

the dance of food, nutrients & health

food Synergy

Whole Food & Nutrient Synergy Profiles

FIFTH EDITION

August 2016

Substances in food keep us alive. We call them nutrients. We can now identify, extract and synthesise them and to some extent, understand how they work within our bodies. Science calls some essential because their requirement in our cellular function is non-negotiable. How to get optimal amounts of them from clean whole-food is covered in this resource.

However, it is propitious to view these 30 or so essential nutrients as guides on our quest for optimal health. Simply put, if we have them covered, then most assuredly we are also imbibing multifarious, wondrous and often natural medicinal substances direct from nature.

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Whole Food & Nutrient Synergy Profiles

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See acknowledgements all for data sources

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This work synergistically integrates with articles and diet analyses on

www.foodsynergy.com.au

INTRODUCTION

Please read this Introduction & the **GUIDE** to get the most from this resource.

This is a collection of 42 Food Synergy Profiles that cover 27 essential nutrients. In its simplest form, these profiles give you an idea of which foods and food groups provide generous quantities of a particular nutrient. Each profile contains mostly whole foods that are rich sources of a key nutrient. Each of the important food groups are represented.

We often hear things like - Vitamin C is an essential anti-oxidant or recovering alcoholics need extra vitamin B1 or omega-3 fats are beneficial for brain and immune function. And we are frequently told Magnesium is good for muscle relaxation.

It could be that our doctor or health professional said: “get more zinc and fibre in your diet.” Or stay away from sugar (sucrose) foods.

These profiles quickly and easily direct you to lists of foods highest (and lowest) in a particular nutrient. Taking supplements should be an absolute last resort. After all, there is no multivitamin that has over 11,000 compounds that are available in a single leaf of spinach.

This resource is a useful complement to the diet analysis we offer at Food Synergy. If, for instance, you find, after doing an analysis that your diet is low in Magnesium for example, then just looking up the Magnesium profile will enable you to tweak your diet accordingly. See www.foodsynergy.com.au/analyses for analysis examples.

A lot of background work and planning has made this resource very easy to use while at the same time exceedingly useful.

We have carefully worked out real-world serving sizes, so that resultant nutrient content more realistically reflects what we get from eating a meal. And choosing the most representative and commonly available foods around the globe has further simplified using this resource.

INTRODUCTION

(Cont.)

Common serving sizes are converted to grams so that calculated nutrient quantity is accurate as possible while at the same time informative for us food nerds, nutritionists, dieticians and mums and chefs designing meals. Note that we offer a full recipe analysis and labelling service at www.foodsynergy.com.au/analyses

We cluster foods into groups like Non-Gluten Grains, Legumes, Meats, Nuts, Seeds, Dairy, Fruits etc. It is encouraged to get the optimal intake of a nutrient by eating across a range of food groups. This way you enhance the synergistic effect of various nutrients working together.

Multiple nutrients are often required simultaneously in critical metabolic enzyme pathways in the body. Some can be stored in the body while others have short life spans. A daily diet needs to replenish many water soluble nutrients continuously.

The word **synergy** is at the core of this work. Evidence to date indicates that eating across food groups and maximising food diversity enhances nutrient sufficiency while providing a solid foundation for optimal health.

Yet in addition to the 27 nutrients presented here, there are thousands of compounds in foods that we are only just beginning to explore. Many are showing powerful health-giving and even medicinal qualities.

At Food Synergy we consider whole food as a 'delivery medium' from nature that keeps us optimally tuned and vibrant. We might only know of a few nutrients within this medium at this point, but nature supplies so much more with each whole fresh morsel.

So when someone says "eat more vitamin C" you might think, " yes, I'd like some Acerola cherries or a pummelo or maybe an organic apple with lunch". In so doing you will flood your body with a swag of additional nutrient-substances that nature has prepackaged for you in an anti-oxidant rich skin.

We are already designing Part 2 of this work due next year. This will focus on amino acids, fatty acids, flavonoids and other phytonutrient content.

GUIDE

Each profile has its own chapter and is in two parts.

The first part covers the evidence-based Recommended Daily Intakes (RDI's) for the nutrient in focus. It's often very revealing to look at these RDI's for a few minutes, especially if you have a family.

A person's age, gender and life-stage will determine how much of the nutrient is required daily. For instance, men over 70 years have the greatest requirement for protein of any age or gender group while pregnant women need three times more iron than adult men.

By the way, older men in some aged-care villages are given shockingly low protein diets, and they end up eating a lot of cereal and toast, while their muscle mass declines and their skin continues to further droop. Not good.

The research on optimal nutrient intake has, in recent years, pointed to increasing previous RDI's for some nutrients so as to take into consideration Chronic Disease Prevention (CDP). This is good. We have used these values, when available, as the RDI values here. Shown as "RDI for CDP" under the source column.

Other RDI values are based on Estimated Average Requirements (EAR's) or Adequate Intakes (AI's). See <https://www.nrv.gov.au/introduction> for additional information on how these are derived, evidence and meaning.

Each RDI is also based on what is called a "reference body weight" within each age-gender group.

We also show upper limits of nutrient intakes. It is almost impossible to reach these from eating food alone. However, supplements can quickly push you up to these levels. Not all nutrients have known upper limits. Evidence indicates that daily intake above these levels for some nutrients is associated with adverse health effects.

We cover **Iodine** and **Chromium** on www.foodsynergy.com.au as food composition data for these 2 nutrients is still being established.

GUIDE (Cont.)

Not all nutrients shown in this work have established RDI values. For these nutrients you won't see any RDI data on the first page of the chapter. However the foods are still shown and they are sorted so that those foods with the greatest amount of the particular nutrient are shown first. Fructose and gamma-tocopherol (a form of Vitamin E) are examples.

The second part of a profile contains the gist of the whole project.

A list of foods is sorted from highest to lowest nutrient level within each separate food group. This is demonstrated by the column on the right labelled "% of RDI". The higher this value, the more nutrient is contained within that particular food item. Values above 20% are shown in blue so that these foods stand out.

Importantly, these "% of RDI" values are based on real world serving sizes, not just 100grams of the food. The foods shown are mostly whole foods.

We define whole foods as those that have had absolute minimal processing, storage, travel and modification. Baseline is picking something from your garden and eating it there and then.

We have also included a few foods that are very low in the particular nutrient. This is to give an idea of comparison and help in overall learning and understanding about foods. On occasion we show processed foods or fast foods for a particular nutrient profile, not to encourage their eating, but rather to draw attention to the magnitude of the scale of difference between foods.

For example, when showing the profile for energy (calories) available within foods, we included McDonalds and potato chips, etc . See for yourself. Be prepared to be shocked.

A table of contents and chapter numbers makes **navigation quick & easy.**

Please visit www.foodsynergy.com.au for our expanding articles on nutrients, food and health along with synergistic connections that reflect how our actions and soil aliveness effects food quality and our health.

Terms, Conditions and Limitations of this work.

Maximum effort is made to ensure the integrity and accuracy of the data used in this work. This information is provided so that we can learn, ask questions and understand more about food, nutrients and health.

This work or the USDA, NHMRC, Food Standards Australia New Zealand, Food Synergy or founder Hartmut Günther makes no attempt to diagnose or cure anybody.

Daily nutrient requirements for an individual may differ from the RDI's indicated. This is especially the case in advanced chronic illness, compromised digestive capacity, genetic conditions, medication, athletic training or muscle building. Consult a health professional if in doubt.

Nutrient values in foods you eat can vary from those shown here. Factors that influence food nutrient content include - the length of time on the shelf, cultivar of the food, soil quality including its nutrient and microbial status, country of origin, travel and amount of processing.

Obviously not all foods on planet earth are shown. In this edition we have targeted commonly available whole foods now available in many countries around the world. Processed foods can be fortified with synthetic nutrients, but we rarely show them here. The emphasis of this work is on how to get great nutrition predominantly from whole foods.

The “% of RDI” values shown in the lists of foods are based on the needs of a healthy woman of child bearing age. These “% of RDI” values are used as a marker to demonstrate which foods are richest in a certain nutrient. However our 24hr and 3-day Diet Analyses, provide individualised “% of RDI” values based on **your** age, gender and life-stage.

See www.foodsynergy.com.au/analyses for examples

Clearly, in spite of these factors the main gist of this work strongly prevails - a **visual representation of which whole foods and food groups are rich sources of a particular essential nutrient.**

Acknowledgements

Food Composition Data

We use food composition data mainly from the USA and Australia. These are publicly available datasets that, in the US at least, are updated every year. When a food item has no available composition data, we use the manufacturer's label information.

USA SR28 - 2015

US Department of Agriculture (USDA), Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Beltsville Human Nutrition Research Centre, Release 28. Current version: September 2015.

Internet: <http://www.ars.usda.gov/Services/docs.htm?docid=8964>

AUSNUT 2011-2013

Food Standards Australia. The AUSNUT 2011–13 food nutrient database containing 53 nutrient values for 5,740 foods and beverages. The nutrient profiles of the foods in the database and their associated measures reflect the food supply and food preparation practices during this period. © Food Standards Australia New Zealand.

<http://www.foodstandards.gov.au/science/monitoringnutrients/ausnut/Pages/default.aspx>

The NUTTAB 2010

Food Standards Australia. The NUTTAB 2010 electronic database files contain approximately 2190 foods and up to 195 nutrient values for each food. © Food Standards Australia New Zealand.

<http://www.foodstandards.gov.au/science/monitoringnutrients/nutrientables/nuttab/Pages/NUTTAB-2010-electronic-database-files.aspx>

Recommended Dietary Intake (RDI) Data

We use values established in Australia (based on values and the approach used in the USA and Canada)

Data we use is based on material provided by the National Health and Medical Research Council, Australia (NHMRC) | <https://www.nrv.gov.au/nutrients> and <https://www.nrv.gov.au/introduction>

Nutrient Reference Values like RDI's or Dietary Reference Intakes (DRI's) or Recommended Daily Allowances (RDA's) or Estimated Average Requirements (EAR's) or Adequate Intakes (AI's) are used all over the world as ways to establish guidelines for healthy eating and adequate or optimal nutrient intake.

Nutrient Reference Values have previously been defined as - "the levels of intake of essential nutrients considered, on the basis of available scientific knowledge, to be adequate to meet the known nutritional needs of practically all healthy people - they incorporate generous factors to accommodate variations in absorption and metabolism.

They, therefore, apply to group needs. RDIs exceed the actual nutrient requirements of practically all healthy persons and are not synonymous with requirements."

See <https://www.nrv.gov.au/introduction> for a full description and discussion.

Disclaimer

By using this work you agree to the disclaimers of all the providers of data used in this work. As an example see the Food Standards Australia New Zealand website disclaimer page.

<http://www.foodstandards.gov.au/science/monitoringnutrients/ausnut/Pages/disclaimer.aspx>

No providers of data or material used in this work, endorse in any way this Work, Food Synergy or the founder Hartmut Günther

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Contents

Profile Name	Chapter	Group
Ascorbic acid - Vitamin C	CH 1	Vitamins
Cobalamin - Vitamin B12	CH 2	Vitamins
Folate, Dietary Equivalentents	CH 3	Vitamins
Lycopene	CH 4	Vitamins
Niacin - Vitamin B3	CH 5	Vitamins
Pantothenic acid - Vitamin B5	CH 6	Vitamins
Pyridoxine - Vitamin B6	CH 7	Vitamins
Riboflavin - Vitamin B2	CH 8	Vitamins
Thiamin - Vitamin B1	CH 9	Vitamins
Vitamin A	CH 10	Vitamins
Vitamin D	CH 11	Vitamins
Vitamin E (alpha-tocopherol)	CH 12	Vitamins
Vitamin E (gamma-tocopherol)	CH 13	Vitamins
Vitamin K1 (phylloquinone)	CH 14	Vitamins
Vitamin K2 (Menaquinone-4)	CH 15	Vitamins
Phytosterols	CH 16	Phytonutrients
Calcium, Ca	CH 17	Minerals
Copper, Cu	CH 18	Minerals
Fluoride, F	CH 19	Minerals
Iron, Fe	CH 20	Minerals
Magnesium, Mg	CH 21	Minerals
Manganese, Mn	CH 22	Minerals
Phosphorus, P	CH 23	Minerals
Potassium, K	CH 24	Minerals
Selenium (soil dependent)	CH 25	Minerals
Sodium, Na	CH 26	Minerals
Zinc, Zn	CH 27	Minerals

Contents (cont.)

Profile Name	Chapter	Group
TOTAL CARBOHYDRATE	CH 28	MacroNutrients
TOTAL ENERGY in KCal	CH 29	MacroNutrients
TOTAL ENERGY in Kj	CH 30	MacroNutrients
TOTAL FAT - GRAND Total	CH 31	MacroNutrients
TOTAL FIBRE	CH 32	MacroNutrients
TOTAL PROTEIN	CH 33	MacroNutrients
TOTAL SATURATED FATS	CH 34	MacroNutrients
TOTAL SUGARS	CH 35	MacroNutrients
DHA Omega 3	CH 36	FATS Poly-unsaturated
EPA Omega 3	CH 37	FATS Poly-unsaturated
TOTAL Linoleic Acid $\Omega 6$	CH 38	FATS Poly-unsaturated
TOTAL Linolenic Acid $\Omega 3$	CH 39	FATS Poly-unsaturated
Fructose	CH 40	Carbohydrate
Starch	CH 41	Carbohydrate
Sucrose	CH 42	Carbohydrate

Whole Food & Nutrient Synergy Profiles

Ascorbic acid - Vitamin C

Gender/Age/Lifestage	RDI	Source	Reference Body Weight(kg)	Upper Limit
Men 19-30 Years	220.00 mg/day	RDI for CDP	76	
Men 31-50 Years	220.00 mg/day	RDI for CDP	76	
Men 51-70 Years	220.00 mg/day	RDI for CDP	76	
Men 70 over Years	220.00 mg/day	RDI for CDP	76	
Women 19-30 Years	190.00 mg/day	RDI for CDP	61	
Women 31-50 Years	190.00 mg/day	RDI for CDP	61	
Women 51-70 Years	190.00 mg/day	RDI for CDP	61	
Women 70 over Years	190.00 mg/day	RDI for CDP	61	
Lactation 19-30 Years	85.00 mg/day	RDI for CDP	61	
Lactation 31-50 Years	85.00 mg/day	RDI for CDP	61	
Lactation 14-18 Years	80.00 mg/day	RDI for CDP	61	
Pregnancy 19-30 Years	60.00 mg/day	RDI for CDP	61+	
Pregnancy 31-50 Years	60.00 mg/day	RDI for CDP	61+	
Pregnancy 14-18 Years	55.00 mg/day	RDI for CDP	61+	
Boys 9-13 Years	40.00 mg/day	RDI for CDP	40	
Boys 14-18 Years	40.00 mg/day	RDI for CDP	64	
Girls 9-13 Years	40.00 mg/day	RDI for CDP	40	
Girls 14-18 Years	40.00 mg/day	RDI for CDP	57	
Children 1-3 Years	35.00 mg/day	RDI for CDP	13	
Children 4-8 Years	35.00 mg/day	RDI for CDP	22	
Infants 7-12 Months	30.00 mg/day	RDI for CDP	9	
Infants 0-6 Months	25.00 mg/day	RDI for CDP	7	

Ascorbic acid - Vitamin C

Ch1

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Ascorbic acid - Vitamin C in this serving size) % of RDI

