

FOOD VALUES CHARTS from Neal's Yard Cookbook

DAIRY PRODUCE Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Butter, salted	15	0.4	82	Tr	0	470	Tr	Tr	Tr	Tr	Tr	Tr	0.76	2	Tr	0.2	15	2	870	15	24	0.15
Buttermilk	N	3.5	0.08	4.8	0	4	0.04	0.18	0.08	0.4	0.22	0.2	N	N	N	0.04	120	N	128	136	92	N
Cheese – Cheddar	37	26	33.5	Tr	0	205	0.04	0.5	0.1	0.08	1.5	0	0.26	0.8	20	0.4	800	25	610	120	520	4
– cottage	79	13.6	4	1.4	0	18	0.02	0.19	0.08	0.01	0.5	0	0.02	N	9	0.1	60	6	450	54	140	0.47
– cream	46	3.1	47.4	Tr	0	220	0.02	0.14	0.08	0.01	0.3	0	0.03	1	5	0.1	98	10	300	160	100	0.5
– Edam	44	24.4	22.9	Tr	0	135	0.04	0.4	0.06	0.08	1.4	0	0.18	0.8	20	0.2	740	28	980	160	520	4
– Feta	56	16.8	19.9	Tr	0	20	0.03	0.11	0.2	N	1.4	0	Tr	N	15	0.2	384	20	1260	70	N	1.1
– Parmesan	28	35.1	29.7	Tr	0	195	0.02	0.5	0.3	0.1	1.5	0	0.27	0.9	20	0.4	1220	50	760	150	770	4
– Stilton	28	25.6	40	Tr	0	230	0.07	0.3	N	N	N	0	0.31	1	N	0.5	360	27	1150	160	300	N
Cow's milk – skimmed	91	3.4	0.1	5	0	Tr	0.04	0.2	0.08	0.04	0.3	1.6	Tr	Tr	5	0.05	130	12	52	150	100	0.36
– whole	88	3.3	3.8	4.7	0	18	0.04	0.19	0.08	0.04	0.3	1.5	0.02	0.09	5	0.05	120	12	50	150	95	0.35
Cream – double	49	1.5	48.2	2	0	220	0.02	0.08	0.04	0.02	0.1	0.8	0.28	1	2	0.2	50	4	27	79	21	0.17
– single	72	2.4	21.2	3.2	0	98	0.03	0.12	0.07	0.03	0.2	1.2	0.12	0.4	4	0.3	79	6	42	120	44	0.26
Duck eggs	71	13.2	14.2	0.7	0	185	0.16	0.4	3.2	N	4.5	0	N	N	17	3.6	64	N	191	258	N	0.8
Goat's milk	87	3.3	4.5	4.6	0	0	0.04	0.15	0.19	0.04	Tr	1.5	0.06	N	1	0.04	130	20	40	180	110	0.3
Hen eggs – whites	88	9	Tr	Tr	0	0	0	0.43	2.7	Tr	0.1	0	0	0	1	0.1	5	11	190	150	33	0.03
– whole	75	12.3	10.9	Tr	0	Tr	0.09	0.47	3.7	0.11	1.7	0	1.75	1.6	2.5	2	52	12	140	140	220	1.5
– yolks	51	16.1	30.5	Tr	0	Tr	0.3	0.54	4.8	0.3	4.9	0	5	4.6	52	6.1	130	15	50	120	500	3.6
Margarine	16	0.7	92	1	0	900	0	0	0	Tr	Tr	0	7.94	8	Tr	0	23	N	1100	26	18	N
Sour cream	N	2.7	18	32	0	720	0.04	0.14	0.08	N	N	N	N	N	N	N	96	N	38	52	72	N
Soya milk	N	3.6	1.32	2	0	36	0.03	0.03	0.36	N	0	0	N	N	N	N	0.32	N	N	N	44	N
Yogurt	86	5	1	6.2	0	5	0.05	0.26	0.12	0.04	Tr	0.4	Tr	0.03	2	0.09	180	17	76	240	140	0.6

