

Dr. Duke's Phytochemical and Ethnobotanical Databases

List of Plants for KILOCALORIES

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus esculentus	Fruit	180.0	3800.0	0.21179742548842775	--
Abrus precatorius	Leaf	620.0	2950.0	-0.10974253882224531	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant		2900.0	-0.36931512722389037	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Root		3200.0	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	610.0	3600.0	-0.09196802900131361	--
Aegle marmelos	Fruit	1330.0	3455.0	-0.31219798350637606	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aleurites moluccana	Seed	6260.0	6730.0	1.464486129858976	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Flower	390.0	3366.0	0.6776340607836474	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	380.0	3750.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Flower	550.0	3250.0	0.13134065579667528	--
Allium schoenoprasum	Leaf	300.0	3210.0	0.3093547221126032	USDA's Ag Handbook 8 and sequelae)
Allium sativum var. sativum	Shoot	760.0	3410.0	0.7789080868628033	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	1170.0	3630.0	-1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Root	450.0	3280.0	-0.19051447594442283	--
Allium sativum var. sativum	Leaf	440.0	3240.0	0.35771209837431645	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	260.0	3330.0	0.5027842271594564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	350.0	3560.0	0.8735241118325915	--
Alocasia macrorrhiza	Root	610.0	3815.0	0.9876536743516677	--
Aloe vera	Leaf		2800.0	-0.35152942013081173	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Amaranthus spinosus	Leaf	450.0	2760.0	-0.41600592181309615	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus konjac	Leaf	80.0	3080.0	0.09980609164517892	--
Amorphophallus campanulatus	Root	771.0	3770.0	0.8885554187192863	--
Amorphophallus konjac	Root		2610.0	-1.6659773931376565	--
Anacardium occidentale	Leaf	1000.0	3320.0	0.4866651017388852	--
Anacardium occidentale	Fruit	530.0	3680.0	0.029538152794582936	--
Anacardium occidentale	Seed	5330.0	5920.0	0.8305481708331032	--
Ananas comosus	Fruit	460.0	3770.0	0.16623260731496653	Wealth of India.
Angelica sinensis	Root		2820.0	-1.2035188668532102	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona squamosa	Fruit	780.0	3530.0	-0.19828593807272307	--
Annona cherimola	Fruit	820.0	3550.0	-0.16790939262374893	--
Annona reticulata	Fruit	800.0	3540.0	-0.18309766534823602	--
Annona glabra	Fruit	520.0	3940.0	0.4244332436312467	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	590.0	3550.0	-0.16790939262374893	--
Arachis hypogaea	Seed	3030.0	6074.0	0.9510746469935777	--
Arachis hypogaea	Leaf	690.0	3210.0	0.3093547221126032	--
Aralia cordata	Leaf	140.0	2975.0	-0.06944472527081758	--
Arctium lappa	Root	720.0	3790.0	0.9325990878892336	Father Nature's Farmacy: The aggregate of all these three-letter citations.
Arctostaphylos uva-ursi	Leaf		2710.0	-0.4966015489159516	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Armoracia rusticana	Seed	600.0	2370.0	-1.9478218965025125	Wealth of India.
Arracacia xanthorrhiza	Root	1120.0	3875.0	1.1197846818615096	--
Artemisia vulgaris	Leaf	350.0	2755.0	-0.42406548452338166	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia dracunculus	Shoot		2950.0	0.15669724536673543	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Artocarpus altilis	Fruit	1030.0	3500.0	-0.24385075624618427	--
Artocarpus heterophyllus	Fruit	940.0	3510.0	-0.2286624835216972	--
Artocarpus altilis	Seed	1910.0	4370.0	-0.38254298532751774	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Shoot	210.0	3130.0	0.40017105290867505	--
Avena sativa	Seed	3740.0	4710.0	-0.11644557042776867	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Avena sativa	Plant	4529.0	4540.0	1.1415923130022652	--
Averrhoa bilimbi	Fruit	200.0	3600.0	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa carambola	Fruit	280.0	3920.0	0.39405669818227257	--
Bacopa monnieri	Shoot		380.0	-3.3195676734265134	Wealth of India.
