

# List of Plants



## Chemid

KILOCALORIES

\*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	Part	Low PPM	High PPM	StdDev	*Reference
Abelmoschus esculentus	Fruit	180.0	3800.0	0.21	*
Abrus precatorius	Leaf	620.0	2950.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Achillea millefolium	Plant	--	2900.0	-0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actaea racemosa	Root	--	3200.0	-0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	610.0	3600.0	-0.09	*
Aegle marmelos	Fruit	1330.0	3455.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aleurites moluccana	Seed	6260.0	6730.0	1.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Flower	390.0	3366.0	0.68	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	0.13	*
Allium schoenoprasum	Leaf	300.0	3210.0	0.31	USDA's Ag Handbook 8 and sequelae)
Allium sativum var. sativum	Shoot	760.0	3410.0	0.78	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	-0.19	*
Allium sativum var. sativum	Leaf	440.0	3240.0	0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Leaf	260.0	3330.0	0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	350.0	3560.0	0.87	*
Alocasia macrorrhiza	Root	610.0	3815.0	0.99	*
Aloe vera	Leaf	--	2800.0	-0.35	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Amaranthus spinosus	Leaf	450.0	2760.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Amorphophallus konjac	Leaf	80.0	3080.0	0.1	*
Amorphophallus campanulatus	Root	771.0	3770.0	0.89	*
Amorphophallus konjac	Root	--	2610.0	-1.67	*
Anacardium occidentale	Leaf	1000.0	3320.0	0.49	*

Anacardium occidentale	Fruit	530.0	3680.0	0.03	*
Anacardium occidentale	Seed	5330.0	5920.0	0.83	*
Ananas comosus	Fruit	460.0	3770.0	0.17	Wealth of India.
Angelica sinensis	Root	--	2820.0	-1.2	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Annona squamosa	Fruit	780.0	3530.0	-0.2	*
Annona cherimola	Fruit	820.0	3550.0	-0.17	*
Annona reticulata	Fruit	800.0	3540.0	-0.18	*
Annona glabra	Fruit	520.0	3940.0	0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona muricata	Fruit	590.0	3550.0	-0.17	*
Arachis hypogaea	Seed	3030.0	6074.0	0.95	*
Arachis hypogaea	Leaf	690.0	3210.0	0.31	*
Aralia cordata	Leaf	140.0	2975.0	-0.07	*
Arctium lappa	Root	720.0	3790.0	0.93	Father Nature's Farmacy: The aggregate of all these three-letter citations.
Arctostaphylos uva-ursi	Leaf	--	2710.0	-0.5	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Armoracia rusticana	Seed	600.0	2370.0	-1.95	Wealth of India.
Arracacia xanthorrhiza	Root	1120.0	3875.0	1.12	*
Artemisia vulgaris	Leaf	350.0	2755.0	-0.42	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia dracunculus	Shoot	--	2950.0	0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus altilis	Fruit	1030.0	3500.0	-0.24	*
Artocarpus heterophyllus	Fruit	940.0	3510.0	-0.23	*
Artocarpus altilis	Seed	1910.0	4370.0	-0.38	USDA's Ag Handbook 8 and sequelae)
Asparagus officinalis	Shoot	210.0	3130.0	0.4	*
Avena sativa	Seed	3740.0	4710.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Avena sativa	Plant	4529.0	4540.0	1.14	*
Averrhoa bilimbi	Fruit	200.0	3600.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Averrhoa carambola	Fruit	280.0	3920.0	0.39	*
Bacopa monnieri	Shoot	--	380.0	-3.32	Wealth of India.
Bactris gasipaes	Fruit	1700.0	3920.0	0.39	*
Basella alba	Leaf	190.0	2753.0	-0.43	*
Benincasa hispida	Fruit	130.0	3335.0	-0.49	*
Berberis vulgaris	Root	--	3120.0	-0.54	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Bertholletia excelsa	Seed	6560.0	6787.0	1.51	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Root	430.0	3610.0	0.54	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Leaf	210.0	3310.0	0.47	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Bixa orellana	Fruit	540.0	3460.0	-0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	640.0	6320.0	1.14	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

