

value0	value1	value2	value3	value4	value5	value6	value7	value8	value9	value10	value11	value12	value13	value14	value15	value16	value17	value18	value19
	Potassium mg	%	Vit C mg	%	CARBS GR	%	Vit a	%	magnesium 421mg	%	Vit b6	%	fat g	%	fiber	%	zinc 11mg RDI	%	calcium mg
BANANA	422	12		17	30	9		28		8		20							
grapefruit	166	4	76	64				28		2		5							
avocado	975	27		33				5		14		25	29	44	13	52	1.2	10	
pear		4		12	27										6	24			
strawberry			7	11															
cranberry 1/2cup	44		8																
mandarin	146	4		39				11								6			
egg								5				5	5	7			0.5	6	
melon 1/8	272	7		62				69				5				4	0.3	3	
walnut x7										11		10	18	27		7			
carrot		4		7				240				11				8			
lemon 1/2 juice				15															
lentil cup 100	730	20		5						17		20				64	2	17	
meat beef 85g	300	7								4		15	13	20			5	50	800

blackberries cup																	0.8	7	
pomegranate cup																	0.6	6	
raspberries cup																	0.5	5	
blueberries cup																	0.2	2	
yogurt whole 150g																			150
milk whole 100g												3.3	5						
peach		6		16				9		3					2.3	9		2	
cashews 30g		5							20		5		18						
white tuna can 113g		8									20		5					5	
bacon x10		10							7		35		50					24	
cheese provolone																			
cheese jack																			
cheese cheddar																			

olive green																			
potatoes																			
sweet potatoes																			
SUN 15MIN																			
Ginseng (korean red asian) 1g																			
mango		16		203				72		8		20				20			
NB zinc mag cal VitD x1										32								76	
salmon 315g 1 filet		22																	
corn flakes 1/2 cup				5															
honey oats 1/2 cup		1								4		5						10	
Nature valley almond bar		2				8										6			

ravioli sevioli cheese		8																	
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