Bactris gasipaes	Fruit	1700.0	3920.0	0.39405669818227257	--
Basella alba	Leaf	190.0	2753.0	-0.4272893096074959	--
Benincasa hispida	Fruit	130.0	3335.0	-0.4944572562002209	--
Berberis vulgaris	Root		3120.0	-0.542863829304001	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	6560.0	6787.0	1.5090965788274633	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	430.0	3610.0	0.5362060653597072	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Leaf	210.0	3310.0	0.47054597631831413	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Fruit	540.0	3460.0	-0.3046038471441325	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	640.0	6320.0	1.1436039530681021	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	1960.0	6360.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Boehmeria nivea	Leaf	380.0	2923.0	-0.15326417745778728	--
Brassica oleracea var. sabellica l.	Leaf	500.0	3220.0	0.32547384753317427	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	360.0	3600.0	0.5141842307747335	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	430.0	3070.0	0.08368696622460783	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Root	270.0	3321.0	-0.10022495414603093	--
<i>Brassica oleracea</i> var. <i>viridis</i> l.	Leaf	190.0	3112.0	0.15138729299100642	--
<i>Brassica chinensis</i>	Leaf	130.0	2778.0	-0.38699149605606814	--
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Leaf	280.0	3007.0	-0.017863523924990066	--
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	280.0	3007.0	-0.017863523924990066	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> l.	Plant	240.0	3100.0	-0.18505812231826163	--
<i>Brassica nigra</i>	Leaf	200.0	2946.0	-0.11619018899047374	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i>	Stem	270.0	3000.0		--
<i>Brassica oleracea</i> var. <i>capitata</i> l.	Leaf	240.0	3209.0	0.30774280957054606	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	130.0	2778.0	-0.38699149605606814	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Leaf		3130.0	0.1804017187480344	--
<i>Brosimum alicastrum</i>	Fruit	560.0	3500.0	-0.24385075624618427	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	660.0	3837.0	0.26799403456902987	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cajanus cajan</i>	Seed	1170.0	3974.0	-0.6924682097401668	--
<i>Cajanus cajan</i>	Fruit	1140.0	3860.0	0.3029270618353502	--
<i>Calathea macrosepala</i>	Flower	220.0	2857.0	-1.7194637248919458	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canavalia ensiformis</i>	Fruit	340.0	3810.0	0.2269856982129148	--
<i>Canavalia ensiformis</i>	Seed	3310.0	3920.0	-0.7347307403418916	--
<i>Canna indica</i>	Root	1230.0	3705.0	0.7454134939169578	--
<i>Cannabis sativa</i>	Seed	4210.0	4870.0	0.008776742466230916	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capsella bursa-pastoris</i>	Plant	330.0	2800.0	-0.4614436296767047	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Carica papaya	Leaf		740.0	-3.6720692567684576	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carica papaya	Fruit	231.0	3491.0	-0.25752020169822265	--
Carica pentagona	Fruit	230.0	3380.0	-0.4261100289400291	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Carthamus tinctorius	Seed	4820.0	6470.0	1.2609998714062267	--
Carum carvi	Seed	3330.0	3700.0	-0.9069114205711409	Revised USDA data received 1993.