Dairy Milk and Cream

Milk, human, mature, fluid	1.00 cup = 246.00 gr (12.30 mg)	6.47%
Milk, sheep, fluid	1.00 cup = 245.00 gr (10.29 mg)	5.42%
Milk, indian buffalo, fluid	1.00 cup = 244.00 gr (5.61 mg)	2.95%
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	1.00 cup = 244.00 gr (0.00 mg)	0.00%

Fish Crustaceans

Crustaceans, crab, alaska king, raw	1.00 Serve = 86.00 gr (6.02 mg)	3.17%
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Fish Mollusks - Class Bivalvia

Mollusks, oyster, Pacific, raw	2.00 medium = 100.00 gr (8.00 mg)	4.21%
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Fruits

Acerola, (west indian cherry), raw	3.00 fruit without refuse = 14.40 gr (241.57 mg)	127.14%
Guavas, common, raw	1.00 fruit, without refuse = 55.00 gr (125.57 mg)	66.09%
Orange juice, raw	1.00 cup = 248.00 gr (124.00 mg)	65.26%
Currants, european black, raw	0.50 cup = 56.00 gr (101.36 mg)	53.35%
Kiwifruit, gold, raw	1.00 fruit = 86.00 gr (90.64 mg)	47.71%
Oranges, raw, navels	1.00 fruit (2-7/8" dia) = 140.00 gr (82.74 mg)	43.55%
Litchis, raw	10.00 fruit without refuse = 96.00 gr (68.64 mg)	36.13%
Kiwifruit, green, raw	1.00 fruit (2" dia) = 69.00 gr (63.96 mg)	33.66%
Abiyuch, raw	0.50 cup = 114.00 gr (61.67 mg)	32.46%
Mangos, raw	1.00 cup pieces = 165.00 gr (60.06 mg)	31.61%
Pummelo, raw	0.50 cup, sections = 95.00 gr (57.95 mg)	30.50%
Melons, cantaloupe, raw	1.00 cup, diced = 156.00 gr (57.25 mg)	30.13%
Papayas, raw	0.50 cup 1" pieces = 77.00 gr (46.89 mg)	24.68%
Grapefruit, raw, pink and red and white, all areas	0.50 medium (approx 4" dia) = 128.00 gr (44.03 mg)	23.17%
Pineapple, raw, all varieties	0.50 cup, chunks = 87.00 gr (41.59 mg)	21.89%
Grapefruit, raw, pink and red, all areas	0.50 fruit (3-3/4" dia) = 123.00 gr (38.38 mg)	20.20%
Clementines, raw	1.00 fruit = 74.00 gr (36.11 mg)	19.01%
Strawberries, raw	5.00 medium (1-1/4" dia) = 60.00 gr (35.28 mg)	18.57%
Jujube, raw	1.00 serve = 50.00 gr (34.50 mg)	18.16%
Plantains, raw	1.00 medium = 179.00 gr (32.94 mg)	17.33%

Ascorbic acid - Vitamin C

Ch1

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Ascorbic acid - Vitamin C in this serving size)	% of RDI
Lemons, raw, without peel 1.00 fruit (2-1/8" dia) = 58.00 gr (30.74 mg)	16.18%
Rowal, raw 0.50 cup = 114.00 gr (29.41 mg)	15.48%
Breadfruit, raw 0.25 fruit, small = 96.00 gr (27.84 mg)	14.65%
Durian, raw or frozen 0.50 cup, chopped or diced = 122.00 gr (24.03 mg)	12.65%
Tangerines, (mandarin oranges), raw 1.00 medium (2-1/2" dia) = 88.00 gr (23.50 mg)	12.37%
Currants, red and white, raw 0.50 cup = 56.00 gr (22.96 mg)	12.08%
Limes, raw 1.00 fruit (2" dia) = 67.00 gr (19.50 mg)	10.26%
Blackberries, raw 0.50 cup = 72.00 gr (15.12 mg)	7.96%
Pomegranates, raw 0.50 pomegranate (4" dia) = 141.00 gr (14.38 mg)	7.57%
Gooseberries, raw 0.30 cup = 50.00 gr (13.85 mg)	7.29%
Quinces, raw 1.00 fruit without refuse = 92.00 gr (13.80 mg)	7.26%
Watermelon, raw 1.00 cup, diced = 152.00 gr (12.31 mg)	6.48%
Apples, raw, with skin 1.00 medium (3" dia) = 182.00 gr (8.37 mg)	4.41%
Pears, raw 1.00 medium = 178.00 gr (7.65 mg)	4.03%
Apricots, raw 2.00 apricot = 70.00 gr (7.00 mg)	3.68%
Plums, raw 1.00 fruit (2-1/8" dia) = 66.00 gr (6.27 mg)	3.30%
Avocados, raw, California 0.50 avocado = 68.00 gr (5.98 mg)	3.15%
Mulberries, raw 10.00 fruit = 15.00 gr (5.46 mg)	2.87%
Cherries, sour, red, raw 0.50 cup, with pits, yields = 52.00 gr (5.20 mg)	2.74%
Raisins, seedless 0.30 cup (not packed) = 48.00 gr (1.10 mg)	0.58%
Figs, raw 1.00 small (1-1/2" dia) = 40.00 gr (0.80 mg)	0.42%
Loquats, raw 2.00 medium = 32.00 gr (0.32 mg)	0.17%
Dates, medjool 2.00 date, pitted = 48.00 gr (0.00 mg)	0.00%

Meat Offal Beef

Beef, variety meats and by-products, spleen, raw 1.00 serve = 86.00 gr (39.13 mg)	20.59%
Beef, variety meats and by-products, lungs, raw 1.00 serve = 86.00 gr (33.11 mg)	17.43%
Beef, variety meats and by-products, pancreas, raw 1.00 serve = 86.00 gr (11.78 mg)	6.20%
Beef, variety meats and by-products, brain, raw 1.00 serve = 85.00 gr (9.10 mg)	4.79%
Beef, variety meats and by-products, kidneys, raw 1.00 serve = 85.00 gr (7.99 mg)	4.21%
Beef, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (1.11 mg)	0.58%

Ascorbic acid - Vitamin C

Ch1

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Ascorbic acid - Vitamin C in this serving size)	% of RDI
Meat Offal Lamb	
Lamb, variety meats and by-products, brain, raw 1.00 serve = 85.00 gr (13.60 mg)	7.16%
Lamb, variety meats and by-products, kidneys, raw 1.00 serve = 85.00 gr (9.35 mg)	4.92%
Meat Offal Poultry	
Turkey, liver, all classes, raw 1.00 serve = 85.00 gr (20.83 mg)	10.96%
Chicken, liver, all classes, raw 1.00 serve = 85.00 gr (15.21 mg)	8.01%
Vegetables	
Peppers, sweet, yellow, raw 0.33 pepper, large (3-3/4" long, 3" dia) = 62.00 gr (113.77 mg)	59.88%
Peppers, hot chili, green, raw 1.00 pepper = 45.00 gr (109.13 mg)	57.43%
Pokeberry shoots, (poke), raw 0.50 cup = 80.00 gr (108.80 mg)	57.26%
Balsam-pear (bitter melon), pods, raw 1.00 balsam-pear = 124.00 gr (104.16 mg)	54.82%
Mustard spinach, (tendergreen), raw 0.50 cup, chopped = 75.00 gr (97.50 mg)	51.32%
Peppers, sweet, red, raw 1.00 small = 74.00 gr (94.50 mg)	49.74%
Broccoli, raw 1.00 cup chopped = 91.00 gr (81.17 mg)	42.72%
Kale, raw 1.00 cup, chopped = 67.00 gr (80.40 mg)	42.32%
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 0.50 cup, chopped = 90.00 gr (58.50 mg)	30.79%
Cauliflower, raw 1.00 cup chopped (1/2" pieces) = 107.00 gr (51.57 mg)	27.14%
Broccoli, cooked, boiled, drained, without salt 0.50 cup, chopped = 78.00 gr (50.62 mg)	26.64%
Brussels sprouts, raw 3.00 sprout = 57.00 gr (48.45 mg)	25.50%
Kohlrabi, cooked, boiled, drained, without salt 0.50 cup slices = 82.00 gr (44.28 mg)	23.31%
Cabbage, red, raw 1.00 cup, shredded = 70.00 gr (39.90 mg)	21.00%
Mustard greens, raw 1.00 cup, chopped = 56.00 gr (39.20 mg)	20.63%
Brussels sprouts, cooked, boiled, drained, without salt 3.00 sprout = 63.00 gr (39.06 mg)	20.56%
Peas, edible-podded, boiled, drained, without salt 0.50 cup = 80.00 gr (38.32 mg)	20.17%
Peas, edible-podded, raw 1.00 cup, whole = 63.00 gr (37.80 mg)	19.89%
Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw 1.00 Cup shredded = 70.00 gr (35.70 mg)	18.79%
Lotus root, raw 10.00 slices (2-1/2" dia) = 81.00 gr (35.64 mg)	18.76%
Cress, garden, raw 1.00 cup = 50.00 gr (34.50 mg)	18.16%
Potato, flesh and skin, raw 1.00 Potato small (1-3/4" to 2-1/2" dia) = 170.00 gr (33.49 mg)	17.63%
Dock, raw 0.50 cup, chopped = 67.00 gr (32.16 mg)	16.93%

Ascorbic acid - Vitamin C

Ch1

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Ascorbic acid - Vitamin C in this serving size)	% of RDI
Borage, raw 1.00 cup (1" pieces) = 89.00 gr (31.15 mg)	16.39%
Jute, potherb, cooked, boiled, drained, without salt 1.00 cup = 87.00 gr (28.71 mg)	15.11%
Tomatoes, red, ripe, cooked 1.00 medium = 123.00 gr (28.04 mg)	14.76%
Tomatoes, sun-dried, packed in oil, drained 0.25 cup = 27.50 gr (28.00 mg)	14.73%
Broccoli, leaves, raw 1.00 serve = 30.00 gr (27.96 mg)	14.72%
Cauliflower, cooked, boiled, drained, without salt 0.50 cup (1" pieces) = 62.00 gr (27.47 mg)	14.46%
Borage, cooked, boiled, drained, without salt 1.00 serve = 80.00 gr (26.00 mg)	13.68%
Cabbage, red, cooked, boiled, drained, without salt 0.50 cup, shredded = 75.00 gr (25.80 mg)	13.58%
Turnips, raw 1.00 medium = 122.00 gr (25.62 mg)	13.48%
Rutabagas, raw 0.50 small = 96.00 gr (24.00 mg)	12.63%
Cabbage, savoy, raw 1.00 cup, shredded = 70.00 gr (21.70 mg)	11.42%
Sweet potato, cooked, boiled, without skin 0.50 cup, mashed = 163.00 gr (20.86 mg)	10.98%
Mung beans, mature seeds, sprouted, cooked, stir-fried 1.00 cup = 124.00 gr (19.84 mg)	10.44%
Turnip greens, cooked, boiled, drained, without salt 0.50 cup, chopped = 72.00 gr (19.73 mg)	10.38%
Dandelion greens, raw 1.00 cup, chopped = 55.00 gr (19.25 mg)	10.13%
Squash, zucchini, baby, raw 5.00 medium = 55.00 gr (18.76 mg)	9.87%
Yardlong bean, raw 1.00 cup slices = 91.00 gr (17.11 mg)	9.00%
Artichokes, (globe or french), raw 1.00 artichoke, medium = 128.00 gr (14.98 mg)	7.88%
Squash, winter, butternut, raw 0.50 cup, cubes = 70.00 gr (14.70 mg)	7.74%
Sesbania flower, raw 1.00 cup flowers = 20.00 gr (14.60 mg)	7.68%
Taro leaves, raw 1.00 cup = 28.00 gr (14.56 mg)	7.66%
Cassava, raw 0.30 cup = 69.00 gr (14.21 mg)	7.48%
Mung beans, mature seeds, sprouted, raw = 104.00 gr (13.73 mg)	7.23%
Tomato products, canned, puree, without salt added 0.50 cup = 125.00 gr (13.25 mg)	6.97%
Dock, cooked, boiled, drained, without salt 1.00 serve = 50.00 gr (13.15 mg)	6.92%
Okra, cooked, boiled, drained, without salt 0.50 cup slices = 80.00 gr (13.04 mg)	6.86%
Lentils, sprouted, raw 1.00 cup = 77.00 gr (12.71 mg)	6.69%
Purslane, cooked, boiled, drained, without salt 1.00 cup = 115.00 gr (12.08 mg)	6.36%
Radish seeds, sprouted, raw 1.00 cup = 38.00 gr (10.98 mg)	5.78%
Chard, swiss, raw 1.00 cup = 36.00 gr (10.80 mg)	5.68%
Sauerkraut, canned, solids and liquids 0.50 cup = 71.00 gr (10.44 mg)	5.49%
Seaweed, laver, raw 10.00 sheets = 26.00 gr (10.14 mg)	5.34%
Butterbur, cooked, boiled, drained, without salt 1.00 serve = 50.00 gr (9.45 mg)	4.97%

Ascorbic acid - Vitamin C

Ch1

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Ascorbic acid - Vitamin C in this serving size)	% of RDI
Corn, sweet, white, cooked, boiled, drained, without salt 1.00 ear, medium (6-3/4" to 7-1/2" long) = 103.00 gr (6.39 mg)	3.36%
Onions, raw 0.50 cup, chopped = 80.00 gr (5.92 mg)	3.12%
Carrots, raw 1.00 medium = 61.00 gr (3.60 mg)	1.89%
Garlic, raw 3.00 cloves = 9.00 gr (2.81 mg)	1.48%
Endive, raw 0.50 cup, chopped = 25.00 gr (1.63 mg)	0.86%
Grape leaves, raw 1.00 cup = 14.00 gr (1.55 mg)	0.82%
Radishes, raw 5.00 small = 10.00 gr (1.48 mg)	0.78%
Seaweed, irishmoss, raw 5.00 tbsp (1/8 cup) = 25.00 gr (0.75 mg)	0.39%
Seaweed, kelp, raw 5.00 tbsp (1/8 cup) = 25.00 gr (0.75 mg)	0.39%
Seaweed, wakame, raw 5.00 tbsp (1/8 cup) = 25.00 gr (0.75 mg)	0.39%
Ginger root, raw 5.00 slices (1" dia) = 11.00 gr (0.55 mg)	0.29%
Alfalfa seeds, sprouted, raw 1.00 tbsp = 3.00 gr (0.25 mg)	0.13%
Mushrooms, shiitake, cooked, without salt 0.50 cup pieces = 73.00 gr (0.22 mg)	0.12%