DRIED BEANS, PEAS & LENTILS Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Aduki beans	16	21.5	1.6	58.4	4.3	6	0.5	0.1	2.5	N	0	0	N	N	N	4.8	75	N	7	N	350	N
Black-eyed beans	12	22.7	1.6	56.8	N	10	0.59	0.22	7.7	0.48	0	1	0	N	439	6.5	110	53	6	688	360	N
Broad beans	14	25	1.2	51.8	6	65	0.45	0.19	6	N	0	0	0	N	N	4.2	104	N	8	1123	360	N
Butter beans	12	19.1	1.1	49.8	21.6	Tr	0.45	0.13	2.5	0.58	0	0	0	N	110	5.9	85	164	62	1700	320	2.8
Chickpeas	10	20.2	5.7	50	15	190	0.5	0.15	1.5	N	0	3	0	N	180	6.4	140	160	40	800	300	N
Haricot beans	11	21.4	1.6	45.5	25.4	Tr	0.45	0.13	0.56	2.5	0	0	0	N	N	6.7	180	180	43	1160	310	2.8
Kidney beans	11	22.1	1.7	45	25	Tr	0.54	0.18	2	0.5	0	Tr	0	N	140	6.7	140	180	40	1160	410	2.8
Lentils	12	23.8	1	53.2	11.7	60	0.5	0.2	2	0.6	0	Tr	0	N	35	7.6	39	77	36	670	240	3.1
Marrowfat peas	13	21.6	1.3	50	16.7	250	0.6	0.3	3	0.13	0	Tr	0	Tr	33	4.7	61	116	38	990	300	3.5
Mung beans	12	22	1	35.6	22	24	0.45	0.2	2	0.5	0	Tr	0	N	140	8	100	170	28	850	330	N
Pinto beans	8	22.9	1.2	63.7	4.3	N	0.84	0.21	2.2	0.5	0	N	0	N	N	6.4	135	N	10	984	457	N
Soya beans	10	34.1	17.7	28.6	N	24	1.1	0.31	2.2	0.88	0	N	0	N	100	8.4	226	265	5	1677	554	N
Split peas	12	22.1	1	56.6	11.9	150	0.7	0.2	3.2	0.13	0	Tr	0	Tr	33	5.4	33	130	38	910	270	4

FOOD VALUES CHARTS from Neal's Yard Cookbook

GRAINS AND THEIR PRODUCTS Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc	
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg	
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15	
Barley – whole (pot)	14	10.5	2.1	69.3	4	0	0.31	0.1	7.8	0.25	0	0	0	N	50	6	50	91	4	562	N	2.3	
– pearl	11	7.9	1.7	83.6	6.5	0	0.05	0.12	2.5	0.22	0	0	0	0.2	20	0.7	10	20	3	120	210	2	
Buckwheat – whole	11	11.7	2.4	72.9	9.9	0	0.6	N	4.4	N	0	0	N	N	N	3.9	114	N	N	448	282	N	
– spaghetti	14	10.8	1.8	73	0.4	0	0.2	0.08	1.2	N	0	0	N	N	N	5	30	N	700	N	210	N	
Corn – popcorn	N	0.36	0.1	2	0.04	N	N	Tr	Tr	Tr	0	0	N	N	N	0.08	0.4	N	N	N	N	68	N
Millet – whole	12	9.9	2.9	72.9	3.2	0	0.73	0.38	2.3	N	0	0	N	N	N	6.8	20	162	N	430	311	N	
Oats – whole	13	13	5.4	66.1	10.6	0	0.3	0.1	1.5	N	0	0	N	N	N	4.6	55	N	10	N	320	N	
– rolled	8	14.2	7.4	68.2	1.2	0	0.6	0.14	1	0.1	0	0	N	N	N	4.5	53	N	2	352	405	N	
Rice – brown	12	7.5	1.9	77.4	4.2	0	0.59	0.07	5.3	0.5	0	0	0	N	49	1.4	10	112	3	250	221	1.8	
– basmati	11	7.4	0.5	79.8	N	0	N	N	N	N	0	0	0	N	N	1.3	19	N	N	N	N	N	
– white	12	6.5	1	86.8	2.4	0	0.08	0.03	1.5	0.3	0	0	0	0.3	29	0.5	4	13	6	110	100	1.3	
– flakes	13	6.6	1.2	77.5	N	0	0.21	0.05	4	0.44	0	0	0	N	N	8	20	N	N	N	N	N	
– wild	N	12	0.6	60	0.8	0	0.36	0.5	4.9	N	0	0	N	N	N	3.4	15	N	5.5	175	270	N	
Rye – whole	11	9.4	1	77.9	0.4	0	0.15	0.07	0.6	N	0	0	N	N	N	1.1	22	N	1	156	185	N	
Sago	13	0.2	0.2	94	N	0	Tr	Tr	Tr	Tr	0	0	0	Tr	Tr	1.2	10	3	3	5	29	N	
Tapioca	12	0.4	0.1	95	N	0	Tr	Tr	Tr	Tr	0	0	0	Tr	Tr	0.3	8	2	4	20	30	N	
Soya – grits	N	26	14	25	3.7	60	0.8	0.23	1.7	0.6	0	0	N	N	N	6.5	172	N	4	1300	425	N	
Wheat (common) – whole	13	14	2.2	69.1	2.3	0	0.59	0.12	4.3	0.4	0	0	N	N	N	3.1	36	N	3	370	383	N	
– cracked	N	8	1.6	55	1.9	0	0.33	0.08	2.7	N	0	0	N	N	N	2.5	33	N	1	N	310	N	
– flakes	N	4.9	1	38.2	1.11	0	0.18	0.59	2.05	N	0	0	N	N	N	1	18.2	N	1.17	188	170	N	
– bulgar	N	10	N	65	1.5	0	0.24	0.12	3.8	0.19	0	0	N	N	N	3.1	25	N	N	N	290	N	
– bran	8	14	5.5	26.8	44	0	0.89	0.36	29.6	1.38	0	0	0	1.6	130	12.9	110	520	28	1160	1200	16.2	
– germ	N	26.5	17.8	76	4	0	1.45	0.61	5.8	0.93	0	0	N	*	62	10	118	300	4	1000	1840	N	
Wheat (durum) – semolina	14	10.7	1.8	77.5	N	0	0.1	0.02	0.7	0.15	0	0	0	Tr	25	1	18	32	12	170	110	N	
– pasta	11	11.7	6.2	76.1	5.7	0	0.37	0.04	4.8	N	0	0	0	N	18	1.5	23	47	2	230	N	1.5	

