

Protein and Calorie Content of Selected Foods

NAME	MEASURE	PROTEIN (GM)	CALORIES	BONUS NUTRIENT
Egg, hard boiled	1 cup	17	211	1.6 mg iron
Cod, baked, broiled	3 oz	20	89	
Halibut, baked, broiled	3 oz	23	119	
Oysters, raw	1 cup	17	169	16.5 mg iron
Sardines, in oil	3 oz can	21	177	325 mg calcium
Tuna, solid white	3 oz can	20	109	12 mg calcium
Apricot nectar (canned)	1 cup	1	141	18 mg iron
Avocado (California)	1 oz	1	50	
Banana	1, approx. 7 in	1	109	467 mg potassium
Cherries, sour red, canned, pitted	1 cup	2	88	3.3 mg iron 1,840 IU Vitamin A
Dates, chopped, pitted	1 cup	4	490	2 mg iron 57 mg calcium 13.4 gm fiber 1161 mg potassium
Pink grapefruit, raw juice	1 cup	1	114	1,087 IU Vitamin A

NAME	MEASURE	PROTEIN (GM)	CALORIES	BONUS NUTRIENT
Mango	1 whole	1	135	8,061 IU Vitamin A
Cantaloupe	1 cup	1	56	5,158 IU Vitamin A
Prunes, stewed	1 cup	3	265	75 mg calcium 2.8 mg iron
Raisins	1 cup, loose	5	435	1,089 IU potassium 3 mg iron 71 mg calcium
Bagel, enriched	1 x 4 in	9	245	32 mg iron 66 mg calcium
Bread, cracked wheat, enriched	1 slice	2	65	
Pita	6.5 in	5	165	52 mg calcium
Corn grits, Cream of Wheat	1 cup	3	145	
Oatmeal, regular	1 cup	6	145	
Granola	3/4 cup	6	248	41 mg calcium
Raisin Bran, Total	1 cup	6	186	238 mg calcium 18 mg iron
Bulgur, cooked (as in tabouleh)	1 cup	6	151	49 mg calcium 25.6 gm fiber
Oatmeal cookie	1	2	113	
Croutons, seasoned	1 cup	4	186	
English muffin, enriched	1 muffin	4	134	99 mg calcium
Granola bar	1 hard, plain	3	134	
Pecan pie	1 slice	5	452	
Rice, brown, long grain	1 cup	5	216	
Rice, wild	1 cup	7	166	
Spaghetti, enriched	1 cup	7	197	
Beans, navy	1 cup	15	258	127 mg calcium
Hazelnuts (filberts)	1 cup	17	722	131 mg calcium 5.4 mg iron
Pistachio nuts	1 cup	6	161	

NAME	MEASURE	PROTEIN (GM)	CALORIES	BONUS NUTRIENT
Lentils	1 cup, cooked	18	230	
Soybeans, dry, cooked	1 cup	29	298	175 mg calcium, 8.8 mg iron 10.3 gm fiber
Soybeans, green, cooked	1 cup	22	254	261 mg calcium 4.5 mg iron
Beef, lean and fat	3 oz	23	234	
Lamb chop, lean loin	3 oz	21	269	
Veggie burger	1 patty	14	91	87 mg calcium
Burrito, bean and meat	1	11	255	
Turkey, light and dark	1 cup	41	238	
Green pea soup	1 cup	9	165	
Baby limas	1 cup	12	189	50 mg calcium 10.8 gm fiber
Broccoli, raw	1 cup	3	25	42 mg calcium
Brussel sprouts, frozen	1 cup	6	65	37 mg calcium
Collards, frozen	1 cup	5	61	357 mg calcium
Dandelion greens, cooked	1 cup	2	35	147 mg calcium 12,285 IU Vitamin A
Kale, frozen	1 cup	4	39	8,260 IU Vitamin A 179 mg calcium

Iron Content in Various Foods in mg per 100 grams

(3 1/2 oz. or 1/2 cup)

WHOLE CEREAL GRAINS

Millet	6.8
Soba (buckwheat noodle)	5
Oats	4.6
Buckwheat	3.1
Brown rice	1.6

BEANS

Soybeans	8.4
Chickpea	6.9
Lentils	6.8
Azuki	4.8

VEGETABLES (RAW)

Swiss chard	3.2
Dandelion greens	3.1
Kale	2.2

Source: U.S. Department of Agriculture and Michio Kushi and Aveline Kushi, *Macrobiotic Pregnancy and Care of the Newborn*.

SEA VEGETABLES

Hijiki	29
Wakame	13
Nori	12
Arame	12
Dulse	6.3

SEEDS AND NUTS

Pumpkin seeds	11.2
Sesame seeds	10.5
Sunflower seeds	7.1
Walnuts	3.1

MEAT AND POULTRY

Beef	2.5-2.7
Chicken	1.6
Eggs	1.3

DAIRY FOODS

(not recommended but added for comparison)	
Cheddar cheese	1
Whole milk	Trace

Calcium Content of Certain Foods

FOOD	AMOUNT	MILLIGRAMS OF CALCIUM PER 100 CALORIES.	FOOD	AMOUNT	MILLIGRAMS OF CALCIUM PER 100 CALORIES.
Arugula	1 cup	1,300	American cheese	1 cup	160
Watercress	1 cup	800	Kelp (Seaweed)	1 cup	170
Turnip greens	1 cup	650	Mustard Greens	1 cup	150
Collard greens	1 cup	548	Wakame (Seaweed)	1 cup	150
Mustard greens	1 cup	490	Blackstrap Molasses	1 tbs	140
Spinach	1 cup	450	Amaranth	1 cup	140
Broccoli	1 cup	387	Great Northern Beans	1 cup	140
Collard Greens	1 cup	355	Dried Figs	5 figs	135
Bok Choy	1 cup	250	Vegetarian Baked Beans	1 cup	130
Swiss cheese	1 cup	250	Navy Beans	1 cup	130
Milk (2-percent)	1 cup	245	Corn Tortilla	1 tortilla	120
Green onions	1 cup	240	Fortified Orange Juice	6 ounces	120
Okra	1 cup	213	Kidney Beans	1 cup	115
Turnip Greens	1 cup	200	Black Beans	1 cup	105
Kale	1 cup	200	Okra	1 cup	90
Cabbage	1 cup	196	Acorn Squash	1 cup	90
Whole milk	1 cup	190	Pinto Beans	1 cup	85
Broccoli	1 cup	180	Tofu	1 cup	130
Cheddar cheese	1 cup	179	Soybeans	1 cup	175

Mineral Content of Sea Vegetables in mg per 100 grams

SEA VEGETABLE	CALCIUM	IRON	IODINE	POTASSIUM
Agar-agar	567	6.3	0.2	0
Dulse	296	150.0	8.0	8,060
Hijiki	1,400	30.0	0	0
Irish moss	885	8.9	0	0
Kelp	1,093	100.0	150.0	5,273
Nori (green and red)	470	23.0	0	0

Source: Sara Shannon, *Diet for an Atomic Age*.

Sources of DHA (Omega 3)- Salmon, Mackerel, Sardines, Anchovies, Eggs, Dark Leafy Greens Vegetables, DHA or fish oil capsules.