<i>Boehmeria nivea</i>	Leaf	380.0	2923.0	-0.15	*
<i>Brassica oleracea</i> var. <i>sabellica</i> L.	Leaf	500.0	3220.0	0.33	*
<i>Brassica napus</i> var. <i>napobrassica</i>	Root	360.0	3600.0	0.51	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>gemmifera</i>	Leaf	430.0	3070.0	0.08	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Root	270.0	3321.0	-0.1	*
<i>Brassica oleracea</i> var. <i>viridis</i> L.	Leaf	190.0	3112.0	0.15	*
<i>Brassica chinensis</i>	Leaf	130.0	2778.0	-0.39	*
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Leaf	280.0	3007.0	-0.02	*
<i>Brassica oleracea</i> var. <i>italica</i>	Leaf	280.0	3007.0	-0.02	USDA's Ag Handbook 8 and sequelae)
<i>Brassica oleracea</i> var. <i>botrytis</i> L.	Plant	240.0	3100.0	-0.19	*
<i>Brassica nigra</i>	Leaf	200.0	2946.0	-0.12	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	0.31	USDA's Ag Handbook 8 and sequelae)
<i>Brassica rapa</i>	Leaf	130.0	2778.0	-0.39	USDA's Ag Handbook 8 and sequelae)
<i>Bromelia pinguin</i>	Leaf	--	3130.0	0.18	*
<i>Brosimum alicastrum</i>	Fruit	560.0	3500.0	-0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	660.0	3837.0	0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cajanus cajan</i>	Seed	1170.0	3974.0	-0.69	*
<i>Cajanus cajan</i>	Fruit	1140.0	3860.0	0.3	*
<i>Calathea macrosepala</i>	Flower	220.0	2857.0	-1.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canavalia ensiformis</i>	Fruit	340.0	3810.0	0.23	*
<i>Canavalia ensiformis</i>	Seed	3310.0	3920.0	-0.73	*
<i>Canna indica</i>	Root	1230.0	3705.0	0.75	*
<i>Cannabis sativa</i>	Seed	4210.0	4870.0	0.01	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Capsella bursa-pastoris</i>	Plant	330.0	2800.0	-0.46	*
<i>Carica papaya</i>	Leaf	--	740.0	-3.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Fruit	231.0	3491.0	-0.26	*
<i>Carica pentagona</i>	Fruit	230.0	3380.0	-0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Seed	4820.0	6470.0	1.26	*
<i>Carum carvi</i>	Seed	3330.0	3700.0	-0.91	Revised USDA data received 1993.
<i>Carya illinoensis</i>	Seed	6670.0	7180.0	1.82	*
<i>Casimiroa edulis</i>	Fruit	650.0	3610.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Caulophyllum thalictroides</i>	Root	--	2950.0	-0.92	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Ceiba pentandra</i>	Seed	--	5300.0	0.35	*
<i>Cenchrus biflorus</i>	Seed	3700.0	4100.0	-0.59	*
<i>Centella asiatica</i>	Leaf	340.0	3180.0	0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Chamaemelum nobile</i>	Flower	--	2999.0	-1.05	*