FLOURS Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Buckwheat flour	N	4.8	1	28.1	1	0	0.22	0.06	1.8	0.22	0	0	N	N	N	1.8	N	N	N	N	120	N
Cornmeal	12	9.3	3.3	71.5	N	25	0.3	0.08	1.8	N	0	3	N	N	N	4.2	17	N	1	284	N	N
Millet flour	13	5.8	1.7	75.4	N	0	0.68	0.19	2.8	N	0	0	N	N	N	N	40	N	21	365	N	N
Oatmeal	9	12.4	8.7	72.8	7	0	0.5	0.1	1	0.12	0	0	0	0.8	60	4.1	55	110	33	370	380	3
Potato flour	N	8.8	0.88	88	1.7	Tr	0.45	0.15	3.7	Tr	0	20.6	N	N	N	18.8	36	N	37	1706	194	N
Rice flour	12	6.4	0.8	80.4	N	0	0.1	0.05	2.1	N	0	0	0	N	N	1.9	24	N	5	241	N	N
Rye flour	15	8.2	2	75.9	N	0	0.4	0.22	1	0.35	0	0	0	0.8	78	2.7	32	92	1	410	360	2.8
Soya flour	7	36.8	7.2	28.2	11.9	N	0.75	0.36	2.4	0.57	0	0	0	N	N	6.9	210	240	1	1660	640	N
Wheat flours – brown 85%	14	12.8	2	68.8	7.5	0	0.42	0.06	4.2	0.3	0	0	0	Tr	51	3.6	150	110	4	280	270	2.4
– plain white	13	9.8	1.2	80.1	3.4	0	0.33	0.02	2	0.15	0	0	0	Tr	22	2.4	150	20	2	140	110	0.7
– self-raising	13	9.3	1.2	77.5	3.7	0	0.28	0.02	1.5	0.15	0	0	0	Tr	19	2.6	350	42	350	170	510	0.6
– strong white	15	11.3	1.2	74.8	3	0	0.31	0.03	2	0.15	0	0	0	Tr	31	2.2	140	36	3	130	130	0.9
– wholewheat 100%	14	13.2	2	65.8	9.6	0	0.46	0.08	5.6	0.5	0	0	0	1	57	4	35	140	3	360	340	3

