

Appendix

Part 1: Nutritional Facts

Tofu (1/2 Block)

<https://www.nutritionix.com/food/tofu>

Nutrition Facts

Serving Size:

◆ 0.5 block (227.5g)
Tofu

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 2.1g **11%**

Trans Fat 0g

Polyunsaturated Fat 6g

Monounsaturated Fat 3g

Cholesterol 0mg **0%**

Sodium 9mg **0%**

Total Carbohydrates 2.8g **1%**

Dietary Fiber 2.3g **8%**

Sugars 1.6g

Protein 22.8g

Vitamin D 0mcg **0%**

Calcium 642.5mg **49%**

Iron 4.8mg **26%**

Potassium 295.8mg **6%**

Caffeine 0mg

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

White Rice (1 Cup)

<https://www.nutritionix.com/food/white-rice>

Nutrition Facts

Serving Size:

◆ cup (158g)
White Rice

Amount Per Serving

Calories

205

% Daily Value*

Total Fat 0.4g **1%**

Saturated Fat 0.1g **1%**

Polyunsaturated Fat 0.1g

Monounsaturated Fat 0.1g

Cholesterol 0mg **0%**

Sodium 1.6mg **0%**

Total Carbohydrates 45g **16%**

Dietary Fiber 0.6g **2%**

Sugars 0.1g

Protein 4.3g

Vitamin D 0mcg **0%**

Calcium 16mg **1%**

Iron 1.9mg **11%**

Potassium 55.3mg **1%**

Caffeine 0mg

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Mango (1 mango)

<https://www.nutritionix.com/food/mango>

Nutrition Facts

Serving Size:

◆ 1 **fruit without refuse (336g)**
Mango

Amount Per Serving

Calories **202**

% Daily Value*

Total Fat 1.3g **2%**

Saturated Fat 0.3g **2%**

Trans Fat 0g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 3.4mg **0%**

Total Carbohydrates 50g **18%**

Dietary Fiber 5.4g **19%**

Sugars 46g

Protein 2.8g

Vitamin D 0mcg **0%**

Calcium 37mg **3%**

Iron 0.5mg **3%**

Potassium 564.5mg **12%**

Caffeine 0mg

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Low Sodium Soy Sauce (1 tbsp)

<https://www.nutritionix.com/food/low-sodium-soy-sauce>

Nutrition Facts

Serving Size:



1

tbsp (14g)

Low Sodium Soy Sauce

Amount Per Serving

Calories

8.1

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 511mg **22%**

Total Carbohydrates 0.8g **0%**

Dietary Fiber 0.1g **0%**

Sugars 0.1g

Protein 1.3g

Vitamin D 0mcg **0%**

Calcium 4.3mg **0%**

Iron 0.2mg **1%**

Potassium 50mg **1%**

Caffeine 0mg

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Avocado (1 avocado)

<https://www.nutritionix.com/food/avocado>

Nutrition Facts

Serving Size:

◆ 1 avocado, NS as to Florida or California (201g)
Avocado

Amount Per Serving

Calories **322**

% Daily Value*

Total Fat 29g **37%**

Saturated Fat 4.3g **22%**

Trans Fat 0g

Polyunsaturated Fat 3.7g

Monounsaturated Fat 20g

Cholesterol 0mg **0%**

Sodium 14mg **1%**

Total Carbohydrates 17g **6%**

Dietary Fiber 13g **46%**

Sugars 1.3g

Protein 4g

Vitamin D 0mcg **0%**

Calcium 24mg **2%**

Iron 1.1mg **6%**

Potassium 974.9mg **21%**

Caffeine 0mg

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Edamame (1/2 cup)

<https://www.nutritionix.com/food/edamame>

Nutrition Facts

Serving Size:

◆ 0.5 cup, shelled (78g)
Edamame

Amount Per Serving

Calories **94**

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Polyunsaturated Fat 1.7g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 4.7mg **0%**

Total Carbohydrates 6.9g **3%**

Dietary Fiber 4g **14%**

Sugars 1.7g

Protein 9.2g

Vitamin D 0mcg **0%**

Calcium 49mg **4%**

Iron 1.8mg **10%**

Potassium 337.9mg **7%**

Caffeine 0mg

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Canned Corn (1 Can)

<https://www.nutritionix.com/food/canned-corn>

Nutrition Facts

Serving Size:

◆ can (15 oz) (264g)
Canned Corn

Amount Per Serving

Calories **177**

% Daily Value*

Total Fat 3.2g **4%**

Saturated Fat 0.7g **3%**

Trans Fat 0g

Polyunsaturated Fat 1.4g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 540mg **23%**

Total Carbohydrates 38g **14%**

Dietary Fiber 5.3g **19%**

Sugars 12g

Protein 6g

Vitamin D 0mcg **0%**

Calcium 7.9mg **1%**

Iron 0.7mg **4%**

Potassium 348mg **7%**

Caffeine 0mg

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Hard Boiled Eggs (2 eggs)

<https://www.nutritionix.com/food/hard-boiled-egg>

Nutrition Facts

Serving Size:

◆ large (100g)
Hard Boiled Egg

Amount Per Serving

Calories **156**

% Daily Value*

Total Fat 10.6g **14%**

Saturated Fat 3.2g **16%**

Polyunsaturated Fat 1.4g

Monounsaturated Fat 4g

Cholesterol 374mg **125%**

Sodium 124mg **5%**

Total Carbohydrates 1.1g **0%**

Dietary Fiber 0g **0%**

Sugars 1.1g

Protein 12.6g

Vitamin D 2.2mcg **11%**

Calcium 50mg **4%**

Iron 1.2mg **7%**

Potassium 126mg **3%**

Caffeine 0mg

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