**% of Daily Requirements from 100 Calories of Wheat bran, crude**

Amount for 100 calories is 1.6 ounces or 46 grams

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>11%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiber</td>
<td>66%</td>
</tr>
<tr>
<td>Sugars, total</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fats</th>
<th>4%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated</td>
<td>2%</td>
</tr>
<tr>
<td>Trans fats</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>1%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>5%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proteins</th>
<th>7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histidine*</td>
<td>6%</td>
</tr>
<tr>
<td>Isoleucine*</td>
<td>5%</td>
</tr>
<tr>
<td>Leucine*</td>
<td>4%</td>
</tr>
<tr>
<td>Lysine*</td>
<td>3%</td>
</tr>
<tr>
<td>Methionine*</td>
<td>2%</td>
</tr>
<tr>
<td>Cystine</td>
<td>4%</td>
</tr>
<tr>
<td>Phenylalanine*</td>
<td>3%</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>2%</td>
</tr>
<tr>
<td>Threonine*</td>
<td>5%</td>
</tr>
<tr>
<td>Tryptophan*</td>
<td>11%</td>
</tr>
<tr>
<td>Valine*</td>
<td>6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamins</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Thiamin (B-1)</td>
</tr>
<tr>
<td>Riboflavin (B-2)</td>
</tr>
<tr>
<td>Niacin (B-3)</td>
</tr>
<tr>
<td>Pantothenic acid</td>
</tr>
<tr>
<td>Vitamin B-6</td>
</tr>
<tr>
<td>Folate</td>
</tr>
<tr>
<td>Vitamin B-12</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Vitamin D</td>
</tr>
<tr>
<td>Vitamin E</td>
</tr>
<tr>
<td>Vitamin K</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Copper</td>
</tr>
<tr>
<td>Iron</td>
</tr>
<tr>
<td>Magnesium</td>
</tr>
<tr>
<td>Manganese</td>
</tr>
<tr>
<td>Phosphorus</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Selenium</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Zinc</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta-carotene</td>
</tr>
<tr>
<td>Lycopene</td>
</tr>
<tr>
<td>Phytosterols</td>
</tr>
<tr>
<td>Retinol</td>
</tr>
</tbody>
</table>

**Food Evaluation**

| Vitamin Score | 174 |
| Mineral Score | 777 |
| Protein Score | 263 |
| Fiber Score | 843 |

**Caloric Content**

- Carbohydrates: 70%
- Proteins: 13%
- Fats: 17%

**Health Costs**

At $0.99 per pound, the cost of all displayed nutrients is **$0.10**

Net nutrition per dollar is **4832**

100% of purchased food is edible

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number: 20077
Food Group Code: 2000

**USDA food number:** 20077

**Food Group Code:** 2000
## Soybeans

### Nutrient Percentages

- **Carbohydrates**: 30%
- **Proteins**: 40%
- **Total Nutrients Score**: 240

### Nutrients

- **Fats**: 9%
  - Saturated: 4%
  - Trans fats: 0%
  - Cholesterol: 0%
  - Monounsaturated: 5%
  - Polyunsaturated: 12%
  - Omega-3 fats: 0%
  - Omega-6 fats: 0%

- **Proteins**: 9%
  - Histidine*: 8%
  - Isoleucine*: 10%
  - Leucine*: 7%
  - Lysine*: 7%
  - Methionine*: 3%
  - Cystine: 3%
  - Phenylalanine*: 6%
  - Tyrosine: 4%
  - Threonine*: 8%
  - Tryptophan*: 10%
  - Valine*: 8%

- **Vitamins**
  - Vitamin A: 0%
  - Thiamin (B-1): 11%
  - Riboflavin (B-2): 7%
  - Niacin (B-3): 2%
  - Pantothenic acid: 2%
  - Vitamin B-6: 4%
  - Folate: 23%
  - Vitamin B-12: 0%
  - Vitamin C: 2%
  - Vitamin D: 0%
  - Vitamin E: 1%
  - Vitamin K: 4%

- **Minerals**
  - Calcium: 5%
  - Copper: 20%
  - Iron: 21%
  - Magnesium: 13%
  - Manganese: 26%
  - Phosphorus: 8%
  - Potassium: 11%
  - Sodium: 0%
  - Zinc: 8%

- **Other Nutrients**
  - Beta-carotene
  - Lycopene
  - Phytosterols: 9%
  - Retinol: 0%

### Food Evaluation

- **Vitamin Score**: 95
- **Mineral Score**: 288
- **Protein Score**: 359
- **Fiber Score**: 95
- **Total Nutrients Score**: 240
- **Net Food Score**: 236
- **Unhealthy Score**: 3

<table>
<thead>
<tr>
<th>Percent(%) of food item's weight that is water:</th>
<th>Water</th>
<th>9%</th>
</tr>
</thead>
</table>

### Caloric Content

- **Carbohydrates**: 29%
- **Proteins**: 30%
- **Fats**: 40%

### Health Costs

- **At $0.99 per pound, the cost of all displayed nutrients is **$0.05**
- **Net nutrition per dollar is 4504**
- **100% of purchased food is edible**

---

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16108  
Food Group Code 1600
% of Daily Requirements from 100 Calories of Lentils

Amount for 100 calories is 1.0 ounces or 28 grams

<table>
<thead>
<tr>
<th>Carbohydrates 6%</th>
<th>Proteins 7%</th>
<th>Vitamins</th>
<th>Minerals</th>
<th>Other Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiber 29%</td>
<td>Histidine* 7%</td>
<td>Vitamin A 0%</td>
<td>Calcium 1%</td>
<td>Beta-carotene 0%</td>
</tr>
<tr>
<td>Sugars, total 1%</td>
<td>Isoleucine* 8%</td>
<td>Thiamin (B-1) 12%</td>
<td>Copper 7%</td>
<td>Lycopene 0%</td>
</tr>
<tr>
<td>Fats 1%</td>
<td>Leucine* 6%</td>
<td>Riboflavin (B-2) 2%</td>
<td>Iron 12%</td>
<td>Phytosterols 0%</td>
</tr>
<tr>
<td>Saturated 0%</td>
<td>Lysine* 6%</td>
<td>Niacin (B-3) 3%</td>
<td>Magnesium 7%</td>
<td>Retinol 0%</td>
</tr>
<tr>
<td>Trans fats 0%</td>
<td>Methionine* 2%</td>
<td>Pantothenic acid 6%</td>
<td>Manganese 16%</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0%</td>
<td>Cystine 2%</td>
<td>Vitamin B-6 6%</td>
<td>Selenium 3%</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated 0%</td>
<td>Phenylalanine* 5%</td>
<td>Folate 34%</td>
<td>Sodium 0%</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated 1%</td>
<td>Tyrosine 3%</td>
<td>Vitamin B-12 0%</td>
<td>Zinc 9%</td>
<td></td>
</tr>
<tr>
<td>Omega-3 fats 0%</td>
<td>Threonine* 6%</td>
<td>Vitamin C 1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Omega-6 fats 0%</td>
<td>Tryptophan* 6%</td>
<td>Vitamin D</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Valine* 7%</td>
<td>Vitamin E 1%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vitamin K 0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Food Evaluation