FOOD VALUES CHARTS from Neal's Yard Cookbook

FRESH FRUIT Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Apples – cooking	86	0.3	Tr	9.6	2.4	30	0.04	0.02	0.1	0.03	0	15	0	0.2	5	0.3	4	3	2	120	16	0.1
– eating	65	0.2	Tr	9.2	1.5	23	0.03	0.02	0.1	0.02	0	2	0	0.2	4	0.2	3	4	2	92	6	0.1
Apricots	87	0.6	Tr	6.7	2.1	1500	0.04	0.05	0.6	0.07	0	7	0	N	5	0.4	17	12	Tr	320	21	0.1
Bananas – eating	71	1.1	0.3	19.2	3.4	200	0.04	0.07	0.6	0.51	0	10	0	0.2	22	0.4	7	42	1	350	28	0.2
– cooking (plantains)	67	1	0.2	28.3	5.8	60	0.05	0.05	0.7	0.5	0	20	0	N	16	0.5	7	33	1	350	35	0.1
Blackberries	82	1.3	Tr	6.4	7.3	100	0.03	0.04	0.4	0.05	0	20	0	3.5	N	0.9	63	30	4	210	24	N
Blueberries	85	0.6	Tr	14.3	N	130	0.02	0.02	0.4	0.06	0	22	0	N	6	0.7	10	2	1	65	9	0.1
Cherries	82	0.6	Tr	11.9	1.7	120	0.05	0.07	0.3	0.05	0	5	0	0.1	8	0.4	16	10	3	280	17	0.1
Cranberries	87	0.4	Tr	3.5	1.1	20	0.03	0.02	0.1	0.04	0	12	0	N	2	1.1	15	8	2	120	11	N
Currants – black	77	0.9	Tr	6.6	8.7	200	0.03	0.06	0.3	0.08	0	200	0	1	N	1.3	60	17	3	370	43	N
– red	83	1.1	Tr	4.4	8.2	70	0.04	0.06	0.1	0.05	0	40	0	0.1	N	1.2	36	13	2	280	30	N
– white	83	1.3	Tr	5.6	6.8	Tr	0.04	0.06	0.1	0.05	0	40	0	0.1	N	0.9	22	13	2	290	28	N
Damsons	76	0.5	Tr	9.6	4.1	220	0.1	0.03	0.3	0.05	0	3	0	0.7	3	0.4	24	11	2	290	16	0.1
Dates	23	2.2	0.5	72.9	8.7	50	0.09	0.1	2.2	N	0	0	0	N	N	3	59	N	1	648	63	N
Figs	85	1.4	Tr	9.5	2.5	500	0.06	0.05	0.4	0.11	0	2	0	N	N	0.4	34	20	2	270	32	0.3
Gooseberries	90	1.1	Tr	3.4	3.2	180	0.04	0.03	0.3	0.02	0	40	0	0.4	N	0.3	28	7	2	210	34	0.1
Granadillas	73	2.8	Tr	6.2	15.9	10	Tr	0.1	1.9	N	0	20	0	N	N	1.1	16	39	28	350	N	N
Grapes	76	0.6	Tr	15.3	0.9	Tr	0.04	0.02	0.3	0.1	0	4	0	N	6	0.3	18	6	2	240	21	0.1
Grapefruit	91	0.6	Tr	5.3	0.6	Tr	0.05	0.02	0.2	0.03	0	40	0	0.3	12	0.3	17	10	1	230	16	0.1
Greengages	78	0.8	Tr	11.8	2.6	N	0.05	0.03	0.4	0.05	0	3	0	0.8	3	0.4	17	8	1	310	23	0.1
Guavas	83	0.8	0.6	9.4	N	168	0.05	0.05	1.2	N	0	242	0	N	N	0.9	23	13	4	289	N	N
Kumquats	81	0.9	0.1	17.1	3.7	600	0.08	0.1	N	N	0	36	0	N	N	0.4	63	N	7	236	23	N
Lemons	85	0.8	Tr	3.2	5.2	Tr	0.05	0.04	0.2	0.11	0	80	0	N	N	0.4	110	12	6	160	21	0.1
Limes	91	0.5	2.4	5.6	N	10	0.03	0.02	0.1	0	0	46	0	0	N	Tr	13	N	2	82	0	N
Loganberries	85	1.1	Tr	3.4	6.2	80	0.02	0.03	0.4	0.06	0	35	0	0.3	N	1.4	35	25	3	260	24	N
Lychees	82	0.9	Tr	16	0.5	Tr	0.04	0.04	0.3	N	0	40	0	N	N	0.5	8	10	3	170	35	N
Mangoes	83	0.5	Tr	15.3	1.5	1200	0.03	0.04	0.3	N	0	30	0	N	N	0.5	10	18	7	190	13	N
Melons – canteloupe	94	1	Tr	5.3	1	2000	0.05	0.03	0.5	0.07	0	25	0	0.1	30	0.8	19	20	14	320	30	0.1
– honeydew	94	0.6	Tr	5	0.9	100	0.05	0.03	0.5	0.07	0	25	0	0.1	30	0.2	14	13	20	220	9	0.1
– watermelon	94	0.4	Tr	5.3	N	20	0.02	0.02	0.2	0.07	0	5	0	0.1	3	0.3	5	11	4	120	8	0.1
Mulberries	85	1.3	Tr	8.1	1.7	Tr	0.05	0.04	0.4	0.05	0	10	0	N	N	1.6	36	15	2	260	48	N
Nectarines	80	0.9	Tr	12.4	2.4	500	0.02	0.05	1	0.02	0	8	0	N	5	0.5	4	13	9	270	24	0.1
Oranges	86	0.8	Tr	8.5	2	50	0.1	0.03	0.2	0.06	0	50	0	0.2	37	0.3	41	13	3	200	24	0.2
Papayas	87	0.5	0.1	11.3	N	710	0.03	0.05	0.4	N	0	73	0	0	1	0.7	24	8	4	221	0	0.4
Peaches	86	0.6	Tr	9.1	1.4	500	0.02	0.05	1	0.02	0	8	0	N	3	0.4	5	8	3	260	19	0.1
Pears	83	0.3	Tr	10.6	2.3	10	0.03	0.03	0.2	0.02	0	3	0	Tr	11	0.2	8	7	2	130	10	0.1
Persimmons	64	0.8	0.4	33.5	1.5	N	N	N	N	N	0	66	0	N	N	2.5	9	N	1	310	26	N
Pineapples	84	0.5	Tr	11.6	1.2	60	0.08	0.02	0.2	0.09	0	25	0	N	11	0.4	12	17	2	250	8	0.1
Plums, dessert	84	0.6	Tr	9.6	2.1	220	0.05	0.03	0.5	0.05	0	3	0	0.7	3	0.4	11	7	2	190	16	Tr
Pomegranates	80	1	0.6	16.6	N	0	0.07	0.01	0.3	0	0	7	0	0	N	0.7	13	12	1	379	0	N
Raspberries	83	0.9	Tr	5.6	7.4	80	0.02	0.03	0.4	0.06	0	25	0	0.3	N	1.2	41	22	3	220	29	N
Rhubarb (cooked)	95	0.6	Tr	0.9	2.4	55	Tr	0.03	0.3	0.02	0	8	0	0.2	4	0.4	93	13	2	400	19	N
Strawberries	89	0.6	Tr	6.2	2.2	30	0.02	0.03	0.4	0.06	0	60	0	0.2	20	0.7	22	12	2	160	23	0.1
Tangerines	87	0.9	Tr	8	1.9	100	0.07	0.02	0.2	0.07	0	30	0	N	21	0.3	42	11	2	160	17	0.1

