





Chives, raw	1 Tbsp (3 g)	0.9	0.098	0.022	0.13	0.075	0.055	Induction
Cilantro (coriander), raw	.25 c (4 g)	1	0.09	0.02	0.15	0.1	0.05	Induction
Cinnamon, Ground	1 tsp	6.003	0.089	0.073	1.837	1.249	0.588	Induction
Clams, mixed species, raw	3 oz (85 g)	63	10.85	0.82	2.18	0	2.18	Induction
Cloves	1 tsp	6.783	0.126	0.421	1.285	0.718	0.567	Induction
Cocoa, powder, unsweetened	1 Tbsp (5.4 g)	12	1.06	0.74	2.93	1.8	1.13	Induction
Cocoa, powder, unsweetened, processed with alkali	1 Tbsp (5.4 g)	12	0.98	0.71	2.96	1.6	1.36	Induction
Coconut, desiccated, unsweetened	1 oz (28.35 g)	187	1.95	18.29	6.7	4.6	2.1	OWL - 3
Collard Greens	1 c (36 g)	10.8	0.882	0.151	2.048	1.296	0.752	Induction
Coriander, dried	1 tsp (0.6 g)	2	0.13	0.03	0.31	0.1	0.21	Induction
Corn Meal, Yellow	100 g	362	8.12	3.59	76.89	7.3	69.59	OWL - 8
Corn, sweet, white, raw	1 c (154 g)	132	4.96	1.82	29.29	4.2	25.09	OWL - 8
Corn, sweet, yellow, raw	1 c (154 g)	132	4.96	1.82	29.29	4.2	25.09	OWL - 8
Cornish Hen, meat & skin, raw	100 g	200	17.15	14.02	0	0	0	Induction
Crab, Alaska King, Raw	3 oz (85 g)	71.4	15.546	0.51	0	0	0	Induction
Crab, Blue, Raw	3 oz (85 g)	73.95	15.351	0.918	0.034	0	0.034	Induction
Crab, Dungeness, Raw	3 oz (85 g)	73.1	14.798	0.825	0.629	0	0.629	Induction
Crab, Queen, Raw	3 oz (85 g)	76.5	15.725	1.003	0	0	0	Induction
Cream, Heavy (whipping)	1 Tbsp (15 g)	52	0.31	5.55	0.42	0	0.42	Induction
Cream, Sour, Cultured	1 Tbsp (12 g)	26	0.38	2.52	0.51	0	0.51	Induction
Cucumber, raw, unpeeled	0.5 c (52 g)	7.8	0.338	0.057	1.888	0.26	1.628	Induction
Curry Powder	1 tsp	6.5	0.253	0.276	1.163	0.664	0.499	Induction
Daikon (Chinese Radish)	7" (388 g)	60.84	2.028	0.338	13.858	5.408	8.45	Induction
Dandelion Greens, raw	1 c (55 g)	24.75	1.485	0.385	5.06	1.925	3.135	Induction
Dill Seed	1 tsp (2.1 g)	6	0.34	0.31	1.16	0.4	0.76	Induction
Dill Weed, Dried	1 tsp (1 g)	3	0.2	0.04	0.56	0.1	0.46	Induction
Dill Weed, Fresh	5 sprigs (1 g)	2	0.03	0.01	0.07	0	0.07	Induction
Duck, Domestic, meat & skin, raw	100 g	404	11.49	39.34	0	0	0	Induction
Duck, Wild, meat & skin, raw	100 g	211	17.42	15.2	0	0	0	Induction
Egg, whole, raw, large	1 (50 g)	74	6.29	4.97	0.39	0	0.39	Induction
Eggplant	1 c (82 g)	19.68	0.828	0.156	4.674	2.788	1.886	Induction
Endive/Escarole	0.5 c (25 g)	4.25	0.312	0.05	0.838	0.775	0.063	Induction
Fat, Beef Tallow	1 Tbsp (12.8 g)	115	0	12.8	0	0	0	Induction
Fennel Bulb, raw	1 c (87 g)	26.97	1.079	0.174	6.342	2.697	3.645	Induction