Carya illinoensis	Seed	6670.0	7180.0	1.8166738848733497	--
Casimiroa edulis	Fruit	650.0	3610.0	-0.07677975627682654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Caulophyllum thalictroides	Root		2950.0	-0.9172350172485528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ceiba pentandra	Seed		5300.0	0.3453117083688548	--
Cenchrus biflorus	Seed	3700.0	4100.0	-0.5938556383361421	--
Centella asiatica	Leaf	340.0	3180.0	0.2609973458508899	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Chamaemelum nobile	Flower		2999.0	-1.050725246373411	--
Chamissoa altissima	Leaf	402.0	426.0	-4.17820979497439	Tramil
Chenopodium ambrosioides	Leaf	420.0	900.0	-3.4141632500393198	--
Chondrus crispus	Plant		2430.0	-0.8023190887521179	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Chrysanthemum coronarium	Bud	170.0	2285.0	1.0	--
Chrysanthemum parthenium	Plant		2860.0	-0.40616652820501614	--
Chrysanthemum coronarium	Leaf	190.0	2923.0	-0.15326417745778728	--
Chrysophyllum cainito	Fruit	672.0	3950.0	0.43962151635573377	--
Cicer arietinum	Seed	2550.0	4114.0	-0.582898685957917	--
Cichorium endivia	Leaf	170.0	2737.0	-0.45307991028040967	--
Cimicifuga racemosa	Root		3200.0	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cinnamomum verum	Bark		2410.0	-0.6493259969257941	Wealth of India.
Citrullus lanatus	Fruit		3513.0	-0.22410600170435108	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrullus lanatus	Seed		6500.0	1.2844790550738516	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Citrus limon	Fruit		2640.0	-1.5500422105520721	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus mitis	Fruit	380.0	3800.0	0.21179742548842775	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit		1724.0	-2.9412879921150874	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnicus benedictus	Plant		2520.0	-0.7194034365445849	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cocos nucifera	Seed	2960.0	7050.0	1.714930755646975	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	1480.0	4280.0	-0.45298053633039254	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Root	920.0	3820.0	0.9986645916441546	--
Colocasia esculenta	Leaf	310.0	3280.0	0.42218860005660086	--
Commelina benghalensis	Leaf	430.0	3115.0	0.15622303061717777	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corylus avellana	Seed	5870.0	6682.0	1.4269194359907762	--
Crataegus laevigata	Fruit		2890.0	-1.1703353924398954	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit		2890.0	-1.1703353924398954	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	5300.0	5490.0	0.4940132049304793	--
Cucumis melo	Fruit	350.0	3425.0	-0.35776280167983726	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	220.0	3095.0	-0.8589758015879105	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cucurbita spp	Fruit	200.0	3165.0	-0.7526578925165011	--
Cucurbita pepo	Flower	150.0	3092.0	-0.6127486372028212	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	2730.0	5980.0	0.877506538168353	--
Cyclanthera pedata	Fruit	170.0	3160.0	-0.7602520288787445	--
Cymbopogon citratus	Plant		3890.0	0.5427570470589719	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	470.0	3120.0	-0.4808847118611383	USDA's Ag Handbook 8 and sequelae)
Cyphomandra betacea	Fruit	3290.0	3550.0	-0.16790939262374893	--
Cyrtosperma chamissonis	Root	619.0	3005.0	-0.7961149270311978	--
Cyrtosperma chamissonis	Leaf	348.0	3164.0	0.23520674517797613	--
Daucus carota	Resin, Exudate, Sap		2710.0		--
Daucus carota	Root	430.0	3520.0	0.33800955409494443	--
Dioscorea bulbifera	Tuber	1120.0	3860.0	1.3395543258797113	--
Dioscorea sp.	Root		3840.0	1.0427082608141018	--
Dioscorea alata	Root	619.0	3005.0	-0.7961149270311978	--
Dioscorea pentaphylla	Root	670.0	3610.0	0.5362060653597072	--
Diospyros virginiana	Fruit	1270.0	3567.0	-0.14208932899212093	--
Durio zibethinus	Fruit	670.0	3920.0	0.39405669818227257	--