Vitamin Score 117  
Mineral Score 168  
Protein Score 283  
Fiber Score 368  
Total Nutrients Score 206  
Net Food Score 205  
Unhealthy Score 1

Caloric Content
Carbohydrates 68%  
Proteins 29%  
Fats 3%

Health Costs
At $0.99 per pound, the cost of all displayed nutrients is $0.06  
Net nutrition per dollar is 3315  
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16069  
Food Group Code 1600
**% of Daily Requirements from 100 Calories of Mung beans**

Amount for 100 calories is **1.0 ounces or 29 grams**

<table>
<thead>
<tr>
<th>Carbohydrates</th>
<th>7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiber</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars, total</td>
<td>3%</td>
</tr>
</tbody>
</table>

**Fats** 1%

<table>
<thead>
<tr>
<th>Saturated</th>
<th>1%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trans fats</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>1%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Proteins</th>
<th>7%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Histidine*</td>
<td>6%</td>
</tr>
<tr>
<td>Isoleucine*</td>
<td>7%</td>
</tr>
<tr>
<td>Leucine*</td>
<td>6%</td>
</tr>
<tr>
<td>Lysine*</td>
<td>5%</td>
</tr>
<tr>
<td>Methionine*</td>
<td>2%</td>
</tr>
<tr>
<td>Cystine</td>
<td>1%</td>
</tr>
<tr>
<td>Phenylalanine*</td>
<td>5%</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>3%</td>
</tr>
<tr>
<td>Threonine*</td>
<td>5%</td>
</tr>
<tr>
<td>Tryptophan*</td>
<td>6%</td>
</tr>
<tr>
<td>Valine*</td>
<td>6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vitamins</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>1%</td>
</tr>
<tr>
<td>Thiamin (B-1)</td>
<td>9%</td>
</tr>
<tr>
<td>Riboflavin (B-2)</td>
<td>2%</td>
</tr>
<tr>
<td>Niacin (B-3)</td>
<td>3%</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamin B-6</td>
<td>5%</td>
</tr>
<tr>
<td>Folate</td>
<td>45%</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minerals</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>3%</td>
</tr>
<tr>
<td>Copper</td>
<td>14%</td>
</tr>
<tr>
<td>Iron</td>
<td>11%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>11%</td>
</tr>
<tr>
<td>Manganese</td>
<td>13%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>5%</td>
</tr>
<tr>
<td>Potassium</td>
<td>9%</td>
</tr>
<tr>
<td>Selenium</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0%</td>
</tr>
<tr>
<td>Zinc</td>
<td>5%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beta-carotene</td>
</tr>
<tr>
<td>Lycopene</td>
</tr>
<tr>
<td>Phytosterols</td>
</tr>
<tr>
<td>Retinol</td>
</tr>
</tbody>
</table>

**Food Evaluation**

- **Vitamin Score**: 128
- **Mineral Score**: 179
- **Protein Score**: 258
- **Fiber Score**: 200
- **Total Nutrients Score**: 199
- **Net Food Score**: 195
- **Unhealthy Score**: 4

**Caloric Content**

- Carbohydrates: 73%
- Proteins: 24%
- Fats: 3%

**Health Costs**

At $0.99 per pound, the cost of all displayed nutrients is $0.06.

Net nutrition per dollar is 3102.

100% of purchased food is edible.

---

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number: 16080
Food Group Code: 1600
### % of Daily Requirements from 100 Calories of Cranberry beans

**Amount for 100 calories is 1.1 ounces or 30 grams**

#### Carbohydrates
- Fiber: 25%
- Sugars, total: 7%

#### Proteins
- Histidine*: 6%
- Isoleucine*: 7%
- Leucine*: 6%
- Lysine*: 5%
- Methionine*: 2%
- Cystine: 2%
- Phenylalanine*: 5%
- Tyrosine: 2%
- Threonine*: 6%
- Tryptophan*: 7%
- Valine*: 6%

#### Fats
- Saturated: 1%
- Trans fats: 0%
- Cholesterol: 0%
- Monounsaturated: 0%
- Polyunsaturated: 1%
- Omega-3 fats: 0%
- Omega-6 fats: 0%

#### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 11%
- Riboflavin (B-2): 2%
- Niacin (B-3): 2%
- Pantothenic acid: 2%
- Vitamin B-6: 4%
- Folate: 45%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 1%
- Vitamin K: 0%

#### Minerals
- Calcium: 3%
- Copper: 12%
- Iron: 8%
- Magnesium: 9%
- Manganese: 12%
- Phosphorus: 6%
- Potassium: 10%
- Sodium: 0%
- Zinc: 7%

#### Other Nutrients
- Beta-carotene: 0%
- Lycopene: 0%
- Phytosterols: 0%
- Retinol: 0%

#### Food Evaluation
- **Vitamin Score**: 116
- **Mineral Score**: 175
- **Protein Score**: 268
- **Fiber Score**: 314
- **Total Nutrients Score**: 201
- **Net Food Score**: 201
- **Unhealthy Score**: 1

**SCORES** are based on 1000 as the maximum

#### Health Costs
At $0.99 per pound, the cost of all displayed nutrients is $0.07

Net nutrition per dollar is **3081**

100% of purchased food is edible

---

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16019  
Food Group Code 1600
## Fava beans

### Nutritional Information

- **Carbohydrates**: 6% (Fiber 24%, Sugars, total 3%)
- **Proteins**: 8% (Histidine* 6%, Isoleucine* 7%, Leucine* 6%, Lysine* 6%, Methionine* 1%, Cystine 2%, Phenylalanine* 4%, Tyrosine 3%, Threonine* 6%, Tryptophan* 6%, Valine* 6%)
- **Fats**: 1% (Saturated 0%, Trans fats 0%, Cholesterol 0%, Monounsaturated 0%, Polyunsaturated 1%, Omega-3 fats 0%, Omega-6 fats 0%)
- **Omega-6 fats**: 0%
- **Trans fats**: 0%
- **Monounsaturated Fats**: 0%
- **Polyunsaturated Fats**: 1%
- **Omega-3 Fats**: 0%
- **Saturated Fats**: 0%
- **Cholesterol**: 0%
- **Beta-carotene**: 0%
- **Copper**: 12%
- **Iron**: 11%
- **Magnesium**: 11%
- **Manganese**: 21%
- **Methionine***: 1%
- **Niacin (B-3)**: 4%
- **Pantothenic acid**: 3%
- **Vitamin A**: 0%
- **Riboflavin (B-2)**: 3%
- **Vitamin B-6**: 4%
- **Folate**: 31%
- **Vitamin B-12**: 0%
- **Vitamin B-1**: 8%
- **Vitamin B-2**: 3%
- **Vitamin C**: 0%
- **Vitamin D**: 0%
- **Vitamin E**: 0%
- **Vitamin B-6**: 4%
- **Vitamin B-12**: 0%
- **Selenium**: 3%
- **Sodium**: 0%
- **Potassium**: 8%
- **Phosphorus**: 6%
- **Vitamin A**: 0%
- **Phytosterols**: 8%
- **Retinol**: 0%
- **Zinc**: 6%
- **Histidine***: 6%
- **Threonine***: 6%
- **Tryptophan***: 6%
- **Valine***: 6%
- **Tyrosine**: 3%
- **Phenylalanine***: 4%
- **Cystine**: 2%
- **Leucine***: 6%
- **Lysine***: 6%
- **Isoleucine***: 7%
- **Methionine***: 1%
- **Folate**: 31%
- **Calcium**: 2%
- **Copper**: 12%
- **Iron**: 11%
- **Magnesium**: 11%
- **Manganese**: 21%
- **Methionine***: 1%
- **Niacin (B-3)**: 4%
- **Pantothenic acid**: 3%
- **Vitamin B-6**: 4%
- **Folate**: 31%
- **Vitamin B-12**: 0%
- **Vitamin B-2**: 3%
- **Vitamin C**: 0%
- **Vitamin D**: 0%
- **Vitamin E**: 0%
- **Vitamin K**: 1%
- **Zinc**: 6%
- **Water**: 11%

