C, total ascorbic acid	26.80	0.325	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.01	0.010	Thiamin	0.04	0.038	Thiamin
Riboflavin	mg	12	Riboflavin	0.06	0.053	Riboflavin	0.09	0.076	Riboflavin
Niacin	mg	15	Niacin	0.36	0.024	Niacin	0.38	0.026	Niacin
Pantothenic acid	mg	ŝ	Pantothenic acid	0.04	0.008	Pantothenic acid	0.14	0.028	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6	0.04	0.028	Vitamin B-6	0.10	0.077	Vitamin B-6
Folate, total	ธิท	400	Folate, total	41.00	0.103	Folate, total	74.00	0.185	Folate, total
Vitamin B-12	ârí	2.4	Vitamin B-12	00.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	179.00	0.224	Vitamin A, RAE	309.00	0.386	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.00	0.000	Vitamin E (alpha-tocopherol)	0.00	0.000	Vitamin E (alpha-tocopherol)
Vitamin D (D2 + D3)	ธิท	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D $(D2 + D3)$
Vitamin K (phylloquinone)	ธิท่	110	Vitamin K (phylloquinone)	0.00	0.000	Vitamin K (phylloquinone)	0.00	0.000	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	0.00	0.000	Choline, total	0.00	0.000	Choline, total
Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin

 Score

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Beans	
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		NUA	and liquids			Beans, snap, green, frozen, all styles, unprepared	es, unprep	bared	Beans, snap, green, raw
			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion
	Units		Proximates			Proximates			Proximates
	kcal		Calories	15		Calories	39		Calories
		Std.	Minerals	5 2	Score	Minerals		Score	Minerals
Calcium, Ca	mg	1000	Calcium, Ca	29.00	0.029	Caleium, Ca	42.00	0.042	Calcium, Ca
Iron, Fe	mg	13	Iron, Fe	1.02	0.078	Iron, Fe	0.85	0.065	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg	13.00	0.035	Magnesium, Mg	22.00	0.059	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	18.00	0.026	Phosphorus, P	32.00	0.046	Phosphorus, P
Potassium, K	mg	4700	Potassium, K	92.00	0.020	Potassium, K	186.00	0.040	Potassium, K
Sodium, Na	mg	1500	So dium, Na	192.00	0.128	Sodium, Na	3.00	0.002	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	0.36	0.038	Zine, Zn	0.26	0.027	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.04	0.000	Copper, Cu	0.05	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	0.21	0.100	Manganese, Mn	0.37	0.180	Manganese, Mn
Fluoride, F	ârí	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
Selenium, Se	дщ	55	Selenium, Se	0.00	0.000	S elenium, Se	0.60	0.011	Selenium, Se
Chromium	ârí	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
Iodine	Ъщ	150	Iodine	0.00	0.000	Iodine	0.00	0.000	Iodine
Molybdenum	âní	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	50	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	2.20	0.027	Vitamin C, total ascorbic acid	12.90	0.156	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.02	0.013	Thiamin	0.10	0.085	Thiamin
Riboflavin	mg	1.2	Riboflavin	0.02	0.017	Riboflavin	0.09	0.076	Riboflavin
Niacin	mg	15	Niacin	0.20	0.013	Niacin	0.50	0.033	Niacin
Pantothenic acid	mg	5	Pantothenic acid	0.11	0.021	Pantothenic acid	0.10	0.021	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6	0.03	0.023	Vitamin B-6	0.04	0.034	Vitamin B-6
Folate, total	ârí	400	Folate, total	26.00	0.065	Folate, total	15.00	0.038	Folate, total
Vitamin B-12	дц	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	16.00	0.020	Vitamin A, RAE	27.00	0.034	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.21	0.014	Vitamin E (alpha-tocopherol)	0.42	0.028	Vitamin E (alpha-tocopherol)
Vitamin D (D2 + D3)	ârí	15	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D (D2 + D3)
Vitamin K (phylloquinone)	ârí	110	Vitamin K (phylloquinone)	7.30	0.066	Vitamin K (phylloquinone)	44.80	0.407	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	0.00	0.000	Choline, total	0.00	0.000	Choline, total
Biotin	βπ	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin
T otal Score								2000	

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	WUN	4	Peas, green, canned, regular pack, solids and liquids	, solids and	spinbu	Peas, green, trozen, unprepared	repared		Peas, gree
			Unit 100 grams Edible Portion			Unit 100 grams Edible Portion			Unit 100 grams Edible Portior
	Units		Proximates			Proximates			Proximates
	kcal		Calories	58		Calories	77		Calories
		Std.	Minerals	•1	Score	Minerals		Score	Minerals
Calcium, Ca	mg	1000	Calcium, Ca	20.00	0.020	Caleium, Ca	22.00	0.022	Calcium, Ca
Iron, Fe	mg	13	Iron, Fe	1.29	0.099	Iron, Fe	1.53	0.118	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg	19.00	0.051	Magnesium, Mg	26.00	0.070	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	63.00	0.090	Phosphorus, P	82.00	0.117	Phosphorus, P
Potassium, K	mg	4700	Potassium, K	106.00	0.023	Potassium, K	153.00	0.033	Potassium, K
Sodium, Na	mg	1500	Sodium, Na	185.00	0.123	Sodium, Na	108.00	0.072	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	0.72	0.076	Zine, Zn	0.82	0.086	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.10	0.000	Copper, Cu	0.12	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	0.21	0.103	Manganese, Mn	0.34	0.164	Manganese, Mn
Fluoride, F	ârí	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
Selenium, Se	βπ	55	Selenium, Se	1.30	0.024	S elenium, Se	1.90	0.035	Selenium, Se
Chromium	βπ	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
Iodine	ârí	150	Iodine	0.00	0.000	Io dine	0.00	0.000	Iodine
Molybdenum	ârí	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	50	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	7.80	0.095	Vitamin C, total ascorbic acid	18.00	0.218	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.08	0.067	Thiamin	0.26	0.225	Thiamin
Riboflavin	mg	1.2	Riboflavin	0.02	0.020	Riboflavin	0.10	0.083	Riboflavin
Niacin	mg	15	Niacin	1.00	0.066	Niacin	1.72	0.115	Niacin
Pantothenic acid	mg	5	Pantothenic acid	0.09	0.018	Pantothenic acid	0.55	0.109	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6	0.07	0.050	Vitamin B-6	0.08	0.064	Vitamin B-6
Folate, total	ârí	400	Folate, total	24.00	0.060	Folate, total	53.00	0.133	Folate, total
Vitamin B-12	ârí	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	76.00	0.095	Vitamin A, RAE	103.00	0.129	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.02	0.001	Vitamin E (alpha-tocopherol)	0.02	0.001	Vitamin E (alpha-tocopherol)
Vitamin D $(D2 + D3)$	ârí	15	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D (D2 + D3)
Vitamin K (phylloquinone)	δπ	110	Vitamin K (phylloquinone)	20.70	0.188	Vitamin K (phylloquinone)	27.90	0.254	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	20.00	0.041	Choline, total	27.00	0.055	Choline, total
Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin
Total Come	д	0C	IIII0IC	00.0	000.0	IIII010	00.0	0000	

 $\begin{array}{c} 40.00\\ 0.27\\ 0.13\\ 2.09\\ 0.17\\ 65.00\\ 0.17\\ 65.00\\ 0.13\\ 0.13\\ 0.13\\ 0.13\\ 0.13\\ 0.24.80\\ 0.00\\$