Echinacea spp	Root		2800.0	-1.2475625360231575	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus umbellatus	Fruit	493.0	3195.0	-0.7070930743430398	--
Elaeagnus commutata	Fruit	510.0	3700.0	0.05991469824355707	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	5370.0	7460.0	5.770705242650695	--
Eleocharis dulcis	Tuber	680.0	3640.0	-0.6858886410861752	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ephedra sinica	Plant		3100.0	-0.18505812231826163	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Equisetum arvense	Plant	200.0	3170.0	-0.12056817060129159	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Eriobotrya japonica	Fruit	400.0	3700.0	0.05991469824355707	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eryngium floridanum	Shoot		3075.0	0.32577627838197126	--
Eryngium creticus	Shoot		2745.0	-0.12059236877825133	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Erythrina berteroana	Shoot	480.0	3040.0	0.27843414913770526	--
Erythrina fusca	Leaf	600.0	3243.0	0.3625478360004878	--
Erythroxylum coca	Leaf	3050.0	3260.0	0.3899503492154586	--
Eugenia brasiliensis	Fruit	530.0	3605.0	-0.08437389263907007	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia floribunda	Fruit	460.0	3570.0	-0.13753284717477482	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	380.0	3590.0	-0.10715630172580067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Euphrasia officinalis	Plant		2540.0	-0.7009777360540221	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fagopyrum esculentum	Seed	3350.0	3897.0	-0.752731447820404	--
Ficus carica	Fruit	420.0	3600.0	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Fragaria spp	Fruit	300.0	3559.0	-0.15423994717171058	USDA's Ag Handbook 8 and sequelae)
Frangula purshiana	Bark		2370.0	-0.7511810552670951	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fucus vesiculosus	Plant		2490.0	-0.7470419872804293	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Garcinia mangostana	Fruit	600.0	3630.0	-0.046403210827852405	--
Genipa americana	Fruit	1130.0	3485.0	-0.26663316533291487	--
Ginkgo biloba	Seed	1820.0	3975.0	-0.6916855702845792	USDA's Ag Handbook 8 and sequelae)
Gliricidia sepium	Flower	460.0	3290.0	0.31971769199907946	--
Gliricidia sepium	Leaf	520.0	3400.0	0.6156181051034539	--
Glycine max	Seed	1390.0	4548.0	-0.24323316223294322	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Glycine max	Fruit	1340.0	4350.0	1.0471524253352165	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	460.0	3360.0	0.6558086544359614	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root		2680.0	-1.511824551042841	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Helianthus annuus	Plant		6022.0	2.506936719352974	--
Helianthus tuberosus	Tuber	70.0	3520.0	-1.790675713976659	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	360.0	3530.0	1.4499799092135046	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Humulus lupulus	Fruit		2880.0	-1.1855236651643823	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrastis canadensis	Root		2900.0	-1.027344190173421	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hylocereus undatus	Fruit	540.0	3460.0	-0.3046038471441325	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	550.0	3435.0	-1.0	J Cell Biochem VOL. 22=1995
Inga edulis	Seed	1180.0	3215.0	-1.2864915565310773	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ipomoea batatas	Leaf	420.0	3500.0	0.776809359309165	--
Ipomoea aquatica	Leaf	190.0	4400.0	2.2275306471605636	--
Ipomoea batatas	Root	990.0	3920.0	1.218882937493891	--
Juglans nigra	Hull Husk		3630.0		--
Juglans nigra	Seed	6070.0	6345.0	1.1631699394577895	USDA's Ag Handbook 8 and sequelae)
Juglans nigra	Fruit		3630.0	-0.046403210827852405	--
Juglans cinerea	Seed	6120.0	6331.0	1.1522129870795645	--
Juglans regia	Seed	6420.0	6665.0	1.4136145652457888	USDA's Ag Handbook 8 and sequelae)
