

## The authoritative 80/10/10 resource for the macronutrient information you need!

Calories/100 g ♦ % Water ♦ % Fiber ♦ Carbohydrate, Protein, Fat (in both grams and % calories) ♦ Common portions with gram equivalents

### To **THRIVE** on the raw-food lifestyle, it's important to know what you're eating...

Congratulations! You hold in your hand the ultimate guide for long-term success on your path to vibrant health. In helping Dr. Graham develop his groundbreaking book about eating raw food the low-fat way, I could not find an easy source for comparing the macronutrients in raw foods—so I created one ... and combined it with these *helpful quick-start tips for 80/10/10*.

### THREE STEPS TO A HEALTHFUL RAW DIET THAT WORKS!

- 1. Eat whole, fresh, ripe, raw, organic, low-fat, high-water plant foods.** For optimal health and nutrition, let these foods comprise most—or even all—of your daily intake.
- 2. Consume enough calories.** To maintain weight healthfully, use this *rough* guideline: daily calories = *desired* weight × 20. Plan to expend almost half of these calories in physical activity. This generates sufficient hunger to allow you to consume such a high volume of low-fat food. See *The 80/10/10 Diet* for details and meal plans. To lose weight, reduce calories *and* increase exercise.
- 3. Limit the fat in your diet to 10% of calories.** Vegans who eat cooked food can achieve this with lots of whole grains, potatoes, and legumes. Raw fooders can accomplish this only by eating several pounds of sweet fruit per day (enough to meet individual calorie needs), plus at least a pound of greens, to supply sufficient minerals. When you limit dietary fat intake, your blood-sugar level remains dependably stable. For more information, see chapter 2 of *The 80/10/10 Diet*.

### CARBS, PROTEIN, & FAT—HOW DOES YOUR DIET STACK UP?

<b>Healthful diet:</b>	>80% carbs	<10% protein	<10% fat
<b>Standard American diet:</b>	<50% carbs	16% protein	>34% fat
<b>Most raw-food diets:</b>	<25% carbs	16% protein	>60% fat

**It's true!** Some vegan diets, and almost *all* raw-food plans, exceed the fat content of the standard American diet, sometimes by a huge margin! How is this possible? Because oils, nuts, seeds, and to a lesser extent, coconut, avocados, and olives are fatty, calorie-dense foods ... much more so than meat and dairy, on average.

Whether it's raw plant fat or cooked animal fat, we humans require precious little to meet our needs for essential and nonessential fatty acids. Studies consistently show that vitality improves and symptoms vanish when people eat 10% or less of calories each as proteins and fats, irrespective of individual differences or "body types."

**Understanding caloric density (calories per bite): the key to raw-food success.** Most fruits & vegetables contain more than 90% water and thus very few calories per bite (and almost no fat). In contrast, nuts & seeds are extremely calorie-dense. They contain only about 5% water, and 60 to 90% of their calories come from fat.

### HOW TO EAT 10% (OR FEWER) OF CALORIES AS FAT...

On a 2,000-calorie-per-day diet<sup>†</sup>, maintaining fat consumption below 10% means eating just 200 or fewer calories of fat per day. Bear in mind that even fruits and vegetables contain a small amount of fat (4% of calories seems to be a good average). Hence, you will likely consume about 80 calories of fat each day, even if you eat all fruits and vegetables and **NO** overtly fatty foods. This leaves approximately 120 calories per day to consume in the form of high-fat foods ... a very small portion indeed! Pay close attention to the "**Daily Maximum**" below—your maximum recommended daily portion of overt fats.

### WATCH THESE NUMBERS!

**Save time!** Below are "cheat-sheet" summaries of key facts about the foods you eat. Study these numbers carefully, then use the charts that follow to solidify your understanding. %C/P/F = % calories from carbs, protein, and **fat** (averages based on foods listed on these pages)

#### LOW-FAT PLANT FOODS

<b>Fruits, nonsweet</b>	78% carbs	12% protein	<b>9% fat</b>	26 calories per 100g or 3.5 oz.
<b>Vegetables</b>	73%	19%	<b>9%</b>	32 "
<b>Fruits, sweet</b>	89%	6%	<b>5%</b>	50 "
<b>Tubers*</b>	95%	4%	<b>1%</b>	102 "
<b>Grains*</b>	80%	13%	<b>8%</b>	338 "

#### OVERTLY FATTY FOODS

<b>Olives*</b>	20/ 2/78 (%CPF)	115 calories per 100g or 3.5 oz.
<b>Avocados (Calif.)</b>	19/ 4/77	167 "
<b>Coconut meat</b>	18/ 3/79	354 "
<b>Seeds &amp; butters</b>	18/12/70	550 "
<b>Nuts &amp; butters</b>	12/ 9/78	624 "
<b>Coconut, dried</b>	14/ 4/82	660 "
<b>Oil*</b>	0/ 0/100	884 "

\* These foods are not recommended; they are provided here for comparison purposes only.