### Food Evaluation

- **Vitamin Score**: 97
- **Mineral Score**: 196
- **Protein Score**: 266
- **Fiber Score**: 312
- **Total Nutrients Score**: 199
- **Net Food Score**: 195
- **Caloric Content**: Carbohydrates 70%, Proteins 27%, Fats 4%
- **Unhealthy Score**: 3

### Health Costs

- At **$0.99** per pound, the cost of all displayed nutrients is **$0.06**.
- Net nutrition per dollar is **3054**.
- 100% of purchased food is edible.

### Daily percentages are for a fully grown, healthy adult.

**USDA food number**: 16052  **Food Group Code**: 1600
% of Daily Requirements from 100 Calories of
Great northern beans

Amount for 100 calories is 1.0 ounces or 29 grams

**Carbohydrates** 7%
- Fiber 20%
- Sugars, total 1%

**Fats** 1%
- Saturated 1%
- Trans fats
- Cholesterol 0%
- Monounsaturated 0%
- Polyunsaturated 1%
- Omega-3 fats 0%
- Omega-6 fats 0%

**Proteins** 6%
- Histidine* 6%
- Isoleucine* 7%
- Leucine* 5%
- Lysine* 5%
- Methionine* 2%
- Cystine 2%
- Phenylalanine* 4%
- Tyrosine 2%
- Threonine* 6%
- Tryptophan* 6%
- Valine* 6%

**Vitamins**
- Vitamin A 0%
- Thiamin (B-1) 10%
- Riboflavin (B-2) 2%
- Niacin (B-3) 3%
- Pantothenic acid 3%
- Vitamin B-6 5%
- Folate 36%
- Vitamin B-12 0%
- Vitamin C 2%
- Vitamin D
- Vitamin E 0%
- Vitamin K 1%

**Minerals**
- Calcium 4%
- Copper 12%
- Iron 9%
- Magnesium 11%
- Manganese 18%
- Phosphorus 7%
- Potassium 10%
- Sodium 0%
- Zinc 5%

**Other Nutrients**
- Beta-carotene 0%
- Lycopene 0%
- Phytosterols
- Retinol 0%

**Food Evaluation**

| Vitamin Score | 108 |
| Mineral Score | 197 |
| Protein Score | 251 |
| Fiber Score | 254 |

**Total Nutrients Score** 197

**Net Food Score** 196

**Health Costs**

At $0.99 per pound, the cost of all displayed nutrients is $0.06

Net nutrition per dollar is 3037

100% of purchased food is edible

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number 16024
Food Group Code 1600
### % of Daily Requirements from 100 Calories of Navy beans

**Amount for 100 calories is 1.0 ounces or 29 grams**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>7%</td>
</tr>
<tr>
<td>Protein</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamins</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>6%</td>
</tr>
<tr>
<td>Vitamins</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0%</td>
</tr>
<tr>
<td>Thiamin (B-1)</td>
<td>11%</td>
</tr>
<tr>
<td>Riboflavin (B-2)</td>
<td>2%</td>
</tr>
<tr>
<td>Niacin (B-3)</td>
<td>3%</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>2%</td>
</tr>
<tr>
<td>Vitamin B-6</td>
<td>5%</td>
</tr>
<tr>
<td>Folate</td>
<td>27%</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>0%</td>
</tr>
<tr>
<td>Minerals</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>3%</td>
</tr>
<tr>
<td>Copper</td>
<td>12%</td>
</tr>
<tr>
<td>Iron</td>
<td>9%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>10%</td>
</tr>
<tr>
<td>Manganese</td>
<td>18%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium</td>
<td>9%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0%</td>
</tr>
<tr>
<td>Zinc</td>
<td>7%</td>
</tr>
<tr>
<td>Other Nutrients</td>
<td></td>
</tr>
<tr>
<td>Beta-carotene</td>
<td>0%</td>
</tr>
<tr>
<td>Lycopene</td>
<td>0%</td>
</tr>
<tr>
<td>Phytosterols</td>
<td>0%</td>
</tr>
<tr>
<td>Retinol</td>
<td>0%</td>
</tr>
<tr>
<td>Fats</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated</td>
<td>0%</td>
</tr>
<tr>
<td>Trans fats</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>1%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>10%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Water</td>
<td>12%</td>
</tr>
</tbody>
</table>

**Food Evaluation**

- **Vitamin Score**: 90
- **Mineral Score**: 196
- **Protein Score**: 230
- **Fiber Score**: 192
- **Total Nutrients Score**: 197
- **Net Food Score**: 195
- **Unhealthy Score**: 2

**Caloric Content**

- **Carbohydrates**: 76%
- **Proteins**: 20%
- **Fats**: 4%

**Health Costs**

- At **$0.99** per pound, the cost of all displayed nutrients is **$0.06**
- Net nutrition per dollar is **3025**
- **100%** of purchased food is edible

---

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

**USDA food number**: 16037

**Food Group Code**: 1600
### % of Daily Requirements from 100 Calories of

**Amount for 100 calories is 1.0 ounces or 29 grams**

#### Yellow beans

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>22%</td>
</tr>
<tr>
<td>Proteins</td>
<td>6%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Fats</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated</td>
<td>1%</td>
</tr>
<tr>
<td>Trans fats</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>1%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Fiber</td>
<td>24%</td>
</tr>
</tbody>
</table>

#### Food Evaluation

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>6%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>6%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
</tbody>
</table>

#### Vitamins

- Vitamin A: 0%
- Thiamin (B-1): 10%
- Riboflavin (B-2): 3%
- Niacin (B-3): 3%
- Pantothenic acid: 2%
- Vitamin B-6: 5%
- Folate: 28%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 0%

#### Minerals

- Calcium: 3%
- Copper: 9%
- Iron: 11%
- Magnesium: 13%
- Manganese: 16%
- Phosphorus: 7%
- Potassium: 8%
- Sodium: 0%
- Zinc: 5%

#### Other Nutrients

- Beta-carotene: 0%
- Lycopene: 0%
- Phytosterols: 0%
- Retinol: 0%

#### Health Costs

- At $0.99 per pound, the cost of all displayed nutrients is $0.06
- Net nutrition per dollar is 2985
- 100% of purchased food is edible

#### Daily percentage (%) values of nutrients from 100 food calories.

These percentages are for a fully grown, healthy adult.