Chamissoa altissima	Leaf	402.0	426.0	-4.18	Tramil
Chenopodium ambrosioides	Leaf	420.0	900.0	-3.41	*
Chondrus crispus	Plant	--	2430.0	-0.8	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	-0.41	*
Chrysanthemum coronarium	Leaf	190.0	2923.0	-0.15	*
Chrysophyllum cainito	Fruit	672.0	3950.0	0.44	*
Cicer arietinum	Seed	2550.0	4114.0	-0.58	*
Cichorium endivia	Leaf	170.0	2737.0	-0.45	*
Cimicifuga racemosa	Root	--	3200.0	-0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cinnamomum verum	Bark	--	2410.0	-0.65	Wealth of India.
Citrullus lanatus	Fruit	--	3513.0	-0.22	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	1.28	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	-1.55	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Citrus mitis	Fruit	380.0	3800.0	0.21	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Citrus paradisi	Fruit	--	1724.0	-2.94	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cnicus benedictus	Plant	--	2520.0	-0.72	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cocos nucifera	Seed	2960.0	7050.0	1.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Coix lacryma-jobi	Seed	1480.0	4280.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Colocasia esculenta	Root	920.0	3820.0	1.0	*
Colocasia esculenta	Leaf	310.0	3280.0	0.42	*
Commelina benghalensis	Leaf	430.0	3115.0	0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Corylus avellana	Seed	5870.0	6682.0	1.43	*
Crataegus laevigata	Fruit	--	2890.0	-1.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crataegus rhipidophylla	Fruit	--	2890.0	-1.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Crescentia alata	Seed	5300.0	5490.0	0.49	*
Cucumis melo	Fruit	350.0	3425.0	-0.36	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Fruit	220.0	3095.0	-0.86	*
Cucurbita spp	Fruit	200.0	3165.0	-0.75	*
Cucurbita pepo	Flower	150.0	3092.0	-0.61	USDA's Ag Handbook 8 and sequelae)
Cucurbita pepo	Seed	2730.0	5980.0	0.88	*
Cyclanthera pedata	Fruit	170.0	3160.0	-0.76	*
Cymbopogon citratus	Plant	--	3890.0	0.54	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Cynara cardunculus	Flower	470.0	3120.0	-0.48	USDA's Ag Handbook 8 and sequelae)
Cyphomandra betacea	Fruit	3290.0	3550.0	-0.17	*

Cyrtosperma chamissonis	Root	619.0	3005.0	-0.8	*
Cyrtosperma chamissonis	Leaf	348.0	3164.0	0.24	*
Daucus carota	Resin, Exudate, Sap	--	2710.0		*
Daucus carota	Root	430.0	3520.0	0.34	*
Dioscorea bulbifera	Tuber	1120.0	3860.0	1.34	*
Dioscorea sp.	Root	--	3840.0	1.04	*
Dioscorea alata	Root	619.0	3005.0	-0.8	*
Dioscorea pentaphylla	Root	670.0	3610.0	0.54	*
Diospyros virginiana	Fruit	1270.0	3567.0	-0.14	*
Durio zibethinus	Fruit	670.0	3920.0	0.39	*
Echinacea spp	Root	--	2800.0	-1.25	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Elaeagnus umbellatus	Fruit	493.0	3195.0	-0.71	*
Elaeagnus commutata	Fruit	510.0	3700.0	0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Elaeis guineensis	Fruit	5370.0	7460.0	5.77	*
Eleocharis dulcis	Tuber	680.0	3640.0	-0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ephedra sinica	Plant	--	3100.0	-0.19	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Equisetum arvense	Plant	200.0	3170.0	-0.12	*
Eriobotrya japonica	Fruit	400.0	3700.0	0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eryngium floridanum	Shoot	--	3075.0	0.33	*
Eryngium creticus	Shoot	--	2745.0	-0.12	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Erythrina berteroana	Shoot	480.0	3040.0	0.28	*
Erythrina fusca	Leaf	600.0	3243.0	0.36	*
Erythroxyllum coca	Leaf	3050.0	3260.0	0.39	*
Eugenia brasiliensis	Fruit	530.0	3605.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia floribunda	Fruit	460.0	3570.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Eugenia uniflora	Fruit	380.0	3590.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Euphrasia officinalis	Plant	--	2540.0	-0.7	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fagopyrum esculentum	Seed	3350.0	3897.0	-0.75	*
Ficus carica	Fruit	420.0	3600.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Fragaria spp	Fruit	300.0	3559.0	-0.15	USDA's Ag Handbook 8 and sequelae)
Frangula purshiana	Bark	--	2370.0	-0.75	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Fucus vesiculosus	Plant	--	2490.0	-0.75	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Garcinia mangostana	Fruit	600.0	3630.0	-0.05	*
Genipa americana	Fruit	1130.0	3485.0	-0.27	*
Ginkgo biloba	Seed	1820.0	3975.0	-0.69	USDA's Ag Handbook 8 and sequelae)
Gliricidia sepium	Flower	460.0	3290.0	0.32	*