#### Daily Maximum

4.6 oz/130g  
3.3 oz/94g  
2.8 oz/80g  
1 oz/28g  
1 oz/28g  
0.8 oz/23g  
1 tbsp/14g

**BOTTOM LINE:** On a 2,000-calorie diet<sup>†</sup>, eat a maximum of 120 calories per day of **ONE** overtly fatty food ... That's 1 oz. of nuts/seeds **OR** ½ avocado **OR** 1 tbsp. of oil\* daily.

<sup>†</sup> If you eat more or fewer than 2,000 calories each day, adjust your numbers proportionately.



USDA NDB_NO	All numbers per 100 grams or 3.5 oz., edible portion only. All equivalents (including aberrations & inconsistencies) come from the USDA database.	Cal 100g	Water g/100g	Fiber g/100g	Carbs % Cal	Protein % Cal	Fat % Cal	Carbs grams	Protein grams	Fat grams
09003	APPLES, w/ SKIN (1 med, 2.75" diam, approx 3 per lb=138g)	52	86	2	95%	2%	3%	13.8	0.3	0.2
09021	APRICOTS (1 med=35g)	48	86	2	83%	10%	7%	11.1	1.4	0.4
09040	BANANAS (1 med, 7 to 7.9" long=118g)	89	75	3	93%	4%	3%	22.8	1.1	0.3
09042	BLACKBERRIES (1 cup=144g)	43	88	5	79%	11%	10%	9.6	1.4	0.5
09050	BLUEBERRIES (1 cup=145g; 1 pint as purchased, yields=402g; 50 berries=68g)	57	84	2	92%	4%	4%	14.5	0.7	0.3
09181	CANTALOUPE (1 med=552g, 5" diam; 1 cup cubes=160g)	34	90	1	87%	8%	5%	8.2	0.8	0.2
09183	CASABA MELONS (1 med=1640g; 1 cup cubes=170g)	28	92	1	84%	13%	3%	6.6	1.1	0.1
09070	CHERRIES, SWEET (1 cup with pits 117g; 1 fruit 6.8g)	63	82	2	91%	6%	3%	16.0	1.1	0.2
09078	CRANBERRIES (1 cup whole=95g)	46	87	5	95%	3%	2%	12.2	0.4	0.1
09084	CURRANTS, RED & WHITE (1 cup=112g)	56	84	4	89%	8%	3%	13.8	1.4	0.2
09089	FIGS (1 med, 2.25" diam=50g)	74	79	3	93%	4%	3%	19.2	0.8	0.3
09111	GRAPEFRUIT, PINK & RED & WHITE (1 med, 4" diam=256g)	32	91	1	91%	6%	3%	8.1	0.6	0.1
09131	GRAPES, AMERICAN (slip skin) (1 cup=92g; 1 grape=2.4g)	67	81	1	92%	3%	5%	17.2	0.6	0.4
09132	GRAPES, RED or GREEN (European) (1 cup with seeds, yields=54g)	69	81	1	95%	3%	2%	18.1	0.7	0.2
09184	HONEYDEW MELONS (1 melon, 6-7" diam=1280g; 1 cup diced, 20 pcs=170g)	36	90	1	93%	5%	2%	9.1	0.5	0.1
09148	KIWI FRUIT (1 med=76g)	61	83	3	87%	6%	7%	14.7	1.1	0.5