USDA food number 16047

Food Group Code 1600
% of Daily Requirements from 100 Calories of

Kidney beans

Amount for 100 calories is 1.1 ounces or 30 grams

<table>
<thead>
<tr>
<th>Carbohydrates 7%</th>
<th>Proteins 7%</th>
<th>Vitamins</th>
<th>Minerals</th>
<th>Other Nutrients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fiber 25%</td>
<td>Histidine* 6%</td>
<td>Vitamin A 0%</td>
<td>Calcium 3%</td>
<td>Beta-carotene 0%</td>
</tr>
<tr>
<td>Sugars, total 1%</td>
<td>Isoleucine* 7%</td>
<td>Thiamin (B-1) 8%</td>
<td>Copper 14%</td>
<td>Lycopene 0%</td>
</tr>
<tr>
<td>Omega-3 fats 0%</td>
<td>Leucine* 6%</td>
<td>Riboflavin (B-2) 2%</td>
<td>Iron 14%</td>
<td>Phytosterols 8%</td>
</tr>
<tr>
<td>Omega-6 fats 0%</td>
<td>Lysine* 5%</td>
<td>Niacin (B-3) 3%</td>
<td>Magnesium 8%</td>
<td>Retinol 0%</td>
</tr>
<tr>
<td></td>
<td>Methionine* 2%</td>
<td>Pantothenic acid 2%</td>
<td>Manganese 13%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cystine 2%</td>
<td>Folate 30%</td>
<td>Selenium 1%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Phenylalanine* 5%</td>
<td>Vitamin B-6 5%</td>
<td>Sodium 0%</td>
<td>Alcohol 0%</td>
</tr>
<tr>
<td></td>
<td>Tyrosine 2%</td>
<td>Vitamin B-12 0%</td>
<td>Zinc 6%</td>
<td>Caffeine 0%</td>
</tr>
<tr>
<td></td>
<td>Threonine* 6%</td>
<td>Vitamin C 2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tryptophan* 7%</td>
<td>Vitamin D</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Valine* 7%</td>
<td>Vitamin E 0%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vitamin K 2%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fats 0%

| Saturated 0% | Omega-3 fats 0% |
| Trans fats | Omega-6 fats 0% |
| Cholesterol 0% | Polyunsaturated 1% |
| Monounsaturated 0% | |

Vitamins

<table>
<thead>
<tr>
<th>Vitamin Score</th>
<th>Mineral Score</th>
<th>Protein Score</th>
<th>Fiber Score</th>
<th>Total Nutrients Score</th>
<th>Unhealthy Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>94</td>
<td>186</td>
<td>276</td>
<td>318</td>
<td>196</td>
<td>2</td>
</tr>
</tbody>
</table>

Caloric Content

Carbohydrates 73%
Proteins 25%
Fats 2%

Health Costs

At $0.99 per pound, the cost of all displayed nutrients is $0.07
Net nutrition per dollar is 2960
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16027
Food Group Code 1600
### Carbohydrates

- Fiber: 25%
- Sugars, total: 7%

### Proteins

- Histidine*: 6%
- Isoleucine*: 6%
- Leucine*: 5%
- Lysine*: 5%
- Methionine*: 2%
- Cystine: 2%
- Phenylalanine*: 4%
- Tyrosine: 2%
- Threonine*: 6%
- Tryptophan*: 6%
- Valine*: 6%

### Vitamins

- Vitamin A: 0%
- Thiamin (B-1): 11%
- Riboflavin (B-2): 2%
- Niacin (B-3): 2%
- Pantothenic acid: 2%
- Vitamin B-6: 5%
- Folate: 29%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 0%

### Minerals

- Calcium: 4%
- Copper: 9%
- Iron: 13%
- Magnesium: 11%
- Manganese: 17%
- Phosphorus: 7%
- Potassium: 11%
- Sodium: 0%
- Zinc: 6%

### Other Nutrients

- Beta-carotene
- Lycopene
- Phytosterols
- Retinol: 0%

### Health Costs

- Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.
- At $0.99 per pound, the cost of all displayed nutrients is $0.06
- Net nutrition per dollar is 2950
- 100% of purchased food is edible

### Food Evaluation

| Vitamin Score | 90 |
| Mineral Score | 200 |
| Protein Score | 245 |
| Fiber Score | 315 |

**Total Nutrients Score** 192

**Net Food Score** 192

Unhealthy Score 1

SCORES are based on 1000 as the maximum

### Daily percentage (%) values of nutrients from 100 food calories.

These percentages are for a fully grown, healthy adult.

- Carbohydrates: 75%
- Proteins: 22%
- Fats: 3%

USDA food number: 16045
Food Group Code: 1600
# Pinto beans

**Carbohydrates**
- 7% Fiber
- 15% Sugars, total

**Proteins**
- 6% Histidine*
- 5% Isoleucine*
- 6% Leucine*
- 5% Lysine*
- 2% Methionine*
- 1% Cystine
- 4% Phenylalanine*
- 2% Tyrosine
- 5% Threonine*
- 6% Tryptophan*
- 5% Valine*

**Fats**
- 1% Saturated
- 0% Trans fats
- 0% Cholesterol
- 0% Monounsaturated
- 0% Polyunsaturated
- 1% Omega-3 fats
- 0% Omega-6 fats

**Vitamins**
- 0% Vitamin A
- 10% Thiamin (B-1)
- 2% Riboflavin (B-2)
- 2% Niacin (B-3)
- 2% Pantothenic acid
- 6% Vitamin B-6
- 38% Folate
- 0% Vitamin B-12
- 2% Vitamin C
- 2% Vitamin D
- 0% Vitamin E
- 1% Vitamin K

**Minerals**
- 2% Calcium
- 13% Copper
- 8% Iron
- 10% Magnesium
- 14% Manganese
- 10% Potassium
- 2% Selenium
- 0% Sodium
- 4% Zinc

**Other Nutrients**
- 0% Beta-carotene
- 0% Lycopene
- 0% Phytosterols
- 0% Retinol

**Vitamins**
- 0% Vitamin D

**Other Nutrients**
- 0% Alcohol
- 0% Caffeine

**Food Evaluation**
- Vitamin Score: 109
- Mineral Score: 193
- Protein Score: 219
- Fiber Score: 190
- Total Nutrients Score: 186
- Net Food Score: 185
- Unhealthy Score: 1

**Health Costs**
- At $0.99 per pound, the cost of all displayed nutrients is $0.06
- Net nutrition per dollar is 2934
- 100% of purchased food is edible