Juniperus communis	Fruit		3410.0	-0.3805452107665679	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Justicia pectoralis	Leaf	440.0	2935.0	-0.13392122695310196	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	194.0	3795.0	-0.8325606722903287	--
Lagenaria siceraria	Fruit	140.0	3140.0	-0.7906285743277187	--
Larrea tridentata	Bark		3600.0	2.380861988727912	--
Lens culinaris	Seed	3380.0	3805.0	-0.8247342777344537	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	1060.0	3533.0	1.63725240199151	USDA's Ag Handbook 8 and sequelae)
Lepidium meyenii	Root		3250.0	-0.25657997969934376	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	320.0	3020.0	0.0030913391217523567	--
Lobelia inflata	Leaf		3000.0	-0.029146911719389833	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Luffa aegyptiaca	Leaf	140.0	2730.0	-0.4643632980748094	--
Luffa aegyptiaca	Fruit	200.0	4000.0	0.5155628799781691	--
Lupinus albus	Seed	3710.0	4140.0	-0.5625500601126422	--
Lupinus mutabilis	Seed	4070.0	4675.0	-0.14383795137333108	--
Lupinus mutabilis	Fruit	1260.0	4405.0	1.1306879253198954	--
Lycium chinense	Leaf	290.0	2790.0	-0.3676485455513828	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Macadamia spp	Seed	6910.0	7220.0	1.8479794630968498	--
Malpighia glabra	Fruit	320.0	3725.0	0.09788538005477473	--
Malus domestica	Fruit		3419.0	-0.36687576531452953	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malva sylvestris	Leaf	280.0	3330.0	0.5027842271594564	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malva parviflora	Plant	360.0	2630.0	-0.6180620838464892	--
Mammea americana	Fruit	380.0	3700.0	0.05991469824355707	--
Mangifera indica	Fruit	590.0	3554.0	-0.16183408353395412	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Manihot esculenta	Root	1200.0	3810.0	0.9766427570591809	--
Manihot esculenta	Leaf	498.0	3957.0	1.513453391029264	--
Manilkara zapota	Fruit	760.0	3760.0	0.15104433459047947	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	1250.0	3830.0	1.0206864262291282	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	2760.0	6000.0	3.553217424875583	J Cell Biochem VOL. 22=1995
Melicoccus bijugatas	Fruit	581.0	3565.0	-0.14512698353701833	--
Mentha spicata	Leaf	440.0	3045.0	0.043389152673180095	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	700.0	3280.0	0.42218860005660086	--
Mentha pulegium	Plant		3490.0	0.1742430372477144	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mimosa pudica	Leaf	220.0	3140.0	0.1965208441686055	--
Mimulus glabratus	Shoot	310.0	3100.0	0.35959208498501843	--
Momordica charantia	Fruit	440.0	3020.0	-0.9728878470215635	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	1070.0	4775.0	2.83199785043198	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	640.0	3000.0	0.22432885857282978	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	370.0	3135.0	-0.7982227106899622	USDA's Ag Handbook 8 and sequelae)
Mucuna pruriens	Seed	3440.0	3970.0	-0.6955987675625167	--
Muntingia calabura	Fruit	870.0	3840.0	0.272550516386376	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	1220.0	3514.0	-0.22258717443190237	--
Murraya koenigii	Leaf	880.0	3260.0	0.3899503492154586	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Fruit	1220.0	3514.0	-0.22258717443190237	USDA's Ag Handbook 8 and sequelae)
Myrciaria dubia	Fruit	160.0	2665.0	-1.5120715287408544	--
Myrciaria cauliflora	Fruit	457.0	4000.0	0.5155628799781691	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Myrica cerifera	Bark		2290.0	-0.9548911719496972	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Nasturtium officinale	Herb	300.0	2915.0	-1.0	--
Nelumbo nucifera	Rhizome	560.0	2680.0	-1.0	--
Nelumbo nucifera	Seed	630.0	3900.0	-0.7503835294536415	--
Ocimum basilicum	Plant	430.0	3280.0	-0.019226817903195786	--
Olea europaea	Fruit	1160.0	5320.0	2.520414879610462	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Bud		1140.0	-1.0	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Fruit	670.0	3600.0	-0.09196802900131361	--
Oryza sativa	Seed	3410.0	4100.0	-0.5938556383361421	--