Whole Food & Nutrient Synergy Profiles

Folate, Dietary Equivalents

Gender/Age/Lifestage	RDI	Source	Reference Body Weight(kg)	Upper Limit
Men 19-30 Years	600.00 ug/day	RDI for CDP	76	1000.00 ug/day
Men 31-50 Years	600.00 ug/day	RDI for CDP	76	1000.00 ug/day
Men 51-70 Years	600.00 ug/day	RDI for CDP	76	1000.00 ug/day
Men 70 over Years	600.00 ug/day	RDI for CDP	76	1000.00 ug/day
Women 19-30 Years	600.00 ug/day	RDI for CDP	61	1000.00 ug/day
Women 31-50 Years	600.00 ug/day	RDI for CDP	61	1000.00 ug/day
Women 51-70 Years	600.00 ug/day	RDI for CDP	61	1000.00 ug/day
Women 70 over Years	600.00 ug/day	RDI for CDP	61	1000.00 ug/day
Pregnancy 14-18 Years	600.00 ug/day	RDI for CDP	61+	800.00 ug/day
Pregnancy 19-30 Years	600.00 ug/day	RDI for CDP	61+	1000.00 ug/day
Pregnancy 31-50 Years	600.00 ug/day	RDI for CDP	61+	1000.00 ug/day
Lactation 14-18 Years	500.00 ug/day	RDI for CDP	61	800.00 ug/day
Lactation 19-30 Years	500.00 ug/day	RDI for CDP	61	1000.00 ug/day
Lactation 31-50 Years	500.00 ug/day	RDI for CDP	61	1000.00 ug/day
Boys 14-18 Years	400.00 ug/day	RDI for CDP	64	800.00 ug/day
Girls 14-18 Years	400.00 ug/day	RDI for CDP	57	800.00 ug/day
Boys 9-13 Years	300.00 ug/day	RDI for CDP	40	600.00 ug/day
Girls 9-13 Years	300.00 ug/day	RDI for CDP	40	600.00 ug/day
Children 4-8 Years	200.00 ug/day	RDI for CDP	22	400.00 ug/day
Children 1-3 Years	150.00 ug/day	RDI for CDP	13	300.00 ug/day
Infants 7-12 Months	80.00 ug/day	RDI for CDP	9	
Infants 0-6 Months	65.00 ug/day	RDI for CDP	7	

Folate, Dietary Equivalents

Ch3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Folate, Dietary Equivalents in this serving size) % of RDI

Cereal Grains (Grasses) NO GLUTEN

Rice, white, short-grain, cooked	0.50 cup = 93.00 gr (92.07 µg)	15.35%
Quinoa, cooked	0.50 cup = 92.00 gr (38.64 µg)	6.44%

Eggs

Egg, duck, whole, fresh, raw	0.75 egg = 52.00 gr (41.60 µg)	6.93%
Egg, goose, whole, fresh, raw	0.33 egg = 48.00 gr (36.48 µg)	6.08%
Egg, yolk, raw, fresh	1.00 large = 17.00 gr (24.82 µg)	4.14%
Egg, whole, raw, fresh	1.00 large = 50.00 gr (23.50 µg)	3.92%
Egg, white, raw, fresh	1.00 large = 33.00 gr (1.32 µg)	0.22%

Fish

Fish, roe, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (68.80 µg)	11.47%
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Fish Crustaceans

Crustaceans, crab, queen, raw	1.00 Serve = 86.00 gr (37.84 µg)	6.31%
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Fish Mollusks - Class Bivalvia

Mollusks, mussel, blue, raw	1.00 Serve = 86.00 gr (36.12 µg)	6.02%
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Fruits

Orange juice, raw	1.00 cup = 248.00 gr (74.40 µg)	12.40%
Mangos, raw	1.00 cup pieces = 165.00 gr (70.95 µg)	11.83%
Avocados, raw, all commercial varieties	0.50 avacado = 68.00 gr (55.08 µg)	9.18%
Pomegranates, raw	0.50 pomegranate (4" dia) = 141.00 gr (53.58 µg)	8.93%
Plantains, raw	1.00 medium = 179.00 gr (39.38 µg)	6.56%
Oranges, raw, all commercial varieties	1.00 fruit (2-5/8" dia) = 131.00 gr (39.30 µg)	6.55%
Melons, cantaloupe, raw	1.00 cup, diced = 156.00 gr (32.76 µg)	5.46%
Melons, honeydew, raw	1.00 cup, diced (approx 20 pieces per cup) = 170.00 gr (32.30 µg)	5.38%
Papayas, raw	0.50 cup 1" pieces = 77.00 gr (28.49 µg)	4.75%

Legumes/Beans

Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0.50 cup = 88.00 gr (182.16 µg)	30.36%
Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.50 cup = 86.00 gr (178.88 µg)	29.81%

Folate, Dietary Equivalents

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Folate, Dietary Equivalents in this serving size)	% of RDI
Mung beans, mature seeds, cooked, boiled, without salt 0.50 cup = 101.00 gr (160.59 µg)	26.77%
Beans, black turtle, mature seeds, cooked, boiled, without salt 1.00 cup = 185.00 gr (159.10 µg)	26.52%
Beans, pinto, mature seeds, cooked, boiled, without salt 0.50 cup = 86.00 gr (147.92 µg)	24.65%
Beans, pink, mature seeds, cooked, boiled, without salt 0.50 cup = 85.00 gr (142.80 µg)	23.80%
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 0.50 cup = 82.00 gr (141.04 µg)	23.51%
Beans, adzuki, mature seeds, cooked, boiled, without salt 0.50 cup = 115.00 gr (139.15 µg)	23.19%
Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt 0.50 cup = 91.00 gr (136.50 µg)	22.75%
Beans, black, mature seeds, cooked, boiled, without salt 0.50 cup = 86.00 gr (128.14 µg)	21.36%
Beans, navy, mature seeds, cooked, boiled, without salt 0.50 cup = 91.00 gr (127.40 µg)	21.23%
Mothbeans, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (125.84 µg)	20.97%
Yardlong beans, mature seeds, cooked, boiled, without salt 0.50 cup = 86.00 gr (125.56 µg)	20.93%
Beans, small white, mature seeds, cooked, boiled, without salt 0.50 cup = 90.00 gr (123.30 µg)	20.55%
Beans, kidney, all types, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (114.40 µg)	19.07%
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.50 cup = 84.00 gr (93.24 µg)	15.54%
Beans, great northern, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (89.76 µg)	14.96%
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt 0.50 cup = 85.00 gr (88.40 µg)	14.73%
Lima beans, large, mature seeds, cooked, boiled, without salt 0.50 cup = 94.00 gr (78.02 µg)	13.00%
Peanuts, all types, raw 30.00 peanuts = 30.00 gr (72.00 µg)	12.00%
Beans, yellow, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (71.28 µg)	11.88%
Beans, french, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (66.00 µg)	11.00%
Peas, split, mature seeds, cooked, boiled, without salt 0.50 cup = 98.00 gr (63.70 µg)	10.62%
Soybeans, mature cooked, boiled, without salt 0.50 cup = 86.00 gr (46.44 µg)	7.74%
Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids 0.50 cup = 120.00 gr (30.00 µg)	5.00%
Tempeh 0.50 cup = 83.00 gr (19.92 µg)	3.32%
Tempeh, cooked 0.50 cup = 83.00 gr (17.43 µg)	2.91%

Folate, Dietary Equivalents

Ch3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Folate, Dietary Equivalents in this serving size) % of RDI

Meat Offal Beef

Beef, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (246.50 µg) 41.08%

Beef, variety meats and by-products, kidneys, raw 1.00 serve = 85.00 gr (83.30 µg) 13.88%

Meat Offal Lamb

Lamb, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (195.50 µg) 32.58%

Meat Offal Poultry

Duck, domesticated, liver, raw 1.00 serve = 85.00 gr (627.30 µg) 104.55%

Goose, liver, raw 1.00 serve = 85.00 gr (627.30 µg) 104.55%

Turkey, liver, all classes, raw 1.00 serve = 85.00 gr (575.45 µg) 95.91%

Chicken, liver, all classes, raw 1.00 serve = 85.00 gr (499.80 µg) 83.30%

Meat Poultry

Chicken, broilers or fryers, giblets, raw 1.00 giblets = 75.00 gr (258.75 µg) 43.13%

Processed Foods - Breakfast Cereals

Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX 0.67 cup (1 NLEA serving) = 55.00 gr (682.55 µg) 113.76%

Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original 0.50 cup (1 NLEA serving) = 31.00 gr (681.38 µg) 113.56%

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K 1.00 cup (1 NLEA serving) = 31.00 gr (675.80 µg) 112.63%

Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes 1.00 cup (1 NLEA serving) = 28.00 gr (163.24 µg) 27.21%

Vegetables

Spinach, cooked, boiled, drained, without salt 0.50 cup = 90.00 gr (131.40 µg) 21.90%

Mustard spinach, (tendergreen), raw 0.50 cup, chopped = 75.00 gr (119.25 µg) 19.88%

Spinach, raw 2.00 cup = 60.00 gr (116.40 µg) 19.40%

Arrowroot, raw 1.00 root = 33.00 gr (111.54 µg) 18.59%

Soybeans, green, cooked, boiled, drained, without salt 0.50 cup = 90.00 gr (99.90 µg) 16.65%

Balsam-pear (bitter melon), pods, raw 1.00 balsam-pear = 124.00 gr (89.28 µg) 14.88%

Broccoli, cooked, boiled, drained, without salt 0.50 cup, chopped = 78.00 gr (84.24 µg) 14.04%

Cauliflower, raw 1.00 cup chopped (1/2" pieces) = 107.00 gr (60.99 µg) 10.17%

Cabbage, chinese (pe-tsai), raw 1.00 cup, shredded = 76.00 gr (60.04 µg) 10.01%

Broccoli, raw 1.00 cup chopped = 91.00 gr (57.33 µg) 9.56%

Folate, Dietary Equivalents

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Folate, Dietary Equivalents in this serving size)	% of RDI
Cabbage, savoy, raw 1.00 cup, shredded = 70.00 gr (56.00 µg)	9.33%
Potatoes, white, flesh and skin, baked 1.00 potato medium (2-1/4" to 3-1/4" dia) = 138.00 gr (52.44 µg)	8.74%
Seaweed, wakame, raw 5.00 tbsp (1/8 cup) = 25.00 gr (49.00 µg)	8.17%
Collards, raw 1.00 cup, chopped = 36.00 gr (46.44 µg)	7.74%
Cabbage, chinese (pak-choi), raw 1.00 cup, shredded = 70.00 gr (46.20 µg)	7.70%
Parsnips, raw 0.50 cup slices = 67.00 gr (44.89 µg)	7.48%
Broccoli, stalks, raw 0.50 stalk = 57.00 gr (40.47 µg)	6.75%
Cabbage, raw 1.00 cup, chopped = 89.00 gr (38.27 µg)	6.38%
Brussels sprouts, cooked, boiled, drained, without salt 3.00 sprout = 63.00 gr (37.80 µg)	6.30%
Endive, raw 0.50 cup, chopped = 25.00 gr (35.50 µg)	5.92%
Mushrooms, oyster, raw 1.00 cup sliced = 86.00 gr (32.68 µg)	5.45%
Chicory greens, raw 1.00 cup, chopped = 29.00 gr (31.90 µg)	5.32%
Chrysanthemum leaves, raw 1.00 leaf = 18.00 gr (31.86 µg)	5.31%
Radishes, oriental, raw 0.30 radish (7" long) = 113.00 gr (31.64 µg)	5.27%
Mushrooms, enoki, raw 1.00 cup whole = 64.00 gr (30.72 µg)	5.12%
Collards, cooked, boiled, drained, without salt 0.50 cup, chopped = 95.00 gr (15.20 µg)	2.53%
Mustard greens, raw 1.00 cup, chopped = 56.00 gr (6.72 µg)	1.12%

Whole Food & Nutrient Synergy Profiles

Niacin - Vitamin B3

Gender/Age/Lifestage	RDI	Source	Reference Body Weight(kg)	Upper Limit
Pregnancy 14-18 Years	18.00 mg/day	RDI	61+	30.00 mg/day
Pregnancy 19-30 Years	18.00 mg/day	RDI	61+	35.00 mg/day
Pregnancy 31-50 Years	18.00 mg/day	RDI	61+	35.00 mg/day
Lactation 14-18 Years	17.00 mg/day	RDI	61	30.00 mg/day
Lactation 19-30 Years	17.00 mg/day	RDI	61	35.00 mg/day
Lactation 31-50 Years	17.00 mg/day	RDI	61	35.00 mg/day
Boys 14-18 Years	16.00 mg/day	RDI	64	30.00 mg/day
Men 19-30 Years	16.00 mg/day	RDI	76	35.00 mg/day
Men 31-50 Years	16.00 mg/day	RDI	76	35.00 mg/day
Men 51-70 Years	16.00 mg/day	RDI	76	35.00 mg/day
Men 70 over Years	16.00 mg/day	RDI	76	35.00 mg/day
Girls 14-18 Years	14.00 mg/day	RDI	57	30.00 mg/day
Women 19-30 Years	14.00 mg/day	RDI	61	35.00 mg/day
Women 31-50 Years	14.00 mg/day	RDI	61	35.00 mg/day
Women 51-70 Years	14.00 mg/day	RDI	61	35.00 mg/day
Women 70 over Years	14.00 mg/day	RDI	61	35.00 mg/day
Boys 9-13 Years	12.00 mg/day	RDI	40	20.00 mg/day
Girls 9-13 Years	12.00 mg/day	RDI	40	20.00 mg/day
Children 4-8 Years	8.00 mg/day	RDI	22	15.00 mg/day
Children 1-3 Years	6.00 mg/day	RDI	13	10.00 mg/day
Infants 7-12 Months	4.00 mg/day	RDI	9	
Infants 0-6 Months	2.00 mg/day	RDI	7	

Niacin - Vitamin B3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Niacin - Vitamin B3 in this serving size) % of RDI

Cereal Grains (Grasses) Containing GLUTEN PEPTIDES

Wheat bran, crude	3.00 tbsp = 10.87 gr (1.48 mg)	10.54%
Wheat germ, crude	3.00 tbsp = 21.50 gr (1.46 mg)	10.46%
Wheat flour, whole-grain	3.00 tbsp = 22.50 gr (1.12 mg)	7.97%
Wheat, sprouted	0.30 cup = 36.00 gr (1.11 mg)	7.94%

Cereal Grains (Grasses) NO GLUTEN

Cornmeal, whole-grain, yellow	0.50 cup = 61.00 gr (2.22 mg)	15.83%
Cornmeal, whole-grain, white	0.50 cup = 61.00 gr (2.22 mg)	15.83%
Rice, brown, long-grain, cooked	0.50 cup = 98.00 gr (1.50 mg)	10.70%
Rice, white, short-grain, cooked	0.50 cup = 93.00 gr (1.39 mg)	9.92%
Millet, cooked	0.50 cup = 87.00 gr (1.16 mg)	8.27%
Teff, cooked	0.50 cup = 126.00 gr (1.15 mg)	8.18%
Wild rice, cooked	0.50 cup = 82.00 gr (1.06 mg)	7.54%

Dairy Milk and Cream

Milk, sheep, fluid	1.00 cup = 245.00 gr (1.02 mg)	7.30%
Milk, human, mature, fluid	1.00 cup = 246.00 gr (0.44 mg)	3.11%

Drinks

Beer, Stout	1.00 serve = 250.00 gr (2.25 mg)	16.07%
Coffee, brewed, espresso, restaurant-prepared	1.00 fluid ounce = 30.00 gr (1.56 mg)	11.16%
Alcoholic beverage, beer, light	1.00 can or bottle (12 fl oz) = 354.00 gr (1.38 mg)	9.89%

Fish

Fish, anchovy, european, canned in oil, drained solids	1.00 Serve the size of deck of a cards = 86.00 gr (17.12 mg)	122.26%
Fish, tuna, fresh, yellowfin, raw	1.00 Serve the size of deck of a cards = 86.00 gr (15.89 mg)	113.49%
Fish, tuna, fresh, skipjack, raw	1.00 Serve the size of deck of a cards = 86.00 gr (13.24 mg)	94.60%
Fish, anchovy, european, raw	1.00 Serve the size of deck of a cards = 86.00 gr (12.06 mg)	86.15%
Fish, tuna, light, canned in oil, drained solids	1.00 Serve the size of deck of a cards = 86.00 gr (10.66 mg)	76.17%
Fish, mackerel, Pacific and jack, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (7.16 mg)	51.11%
Fish, salmon, Atlantic, wild, raw	1.00 Serve the size of deck of a cards = 86.00 gr (6.76 mg)	48.28%
Fish, salmon, sockeye, canned, drained solids	1.00 Serve the size of deck of a cards = 86.00 gr	46.81%