FOOD VALUES CHARTS from Neal's Yard Cookbook

DRIED FRUIT Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	1500	500	15
Apples	N	0	1.4	61	3.2	N	0.05	0.1	0.4	0.11	0	9	0	N	N	1.4	26	N	4	480	44	N
Apricots	15	4.8	Tr	43.4	24	3600	Tr	0.2	3	0.17	0	Tr	0	N	14	4.1	92	65	56	1880	120	0.2
Currants	22	1.7	Tr	63.1	6.5	220	0.1	0.03	0.5	0.3	0	0	0	N	11	1.8	95	36	20	70	40	0.1
Dates	15	2	Tr	63.9	8.7	50	0.07	0.04	2	0.15	0	0	0	N	21	1.6	68	59	5	750	65	0.3
Figs	17	3.6	Tr	52.9	18.5	50	0.1	0.08	1.7	0.18	0	0	0	N	9	4.2	280	92	87	1010	92	0.9
Peaches	16	0.6	Tr	53	14.3	2000	Tr	0.19	5.3	0.1	0	Tr	0	N	14	6.8	36	54	6	1100	120	N
Prunes	23	2.4	Tr	40.3	16.1	1000	0.1	0.2	1.5	0.24	0	Tr	0	N	4	2.9	38	27	12	860	83	N
Raisins	22	1.1	Tr	64.4	6.8	30	0.1	0.08	0.5	0.3	0	0	0	N	4	1.6	61	42	52	860	33	0.1
Sultanas	18	1.8	Tr	64.7	7	30	0.1	0.08	0.5	0.3	0	0	0	0.7	4	1.8	52	35	53	860	95	0.1

SEAWEEDS Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Agar-agar	20	2.3	0.1	74.6	0	0	0	0	0	N	*	0	N	N	N	5	400	N	N	N	8	N
Arame	19	7.5	0.1	60.6	9.8	50	0.02	0.2	2.6	N	*	0	N	N	N	12	1170	N	N	N	150	N
Dulse	17	N	3	N	0.7	N	N	N	N	N	*	N	N	N	N	6.3	567	N	N	N	22	N
Hiziki	17	5.6	0.8	42.8	13	150	0.01	0.2	4	N	*	0	N	N	N	29	1400	N	N	N	56	N
Kombu	15	7.3	1.1	54.9	3	430	0.08	0.32	1.8	N	*	11	N	N	N	N	800	N	2500	N	150	N
Nori	11	35.6	0.7	44.3	4.7	11000	0.25	1.24	10	N	*	20	N	N	N	12	260	N	600	N	510	N
Wakame	16	12.7	1.5	51.4	3.6	140	0.11	0.14	10	N	*	15	N	N	N	13	1300	N	2500	N	260	N