Fiddlehead Ferns, Raw	100 g	34	4.55	0.4	5.54		5.54	Induction
Fish, Cusk, raw	3 oz (85 g)	74	16.14	0.59	0	0	0	Induction
Flax Seed	1 Tbsp (12 g)	59	2.34	4.08	4.11	3.3	0.81	Induction
Flounder, raw	3 oz (85 g)	77	16.01	1.01	0	0	0	Induction
Fruit Cocktail, Water Packed	100 g >1/2 c	32	0.42	0.05	8.51	1	7.51	Pre-Maint
Garlic	1 clove (3 g)	4	0.19	0.01	0.99	0.1	0.89	Induction
proof	1 fl oz (27.8 g)	82	0	0	0	0	0	OWL - 5
Gin, Rum, Vodka, Wiskey, 80	1 fl oz (27.8 g)	64	0	0	0	0	0	OWL - 5
Ginger, dry, ground	1 tsp	6.246	0.164	0.107	1.274	0.225	1.049	Induction
Ginger, fresh	1 tsp (2 g)	2	0.04	0.01	0.36	0	0.36	Induction
Goose liver, raw	100 g	133	16.37	4.28	6.32	0	6.32	

Goose, meat & skin, raw	100 g	371	15.86	33.62	0	0	0	Induction
Grape, Red or Green, raw, seedless	1 grape (5 g)	3	0.04	0.01	0.91	0	0.91	Pre-Maint
Grape, Red or Green, raw, with seeds	1 c (154 g)	106	1.11	0.25	27.87	1.4	26.47	Pre-Maint
Grape, Red or Green, raw, with seeds	1 grape (5.8 g)	4	0.04	0.01	1.05	0.1	0.95	Pre-Maint
Grapefruit, white, raw	1/2 fruit (118 g)	39	0.81	0.12	9.92	1.3	8.62	OWL - 7
Guava, common, raw	100 g	51	0.82	0.6	11.88	5.4	6.48	Pre-Maint
Ham, smoked or cured, low sodium	100 g	145	20.9	5.5	1.5	0	1.5	Induction
Hearts of Palm, canned	1 c (146 g)	40.88	3.679	0.905	6.745	3.504	3.241	Induction
Herring, Atlantic, raw	100 g	158	17.96	9.04	0	0	0	Induction
Honeydew, raw, medium (6"-7")	1 wedge (160 g)	57.6	0.864	0.224	14.544	1.28	13.264	OWL - 4
Jicama, raw	1 c (130 g)	49.4	0.936	0.117	11.466	6.37	5.096	Induction
Kale, raw	1 c (67 g)	33.5	2.211	0.469	6.707	1.34	5.367	Induction
Kiwi, fresh, raw	100 g	61	1.14	0.52	14.66	3	11.66	OWL - 7
Kohlrabi, raw	1 c (135 g)	36.45	2.295	0.135	8.37	4.86	3.51	Induction
Lamb, all cuts								Induction
Leeks, raw	1 c (89 g)	54.29	1.335	0.267	12.594	1.602	10.992	Induction
Lemon Juice, bottled	1 Tbsp (30 g)	3.15	0.06	0.043	0.972	0.06	0.912	Induction
Lemon Juice, fresh	1 fl oz (30.5 g)	7.625	0.116	0	2.632	0.122	2.51	Induction
Lemon Peel	1 tsp (2 g)	1	0.03	0.01	0.32	0.2	0.12	Induction
Lettuce, Butterhead or Boston	1 c (55 g)	7.15	0.743	0.121	1.227	0.605	0.622	Induction
Lettuce, Iceberg	1 c (55 g)	5.5	0.446	0.06	1.149	0.55	0.599	Induction
Lettuce, Red Leaf	1 c (28 g)	4.48	0.372	0.062	0.633	0.252	0.381	Induction
Lettuce, Romaine	0.5 c (28 g)	4.76	0.344	0.084	0.921	0.588	0.333	Induction
Lime Juice, bottled	1 fl oz (30.5 g)	6.468	0.077	0.071	2.061	0.123	1.938	Induction