Niacin - Vitamin B3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Niacin - Vitamin B3 in this serving size)	% of RDI
Fish, trout, rainbow, farmed, raw 1.00 Serve the size of deck of a cards = 86.00 gr (4.79 mg)	34.20%
Fish, trout, rainbow, wild, raw 1.00 Serve the size of deck of a cards = 86.00 gr (4.63 mg)	33.07%
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 1.00 Serve the size of deck of a cards = 86.00 gr (3.61 mg)	25.80%
Fish, eel, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr (3.01 mg)	21.50%
Fish, haddock, raw 1.00 Serve the size of deck of a cards = 86.00 gr (2.89 mg)	20.66%
Fish, bass, striped, raw 1.00 Serve the size of deck of a cards = 86.00 gr (1.81 mg)	12.90%
Fish, cod, Atlantic, raw 1.00 Serve the size of deck of a cards = 86.00 gr (1.77 mg)	12.67%
Fish, roe, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr (1.55 mg)	11.06%
Fish, halibut, Greenland, raw 1.00 Serve the size of deck of a cards = 86.00 gr (1.29 mg)	9.21%
Fish, whiting, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr (1.12 mg)	7.99%
Fish, flatfish (flounder and sole species), raw 1.00 Serve the size of deck of a cards = 86.00 gr (0.89 mg)	6.39%
Fish, snapper, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr (0.24 mg)	1.74%

Fish Mollusks - Class Bivalvia

Mollusks, oyster, Pacific, raw 2.00 medium = 100.00 gr (2.01 mg)	14.36%
Mollusks, oyster, eastern, farmed, raw 6.00 medium = 84.00 gr (1.06 mg)	7.60%
Mollusks, oyster, eastern, wild, raw 6.00 medium = 84.00 gr (0.78 mg)	5.55%

Fish Mollusks - Class Cephalopoda

Mollusks, squid, mixed species, raw 1.00 serve = 86.00 gr (1.87 mg)	13.36%
Mollusks, octopus, common, raw 1.00 Serve = 86.00 gr (1.81 mg)	12.90%

Fish Mollusks - Class Gastropoda

Mollusks, abalone, mixed species, raw 1.00 Serve = 86.00 gr (1.29 mg)	9.21%
Mollusks, snail, raw 1.00 serve = 86.00 gr (1.20 mg)	8.60%

Fruits

Prune puree 4.00 tbsp = 72.00 gr (1.80 mg)	12.86%
Nectarines, raw 1.00 medium (2-1/2" dia) = 142.00 gr (1.60 mg)	11.41%
Durian, raw or frozen 0.50 cup, chopped or diced = 122.00 gr (1.31 mg)	9.36%
Avocados, raw, California 0.50 avocado = 68.00 gr (1.30 mg)	9.29%
Plantains, raw 1.00 medium = 179.00 gr (1.23 mg)	8.77%
Avocados, raw, all commercial varieties 0.50 avocado = 68.00 gr (1.18 mg)	8.44%
Melons, cantaloupe, raw 1.00 cup, diced = 156.00 gr (1.15 mg)	8.18%

Niacin - Vitamin B3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Niacin - Vitamin B3 in this serving size)	% of RDI
Mangos, raw 1.00 cup pieces = 165.00 gr (1.10 mg)	7.88%
Soursop, raw 0.50 cup, pulp = 112.00 gr (1.01 mg)	7.20%
Orange juice, raw 1.00 cup = 248.00 gr (0.99 mg)	7.09%
Melons, honeydew, raw 1.00 cup, diced (approx 20 pieces per cup) = 170.00 gr (0.71 mg)	5.08%
Bananas, raw 1.00 small (6" to 6-7/8" long) = 101.00 gr (0.67 mg)	4.80%

Legumes/Beans

Peanuts, spanish, raw 30.00 peanuts = 30.00 gr (4.78 mg)	34.13%
Tempeh 0.50 cup = 83.00 gr (2.19 mg)	15.65%
Tempeh, cooked 0.50 cup = 83.00 gr (1.77 mg)	12.66%
Lentils, mature seeds, cooked, boiled, without salt 0.50 cup = 99.00 gr (1.05 mg)	7.50%
Peas, split, mature seeds, cooked, boiled, without salt 0.50 cup = 98.00 gr (0.87 mg)	6.23%
Beans, adzuki, mature seeds, cooked, boiled, without salt 0.50 cup = 115.00 gr (0.82 mg)	5.89%
Pigeon peas (red gram), mature seeds, cooked, boiled, without salt 0.50 cup = 84.00 gr (0.66 mg)	4.69%
Broadbeans (fava beans), mature seeds, cooked, boiled, without salt 0.50 cup = 85.00 gr (0.60 mg)	4.32%
Beans, great northern, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (0.60 mg)	4.28%
Mung beans, mature seeds, cooked, boiled, without salt 0.50 cup = 101.00 gr (0.58 mg)	4.16%
Beans, kidney, all types, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (0.51 mg)	3.63%
Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt 0.50 cup = 82.00 gr (0.43 mg)	3.08%

Meat Beef

Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled 1.00 steak (yield from 136 g raw meat) = 108.00 gr (6.15 mg)	43.90%
Veal, sirloin, separable lean only, cooked, braised 3.00 oz = 85.00 gr (5.99 mg)	42.80%
Beef, grass-fed, strip steaks, lean only, raw 1.00 Serve = 86.00 gr (5.76 mg)	41.18%
Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled 1.00 serving (3 oz) = 85.00 gr (4.91 mg)	35.08%
Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled 1.00 serving = 85.00 gr (3.86 mg)	27.55%

Meat Game

Game meat, rabbit, wild, raw 1.00 serve = 85.00 gr (5.53 mg)	39.46%
Game meat, deer, raw 1.00 serve = 85.00 gr (5.41 mg)	38.68%

Niacin - Vitamin B3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Niacin - Vitamin B3 in this serving size)	% of RDI
Game meat, buffalo, water, raw 1.00 serve = 85.00 gr (5.07 mg)	36.25%
Game meat, caribou, raw 1.00 serve = 85.00 gr (4.68 mg)	33.39%
Game meat , bison, ground, raw 1.00 serving (3 oz) = 85.00 gr (4.17 mg)	29.81%
Game meat, boar, wild, raw 1.00 serve = 85.00 gr (3.40 mg)	24.29%
Goat, raw 1.00 serve = 85.00 gr (3.19 mg)	22.77%

Meat Lamb

Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw 3.00 oz serve = 85.00 gr (4.22 mg)	30.14%
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Meat Offal Beef

Veal, variety meats and by-products, liver, cooked, pan-fried 1.00 serve = 86.00 gr (12.34 mg)	88.15%
Beef, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (11.20 mg)	79.99%
Beef, variety meats and by-products, spleen, raw 1.00 serve = 86.00 gr (7.22 mg)	51.60%
Beef, variety meats and by-products, kidneys, raw 1.00 serve = 85.00 gr (6.83 mg)	48.75%
Beef, variety meats and by-products, heart, raw 1.00 serve = 85.00 gr (6.40 mg)	45.72%
Beef, variety meats and by-products, pancreas, raw 1.00 serve = 86.00 gr (3.83 mg)	27.34%
Beef, variety meats and by-products, tongue, raw 1.00 serve = 86.00 gr (3.65 mg)	26.05%
Beef, variety meats and by-products, lungs, raw 1.00 serve = 86.00 gr (3.44 mg)	24.57%
Beef, variety meats and by-products, brain, raw 1.00 serve = 85.00 gr (3.02 mg)	21.55%
Beef, variety meats and by-products, thymus, raw 1.00 serve = 86.00 gr (2.97 mg)	21.21%

Meat Offal Lamb

Lamb, variety meats and by-products, liver, cooked, pan-fried 1.00 serve = 86.00 gr (14.34 mg)	102.46%
Lamb, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (13.69 mg)	97.81%
Lamb, variety meats and by-products, kidneys, raw 1.00 serve = 85.00 gr (6.38 mg)	45.60%
Lamb, variety meats and by-products, brain, raw 1.00 serve = 85.00 gr (3.32 mg)	23.68%

Meat Offal Poultry

Turkey, liver, all classes, raw 1.00 serve = 85.00 gr (9.55 mg)	68.20%
Chicken, liver, all classes, raw 1.00 serve = 85.00 gr (8.27 mg)	59.06%
Duck, domesticated, liver, raw 1.00 serve = 85.00 gr (5.53 mg)	39.46%
Goose, liver, raw 1.00 serve = 85.00 gr (5.53 mg)	39.46%

Niacin - Vitamin B3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Niacin - Vitamin B3 in this serving size) % of RDI

Meat Pork

Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	1.00	40.70%
Serve - meat only = 85.00 gr (5.70 mg)		
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	1.00 Serve = 86.00	37.78%
gr (5.29 mg)		
Pork, cured, bacon, pre-sliced, cooked, pan-fried	6.00 slice cooked = 45.00 gr	33.61%
(4.71 mg)		
Pork, fresh, belly, raw	1.00 Serve = 85.00 gr	28.21%
(3.95 mg)		

Meat Poultry

Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	1.00 Serve - meat	58.29%
only = 85.00 gr (8.16 mg)		
Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	3.00 oz Serve = 85.00 gr	46.87%
(6.56 mg)		
Guinea hen, meat and skin, raw	1.00 Serve = 85.00 gr	46.55%
(6.52 mg)		
Quail, meat and skin, raw	1.00 Serve = 85.00 gr	45.77%
(6.41 mg)		
Emu, oyster, raw	1.00 Serve = 85.00 gr	45.53%
(6.37 mg)		
Emu, ground, raw	1.00 Serve = 85.00 gr	45.44%
(6.36 mg)		
Duck, domesticated, meat only, raw	1.00 Serve = 85.00 gr	32.18%
(4.51 mg)		
Turkey, all classes, breast, meat and skin, raw	1.00 Serve = 85.00 gr	31.57%
(4.42 mg)		
Ostrich, top loin, raw	1.00 serve = 85.00 gr	28.48%
(3.99 mg)		

Nuts

Nuts, ginkgo nuts, dried	0.50 oz = 14.17 gr	11.87%
(1.66 mg)		
Nuts, ginkgo nuts, raw	0.50 oz = 14.17 gr	6.07%
(0.85 mg)		
Nuts, pine nuts, dried	2.00 tbsp = 16.87 gr	5.29%
(0.74 mg)		

Processed Foods - Breakfast Cereals

Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	1.00 cup (1 NLEA serving) =	50.04%
31.00 gr (7.01 mg)		
Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	1.00 cup (1 NLEA serving) =	35.80%
28.00 gr (5.01 mg)		
Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	0.50 cup (1 NLEA	32.77%
serving) = 31.00 gr (4.59 mg)		

Seeds

Seeds, sisymbrium sp. seeds, whole, dried	3.00 tbsp = 13.87 gr	16.67%
(2.33 mg)		
Seeds, sunflower seed kernels, dried	6.00 tbsp = 17.25 gr	10.27%
(1.44 mg)		

Niacin - Vitamin B3

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Niacin - Vitamin B3 in this serving size)	% of RDI
Vegetables	
Yeast extract spread 1.00 tsp = 6.00 gr (7.65 mg)	54.64%
Mushrooms, maitake, raw 1.00 cup diced = 70.00 gr (4.61 mg)	32.93%
Mushrooms, enoki, raw 1.00 cup whole = 64.00 gr (4.50 mg)	32.15%
Mushrooms, oyster, raw 1.00 cup sliced = 86.00 gr (4.26 mg)	30.44%
Mushrooms, portabella, raw 1.00 cup diced = 86.00 gr (3.86 mg)	27.61%
Beans, pinto, mature seeds, sprouted, raw 2.00 serve = 100.00 gr (2.28 mg)	16.29%
Mushrooms, Chanterelle, raw 1.00 cup = 54.00 gr (2.21 mg)	15.76%
Mushrooms, shiitake, dried 4.00 mushrooms = 15.00 gr (2.12 mg)	15.11%
Potatoes, white, flesh and skin, baked 1.00 potato medium (2-1/4" to 3-1/4" dia) = 138.00 gr (2.11 mg)	15.06%
Jerusalem-artichokes, raw = 150.00 gr (1.95 mg)	13.93%
Potatoes, Russet, flesh and skin, baked 1.00 potato small (1-3/4" to 2-1/2" dia.) = 138.00 gr (1.86 mg)	13.29%
Tomato products, canned, puree, without salt added 0.50 cup = 125.00 gr (1.83 mg)	13.09%
Peas, green, cooked, boiled, drained, without salt 0.50 cup = 80.00 gr (1.62 mg)	11.55%
Fiddlehead ferns, raw 1.00 serve = 30.00 gr (1.49 mg)	10.67%
Mung beans, mature seeds, sprouted, cooked, stir-fried 1.00 cup = 124.00 gr (1.49 mg)	10.63%
Mushrooms, morel, raw 1.00 cup = 66.00 gr (1.49 mg)	10.62%
Mushrooms, white, raw 0.50 cup pieces = 35.00 gr (1.26 mg)	9.02%
Tomatillos, raw 0.50 cup, chopped or diced = 66.00 gr (1.22 mg)	8.72%
Mushrooms, shiitake, cooked, without salt 0.50 cup pieces = 73.00 gr (1.10 mg)	7.82%
Tomatoes, sun-dried, packed in oil, drained 0.25 cup = 27.50 gr (1.00 mg)	7.13%
Tomato products, canned, paste, without salt added 2.00 tbsps = 32.00 gr (0.98 mg)	7.03%
Kale, scotch, raw 1.00 cup, chopped = 67.00 gr (0.87 mg)	6.22%
Lentils, sprouted, raw 1.00 cup = 77.00 gr (0.87 mg)	6.20%

Whole Food & Nutrient Synergy Profiles

Calcium, Ca

Gender/Age/Lifestage	RDI	Source	Reference Body Weight(kg)	Upper Limit
Boys 14-18 Years	1300.00 mg/day	RDI	64	2500.00 mg/day
Girls 14-18 Years	1300.00 mg/day	RDI	57	2500.00 mg/day
Men 70 over Years	1300.00 mg/day	RDI	76	2500.00 mg/day
Women 51-70 Years	1300.00 mg/day	RDI	61	2500.00 mg/day
Women 70 over Years	1300.00 mg/day	RDI	61	2500.00 mg/day
Pregnancy 14-18 Years	1300.00 mg/day	RDI	61+	2500.00 mg/day
Lactation 14-18 Years	1300.00 mg/day	RDI	61	2500.00 mg/day
Boys 9-13 Years	1150.00 mg/day	RDI	40	2500.00 mg/day
Girls 9-13 Years	1150.00 mg/day	RDI	40	2500.00 mg/day
Men 19-30 Years	1000.00 mg/day	RDI	76	2500.00 mg/day
Men 31-50 Years	1000.00 mg/day	RDI	76	2500.00 mg/day
Men 51-70 Years	1000.00 mg/day	RDI	76	2500.00 mg/day
Women 19-30 Years	1000.00 mg/day	RDI	61	2500.00 mg/day
Women 31-50 Years	1000.00 mg/day	RDI	61	2500.00 mg/day
Pregnancy 19-30 Years	1000.00 mg/day	RDI	61+	2500.00 mg/day
Pregnancy 31-50 Years	1000.00 mg/day	RDI	61+	2500.00 mg/day
Lactation 19-30 Years	1000.00 mg/day	RDI	61	2500.00 mg/day
Lactation 31-50 Years	1000.00 mg/day	RDI	61	2500.00 mg/day
Children 4-8 Years	700.00 mg/day	RDI	22	2500.00 mg/day
Children 1-3 Years	500.00 mg/day	RDI	13	2500.00 mg/day
Infants 7-12 Months	270.00 mg/day	RDI	9	
Infants 0-6 Months	210.00 mg/day	RDI	7	