NUTS Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Almonds	5	16.9	53.5	4.3	14.3	0	0.24	0.92	2	0.1	0	Tr	0	20	96	4.2	250	260	6	860	440	3.1
Brazil nuts	9	12	61.5	4.1	9	0	1	0.1	1.6	0.17	0	Tr	0	6.5	N	2.8	180	410	2	760	590	4.2
Cashew nuts	5	17.2	45.7	27.9	1.5	60	0.43	0.25	1.8	N	0	Tr	0	N	N	3.8	38	267	15	464	390	N
Chestnuts	52	2	2.7	36.6	6.8	0	0.2	0.22	0.2	0.33	0	Tr	0	0.5	N	0.9	46	33	11	500	74	N
Coconuts – desiccated	2.3	5.6	62	6.4	23.5	0	0.06	0.04	0.6	N	0	0	0	N	N	3.6	22	90	28	750	160	N
– fresh	42	3.2	36	3.7	13.6	0	0.03	0.02	0.3	0.04	0	2	0	0.7	9	2.1	13	52	17	440	94	0.5
Hazelnuts	41	7.6	36	6.8	6.1	0	0.4	N	0.9	0.55	0	Tr	0	21	72	1.1	44	56	1	350	320	2.4
Macadamia nuts	N	7	55	8	2	0	0.15	0.1	1	N	0	0	N	N	N	1.5	40	N	N	200	180	N
Peanuts	5	24.3	49	8.6	8.1	0	0.9	0.1	16	0.5	0	Tr	0	8.1	110	2	61	180	6	680	370	3
Pecan nuts	3	9.2	71.2	14.6	2.3	130	0.86	0.13	0.9	0.2	0	2	0	N	N	2.4	73	N	Tr	603	289	N
Pine nuts	6	31.1	47.4	11.6	0.9	N	0.62	N	N	N	0	N	0	N	N	N	N	N	N	N	N	N
Pistachio nuts	6	19.3	54	15	2.4	60	0.7	0.2	1.5	N	0	0	0	N	N	14	140	N	N	750	525	N
Pumpkin seeds	4	29	46.7	15	1.9	70	0.24	0.19	2.4	N	0	N	N	N	N	11.2	51	N	N	N	1144	N
Sesame seeds	5	26.4	54.8	6.4	9.1	40	0.72	0.09	12.6	N	0	N	0	N	N	7.8	131	347	40	407	890	10.3
Sunflower seeds	5	24	47.3	19.9	3.8	50	1.96	0.23	5.4	1.2	0	N	0	N	N	7.1	120	N	30	920	837	N
Walnuts	24	10.6	51.5	5	5.2	0	0.3	0.13	1	0.73	0	Tr	0	0.8	66	2.4	61	130	3	690	510	3

FOOD VALUES CHARTS from Neal's Yard Cookbook

NATURALLY PROCESSED PRODUCTS Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc	
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg	
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15	
Brewer's yeast	N	40.3	1.3	39	1.3	0.1	15.6	4.42	39	2.6	0	0.1	N	0	83	18.2	221	234	130	1950	1820	5.2	
Carob powder	N	4.8	1.5	84	8.1	N	N	N	N	N	0	N	N	N	N	N	360	N	N	N	84	N	
Honey – combs	20.2	0.6	N	74.4	N	0	Tr	0.05	0.2	N	0	Tr	0	N	N	0.2	8	2	7	35	32	N	
– jars	23	0.4	N	76.4	N	0	Tr	0.05	0.2	N	N	Tr	N	N	N	0.4	5	2	11	51	17	N	
Kuzu	17	0.2	0.1	82.1	0	0	0	0	0	N	N	0	N	N	N	2	17	N	2	N	10	N	
Malt extract	N	6.8	N	100	Tr	N	0.4	0.52	11.2	N	0	N	N	N	N	10	56	N	92	260	372	N	
Maple syrup	8	N	N	70	N	N	N	N	N	N	N	0	N	N	N	1.27	110	N	11	184	7	N	
Miso – hacho	48	16.8	5.9	15.8	2.2	0	0.04	0.12	1.2	N	N	0	N	N	N	6.5	140	N	3800	N	240	N	
– mugi	50	14	5	16.2	1.9	0	0.03	0.1	1.5	N	N	0	N	N	N	4	115	N	4	N	190	N	
– natto	63	16.9	7.4	11.5	3.2	0	0.07	0.5	1.1	N	N	0	N	N	N	3.7	103	N	N	249	182	N	
Molasses – blackstrap	24	N	N	60	N	N	0.12	0.21	2.2	0.22	0	N	N	N	N	16.1	733.3	N	106.7	2927	93.3	N	
Nut butter – peanut	N	36	65	22	2.5	N	0.17	0.17	20	0.43	0	0	0	4.7	53	2.6	80	180	800	850	500	3	
Salt – block	0.2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.3	230	140	38700	Tr	Tr	N	
– table	Tr	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0.2	29	290	38850	Tr	8	N	
Seitan	N	89	5.4	N	N	0	N	N	2.4	N	0	0	N	N	N	0.6	N	N	N	N	N	N	
Sugar – demerara	Tr	0.5	0	104.5	0	0	Tr	Tr	Tr	Tr	0	0	0	0	0	Tr	0.9	53	15	14	89	20	N
– white	Tr	Tr	0	105	0	0	0	0	0	0	0	0	0	0	0	Tr	2	Tr	Tr	2	Tr	N	
Tamari and shoyu	63	5.6	1.3	9.5	0	0	0.02	0.25	0.4	N	0	0	N	N	N	4.8	82	N	7325	366	104	N	
Tofu	85	7.4	4.2	2.4	0.1	0	0.06	0.03	0.1	N	N	0	N	N	N	1.9	128	N	7	42	128	N	
Umeboshi plums	70	0.3	0.8	3.4	0.3	0	0.06	0.09	0.6	N	N	0	N	N	N	2	6.1	N	9400	N	26	N	
Vinegar	94	Tr	0	5.9	N	N	N	N	N	N	N	N	N	N	N	9	6	N	1	100	9	N	