Lime Juice, fresh	1 fl oz (30.8 g)	8.316	0.136	0.031	2.775	0.123	2.652	Induction
Lobster, raw	3 oz (85 g)	76.5	15.98	0.765	0.425	0	0.425	Induction
Mache (Corn Salad), raw	1 c (56 g)	12	1.12	22	2.02		2.02	Induction
Mango, raw	100 g	65	0.51	0.27	17	1.8	15.2	Pre-Maint
Miso	1 c (275 g)	567	32	17	77	15	62	OWL - 6
Moose, Raw	1 oz (28.35 g)	28.917	6.305	0.21	0	0	0	Induction
Mushrooms	0.5 c (35 g)	7.7	1.089	0.119	1.134	0.42	0.714	Induction
Mussel, Blue, Raw	3 oz (85 g)	73.1	10.115	1.904	3.136	0	3.136	Induction
Nutmeg	1 tsp	11.55	0.128	0.799	1.084	0.458	0.626	Induction
Nuts, Almonds	1 oz (23 nuts)	163.863	6.027	14.356	5.596	3.345	2.251	OWL - 3
Nuts, Almonds, Ground	1 c (95 g)	549	20	48	19	11	8	OWL - 3
Nuts, Brazil	1 oz (6-8 nuts)	185.976	4.06	18.833	3.479	2.126	1.353	OWL - 3
Nuts, Cashews, Roasted	1 oz (28.35 g) (18 nuts)	162.729	4.34	13.14	9.268	0.851	8.417	OWL - 3
Nuts, Filberts/Hazelnuts	1 oz (21 nuts)	178.038	4.238	17.223	4.734	2.75	1.984	OWL - 3
Nuts, Macademia, Dry Roasted	1 oz (10-12)	203.553	2.208	21.569	3.793	2.268	1.525	OWL - 3
Nuts, Peanut Butter, unsalted, smooth	2 Tbsp (32 g)	190	8.07	16.33	6.17	1.9	4.27	OWL - 3
Nuts, Peanuts, all types, raw	1 oz (28.35 g)	161	7.31	13.96	4.57	2.4	2.17	OWL - 3
Nuts, Pecans	1 oz (20 halves)	195.899	2.6	20.403	3.929	2.722	1.207	OWL - 3
Nuts, Pine (Pignola)	10 nuts (1.7 g)	11.441	0.233	1.162	0.222	0.063	0.159	OWL - 3

Nuts, Pistachios	1 oz (49)	157.91	5.843	12.599	7.929	2.92	5.009	OWL - 3
Nuts, Pumpkin or squash Seeds, dried	1 oz (142 seeds)	153.374	6.957	12.998	5.049	1.106	3.943	OWL - 3
Nuts, Sesame Seeds, Dried	1 Tbsp	51.57	1.596	4.47	2.111	1.062	1.049	OWL - 3
Nuts, Sunflower Seed kernels, dried	30 g	171	6.83	14.87	5.63	3.1	2.53	OWL - 3
Nuts, Sunflower Seed kernels, dried	1 c (144 ker)	820.8	32.803	71.381	27.014	15.12	11.894	OWL - 3
Nuts, Tahini (Sesame Paste/Butter)	1 Tbsp (15 g)	89.25	2.55	8.064	3.179	1.395	1.784	OWL - 3
Nuts, Walnuts, English	1 oz (14 halves)	185.409	4.318	18.487	3.887	1.899	1.988	OWL - 3
Oat Groats, dry	100 g	389	16.89	6.9	66.27	10.6	55.67	OWL - 9
Oatmeal, Old Fashioned, dry	1/3 c (27 g)	104	4.32	1.7	18.09	2.6	15.49	OWL - 9
Oil, Grapeseed	1 Tbsp (13.6 g)	120	0	13.6	0	0	0	Induction
Oil, Peanut	1 T (13.5 g)	119.34	0	13.5	0	0	0	Induction
Okra	1 c (100 g)	31	2	0.1	7.03	3.2	3.83	Induction
Olives, black	1 (4.4 g)	5.06	0.037	0.47	0.275	0.141	0.134	Induction
Olives, green	100 g	145	1.03	15.32	3.84	3.3	0.54	Induction
Onion	1 c (160 g)	67.2	1.472	0.128	16.176	2.24	13.936	Induction