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Calcium, Ca in this serving size) % of RDI

Cereal Grains (Grasses) Containing GLUTEN PEPTIDES

Oats 0.25 Cup = 39.00 gr (21.06 mg) 2.11%

Cereal Grains (Grasses) NO GLUTEN

Teff, cooked 0.50 cup = 126.00 gr (61.74 mg) 6.17%

Amaranth grain, cooked 0.50 cup = 122.00 gr (57.34 mg) 5.73%

Dairy Cheese

Cheese, parmesan, hard 3.00 cubic inch = 31.00 gr (367.04 mg) 36.70%

Cheese, gruyere 2.00 cubic inch = 30.00 gr (303.30 mg) 30.33%

Cheese, provolone 2.00 cubic inch = 34.00 gr (257.04 mg) 25.70%

Cheese, goat, hard type 1.00 oz = 28.35 gr (253.73 mg) 25.37%

Cheese, feta 2.00 cubic inch = 34.00 gr (167.62 mg) 16.76%

Cheese, ricotta, part skim milk 2.00 tbsl = 30.00 gr (81.60 mg) 8.16%

Cheese, brie 2.00 cubic inch = 34.00 gr (62.56 mg) 6.26%

Cheese, ricotta, whole milk 2.00 tbsl = 30.00 gr (62.10 mg) 6.21%

Cheese, cream 2.00 tbsp = 29.00 gr (28.42 mg) 2.84%

Dairy Milk and Cream

Milk, sheep, fluid 1.00 cup = 245.00 gr (472.85 mg) 47.29%

Milk, indian buffalo, fluid 1.00 cup = 244.00 gr (412.36 mg) 41.24%

Milk, buttermilk, fluid, cultured, lowfat 1.00 cup = 245.00 gr (284.20 mg) 28.42%

Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D 1.00 cup = 244.00 gr (275.72 mg) 27.57%

Whey, acid, dried 4.00 tbsp = 11.60 gr (238.26 mg) 23.83%

Milk, human, mature, fluid 1.00 cup = 246.00 gr (78.72 mg) 7.87%

Cream, fluid, heavy whipping 2.00 tbsp = 30.00 gr (19.50 mg) 1.95%

Dairy Yoghurt/Kefir/Ferments

Yogurt, plain, skim milk, 13 grams protein per 8 ounce 0.50 container (4 oz) = 113.00 gr (224.87 mg) 22.49%

Cream, sour, cultured 1.00 tbsp = 12.00 gr (13.20 mg) 1.32%

Drinks

Water, bottled, PERRIER 1.00 cup 8 fl oz = 237.00 gr (33.18 mg) 3.32%

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Calcium, Ca in this serving size)	% of RDI
Water, bottled, non-carbonated, EVIAN 1.00 bottle 11.2 fl oz in package of 6 = 331.00 gr (26.48 mg)	2.65%
Water, bottled, generic 1.00 cup = 237.00 gr (23.70 mg)	2.37%
Fish	
Fish, sardine, Atlantic, canned in oil, drained solids with bone 1.00 Serve the size of deck of a cards = 86.00 gr (328.52 mg)	32.85%
Fish, salmon, pink, canned, drained solids 1.00 Serve the size of deck of a cards = 86.00 gr (243.38 mg)	24.34%
Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone 1.00 Serve the size of deck of a cards = 86.00 gr (206.40 mg)	20.64%
Fish, anchovy, european, raw 1.00 Serve the size of deck of a cards = 86.00 gr (126.42 mg)	12.64%
Fish, herring, Atlantic, kippered 1.00 Serve the size of deck of a cards = 86.00 gr (72.24 mg)	7.22%
Fish, herring, Pacific, raw 1.00 Serve the size of deck of a cards = 86.00 gr (71.38 mg)	7.14%
Fish Crustaceans	
Crustaceans, crab, blue, raw 1.00 Serve = 86.00 gr (76.54 mg)	7.65%
Fish Mollusks - Class Bivalvia	
Mollusks, oyster, eastern, wild, raw 6.00 medium = 84.00 gr (49.56 mg)	4.96%
Fish Mollusks - Class Cephalopoda	
Mollusks, cuttlefish, mixed species, raw 1.00 Serve = 86.00 gr (77.40 mg)	7.74%
Fish Mollusks - Class Gastropoda	
Mollusks, whelk, unspecified, raw 1.00 Serve = 86.00 gr (49.02 mg)	4.90%
Fruits	
Roselle, raw 1.00 cup, without refuse = 57.00 gr (122.55 mg)	12.26%
Rhubarb, raw 1.00 cup, diced = 122.00 gr (104.92 mg)	10.49%
Oranges, raw, Florida 1.00 fruit (2-11/16" dia) = 151.00 gr (64.93 mg)	6.49%
Oranges, raw, navels 1.00 fruit (2-7/8" dia) = 140.00 gr (60.20 mg)	6.02%
Prickly pears, raw 1.00 fruit without refuse = 103.00 gr (57.68 mg)	5.77%
Figs, dried, uncooked 4.00 fig = 33.00 gr (53.46 mg)	5.35%
Sapodilla, raw 1.00 sapodilla = 170.00 gr (35.70 mg)	3.57%
Tangerines, (mandarin oranges), raw 1.00 medium (2-1/2" dia) = 88.00 gr (32.56 mg)	3.26%
Currants, european black, raw 0.50 cup = 56.00 gr (30.80 mg)	3.08%
Mulberries, raw 10.00 fruit = 15.00 gr (5.85 mg)	0.59%

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Calcium, Ca in this serving size) % of RDI

Herbs, Spices and Essential Oils (Volatile Plant Extracts)

Spices, poppy seed 1.00 tsp = 2.80 gr (40.26 mg) 4.03%

Legumes/Beans

Tofu, raw, firm, prepared with calcium sulfate 0.50 cup = 126.00 gr (860.58 mg) 86.06%

Tofu, hard, prepared with nigari 0.25 block = 122.00 gr (420.90 mg) 42.09%

Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) 0.50 cup = 126.00 gr (253.26 mg) 25.33%

Lupins, mature seeds, raw 0.50 cup = 90.00 gr (158.40 mg) 15.84%

Broadbeans (fava beans), mature seeds, raw 1.00 cup = 150.00 gr (154.50 mg) 15.45%

Winged beans, mature seeds, cooked, boiled, without salt 0.50 cup = 86.00 gr (122.12 mg) 12.21%

Carob flour 5.00 tbsp = 30.00 gr (104.40 mg) 10.44%

Natto 0.25 cup = 44.00 gr (95.48 mg) 9.55%

Tempeh 0.50 cup = 83.00 gr (92.13 mg) 9.21%

Beans, small white, mature seeds, cooked, boiled, without salt 0.50 cup = 90.00 gr (65.70 mg) 6.57%

Beans, navy, mature seeds, cooked, boiled, without salt 0.50 cup = 91.00 gr (62.79 mg) 6.28%

Beans, great northern, mature seeds, cooked, boiled, without salt 0.50 cup = 88.00 gr (59.84 mg) 5.98%

Beans, baked, canned, plain or vegetarian 0.50 cup = 127.00 gr (43.18 mg) 4.32%

Refried beans, canned, vegetarian 0.50 cup = 121.00 gr (42.35 mg) 4.24%

Beans, adzuki, mature seeds, cooked, boiled, without salt 0.50 cup = 115.00 gr (32.20 mg) 3.22%

Lentils, mature seeds, cooked, boiled, without salt 0.50 cup = 99.00 gr (18.81 mg) 1.88%

Meat Game

Turtle, green, raw 1.00 serve = 85.00 gr (100.30 mg) 10.03%

Meat Offal Beef

Beef, variety meats and by-products, tripe, raw 1.00 serve = 86.00 gr (59.34 mg) 5.93%

Nuts

Nuts, almond butter, plain, without salt added 1.00 tbsp = 16.00 gr (55.52 mg) 5.55%

Nuts, almonds 10.00 almonds = 12.00 gr (32.28 mg) 3.23%

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of Calcium, Ca in this serving size)	% of RDI
Processed Foods - Sweets	
Chocolate, dark, 70-85% cacao solids 1.00 serve = 30.00 gr (21.90 mg)	2.19%
Molasses 0.50 serving 1 tbsp = 10.00 gr (20.50 mg)	2.05%
Seeds	
Seeds, sesame seeds, whole, dried 3.00 tbsp = 27.00 gr (263.25 mg)	26.33%
Seeds, sisymbrium sp. seeds, whole, dried 3.00 tbsp = 13.87 gr (226.50 mg)	22.65%
Seeds, chia seeds, dried 3.00 tbsp = 27.00 gr (170.37 mg)	17.04%
Seeds, sesame butter, tahini, from raw and stone ground kernels 2.00 tbsp = 30.00 gr (126.00 mg)	12.60%
Vegetables	
Jute, potherb, cooked, boiled, drained, without salt 1.00 cup = 87.00 gr (183.57 mg)	18.36%
Mustard spinach, (tendergreen), raw 0.50 cup, chopped = 75.00 gr (157.50 mg)	15.75%
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 0.50 cup, chopped = 90.00 gr (142.20 mg)	14.22%
Kale, scotch, raw 1.00 cup, chopped = 67.00 gr (137.35 mg)	13.74%
Collards, cooked, boiled, drained, without salt 0.50 cup, chopped = 95.00 gr (133.95 mg)	13.40%
Soybeans, green, cooked, boiled, drained, without salt 0.50 cup = 90.00 gr (130.50 mg)	13.05%
Spinach, cooked, boiled, drained, without salt 0.50 cup = 90.00 gr (122.40 mg)	12.24%
Turnip greens, raw 1.00 cup, chopped = 55.00 gr (104.50 mg)	10.45%
Dandelion greens, raw 1.00 cup, chopped = 55.00 gr (102.85 mg)	10.29%
Taro, tahitian, cooked, without salt 0.50 cup slices = 67.00 gr (99.83 mg)	9.98%
Borage, raw 1.00 cup (1" pieces) = 89.00 gr (82.77 mg)	8.28%
Dandelion greens, cooked, boiled, drained, without salt 0.50 cup, chopped = 53.00 gr (74.20 mg)	7.42%
Cabbage, chinese (pak-choi), raw 1.00 cup, shredded = 70.00 gr (73.50 mg)	7.35%
Okra, cooked, boiled, drained, without salt 0.50 cup slices = 80.00 gr (61.60 mg)	6.16%
New Zealand spinach, cooked, boiled, drained, without salt 0.50 cup, chopped = 90.00 gr (43.20 mg)	4.32%
Broccoli, raw 1.00 cup chopped = 91.00 gr (42.77 mg)	4.28%
Wasabi, root, raw 0.25 cup, sliced = 32.50 gr (41.60 mg)	4.16%

Whole Food & Nutrient Synergy Profiles

TOTAL ENERGY in KCal

Gender/Age/Lifestage	RDI	Source	Reference Body Weight(kg)	Upper Limit
Boys 14-18 Years	2629.00 kcal/day		64	
Men 19-30 Years	2509.00 kcal/day		76	
Men 31-50 Years	2509.00 kcal/day		76	
Men 51-70 Years	2509.00 kcal/day		76	
Men 70 over Years	2390.00 kcal/day		76	
Boys 9-13 Years	2270.00 kcal/day		40	
Girls 14-18 Years	2270.00 kcal/day		57	
Women 19-30 Years	2270.00 kcal/day		61	
Women 31-50 Years	2270.00 kcal/day		61	
Women 51-70 Years	2270.00 kcal/day		61	
Women 70 over Years	2270.00 kcal/day		61	
Girls 9-13 Years	2031.00 kcal/day		40	
Children 4-8 Years	1553.00 kcal/day		22	
Children 1-3 Years	1386.00 kcal/day		13	
Infants 7-12 Months	717.00 kcal/day		9	
Infants 0-6 Months	597.00 kcal/day		7	
Pregnancy 14-18 Years	kcal/day		61+	
Pregnancy 19-30 Years	kcal/day		61+	
Pregnancy 31-50 Years	kcal/day		61+	
Lactation 14-18 Years	kcal/day		61	
Lactation 19-30 Years	kcal/day		61	
Lactation 31-50 Years	kcal/day		61	

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size) % of RDI

Cereal Grains (Grasses) Containing GLUTEN PEPTIDES

Macaroni, cooked, unenriched	1.00 cup elbow shaped = 140.00 gr (221.20 kcal)	9.74%
Noodles, egg, cooked, unenriched, without added salt	1.00 cup = 160.00 gr (220.80 kcal)	9.73%
Noodles, japanese, somen, cooked	0.50 cup = 77.00 gr (100.87 kcal)	4.44%
Wheat germ, crude	3.00 tbsp = 21.50 gr (77.40 kcal)	3.41%
Wheat, sprouted	0.30 cup = 36.00 gr (71.28 kcal)	3.14%

Cereal Grains (Grasses) NO GLUTEN

Rice, white, short-grain, cooked	0.50 cup = 93.00 gr (120.90 kcal)	5.33%
Rice, brown, medium-grain, cooked	0.50 cup = 98.00 gr (109.76 kcal)	4.84%
Buckwheat flour, whole-grout	0.25 cup = 30.00 gr (100.50 kcal)	4.43%
Wild rice, cooked	0.50 cup = 82.00 gr (82.82 kcal)	3.65%

Dairy Cheese

Cheese, cheddar	2.00 cubic inch = 34.00 gr (137.02 kcal)	6.04%
Cheese, parmesan, hard	3.00 cubic inch = 31.00 gr (121.52 kcal)	5.35%
Cheese, swiss	2.00 cubic inch = 30.00 gr (114.00 kcal)	5.02%
Cheese, edam	1.00 serve = 30.00 gr (107.10 kcal)	4.72%
Cheese, cream	2.00 tbsp = 29.00 gr (99.18 kcal)	4.37%
Cheese, feta	2.00 cubic inch = 34.00 gr (89.76 kcal)	3.95%
Cheese, goat, soft type	1.00 serve = 30.00 gr (80.40 kcal)	3.54%
Cheese, neufchatel	1.00 serve = 30.00 gr (75.90 kcal)	3.34%
Cheese, cream, low fat	2.00 tbsp = 30.00 gr (60.30 kcal)	2.66%
Cheese, ricotta, whole milk	2.00 tbsl = 30.00 gr (52.20 kcal)	2.30%
Cheese, ricotta, part skim milk	2.00 tbsl = 30.00 gr (41.40 kcal)	1.82%

Dairy Milk and Cream

Milk, chocolate beverage, hot cocoa, homemade	1.00 cup = 250.00 gr (192.50 kcal)	8.48%
Milk, human, mature, fluid	1.00 cup = 246.00 gr (172.20 kcal)	7.59%
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	1.00 cup = 244.00 gr (148.84 kcal)	6.56%
Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	1.00 cup = 225.00 gr (112.50 kcal)	4.96%
Cream, fluid, heavy whipping	2.00 tbsp = 30.00 gr (103.50 kcal)	4.56%
Cream, fluid, light whipping	2.00 tbsp = 30.00 gr (87.60 kcal)	3.86%

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of **TOTAL ENERGY in KCal** in this serving size) % of RDI