Gliricidia sepium	Leaf	520.0	3400.0	0.62	*
Glycine max	Seed	1390.0	4548.0	-0.24	*
Glycine max	Fruit	1340.0	4350.0	1.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Sprout Seedling	460.0	3360.0	0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	--	2680.0	-1.51	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Helianthus annuus	Plant	--	6022.0	2.51	*
Helianthus tuberosus	Tuber	70.0	3520.0	-1.79	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus rosa-sinensis	Flower	360.0	3530.0	1.45	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Humulus lupulus	Fruit	--	2880.0	-1.19	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hydrastis canadensis	Root	--	2900.0	-1.03	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Hylocereus undatus	Fruit	540.0	3460.0	-0.3	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	-1.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ipomoea batatas	Leaf	420.0	3500.0	0.78	*
Ipomoea aquatica	Leaf	190.0	4400.0	2.23	*
Ipomoea batatas	Root	990.0	3920.0	1.22	*
Juglans nigra	Hull Husk	--	3630.0		*
Juglans nigra	Seed	6070.0	6345.0	1.16	USDA's Ag Handbook 8 and sequelae)
Juglans nigra	Fruit	--	3630.0	-0.05	*
Juglans cinerea	Seed	6120.0	6331.0	1.15	*
Juglans regia	Seed	6420.0	6665.0	1.41	USDA's Ag Handbook 8 and sequelae)
Juniperus communis	Fruit	--	3410.0	-0.38	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Justicia pectoralis	Leaf	440.0	2935.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Lablab purpureus	Seed	194.0	3795.0	-0.83	*
Lagenaria siceraria	Fruit	140.0	3140.0	-0.79	*
Larrea tridentata	Bark	--	3600.0	2.38	*
Lens culinaris	Seed	3380.0	3805.0	-0.82	USDA's Ag Handbook 8 and sequelae)
Lens culinaris	Sprout Seedling	1060.0	3533.0	1.64	USDA's Ag Handbook 8 and sequelae)
Lepidium meyenii	Root	--	3250.0	-0.26	Taylor, Leslie. 2005. The Healing Power of Rainforest Herbs. SquareOne Publisher, Garden City Park, NY. 519 pp.
Lepidium sativum	Leaf	320.0	3020.0	0.0	*
Lobelia inflata	Leaf	--	3000.0	-0.03	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Luffa aegyptiaca	Leaf	140.0	2730.0	-0.46	*
Luffa aegyptiaca	Fruit	200.0	4000.0	0.52	*
Lupinus albus	Seed	3710.0	4140.0	-0.56	*
Lupinus mutabilis	Seed	4070.0	4675.0	-0.14	*
Lupinus mutabilis	Fruit	1260.0	4405.0	1.13	*
Lycium chinense	Leaf	290.0	2790.0	-0.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Macadamia spp	Seed	6910.0	7220.0	1.85	*
Malpighia glabra	Fruit	320.0	3725.0	0.1	*
Malus domestica	Fruit	--	3419.0	-0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Malva sylvestris	Leaf	280.0	3330.0	0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Malva parviflora	Plant	360.0	2630.0	-0.62	*
Mammea americana	Fruit	380.0	3700.0	0.06	*
Mangifera indica	Fruit	590.0	3554.0	-0.16	*
Manihot esculenta	Root	1200.0	3810.0	0.98	*
Manihot esculenta	Leaf	498.0	3957.0	1.51	*
Manilkara zapota	Fruit	760.0	3760.0	0.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Maranta arundinacea	Root	1250.0	3830.0	1.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mauritia flexuosa	Fruit	2760.0	6000.0	3.55	J Cell Biochem VOL. 22=1995
Melicoccus bijugatas	Fruit	581.0	3565.0	-0.15	*
Mentha spicata	Leaf	440.0	3045.0	0.04	USDA's Ag Handbook 8 and sequelae)
Mentha x piperita	Leaf	700.0	3280.0	0.42	*
Mentha pulegium	Plant	--	3490.0	0.17	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Mimosa pudica	Leaf	220.0	3140.0	0.2	*
Mimulus glabratus	Shoot	310.0	3100.0	0.36	*
Momordica charantia	Fruit	440.0	3020.0	-0.97	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	1070.0	4775.0	2.83	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Shoot	640.0	3000.0	0.22	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	370.0	3135.0	-0.8	USDA's Ag Handbook 8 and sequelae)
Mucuna pruriens	Seed	3440.0	3970.0	-0.7	*
Muntingia calabura	Fruit	870.0	3840.0	0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya sp	Fruit	1220.0	3514.0	-0.22	*
Murraya koenigii	Leaf	880.0	3260.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Fruit	1220.0	3514.0	-0.22	USDA's Ag Handbook 8 and sequelae)
Myrciaria dubia	Fruit	160.0	2665.0	-1.51	*
Myrciaria cauliflora	Fruit	457.0	4000.0	0.52	*
Myrica cerifera	Bark	--	2290.0	-0.95	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	-0.75	*
Ocimum basilicum	Plant	430.0	3280.0	-0.02	*
Olea europaea	Fruit	1160.0	5320.0	2.52	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	-0.09	*
Oryza sativa	Seed	3410.0	4100.0	-0.59	*
Oxalis tuberosa	Root	630.0	3890.0	1.15	*
Pachira macrocarpa	Seed	5300.0	5600.0	0.58	*
Pachyrhizus erosus	Tuber	410.0	3780.0	0.6	*
Panax ginseng	Root	--	2740.0	-1.38	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Papaver somniferum	Seed	5330.0	5718.0	0.67	*