09150	LEMONS (1 fruit, 2.4" diam=84g)	29	89	3	78%	13%	9%	9.3	1.1	0.3
09159	LIMES (1 fruit, 2" diam=67g)	30	88	3	86%	8%	6%	10.5	0.7	0.2
09176	MANGOS (1 fruit=207g; 1 cup sliced=165g)	65	82	2	93%	3%	4%	17.0	0.5	0.3
09191	NECTARINES (1 fruit, 2.5" diam=136g)	44	88	2	86%	8%	6%	10.6	1.1	0.3
09201	ORANGES, CALIFORNIA (Valencia) (1 fruit, 2.6" diam=121g)	49	86	3	88%	7%	5%	11.9	1.0	0.3
09202	ORANGES, NAVELS (1 fruit, 2.9" diam=140g)	49	86	2	91%	6%	3%	12.5	0.9	0.2
09226	PAPAYAS (1 med, 5.1" longx3" diam=304g; 1 cup cubes=140g)	39	89	2	93%	5%	2%	9.8	0.6	0.1
09236	PEACHES (1 med, 2.5" diam, approx 4 per lb=98g)	39	89	2	86%	8%	6%	9.5	0.9	0.3
09252	PEARS (1 med, approx 2.5 per lb=166g)	58	84	3	97%	2%	1%	15.5	0.4	0.1
09340	PEARS, ASIAN (1 fruit, 3.4" high, 3" diam=275g)	42	88	4	92%	4%	4%	10.7	0.5	0.2
09263	PERSIMMONS, JAPANESE (fuyu) (1 fruit, 2.5" diam=168g)	70	80	4	95%	3%	2%	18.6	0.6	0.2
09266	PINEAPPLE (1 fruit=472g, 1 cup diced=155g)	48	86	1	94%	4%	2%	12.6	0.5	0.1
09279	PLUMS (1 fruit, 2.1" diam=66g; 1 cup sliced=165g)	46	87	1	90%	5%	5%	11.4	0.7	0.3
09286	POMEGRANATES (1 fruit, 3.4" diam=154g)	68	81	1	91%	5%	4%	17.2	1.0	0.3
09302	RASPBERRIES (1 cup=123g; 1 pint as purchased, yields=312g; 10 berries=19g)	52	86	7	81%	8%	11%	11.9	1.2	0.7
09316	STRAWBERRIES (1 med, 1.25" diam=12g; 1 cup sliced=166g)	32	91	2	85%	7%	8%	7.7	0.7	0.3
09218	TANGERINES (Mandarin oranges) (1 med, 2.4" diam=84g; 1 cup sections=195g)	53	85	2	90%	5%	5%	13.3	0.8	0.3
09326	WATERMELON (1 melon, 15" long, 7.5" diam=4518g; 1 cup diced=152g)	30	91	0	87%	7%	6%	7.6	0.6	0.2
<b>Simple average</b>		<b>50</b>	<b>86</b>	<b>2</b>	<b>89%</b>	<b>6%</b>	<b>5%</b>	<b>12.7</b>	<b>0.8</b>	<b>0.3</b>
<b>High-Calorie Fruits</b>										
09087	DATES, DEGLET NOOR (1 med=8.3g)	282	21	8	96%	3%	1%	75.0	2.5	0.4
09421	DATES, MEDJOL (1 med, pitted=24g)	277	21	7	97%	2%	1%	75.0	1.8	0.2
09265	PERSIMMONS, NATIVE (1 fruit=25g)	127	64	-	95%	2%	3%	33.5	0.8	0.4
09298	RAISINS, SEEDLESS (1 cup packed=165g)	299	15	4	96%	3%	1%	79.2	3.1	0.5



