

Nutritional Values of Common Foods

Category	Food Item	Carbohydrates (g)	Proteins (g)	Fats (g)
Dried Fruits	Raisins	79.2	3.1	0.5
Dried Fruits	Dried Apricots	62.6	3.4	0.5
Dried Fruits	Dates	75.0	2.5	0.4
Dried Fruits	Cashews (roasted)	30.2	18.2	43.9
Dried Fruits	Walnuts	13.7	15.2	65.2
Liquids	Whole Milk	4.8	3.3	3.3
Liquids	Skim Milk	4.9	3.4	0.1
Liquids	Green Tea (brewed)	0.0	0.0	0.0
Liquids	Almond Milk (unsweetened)	1.1	1.0	2.5
Liquids	Orange Juice	10.4	0.7	0.2
Cereals	Oats (cooked)	12.0	2.5	1.5
Cereals	Quinoa (cooked)	21.3	4.4	1.9
Cereals	Bran Flakes	80.5	9.8	2.2
Cereals	Brown Rice (cooked)	23.0	2.6	0.9
Cereals	Bulgur (cooked)	18.6	3.1	0.2
Leafy Greens	Spinach (raw)	3.6	2.9	0.4
Leafy Greens	Kale (raw)	8.8	4.3	0.9
Leafy Greens	Lettuce (romaine)	3.3	1.2	0.3
Leafy Greens	Arugula (raw)	3.7	2.6	0.7
Leafy Greens	Swiss Chard (raw)	3.7	1.8	0.2
Vegetables	Broccoli (cooked)	7.2	2.4	0.4
Vegetables	Carrots (cooked)	8.2	0.8	0.2
Vegetables	Potatoes (boiled)	17.0	2.5	0.1
Vegetables	Sweet Potatoes (baked)	20.7	2.0	0.1
Vegetables	Green Beans (cooked)	7.9	1.8	0.3
Fruits	Apple (raw)	13.8	0.3	0.2
Fruits	Banana (raw)	22.8	1.1	0.3
Fruits	Orange (raw)	11.8	0.9	0.1
Fruits	Strawberries (raw)	7.7	0.7	0.3

Fruits	Mango (raw)	15.0	0.8	0.4
Eggs	Whole Egg (boiled)	1.1	12.6	10.6
Eggs	Egg White (boiled)	1.0	10.8	0.2
Eggs	Egg Yolk (boiled)	3.6	15.9	26.5
Eggs	Scrambled Eggs (cooked)	1.6	13.0	16.2
Meat	Chicken Breast (cooked)	0.0	31.0	3.6
Meat	Turkey Breast (cooked)	0.0	29.0	2.0
Meat	Salmon (cooked)	0.0	25.4	13.3
Meat	Tuna (canned, in water)	0.0	25.5	0.8
Meat	Cod (cooked)	0.0	22.8	0.9