Orange Peel	1 tsp (2 g)	2	0.03	0	0.5	0.2	0.3	Induction
Oregano	1 tsp	5.508	0.198	0.184	1.16	0.77	0.39	Induction
Oyster, Pacific, raw	3 oz (85 g)	68.85	8.032	1.955	4.207	0	4.207	Induction
Paprika	1 tsp	6.069	0.31	0.272	1.171	0.785	0.386	Induction
Parsley	1 Tbsp (3.8 g)	1.368	0.113	0.03	0.241	0.125	0.116	Induction
Parsnip	100 g	75	1.2	0.3	17.99	4.9	13.09	Pre-Maint
Pasta, Semolina, fresh, plain	2 oz (57 g)	75	2.94	0.6	14.21		14.21	Pre-Maint
Peach, raw	100 g	39	0.91	0.25	9.54	1.5	8.04	Pre-Maint
Pear, Asian, Raw	100 g	48	0.5	0.23	10.65	3.6	7.05	OWL - 7
Pear, Raw	100 g	58	0.38	0.12	15.46	3.1	12.36	OWL - 7
Peas, Green, Raw	100 g	81	5.42	0.4	14.46	5.1	9.36	OWL - 8
Pepper, Black	1 tsp (2.1 g)	5	0.23	0.07	1.36	0.6	0.76	Induction
Pepper, Cayenne or Red	1 tsp (1.8 g)	6	0.22	0.31	1.02	0.5	0.52	Induction
Pepper, Chili Green, Canned	1 c (139 g)	29.19	1.001	0.375	6.394	2.363	4.031	Induction
Pepper, Jalapeno, Raw	1 c (90 g)	27	1.215	0.558	5.319	2.52	2.799	Induction
Pepper, Sweet Green, Raw	1 c (149 g)	29.8	1.281	0.253	6.914	2.533	4.381	Induction
Pepper, Sweet Red, Raw	1 c (149 g)	38.74	1.475	0.447	8.985	2.98	6.005	Induction
Pepper, White	1 tsp (2.4 g)	7	0.25	0.05	1.65	0.6	1.05	Induction
Pheasant, Meat & Skin, Raw	100 g	181	22.7	9.29	0	0	0	Induction
Pineapple, Canned, Juice Pack	3" Ring (47 g)	28.2	0.197	0.038	7.379	0.376	7.003	Pre-Maint
Pineapple, Raw	100 g	48	0.54	0.12	12.63	1.4	11.23	Pre-Maint
Plantain, raw	100 g	122	1.3	0.37	31.89	2.3	29.59	Pre-Maint
Plum, raw	1 fruit (66 g)	30	0.46	0.18	7.54	0.9	6.64	OWL - 7
Pork, all cuts								Induction
Potatoes, Raw, Skin	1 skin (38 g)	22	0.98	0.04	4.73	0.9	3.83	Pre-Maint
Potatoes, Red, Flesh & Skin, Raw	.5 c (75 g)	54	1.42	0.11	11.93	1.3	10.63	Pre-Maint
Potatoes, Russet, Flesh & Skin, Raw	.5 c (75 g)	59	1.6	0.06	13.55	1	12.55	Pre-Maint
Psyllium Seed, Husks	1 c	67	3.89	0.67	108.27	96.48	11.79	Induction
Pumpkin, canned	1 c (245 g)	83.3	2.695	0.686	19.796	7.105	12.691	Induction
Pumpkin, raw, cubed	1 c (116 g)	30.16	1.16	0.116	7.54	0.58	6.96	Induction
Quail, meat & skin, raw	100 g	192	19.63	12.05	0	0	0	Induction

Quinoa	1 c (170 g)	636	22	10	117	10	107	OWL - 9
Rabbit, Wild, Raw	1 oz (28.35 g)	32.319	6.177	0.658	0	0	0	Induction
Radicchio	1 c (40 g)	9.2	0.572	0.1	1.792	0.36	1.432	Induction
Radishes	1 c (116 g)	18.56	0.789	0.116	3.944	1.856	2.088	Induction
Raspberries, raw	10 (19 g)	9.88	0.228	0.123	2.269	1.235	1.034	OWL - 4