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<b>Tropical Fruits</b>										
09059	BREADFRUIT (1/4 small=96g)	103	71	5	94%	4%	2%	27.1	1.1	0.2
09062	CHERIMOYA (1 fruit=547g)	74	79	2	86%	7%	7%	17.7	1.6	0.6
09422	DURIAN (1 cup, chopped=243g)	147	65	4	67%	3%	30%	27.1	1.5	5.3
09139	GUAVAS, COMMON (1 fruit=90g; 1 cup=165g)	68	81	5	77%	12%	11%	14.3	2.5	0.9
09140	GUAVAS, STRAWBERRY (1 fruit=6g; 1 cup=244g)	69	81	5	90%	3%	7%	17.4	0.6	0.6
09144	JACKFRUIT (1 cup sliced=165g)	94	73	2	92%	5%	3%	24.0	1.5	0.3
09164	LYCHEE (1 cup=190g; 1 fruit=9.6g)	66	82	1	91%	4%	5%	16.5	0.8	0.4
09175	MAMMY-APPLE (mamey) (1 fruit=846g)	51	86	3	89%	3%	8%	12.5	0.5	0.5
09231	PASSION FRUIT, PURPLE (1 fruit=18g; 1 cup=236g)	97	73	10	86%	8%	6%	23.4	2.2	0.7
09313	SAPODILLA (1 fruit=170g; 1 cup pulp=241g)	83	78	5	87%	2%	11%	20.0	0.4	1.1
09314	SAPOTES (marmalade plum) (1 fruit=225g)	134	62	3	91%	5%	4%	33.8	2.1	0.6
09315	SOURSOP (1 fruit, 7"x5.25" diam=625g; 1 cup pulp=225g)	66	81	3	91%	5%	4%	16.8	1.0	0.3
09321	SUGAR-APPLES (sweetsop) (1 fruit, 2.9" diam=155g; 1 cup pulp=250g)	94	73	4	89%	8%	3%	23.6	2.1	0.3
09322	TAMARINDS (1 fruit, 3x1"=2g)	239	31	5	94%	4%	2%	62.5	2.8	0.6
<b>Fruit Juices</b>										
09152	LEMON JUICE (1 cup=244g; 1 fruit yields 47g)	25	91	0	95%	5%	0%	8.6	0.4	0.0
09160	LIME JUICE (1 cup=246g; 1 fruit yields 38g)	25	91	0	92%	5%	3%	8.4	0.4	0.1
09206	ORANGE JUICE (1 cup=248g; 1 fruit yields 86g)	45	88	0	91%	5%	4%	10.4	0.7	0.2
<b>Nonsweet Fruits</b>										
11205	CUCUMBER (with peel) (1 fruit, 8.25"=301g)	15	95	1	83%	11%	6%	3.6	0.7	0.1
11209	EGGPLANT (1 cup cubes=82g)	24	92	3	83%	10%	7%	5.7	1.0	0.2
11278	OKRA (1 cup=100g)	31	90	3	81%	16%	3%	7.0	2.0	0.1
11951	PEPPERS, SWEET YELLOW (1 large, 3.75" long, 3" diam=186g)	27	92	1	85%	9%	6%	6.3	1.0	0.2
11821	PEPPERS, SWEET RED (1 med, 2.75" long, 2.5" diam=119g; 1 cup chopped=149g)	26	92	2	81%	9%	10%	6.0	1.0	0.3
11422	PUMPKIN (1 cup, 1" cubes=116g)	26	92	1	88%	9%	3%	6.5	1.0	0.1
11467	SQUASH, SUMMER, crook & straightneck (1 cup sliced=130g)	19	94	2	79%	12%	9%	4.0	0.9	0.2
11482	SQUASH, WINTER, ACORN (1 cup cubes=140g; 1 squash, 4" diam=431g)	40	88	2	93%	5%	2%	10.4	0.8	0.1
11485	SQUASH, WINTER, BUTTERNUT (1 cup cubes=140g)	45	86	2	93%	5%	2%	11.7	1.0	0.1
11489	SQUASH, WINTER, HUBBARD (1 cup cubes=116g)	40	88	0	78%	12%	10%	8.7	2.0	0.5
11492	SQUASH, WINTER, SPAGHETTI (1 cup cubes=101g)	31	92	0	79%	5%	16%	6.9	0.6	0.6
11953	SQUASH, ZUCCHINI, BABY (1 medium=11g)	21	93	1	53%	31%	16%	3.1	2.7	0.4
11477	SQUASH, ZUCCHINI, INCL. SKIN (1 med=196g; 1 cup chopped=124g)	16	95	1	72%	18%	10%	3.4	1.2	0.2
11954	TOMATILLOS (1 med=34g; 1 cup chopped or diced=132g)	32	92	2	66%	8%	26%	5.8	1.0	1.0
11527	TOMATOES, GREEN (1 med=123g; 1 cup=180g)	23	93	1	80%	13%	7%	5.1	1.2	0.2
11695	TOMATOES, ORANGE (1 fruit=111g; 1 cup chopped=158g)	16	95	1	72%	18%	10%	3.2	1.2	0.2
11529	TOMATOES, RED (year-rnd avg) (1 med, 2.6" diam=123g; 1 cup chopped/sliced=180g)	18	95	1	79%	12%	9%	3.9	0.9	0.2
11696	TOMATOES, YELLOW (1 fruit=212g; 1 cup chopped=139g)	15	95	1	67%	16%	17%	3.0	1.0	0.3
<b>Simple average</b>		<b>26</b>	<b>92</b>	<b>1</b>	<b>78%</b>	<b>12%</b>	<b>9%</b>	<b>5.8</b>	<b>1.2</b>	<b>0.3</b>
11955	TOMATOES, SUN-DRIED (1 cup=54g; 1 piece=2g)	258	15	12	77%	13%	10%	55.8	14.1	3.0