**Caloric Content**
- Carbohydrates: 72%
- Proteins: 25%
- Fats: 3%

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

- Amount for 100 calories is 1.0 ounces or 29 grams

- USDA food number: 16042
- Food Group Code: 1600
% of Daily Requirements from 100 Calories of
Chickpeas (garbanzo)

Amount for 100 calories is 1.0 ounces or 27 grams

Carbohydrates 6%
- Fiber 16%
- Sugars, total 5%

Proteins 5%
- Histidine* 5%
- Isoleucine* 5%
- Leucine* 4%
- Lysine* 4%
- Methionine* 2%
- Cystine 2%
- Phenylalanine* 3%
- Tyrosine 2%
- Threonine* 4%
- Tryptophan* 4%
- Valine* 4%

Fats 3%
- Saturated 1%
- Trans fats 0%
- Cholesterol 0%
- Monounsaturated 2%
- Polyunsaturated 3%
- Omega-3 fats 0%
- Omega-6 fats 0%

Vitamins
- Vitamin A 0%
- Thiamin (B-1) 7%
- Riboflavin (B-2) 2%
- Niacin (B-3) 2%
- Pantothenic acid 4%
- Vitamin B-6 6%
- Folate 38%
- Vitamin B-12 0%
- Vitamin C 1%
- Vitamin D
- Vitamin E 2%
- Vitamin K 1%

Minerals
- Calcium 2%
- Copper 12%
- Iron 10%
- Magnesium 6%
- Manganese 26%
- Phosphorus 5%
- Potassium 6%
- Sodium 0%
- Zinc 6%

Other Nutrients
- Beta-carotene 0%
- Lycopene 0%
- Phytosterols 2%
- Retinol 0%

Food Evaluation

Vitamin Score 110
Mineral Score 185
Protein Score 191
Fiber Score 203

Total Nutrients Score 180
Net Food Score 174

Caloric Content
- Carbohydrates 68%
- Proteins 18%
- Fats 14%

Health Costs
At $0.99 per pound, the cost of all displayed nutrients is $0.06
Net nutrition per dollar is 2903
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 16056
Food Group Code 1600
### Carbohydrates
- Fiber: 12%
- Sugars, total: 1%

### Proteins
- Histidine*: 5%
- Isoleucine*: 6%
- Leucine*: 5%
- Lysine*: 5%
- Methionine*: 2%
- Cystine: 2%
- Phenylalanine*: 4%
- Tyrosine: 2%
- Threonine*: 5%
- Tryptophan*: 6%
- Valine*: 6%

### Fats
- Saturated: 0%
- Trans fats: 0%
- Cholesterol: 0%
- Monounsaturated: 0%
- Polyunsaturated: 1%
- Omega-3 fats: 0%
- Omega-6 fats: 0%

### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 11%
- Riboflavin (B-2): 6%
- Niacin (B-3): 3%
- Pantothenic acid: 3%
- Vitamin B-6: 6%
- Folate: 34%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 1%

### Minerals
- Calcium: 3%
- Copper: 12%
- Iron: 11%
- Magnesium: 11%
- Manganese: 17%
- Phosphorus: 6%
- Potassium: 11%
- Sodium: 0%
- Zinc: 5%

### Other Nutrients
- Beta-carotene: 0%
- Lycopene: 0%
- Phytosterols: 0%
- Retinol: 0%

### Health Costs
- At $0.99 per pound, the cost of all displayed nutrients is $0.06
- Net nutrition per dollar is 2893
- 100% of purchased food is edible

---

**Food Evaluation**

- Vitamin Score: 104
- Mineral Score: 196
- Protein Score: 238
- Fiber Score: 158
- Total Nutrients Score: 186
- Net Food Score: 184
- Unhealthy Score: 2

**Caloric Content**
- Carbohydrates: 76%
- Proteins: 21%
- Fats: 3%

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

**USDA food number 16040**

**Food Group Code 1600**
<table>
<thead>
<tr>
<th>Carbohydrates</th>
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</tr>
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<tbody>
<tr>
<td>Fiber</td>
<td>15%</td>
</tr>
<tr>
<td>Sugars, total</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Fats</strong></td>
<td>1%</td>
</tr>
<tr>
<td>Saturated</td>
<td>1%</td>
</tr>
<tr>
<td>Trans fats</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>1%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
<tr>
<td><strong>Proteins</strong></td>
<td>6%</td>
</tr>
<tr>
<td>Histidine*</td>
<td>6%</td>
</tr>
<tr>
<td>Isoleucine*</td>
<td>6%</td>
</tr>
<tr>
<td>Leucine*</td>
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<tr>
<td>Lysine*</td>
<td>5%</td>
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<tr>
<td>Methionine*</td>
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<td>Cystine</td>
<td>2%</td>
</tr>
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<td>Phenylalanine*</td>
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<td>Tyrosine</td>
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<td>Threonine*</td>
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<tr>
<td>Tryptophan*</td>
<td>6%</td>
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<tr>
<td>Valine*</td>
<td>6%</td>
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<tr>
<td><strong>Vitamins</strong></td>
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<td>Vitamin A</td>
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<tr>
<td>Thiamin (B-1)</td>
<td>13%</td>
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<tr>
<td>Riboflavin (B-2)</td>
<td>2%</td>
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<tr>
<td>Niacin (B-3)</td>
<td>3%</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>3%</td>
</tr>
<tr>
<td>Vitamin B-6</td>
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<tr>
<td>Folate</td>
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</tr>
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<td>Vitamin D</td>
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<td>Vitamin E</td>
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<td>Vitamin K</td>
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<td><strong>Minerals</strong></td>
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<td>Copper</td>
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<td>Iron</td>
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<tr>
<td>Sodium</td>
<td>0%</td>
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<tr>
<td>Zinc</td>
<td>7%</td>
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</tr>
<tr>
<td>Beta-carotene</td>
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</tr>
<tr>
<td>Lycopene</td>
<td>0%</td>
</tr>
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<td>Phytosterols</td>
<td>0%</td>
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<tr>
<td>Retinol</td>
<td>0%</td>
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<tr>
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<td>2</td>
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<tr>
<td><strong>Caloric Content</strong></td>
<td></td>
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<td>Carbohydrates</td>
<td>75%</td>
</tr>
<tr>
<td>Proteins</td>
<td>22%</td>
</tr>
<tr>
<td>Fats</td>
<td>3%</td>
</tr>
<tr>
<td><strong>Health Costs</strong></td>
<td></td>
</tr>
<tr>
<td>At $0.99 per pound, the cost of all displayed nutrients is $0.06</td>
<td></td>
</tr>
<tr>
<td>Net nutrition per dollar is 2774</td>
<td></td>
</tr>
<tr>
<td>100% of purchased food is edible</td>
<td></td>
</tr>
</tbody>
</table>

*Percent(%) of food item's weight that is water:

Water 11%
% of Daily Requirements from 100 Calories of Cod liver oil

Amount for 100 calories is 0.4 ounces or 11 grams

Carbohydrates 0%
- Fiber 0%
- Sugars, total

Proteins 0%
- Histidine*
- Isoleucine*
- Leucine*
- Lysine*
- Methionine*
- Cystine
- Phenylalanine*
- Tyrosine
- Threonine*
- Tryptophan*
- Valine*