Score

en, raw

25.00 1.47 33.00 33.00 244.00 5.00 1.24 0.18 0.18 0.01 0.00 0.00 0.00 0.00

Peas

Page 22

$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$		R	RDA	Asparagus, canned, regular pack, solids and liquids	solids and li	quids	Asparagus, frozen, unprepared	pared		Asparag
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$				Unit 100 grams Edible Portion			Unit 100 grams Edible Portion			Unit 100 grams Edible Portio
Image:		Units		Proximates			Proximates	ł		Proximates
Niteration State Niteration Score		kcal		Calories	15		Calories	24		Calories
mg 1000 Calcium, Ca 1500 0015 Calcium, Ca 2500 0025 1700 mg 770 Magnesium, Mg 9.000 0.034 Magnesium, Mg 14.00 0.034 mg 770 Magnesium, Mg 9.00 0.034 Magnesium, Kg 14.00 0.034 mg 700 Phosphorus, P 7.30 0.014 0.034 14.00 0.034 mg 9.03 Sodium, Na 28.410 0.18 Sodium, Na 28.30 0.034 mg 9.03 Copper, Cu 0.11 0.00 Copper, Cu 0.01 0.004 mg 9.03 Copper, Cu 0.11 0.00 Copper, Cu 0.01 0.006 mg 9.04 0.041 Magneser, Mn 0.01 Dout 0.004 Dout			Std.	Minerals	s	core	Minerals	Sco	Jre	Minerals
ng 13 Iton, Fe 0.004 Iton, Fe 0.013 0.023 0.036 1 ng 700 Phospions, P Sodium, K 17.30 0.036 1 1 0.036 1 0.036 1 0.036 1 0.036 0.034 1 0.036 0.047 0.036	Calcium, Ca	mg	1000	Calcium, Ca	15.00	0.015	Calcium, Ca	25.00	0.025	Calcium, Ca
mg 70 Magnesium, Mg 9.00 0.024 Phosphorus, P 64.00 0.038 1 mg 700 Phosphorus, P 38.00 0.054 Phosphorus, P 64.00 0.034 1 mg 9.3 Sodium, Na 23.00 0.035 Possitium, K 23.33 0.014 0.034 1 0.034 1 0.034 1 0.034 1 1 0.034 1 1 0.036 0.034 1 0.036 0.034 1 0.035 0.034	Iron, Fe	mg	13	Iron, Fe	0.60	0.046	Iron, Fe	0.73	0.056	Iron, Fe
mg 700 Phosphons, P 33.00 0.037 Phosphons, P 64.00 0.031 Phosphons, P 64.00 Phosphons, P <t< td=""><td>Magnesium, Mg</td><td>mg</td><td>370</td><td>Magnesium, Mg</td><td>9.00</td><td>0.024</td><td>Magnesium, Mg</td><td>14.00</td><td>0.038</td><td>Magnesium, Mg</td></t<>	Magnesium, Mg	mg	370	Magnesium, Mg	9.00	0.024	Magnesium, Mg	14.00	0.038	Magnesium, Mg
mg 470 Potasium, K 17.200 0.037 Potasium, K 233.00 0.034 I ng 9.3 Sadium, Na 284.00 0.18 Sodium, Na 233.00 0.034 I ng 9.3 Zine, Zn 0.41 0.040 Coper, Cu 0.11 0.000 I 0.002 I 0.002 I 0.002 I 0.000 I I 0.000 I I 0.000 I </td <td>Phosphorus, P</td> <td>mg</td> <td>700</td> <td>Phosphorus, P</td> <td>38.00</td> <td>0.054</td> <td>Phosphorus, P</td> <td>64.00</td> <td>0.091</td> <td>Phosphorus, P</td>	Phosphorus, P	mg	700	Phosphorus, P	38.00	0.054	Phosphorus, P	64.00	0.091	Phosphorus, P
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Potassium, K	mg	4700	Potassium, K	172.00	0.037	Potassium, K	253.00	0.054	Potassium, K
	Sodium, Na	mg	1500	So dium, Na	284.00	0.189	Sodium, Na	8.00	0.005	Sodium, Na
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Zine, Zn	mg	9.5	Zine, Zn	0.47	0.049	Zine, Zn	0.59	0.062	Zine, Zn
mg 2.05 Marganese, Mn 0.13 0.074 Marganese, Mn 0.20 0.009 1 μg 3500 Fluoride, F 0.00 0.000 Steinum, Se 0.00 0.000	Copper, Cu	mg	900	Copper, Cu	0.11	0.000	Copper, Cu	0.14	0.000	Copper, Cu
μg 3300 Fluoride, F 0.00 0.000 Fluoride, F 0.00 0.000 0.001 μg 35 Selenium, Se 1.00 0.000 Selenium, Se 1.00 0.001 <td>Manganese, Mn</td> <td>mg</td> <td>2.05</td> <td>Manganese, Mn</td> <td>0.15</td> <td>0.074</td> <td>Manganese, Mn</td> <td>0.20</td> <td>0.099</td> <td>Manganese, Mn</td>	Manganese, Mn	mg	2.05	Manganese, Mn	0.15	0.074	Manganese, Mn	0.20	0.099	Manganese, Mn
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Fluoride, F	8ni	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Selenium, Se	ŝri	55	Selenium, Se	1.60	0.029	Selenium, Se	1.70	0.031	Selenium, Se
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Chromium	βπί	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Iodine	Brí	150	Iodine	0.00	0.000	Iodine	0.00	0.000	Iodine
g 2.3 Chloride 0.00 </td <td>Molybdenum</td> <td>ârí</td> <td>45</td> <td>Molybdenum</td> <td>0.00</td> <td>0.000</td> <td>Molybdenum</td> <td>0.00</td> <td>0.000</td> <td>Molybdenum</td>	Molybdenum	ârí	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
	Chloride	66	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
corbic acid mg 82.5 Vitamin C, total ascorbic acid 16.50 0.200 Vitamin C, total ascorbic acid 31.80 0.385 11.8 Thianin 0.11.8 Thianin 0.11.8 0.11.8 0.11.8 0.11.8 0.11.9 0.11.9 0.11.8 0.11.8 0.11.9 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 0.02.9 0.01.1 <td></td> <td></td> <td></td> <td>Vitamins</td> <td></td> <td></td> <td>Vitamins</td> <td></td> <td></td> <td>Vitamins</td>				Vitamins			Vitamins			Vitamins
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	16.50	0.200	Vitamin C, total ascorbic acid	31.80	0.385	Vitamin C, total ascorbic aci
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Thiamin	mg	1.15	Thiamin	0.05	0.047	Thiamin	0.12	0.105	Thiamin
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Riboflavin	mg	1.2	Riboflavin	0.09	0.074	Riboflavin	0.13	0.109	Riboflavin
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Niacin	mg	15	Niacin	0.85	0.057	Niacin	1.20	0.080	Niacin
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Pantothenic acid	mg	ŝ	Pantothenic acid	0.12	0.025	Pantothenic acid	0.18	0.037	Pantothenic acid
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Vitamin B-6	mg	13	Vitamin B-6	0.10	0.075	Vitamin B-6	0.11	0.085	Vitamin B-6
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Folate, total	ธิท	400	Folate, total	85.00	0.213	Folate, total	191.00	0.478	Folate, total
mcg_RAE 800 Vitamin A, RAE 26.00 0.033 Vitamin A, RAE 47.00 0.039 V osopherol) mg 13 Vitamin E (alpha-tocopherol) 0.00 0.000 Vitamin D 0.00 0.000 <	Vitamin B-12	8ni	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
$ \begin{array}{ c c c c c c c c c c c c c c c c c c c$	Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	26.00	0.033	Vitamin A, RAE	47.00	0.059	Vitamin A, RAE
n D (02 + 133) µg 115 Vitamin D (02 + 133) 0.00 0.000 Vitamin D (02 + 133) 0.000 1.000 1.000 1.000 0.0	Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.00	0.000	Vitamin E (alpha-tocopherol)	0.00	0.000	Vitamin E (alpha-tocophero
n K (phylloquinone) μg 110 Vitamin K (phylloquinone) 0.000 0.000 Vitamin K (phylloquinone) 0.000 0.000 e, total mg 487.5 Choline, total 0.000 0.000 Choline, total 0.00 0.000 μg 30 Biotin 0.00 0.000]	Vitamin D $(D2 + D3)$	Brí	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D (D2 + D3)
c, total mg 487.5 Choline, total 0.000 0.000 Choline, total 0.00 0.000 0.000 $\mu_{\rm g}$ 30 Biotin 0.00 0.000 Biotin 0.00 0.000 Biotin 0.00 0.000 100 0.000	Vitamin K (phylloquinone)	ârí	110	Vitamin K (phyll oquinone)	0.00	0.000	Vitamin K (phylloquinone)	0.00	0.000	Vitamin K (phylloquinone)
με 30 Biotin 0.00 0.000 Biotin 0.000 0.000	Choline, total	mg	487.5	Choline, total	0.00	0.000	Choline, total	0.00	0.000	Choline, total
	Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin

e:

 $\begin{array}{c} 5.60\\ 0.14\\ 0.14\\ 0.27\\ 0.27\\ 0.27\\ 32.00\\ 32.00\\ 33.00\\ 1.13\\ 1.13\\ 1.13\\ 0.00\\ 0.$