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11959	ARUGULA (1 cup=20g)	25	92	2	52%	25%	23%	3.7	2.6	0.7
11011	ASPARAGUS (1 med spear, 5.25-7" long=16g)	20	93	2	69%	27%	4%	3.9	2.2	0.1
11052	BEANS, SNAP, GREEN (1 cup=110g; 10 beans, 4" long=55g)	31	90	3	83%	14%	3%	7.1	1.8	0.1
11080	BEETS (1 beet, 2" diam=82g; 1 cup=136g)	43	88	3	86%	10%	4%	9.6	1.6	0.2
11090	BROCCOLI (1 cup chopped=88g; 1 spear, 5" long=31g)	34	89	3	70%	20%	10%	6.6	2.8	0.4
11098	BRUSSELS SPROUTS (1 sprout=19g; 1 cup=88g)	43	86	4	75%	19%	6%	8.9	3.4	0.3
11109	CABBAGE (1 med head, 5.75" diam=908g; 1 cup shredded=70g)	24	92	2	83%	14%	3%	5.6	1.4	0.1
11112	CABBAGE, RED (1 med head, 5.5" diam=1134g; 1 cup shredded=70g)	31	90	2	84%	11%	5%	7.4	1.4	0.2
11124	CARROTS (1 large, 7.25-8.5"=72g; 1 cup chopped=128g; 1 cup grated=110g)	41	88	3	90%	6%	4%	9.6	0.9	0.2
11135	CAULIFLOWER (1 med head, 5-6" diam=575g; 1 cup=100g)	25	92	3	77%	20%	3%	5.3	2.0	0.1
11143	CELERY (1 med stalk, 7.5-8" long=40g; 1 cup diced=120g)	14	95	2	76%	12%	12%	3.0	0.7	0.2
11147	CHARD, SWISS (1 cup=36g)	19	93	2	68%	23%	9%	3.7	1.8	0.2
11161	COLLARDS (1 cup chopped=36g)	30	91	4	69%	20%	11%	5.7	2.5	0.4
11165	CILANTRO (Chinese parsley) (1 cup=16g)	23	92	3	60%	22%	18%	3.7	2.1	0.5
11207	DANDELION GREENS (1 cup chopped=55g)	45	86	4	72%	15%	13%	9.2	2.7	0.7
11957	FENNEL, BULB (1 cup sliced=87g; 1 bulb=234g)	31	90	3	86%	9%	5%	7.3	1.2	0.2
11603	JICAMA, RAW (1 cup=130g; 1 medium=659g)	38	90	5	93%	5%	2%	8.8	0.7	0.1
11233	KALE (1 cup chopped=67g)	50	84	2	72%	16%	12%	10.0	3.3	0.7
11244	LAMBSQUARTERS (no portion available)	43	84	4	60%	24%	16%	7.3	4.2	0.8
11250	LETTUCE, BUTTER, BOSTON, BIBB (1 head, 5" diam=163g; 1 cup chopped=55g)	13	96	1	61%	26%	13%	2.2	1.4	0.2
11251	LETTUCE, ROMAINE (1 cup shredded=56g)	17	95	2	68%	17%	15%	3.3	1.2	0.3
11252	LETTUCE, ICEBERG (1 cup chopped=55g; 1 medium head, 6" diam=539g)	14	96	1	78%	16%	6%	3.0	0.9	0.1
11253	LETTUCE, GREEN LEAF (1 cup shredded=56g)	15	95	1	66%	23%	11%	2.8	1.4	0.2
11298	PARSNIPS (1 cup slices=133g)	75	80	5	93%	4%	3%	18.0	1.2	0.3
11300	PEAS, EDIBLE-PODDED (1 cup chopped=98g; 10 pods=34g)	42	89	3	73%	23%	4%	7.6	2.8	0.2
11304	PEAS, GREEN (1 cup=145g)	81	79	5	73%	23%	4%	14.5	5.4	0.4
11429	RADISHES (1 cup slices=116g)	16	95	2	83%	12%	5%	3.4	0.7	0.1
11457	SPINACH (1 cup=30g)	23	91	2	54%	31%	15%	3.6	2.9	0.4
11591	WATERCRESS (1 cup chopped=34g)	11	95	1	41%	51%	8%	1.3	2.3	0.1
<b>Simple average</b>		<b>32</b>	<b>90</b>	<b>3</b>	<b>73%</b>	<b>19%</b>	<b>9%</b>	<b>6.4</b>	<b>2.1</b>	<b>0.3</b>
<b>Sprouts (only green sprouts recommended)</b>										
11001	ALFALFA SEEDS, SPROUTED (1 cup=33g)	29	91	3	46%	34%	20%	3.8	4.0	0.7
11043	MUNG BEANS, SPROUTED (1 cup=104g)	30	90	2	70%	24%	6%	5.9	3.0	0.2
11316	PEAS, MATURE SEEDS, SPROUTED (1 cup=120g)	128	62	0	78%	17%	5%	28.3	8.8	0.7
11248	LENTILS, SPROUTED (1 cup=77g)	106	67	0	75%	21%	4%	22.1	9.0	0.6
11676	RADISH SEEDS, SPROUTED (1 cup=38g)	43	90	0	29%	22%	49%	3.6	3.8	2.5
<b>Onions, garlic, mushrooms (not recommended)</b>										
11215	GARLIC (1 clove=3g)	149	59	2	85%	12%	3%	33.1	6.4	0.5
11282	ONIONS (1 med, 2.5" diam=110g; 1 cup chopped=160g)	42	89	1	92%	6%	2%	10.1	0.9	0.1
11266	MUSHROOMS, BROWN, ITALIAN, OR CRIMINI, RAW (1 mushroom=14g)	22	92	1	66%	30%	4%	4.1	2.5	0.1