Vitamins
- Vitamin A 222%
- Thiamin (B-1)
- Riboflavin (B-2) 0%
- Niacin (B-3) 0%
- Pantothenic acid 0%
- Vitamin B-6 0%
- Folate 0%
- Vitamin B-12 0%
- Vitamin C 0%
- Vitamin D 277%
- Vitamin E
- Vitamin K

Minerals
- Calcium 0%
- Copper 0%
- Iron 0%
- Magnesium 0%
- Manganese 0%
- Molybdenum 0%
- Phosphorus 0%
- Potassium 0%
- Selenium 0%
- Sodium 0%
- Zinc 0%

Other Nutrients
- Beta-carotene
- Lycopene
- Phytosterols
- Retinol 222%

Fats 20%
- Saturated 14%
- Trans fats
- Cholesterol 21%
- Monounsaturated 24%
- Polyunsaturated 11%
- Omega-3 fats 130%
- Omega-6 fats 0%

Food Evaluation

Vitamin Score 349
Mineral Score 0
Protein Score 0
Fiber Score 0

Total Nutrients Score 433
Net Food Score 402
Unhealthy Score 31

Caloric Content
- Carbohydrates 0%
- Proteins 0%
- Fats 100%

Health Costs
At $5.99 per pound, the cost of all displayed nutrients is $0.15
Net nutrition per dollar is 2749
100% of purchased food is edible

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04589
Food Group Code 0400

Percent(%) of food item's weight that is water:
- Water 0%
### % of Daily Requirements from 100 Calories of Split peas

Amount for 100 calories is 1.0 ounces or 29 grams

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>6%</td>
</tr>
<tr>
<td>Fiber</td>
<td>25%</td>
</tr>
<tr>
<td>Sugars, total</td>
<td>4%</td>
</tr>
<tr>
<td>Proteins</td>
<td>7%</td>
</tr>
<tr>
<td>Histidine*</td>
<td>6%</td>
</tr>
<tr>
<td>Isoleucine*</td>
<td>7%</td>
</tr>
<tr>
<td>Leucine*</td>
<td>5%</td>
</tr>
<tr>
<td>Lysine*</td>
<td>6%</td>
</tr>
<tr>
<td>Methionine*</td>
<td>2%</td>
</tr>
<tr>
<td>Cystine</td>
<td>3%</td>
</tr>
<tr>
<td>Phenylalanine*</td>
<td>4%</td>
</tr>
<tr>
<td>Tyrosine</td>
<td>3%</td>
</tr>
<tr>
<td>Threonine*</td>
<td>5%</td>
</tr>
<tr>
<td>Tryptophan*</td>
<td>7%</td>
</tr>
<tr>
<td>Valine*</td>
<td>6%</td>
</tr>
<tr>
<td>Fats</td>
<td>1%</td>
</tr>
<tr>
<td>Saturated</td>
<td>0%</td>
</tr>
<tr>
<td>Trans fats</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>1%</td>
</tr>
<tr>
<td>Omega-3 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Omega-6 fats</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamins</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>1%</td>
</tr>
<tr>
<td>Thiamin (B-1)</td>
<td>11%</td>
</tr>
<tr>
<td>Riboflavin (B-2)</td>
<td>2%</td>
</tr>
<tr>
<td>Niacin (B-3)</td>
<td>4%</td>
</tr>
<tr>
<td>Pantothenic acid</td>
<td>5%</td>
</tr>
<tr>
<td>Vitamin B-6</td>
<td>2%</td>
</tr>
<tr>
<td>Folate</td>
<td>20%</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin D</td>
<td></td>
</tr>
<tr>
<td>Vitamin E</td>
<td>0%</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>1%</td>
</tr>
<tr>
<td>Minerals</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>1%</td>
</tr>
<tr>
<td>Copper</td>
<td>13%</td>
</tr>
<tr>
<td>Iron</td>
<td>7%</td>
</tr>
<tr>
<td>Magnesium</td>
<td>7%</td>
</tr>
<tr>
<td>Manganese</td>
<td>18%</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>5%</td>
</tr>
<tr>
<td>Potassium</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>0%</td>
</tr>
<tr>
<td>Zinc</td>
<td>6%</td>
</tr>
<tr>
<td>Other Nutrients</td>
<td></td>
</tr>
<tr>
<td>Beta-carotene</td>
<td>1%</td>
</tr>
<tr>
<td>Lycopene</td>
<td>0%</td>
</tr>
<tr>
<td>Phytosterols</td>
<td>9%</td>
</tr>
<tr>
<td>Retinol</td>
<td>0%</td>
</tr>
</tbody>
</table>

**Food Evaluation**

<table>
<thead>
<tr>
<th>Score</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin Score</td>
<td>82</td>
</tr>
<tr>
<td>Mineral Score</td>
<td>157</td>
</tr>
<tr>
<td>Protein Score</td>
<td>261</td>
</tr>
<tr>
<td>Fiber Score</td>
<td>318</td>
</tr>
<tr>
<td>Total Nutrients Score</td>
<td>176</td>
</tr>
<tr>
<td>Net Food Score</td>
<td>172</td>
</tr>
<tr>
<td>Unhealthy Score</td>
<td>4</td>
</tr>
</tbody>
</table>

**Caloric Content**

- Carbohydrates: 72%
- Proteins: 25%
- Fats: 3%

**Health Costs**

At $0.99 per pound, the cost of all displayed nutrients is $0.06

Net nutrition per dollar is 2688

100% of purchased food is edible
### % of Daily Requirements from 100 Calories of Wheat Germ, Crude

**Amount for 100 calories is 1.0 ounces or 28 grams**

#### Carbohydrates
- Fiber: 12%
- Sugars, total: 5%

#### Proteins
- Histidine*: 6%
- Isoleucine*: 5%
- Leucine*: 5%
- Lysine*: 5%
- Methionine*: 3%
- Cystine: 3%
- Phenylalanine*: 3%
- Tyrosine: 2%
- Threonine*: 6%
- Tryptophan*: 7%
- Valine*: 6%

#### Fats
- Saturated: 3%
- Trans fats: 0%
- Cholesterol: 0%
- Monounsaturated: 2%
- Polyunsaturated: 8%
- Omega-3 fats: 0%
- Omega-6 fats: 0%

#### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 26%
- Riboflavin (B-2): 5%
- Niacin (B-3): 9%
- Pantothenic acid: 6%
- Vitamin B-6: 15%
- Folate: 20%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 0%

#### Minerals
- Calcium: 1%
- Copper: 11%
- Iron: 10%
- Magnesium: 13%
- Manganese: 16%
- Phosphorus: 12%
- Potassium: 13%
- Selenium: 31%
- Sodium: 0%
- Zinc: 23%