<i>Passiflora foetida</i>	Fruit	640.0	3555.0	-0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora quadrangularis</i>	Fruit	200.0	3850.0	0.29	*
<i>Passiflora mollissima</i>	Fruit	250.0	3125.0	-0.81	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Passiflora edulis</i>	Fruit	900.0	3610.0	-0.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Passiflora ligularis</i>	Fruit	460.0	3965.0	0.46	*
<i>Passiflora quadrangularis</i>	Seed	810.0	3750.0	-0.87	*
<i>Peperomia pereskiiifolia</i>	Leaf	420.0	2800.0	-0.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Peperomia pelucida</i>	Leaf	250.0	3205.0	0.3	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pereskia aculeata</i>	Fruit	110.0	3720.0	0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Persea americana</i>	Fruit	940.0	6700.0	4.62	*
<i>Petasites japonicus</i>	Pt	140.0	2545.0		USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus acutifolius</i>	Seed	3375.0	3860.0	-0.78	*
<i>Phaseolus lunatus</i>	Leaf	80.0	2860.0	-0.25	*
<i>Phaseolus vulgaris</i>	Sprout Seedling	290.0	3118.0	-0.72	USDA's Ag Handbook 8 and sequelae)
<i>Phaseolus vulgaris</i>	Fruit	280.0	3830.0	0.26	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus vulgaris</i>	Seed	3230.0	3832.0	-0.8	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Seed	3280.0	3860.0	-0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus lunatus</i>	Sprout Seedling	100.0	3060.0	-1.05	*
<i>Phaseolus lunatus</i>	Seed	1130.0	3840.0	-0.8	*
<i>Phaseolus vulgaris</i>	Leaf	360.0	2730.0	-0.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phaseolus coccineus</i>	Fruit	--	2500.0	-1.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phoenix dactylifera</i>	Fruit	1420.0	3550.0	-0.17	*
<i>Phyllanthus emblica</i>	Fruit	580.0	3650.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Phyllanthus acidus</i>	Fruit	340.0	4300.0	0.97	*
<i>Physalis angulata</i>	Fruit	27.0	2700.0	-1.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Physalis peruviana</i>	Fruit	730.0	3460.0	-0.3	*
<i>Phytelephas aequatorialis</i>	Seed	430.0	3500.0	-1.06	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Mesocarp	550.0	5580.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Phytelephas aequatorialis</i>	Flower	1020.0	3495.0	1.29	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
<i>Pimpinella anisum</i>	Seed	3370.0	4150.0	-0.55	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus pinea</i>	Seed	5150.0	5850.0	0.78	*
<i>Pinus cembroides</i>	Seed	6340.0	6580.0	1.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pinus edulis</i>	Seed	5680.0	7140.0	1.79	*
<i>Piper nigrum</i>	Fruit	2550.0	2856.0	-1.22	USDA's Ag Handbook 8 and sequelae)
<i>Piper auritum</i>	Leaf	570.0	3200.0	0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pisum sativum</i>	Seed	810.0	3832.0	-0.8	*



