Composed	Ise False False	e Alliide Fall Fall Fall Fall Fall Fall Fall Fal
Target Carpone	Ise False False	Fall Fall Fall Fall Fall Fall Fall Fall
	Ise False False	Fal Fal Fal Fal Fal Fal Fal Fal Fal Fal
Substitution 1	False	Fal Fal Fal Fal Fal Fal Fal Fal Fal Fal
Section Sect	Ise False False	Tru Fal Fal Fal Fal Fal Fal Fal Fal
Sement S	Ise False False Ise False False Ise False True Ise False False	Fal Fal Fal Fal Fal Fal Fal Fal
Second Control Contr	False	Fal Fal Fal Fal Fal Fal Fal
	Ise False True Ise False False Ise False False Ise False Ise False False	Fal Fal Fal Fal Fal Fal
Second S	Ise False False Ise False False Ise True False Ise False Ise False False Ise False True Ise False False	Fal Fal Fal Fal Fal
Service Color Co	False	Fal Fal Fal Fal Fal
1	Se	Fal Fal Fal Fal
green to brewed 10 2 0.5 0 0 1253False False F	False	Fal Fal Fal Fal
	Ise False True Ise False False	Fal Fal Fal
Chia seeds 1 o.C. False Fal	Ise False False	Fal Fal
Palse Pals	lse False False	
1 oz. 1 oz	lse False False Ise False False Ise False False Ise False False	Fal
1 tbsp. 1 tbsp. 1 tbsp. 1 tbsp. 2	ise False False ilse False False ilse False False	
Simple Gringer Gring	lse False False	Fal
Tough False Fals	lse False False	Fal Fal
Sardines Sardines Canned 1		Fal
Tought T	ilse False False	Fal
Domatos		Fal
Cocked 14		Fal
1 thsp.		Fal
Drussels Tour Sprouts Cooked		Fal
Description Property Description Des		Fal
Tough Toug		Fal
1 cup, green peas cooked 12		Fal
Separagus Cooked 13 27 2.9 2.8 12.3 2021 False		Fal
Tough Toug		Fal
wild rice cooked 1 sheet,	lse False False	Fal
Cauliflower	lse False False	Fal
cauliflower raw 11 25 2 2.5 48.2 1058False False False <t< td=""><td>lse False False</td><td>Fal</td></t<>	lse False False	Fal
cauliflower raw 11 25 2 2.5 48.2 1058False False False <t< td=""><td>lse False False</td><td>Fal</td></t<>	lse False False	Fal
Ted bell 1 cup,		Fal Fal
1 cup, watercress chopped 14 4 0.8 0.2 14.6 1785False False Fals		Fal
Artichokes False		Fal
Cherries		Fal
Toup		Fal
1 oz (49		Fal
1 kiwi medium 10 42 0.8 2.1 64 1210False False		Fal
1 oranges medium 33 62 1.2 3.1 69.7 1819False False Fa		Fal
chickpeas cooked 25 269 14.5 12.5 2.1 1283False False False False False False False		Fal
1 aug	lse False False	Fal
1 cup, papaya cubed 7 62 0.9 2.5 168 1532False False False False False False False	lse False False	Fal
1 cup, cabbage chopped 14 22 1.1 2.2 36.6 508False False False False False False False	lse False False	Fal
1 cup, cabbage chopped 14 22 1.1 2.2 36.6 508False False False False False False False	lse False False	Fal
1 oz (6-8 brazil nuts nuts) 31 186 4.1 2.1 0.2 1419False False False False False False False False	lse False False	Fal
1 cup, cantaloupe cubed 26 54 1.3 1.4 59.4 270False False False False False False False	lse False False	Fal
1 cup, edamame shelled 12 188 18.4 8 6.1 1510False False False False False False False False	lse False False	Fal
1 apples medium 8 95 0.5 4.4 8.4 3049False False	lse False False	Fal
1 cup, brown rice cooked 4 216 5 3.5 0 1523False False False False False False False False	lse False False	Fal
1 figs medium 35 37 0.4 1.4 1.2 521False False False False False False True	ue False False	Fal
1 cup, turnips cubed 16 36 1.1 2.3 27.3 575False False False False False False False False	lse False False	Fal
turnips cubed 16 36 1.1 2.3 27.3 575False False		Fal
hemp seeds 3 tbsp 8 166 9.5 1.2 0.1 6000False False False False False False butternut 1 cup,		Fal
squash cubed 27 63 1.4 2.8 31 1144False False False </td <td></td> <td>Fal Fal</td>		Fal Fal
1 cup, pineapple chunks 31 82 0.9 2.3 78.9 385False False False False False False False	lse False False	Fal
collard 1 cup, greens chopped 1 11 1.1 1.4 12.7 1067False False False False False False False		Fal
sunflower seeds 1 oz 27 164 5.8 2.4 0.7 6372False False False False False False False	lse False False	Fal
raspberries 1 cup 30 64 1.5 8 32.2 4882False False Fa		Fal

	1/0															
grapefruit	1/2 medium	6	52	0.9	2	88.1	1548False	False	Fal							
	1/2															
grapefruit	medium 1 cup,	6	52	0.9	2	88.1	1548False	False	Fal							
kidney bean		7	225	15.3	11.3	4.1	8606False	False	Fal							
lemons	1 medium	33	17	0.6	1.6	30.7	1225False	False	Fal							
arugula	2 cups	22	10			5.4	1904False	False	Fal							
	1 cup,															
onions	chopped 1 cup,	8	64	1.8	2.9	11.8	913False	False	Fal							
zucchini	sliced	7	19	1.4	1.1	22.2	180False	False	Fal							
	1 cup,	-	40			00.0	1005	F.1.	F.1.	E.L.	E.L.	F. (=	F.1.	E.L.	