FRESH VEGETABLES Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Artichokes, globe (cooked)	84	1.1	Tr	2.7	0	90	0.07	0.03	0.09	0.07	0	8	0	0	30	0.5	44	27	15	330	40	0
Asparagus	92	3.4	Tr	1.1	1.5	500	0.1	0.08	0.8	0.04	0	20	0	2.5	30	0.9	26	10	2	240	85	0.3
Aubergines	93	0.7	Tr	3.1	2.5	Tr	0.05	0.03	0.8	0.08	0	5	0	0	20	0.4	10	10	3	240	12	0
Avocados	69	4.2	22.2	1.8	2	100	0.1	0.1	1	0.42	0	15	N	3.2	66	1.5	15	29	2	400	31	N
Beetroots	87	1.3	Tr	6	3.1	Tr	0.03	0.05	0.1	0.05	0	6	0	0	90	0.4	25	15	84	300	32	0.4
Broad beans	84	4.1	0.6	7.1	4.2	250	0.1	0.04	3	0	0	15	0	Tr	0	1	21	28	20	230	99	0
Broccoli and calabrese	89	3.3	Tr	2.5	3.6	2500	0.1	0.3	1	0.21	0	110	0	1.3	130	1.5	100	18	12	340	67	0.6
Brussels sprouts	88	4	Tr	2.7	4.2	400	0.1	0.15	0.7	0.28	0	90	0	1	110	0.7	32	19	4	380	65	0.5
Cabbages – Chinese	90	0.9	0.1	2	0.4	110	0.04	0.03	0.5	N	0	19	0	N	N	0.5	32	N	17	190	30	N
– green	90	3.3	Tr	3.3	3.1	300	0.06	0.05	0.3	0.16	0	60	0	0.2	90	0.9	75	20	23	260	68	0.3
– red	90	1.7	Tr	3.5	3.4	20	1.06	0.05	0.3	0.21	0	55	0	0.2	90	0.6	53	17	32	300	32	0.3
– white	90	1.9	Tr	3.8	2.7	Tr	0.06	0.05	0.3	0.16	0	55	0	0.2	26	0.4	44	13	7	280	36	0.3
Carrots	90	0.7	Tr	5.4	2.9	12000	0.06	0.05	0.6	0.15	0	6	0	0.5	15	0.6	48	12	95	220	21	0.4