କ

Asparagus

agus, raw

(Grams Edible Portion step atts 18 s. Ca 10.00 o., Ca 10.00 m., Mg 11.00 m., K 237.00 n., K 237.00 m., K 237.00 n., K 237.00 n., K 237.00 n., K 0.017 c. 0.017 m. 0.017 m. 0.017 m. 0.018 m. 0.026 m. 0.026 m. 0.026 m. 0.026 m. 0.026 m. 0.036 m. 0.044 m. 0.026 </th <th>(Grams Edible Portion IS IS IS IS IS C C IS IS</th> <th>Tomatoes, red, ripe, raw, year r</th> <th>year round average</th> <th>rage</th>	(Grams Edible Portion IS IS IS IS IS C C IS	Tomatoes, red, ripe, raw, year r	year round average	rage
ates ates see 5.Ca 10.00 See mm, Mg 10.00 0.27 mm, R 237.00 0.17 nm, R 237.00 0.17 nm, R 237.00 0.17 nm, R 237.00 0.17 nm, R 237.00 0.11 r 0.01 0.01 r 0.01 0.11 r 0.01 0.01 r 0.00 0.00 m 0.00 0.00 m 0.00 0.00 n 0.00 0.00 n 0.00 0.00 n 0.00 0.00 n 0.00 0.00 s 0.00 0.00 s 0.00 0.00 asi 0.00 0.00 s 0.00 0.00 nic asid 0.00 0.00 asi 0.00 0.00 f </th <th>ates ates sea c_a 13 Sea r_a r_a 10.00 sea r_a r_a 10.00 r_a r_a</th> <th>Unit 100 Grams Edible Portion</th> <th></th> <th></th>	ates ates sea c_a 13 Sea r_a r_a 10.00 sea r_a r_a 10.00 r_a	Unit 100 Grams Edible Portion		
18 18 see See um, Mg 10.00 rus, P 0.27 rus, P 277.00 rus, F 273.00 rus, P 0.17 cut 0.01 rus 0.11 rus 0.11 rus 0.00 min 0.01 run 0.00 min 0.00 si 0.00 si <th>18 18 sea 5500 um, Mg 110.00 rus, P 23.00 rus, R 23.00 rus, R 23.00 rus, R 23.00 rus 0.17 cut 0.01 rus 0.00 m 0.00 min 0.00 min 0.00 min acid 0.00 min acid 0.00 me 0.00 fighth-tocopherol 0.03 fighth-tocopherol 0.03 fighth-total 0.00 fighth-total 0.00 fighth-total 0.00 fighth-total 0.00 fighth-total 0.00</th> <th>Proximates</th> <th></th> <th></th>	18 18 sea 5500 um, Mg 110.00 rus, P 23.00 rus, R 23.00 rus, R 23.00 rus, R 23.00 rus 0.17 cut 0.01 rus 0.00 m 0.00 min 0.00 min 0.00 min acid 0.00 min acid 0.00 me 0.00 fighth-tocopherol 0.03 fighth-tocopherol 0.03 fighth-total 0.00 fighth-total 0.00 fighth-total 0.00 fighth-total 0.00 fighth-total 0.00	Proximates		
s Second	s second	Calories	18	
, Ca 10.00 rule 10.00	, Ca 10.00 m., Mg 11.00 rus, P 24.00 rus, P 24.00 rus, F 224.00 Na 237.00 Na 237.00 Cu 0.017 Cu 0.017 Cu 0.017 rese, Mn 0.017 Cu 0.00 m 13.70 C, total ascorbic acid 13.70 c, total 13.70 c, tota	Minerals		Score
0.27 um, Mg 11.00 rus, P 237.00 m, K 237.00 Na 5.00 Na 237.00 ses, Mn 0.17 run 0.06 ese, Mn 0.11 , F 2.33 , F 2.30 , F 0.00 m 0.01 n 0.00 m 0.00 mum 0.00 n 0.00 asid 0.00 asid 0.00 A, RAE 0.00	m., Mg 0.27 m., K 237,00 m., K 237,00 m., K 237,00 Na 537,00 rat 0.17 cut 0.06 ese, Mn 0.117 cut 0.00 n 0.00 at 13.70 A. RAE 0.00 C. total ascorbic acid 13.70 C. total ascorbic wold 0.00		10.00	0.010
sium, Mg 11100 ours, P 2400 ours, P 2400 and K 23700 c.Cu 0.06 s.Cu 0.011 e.F 2.30 m, Se 0.00 imm 0.000 imm 0.000 imm 0.000 fer 0.00 fer 13.70 im C, total ascorbic acid 13.70 im B-6 0.00 m B-6 0.00 vin 0.55 vin 0.55 terite acid 0.000 ierite acid 0.000 m A, RAE 13.70 icro 0.000 ierite acid 0.000 icro 0.0000 icro 0.	simu, Mg 11.00 outs, P 24.00 outs, P 24.00 i, Na 5.00 i, Na 5.00 incse, Mn 2.37.00 m, Sc 2.00 m, Sc 2.30 m, Sc 2.30 m, Sc 0.00 im 0.00 im 0.00 fer 0.00 fer 0.00 fer 0.00 fer 0.00 fer 0.00 h a.7.0 in 15.00 for 13.70 in 3.70 in 3.7	Iron, Fe	0.27	0.021
orus, P 24.00 um, K 237.00 um, K 237.00 a 0.17 a 0.17 i, Cu 0.06 ness, Mn 0.11 ness, Mn 0.00 im, Se 0.00 im, Se 0.00 lenum 0.00 lenum 0.00 im 0.00 lenum 0.00 lenum 0.00 n 0.00 n 0.02 n 0.02 n 0.02 n 0.02 n 0.00 n 0.00 n 0.00 n 0.00 n 0.00 n 0.00	orus, P 24.00 un, K 237.00 a $(3, Na) = 24.00$ (3, Na) = 24.00 (3, Na) = 24.00 (3, Ca) = 0.17 (3, Ca) = 0.00 (3, F) = 2.33 (3, Ca) = 0.00 (3, Ca) = 0.00 (3, Ca) = 0.00 (4, Ca) = 0.00 (5, Ca) = 0.0	Magnesium, Mg	11.00	0.030
$\begin{array}{cccccccccccccccccccccccccccccccccccc$	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Phosphorus, P	24.00	0.034
$\begin{array}{ccccc} \text{, Na} & 5.00 \\ \text{a} & 0.17 \\ \text{nese, Mn} & 0.17 \\ \text{nese, Mn} & 0.11 \\ \text{e, F} & 2.30 \\ \text{mm, Se} & 0.00 \\ \text{imm} & 0.00 \\ \text{retic acid} & 13.70 \\ \text{n} & 0.00 \\ \text{retic acid} & 13.70 \\ \text{n} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{n} & 0.00 \\ \text{n} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 13.70 \\ \text{on} & 0.00 \\ \text{on} & \text{state acid} & 0.00 \\ \text{on} & \text{state acid} & 0.00 \\ \text{on} & \text{state acid} & 15.00 \\ \text{on} & 0.00 \\ \text{on} &$	$\begin{array}{ccccc} 1, Na & 5.00 \\ n & 0.17 \\ nese, Mn & 0.17 \\ e, F & 0.16 \\ m, Se & 0.00 \\ m, Se & 0.00 \\ mm & 0.00 \\ mm & 0.00 \\ mm & 0.00 \\ mn $	Potassium, K	237.00	0.050
n n 0.17 , Cu 0.06 nese, Mn 0.11 e, F 2.30 im, Se 0.00 im n 0.00 tem 0.00 denum 0.00 denum 0.00 lem 0.00 lem 0.00 n C, total ascorbic acid 13.70 n C, total n C, total 2, 100 n	n 0.17 , Cu 0.06 s.F 0.11 e, F 0.00 m, Se 0.00 m, Se 0.00 m, Se 0.00 model 0.00 denum 0.00 denum 0.00 denum 0.00 denum 0.00 ns 0.00 nd (p)thoquinone) 0.00 s. total 0.00 nd (p)thoquinone) 5.70	Sodium, Na	5.00	0.003
, Cu 0.06 ness, Mn 0.11 erss, Mn 0.11 m, Se 0.00 imm, Se 0.00 imm 0.00 femm 0.00 femm 0.00 femm 0.00 femm 0.00 n 0.04 vin 0.04 vin 0.04 vin 0.04 vin 0.04 vin 0.04 vin 0.04 vin 0.04 vin 0.05 tetal ascorbic acid 13.70 n 0.00 n 13.70 vin 0.00 tetal ascorbic acid 13.70 n 2.50 vin 0.00 tetal ascorbic acid 13.70 n 13.70 vin 0.00 tetal ascorbic acid 13.70 n 13.70 vin 0.00 vin	, Cu 0.06 nese, Mn 0.01 ese, Mn 0.11 m, Se 0.00 ium 6 0.00 lemm 0.00 lemm 0.00 lemm 0.00 lemm 0.00 m 0.00 m 0.00 n 1.770 n 0.00 n 1.770 n 1.770 n 2.59 tenic acid 13.70 n 1.770 n 2.50 tenic acid 13.70 n 2.50 tenic acid 13.70 n 0.00 n 1.770 n 0.00 n 1.700 tenic acid 13.70 n 0.00 n 1.770 n 2.50 tenic acid 13.00 tenic acid 13.00 n 1.700 n 1.700 n 1.500 tenic acid 0.00 n 1.700 tenic acid 0.000 n 1.700 tenic acid 0.000 n 1.700 tenic acid 0.000 n 1.500 tenic acid 0.000 n 1.500 tenic acid 0.000 tenic acid 0.0000 tenic acid 0.00000 tenic acid 0.00000 tenic acid 0.00000 tenic	Zine, Zn	0.17	0.018
nese, Mn 0.11 e, F 2.30 m, Se 0.00 tum, Se 0.00 tum, Se 0.00 tum 0.00 tum 0.00 tum 0.00 tum 0.00 tum 0.00 tum 0.00 n 0.00 n <td>nese, Mn 0.11 e, F 2.30 m, Se 0.00 ium 0.00 ium 0.00 iem 0.00 enum 0.00 enum 0.00 enum 0.00 enum 0.00 n 0.00 n</td> <td>Copper, Cu</td> <td>0.06</td> <td>0.000</td>	nese, Mn 0.11 e, F 2.30 m, Se 0.00 ium 0.00 ium 0.00 iem 0.00 enum 0.00 enum 0.00 enum 0.00 enum 0.00 n	Copper, Cu	0.06	0.000
c, F 2.30 mn, Se 0.00 imm 0.00 fermum 0.00 fermum 0.00 fermum 0.00 for C, total ascorbic acid 13.70 n C, total ascorbic acid 13.70 n C, total ascorbic acid 0.02 n C, total ascorbic acid 0.04 n C, total ascorbic acid 13.70 n B- 0.03 total 0.59 tenic acid 0.03 n B-12 0.00 n B-12 0.00 n B-12 0.00 n D (12 + D3) 0.790 n K (phylloquinone) 5.70 s, total 5.70	c, F 2.30 m, Se 0.00 imm 0.00 fenum 0.00 lenum 0.00 lenum 0.00 m 0.00 ic 0.01 m 0.00 m 0.00 m 0.00 m 0.01 n 0.02 n 0.02 n 0.02 n 0.02 n B-6 0.08 total 15.00 n B-12 0.00 n M-12 0.00 n M-12 0.00 n M-12 0.00 n D (02 + D3) 0.00 c. total 0.00 n K (phylloquinone) 7.90 c. total 0.00	Manganese, Mn	0.11	0.056
m, Se 0.00 ium 0.00 femum 0.00 denum 0.00 lemum 0.00 nc, total ascorbic acid 13.70 n 0.02 vin 0.02 n 0.02 n 0.00 n 0.00 n 0.01 n 0.02 n 0.02 n 0.02 n 0.02 nB-6 0.03 nB-12 0.00 nA, RAE 42.00 nA, RAE 42.00 nA, RAE 0.03 nB-12 0.00 nA, RAE 42.00 nA, RAE 42.00 nA, RAE 42.00 nA, RAE 9.00 nA, RAE 42.00 nA, RAE 9.00 nA, RAE 9.00 nA, RAE 9.00 nA, RAE 9.00 nA, RAE 9.00 </td <td>$\begin{array}{c} {\rm m, Se} & 0.00 \\ {\rm imm} & 0.00 \\ {\rm emm} & 0.00 \\ {\rm ernum} & 0.00 \\ {\rm ternum} & 0.00 \\ {\rm ms} & 0.00 \\ {\rm ms} & 0.01 \\ {\rm ms} & 0.02 \\ {\rm n} & 0.02 \\ {\rm rvin} & 0.03 \\ {\rm rvin} & 0.00 \\ {\rm mB-12} & 0.00 \\ {\rm mB-12} & 0.00 \\ {\rm mB-12} & 0.00 \\ {\rm rvin} & {\rm rvin} \\ {\rm rvin} & 0.00 \\ {\rm rvin} & {\rm rvin} \\ {\rm rvin} \\ {\rm rvin} \\ {\rm rvin} & {\rm rvin} \\ {\rm rvin} \\ {\rm rvin} \\ {\rm$</td> <td>Fluoride, F</td> <td>2.30</td> <td>0.001</td>	$\begin{array}{c} {\rm m, Se} & 0.00 \\ {\rm imm} & 0.00 \\ {\rm emm} & 0.00 \\ {\rm ernum} & 0.00 \\ {\rm ternum} & 0.00 \\ {\rm ms} & 0.00 \\ {\rm ms} & 0.01 \\ {\rm ms} & 0.02 \\ {\rm n} & 0.02 \\ {\rm rvin} & 0.03 \\ {\rm rvin} & 0.00 \\ {\rm mB-12} & 0.00 \\ {\rm mB-12} & 0.00 \\ {\rm mB-12} & 0.00 \\ {\rm rvin} & {\rm rvin} \\ {\rm rvin} & 0.00 \\ {\rm rvin} & {\rm rvin} \\ {\rm rvin} \\ {\rm rvin} \\ {\rm rvin} & {\rm rvin} \\ {\rm rvin} \\ {\rm rvin} \\ {\rm $	Fluoride, F	2.30	0.001
tium 0.00 lemm 0.00 lemm 0.00 ms 0.00 ms 0.00 m 0.00 m 0.04 vin 0.05 vin 0.00 tetie acid 0.00 mB-6 0.00 mB-6 0.00 mB-7 0.00 mB-7 0.00 vin	$\begin{array}{c} \mbox{imm} & 0.00 \\ \mbox{ferm} & 0.00 \\ \mbox{ferm} & 0.00 \\ \mbox{ms} & 0.00 \\ \mbox{ms} & 0.00 \\ \mbox{ns} & 0.01 \\ \mbox{ns} & 0.02 \\ \mbox{ns} & 0.02 \\ \mbox{ns} & 0.02 \\ \mbox{ms} & 0.00 \\ \$	Selenium, Se	0.00	0.000
denum 0.00 ms 0.00 ms 0.00 n C, total ascorbic acid 13.70 n C, total ascorbic acid 13.70 n M 0.02 n M 0.03 n C, total ascorbic acid 13.70 n C, total ascorbic acid 13.70 n M 0.04 n M 0.04 n L 0.04 n B-6 0.08 n B-12 0.00 n A, RAE 42.00 n D (02+D3) 0.00 n D (02+D3) 0.54 n D (02+D3) 0.54 n C (aphal-tocopherel) 0.54 n D (02+D3) 0.54 n K (phylloquinore) 5.70	denum 0.00 ms 0.00 ms 0.00 n C, total ascorbic acid 13.70 n 0.04 n 0.02 vin 0.02 n 0.02 n 0.02 n 0.03 n 0.04 n 0.02 n 0.03 nB-6 0.08 nB-12 0.00 nA, RAE 42.00 nB-12 0.00 nA, RAE 42.00 nA, RAE 42.00 nA, RAE 42.00 n D (02 + D3) 0.00 n K (phylloquinone) 7.90 o, total 0.00	Chromium	0.00	0.000
lenum 0.00 ins 0.00 ns 0.00 n C, total ascorbic acid 13.70 n C, total ascorbic acid 0.04 win 0.05 win 0.05 total 0.09 tenic acid 0.09 tenic acid 0.09 n B-12 0.00 n A, RAE 10.00 n A, RAE 12.00 n A, RAE 0.00 n A, RAE 0.00 total 15.00 n A, RAE 0.00 n A, RAE 0.00	lenum 0.00 ns 0.00 n C, total ascorbic acid 13.70 n C, total ascorbic acid 13.70 n 0.04 vin 0.02 vin 0.05 encic acid 0.08 total 15.00 n B-G 0.08 total 15.00 n B-A 42.00 n B-12 0.00 n B-12 0.00 n B-12 0.00 n B-6 7.00 n C (pylloquinone) 7.90 n K (phylloquinone) 7.90 o (10) n C (2 + D3) 0.00 n C (2	lodine	0.00	0.000
ic 0.00 ms 0.00 n 0.5, total ascorbic acid 13.70 n 0.04 0.02 n 0.04 0.02 n 0.04 0.02 n 0.02 0.03 n 0.04 0.02 n 0.05 0.03 n 0.45 0.03 n 15.00 0.03 n 15.00 0.00 n 1.8AE 42.00 n 1.8AE 42.00 n 1.64pha-tocopherol 0.00 n 10(22+D3) 0.00 n K (phylloquinone) 5.70	is 0.00 ms 0.01 n C, total ascorbic acid 13.70 n 0.04 vin 0.02 vin 0.03 usia 0.04 usia 0.03 usia 0.04 usia 0.00 usia 0.00 usia 0.00 usia 0.00 usia 0.00 usia 0.00	Molybdenum	0.00	0.000
ns n C, total ascorbie acid 13.70 nin 0.04 vin 0.05 nB-6 0.08 nB-6 0.08 nB-6 15.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-2 15.00 nB-2 15.00	ns n C, total ascorbic acid 13.70 n OC, total ascorbic acid 13.70 vin 0.04 nb.6 0.09 nb.6 0.09 nb.12 0.00 nb.12 0.00 nb.12 0.00 nb.12 0.00 nb.12 0.00 nb.12 0.00 nb.12 0.00 nb.15 0.00 n	Chloride	0.00	0.000
n C, total ascorbie acid 13.70 n win 0.04 win 0.05 eenic acid 0.59 eenic acid 0.08 nB-6 0.08 nB-6 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-24 total 15.00 nB-6, total 5.70 6.70	n C, total ascorbie acid 13.70 n 0.04 vin 0.02 vin 0.05 teria acid 0.09 teria acid 15.00 n.B12 0.00 n.B12 0.00 n.B12 0.00 n.B12 0.00 n.B12 0.00 n.B12 0.00 n.B12 0.00 n.B12 0.00 n.C. (phylloquinone) 7.90 n.C. (phylloquinone) 6.70 o.00	Vitamins		
n vin 0.04 uenic acid 0.05 terite acid 0.09 total 15.00 n B-12 0.08 n B-12 0.08 n B-12 0.08 n A, RAE 2.00 n A, RAE 42.00 n A,	n vin 0.04 vin 0.02 nB-6 0.08 nB-6 0.08 nA.R.A 0.00 nA.R.B 15.00 nA.R.B 4.00 nA.R.P 4.00 nA.R.P 0.00 nA.R.P 7.00 n.K.(phylloquinone) 7.90 s, total 6.70	Vitamin C, total ascorbic acid	13.70	0.166
vin 0.02 tenic acid 0.09 hB-6 0.09 total 15.00 nB-12 0.00 nB-12 0.00 n A, RAE 15.00 n A, RAE 42.00 n C (alpha-tecepherol) 0.24 n D (02 + D3) 0.00 n K (phylloquinone) 7.90 s, total 6.70	vin 0.02 teriic acid 0.03 n B-6 0.09 total 15.00 n B-12 0.08 n B-12 0.00 n B-12 42.00 n S-12 n C (phylloquinone) 7.90 n K (phylloquinone) 7.90 o, total 0.00	Thiamin	0.04	0.032
0.59 terrie aeid 0.69 n B-6 0.08 total 15.00 n B-12 0.00 n B-12 0.00 n B-12 0.00 n B-12 0.00 n B-12 0.00 n B (phylloquinone) 7.90 s, total 6.70	0.59 terrie acid 0.59 nB-6 0.08 total 15.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nB-12 0.00 nD(0) 0.00 nD (02 + D3) 0.00 nK (phylloquinone) 7.90 s. total 0.00	Riboflavin	0.02	0.016
benic acid 000 nn B-6 008 total 0.08 nn B-12 0.08 nn A. RAE 0.00 nn A. RAE 42.00 nn E (alpha-teopherol) 0.54 nn D (02 + D3) 0.54 n K (phylloquinone) 7.90 6, total 6.70	heric acid 0.09 heric acid 0.08 total 15.00 in B12 0.00 in B. AAE 0.00 in B. (apha-tocopherol) 0.04 in E (apha-tocopherol) 0.04 in D (02 + D3) 0.00 in K (phylloquinone) 7.90 is total 0.00	Viacin	0.59	0.040
in B-6 0.08 total 15.00 in B-12 0.00 in A RAE 42.00 in E (apha-tecophered) 0.54 in C (D2 + D3) 0.00 in K (phylloquinone) 7.90 6, total 6.70	in B-6 0.08 total 13.00 in B-12 0.00 in A. RAE 42.00 in A. RAE 42.00 in A. (abha-tocopherol) 0.54 in D. (D2 + D3) 0.00 in K (phylloquinone) 7.90 is, total 6.70	Pantothenic acid	0.09	0.018
(total 15.00 in B-12 0.00 in B-12 0.00 in E (alpha-tocopherol) 0.54 in E (alpha-tocopherol) 0.00 in K (phylloquinone) 7.90 6, total 6.70	. total 15.00 in B-12 0.00 in B-12 0.00 in E (apha-tecophered) 0.54 in E (apha-tecophered) 0.54 in D (D2 + D3) 0.00 in K (phylloquinone) 7.90 is, total 6.70	Vitamin B-6	0.08	0.062
in B-12 0.00 in A, RAE 42.00 in A, RAE 42.00 in A, RAE 400 0.00 in K (phylloquinone) 7.90 6, total 6.70	II B-12 0.00 III A. P.A.E 0.00 III A. P.A.E 42.00 III A. P.A.P.B. 0.00 III (phylloquinone) 7.90 III (phylloquinone) 7.90 III (phylloquinone) 6.70 6. total 0.00	Folate, total	15.00	0.038
in A, RAE 42.00 in E (apha-teopherol) 0.54 in D (D2 + D3) 0.00 in K (phylloquinone) 7.90 6, total	in A, RAE 42.00 in E (alpha-tocopherol) 0.54 in D (102 + D3) 0.00 in K (phylloquinone) 7.90 is, total 6.70	Vitamin B-12	0.00	0.000
in E (alpha-tocopherol) 0.54 in D (D2 + D3) 0.00 in K (phylloquinone) 7.90 c, total 6.70	in E (alpha-tocopherol) 0.54 in D (D2 + D3) 0.00 in K (phylloquinone) 7.90 is, total 6.70 0.00	Vitamin A, RAE	42.00	0.053
in D (D2 + D3) 0.00 in K (phylloquinone) 7.90 is, total 6.70	in D (D2 + D3) 0.00 in K (phylloquinone) 7.90 ce, total 6.70		0.54	0.036
in K (phylloquinone) 7.90 (e, total 6.70	in K (phylloquinone) 7.90 e, total 6.70 0.00		0.00	0.000
ie, total 6.70	e, total 6.70 0.00		7.90	0.072
000	0.00	Choline, total	6.70	0.014
0.00	0.043	Biotin	0.00	0.000