Oxalis tuberosa	Root	630.0	3890.0	1.15281743373897	--
Pachira macrocarpa	Seed	5300.0	5600.0	0.580103545045104	--
Pachyrhizus erosus	Tuber	410.0	3780.0	0.603029610619389	--
Panax ginseng	Root		2740.0	-1.3796935435329993	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Papaver somniferum	Seed	5330.0	5718.0	0.6724550008044287	--
Passiflora foetida	Fruit	640.0	3555.0	-0.16031525626150542	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Fruit	200.0	3850.0	0.2877387891108631	--
Passiflora mollissima	Fruit	250.0	3125.0	-0.8134109834144493	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora edulis	Fruit	900.0	3610.0	-0.07677975627682654	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora ligularis	Fruit	460.0	3965.0	0.46240392544246434	--
Passiflora quadrangularis	Seed	810.0	3750.0	-0.8677794477917661	--
Peperomia pereskifolia	Leaf	420.0	2800.0	-0.35152942013081173	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Peperomia pelucida	Leaf	250.0	3205.0	0.3012951594023176	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	110.0	3720.0	0.0902912436925312	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	940.0	6700.0	4.616396515589678	--
Petasites japonicus	Pt	140.0	2545.0		USDA's Ag Handbook 8 and sequelae)
Phaseolus acutifolius	Seed	3375.0	3860.0	-0.7816891076771414	--
Phaseolus lunatus	Leaf	80.0	2860.0	-0.2548146676073852	--
Phaseolus vulgaris	Sprout Seedling	290.0	3118.0	-0.7170779750926094	USDA's Ag Handbook 8 and sequelae)
Phaseolus vulgaris	Fruit	280.0	3830.0	0.2573622436618889	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus vulgaris	Seed	3230.0	3832.0	-0.8036030124335913	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Seed	3280.0	3860.0	-0.7816891076771414	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Sprout Seedling	100.0	3060.0	-1.0461169193597875	--
Phaseolus lunatus	Seed	1130.0	3840.0	-0.7973418967888913	--
Phaseolus vulgaris	Leaf	360.0	2730.0	-0.4643632980748094	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Fruit		2500.0	-1.762678028694891	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phoenix dactylifera	Fruit	1420.0	3550.0	-0.16790939262374893	--
Phyllanthus emblica	Fruit	580.0	3650.0	-0.016026665378878268	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	340.0	4300.0	0.9712110617127812	--
Physalis angulata	Fruit	27.0	2700.0	-1.4589125742051496	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis peruviana	Fruit	730.0	3460.0	-0.3046038471441325	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Phytelephas aequatorialis	Seed	430.0	3500.0	-1.0634393116886405	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	550.0	5580.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Flower	1020.0	3495.0	1.2851500025364009	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Pimpinella anisum	Seed	3370.0	4150.0	-0.5547236655567672	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus pinea	Seed	5150.0	5850.0	0.7757634089419784	--
Pinus cembroides	Seed	6340.0	6580.0	1.3470902115208514	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pinus edulis	Seed	5680.0	7140.0	1.7853683066498498	--
Piper nigrum	Fruit	2550.0	2856.0	-1.2219755197031514	USDA's Ag Handbook 8 and sequelae)
Piper auritum	Leaf	570.0	3200.0	0.2932355966920321	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pisum sativum	Seed	810.0	3832.0	-0.8036030124335913	--
Pisum sativum	Fruit	420.0	4154.0	0.7494622799352699	--
Plantago psyllium	Seed		2350.0	-1.9634746856142624	--
Platonia insignis	Fruit	1050.0	3765.0	0.15863847095272302	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Platycodon grandiflorum	Root	2870.0	3790.0	0.9325990878892336	--
Plectranthus amboinicus	Leaf	170.0	3035.0	0.027270027252609	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root		3200.0	-0.3666891526242119	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Cr	670.0	3765.0		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Polymnia edulis</i>	Root	670.0	3765.0	0.8775445014267995	--