Dairy Yoghurt/Kefir/Ferments

Yogurt, plain, low fat, 12 grams protein per 8 ounce 0.50 container (4 oz) = 113.00 gr **(71.19 kcal)** 3.14%

Cream, sour, cultured 1.00 tbsp = 12.00 gr **(23.16 kcal)** 1.02%

Drinks

Alcoholic beverage, beer, regular, all 1.00 can = 356.00 gr **(153.08 kcal)** 6.74%

Alcoholic beverage, wine, table, red 1.00 serving 5 fl oz = 147.00 gr **(124.95 kcal)** 5.50%

Alcoholic beverage, wine, table, white 1.00 serving 5 fl oz = 147.00 gr **(120.54 kcal)** 5.31%

Alcoholic beverage, beer, light 1.00 can or bottle (12 fl oz) = 354.00 gr **(102.66 kcal)** 4.52%

Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof 1.00 fl oz = 27.80 gr **(69.50 kcal)** 3.06%

Eggs

Egg, whole, cooked, fried 1.00 large = 46.00 gr **(90.16 kcal)** 3.97%

Egg, whole, cooked, hard-boiled 1.00 large = 50.00 gr **(77.50 kcal)** 3.41%

Egg, whole, raw, fresh 1.00 large = 50.00 gr **(71.50 kcal)** 3.15%

Egg, yolk, raw, fresh 1.00 large = 17.00 gr **(54.74 kcal)** 2.41%

Egg, white, raw, fresh 1.00 large = 33.00 gr **(17.16 kcal)** 0.76%

Fish

Fish, anchovy, european, canned in oil, drained solids 1.00 Serve the size of deck of a cards = 86.00 gr **(180.60 kcal)** 7.96%

Fish, sardine, Atlantic, canned in oil, drained solids with bone 1.00 Serve the size of deck of a cards = 86.00 gr **(178.88 kcal)** 7.88%

Fish, salmon, Atlantic, farmed, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(178.88 kcal)** 7.88%

Fish, mackerel, Atlantic, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(176.30 kcal)** 7.77%

Fish, salmon, sockeye, canned, drained solids 1.00 Serve the size of deck of a cards = 86.00 gr **(143.62 kcal)** 6.33%

Fish, trout, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(127.28 kcal)** 5.61%

Fish, butterfish, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(125.56 kcal)** 5.53%

Fish, yellowtail, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(125.56 kcal)** 5.53%

Fish, tuna, fresh, bluefin, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(123.84 kcal)** 5.46%

Fish, roe, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(122.98 kcal)** 5.42%

Fish, salmon, Atlantic, wild, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(122.12 kcal)** 5.38%

Fish, trout, rainbow, farmed, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(121.26 kcal)** 5.34%

Fish, snapper, mixed species, raw 1.00 Serve the size of deck of a cards = 86.00 gr **(86.00 kcal)** 3.79%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size)	% of RDI
Fish, ocean perch, Atlantic, raw 1.00 Serve the size of deck of a cards = 86.00 gr (67.94 kcal)	2.99%
Fish, roughy, orange, raw 1.00 Serve the size of deck of a cards = 86.00 gr (65.36 kcal)	2.88%
Fish, flatfish (flounder and sole species), raw 1.00 Serve the size of deck of a cards = 86.00 gr (60.20 kcal)	2.65%
Fish, cod, Pacific, raw 1.00 Serve the size of deck of a cards = 86.00 gr (59.34 kcal)	2.61%
Fish Crustaceans	
Crustaceans, crab, blue, raw 1.00 Serve = 86.00 gr (74.82 kcal)	3.30%
Crustaceans, lobster, northern, raw 1.00 Serve = 86.00 gr (66.22 kcal)	2.92%
Fish Mollusks - Class Bivalvia	
Mollusks, oyster, Pacific, raw 2.00 medium = 100.00 gr (81.00 kcal)	3.57%
Mollusks, mussel, blue, raw 1.00 Serve = 86.00 gr (73.96 kcal)	3.26%
Fruits	
Prunes, dehydrated (low-moisture), uncooked 0.50 cup = 66.00 gr (223.74 kcal)	9.86%
Plantains, raw 1.00 medium = 179.00 gr (218.38 kcal)	9.62%
Durian, raw or frozen 0.50 cup, chopped or diced = 122.00 gr (179.34 kcal)	7.90%
Dates, medjool 2.00 date, pitted = 48.00 gr (132.96 kcal)	5.86%
Avocados, raw, California 0.50 avocado = 68.00 gr (113.56 kcal)	5.00%
Orange juice, raw 1.00 cup = 248.00 gr (111.60 kcal)	4.92%
Avocados, raw, all commercial varieties 0.50 avocado = 68.00 gr (108.80 kcal)	4.79%
Mangos, raw 1.00 cup pieces = 165.00 gr (99.00 kcal)	4.36%
Apples, raw, with skin 1.00 medium (3" dia) = 182.00 gr (94.64 kcal)	4.17%
Figs, dried, uncooked 4.00 fig = 33.00 gr (82.17 kcal)	3.62%
Oranges, raw, navels 1.00 fruit (2-7/8" dia) = 140.00 gr (68.60 kcal)	3.02%
Litchis, raw 10.00 fruit without refuse = 96.00 gr (63.36 kcal)	2.79%
Melons, cantaloupe, raw 1.00 cup, diced = 156.00 gr (53.04 kcal)	2.34%
Grapefruit, raw, pink and red, all areas 0.50 fruit (3-3/4" dia) = 123.00 gr (51.66 kcal)	2.28%
Watermelon, raw 1.00 cup, diced = 152.00 gr (45.60 kcal)	2.01%
Pineapple, raw, all varieties 0.50 cup, chunks = 87.00 gr (43.50 kcal)	1.92%
Blueberries, raw 0.50 cup = 74.00 gr (42.18 kcal)	1.86%
Kiwifruit, green, raw 1.00 fruit (2" dia) = 69.00 gr (42.09 kcal)	1.85%
Blueberries, frozen, unsweetened 0.50 cup, unthawed = 76.00 gr (38.76 kcal)	1.71%
Olives, ripe, canned (small-extra large) 10.00 small = 32.00 gr (36.80 kcal)	1.62%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size)	% of RDI
Apricots, raw 2.00 apricot = 70.00 gr (33.60 kcal)	1.48%
Papayas, raw 0.50 cup 1" pieces = 77.00 gr (33.11 kcal)	1.46%
Raspberries, raw 0.50 cup = 62.00 gr (32.24 kcal)	1.42%
Blackberries, raw 0.50 cup = 72.00 gr (30.96 kcal)	1.36%
Figs, raw 1.00 small (1-1/2" dia) = 40.00 gr (29.60 kcal)	1.30%
Cherries, sour, red, raw 0.50 cup, with pits, yields = 52.00 gr (26.00 kcal)	1.15%
Strawberries, raw 5.00 medium (1-1/4" dia) = 60.00 gr (19.20 kcal)	0.85%
Mulberries, raw 10.00 fruit = 15.00 gr (6.45 kcal)	0.28%
Acerola, (west indian cherry), raw 3.00 fruit without refuse = 14.40 gr (4.61 kcal)	0.20%

Legumes/Beans

Broadbeans (fava beans), mature seeds, raw 1.00 cup = 150.00 gr (511.50 kcal)	22.53%
Soybeans, mature seeds, raw 0.50 cup = 98.00 gr (437.08 kcal)	19.25%
Winged beans, mature seeds, raw 0.50 cup = 91.00 gr (372.19 kcal)	16.40%
Hyacinth beans, mature seeds, raw 0.50 cup = 105.00 gr (361.20 kcal)	15.91%
Beans, pink, mature seeds, raw 0.50 cup = 105.00 gr (360.15 kcal)	15.87%
Beans, small white, mature seeds, raw 0.50 cup = 107.00 gr (359.52 kcal)	15.84%
Mung beans, mature seeds, raw 0.50 cup = 103.00 gr (357.41 kcal)	15.74%
Mungo beans, mature seeds, raw 0.50 cup = 103.50 gr (352.94 kcal)	15.55%
Lima beans, thin seeded (baby), mature seeds, raw 0.50 cup = 101.00 gr (338.35 kcal)	14.91%
Beans, yellow, mature seeds, raw 0.50 cup = 98.00 gr (338.10 kcal)	14.89%
Beans, white, mature seeds, raw 0.50 cup = 101.00 gr (336.33 kcal)	14.82%
Lentils, raw 0.50 cup = 96.00 gr (329.28 kcal)	14.51%
Peanut butter, chunk style, without salt 2.00 tbsp = 32.00 gr (188.48 kcal)	8.30%
Tofu, raw, firm, prepared with calcium sulfate 0.50 cup = 126.00 gr (182.70 kcal)	8.05%
Tofu, hard, prepared with nigari 0.25 block = 122.00 gr (178.12 kcal)	7.85%
Peanuts, all types, raw 30.00 peanuts = 30.00 gr (170.10 kcal)	7.49%

Meals, Snacks, Restaurant and Fast foods

McDONALD'S, Vanilla TRIPLE THICK Shake 21.00 fl oz cup medium = 470.00 gr (733.20 kcal)	32.30%
Snacks, potato chips, plain, salted 0.50 bag (8 oz) = 113.00 gr (612.46 kcal)	26.98%
Fast foods, hamburger; double, large patty; with condiments and vegetables sandwich = 226.00 gr (540.14 kcal) 1.00	23.79%
Fast foods, hamburger; single, large patty; with condiments and vegetables sandwich = 218.00 gr (512.30 kcal) 1.00	22.57%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size) % of RDI

PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust 1.00 slice = 127.00 gr (308.61 kcal) 13.60%

Meat Beef

Beef, ground, 70% lean meat / 30% fat, raw 1.00 serving = 85.00 gr (282.20 kcal) 12.43%

Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled 3.00 oz (1 serving) = 85.00 gr (219.30 kcal) 9.66%

Beef, ground, 85% lean meat / 15% fat, raw 1.00 serving (3 oz) = 85.00 gr (182.75 kcal) 8.05%

Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled 1.00 serving (3 oz) = 85.00 gr (139.40 kcal) 6.14%

Beef, grass-fed, strip steaks, lean only, raw 1.00 Serve = 86.00 gr (100.62 kcal) 4.43%

Meat Game

Game meat, deer, raw 1.00 serve = 85.00 gr (102.00 kcal) 4.49%

Game meat, rabbit, wild, raw 1.00 serve = 85.00 gr (96.90 kcal) 4.27%

Goat, raw 1.00 serve = 85.00 gr (92.65 kcal) 4.08%

Meat Lamb

Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled 1.00 serve = 86.00 gr (198.66 kcal) 8.75%

Meat Offal Beef

Beef, variety meats and by-products, suet, raw 1.00 serve = 86.00 gr (734.44 kcal) 32.35%

Beef, variety meats and by-products, brain, raw 1.00 serve = 85.00 gr (121.55 kcal) 5.35%

Veal, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (119.00 kcal) 5.24%

Beef, variety meats and by-products, kidneys, raw 1.00 serve = 85.00 gr (84.15 kcal) 3.71%

Meat Offal Lamb

Lamb, variety meats and by-products, liver, raw 1.00 serve = 85.00 gr (118.15 kcal) 5.20%

Lamb, variety meats and by-products, brain, raw 1.00 serve = 85.00 gr (103.70 kcal) 4.57%

Meat Offal Poultry

Turkey, liver, all classes, raw 1.00 serve = 85.00 gr (108.80 kcal) 4.79%

Chicken, liver, all classes, raw 1.00 serve = 85.00 gr (101.15 kcal) 4.46%

Meat Pork

Pork, fresh, separable fat, raw 1.00 Serve = 85.00 gr (537.20 kcal) 23.67%

Pork, fresh, belly, raw 1.00 Serve = 85.00 gr (440.30 kcal) 19.40%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size)	% of RDI
Pork, cured, bacon, pre-sliced, cooked, pan-fried 6.00 slice cooked = 45.00 gr (210.60 kcal)	9.28%
Pork, cured, ham, whole, separable lean only, unheated 1.00 Serve = 85.00 gr (124.95 kcal)	5.50%
Meat Poultry	
Chicken, broilers or fryers, wing, meat and skin, cooked, roasted 1.00 Serve = 85.00 gr (215.90 kcal)	9.51%
Duck, wild, meat and skin, raw 1.00 serve = 85.00 gr (179.35 kcal)	7.90%
Chicken, broilers or fryers, leg, meat only, cooked, roasted 1.00 leg, bone and skin removed = 95.00 gr (165.30 kcal)	7.28%
Chicken, broilers or fryers, wing, meat and skin, raw 1.00 Serve = 85.00 gr (162.35 kcal)	7.15%
Emu, ground, cooked, pan-broiled 1.00 serving (3 oz) = 85.00 gr (138.55 kcal)	6.10%
Emu, fan fillet, cooked, broiled 1.00 serving (3 oz) = 85.00 gr (130.90 kcal)	5.77%
Turkey, all classes, light meat, cooked, roasted 1.00 serve = 85.00 gr (124.95 kcal)	5.50%
Duck, domesticated, meat only, raw 1.00 Serve = 85.00 gr (114.75 kcal)	5.06%
Nuts	
Nuts, coconut meat, raw 1.00 piece (2" x 2" x 1/2") = 45.00 gr (159.30 kcal)	7.02%
Nuts, coconut cream, raw (liquid expressed from grated meat) 3.00 tbsp = 45.00 gr (148.50 kcal)	6.54%
Nuts, pine nuts, dried 2.00 tbsp = 16.87 gr (113.54 kcal)	5.00%
Nuts, macadamia nuts, dry roasted, without salt added 6.00 kernels = 14.17 gr (101.74 kcal)	4.48%
Nuts, hickorynuts, dried 5.00 nut = 15.00 gr (98.55 kcal)	4.34%
Nuts, brazilnuts, dried, unblanched 3.00 kernel = 15.00 gr (98.40 kcal)	4.33%
Nuts, pecans 10.00 halves = 14.17 gr (97.91 kcal)	4.31%
Nuts, walnuts, black, dried 2.00 tbsp = 15.60 gr (96.41 kcal)	4.25%
Nuts, hazelnuts or filberts, dry roasted, without salt added 10.00 nuts = 14.00 gr (90.44 kcal)	3.98%
Nuts, cashew nuts, raw 0.50 oz = 14.17 gr (78.36 kcal)	3.45%
Nuts, ginkgo nuts, dried 0.50 oz = 14.17 gr (49.31 kcal)	2.17%
Nuts, chestnuts, chinese, roasted 0.50 oz = 14.17 gr (33.87 kcal)	1.49%
Oils and Fat Animal	
Fat, beef tallow 1.00 tbsp = 12.80 gr (115.46 kcal)	5.09%
Lard 1.00 tbsp = 12.80 gr (115.46 kcal)	5.09%
Fish oil, cod liver 1.00 tsp = 4.50 gr (40.59 kcal)	1.79%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size) % of RDI

Oils Plant

Oil, peanut, salad or cooking	1.00 tsp = 4.50 gr (39.78 kcal)	1.75%
Oil, olive, salad or cooking	1.00 tsp = 4.50 gr (39.78 kcal)	1.75%
Oil, sunflower, linoleic, (approx. 65%)	1.00 tsp = 4.50 gr (39.78 kcal)	1.75%
Oil, avocado	1.00 tsp = 4.50 gr (39.78 kcal)	1.75%
Oil, flaxseed, cold pressed	1.00 tsp = 4.50 gr (39.78 kcal)	1.75%

Processed Foods

Quorn mycoprotein	1.00 serve = 85.00 gr (82.20 kcal)	3.62%
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Processed Foods - Baked Products