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<b>Fatty Fruits</b>										
09038	AVOCADOS, CALIFORNIA (1 fruit=173g)	167	72	7	19%	4%	77%	8.6	2.0	15.4
09039	AVOCADOS, FLORIDA (1 fruit=304g)	120	79	6	24%	6%	70%	7.8	2.2	10.1
09193	OLIVES, RIPE, CANNED (small to extra large) (1 small=3.2g; 1 large=4.4g)	115	80	3	20%	2%	78%	6.3	0.8	10.7
12104	COCONUT MEAT (mature) (meat from 1 medium coconut=397g)	354	47	9	18%	3%	79%	15.2	3.3	33.5
12108	COCONUT MEAT, DRIED (no portion available)	660	3	16	14%	4%	82%	23.6	6.9	64.5
12115	COCONUT CREAM (liquid from meat) (1 tbsp=15g; 1 cup=240g)	330	54	2	8%	4%	88%	6.7	3.6	34.7
12117	COCONUT MILK (liquid from meat & H2O) (1 tbsp=15g; 1 cup=240g)	230	68	2	10%	3%	87%	5.5	2.3	23.8
12119	COCONUT WATER (liq from coconuts) (1 coconut=206g; 1 tbsp=15g; 1 cup=240g)	19	95	1	78%	13%	9%	3.7	0.7	0.2
<b>Nuts</b>										
12061	ALMONDS (1 cup whole=142g; 1 cup ground=95g; 1 oz, 24 whole=28g)	578	5	12	14%	13%	73%	19.7	21.3	50.6
12078	BRAZILNUTS, DRIED, UNBLANCHED (1 cup, 32 nuts=140g; 1 oz, 6-8 nuts=28g)	656	3	8	7%	8%	85%	12.3	14.3	66.4
12087	CASHEW NUTS (no portion available)	553	5	3	23%	11%	66%	30.2	18.2	43.8
12120	HAZELNUTS OR FILBERTS (1 cup whole=135g; 10 nuts=14g)	628	5	10	11%	8%	81%	16.7	14.9	60.8
12131	MACADAMIA NUTS (1 cup whole or halves=132g; 1 oz, 10-12 nuts=28g)	718	1	9	8%	4%	88%	13.8	7.9	75.8
16087	PEANUTS, ALL TYPES (1 cup=146g)	567	7	9	11%	16%	73%	16.1	25.8	49.2
12142	PECANS (1 cup halves=108g; 1 oz, 20 halves=28g)	691	4	10	8%	5%	87%	13.9	9.2	72.0
12147	PINE NUTS, DRIED (1 cup=136g; 1 tbsp=8.6g; 10 nuts=1.8g)	673	2	4	8%	7%	85%	13.1	13.7	68.4
12149	PINE NUTS, PINYON, DRIED (10 nuts=1g)	629	6	11	13%	6%	81%	19.3	11.6	61.0
12151	PISTACHIO NUTS (1 cup=128g; 1 oz=47 nuts=28g)	557	4	10	20%	13%	67%	28.0	20.6	44.4
12154	WALNUTS, BLACK, DRIED (1 cup chopped=125g; 1 tbsp=7.8g)	618	5	7	6%	14%	80%	9.9	24.1	59.0
12155	WALNUTS, ENGLISH (1 cup, 50 halves=100g; 1 oz, 14 halves=28g)	654	4	7	9%	8%	83%	13.7	15.2	65.2
<b>Simple average</b>		<b>627</b>	<b>4</b>	<b>8</b>	<b>12%</b>	<b>9%</b>	<b>79%</b>	<b>17.2</b>	<b>16.4</b>	<b>59.7</b>
12097	CHESTNUTS, EUROPEAN, UNPEELED (1 cup=145g)	213	5	3	87%	4%	9%	45.5	2.4	2.3
<b>Seeds</b>										
12220	FLAXSEED (1 cup=155g; 1 tbsp=12g)	492	9	28	28%	14%	58%	34.3	19.5	34.0
12014	PUMPKIN & SQUASH SD KRNLs, DRIED (1 cup=138g; 1 oz, 142 seeds=28g)	541	7	4	13%	16%	71%	17.8	24.5	45.8
12023	SESAME SEEDS, WHOLE, DRIED (1 cup=144g; 1 tbsp=9g)	573	5	12	16%	11%	73%	23.5	17.7	49.7
12036	SUNFLOWER SEED KERNELS, DRIED (1 cup=144g)	570	5	11	13%	14%	73%	18.8	22.8	49.6
<b>Simple average</b>		<b>544</b>	<b>7</b>	<b>14</b>	<b>18%</b>	<b>14%</b>	<b>69%</b>	<b>23.6</b>	<b>21.1</b>	<b>44.8</b>
<b>Butters</b>										
12195	ALMOND BUTTER (1 cup=250g; 1 tbsp=16g)	633	1	4	14%	8%	78%	21.2	15.1	59.1
12588	CASHEW BUTTER (1 tbsp=16g)	587	3	2	20%	10%	70%	27.6	17.6	49.4
12198	SESAME BUTTER, TAHINI (1 tbsp=15g)	570	3	9	19%	11%	70%	26.2	17.8	48.0
<b>Simple average</b>		<b>597</b>	<b>2</b>	<b>5</b>	<b>18%</b>	<b>10%</b>	<b>73%</b>	<b>25.0</b>	<b>16.8</b>	<b>52.2</b>
<b>Oils (not recommended)</b>										
04042	OIL, ALL VEGETABLE (1 cup=216g; 1 tbsp=13.5g)	884	0	0	0%	0%	100%	0.0	0.0	100.0
04047	OIL, COCONUT (1 cup=216g; 1 tbsp=13.6g)	862	0	0	0%	0%	100%	0.0	0.0	100.0