<i>Portulaca oleracea</i>	Herb	260.0	2955.0	1.0	--
<i>Pothomorphe</i> sp.	Leaf	690.0	3850.0	1.3409787490291534	--
<i>Pourouma cecropiaefolia</i>	Fruit	640.0	3555.0	-0.16031525626150542	J Cell Biochem VOL. 22=1995
<i>Pouteria campechiana</i>	Fruit	1400.0	3600.0	-0.09196802900131361	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria caimito</i>	Fruit	950.0	3665.0	0.006755743707852334	--
<i>Pouteria viridis</i>	Fruit	1100.0	3480.0	-0.2742273016951584	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Prunus armeniaca</i>	Fruit	480.0	3515.0	-0.22106834715945367	USDA's Ag Handbook 8 and sequelae)
<i>Prunus dulcis</i>	Seed	5890.0	6161.0	1.01916427962969	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	550.0	3716.0	0.08421593460273638	USDA's Ag Handbook 8 and sequelae)
<i>Psidium cattleianum</i>	Fruit	560.0	3570.0	-0.13753284717477482	--
<i>Psidium guajava</i>	Fruit	360.0	3670.0	0.014349880070095867	--
<i>Psophocarpus tetragonolobus</i>	Seed	490.0	4462.0	-0.310540155413468	--
<i>Psophocarpus tetragonolobus</i>	Leaf	740.0	3197.0	0.28839985906586074	--
<i>Psophocarpus tetragonolobus</i>	Tuber	1590.0	3732.0	0.16111478146319552	--
<i>Pueraria montana</i>	Root	1130.0	3600.0	0.5141842307747335	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Quararibea cordata</i>	Fruit	740.0	3700.0	0.05991469824355707	J Cell Biochem VOL. 22=1995
<i>Quercus alba</i>	Bark		2480.0	-0.47107964482851733	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Raphanus sativus</i>	Root	170.0	3510.0	0.3159877195099708	--
<i>Raphanus sativus</i>	Leaf	330.0	2870.0	-0.23869554218681407	--
<i>Raphanus sativus</i>	Fruit	340.0	3370.0	-0.44129830166451617	--
<i>Rollinia mucosa</i>	Fruit	800.0	3510.0	-0.2286624835216972	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Rosa canina</i>	Fruit	1839.0	3410.0	-0.3805452107665679	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Rosmarinus officinalis	Leaf	1310.0	4065.0	1.687539945571432	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	490.0	3665.0	0.006755743707852334	Revised USDA data received 1993.
Rubus idaeus	Leaf		2750.0	-0.43212504723366724	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Rumex crispus	Shoot	210.0	2840.0	0.007907696313327906	--
Ruscus aculeatus	Root		2950.0	-0.9172350172485528	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salix alba	Bark		2820.0	0.3946883510725415	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Salvia officinalis	Leaf		3420.0	0.6478563559445962	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Schisandra chinensis	Fruit		4020.0	0.5459394254271432	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Seed	6040.0	6290.0	1.1201247694004772	--
Sclerocarya caffra	Fruit	300.0	3610.0	-0.07677975627682654	--
Scutellaria lateriflora	Plant		3140.0	-0.1482067213371359	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Secale cereale	Seed	3350.0	3760.0	-0.8599530532358911	USDA's Ag Handbook 8 and sequelae)
Sechium edule	Fruit	240.0	3430.0	-0.3501686653175938	--
Sesamum indicum	Plant		6700.0	3.1315679659830553	--
Sicana odorifera	Fruit	430.0	3410.0	-0.3805452107665679	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	630.0	3180.0	0.2609973458508899	--
Solanum torvum	Fruit	470.0	3220.0	-0.6691223925318222	--
Solanum melongena	Leaf	150.0	2790.0	-0.3676485455513828	--
Solanum quitoensis	Fruit	230.0	3460.0	-0.3046038471441325	--
Solanum tuberosum	Tuber	780.0	3755.0	0.3728656371005382	--
Solanum melongena	Fruit	250.0	3370.0	-0.44129830166451617	--
Sonchus oleraceus	Leaf	180.0	2650.0	-0.5933163014393782	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sphenostylis stenocarpa	Root	1290.0	3660.0	0.6463152382845764	--
Sphenostylis stenocarpa	Seed	3500.0	3860.0	-0.7816891076771414	--
Spinacia oleracea	Plant	220.0	2613.0	-0.6337239292634677	USDA's Ag Handbook 8 and sequelae)
Spirulina pratensis	Plant		3800.0	0.45984139485143893	--
