Comprehensive Nutrition Analysis Top 10 Foods by Calories Geographical Distribution of Foods by Origin Food Arugula 11.36% 10.23% Turmeric Radicchio 10.23% Kazakhstan Mongolia 10.23% **Bok Choy** 9.09% United Endive States Swiss Chard 7.95% 6.82% Cinnamon Libya Egypt Cayenne Pepper 6.82% Arabia 5.68% Wakame Seaw. Mexico Sudan 4.55% Watercress Parsley Democratic Republic Sri Lanka 4.55% Ginger of Congo Indonesia Garlic 2.27% Green Tea 1.14% Seaweed Australia © 2024 Mapbox © OpenStreetMap Protein and Calories by Food Antioxidant Score vs. Vitamin C Fiber Content by Food Food Food Cinnamon Hemp Seeds **Green Peas** 4.247% 2.802% Green Peas Edamame 120K Natto 1.688% Raspberries 3.861% Quinoa Blackberries **Peanuts** 2.717% Dragon Fruit 3.378% 100K **Pumpkin Seeds** Artichokes Wild Rice 2.802% Jicama 3.089% **Antioxidant Score** Eggs Almonds Quinoa 80K 2.768% Kohlrabi 2.365% Apples Brussels Sprouts Oats 2.768% 1.979% Sunflower Seeds 60K Pistachios Oats OCayenne Pepper Brown Rice 3.646% Beets 1.834% 40K Sweet Potato Pomegranate 2.329% 1.737% Chia Seeds Blueberries Walnuts Cranberries 20K 0.827% Kale 1.737% Kale Pomegranate Artichokes Almonds **Bok Choy Brussels Sprouts** Papaya

60 80 100 120 140 160 180 200

Vitamin C (mg)

Brown Rice

Tempeh

0%

1%

1.689%

2%

3%

% of Total Fiber (g)

4%

5%

Brazil Nuts

0%

1%

Brussels Sprouts

3.139%

3%

% of Total Protein (g)

4%

5%

0 20 40

2%