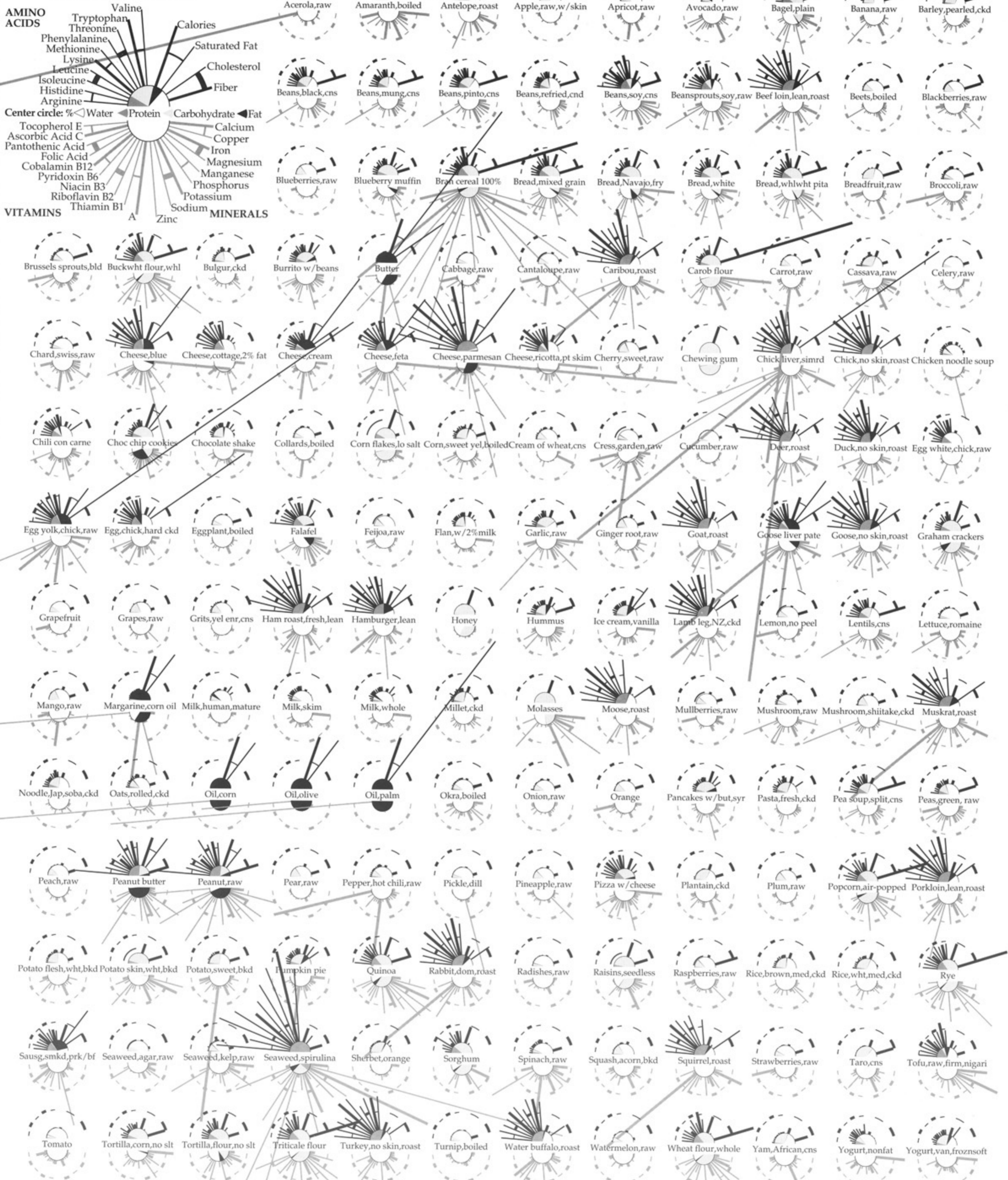


FOOD for THOUGHT



Design copyright 1995 by Paul Burke, Numbers Institute, Box 11081 Arlington VA 22210 USA. The length of each line shows the concentration of each nutrient. Some lines are thick to help you find them. Nutrients are compared to the average in all foods on the poster. Curved marks help you find nutrients, and they show scale: they mark twice the average nutrient level. Comparisons are for equal weights of each food. Missing lines mean no data, or zero. If amino acids are not known, a curve shows total protein. 'Cns' means 'cooked with no salt.' Foods vary naturally, and information on this poster cannot be guaranteed. Calculated with data from the US Department of Agriculture. Averages per 100g (which is about 3.6oz, 1/2cup, 7Tbsp, or 21tsp) are as follows (with Daily Reference Values in parentheses): Water 63g, Protein 8.3g (50), Carbohydrate 20g (300), Fat 7.6g (65), Calories 175 (2000), Saturated Fat 2.4g (20), Cholesterol 33mg (300), Fiber 2.6g (25), Calcium 60mg (1000), Copper .20mg (2), Iron 2.0mg (18), Magnesium 37mg (400), Manganese .45mg, Phosphorus 123mg (1000), Potassium 278mg (3500), Sodium 152mg (2400), Zinc 1.1mg (15), A 140re = 973iu (5000iu), B1 .15mg (1.5), B2 .21mg (1.7), B3 2.0mg (20), B6 .18mg (2), B12 .63mcg (6), Folic Acid 35mcg (400), Pantothenic Acid .53mg (10), C 21mg (60), E 1.3mg = 1.9iu (30iu), Arginine .49g, Histidine .24g, Isoleucine .37g, Leucine .65g, Lysine .55g, Methionine .17g, Phenylalanine .36g, Threonine .33g, Tryptophan .09g, Valine .42g