Muffins, blueberry, commercially prepared (Includes mini-muffins)	1.00 medium = 113.00 gr (426.01 kcal)	18.77%
Pie, apple, commercially prepared, unenriched flour	1.00 piece (1/8 of 9" dia) = 125.00 gr (296.25 kcal)	13.05%
Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	1.00 pastry (4-1/4" dia) = 71.00 gr (263.41 kcal)	11.60%
Puff pastry, frozen, ready-to-bake	1.00 shell = 47.00 gr (258.97 kcal)	11.41%
Cheesecake commercially prepared	1.00 piece (1/6 of 17 oz cake) = 80.00 gr (256.80 kcal)	11.31%
Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	1.00 piece (1/8 of 18 oz cake) = 64.00 gr (248.96 kcal)	10.97%
Croissants, butter	1.00 croissant, medium = 57.00 gr (231.42 kcal)	10.19%
Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	1.00 doughnut medium (3-1/4" dia) = 54.00 gr (225.72 kcal)	9.94%
Waffles, plain, prepared from recipe	1.00 waffle, round (7" dia) = 75.00 gr (218.25 kcal)	9.61%
Tostada shells, corn	3.00 pieces (mean serving weight, aggregated over brands) = 37.00 gr (175.38 kcal)	7.73%
Cake, fruitcake, commercially prepared	1.00 piece = 43.00 gr (139.32 kcal)	6.14%
Rolls, hamburger or hotdog, plain	1.00 roll = 43.00 gr (119.54 kcal)	5.27%
Rolls, french	1.00 roll = 38.00 gr (105.26 kcal)	4.64%
Bread, french or vienna (includes sourdough)	1.00 slice, small (2" x 2-1/2" x 1-3/4") = 32.00 gr (92.48 kcal)	4.07%
Bread, whole-wheat, commercially prepared, toasted	1.00 slice = 28.35 gr (86.75 kcal)	3.82%
Bread, pita, white, unenriched	0.50 pita, large (6-1/2" dia) = 30.00 gr (82.50 kcal)	3.63%
Crackers, whole-wheat	4.00 Crackers = 19.00 gr (81.13 kcal)	3.57%
Bread, Multi-Grain, toasted (includes whole-grain)	1.00 slice regular = 24.00 gr (69.12 kcal)	3.04%
Bread, pumpernickel	1.00 slice, regular = 26.00 gr (65.00 kcal)	2.86%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size) % of RDI

Processed Foods - Juices

Pineapple juice, canned, unsweetened, without added ascorbic acid	1.00 cup = 250.00 gr	5.84%
(132.50 kcal)		
Orange juice, canned, unsweetened	1.00 cup = 249.00 gr (117.03 kcal)	5.16%
Cranberry juice, unsweetened	1.00 cup = 253.00 gr (116.38 kcal)	5.13%

Processed Foods - Sausages and Luncheon Meats

Pork sausage, link/patty, cooked, pan-fried	1.00 serve = 120.00 gr (390.00 kcal)	17.18%
Sausage, Italian, pork, cooked	1.00 link, 4/lb = 83.00 gr (285.52 kcal)	12.58%
Blood sausage	3.00 slices = 75.00 gr (284.25 kcal)	12.52%
Bratwurst, pork, cooked	1.00 link cooked = 85.00 gr (283.05 kcal)	12.47%
Knackwurst, knockwurst, pork, beef	1.00 link = 72.00 gr (221.04 kcal)	9.74%

Processed Foods - Sweets

Candies, MARS SNACKFOOD US, SNICKERS Bar	1.00 bar (2 oz) = 57.00 gr (279.87 kcal)	12.33%
Ice creams, vanilla, rich	0.50 cup = 107.00 gr (266.43 kcal)	11.74%
Candies, halavah, plain	1.00 serve = 50.00 gr (234.50 kcal)	10.33%
Ice creams, chocolate, rich	0.50 cup = 74.00 gr (188.70 kcal)	8.31%
Chocolate, dark, 70-85% cacao solids	1.00 serve = 30.00 gr (179.40 kcal)	7.90%
Chocolate, dark, 60-69% cacao solids	1.00 serve = 30.00 gr (173.70 kcal)	7.65%
Chocolate, dark, 45- 59% cacao solids	1.00 serve = 30.00 gr (163.80 kcal)	7.22%
Ice creams, chocolate	0.50 cup (4 fl oz) = 66.00 gr (142.56 kcal)	6.28%
Jams and preserves, apricot	1.00 tbsp = 20.00 gr (48.40 kcal)	2.13%
Sugars, brown	3.00 tsp unpacked = 9.00 gr (34.20 kcal)	1.51%
Honey	0.50 tbsp = 10.00 gr (30.40 kcal)	1.34%
Molasses	0.50 serving 1 tbsp = 10.00 gr (29.00 kcal)	1.28%

Seeds

Seeds, sesame butter, tahini, from raw and stone ground kernels	2.00 tbsp = 30.00 gr	7.53%
(171.00 kcal)		
Seeds, flaxseed	3.00 tbsp, whole = 31.00 gr (165.54 kcal)	7.29%
Seeds, sesame seeds, whole, dried	3.00 tbsp = 27.00 gr (154.71 kcal)	6.82%
Seeds, chia seeds, dried	3.00 tbsp = 27.00 gr (131.22 kcal)	5.78%
Seeds, sunflower seed kernels, toasted, without salt	2.00 tbsp = 16.87 gr (104.43 kcal)	4.60%

TOTAL ENERGY in KCal

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size)	% of RDI
Vegetables	
Potatoes, Russet, flesh and skin, baked 1.00 potato small (1-3/4" to 2-1/2" dia.) = 138.00 gr (133.86 kcal)	5.90%
Potatoes, white, flesh and skin, baked 1.00 potato medium (2-1/4" to 3-1/4" dia) = 138.00 gr (129.72 kcal)	5.71%
Sweet potato, cooked, boiled, without skin 0.50 cup, mashed = 163.00 gr (123.88 kcal)	5.46%
Cassava, raw 0.30 cup = 69.00 gr (110.40 kcal)	4.86%
Lentils, sprouted, raw 1.00 cup = 77.00 gr (81.62 kcal)	3.60%
Yam, cooked, boiled, drained, or baked, without salt 0.50 cup, cubes = 68.00 gr (78.88 kcal)	3.47%
Pickles, chowchow, with cauliflower onion mustard, sweet 0.25 cup = 61.00 gr (73.81 kcal)	3.25%
Peas, green, cooked, boiled, drained, without salt 0.50 cup = 80.00 gr (67.20 kcal)	2.96%
Mung beans, mature seeds, sprouted, cooked, stir-fried 1.00 cup = 124.00 gr (62.00 kcal)	2.73%
Tomatoes, sun-dried, packed in oil, drained 0.25 cup = 27.50 gr (58.58 kcal)	2.58%
Tomato products, canned, puree, without salt added 0.50 cup = 125.00 gr (47.50 kcal)	2.09%
Mushrooms, shiitake, cooked, without salt 0.50 cup pieces = 73.00 gr (40.88 kcal)	1.80%
Beets, cooked, boiled, drained 0.50 cup slices = 85.00 gr (37.40 kcal)	1.65%
Rutabagas, raw 0.50 small = 96.00 gr (35.52 kcal)	1.56%
Onions, sweet, raw 0.30 onion = 110.00 gr (35.20 kcal)	1.55%
Turnips, raw 1.00 medium = 122.00 gr (34.16 kcal)	1.50%
Kale, raw 1.00 cup, chopped = 67.00 gr (32.83 kcal)	1.45%
Broccoli, raw 1.00 cup chopped = 91.00 gr (30.94 kcal)	1.36%
Cauliflower, raw 1.00 cup chopped (1/2" pieces) = 107.00 gr (26.75 kcal)	1.18%
Carrots, raw 1.00 medium = 61.00 gr (25.01 kcal)	1.10%
Dandelion greens, raw 1.00 cup, chopped = 55.00 gr (24.75 kcal)	1.09%
Brussels sprouts, raw 3.00 sprout = 57.00 gr (24.51 kcal)	1.08%
Eggplant, raw 1.00 cup, cubes = 82.00 gr (20.50 kcal)	0.90%
Mushrooms, morel, raw 1.00 cup = 66.00 gr (20.46 kcal)	0.90%
Seaweed, spirulina, dried 1.00 tablespoon = 7.00 gr (20.30 kcal)	0.89%
Borage, cooked, boiled, drained, without salt 1.00 serve = 80.00 gr (20.00 kcal)	0.88%
Cabbage, savoy, cooked, boiled, drained, without salt 0.50 cup, shredded = 73.00 gr (17.52 kcal)	0.77%
Okra, raw 4.00 pods (3" long) = 47.00 gr (15.51 kcal)	0.68%
Dock, raw 0.50 cup, chopped = 67.00 gr (14.74 kcal)	0.65%
Sauerkraut, canned, solids and liquids 0.50 cup = 71.00 gr (13.49 kcal)	0.59%

TOTAL ENERGY in KCal

Ch29

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL ENERGY in KCal in this serving size)	% of RDI
Garlic, raw 3.00 cloves = 9.00 gr (13.41 kcal)	0.59%
Kohlrabi, raw 3.00 slice = 48.00 gr (12.96 kcal)	0.57%
Asparagus, raw 4.00 spear, medium (5-1/4" to 7" long) = 64.00 gr (12.80 kcal)	0.56%
Seaweed, kelp, raw 5.00 tbsp (1/8 cup) = 25.00 gr (10.75 kcal)	0.47%
Lettuce, iceberg (includes crisphead types), raw 1.00 cup shredded = 72.00 gr (10.08 kcal)	0.44%
Endive, raw 0.50 cup, chopped = 25.00 gr (4.25 kcal)	0.19%
Amaranth leaves, raw 1.00 leaf = 14.00 gr (3.22 kcal)	0.14%
Grape leaves, canned 1.00 leaf = 4.00 gr (2.76 kcal)	0.12%
Alfalfa seeds, sprouted, raw 1.00 tbsp = 3.00 gr (0.69 kcal)	0.03%
Epazote, raw 1.00 sprig = 2.00 gr (0.64 kcal)	0.03%

Whole Food & Nutrient Synergy Profiles

TOTAL Linolenic Acid | Ω3

Gender/Age/Lifestage	RDI	Source	Reference Body Weight(kg)	Upper Limit
Men 19-30 Years	1.30 g/day	AI	76	
Men 31-50 Years	1.30 g/day	AI	76	
Men 51-70 Years	1.30 g/day	AI	76	
Men 70 over Years	1.30 g/day	AI	76	
Boys 14-18 Years	1.20 g/day	AI	64	
Lactation 14-18 Years	1.20 g/day	AI	61	
Lactation 19-30 Years	1.20 g/day	AI	61	
Lactation 31-50 Years	1.20 g/day	AI	61	
Boys 9-13 Years	1.00 g/day	AI	40	
Pregnancy 14-18 Years	1.00 g/day	AI	61+	
Pregnancy 19-30 Years	1.00 g/day	AI	61+	
Pregnancy 31-50 Years	1.00 g/day	AI	61+	
Children 4-8 Years	0.80 g/day	AI	22	
Girls 9-13 Years	0.80 g/day	AI	40	
Girls 14-18 Years	0.80 g/day	AI	57	
Women 19-30 Years	0.80 g/day	AI	61	
Women 31-50 Years	0.80 g/day	AI	61	
Women 51-70 Years	0.80 g/day	AI	61	
Women 70 over Years	0.80 g/day	AI	61	
Infants 0-6 Months	0.50 g/day	AI	7	
Infants 7-12 Months	0.50 g/day	AI	9	
Children 1-3 Years	0.50 g/day	AI	13	

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of **TOTAL Linolenic Acid | Ω3** in this serving size) % of RDI

Cereal Grains (Grasses) Containing GLUTEN PEPTIDES

Wheat germ, crude	3.00 tbsp = 21.50 gr (0.16 g)	19.43%
Oats	0.25 Cup = 39.00 gr (0.04 g)	5.41%

Cereal Grains (Grasses) NO GLUTEN

Quinoa, uncooked	0.33 cup = 56.00 gr (0.15 g)	18.20%
Wild rice, cooked	0.50 cup = 82.00 gr (0.08 g)	9.74%
Millet, cooked	0.50 cup = 87.00 gr (0.02 g)	3.05%
Rice, brown, long-grain, cooked	0.50 cup = 98.00 gr (0.01 g)	1.72%

Dairy Cheese

Cheese, fontina	2.00 cubic inch = 30.00 gr (0.24 g)	29.63%
Cheese, roquefort	1.00 serve = 30.00 gr (0.21 g)	26.40%
Cheese, mozzarella, whole milk	0.30 cup, shredded = 37.00 gr (0.14 g)	17.21%
Cheese, gruyere	2.00 cubic inch = 30.00 gr (0.13 g)	16.24%
Cheese, cheddar	2.00 cubic inch = 34.00 gr (0.12 g)	15.51%
Cheese, gouda	1.00 serve = 30.00 gr (0.12 g)	14.78%
Cheese, brie	2.00 cubic inch = 34.00 gr (0.11 g)	13.30%
Cheese, colby	2.00 cubic inch = 34.00 gr (0.09 g)	11.77%
Cheese, camembert	2.00 cubic inch = 34.00 gr (0.09 g)	11.65%
Cheese, parmesan, hard	3.00 cubic inch = 31.00 gr (0.09 g)	11.51%
Cheese, feta	2.00 cubic inch = 34.00 gr (0.09 g)	11.26%
Cheese, ricotta, whole milk	2.00 tbls = 30.00 gr (0.03 g)	4.20%

Dairy Milk and Cream

Milk, sheep, fluid	1.00 cup = 245.00 gr (0.31 g)	38.89%
Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	1.00 cup = 244.00 gr (0.18 g)	22.87%
Milk, human, mature, fluid	1.00 cup = 246.00 gr (0.13 g)	15.99%

Dairy Yoghurt/Kefir/Ferments

Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.50 container (4 oz) = 113.00 gr (0.03 g)	3.81%
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TOTAL Linolenic Acid | Ω3

Ch39

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL Linolenic Acid | Ω3 in this serving size) % of RDI

Eggs

Egg, goose, whole, fresh, raw	0.33 egg = 48.00 gr (0.27 g)	33.24%
Egg, duck, whole, fresh, raw	0.75 egg = 52.00 gr (0.05 g)	6.63%
Egg, turkey, whole, fresh, raw	0.50 egg = 40.00 gr (0.03 g)	3.95%
Egg, whole, raw, fresh	1.00 large = 50.00 gr (0.02 g)	3.00%

Fish

Fish, sardine, Atlantic, canned in oil, drained solids with bone	1.00 Serve the size of deck of a cards = 86.00 gr (0.43 g)	53.54%
Fish, eel, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.37 g)	46.44%
Fish, salmon, Atlantic, wild, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.25 g)	31.71%
Fish, carp, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.23 g)	29.03%
Fish, whitefish, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.16 g)	19.67%
Fish, salmon, Atlantic, farmed, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.14 g)	17.95%
Fish, mackerel, Atlantic, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.14 g)	17.09%
Fish, trout, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.13 g)	16.66%
Fish, herring, Atlantic, kippered	1.00 Serve the size of deck of a cards = 86.00 gr (0.12 g)	15.16%
Fish, trout, rainbow, farmed, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.06 g)	7.20%
Fish, herring, Pacific, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.05 g)	6.13%
Fish, salmon, pink, canned, drained solids	1.00 Serve the size of deck of a cards = 86.00 gr (0.04 g)	5.59%
Fish, whiting, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.03 g)	3.66%
Fish, mullet, striped, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.02 g)	2.69%
Fish, flatfish (flounder and sole species), raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.01 g)	1.83%
Fish, roe, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.01 g)	0.65%
Fish, snapper, mixed species, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.00 g)	0.43%
Fish, roughy, orange, raw	1.00 Serve the size of deck of a cards = 86.00 gr (0.00 g)	0.32%