Rhubarb, raw	1 c (122 g)	25.62	1.098	0.244	5.539	2.196	3.343	Induction
Rice, Brown, Long Grain, Cooked	1 c (195 g)	216	5.03	1.75	44.77	3.5	41.27	Pre-Maint
Rice, White, Long Grain, Cooked	1 cup (158 g)	205.4	4.25	0.442	44.509	0.632	43.877	Pre-Maint
Rosemary, dried	1 tsp (1.2 g)	4	0.06	0.18	0.77	0.5	0.27	Induction
Rosemary, fresh	1 tsp (0.7 g)	1	0.02	0.04	0.14	0.1	0.04	Induction
Rutabaga, raw, cubed	1 c (140 g)	50.4	1.68	0.28	11.382	3.5	7.882	OWL - 8
Saffron	1 tsp	2.17	0.08	0.041	0.458	0.027	0.431	Induction
Sage, ground	1 tsp (0.7 g)	2	0.07	0.09	0.43	0.3	0.13	Induction
Salmon, Atlantic, farmed, raw	3 oz (85 g)	156	16.91	9.22	0	0	0	Induction
Salmon, Atlantic, wild, raw	3 oz (85 g)	121	16.86	5.39	0	0	0	Induction
Salmon, Chum, raw	3 oz (85 g)	102	17.12	3.2	0	0	0	Induction
Salmon, Coho, farmed, raw	3 oz (85 g)	136	18.08	6.52	0	0	0	Induction
Salmon, Coho, Wild, raw	3 oz (85 g)	124	18.38	5.04	0	0	0	Induction
Salmon, Pink, raw	3 oz (85 g)	99	16.95	2.93	0	0	0	Induction
Salmon, Sockeye, raw	3 oz (85 g)	143	18.11	7.28	0	0	0	Induction
Samon, Chinook, raw	3 oz (85 g)	152	16.94	8.87	0	0	0	Induction
Sardines, Atlantic, canned in oil, drained with bone	3.75 oz can (92 g)	191	22.65	10.53	0	0	0	Induction
Sauerkraut, canned	1 c (142 g)	26.98	1.292	0.199	6.078	3.55	2.528	Induction
Savory	1 tsp	3.808	0.094	0.083	0.962	0.64	0.322	Induction
Scallions	1 c (100 g)	32	1.83	0.19	7.34	2.6	4.74	Induction
Semolina, enriched	100 g	360	12.68	1.05	72.83	3.9	68.93	OWL - 9
Shallot, raw, chopped	1 T (10 g)	7.2	0.25	0.01	1.68	0	1.68	Induction
Shrimp, raw	3 oz (85 g)	90.1	17.264	1.471	0.774	0	0.774	Induction
Snow Peas, raw	10 pods (34 g)	14.28	0.952	0.068	2.567	0.884	1.683	Induction
Sole (Flat fish)	3 oz (85 g)	77	16.01	1.01	0	0	0	Induction
Sorrel							0	Induction
Spinach	1 c (30 g)	6.9	0.858	0.117	1.089	0.66	0.429	Induction
Sprouts, Alfalfa	1 c (33 g)	9.57	1.317	0.228	1.247	0.825	0.422	Induction
Sprouts, Mung Bean, Raw	1 c (104 g)	31.2	3.162	0.187	6.178	1.872	4.306	Induction
Squash, Acorn, raw	1 c (140 g)	56	1.12	0.14	14.59	2.1	12.49	OWL - 8
Squash, Butternut, raw	1 c (140 g)	63	1.4	0.14	16.37	2.8	13.57	OWL - 8
Squash, Hubbard, raw	1 c (116 g)	46	2.32	0.58	10.09		10.09	OWL - 8
Squash, Spaghetti, raw	1 c (101 g)	31.31	0.646	0.576	6.979		6.979	Induction
Squash, Summer	1 c (113 g)	18.08	1.367	0.203	3.786	1.243	2.543	Induction
Squash, Summer, Zucchini	1 c (124 g)	19.84	1.5	0.223	4.154	1.364	2.79	Induction