Spondias pinnata	Fruit	218.0	4810.0	1.7458129706616214	--
Spondias mombin	Fruit	420.0	4050.0	0.5915042436006044	--
Spondias purpurea	Fruit	830.0	3550.0	-0.16790939262374893	--
Spondias dulcis	Fruit	460.0	3510.0	-0.2286624835216972	--
Stellaria media	Plant		2130.0	-1.078704596110561	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Stevia rebaudiana	Leaf		2540.0	-0.7706266810656602	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Symphytum officinale	Root		2170.0	-2.6349381148764963	--
Syzygium cumini	Fruit	510.0	3590.0	-0.10715630172580067	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	300.0	3555.0	-0.16031525626150542	--
Syzygium jambos	Fruit	560.0	3580.0	-0.12234457445028774	--
Tabebuia heptaphylla	Bark		2610.0	-0.14005070521928892	--
Tanacetum parthenium	Plant		2860.0	-0.40616652820501614	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	440.0	3130.0	0.1804017187480344	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Taraxacum officinale	Root		2650.0	-1.577890054797762	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Terminalia catappa	Seed	5940.0	6340.0	1.159256742179852	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	140.0	2335.0	-1.1010687521873677	--
Theobroma cacao	Fruit	531.0	5310.0	2.5052266068859748	J Cell Biochem VOL. 22=1995
Theobroma speciosum	Fruit	1760.0	4515.0	1.297758925289253	J Cell Biochem VOL. 22=1995

Plant	Part	Low PPM	High PPM	StdDev	Reference
Theobroma bicolor	Seed	6020.0	6240.0	1.0809927966211024	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Theobroma bicolor	Fruit	710.0	3410.0	-0.3805452107665679	--
Thymus vulgaris	Leaf		2990.0	-0.04526603713996093	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trigonella foenum-graecum	Seed	2570.0	3400.0	-1.1417032572473902	--
Triticum aestivum	Seed	3400.0	5221.0	0.2834831913774425	--
Tropaeolum majus	Shoot	480.0	3500.0	0.9006449906337731	--
Turnera diffusa	Leaf				Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	500.0	3725.0	0.7894571630869051	--
Ulmus rubra	Bark		2740.0	0.19097823438993944	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vaccinium macrocarpon	Fruit	490.0	3800.0	0.21179742548842775	--
Vaccinium corymbosum	Fruit	560.0	3638.0	-0.03425259264826275	--
Valerianella locusta	Plant	210.0	2915.0	-0.3554958518559682	--
Verbascum thapsus	Leaf		2680.0	-0.5449589251776649	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	720.0	3790.0	-0.8364738695682662	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	3340.0	3890.0	-0.7582099240095165	--
Vigna unguiculata	Seed	3470.0	3789.0	-0.8372565090238537	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling		3151.0	-0.529866161975077	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	3290.0	3800.0	-0.8286474750123912	--
Vigna unguiculata	Shoot	290.0	2837.0	0.0038497995209622452	--
Vigna unguiculata	Shoot	290.0	2837.0	0.0038497995209622452	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	470.0	3868.0	0.3150776800149398	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3340.0	3815.0	-0.8169078831785788	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	3430.0	3798.0	-0.8302127539235662	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Vigna unguiculata	Seed	1270.0	3825.0	-0.8090814886227038	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	1520.0	4120.0	-0.5782028492243921	--
Vitellaria paradoxa	Seed		6220.0	1.0653400075093524	--
Xanthosoma sagittifolium	Root	1320.0	3870.0	1.1087737645690228	--
Xanthosoma sagittifolium	Leaf	34.0	3370.0	0.5672607288417407	--
Yucca baccata	Root		2820.0	-1.2035188668532102	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Zea mays	Silk Stigma Style		3690.0		--
Zingiber officinale	Rhizome	690.0	3764.0	1.0	--
Zingiber officinale	Root	690.0	3764.0	0.8753423179683022	USDA's Ag Handbook 8 and sequelae)
Zizyphus jujuba	Fruit	590.0	3550.0	-0.16790939262374893	--
Zizyphus spina-christi	Fruit	3140.0	3460.0	-0.3046038471441325	--