0.000 0.000 0.000 0.000 0.000 0.000 0.000 0.0000

0.112 0.065 0.045 0.041 0.081 0.035 0.033 0.033 0.033 0.033 0.033 0.033 0.000 0.048 0.026 0.026 0.000

9.20 0.08 0.05 1.22 0.15 1.22 0.00 11.00 1.25 0.00 5.30 5.30 0.00

lotin Fotal Score

Score 0.034 0.054 0.054 0.046 0.062 0.088

0.028 0.000

 $\begin{array}{c} 34.00\\ 1.30\\ 20.00\\ 32.00\\ 32.00\\ 132.00\\ 132.00\\ 0.18\\ 0.18\\ 0.18\\ 0.00\\ 0.00\\ 0.00\\ 0.00\\ 0.00\end{array}$

Tomatoes

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	RDA	-	Tomatoes, crushed, c
			Unit 100 Grams Edible Portion
	Units		Proximates
	kcal		Calories
		Std.	Minerals
Calcium, Ca	mg	1000	Calcium, Ca
Iron, Fe	mg	13	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P
Potassium, K	mg	4700	Potassium, K
Sodium, Na	mg	1500	So dium, Na
Zine, Zn	mg	9.5	Zine, Zn
Copper, Cu	mg	900	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn
Fluoride, F	bri	3500	Fluoride, F
Selenium, Se	βпί	55	Selenium, Se
Chromium	βπ	30	Chromium
Iodine	ธิท	150	Iodine
Molybdenum	ârí	45	Molybdenum
Chloride	50	2.3	Chloride
			Vitamins
Vitamin C, total ascorbic acid	Бш	82.5	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin
Riboflavin	mg	12	Riboflavin
Niacin	mg	15	Niacin
Pantothenic acid	mg	5	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6
Folate, total	Bri	400	Folate, total
Vitamin B-12	Ъщ	2.4	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)
Vitamin D (D2 + D3)	ธิท	15	Vitamin D $(D2 + D3)$
Vitamin K (phylloquinone)	Bri	110	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total
Biotin	μg	30	Biotin
T otal Score			