Squid, mixed species, raw	3 oz (85 g)	78	13.24	1.17	2.62	0	2.62	Induction
Sweet Potato, raw, unprepared	1 c (133 g)	101	2.09	0.07	23.42	4	19.42	OWL - 8
Swordfish, raw	3 oz (85 g)	103	16.83	3.41	0	0	0	Induction
Tarragon, dried, leaves	1 tsp (0.6 g)	2	0.14	0.04	0.3	0	0.3	Induction
Thyme, dried, leaves	1 tsp (1 g)	3	0.09	0.07	0.64	0.4	0.24	Induction
Thyme, fresh	1 tsp (0.8 g)	1	0.04	0.01	0.2	0.1	0.1	Induction
Tomato Juice, canned with salt	1 c (243 g)	41.31	1.847	0.121	10.303	0.972	9.331	OWL - 7
Tomato, raw, chopped	1 c (180 g)	32.4	1.584	0.36	7.056	2.16	4.896	Induction
Tomatoes, Sun Dried	1 c (54 g)	139	8	2	30	7	23	
Tomatoes, Sun Dried, Packed in Oil, Drained	1 c (110 g)	234	6	15	26	6	20	

Trout, mixed species, raw	3 oz (85 g)	126	17.65	5.62	0	0	0	Induction
Tuna, Bluefin, raw	3 oz (85 g)	122	19.83	4.17	0	0	0	Induction
Tuna, Skipjack, raw	3 oz (85 g)	88	18.7	0.86	0	0	0	Induction
Tuna, Yellowfin, raw	3 oz (85 g)	92	19.87	0.81	0	0	0	Induction
Turkey gizzard, raw	100 g	118	19.14	4.58	0	0	0	
Turkey heart, raw	100 g	113	17.13	4.79	0.41	0	0.41	
Turkey liver, raw	100 g	228	17.84	16.36	2.26	0	2.26	
Turkey, all cuts							0	Induction
Turmeric	1 tsp	7.788	0.172	0.217	1.428	0.464	0.964	Induction
Turnips, raw	1 c (130 g)	36.4	1.17	0.13	8.359	2.34	6.019	Induction
Veal, all cuts							0	Induction
Venison (Deer), all cuts							0	Induction
Water chestnuts, canned	0.5 cup	35	0.616	0.042	8.61	1.75	6.86	Induction
Watercress, chopped	1 c (34 g)	3.74	0.782	0.034	0.439	0.17	0.269	Induction
Watermelon, raw	100 g	30	0.61	0.15	7.55	0.4	7.15	Pre-Maint
Wheat bran, crude	1 c (58 g)	125	9.02	2.46	37.42	24.8	12.62	OWL - 9
Wheat germ, crude	1 c (115 g)	414	26.62	11.18	59.57	15.2	44.37	OWL - 9
Wheat, durham	1 c (192 g)	651	26.27	4.74	136.57	0	136.57	OWL - 9
Wheat, hard red winter	1 c (192 g)	628	24.21	2.96	136.67	23.4	113.27	OWL - 9
Wheat, hard, white	1 c (192 g)	657	21.72	3.28	145.73	23.4	122.33	OWL - 9
Wheat, soft white	1 c (168 g)	571	17.96	3.34	126.6	21.3	105.3	OWL - 9
Wheat, vital wheat gluten	100 g	370	75.16	1.85	13.79	0.6	13.19	OWL - 9
Wine, Dessert, Dry	1 fl oz (29.5 g)	45	0.06	0	3.44	0	3.44	OWL - 5
Wine, Dessert, Sweet	1 fl oz (29.5 g)	47	0.06	0	4.04	0	4.04	OWL - 5
Wine, Table, all	1 fl oz (29.5 g)	23	0.06	0	0.94	0	0.94	OWL - 5
Wine, Table, red	1 fl oz (29.5 g)	21	0.06	0	0.5	0	0.5	OWL - 5
Wine, Table, White	1 fl oz (29.5 g)	20	0.03	0	0.24	0	0.24	OWL - 5
Yam, raw	1 c (150 g)	177	2.29	0.26	41.82	6.2	35.62	OWL - 8