#### Other Nutrients
- Beta-carotene
- Lycopene
- Phytosterols
- Retinol: 0%

### Food Evaluation

**Vitamin Score**: 140  
**Mineral Score**: 502  
**Protein Score**: 249  
**Fiber Score**: 156  

**Total Nutrients Score**: 321  
**Net Food Score**: 318  

**Unhealthy Score**: 2

**SCORES are based on 1000 as the maximum**

### Caloric Content
- Carbohydrates: 54%
- Proteins: 23%
- Fats: 23%

### Health Costs

At $1.95 per pound, the cost of all displayed nutrients is $0.12

Net nutrition per dollar is 2666

100% of purchased food is edible

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

**USDA food number**: 20078  
**Food Group Code**: 2000
### % of Daily Requirements from 100 Calories of Salmon oil

**Amount for 100 calories is 0.4 ounces or 11 grams**

#### Carbohydrates
- Fiber: 0%
- Sugars, total: 0%

#### Fats
- Saturated: 12%
- Trans fats: 18%
- Cholesterol: 18%
- Monounsaturated: 15%
- Polyunsaturated: 20%
- Omega-3 fats: 237%
- Omega-6 fats: 0%

#### Proteins
- Histidine*
- Isoleucine*
- Leucine*
- Lysine*
- Methionine*
- Cystine
- Phenylalanine*
- Tyrosine
- Threonine*
- Tryptophan*
- Valine*

#### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 0%
- Riboflavin (B-2): 0%
- Niacin (B-3): 0%
- Pantothenic acid: 0%
- Folate: 0%
- Vitamin B-6: 0%
- Folate: 0%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 0%

#### Minerals
- Calcium: 0%
- Copper: 0%
- Iron: 0%
- Magnesium: 0%
- Manganese: 0%
- Phosphorus: 0%
- Potassium: 0%
- Sodium: 0%
- Zinc: 0%

#### Other Nutrients
- Beta-carotene
- Lycopene
- Phytosterols
- Retinol: 0%

#### Food Evaluation

| Vitamin Score | 0 | Protein Score | 0 | Carbohydrates | 0% |
| Mineral Score | 0 | Fiber Score | 0 | Proteins | 0% |
| Net Food Score | 364 | Caloric Content | 100% |
| Total Nutrients Score | 391 | Fats | 100% |

**Unhealthy Score**: 27

**Net nutrition per dollar is 2488**

**Health Costs**

At **$5.99** per pound, the cost of all displayed nutrients is **$0.15**

100% of purchased food is edible

---

**Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.**

USDA food number: 04593
Food Group Code: 0400
% of Daily Requirements from 100 Calories of Sardine oil

Amount for 100 calories is 0.4 ounces or 11 grams

Carbohydrates
- Fiber 0%
- Sugars, total 0%

Proteins
- Histidine*
- Isoleucine*
- Leucine*
- Lysine*
- Methionine*
- Cystine
- Phenylalanine*
- Tyrosine
- Threonine*
- Tryptophan*
- Valine*

Vitamins
- Vitamin A 0%
- Thiamin (B-1) 0%
- Riboflavin (B-2) 0%
- Niacin (B-3) 0%
- Pantothenic acid 0%
- Vitamin B-6 0%
- Folate 0%
- Vitamin B-12 0%
- Vitamin C 0%
- Vitamin D 9%
- Vitamin E
- Vitamin K

Minerals
- Calcium 0%
- Copper 0%
- Iron 0%
- Magnesium 0%
- Manganese 0%
- Phosphorus 0%
- Potassium 0%
- Sodium 0%
- Zinc 0%

Other Nutrients
- Beta-carotene
- Lycopene
- Phytosterols
- Retinol 0%

Fats
- Saturated 18%
- Trans fats
- Cholesterol 26%
- Monounsaturated 17%
- Polyunsaturated 16%
- Omega-3 fats 158%
- Omega-6 fats 0%

Unhealthy Score: 40
Net nutrition per dollar is $2185
100% of purchased food is edible

Vitamin Score: 16
Mineral Score: 0
Protein Score: 0
Fiber Score: 0
Total Nutrients Score: 306
Net Food Score: 266

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 04594
Food Group Code 0400

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.
### Carbohydrates
- Fiber: 3%
- Sugars, total: 1%

### Proteins
- Histidine*: 3%
- Isoleucine*: 3%
- Leucine*: 3%
- Lysine*: 1%
- Methionine*: 1%
- Cystine: 2%
- Phenylalanine*: 2%
- Tyrosine: 1%
- Threonine*: 3%
- Tryptophan*: 4%
- Valine*: 3%

### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 12%
- Riboflavin (B-2): 4%
- Niacin (B-3): 9%
- Pantothenic acid: 1%
- Vitamin B-6: 2%
- Folate: 26%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 0%

### Minerals
- Calcium: 0%
- Copper: 4%
- Iron: 5%
- Magnesium: 3%
- Manganese: 11%
- Phosphorus: 3%
- Potassium: 2%
- Sodium: 0%
- Zinc: 3%

### Other Nutrients
- Beta-carotene: 0%
- Lycopene: 0%

### Fats
- Saturated: 0%
- Trans fats: 0%
- Cholesterol: 0%
- Monounsaturated: 0%
- Polyunsaturated: 1%
- Omega-3 fats: 0%
- Omega-6 fats: 0%

### Health Costs
- At $0.99 per pound, the cost of all displayed nutrients is $0.06
- Net nutrition per dollar is 2098
- 100% of purchased food is edible

### Daily percentage (%) values of nutrients from 100 food calories.
These percentages are for a fully grown, healthy adult.

USDA food number 20120
Food Group Code 2000
### Carbohydrates
- Fiber: 2%
- Sugars, total: 0%

### Proteins
- Histidine*: 6%
- Isoleucine*: 7%
- Leucine*: 6%
- Lysine*: 5%
- Methionine*: 3%
- Cystine: 2%
- Phenylalanine*: 4%
- Tyrosine: 3%
- Threonine*: 5%
- Tryptophan*: 9%
- Valine*: 9%

### Vitamins
- Vitamin A: 1%
- Thiamin (B-1): 2%
- Riboflavin (B-2): 2%
- Niacin (B-3): 2%
- Pantothenic acid: 1%
- Vitamin B-6: 1%
- Folate: 3%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 3%

### Minerals
- Calcium: 1%
- Copper: 13%
- Iron: 16%
- Magnesium: 20%
- Manganese: 25%
- Phosphorus: 11%
- Potassium: 4%
- Sodium: 0%
- Zinc: 10%

### Other Nutrients
- Beta-carotene: 1%
- Lycopene: 0%
- Phytosterols: 0%
- Retinol: 0%

### Other Nutrients
- Alcohol, Caffeine, Sugars, Bad Fats, Cholesterol, and Sodium are percentage of daily limits, not requirements.