Total Stat Total a Inits 1000 a mg 1000 a, Mg mg 1000 k mg 370 k mg 9.5 n mg 9.5 n mg 9.5 n mg 3.00 n mg 9.5 n mg 3.00 n	srams Edible Portion es Ca m. Mg u.K.R v. P 1 v. B c. Mn F F F f n n	Score 0.002 0.014 0.014 0.014 0.014 0.002 0.000 0.000 0.000 0.000 0.000	Urit 100 grams Edible Portion Proximates Caloixies Minerals Calcium, Ca Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Sodium, Na Sodium, Na Phosphorus, P Phosphorus, P	94 5000 3.00 3.00 0.003 3.00 0.03 11.00 0.016 11.00 0.016 0.028 0.028 0.004 0.004 0.004 0.003 0.003 0.003 0.003 0.003 0.003 0.004 0.003 0.003 0.003 0.004 0.003 0.004 0.003 0.004 0.004 0.003 0.004 0.004 0.003 0.004 0.004 0.003 0.004 0.004 0.004 0.003 0.004 0.0	Unit 100 grams Edible Portion Proximates Calorius Mineerals Magnesium, Mg Phosphorus, P Phosphorus, P Sodium, Na Sodium, Na Zino, Zin Manganese, Mn Huoride, F Sodium, Se Sodium, Se
Units Units Etal Std. Etal Etal Std. Etal Etal <thetal< th=""> Etal <thetal< th=""> <th< th=""><th>34 .4 </th><th></th><th>Proximates Calories Calories Calories Calories Fron, Fe Tron, Fe Magnesium, Mg Phosphorus, P Phosphorus, P Phosphorus, P Phosphorus, P Phosphorus, P Sodium, Na Sodium, Na Sodium, Na Coper, Cu Manganese, Mn Fluoride, F Selenium, Se</th><th>Scor</th><th></th></th<></thetal<></thetal<>	34 .4 		Proximates Calories Calories Calories Calories Fron, Fe Tron, Fe Magnesium, Mg Phosphorus, P Phosphorus, P Phosphorus, P Phosphorus, P Phosphorus, P Sodium, Na Sodium, Na Sodium, Na Coper, Cu Manganese, Mn Fluoride, F Selenium, Se	Scor	
kcal std. C Mg mg 1000 N Mg mg 1000 N Mg mg 1000 N Mg mg 1000 N Mg mg 370 N Mg mg 1000 N Mg mg 370 N Mg mg 9.5 2 Mg mg 3.60 N Mg mg 3.300 N Mg mg 3.30 N Mg mg 3.3	ан н 0 0 0 0 3 9 6 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	2001	Calories Minerals Calcium, Ca Iron, Ca Magnesium, Mg Phosphorus, P Potassium, K Potassium, K Sodium, Na Zin, Zn Zin, Zn Coper, Cu Manganese, Mn Fluoride, F Selenium, Se	Scor	
Ng Std. Mg mg 1000 mg mg 1000 P mg 370 Mg mg 9.5 mg 9.5 9.5 mg 9.5 9.5 mg 9.5 9.5 mg 9.6 9.5 mg 9.5 9.5 mg 9.5 9.5 mg 9.5 9.5 mg 9.6 1300 mg 9.6 1350 mg 9.6 136 mg 9.6 136 mg 9.8 3.3 mg 9.8 3.3 mg 9.8 3.3 mg 9.8 3.3 mg 9.8	ач д	Score 0.002 0.025 0.014 0.014 0.001 0.002 0.000 0.000 0.000 0.000 0.000 0.000 0.000	Minerals Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zine, Za Zine, Za Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Chronium, Se	Scor	
Mg 1000 1	- 6 - 6	0.002 0.014 0.014 0.001 0.002 0.000 0.000 0.000 0.000 0.000 0.000	Calcium, Ca Iron, Fe Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Zine, Zn Zine, Zn Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Chroneium, Se		
Му mg 13 14 15 15 15 15 15 15 15 15 15 15 15 15 15 15 16 17 16 16 17 16 16 17 16 17	т б - б	0.025 0.014 0.014 0.021 0.000 0.000 0.000 0.000 0.000 0.000	Iron, Fe Magnesium, Mg Phosphorus, P Polassium, K Sodium, Na Zino, Za Zino, Za Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Chronium, Se		
Mg mg 370 Mg 700 H mg 7700 H mg 1500 H mg 205 2 mg 205 0 hg 1500 H mg 205 1500 H hg 1500 H hg 205 15 hg 20	ب م ب	0.014 0.014 0.002 0.000 0.000 0.000 0.000 0.000 0.000	Magnesium, Mg Phosphorus, P Potasium, K Sodium, Na Zino, Zn Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Crivenium		
Р пада 2.00 На 1.12 пада 1.15 1.15 1.15 1.15 1.15 1.15 1.15 1.1	4	0.014 0.021 0.002 0.000 0.000 0.000 0.000 0.000	Phosphorus, P Potassium, K Sodium, Na Zinio, Zin Zinio, Zi Copper, Cu Manganese, Mn Fluoride, F Selentum, Se Crivenium, Se		
mg 4700 F mg 1500 5 mg 900 900 mg 900 7 mg 150 150 mg 150 150 mg 2.33 150 mg 2.33 150 mg 82.5 11.5 mg 1.1.5 11.15	ų	0.021 0.002 0.009 0.000 0.000 0.000 0.005	Potassium, K Sodium, Na Zine, Zn Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Crissium, Se		
mg 1500 15 mg 9.5 2 mg 9.6 9.5 mg 9.6 7 mg 9.6 7 mg 9.6 35 mg 9.6 35 mg 9.6 35 mg 9.6 35 mg 1.30 1.30 mg 1.13 1.1.5 mg 1.1.5 1.1.5	ą	0.002 0.009 0.000 0.000 0.003 0.005	Sodium, Na Zine, Za Copper, Cu Manganese, Min Fluoride, F Selenium, Se		
mg 9.5 2 3 0 1 1 2 3 0 1 1 2 3 0 1 1 2 3 0 1 <td>đ</td> <td>0.009 0.000 0.000 0.000 0.000 0.000</td> <td>Zine, Zn Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Chroneium</td> <td></td> <td></td>	đ	0.009 0.000 0.000 0.000 0.000 0.000	Zine, Zn Copper, Cu Manganese, Mn Fluoride, F Selenium, Se Chroneium		
Мп mg 200 00 мп mg 205 N нg 3500 5 нg 3500 15 нg 150 150 нg 23300 15 нg 233 00 нg 233 00 нg 82.5 N	đ	0.000 0.023 0.000 0.005 0.005	Copper, Cu Mangancse, Min Fluoride, F Selenium, Se Chronoirm		
Мп mg 2.05 М нд 3500 F нд 3500	đ	0.023 0.000 0.005 0.000	Manganese, Mn Fluoride, F Selenium, Se C'browins		<u> </u>
μg 3500 Н μg 55 55 μg 350 150 μg 150 1 μg 2.3 0 μg 82.5 1.15 mg 1.15 1		0.00 0.005 0.000	Fluoride, F Selenium, Se Chronoium		<u> </u>
μα 55 55 55 15 μα 150 15 μα 150 15 μα 150 15 μα 15 15 15 μα 15 15 μα 15 μα 15 μα 1		0.005	Selenium, Se Chromium		•.
um µg 30 (С нд 130 130 130 (С епшт 45 130 130 1 епшт 23 23 1 (C, total ascorbic acid mg 82.5 1.15 1		0.000	Chrominen		
на 150 Г епшт 150 Г на 150 Г 45 П 3 23 0 1 0, total ascorbic acid mg 82.5 1.15 1 1.15 1					Chromium
ид 45 № g 2.3 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		0.000	Iodine		
g 2.3 0 k total ascorbic acid mg 82.5 1 mg mg 1.15 1	Volybdenum 0.00	0.000	Molybdenum		_
N N	oride 0.00	0.000	Chloride	0.00 0.000	Chloride
, total ascorbic acid mg 82.5 V mg 1.15 7	mins		Vitamins		Vitamins
mg 1.15	C, total ascorbic acid	0.035	Vitamin C, total ascorbic acid		-
		0.008	Thiamin	_	
Riboflavin mg 1.2 Ribofl	Siboflavin 0.02	0.016	Riboflavin	_	Riboflavin
mg 15 1		0.035	Niacin	-	7
acid mg 5 I	acid	0.010	Pantothenic acid		_
Vitamin B-6 mg 1.3 Vitami	Vitamin B-6 0.02	0.015	Vitamin B-6	0.02 0.014	Vitamin B-6
Folate, total Jug 400 Folate.	⁷ olate, total 3.00	0.008	Folate, total	3.00 0.008	Folate, total
2.4	Vitamin B-12 0.00	0.000	Vitamin B-12	0.00 0.000	Vitamin B-12
Vitamin A, RAE mcg_RAE 800 Vitami	/itamin A, RAE 27.00	0.034	Vitamin A, RAE	14.00 0.018	Vitamin A, RAE
opherol) mg 15 N	opherol)	0.033	Vitamin E (alpha-tocopherol)		
μg 15 1		0.000	Vitamin D $(D2 + D3)$	0.00 0.000	Vitamin D (D2 + D3)
aylloquinone) µg 110	ıyll oquinone)	0.015	Vitamin K (phylloquinone)		Vitamin K (phylloquinone)
Choline, total mg 487.5 Cholin	Choline, total 4.10	0.008	Choline, total	-	Choline, total
Biotin Jug 30 Biotin	in 0.00	0.000	Biotin	0.00 0.000	Biotin

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Peaches

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		liquids			101120 10 10 10 10 10 10 10 10 10 10 10 10 10			50 aw 0611155, 1aw		
		Unit 100 Grams Edible Portion			Unit 100 Grams Edible Portion			Unit 100 Grams Edible Portion		
Units		Proximates			Proximates			Proximates		
kcal		Calories	92		Calories	35		Calories	32	
	Std.	Minerals	Sco	Score	Minerals	Score	re	Minerals		Score
mg	1000	Calcium, Ca	13.00	0.013	Calcium, Ca	16.00	0.016	Calcium, Ca	16.00	0.016
mg	13	Iron, Fe	0.49	0.038	Iron, Fe	0.75	0.058	Iron, Fe	0.41	0.032
mg	370	Magnesium, Mg	8.00	0.022	Magnesium, Mg	11.00	0.030	Magnesium, Mg	13.00	0.035
mg	700	Phosphorus, P	12.00	0.017	Phosphorus, P	13.00	0.019	Phosphorus, P	24.00	0.034
mg	4700	Potassium, K	86.00	0.018	Potassium, K 14	148.00	0.031	Potassium, K	153.00	0.033
mg	1500	So dium, Na	4.00	0.003	Sodium, Na	2.00	0.001	Sodium, Na	1.00	0.001
mg	9.5	Zine, Zn	0.09	0.009	Zine, Zn	0.13	0.014	Zine, Zn	0.14	0.015
mg	900	Copper, Cu	0.06	0.000	Copper, Cu	0.05	0.000	Copper, Cu	0.05	0.000
mg	2.05	Manganese, Mn	0.20	0.098	Manganese, Mn	0.29	0.141	Manganese, Mn	0.39	0.188
âní	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F	4.40	0.001
дц	55	Selenium, Se	0.30	0.005	Selenium, Se	0.70	0.013	Selenium, Se	0.40	0.007
âп	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium	0.00	0.000
Srí	150	Iodine	0.00	0.000	Iodine	0.00	0.000	Iodine	0.00	0.000
ârí	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000
540	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride	0.00	0.000
		Vitamins			Vitamins			Vitamins		
mg	82.5	Vitamin C, total ascorbic acid	31.70	0.384	C, total ascorbic acid	41.20	0.499	Vitamin C, total ascorbic acid	58.80	0.713
mg	1.15	Thiamin	0.02	0.018	Thiamin	0.02	0.019	Thiamin	0.02	0.021
mg	1.2	Riboflavin	0.03	0.028	Riboflavin	0.04	0.031	Riboflavin	0.02	0.018
mg	15	Niacin	0.06	0.004	Niacin	0.46	0.031	Niacin	0.39	0.026
mg	. 2	Pantothenic acid	0.18	0.036	Pantothenic acid	0.11	0.022	Pantothenic acid	0.13	0.025
mg	13	Vitamin B-6	0.05	0.038	Vitamin B-6	0.03	0.022	Vitamin B-6	0.05	0.036
ârí	400	Folate, total	28.00	0.070	Folate, total	17.00	0.043	Folate, total	24.00	0.060
âní	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000
mcg_RAE	800	Vitamin A, RAE	1.00	0.001	Vitamin A, RAE	2.00	0.003	Vitamin A, RAE	1.00	0.001
mg	15	Vitamin E (alpha-tocopherol)	0.19	0.013	Vitamin E (alpha-tocopherol)	0.29	0.019	Vitamin E (alpha-tocopherol)	0.29	0.019
ârí	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000
ârí	110	Vitamin K (phylloquinone)	1.50	0.014	Vitamin K (phylloquinone)	2.20	0.020	Vitamin K (phylloquinone)	2.20	0.020
mg	487.5	Choline, total	3.80	0.008	Choline, total	5.70	0.012	Choline, total	5.70	0.012
gn	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin	0.00	0.000
âr	20	DIGUII	0.00	0.000	DIUII	0.00	000.0	TINNICT		