Fish Crustaceans

Crustaceans, lobster, northern, raw	1.00 Serve = 86.00 gr (0.04 g)	4.62%
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Fish Mollusks - Class Bivalvia

Mollusks, oyster, eastern, wild, raw	6.00 medium = 84.00 gr (0.07 g)	8.82%
Mollusks, oyster, Pacific, raw	2.00 medium = 100.00 gr (0.03 g)	4.00%

TOTAL Linolenic Acid | Ω3

Ch39

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL Linolenic Acid | Ω3 in this serving size) % of RDI

Fruits

Cherimoya, raw 0.50 fruit without skin and seeds = 115.00 gr (0.18 g)	22.86%
Blueberries, frozen, unsweetened 0.50 cup, unthawed = 76.00 gr (0.09 g)	10.64%
Avocados, raw, all commercial varieties 0.50 avacado = 68.00 gr (0.09 g)	10.63%
Mangos, raw 1.00 cup pieces = 165.00 gr (0.08 g)	10.52%
Raspberries, raw 0.50 cup = 62.00 gr (0.08 g)	9.77%
Melons, cantaloupe, raw 1.00 cup, diced = 156.00 gr (0.07 g)	8.97%
Sapote, mamey, raw 0.50 cup 1" pieces = 87.00 gr (0.07 g)	8.92%
Blackberries, raw 0.50 cup = 72.00 gr (0.07 g)	8.46%
Kiwifruit, gold, raw 1.00 fruit = 86.00 gr (0.07 g)	8.28%
Litchis, raw 10.00 fruit without refuse = 96.00 gr (0.06 g)	7.80%
Blueberries, raw 0.50 cup = 74.00 gr (0.04 g)	5.37%
Strawberries, raw 5.00 medium (1-1/4" dia) = 60.00 gr (0.04 g)	4.88%
Cherries, sweet, raw 0.50 cup, with pits, yields = 69.00 gr (0.02 g)	2.24%
Apples, raw, with skin 1.00 medium (3" dia) = 182.00 gr (0.02 g)	2.05%
Peaches, raw 1.00 medium (2-2/3" dia) = 150.00 gr (0.00 g)	0.38%
Pears, raw 1.00 medium = 178.00 gr (0.00 g)	0.22%
Plums, raw 1.00 fruit (2-1/8" dia) = 66.00 gr (0.00 g)	0.00%
Watermelon, raw 1.00 cup, diced = 152.00 gr (0.00 g)	0.00%

Herbs, Spices and Essential Oils (Volatile Plant Extracts)

Spices, mustard seed, ground 1.00 tsp = 2.00 gr (0.08 g)	9.48%
Spices, tarragon, dried 1.00 tsp, ground = 1.60 gr (0.05 g)	5.91%
Mustard, prepared, yellow 1.00 tsp or 1 packet = 5.00 gr (0.02 g)	2.86%
Capers, canned 1.00 tbsp, drained = 8.60 gr (0.02 g)	1.97%
Peppermint, fresh 2.00 tbsp = 3.20 gr (0.01 g)	1.74%
Spices, cloves, ground 1.00 tsp = 2.10 gr (0.01 g)	1.54%

Legumes/Beans

Tofu, hard, prepared with nigari 0.25 block = 122.00 gr (0.81 g)	101.72%
Tofu, raw, firm, prepared with calcium sulfate 0.50 cup = 126.00 gr (0.73 g)	91.66%
Soybeans, mature cooked, boiled, without salt 0.50 cup = 86.00 gr (0.51 g)	64.28%
Natto 0.25 cup = 44.00 gr (0.32 g)	40.37%

TOTAL Linolenic Acid | Ω3

Ch39

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL Linolenic Acid Ω3 in this serving size)	% of RDI
Refried beans, canned, vegetarian 0.50 cup = 121.00 gr (0.21 g)	26.62%
Tempeh 0.50 cup = 83.00 gr (0.18 g)	22.83%
Beans, great northern, mature seeds, canned 1.00 can = 240.00 gr (0.17 g)	21.60%
Beans, pinto, mature seeds, cooked, boiled, without salt 0.50 cup = 86.00 gr (0.12 g)	14.73%
Lupins, mature seeds, cooked, boiled, without salt 0.50 cup = 83.00 gr (0.11 g)	13.90%
Beans, baked, canned, no salt added 0.50 cup = 127.00 gr (0.10 g)	12.38%
Miso 1.00 tbsps = 17.00 gr (0.08 g)	9.56%
Hummus, home prepared 0.30 cup = 82.00 gr (0.06 g)	7.58%
Peas, split, mature seeds, cooked, boiled, without salt 0.50 cup = 98.00 gr (0.03 g)	3.43%

Meat Beef

Beef, ground, 70% lean meat / 30% fat, raw 1.00 serving = 85.00 gr (0.07 g)	8.61%
Beef, grass-fed, ground, raw 1.00 Serve = 86.00 gr (0.06 g)	7.63%
Veal, sirloin, separable lean and fat, raw 1.00 serve = 85.00 gr (0.05 g)	6.38%
Veal, ground, raw 1.00 Serve = 85.00 gr (0.03 g)	4.25%
Beef, grass-fed, strip steaks, lean only, raw 1.00 Serve = 86.00 gr (0.01 g)	1.61%

Meat Game

Game meat, rabbit, domesticated, composite of cuts, raw 1.00 serve = 85.00 gr (0.19 g)	23.38%
Game meat, rabbit, wild, raw 1.00 serve = 85.00 gr (0.08 g)	9.56%
Game meat, bison, ground, raw 1.00 serving (3 oz) = 85.00 gr (0.07 g)	8.93%
Game meat, deer, raw 1.00 serve = 85.00 gr (0.06 g)	7.44%
Game meat, boar, wild, raw 1.00 serve = 85.00 gr (0.02 g)	2.13%
Goat, raw 1.00 serve = 85.00 gr (0.02 g)	2.13%

Meat Lamb

Lamb, ground, raw 1.00 serve = 85.00 gr (0.36 g)	44.63%
Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw 3.00 oz serve = 85.00 gr (0.16 g)	19.55%

Meat Offal Beef

Beef, variety meats and by-products, suet, raw 1.00 serve = 86.00 gr (0.74 g)	92.45%
Beef, variety meats and by-products, thymus, cooked, braised 1.00 serve = 86.00 gr (0.15 g)	18.28%
Beef, variety meats and by-products, pancreas, cooked, braised 1.00 serve = 86.00 gr (0.10 g)	12.90%

TOTAL Linolenic Acid | Ω3

Ch39

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL Linolenic Acid Ω3 in this serving size)	% of RDI
Beef, variety meats and by-products, tongue, cooked, simmered 1.00 serve = 86.00 gr (0.08 g)	9.78%
Veal, variety meats and by-products, kidneys, cooked, braised 1.00 serve = 86.00 gr (0.06 g)	7.53%
Veal, variety meats and by-products, liver, cooked, pan-fried 1.00 serve = 86.00 gr (0.04 g)	5.05%
Meat Offal Lamb	
Lamb, variety meats and by-products, liver, cooked, pan-fried 1.00 serve = 86.00 gr (0.15 g)	18.28%
Meat Pork	
Pork, fresh, belly, raw 1.00 Serve = 85.00 gr (0.41 g)	51.00%
Pork, cured, ham, boneless, regular (approximately 11% fat), roasted 1.00 Serve = 86.00 gr (0.21 g)	25.80%
Meat Poultry	
Turkey, skin from whole, (light and dark), raw 1.00 Serve = 85.00 gr (0.54 g)	67.15%
Quail, meat and skin, raw 1.00 Serve = 85.00 gr (0.36 g)	44.63%
Chicken, broilers or fryers, skin only, cooked, roasted 1.00 Serve = 85.00 gr (0.28 g)	35.06%
Goose, domesticated, meat and skin, raw 1.00 serve = 85.00 gr (0.18 g)	22.31%
Duck, wild, meat and skin, raw 1.00 serve = 85.00 gr (0.14 g)	18.06%
Duck, wild, breast, meat only, raw 1.00 Serve = 85.00 gr (0.06 g)	7.44%
Guinea hen, meat and skin, raw 1.00 Serve = 85.00 gr (0.04 g)	5.31%
Ostrich, top loin, raw 1.00 serve = 85.00 gr (0.04 g)	5.31%
Emu, oyster, raw 1.00 Serve = 85.00 gr (0.02 g)	2.76%
Nuts	
Nuts, walnuts, english 7.00 halves = 14.17 gr (1.29 g)	160.83%
Nuts, walnuts, black, dried 2.00 tbsp = 15.60 gr (0.31 g)	39.12%
Nuts, hickorynuts, dried 5.00 nut = 15.00 gr (0.16 g)	19.63%
Nuts, pecans 10.00 halves = 14.17 gr (0.14 g)	17.46%
Nuts, pistachio nuts, raw 2.00 tbsp = 15.37 gr (0.04 g)	4.98%
Nuts, macadamia nuts, raw 6.00 kernels = 14.17 gr (0.03 g)	3.65%
Nuts, pine nuts, dried 2.00 tbsp = 16.87 gr (0.03 g)	3.46%
Nuts, hazelnuts or filberts 10.00 nuts = 14.00 gr (0.01 g)	1.52%
Nuts, brazilnuts, dried, unblanched 3.00 kernel = 15.00 gr (0.01 g)	0.66%
Nuts, almonds 10.00 almonds = 12.00 gr (0.00 g)	0.05%

TOTAL Linolenic Acid | Ω3

Ch39

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL Linolenic Acid | Ω3 in this serving size) % of RDI

Oils and Fat Animal

Fat, mutton tallow	1.00 tbsp = 12.80 gr (0.29 g)	36.80%
Lard	1.00 tbsp = 12.80 gr (0.13 g)	16.00%
Fat, chicken	1.00 tbsp = 12.80 gr (0.13 g)	16.00%
Fat, duck	1.00 tbsp = 12.80 gr (0.13 g)	16.00%
Fat, beef tallow	1.00 tbsp = 12.80 gr (0.08 g)	9.60%
Fish oil, menhaden	1.00 tsp = 4.50 gr (0.07 g)	8.38%
Fat, goose	1.00 tbsp = 12.80 gr (0.06 g)	8.00%
Fat, turkey	1.00 tsp = 4.30 gr (0.06 g)	7.53%
Fish oil, sardine	1.00 tsp = 4.50 gr (0.06 g)	7.46%
Fish oil, salmon	1.00 tsp = 4.50 gr (0.05 g)	5.97%
Fish oil, cod liver	1.00 tsp = 4.50 gr (0.04 g)	5.26%

Oils Plant

Oil, flaxseed, cold pressed	1.00 tsp = 4.50 gr (2.40 g)	300.20%
Oil, walnut	1.00 tsp = 4.50 gr (0.47 g)	58.50%
Oil, canola	1.00 tsp = 4.50 gr (0.41 g)	51.40%
Oil, wheat germ	1.00 tsp = 4.50 gr (0.31 g)	38.81%
Oil, soybean, salad or cooking	1.00 tsp = 4.50 gr (0.31 g)	38.19%
Oil, mustard	1.00 tsp = 4.50 gr (0.27 g)	33.18%
Oil, soybean lecithin	1.00 tsp = 4.50 gr (0.23 g)	28.89%
Oil, tomatoseed	1.00 tsp = 4.50 gr (0.10 g)	12.94%
Oil, rice bran	1.00 tsp = 4.50 gr (0.07 g)	9.00%
Oil, avocado	1.00 tsp = 4.50 gr (0.04 g)	5.38%
Oil, palm	1.00 tsp = 4.50 gr (0.01 g)	1.13%
Oil, grapeseed	1.00 tsp = 4.50 gr (0.00 g)	0.56%
Oil, peanut, salad or cooking	1.00 tsp = 4.50 gr (0.00 g)	0.00%
Oil, coconut	1.00 tsp = 4.50 gr (0.00 g)	0.00%
Oil, almond	1.00 tsp = 4.50 gr (0.00 g)	0.00%

Seeds

Seeds, flaxseed	3.00 tbsp, whole = 31.00 gr (7.07 g)	884.00%
Seeds, chia seeds, dried	3.00 tbsp = 27.00 gr (4.81 g)	601.76%

TOTAL Linolenic Acid | Ω3

Ch39

Whole Food – Nutrient Synergy Profile

Food name, Serving Size (Amount of TOTAL Linolenic Acid Ω3 in this serving size)	% of RDI
Seeds, sisymbrium sp. seeds, whole, dried 3.00 tbsp = 13.87 gr (0.20 g)	25.16%
Seeds, sesame seeds, whole, dried 3.00 tbsp = 27.00 gr (0.10 g)	12.69%
Seeds, breadfruit seeds, raw 14.20 gr = 14.20 gr (0.10 g)	12.19%
Seeds, sesame butter, tahini, type of kernels unspecified 1.00 tbsp = 15.00 gr (0.06 g)	7.52%
Seeds, pumpkin and squash seed kernels, dried 2.00 tbsp = 16.13 gr (0.02 g)	2.42%
Seeds, safflower seed kernels, dried 4.00 tbsp = 16.00 gr (0.02 g)	2.22%
Seeds, lotus seeds, raw 1.00 oz = 28.35 gr (0.01 g)	0.96%

Vegetables

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt 0.50 cup = 95.00 gr (0.35 g)	44.06%
Beans, pinto, mature seeds, sprouted, raw 2.00 serve = 100.00 gr (0.33 g)	41.75%
Soybeans, green, cooked, boiled, drained, without salt 0.50 cup = 90.00 gr (0.32 g)	39.82%
Radish seeds, sprouted, raw 1.00 cup = 38.00 gr (0.27 g)	34.29%
Kale, raw 1.00 cup, chopped = 67.00 gr (0.12 g)	15.08%
Grape leaves, raw 1.00 cup = 14.00 gr (0.12 g)	14.98%
Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt 2.00 serve = 100.00 gr (0.12 g)	14.75%
Brussels sprouts, cooked, boiled, drained, without salt 3.00 sprout = 63.00 gr (0.11 g)	13.62%
Cauliflower, cooked, boiled, drained, without salt 0.50 cup (1" pieces) = 62.00 gr (0.10 g)	12.94%
Kale, scotch, raw 1.00 cup, chopped = 67.00 gr (0.10 g)	12.90%
Collards, cooked, boiled, drained, without salt 0.50 cup, chopped = 95.00 gr (0.09 g)	11.04%
Spinach, raw 2.00 cup = 60.00 gr (0.08 g)	10.35%
Broccoli, stalks, raw 0.50 stalk = 57.00 gr (0.07 g)	9.19%
Turnips, raw 1.00 medium = 122.00 gr (0.05 g)	6.10%
Rutabagas, cooked, boiled, drained, without salt 0.50 cup, cubes = 85.00 gr (0.05 g)	6.06%
Turnip greens, raw 1.00 cup, chopped = 55.00 gr (0.05 g)	5.78%
Cabbage, chinese (pe-tsai), raw 1.00 cup, shredded = 76.00 gr (0.04 g)	5.42%
Cress, garden, raw 1.00 cup = 50.00 gr (0.04 g)	4.75%

Food Synergy

Whole Food & Nutrient Synergy Profiles

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