zucchini	sliced 3 oz,	7	19	1.4	1.1	22.2	180False	False	Fal							
mackerel	cooked	36	231	20.8	0	0	393False	False	Fal							
acai berries	100g, pulp	31	70	1	2	0	15405True	False	Fal							
acai bernes	1 cup,	01	,,		-	Ü	104001140	1 4100	1 4130	1 4150	i dioc	1 4150	1 4150	1 4150	i disc	1 41
cucumber	sliced	18	16	0.7	0.5	2.9	140False	False	Fal							
cucumber	1 cup, sliced	18	16	0.7	0.5	2.9	140False	False	Fal							
peanuts	1 oz	31	161	7.3		0	1393False	False	Fal							
eggnlant	1 cup,	18	20	0.8	25	1.8	980False	False	False	False	False	False	False	Eoloo	False	Fal
eggplant	cubed 1 cup,	10	20	0.0	2.5	1.0	JOUFAISE	raise	i alse	raise	raise	raise	i aise	False	raise	Fal
eggplant	cubed	18	20	8.0	2.5	1.8	980False	False	Fal							
parsley	1/4 cup, chopped	22	4	0.3	0.4	13.3	1301False	False	Fal							
cayenne	1 tsp,															
pepper	ground	31	6	0.3	0.6	1.6	50314False	False	Fal							
watermelon	1 cup, diced	0	46	0.9	0.6	12.3	182False	False	Fal							
	1 cup,															
radishes	sliced 1 cup,	33	19	8.0	1.9	17.2	387False	False	Fal							
radishes	sliced	33	19	8.0	1.9	17.2	387False	False	Fal							
bok choy	1 cup, shredded	10	9	1.1	1	45.2	1511False	False	Fal							
DOK CHOY	3 oz,	10	9	1.1	'	43.2	13111 alse	i aise	i dise	i alse	i aise	i dise	i dise	i dise	i alse	ı aı
	canned	00	00	00	0		4455-1	F.1.	F.1.	E.L.	E.L.	F. (F.1.	E.L.	E.L.	
tuna crimini	in water 1 cup,	36	99	22	U	0	415False	False	Fal							
mushrooms	sliced	15	19	2.9	0.7	2.1	885False	False	Fal							
cranberries	1 cup, whole	27	46	0.4	3.6	13.3	9584False	False	Fal							
tahini	1 tbsp	25	89	2.6		0	276False	False	Fal							
	1 tsp,	0.4					1011005	F.1.	F.1.	E.L.	E.L.	F. (F.1.	E.L.	E.L.	
cinnamon miso	ground 1 tbsp	34 21	6 34		1.4 0.8	0.1 0.1	131420False 1125False	False False	Fal Fal							
mustard	1 cup,		J-T													
greens	chopped	18	15	1.6	1.8	39.3	3024False	False	Fal							
celery	1 cup, chopped	22	16	0.7	1.6	3.1	670False	False	Fal							
	1 cup,	00	40				6705-1	E-I-	F-!	F-1:		Fals:			Fall	
celery	chopped 1 cup,	22	16	0.7	1.6	3.1	670False	False	Fal							
endive	chopped	22	8	0.5	1.6	2.1	1052False	False	Fal							
endive	1 cup, chopped	22	8	0.5	1.6	2.1	1052False	False	Fal							
	1 cup,															
kohlrabi	sliced	29	36		4.9	83.7	944False	False	Fal							
natto	1/4 cup	21	100	8.4		13	6680False	False	Fal							
sauerkraut	1/2 cup	10	13		2.9	14.7	705False	False	Fal							
tempeh	3 oz 1 cup,	19	162	17	3.5	0	1800False	False	Fal							
swiss chard		22	7	0.6	0.6	10.8	1770False	False	Fal							
nutritional yeast	1 tbsp	36	20	3	1	0	790False	False	Fal							
•	1 cup,															
pomelo	sections 1 cup,	33	72	1.4	2.4	115.3	1548False	False	Fal							
radicchio	shredded	20	9	0.6	0.4	2.6	1016False	False	Fal							
radicchio	1 cup, shredded	20	9	0.6	0.4	2.6	1016False	False	Fal							
radioCHID	1 cup,												i aise	i aise	i aise	
jicama	sliced	24	46	0.9	6.4	20.2	406False	False	Fal							
wakame seaweed	1 cup, raw	21	5	0.3	0.4	3	2115False	False	Fal							
	1 cup,															
dragon fruit	cubed	9	136	2.9	7	9	2551False	False	Fal							