		4	Blueberries, canned, heavy syrup, solids and liquids	solids and li	iqui ds	Blueberries, frozen, unsweetened	stened		Blueberries, raw
			Unit 100 Grams Edible Portion			Unit 100 Grams Edible Portion			Unit 100 Grams Edible Portion
	Units		Proximates			Proximates			Proximates
	kcal		Calories	88		Calories	51		Calories
		Std.	Minerals	ŝ	Score	Minerals	ŝ	Score	Minerals
Calcium, Ca	mg	1000	Calcium, Ca	5.00	0.005	Calcium, Ca	8.00	0.008	Calcium, Ca
Iron, Fe	mg	13	Iron, Fe	0.33	0.025	Iron, Fe	0.18	0.014	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg	4.00	0.011	Magnesium, Mg	5.00	0.014	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	10.00	0.014	Phosphorus, P	11.00	0.016	Phosphorus, P
Potassium, K	mg	4700	Potassium, K	40.00	0.009	Potassium, K	54.00	0.011	Potassium, K
Sodium, Na	mg	1500	Sodium, Na	3.00	0.002	Sodium, Na	1.00	0.001	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	0.07	0.007	Zine, Zn	0.07	0.007	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.05	0.000	Copper, Cu	0.03	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	0.20	0.099	Manganese, Mn	0.15	0.072	Manganese, Mn
Fluoride, F	âri	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
Selenium, Se	Зrí	55	Sel enium, Se	0.10	0.002	S elenium, Se	0.10	0.002	Selenium, Se
Chromium	Зrí	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
Iodine	Ъщ	150	Iodine	0.00	0.000	Io dine	0.00	0.000	Iodine
Molybdenum	âri	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	50	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	1.10	0.013	Vitamin C, total ascorbic acid	2.50	0.030	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.03	0.030	Thiamin	0.03	0.028	Thiamin
Riboflavin	mg	1.2	Riboflavin	0.05	0.044	Riboflavin	0.04	0.031	Riboflavin
Niacin	mg	15	Niacin	0.11	0.008	Niacin	0.52	0.035	Niacin
Pantothenic acid	mg	S.	Pantothenic acid	0.09	0.018	Pantothenic acid	0.13	0.025	Pantothenic acid
Vitamin B-6	mg	1.3	Vitamin B-6	0.04	0.028	Vitamin B-6	0.06	0.045	Vitamin B-6
Folate, total	Ъщ	400	Folate, total	2.00	0.005	Folate, total	7.00	0.018	Folate, total
Vitamin B-12	дц	2.4	Vitamin B-12	0.00	0.000	Vitamin B-12	0.00	0.000	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	2.00	0.003	Vitamin A, RAE	2.00	0.003	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.38	0.025	Vitamin E (alpha-tocopherol)	0.48	0.032	Vitamin E (alpha-tocopherol)
Vitamin D (D2 + D3)	Ъщ	15	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D (D2 + D3)
Vitamin K (phylloquinone)	Brí	110	Vitamin K (phylloquinone)	6.40	0.058	Vitamin K (phylloquinone)	16.40	0.149	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	4.00	0.008	Choline, total	5.10	0.010	Choline, total
Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin

 $\begin{array}{c} 6.00\\ 0.28\\ 6.00\\ 77.00\\ 0.16\\ 0.16\\ 0.06\\ 0.00$

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9.70 9.70 0.042 0.42 0.12 6.00 0.05 0.00 19.30 6.00 6.00

BlueBerries

			liquids			Chemes, sour, red, nozen, unsweetened	vectened		Unernes, sour,
			Unit 100 Grams Edible Portion			Unit 100 Grams Edible Portion			Unit 100 Grams Edible Portion
	Units		Proximates			Proximates			Proximates
	kcal		Calories	88		Calories	51		Calories
		Std.	Minerals	9 /2	Score	Minerals	Sco	Score	Minerals
Calcium, Ca	gm	1000	Calcium, Ca	10.00	0.001	Calcium, Ca	13.00	0.001	Calcium, Ca
fron, Fe	mg	13	Iron, Fe	1.30	0.462	Iron, Fe	0.53	0.692	Iron, Fe
Magnesium, Mg	mg	370	Magnesium, Mg	6.00	0.027	Magnesium, Mg	9.00	0.043	Magnesium, Mg
Phosphorus, P	mg	700	Phosphorus, P	10.00	0.133	Phosphorus, P	16.00	0.177	Phosphorus, P
Potassium, K	mg	4700	Potassium, K	93.00	0.001	Potassium, K 1	124.00	0.000	Potassium, K
Sodium, Na	mg	1500	Sodium, Na	7.00	0.000	Sodium, Na	1.00	0.000	Sodium, Na
Zine, Zn	mg	9.5	Zine, Zn	0.06	0.007	Zine, Zn	0.10	0.009	Zine, Zn
Copper, Cu	mg	900	Copper, Cu	0.07	0.000	Copper, Cu	0.09	0.000	Copper, Cu
Manganese, Mn	mg	2.05	Manganese, Mn	0.07	0.000	Manganese, Mn	0.06	0.000	Manganese, Mn
Fluoride, F	ârí	3500	Fluoride, F	0.00	0.000	Fluoride, F	0.00	0.000	Fluoride, F
Selenium, Se	âпі	55	Selenium, Se	0.00	0.000	Selenium, Se	0.00	0.000	Selenium, Se
Chromium	ârí	30	Chromium	0.00	0.000	Chromium	0.00	0.000	Chromium
Iodine	Ъщ	150	Iodine	0.00	0.000	Iodine	0.00	0.000	Iodine
Molybdenum	Ъщ	45	Molybdenum	0.00	0.000	Molybdenum	0.00	0.000	Molybdenum
Chloride	36	2.3	Chloride	0.00	0.000	Chloride	0.00	0.000	Chloride
			Vitamins			Vitamins			Vitamins
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	2.00	0.000	Vitamin C, total ascorbic acid	1.70	0.001	Vitamin C, total ascorbic acid
Thiamin	mg	1.15	Thiamin	0.02	0.034	Thiamin	0.04	0.030	Thiamin
Riboflavin	mg	1.2	Riboflavin	0.04	0.140	Riboflavin	0.03	0.114	Riboflavin
Niacin	mg	15	Niacin	0.17	0.007	Niacin	0.14	0.012	Niacin
Pantothenic acid	mg	5	Pantothenic acid	0.11	0.009	Pantothenic acid	0.18	0.013	Pantothenic acid
Vitamin B-6	mg	13	Vitamin B-6	0.04	6.154	Vitamin B-6	0.07	3.846	Vitamin B-6
Folate, total	ธิป	400	Folate, total	8.00	0.000	Folate, total	5.00	0.000	Folate, total
Vitamin B-12	ârí	2.4	Vitamin B-12	0.00	15.000	Vitamin B-12	0.00	18.333	Vitamin B-12
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	36.00	0.535	Vitamin A, RAE	44.00	0.653	Vitamin A, RAE
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.23	0.000	Vitamin E (alpha-tocopherol)	0.05	0.000	Vitamin E (alpha-tocopherol)
Vitamin D (D2 + D3)	Brí	15	Vitamin D (D2 + D3)	0.00	0.000	Vitamin D $(D2 + D3)$	0.00	0.000	Vitamin D $(D2 + D3)$
Vitamin K (phylloquinone)	Ъщ	110	Vitamin K (phylloquinone)	1.40	0.000	Vitamin K (phylloquinone)	1.50	0.000	Vitamin K (phylloquinone)
Choline, total	mg	487.5	Choline, total	4.10	0.000	Choline, total	5.60	0.000	Choline, total
Biotin	μg	30	Biotin	0.00	0.000	Biotin	0.00	0.000	Biotin

 $\begin{array}{c} 10.00\\ 0.03\\ 0.04\\ 0.14\\ 0.01\\ 8.00\\ 0.00\\ 64.00\\ 0.07\\ 0.07\\ 0.00\\ 0.0$

Cherries

, red, raw

Raspherries, raw	Unit 100 Grams Edible Portion	Proximates	Calories	Minerals	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	
				Score	0.015	0.050	0.035	0.024	0.024	0.001	0.019	0.000	0.317	0.000	0.005	0.000	0.000	0.000	0.000		0.200	0.017	0.038	0.015	0.030	0.026	0.065	0.000	0.004	0.048	0.000	0.059	0.021	0.000	0.010
weetened			103	s	15.00	0.65	13.00	17.00	114.00	1.00	0.18	0.11	0.65	00.0	0.30	0.00	0.00	0.00	0.00		16.50	0.02	0.05	0.23	0.15	0.03	26.00	0.00	3.00	0.72	0.00	6.50	10.20	0.00	
Rasphernies, frozen, red, sweetened	Unit 100 Grams Edible Portion	Proximates	Calories	Minerals	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	
ids and				Score	0.011	0.032	0.032	0.013	0.020	0.002	0.017	0.000	0.114	0.000	0.002	0.000	0.000	0.000	0.000		0.105	0.017	0.026	0.030	0.049	0.032	0.028	0.000	0.003	0.039	0.000	0.047	0.017	0.000	0.007
up pack, so			91	•.	11.00	0.42	12.00	9.00	94.00	3.00	0.16	0.06	0.23	0.00	0.10	0.00	0.00	0.00	0.00		8.70	0.02	0.03	0.44	0.25	0.04	11.00	0.00	2.00	0.59	0.00	5.20	8.20	0.00	
Raspberries, canned, red, heavy syrup pack, solids and liquids	Unit 100 Grams Edible Portion	Proximates	Calories	Minerals	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	So dium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	
				Std.	1000	13	370	700	4700	1500	9.5	900	2.05	3500	55	30	150	45	2.3		82.5	1.15	1.2	15	S	13	400	2.4	800	15	15	110	487.5	30	
RDA		Units	kcal	S	gm	mg	mg	mg	mg	mg	mg	mg	mg	ârí	дц	8n'	Srí	âni	50		gm	mg	mg	mg	mg	mg	ธิท	ŝri	mcg_RAE	mg	ârí	âri	mg	μg	
					Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride		Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	T otal Score