### Food Evaluation
- Vitamin Score: 26
- Mineral Score: 246
- Protein Score: 286
- Fiber Score: 32

### Total Nutrients Score
- 175

### Net Food Score
- 167

### Unhealthy Score
- 8

### Caloric Content
- Carbohydrates: 10%
- Proteins: 22%
- Fats: 68%

### Health Costs
- At $1.99 per pound, the cost of all displayed nutrients is $0.08
- Net nutrition per dollar is 1989
- 100% of purchased food is edible

---

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number: 12016
Food Group Code: 1200
## % of Daily Requirements from 100 Calories of Oat bran

**Amount for 100 calories is 1.4 ounces or 41 grams**

### Carbohydrates
- **10%**
  - Fiber: 21%
  - Sugars, total: 1%

### Fats
- **5%**
  - Saturated: 3%
  - Trans fats: 0%
  - Cholesterol: 0%
  - Monounsaturated: 4%
  - Polyunsaturated: 5%
  - Omega-3 fats: 0%
  - Omega-6 fats: 0%

### Proteins
- **7%**
  - Histidine*: 5%
  - Isoleucine*: 6%
  - Leucine*: 6%
  - Lysine*: 3%
  - Methionine*: 3%
  - Cystine: 5%
  - Phenylalanine*: 5%
  - Tyrosine: 3%
  - Threonine*: 4%
  - Tryptophan*: 11%
  - Valine*: 7%

### Vitamins
- **Vitamin A**: 0%
- **Thiamin (B-1)**: 24%
- **Riboflavin (B-2)**: 3%
- **Niacin (B-3)**: 2%
- **Pantothenic acid**: 6%
- **Vitamin B-6**: 3%
- **Folate**: 5%
- **Vitamin B-12**: 0%
- **Vitamin C**: 0%
- **Vitamin D**: 0%
- **Vitamin E**: 3%
- **Vitamin K**: 0%

### Minerals
- **Calcium**: 2%
- **Copper**: 8%
- **Iron**: 12%
- **Magnesium**: 19%
- **Manganese**: 100%
- **Phosphorus**: 15%
- **Potassium**: 6%
- **Selenium**: 26%
- **Sodium**: 0%
- **Zinc**: 8%

### Other Nutrients
- **Beta-carotene**: 0%
- **Lycopene**: 0%
- **Retinol**: 0%

### Health Costs
- At $1.99 per pound, the cost of all displayed nutrients is $0.18
- Net nutrition per dollar is 1657
- 100% of purchased food is edible

### Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

**USDA food number 20033**

**Food Group Code 2000**
### Food Evaluation

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount (%)</th>
<th>Pounds</th>
<th>Cost ($)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carbohydrates</td>
<td>16%</td>
<td>0.17</td>
<td>0.08</td>
</tr>
<tr>
<td>Proteins</td>
<td>73%</td>
<td>0.37</td>
<td>1.99</td>
</tr>
<tr>
<td>Vitamins</td>
<td>135</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Minerals</td>
<td>127</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other Nutrients</td>
<td>7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

#### Health Costs

At $1.99 per pound, the cost of all displayed nutrients is $0.08. Net nutrition per dollar is 1647. 100% of purchased food is edible.

#### Daily percentage (%) values of nutrients from 100 food calories.

*These percentages are for a fully grown, healthy adult.*

USDA food number: 16087  
Food Group Code: 1600
### Carbohydrates
- Fiber: 9%
- Sugars, total: 6%

### Proteins
- Histidine*: 3%
- Isoleucine*: 4%
- Leucine*: 3%
- Lysine*: 2%
- Methionine*: 2%
- Cystine: 2%
- Phenylalanine*: 3%
- Tyrosine: 2%
- Threonine*: 3%
- Tryptophan*: 5%
- Valine*: 4%

### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 10%
- Riboflavin (B-2): 1%
- Niacin (B-3): 1%
- Pantothenic acid: 3%
- Vitamin B-6: 1%
- Folate: 4%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 0%
- Vitamin K: 0%

### Minerals
- Calcium: 1%
- Copper: 8%
- Iron: 7%
- Magnesium: 9%
- Manganese: 55%
- Phosphorus: 7%
- Potassium: 3%
- Sulfur: 1%
- Zinc: 7%

### Other Nutrients
- Beta-carotene: 0%
- Lycopene: 0%
- Phytochemicals: 0%
- Retinol: 0%

### Food Evaluation
- Vitamin Score: 36
- Mineral Score: 233
- Protein Score: 168
- Fiber Score: 116
- Total Nutrients Score: 149
- Net Food Score: 148
- Unhealthy Score: 2

### Caloric Content
- Carbohydrates: 70%
- Proteins: 15%
- Fats: 15%

### Health Costs
- At $1.59 per pound, the cost of all displayed nutrients is $0.09
- Net nutrition per dollar is 1640

100% of purchased food is edible

---

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number 20038

Food Group Code 2000
### % of Daily Requirements from 100 Calories of Rice bran

**Amount for 100 calories is 1.1 ounces or 32 grams**

#### Carbohydrates
- Fiber: 22%
- Sugars, total: 1%

#### Fats
- Saturated: 7%
- Trans fats: 0%
- Cholesterol: 0%
- Monounsaturated: 11%
- Polyunsaturated: 11%
- Omega-3 fats: 0%
- Omega-6 fats: 0%

#### Proteins
- Histidine*: 4%
- Isoleucine*: 4%
- Leucine*: 3%
- Lysine*: 2%
- Methionine*: 2%
- Cystine: 2%
- Phenylalanine*: 2%
- Tyrosine: 2%
- Threonine*: 4%
- Tryptophan*: 3%
- Valine*: 5%

#### Minerals
- Calcium: 1%
- Copper: 12%
- Iron: 33%
- Magnesium: 49%
- Manganese: 196%
- Selenium: 7%
- Sodium: 0%
- Zinc: 13%

#### Other Nutrients
- Beta-carotene: 0%
- Lycopene: 0%
- Phytosterols: 0%
- Retinol: 0%

#### Vitamins
- Vitamin A: 0%
- Thiamin (B-1): 44%
- Riboflavin (B-2): 3%
- Niacin (B-3): 49%
- Pantothenic acid: 23%
- Vitamin B-6: 54%
- Folate: 5%
- Vitamin B-12: 0%
- Vitamin C: 0%
- Vitamin D: 0%
- Vitamin E: 10%
- Vitamin K: 0%

#### Other Nutrients
- Alcohol: 0%
- Caffeine: 0%

#### Nutrients Score
- Vitamins: 328
- Minerals: 614
- Protein: 165
- Fiber: 283

**Total Nutrients Score**: 458

**Net Food Score**: 451

**Unhealthy Score**: 7

### Food Evaluation

**Vitamin Score**: 328
**Mineral Score**: 614
**Protein Score**: 165
**Fiber Score**: 283

**Net Food Score**: 451

**Unhealthy Score**: 7

**SCORES are based on 1000 as the maximum**

### Caloric Content

- Carbohydrates: 37%
- Proteins: 8%
- Fats: 55%

### Health Costs

At **$3.99** per pound, the cost of all displayed nutrients is **$0.28**

Net nutrition per dollar is **1622**

**100% of purchased food is edible**

---

Daily percentage (%) values of nutrients from 100 food calories. These percentages are for a fully grown, healthy adult.

USDA food number: 20060
Food Group Code: 2000