FOOD VALUES CHARTS from Neal's Yard Cookbook

FRESH VEGETABLES Per 100 g (4 oz)	Water	Protein	Fat	Carbohydrate	Fibre	Vitamin A	Vitamin B ₁	Vitamin B ₂	Vitamin B ₃	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Folic acid	Iron	Calcium	Magnesium	Sodium	Potassium	Phosphorus	Zinc
	g	g	g	g	g	µg	mg	mg	mg	mg	µg	mg	µg	mg	µg	mg	mg	mg	mg	mg	mg	mg
Recommended daily allowance	N	80M 60W	N	N	25-30	750	1.5	1.5	18	1.5	3	30	2.5	8	200	12	500	250	2500	2500	500	15
Cauliflowers	93	1.9	Tr	1.5	2.1	30	0.1	0.1	0.6	0.2	0	0.6	0	0.2	39	0.5	21	14	8	350	45	0.3
Celeriac (cooked)	90	1.6	Tr	2	4.9	0	0.04	0.04	0.5	0.1	0	0.5	0	0	0	0.8	47	12	28	400	71	0
Celery	94	0.9	Tr	1.3	1.8	Tr	0.03	0.03	0.3	0.1	0	0.3	0	0.2	12	0.6	52	10	140	280	32	0.1
Chard	N	3.2	0.4	6	1.2	9400	0.07	0.19	0.7	N	0	28	0	N	N	3.2	130	N	150	560	42	N
Chicory	96	0.8	Tr	1.5	0	Tr	0.05	0.05	0.5	0.05	0	0.5	0	0	52	0.7	18	13	7	180	21	0.2
Courgettes	N	0.8	Tr	2.5	0.4	210	0.03	0.06	0.6	0.05	0	25	0	N	N	0.3	18	N	0.5	130	19	N
Cucumbers	96	0.6	Tr	1.8	0.4	Tr	0.04	0.04	0.2	0.04	0	0.2	0	Tr	16	0.3	23	9	13	140	24	0.1
Endive	93	1.8	Tr	1	2.2	2000	0.06	0.1	0.4	0	0	0.4	0	0	330	2.8	44	10	10	380	67	0
French beans (cooked)	96	0.8	Tr	1.1	3.2	400	0.04	0.07	0.3	0.06	0	5	0	0.2	28	0.6	39	10	3	100	15	0.3
Jerusalem artichokes (cooked)	80	1.6	Tr	3.2	0	Tr	0.1	Tr	0	0	0	2	0	0.2	0	0.4	30	11	3	420	33	0.1
Kohlrabi	N	2.8	0.2	9	1.6	30	0.1	0.05	0.3	N	0	71	0	N	N	0.5	54	N	10	430	68	N
Leeks	86	1.9	Tr	6	3.1	40	0.1	0.05	0.6	0.25	0	18	0	0.8	0	1.1	63	10	9	310	43	0.1
Lettuces	96	1	0.4	1.2	1.5	1000	0.07	0.08	0.3	0.07	0	15	0	0.5	34	0.9	23	8	9	240	27	0.2
Marrows	96	0.6	Tr	3.7	1.8	30	Tr	Tr	0.3	0.06	0	5	0	Tr	13	0.2	17	12	1	210	20	0.2
Mushrooms	92	1.8	0.6	0	2.5	0	0.1	0.4	4	0.1	0	3	0	Tr	23	1	3	13	9	470	140	0.1
Okra	90	2	Tr	2.3	3.2	90	0.1	0.1	1	0.08	0	25	0	0	0	1	70	60	7	190	60	0
Olives (in brine)	77	0.9	11	Tr	4.4	180	Tr	Tr	0.1	N	0	N	0	N	N	1	61	22	2250	91	N	N
Onions	93	0.9	Tr	5.2	1.3	0	0.03	0.05	0.2	0.1	0	10	0	Tr	16	0.3	31	8	10	140	30	0.1
Parsley	79	5.2	Tr	Tr	9.1	7000	0.15	0.3	1	0.2	0	150	0	1.8	0	8	330	52	33	1080	130	0.9
Parsnips	83	1.7	Tr	11.3	4	Tr	0.1	0.08	1	0.1	0	15	0	1	67	0.6	55	22	17	340	69	0.1
Peas – fresh	79	5.8	0.4	10.6	5.2	300	0.32	0.15	2.5	0.16	0	25	0	Tr	N	1.9	15	30	1	340	100	0.7
– frozen	79	5.8	0.4	7.2	7.8	300	0.32	0.1	2.1	0.1	0	17	0	Tr	78	1.5	33	27	3	190	90	0.9
Peppers – green	94	0.9	0.4	2.2	0.9	200	Tr	0.03	0.7	0.17	0	100	0	0.8	11	0.4	9	11	2	210	25	0.2
– red	94	1	0.2	5	1.3	3300	0.06	0.06	0.4	N	0	204	N	N	N	0.4	10	N	N	N	22	N
Potatoes	76	2.1	0.1	20.8	2.1	Tr	0.11	0.04	1.2	0.25	0	15	0	0.1	14	0.5	8	24	7	170	40	0.3
Pumpkins	93	0.6	Tr	3.4	0.5	1500	0.04	0.04	0.4	0.06	0	5	0	Tr	13	0.4	39	8	1	310	19	0.2
Radicchio	96	1.6	Tr	Tr	0.8	1840	0.08	0.08	Tr	0.08	0	16	N	N	N	0.08	64	N	8	256	24	N
Radishes	93	1	Tr	2.8	1	Tr	0.04	0.02	0.2	0.1	0	25	0	0	24	1.9	44	11	59	240	27	0.1
Runner beans	89	2.3	0.2	3.9	2.9	400	0.05	0.1	0.9	0.07	0	20	0	0.2	60	0.8	27	27	2	280	47	0.4
Salsify (cooked)	81	1.9	Tr	2.8	N	N	0.03	N	N	N	0	4	0	N	N	1.2	60	14	8	180	53	N
Seakale (cooked)	96	1.4	Tr	0.6	1.2	N	0.06	N	N	N	0	18	0	N	N	0.6	48	11	4	50	34	N
Spinach (cooked)	85	5.1	0.5	1.4	6.3	6000	0.07	0.15	0.4	0.18	0	25	0	2	140	4	600	59	120	490	93	0.4
Spring onions	92	1.6	0.4	4.8	N	890	0.06	0.11	0.5	N	0	29	0	N	N	1.2	43	N	4	178	N	N
Swedes	91	1.1	Tr	4.3	2.7	Tr	0.06	0.04	1.2	0.2	0	25	0	0	27	0.4	56	11	52	140	19	N
Sweetcorn (on the cob)	65	4.1	2.4	23.7	3.7	240	0.15	0.08	1.8	0.19	0	12	0	0.8	52	1.1	4	47	1	300	130	1.2
Sweet potatoes	70	1.2	0.6	21.5	2.5	4000	0.1	0.06	0.8	0.22	0	25	0	4	52	0.7	22	13	19	320	47	N
Tomatoes	93	0.9	Tr	28	1.5	600	0.06	0.04	0.7	0.11	0	20	0	1.2	28	0.4	13	11	3	290	21	0.2
Turnips	93	0.8	0.3	3.8	2.8	0	0.04	0.05	0.6	0.11	0	25	0	0	20	0.4	59	7	58	240	28	N
Watercress	91	2.9	Tr	0.7	3.3	3000	0.1	0.1	0.6	0.13	0	60	0	1	200	1.6	220	17	60	310	52	0.2
Yams	73	2	0.2	32.4	4.1	12	0.1	0.03	0.4	N	0	10	0	N	N	0.3	10	40	N	500	40	0.4