 Score

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52

26.20 0.03 0.04 0.05 0.06 0.00 0.00 21.00 0.00 7.80 112.30 0.00 0.00

Unit 100 Grams Edible Portion Provimates Calories Minerals Calories Minerals Minerals Magnesium, Mg Phosphorus, P Potassium, K Sodium, Na Sodium, Na Coper, Cu Coper, Cu	45 45 13.00 9.00 125.00 12.00 12.00 1.59 0.08 0.08 0.00 0.00	Score 0.013 0.013 0.013 0.013 0.013 0.013 0.001 0.001 0.000 0.000 0.000
ates s c. C.a um, Mg m, K M, R N.a C.u C.u		Score 0.013 0.013 0.013 0.013 0.013 0.013 0.013 0.013 0.000 0.000 0.000 0.000 0.000
s , Ca um, Mg rus, P m, K Na Cu		Score 0.013 0.019 0.019 0.023 0.021 0.021 0.021 0.000 0.000 0.000 0.000 0.000 0.000
s , Ca um, Mg rus, P m, K Na Cu		Score 0.013 0.012 0.013 0.013 0.013 0.013 0.013 0.001 0.000 0.000 0.0000 0.0000 0.0000
, Ca um, Mg rus, P m, K Na Cu	13.00 0.25 9.00 12.5.00 1.25.00 1.00 0.08 0.08 0.00 0.00 0.00	0.013 0.019 0.032 0.032 0.027 0.000 0.000 0.777 0.000 0.000 0.000 0.000
um, Mg rus, P m, K Na Cu	0.25 12.00 9.00 1.00 0.08 0.08 0.00 0.00 0.00	0.019 0.032 0.032 0.027 0.027 0.000 0.777 0.000 0.777 0.000
ğı	12.00 9.00 125.00 1.00 0.08 0.08 0.08 0.00 0.00	0.032 0.013 0.027 0.027 0.000 0.777 0.000 0.777 0.000 0.000
	9.00 125.00 1.00 0.08 0.08 1.59 0.00 0.00	0.013 0.027 0.001 0.000 0.000 0.000 0.000 0.000
	125.00 1.00 0.08 0.08 1.59 0.00 0.00	0.027 0.001 0.008 0.000 0.777 0.777 0.000 0.000
Sodium, Na Žino, Zn Copper, Cu	1.00 0.08 0.08 1.59 0.00 0.00	0.001 0.008 0.7777 0.000 0.000 0.000 0.000 0.000
Zine, Zn Copper, Cu	0.08 0.08 1.59 0.00 0.00	0.008 0.777 0.000 0.000 0.000 0.000
Copper, Cu	0.08 1.59 0.00 0.00	0.000 0.777 0.000 0.000 0.000
	1.59 0.00 0.00 0.00	0.777 0.000 0.000 0.000
Manganese, Mn	0.00 0.00	0.000 0.000 0.000 0.000
Fluoride, F	0.00	0.000 0.000
Selenium, Se	0.00	0.000
Chromium		0000
Iodine	0.00	0.000
Molybdenum	0.00	0.000
Chloride	0.00	0.000
Vitamins		
/itamin C, total ascorbic acid	16.90	0.205
Thiamin	0.08	0.068
Riboflavin	0.03	0.024
Niacin	0.47	0.031
Pantothenic acid	0.19	0.039
Vitamin B-6	0.11	0.082
Folate, total	11.00	0.028
Vitamin B-12	0.00	0.000
Vitamin A, RAE	3.00	0.004
Vitamin E (alpha-tocopherol)	0.00	0.000
Vitamin D (D2 + D3)	0.00	0.000
Vitamin K (phylloquinone)	0.70	0.006
Choline, total	5.60	0.011
Biotin	0.00	0.000

 $\begin{array}{c} 0.000\\ 0.547\\ 0.547\\ 0.001\\ 0.007\\ 0.000\\ 0.000\\ 0.000\\ 0.000\\ 0.000\\ \end{array}$

0.014 0.022 0.038 0.009 0.001 0.001 0.001

0.115 0.083 0.016 0.019 0.020 0.027 0.013 0.003 0.003 0.003 0.003 0.003 0.003 0.003 0.003

Pinapples

	RDA	A	Pineapple, canned, juice pack, solids and liquids	solids and liq	spin
			Unit 100 Grams Edible Portion		
	Units		Proximates		
	kcal		Calories	60	
		Std.	Minerals	S	Score
Calcium, Ca	mg	1000	Calcium, Ca	14.00	0.01
Iron, Fe	mg	13	Iron, Fe	0.28	0.02
Magnesium, Mg	mg	370	Magnesium, Mg	14.00	0.03
Phosphorus, P	mg	700	Phosphorus, P	6.00	0.00
Potassium, K	mg	4700	Potassium, K	122.00	0.02
Sodium, Na	mg	1500	So dium, Na	1.00	0.0
Zine, Zn	mg	9.5	Zine, Zn	0.10	0.01
Copper, Cu	mg	900	Copper, Cu	0.09	0.00
Manganese, Mn	mg	2.05	Manganese, Mn	1.12	0.54
Fluoride, F	ârí	3500	Fluoride, F	4.20	0.0
Selenium, Se	βπ	55	Selenium, Se	0.40	0.0
Chromium	δπ	30	Chromium	0.00	0.0
Iodine	Зп	150	Iodine	0.00	0.0
Molybdenum	âni	45	Molybdenum	0.00	0.0
Chloride	50	2.3	Chloride	0.00	0.0
			Vitamins		
Vitamin C, total ascorbic acid	mg	82.5	Vitamin C, total ascorbic acid	9.50	0.11
Thiamin	mg	1.15	Thiamin	0.10	0.08
Riboflavin	mg	1.2	Riboflavin	0.02	0.01
Niacin	mg	15	Niacin	0.28	0.01
Pantothenic acid	mg	5	Pantothenic acid	0.10	0.02
Vitamin B-6	mg	13	Vitamin B-6	0.07	0.05
Folate, total	Srí	400	Folate, total	5.00	0.01
Vitamin B-12	ârí	2.4	Vitamin B-12	0.00	0.0
Vitamin A, RAE	mcg_RAE	800	Vitamin A, RAE	2.00	0.0
Vitamin E (alpha-tocopherol)	mg	15	Vitamin E (alpha-tocopherol)	0.01	0.00
Vitamin D (D2 + D3)	Зпí	15	Vitamin D (D2 + D3)	0.00	0.0
Vitamin K (phylloquinone)	Srí	110	Vitamin K (phylloquinone)	0.30	0.0
Choline, total	mg	487.5	Choline, total	4.80	0.01
Biotin	пg	30	Biotin	0.00	0.0

Apricots, raw		
Unit 100 Grams Edible Portion		
Proximates		
Calories	48	
Minerals		Score
Calcium, Ca	13.00	0.013
Iron, Fe	0.39	0:030
Magnesium, Mg	10.00	0.027
Phosphorus, P	23.00	0.033
Potassium, K	259.00	0.055
Sodium, Na	1.00	0.001
Zine, Zn	0.20	0.021
Copper, Cu	0.08	0.000
Manganese, Mn	0.08	0.038
Fluoride, F	0.00	0.000
Selenium, Se	0.10	0.002
Chromium	0.00	0.000
Iodine	0.00	0.000
Molybdenum	0.00	0.000
Chloride	0.00	0.000
Vitamins		
Vitamin C, total ascorbic acid	10.00	0.121
Thiamin	0.03	0.026
Riboflavin	0.04	0.033
Niacin	0.60	0.040
Pantothenic acid	0.24	0.048
Vitamin B-6	0.05	0.042
Folate, total	9.00	0.023
Vitamin B-12	0.00	0.000
Vitamin A, RAE	96.00	0.120
Vitamin E (alpha-tocopherol)	0.89	0.059
Vitamin D $(D2 + D3)$	0.00	0.000
Vitamin K (phylloquinone)	3.30	0:030
Choline, total	2.80	0.006
Biotin	0.00	0.000
		0.016

Apricot

Unit 100 Grams Edible Portion		
Proximates		
Calories	83	
Minerals		Score
Calcium, Ca	9.00	0.009
Iron, Fe	0.30	0.023
Magnesium, Mg	7.00	0.019
Phosphorus, P	12.00	0.017
Potassium, K	140.00	0.030
So dium, Na	4.00	0.003
Zine, Zn	0.11	0.012
Copper, Cu	0.08	
Manganese, Mn	0.05	0.025
Fluoride, F	4.20	0.001
Selenium, Se	0.10	0.002
Chromium	0.00	
Iodine	0.00	0.000
Molybdenum	0.00	0.000
Chloride	0.00	0.000
Vitamins		
Vitamin C, total ascorbic acid	3.10	0.038
Thiamin	0.02	0.017
Riboflavin	0.02	0.018
Niacin	0.38	0.025
Pantothenic acid	0.09	0.018
Vitamin B-6	0.05	0.042
Folate, total	2.00	
Vitamin B-12	0.00	0.000
Vitamin A, RAE	62.00	0.078
Vitamin E (alpha-tocopherol)	0.60	0.040
Vitamin D (D2 + D3)	0.00	
Vitamin K (phylloquinone)	2.20	
Choline, total	1.80	
Distin	000	0000

Mg Units Mg keal Mg mg		RDA	
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orns, P. mg un, K. mg n, N.a. mg s, Cu mg nese, Mn mg m, Se mg m, Se mg m, Se mg m, Se mg m, Se mg m, Se mg mg mg n, C, total ascorbic acid mg n n, c, total ascorbic acid mg n f, total ascorbic acid mg	Magnesium, Mg	mg	370
un, К mun, K mug s, Cu mug ses, Ma mug e, F mug e, F mug in, Se mug in Se mug in Pig in pig in n n c, total ascorbic acid mug n n n n n n n n n n n n n n n	Phosphorus, P	mg	700
 , Na , Na , Cu , F , F , F , F , F , Pg , P	Potassium, K	mg	4700
n , Cu mu num e, F im, Se im, Se im, Se im, Se im, Se im, P page im, P p	Sodium, Na	mg	1500
, Cu mg nese, Mn mg m, Se mg mg m, Se mg mg um f, F mg mg lem mg vin nc, total ascorbic acid mg win nc, total ascorbic acid mg ng vin ng vin ng vin ng total f, phatocopherol) mg total f, albha-tocopherol) mg	Zine, Zn	mg	9.5
e. F. Mar. mg e. F. Mar. mg ium, See pig ium pig lenum pig lenum pig n. total ascorbic acid mg n. mg ion acid mg n. mg n. fallate total mg n. fall	Copper, Cu	mg	906
с, F на правити с Казана и правити с Казана и правити и пра	Manganese, Mn	mg	2.05
m, Se Harris Para Para Para Para Para Para Para Par	Fluoride, F	8ni	3500
um the second se	Selenium, Se	βπi	55
lenum	Chromium	âпí	30
lenum lenum la contra ascorbic acid mg contra ascorbic acid mg mg na contra ascorbic acid mg ng	Iodine	δπ	150
с с g n C, total ascorbic acid mg n mg mg n n ng n n mg n n ng	Molybdenum	ârí	45
n C, total ascorbic acid mg win mg win acid mg ng 6 mg nB 6 n3 14 mg ng 16	Chloride	50	2.3
n C, total ascorbic acid mg win mg win mg ng enic acid mg nB-6 mg total mg total mg nB-12 mg nA. RAE mcg nA. RAE m			
n win mg renic acid mg n B-6 mg total mg n B-12 mg n A. RAE mg n A. RAE mg n C(2 + D3) mg n C(2 + D3) mg	Vitamin C, total ascorbic acid	mg	82.5
vin mg enie aeid mg nB-6 mg total pg a h. RAE mg a A. RAE mg a A. RAE mg a A. RAE mg n E (apha-tocopherol) mg n D (D2 + D3) mg n K (phylloquinone) mg	Thiamin	mg	1.15
еніс асід пр еніс асід пр total п 6 n 18-6 пр total 1-12 нр n 18-12 нр n 2 (дріла-tocopherol) пр n 2 (дріла-tocopherol) пр n 2 (дріла-tocopherol) пр n 2 (дріу-103) нр	Riboflavin	mg	12
5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Niacin	mg	15
5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	Pantothenic acid	mg	ŝ
8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Vitamin B-6	mg	13
8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	Folate, total	ธิท	400
mcg µg µg	Vitamin B-12	ВтÍ	2.4
	Vitamin A, RAE	mcg_RAE	800
none)	Vitamin E (alpha-tocopherol)	mg	15
hylloquinone)	Vitamin D (D2 + D3)	βπ	15
	Vitamin K (phylloquinone)	Brí	110
c, total	Choline, total	mg	487.5
Biotin Jug	Biotin	μg	30