USDA NDB_NO	All numbers per 100 grams or 3.5 oz., edible portion only. All equivalents (including aberrations & inconsistencies) come from the USDA database.	Cal 100g	Water g/100g	Fiber g/100g	Carbs % Cal	Protein % Cal	Fat % Cal	Carbs grams	Protein grams	Fat grams
<b>Grains</b>										
20005	BARLEY, PEARLED (1 cup=200g)	352	10	16	87%	10%	3%	77.7	9.9	1.2
20001	AMARANTH (1 cup=195g)	374	10	15	72%	13%	15%	66.2	14.5	6.5
20008	BUCKWHEAT (1 cup=170g)	343	10	10	79%	13%	8%	71.5	13.3	3.4
20031	MILLET (1 cup=200g)	378	9	9	80%	11%	9%	72.9	11.0	4.2
20035	QUINOA (1 cup=170g)	374	9	6	75%	12%	13%	68.9	13.1	5.8
20072	WHEAT, HARD RED WINTER (1 cup=192g)	327	13	12	82%	14%	4%	71.2	12.6	1.5
20087	WHEAT, SPROUTED (1 cup=108g)	198	48	1	81%	14%	5%	42.5	7.5	1.3
20088	WILD RICE (1 cup=160g)	357	8	6	82%	15%	3%	74.9	14.7	1.1
<b>Simple average</b>		<b>338</b>	<b>15</b>	<b>9</b>	<b>80%</b>	<b>13%</b>	<b>8%</b>	<b>68.2</b>	<b>12.1</b>	<b>3.1</b>
<b>Starches</b>										
1167	CORN, SWEET, YELLOW (1 cup=154g; 1 med ear, 6.9-7"=90g)	86	76	3	79%	10%	11%	19.0	3.2	1.2
11674	POTATO, BAKED, FLESH & SKIN (1 med, 2.4"-4.75" long=202g; 1/2 cup=61g)	93	75	2	92%	7%	1%	21.2	2.5	0.1
20037	RICE, BROWN, LONG-GRAIN, COOKED (1 cup=95g)	111	73	2	85%	8%	7%	23.0	2.6	0.9
20045	RICE, WHITE, LONG-GRAIN, COOKED (1 cup=158g)	130	68	0	90%	8%	2%	28.2	2.7	0.3
20125	SPAGHETTI NOODLES, WHOLE-WHEAT, COOKED (1 cup=140g)	124	67	5	81%	15%	4%	26.5	5.3	0.5
11507	SWEET POTATO (1 med, 5" long=130g; 1 cup cubes=133g)	86	77	3	95%	5%	0%	20.1	1.6	0.1
11601	YAM (1 cup cubes=150g)	118	70	4	95%	4%	1%	27.9	1.5	0.2
<b>Simple average</b>		<b>107</b>	<b>72</b>	<b>3</b>	<b>88%</b>	<b>8%</b>	<b>4%</b>	<b>23.7</b>	<b>2.8</b>	<b>0.5</b>
<b>Animal Products</b>										
05064	CHICKEN, BREAST MEAT ONLY, ROASTED (1/2 breast=86g)	165	65	0	0%	80%	20%	0.0	31.0	3.6
05069	CHICKEN, DRUMSTICK, MEAT & SKIN, ROASTED (1 drumstk=52g; 1 cup diced=140g)	216	63	0	0%	53%	47%	0.0	27.0	11.2