			0	Sco	_		_	_	_	_		•	10	_	_	_	_	_	_		_			10			_	_	_		_	_	_	_	
ж			43		29.00	0.62	20.00	22.00	162.00	1.00	0.53	0.17	0.65	0.00	0.40	0.00	0.00	0.00	0.00		21.00	0.02	0.03	0.65	0.28	0.03	25.00	0.00	11.00	1.17	0.00	19.80	8.50	0.00	
Blackberries, raw	Unit 100 Grams Edible Portion	Proximates	Calories	Minerals	Caleium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	
				Score	0.029	0.062	0.059	0.043	0:030	0.001	0.026	0.000	0.597	0.000	0.007	0.000	0.000	0.000	0.000		0.038	0.025	0.038	0.080	0.030	0.047	0.085	0.000	0.008	0.078	0.000	0.180	0.017	0.000	0.023
c et en ed			64	š	29.00	0.80	22.00	30.00	140.00	1.00	0.25	0.12	1.22	0.00	0.40	0.00	0.00	0.00	0.00		3.10	0.03	0.05	1.21	0.15	0.06	34.00	0.00	6.00	1.17	0.00	19.80	8.50	0.00	
Blackberries, frozen, unsweetened	Unit 100 Grams Edible Portion	Proximates	Calories	Minerals	Caleium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Io dine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	
iids				e	0.021	0.050	0.046	0.020	0.021	0.002	0.019	0.000	0.340	0.001	0.005	0.000	0.000	0.000	0.000		0.034	0.023	0.033	0.019	0.030	0.028	0.068	0.000	0.014	0.052	0.000	0.121	0.012	0.000	0.010
ls and liqu			92	Score	21.00	0.65	17.00	14.00	00.00	3.00	0.18		0.70					0.00	0.00		2.80	0.03	0.04	0.29	0.15	0.04	27.00	0.00	11.00	0.78	0.00	13.30	5.70	0.00	
Blackberries, canned, heavy syrup, solids and liquids	Unit 100 Grams Edible Portion	Proximates	Calories	Minerals	Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K 5	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride	Vitamins	Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6		Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)		Vitamin K (phylloquinone)	Choline, total	Biotin	
					1000	13	370	700	4700	1500	9.5	900	2.05	3500	55	30	150	45	2.3		82.5	1.15	1.2	15	ŝ	13	400	2.4	800	15	15	110	487.5	30	
RDA				Std.																									AE						
		Units	kcal		mg	mg	mg	gm	gm	mg	mg	mg	mg	ârí	ВтÍ	ŝп	Вrí	âní	58		mg	mg	mg	mg	mg	mg	ârí	ârí	mcg_RAE	mg	Brí	ârí	gm	βπ	
					Calcium, Ca	Iron, Fe	Magnesium, Mg	Phosphorus, P	Potassium, K	Sodium, Na	Zine, Zn	Copper, Cu	Manganese, Mn	Fluoride, F	Selenium, Se	Chromium	Iodine	Molybdenum	Chloride		Vitamin C, total ascorbic acid	Thiamin	Riboflavin	Niacin	Pantothenic acid	Vitamin B-6	Folate, total	Vitamin B-12	Vitamin A, RAE	Vitamin E (alpha-tocopherol)	Vitamin D $(D2 + D3)$	Vitamin K (phylloquinone)	Choline, total	Biotin	T otal Score

 Score

 0.029

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Pears, raw		
Unit 100 Grams Edible Portion		
Proximates		
Calories	58	
Minerals		Score
Calcium, Ca	9.00	0.000
Iron, Fe	0.17	0.538
Magnesium, Mg	7.00	0:030
Phosphorus, P	11.00	0.170
Potassium, K	119.00	0.000
Sodium, Na	1.00	0.000
Zine, Zn	0.10	0.009
Copper, Cu	0.08	
Manganese, Mn	0.05	1.073
Fluoride, F	2.20	0.000
Selenium, Se	0.10	0.002
Chromium	0.00	0.000
Iodine	0.00	0.000
Molybdenum	0.00	0.000
Chloride	0.00	0.000
Vitamins		
Vitamin C, total ascorbic acid	4.20	0.051
Thiamin	0.01	0.010
Riboflavin	0.03	0.021
Niacin	0.16	0.010
Pantothenic acid	0.05	0.010
Vitamin B-6	0.03	0.022
Folate, total	7.00	0.018
Vitamin B-12	0.00	0.000
Vitamin A, RAE	1.00	0.001
Vitamin E (alpha-tocopherol)	0.12	0.008
Vitamin D (D2 + D3)	0.00	0.000
Vitamin K (phylloquinone)	4.50	0.041
Choline, total	5.10	0.010
Biotin	0.00	0.000

Linits Note n. Ca mg n. Ca mg siun, Mg mg un, K mg un, K mg un, R mg un, R mg nmg mg nmg mg nmg mg nmg mg nmg mg nm, R mg nm, R mg nm, Se ng nm, No mg nm, No mg n O (02		RDA	*
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otts, P mg m, K mg l Na mg c U mg c. Cu mg c. F l lg c. F lg	Magnesium, Mg	mg	370
л. К пада та каза пада та каза пада та каза пада та каза каза пада та каза пада та каза пада пада пада пада пада пада пада п	Phosphorus, P	mg	700
ь, Na mg n n rese, Mn mg e, F јчg m, Se јчg um jчg lenum jчg lenum jчg m r, total ascorbie acid mg n r, total ascorbie acid mg n n r, total ascorbie acid mg n n r, total secorbie acid mg n mg n mg n mg n mg n mg n mg n mg n	Potassium, K	mg	4700
n , Cu , Cu mg e, F m, Se m, Se m, Se m, Se m, Se mg mg kenum rg kenum rg kenum n, pg kenum n,	Sodium, Na	mg	1500
, Cu mg mg exes, Mfn mg ress, Mfn mg mg ress, Mfn mg mg m, Se page mg	Zine, Zn	mg	9.5
rses, Mn mg e, F m mg um, Se m 14 um 14 in Se m 14 in m 14 in mg n c, total ascorbic acid mg n c, total ascorbic acid mg n mg	Copper, Cu	mg	900
e, F lag has been been been been been been been bee	Manganese, Mn	mg	2.05
m, Se jug um Restance in the second s	Fluoride, F	âтí	3500
um jag lemum jag lemum jag letti ascorbic acid mg vin mg vin mg enic acid mg nB-6 mg nB-12 jag nB-12 jag nB-12 jag nB-12 jag nB-12 jag ng ng ng ng ng ng ng ng ng n	Selenium, Se	âπ	55
lemm 142 lemm 142 lemm 15 lemm 15 l	Chromium	βщ	30
kenum Jag c total ascorbic acid mg n C, total ascorbic acid mg win mg enic acid mg enic acid mg enic acid mg total JB-13 jug total jug total jug total mg total jug total jug total jug total jug total jug	Iodine	âπ	150
e g nC, total ascorbic acid mg nvin mg nin ng	Molybdenum	âní	45
n C, total ascorbic acid mg nim mg win mg enić acid mg enić acid mg nB-6 mg nB-12 µg nB-12 µg nB-12 µg nB-12 µg nB-12 µg total notcopherol) mg ng (phylloquinone) µg s, total mg	Chloride	g	2.3
a C, total ascorbic acid mg n mg win mg enic acid mg enic acid mg n mg n B-12 mg n B-12 µg n D-12 µg n D-12 µg n D (102 + 103) µg n K (phylloquinone) µg s, total mg			
n mg vin mg enic acid mg enic acid mg total µg 1B.12 µg 1A. RAE mg 1A. RAE mg 1A. RAE mg 1A. RAE mg 1B.12 µg 1B.12 µg 1B.12 µg mg 1B.12 µg mg 1A.14 µg mg 1B.12 µg mg 1B.12 µg mg 1B.12 µg mg 1B.12 µg mg 1B.12 µg mg 1B.12 µg mg 1B.12 µg mg 1A.14 µg mg 1B.12 µg mg 1A.14 µg mg 1B.12 µg mg 1A.14 µg mg 1B.12 µg mg 1A.14 µg mg	Vitamin C, total ascorbic acid	mg	82.5
vin mg mi acid mg nB-6 mg total pg bB-12 pg AB-12 pg total pg rot_ARE mg_RAE mg_RAE mg_RAE mg_RAE mg_rAE mg	Thiamin	mg	1.15
$\begin{array}{c} \mbox{mg} \\ \mbox{ent} o acid & \mbox{mg} \\ \mbox{mg} o (cal & \mbox{mg} \\ 1B-6 & \mbox{mg} \\ column{t} cal \\ 1B-6 & \mbox{mg} \\ column{t} cal \\ 1B-12 & \mbox{mg} \\ 1B-12 & $	Riboflavin	mg	1.2
renic acid mg n B-6 mg n B-12 µg n B-12 µg n A, RAE msg_RAE n A, RAE msg_RAE n A, RAE mg n D (D2 + D3) n R (phylloquinone) µg s, total mg	Niacin	mg	15
п B-6 mg total μg n B-12 μg n A. RAE meg_RAE n A. RAE meg_RAE n E (apha-tocopherol) μg mg fapha-tocopherol) μg s, total mg	Pantothenic acid	mg	5
total μg n B-1.2 μg n A, RAE mcg_RAE m [alpha-toopherol) mg m B [alpha-toopherol) μg n D (D2 + D3) n K (phylloquinone) μg s, total mg	Vitamin B-6	mg	13
n B-12 μg n A, RAE mag_RAE n E (alph-tocopherol) mg n D (D2 + D3) μg n K (phylloquinone) μg c, total mg	Folate, total	Brí	400
n A, RAE meg_RAE n E (applace)orpherol) mg n D (D2 + D3) µg n K (phylloquinone) µg e, total mg	Vitamin B-12	ВтÍ	2.4
n E (alpha-tocopherol) mg n D (D2 + D3) µg n K (phylloquinone) µg c, total mg	Vitamin A, RAE		800
n D (D2 + D3) μg n K (phylloquinone) μg 6, total mg	Vitamin E (alpha-tocopherol)	mg	15
n K (phylloquinone) µg e, total mg	Vitamin D (D2 + D3)	Brí	15
c, total mg	Vitamin K (phylloquinone)	bu	110
	Choline, total	mg	487.5
	Biotin	μg	30