05182	TURKEY, LT MEAT & SKIN, ROASTED (1 cup chopped=140g)	197	63	0	0%	62%	38%	0.0	28.6	8.3
13281	BEEF, TOP SIRLOIN, 1/4" FAT, CHOICE, PAN-FRIED (yield from 1 lb raw=307g)	326	48	0	0%	37%	63%	0.0	28.1	22.8
13581	BEEF, RIBS 6-12, 1/2" FAT, PRIME, BROILED (yield from 1 lb raw=294g)	408	43	0	0%	22%	78%	0.0	21.1	35.2
23570	BEEF, GROUND, LEAN/15% FAT, PAN-BROWNED (yield from 1/2 lb raw=149g)	256	56	0	0%	46%	54%	0.0	27.7	15.3
15121	TUNA, LIGHT, CANNED IN WATER, DRAINED (1 cup=154g; 1 can, 12.5 oz=315g)	116	75	0	0%	94%	6%	0.0	25.5	0.8
15077	SALMON, CHINOOK, SMOKED (1 oz=28.4g; 1 cup cooked=136g)	117	72	0	0%	67%	33%	0.0	18.3	4.3
15151	SHRIMP, COOKED, MOIST HEAT (3 oz=85g; 4 large=22g)	99	77	0	0%	90%	10%	0.0	20.9	1.1
01128	EGG, WHOLE, FRIED (1 large=46g)	201	69	0	1%	30%	69%	0.9	13.6	15.3
01131	EGG, WHOLE, POACHED (1 large=50g)	147	76	0	2%	37%	61%	0.8	12.5	9.9
01080	MILK, REDUCED FAT, 2% MILKFAT (1 cup=246g)	51	89	0	38%	29%	33%	5.0	3.5	1.9
01009	CHEESE, CHEDDAR (1 cup shredded=113g; 1 cup diced=132g; 1 oz=28g)	403	37	0	2%	26%	72%	1.3	24.9	33.1
01015	CHEESE, COTTAGE, LOWFAT, 2% MILKFAT (1 cup not packed=226g; 4 oz=113g)	90	79	0	16%	65%	19%	3.6	13.7	1.9
01017	CHEESE, CREAM (1 small package, 3 oz=85g)	349	54	0	3%	9%	88%	2.7	7.6	34.9
01117	YOGURT, PLAIN, LOWFAT (1 container, 8 oz=227g)	63	85	0	42%	36%	22%	7.0	5.3	1.6

**WHY THIS GUIDE?** Easy comparison of the macronutrients in entire food categories, at a glance! ♦ Nutrients listed both in 100-gram portions and as a % of calories ♦ Foods selected for relevance to the raw-food enthusiast ♦ The ONLY source for all this information in one place!

**WE ALSO RECOMMEND** [www.NutriDiary.com](http://www.NutriDiary.com) OR [www.FitDay.com](http://www.FitDay.com)—for free online analysis of single foods, meals, or daily intake.

Learn more about the low-fat raw vegan lifestyle in *The 80/10/10 Diet*, available from [www.FoodnSport.com](http://www.FoodnSport.com). 28-day meal plan included.