<i>Pisum sativum</i>	Fruit	420.0	4154.0	0.75	*
<i>Plantago psyllium</i>	Seed	--	2350.0	-1.96	*
<i>Platonia insignis</i>	Fruit	1050.0	3765.0	0.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Platycodon grandiflorum</i>	Root	2870.0	3790.0	0.93	*
<i>Plectranthus amboinicus</i>	Leaf	170.0	3035.0	0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Polygonum multiflorum</i>	Root	--	3200.0	-0.37	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Polymnia edulis</i>	Cr	670.0	3765.0		*
<i>Polymnia edulis</i>	Root	670.0	3765.0	0.88	*
<i>Portulaca oleracea</i>	Herb	260.0	2955.0	1.0	*
<i>Pothomorphe</i> sp.	Leaf	690.0	3850.0	1.34	*
<i>Pourouma cecropiaefolia</i>	Fruit	640.0	3555.0	-0.16	J Cell Biochem VOL. 22=1995
<i>Pouteria campechiana</i>	Fruit	1400.0	3600.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Pouteria caimito</i>	Fruit	950.0	3665.0	0.01	*
<i>Pouteria viridis</i>	Fruit	1100.0	3480.0	-0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Prunus armeniaca</i>	Fruit	480.0	3515.0	-0.22	USDA's Ag Handbook 8 and sequelae)
<i>Prunus dulcis</i>	Seed	5890.0	6161.0	1.02	USDA's Ag Handbook 8 and sequelae)
<i>Prunus domestica</i>	Fruit	550.0	3716.0	0.08	USDA's Ag Handbook 8 and sequelae)
<i>Psidium cattleianum</i>	Fruit	560.0	3570.0	-0.14	*
<i>Psidium guajava</i>	Fruit	360.0	3670.0	0.01	*
<i>Psophocarpus tetragonolobus</i>	Seed	490.0	4462.0	-0.31	*
<i>Psophocarpus tetragonolobus</i>	Leaf	740.0	3197.0	0.29	*
<i>Psophocarpus tetragonolobus</i>	Tuber	1590.0	3732.0	0.16	*
<i>Pueraria montana</i>	Root	1130.0	3600.0	0.51	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Quararibea cordata</i>	Fruit	740.0	3700.0	0.06	J Cell Biochem VOL. 22=1995
<i>Quercus alba</i>	Bark	--	2480.0	-0.47	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Raphanus sativus</i>	Root	170.0	3510.0	0.32	*
<i>Raphanus sativus</i>	Leaf	330.0	2870.0	-0.24	*
<i>Raphanus sativus</i>	Fruit	340.0	3370.0	-0.44	*
<i>Rollinia mucosa</i>	Fruit	800.0	3510.0	-0.23	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	-0.38	*
<i>Rosmarinus officinalis</i>	Leaf	1310.0	4065.0	1.69	USDA's Ag Handbook 8 and sequelae)
<i>Rubus idaeus</i>	Fruit	490.0	3665.0	0.01	Revised USDA data received 1993.
<i>Rubus idaeus</i>	Leaf	--	2750.0	-0.43	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Rumex crispus</i>	Shoot	210.0	2840.0	0.01	*
<i>Ruscus aculeatus</i>	Root	--	2950.0	-0.92	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Salix alba</i>	Bark	--	2820.0	0.39	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Salvia officinalis</i>	Leaf	--	3420.0	0.65	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Schisandra chinensis</i>	Fruit	--	4020.0	0.55	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.

<i>Sclerocarya caffra</i>	Seed	6040.0	6290.0	1.12	*
<i>Sclerocarya caffra</i>	Fruit	300.0	3610.0	-0.08	*
<i>Scutellaria lateriflora</i>	Plant	--	3140.0	-0.15	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Secale cereale</i>	Seed	3350.0	3760.0	-0.86	USDA's Ag Handbook 8 and sequelae)
<i>Sechium edule</i>	Fruit	240.0	3430.0	-0.35	*
<i>Sesamum indicum</i>	Plant	--	6700.0	3.13	*
<i>Sicana odorifera</i>	Fruit	430.0	3410.0	-0.38	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Sida rhombifolia</i>	Leaf	630.0	3180.0	0.26	*
<i>Solanum torvum</i>	Fruit	470.0	3220.0	-0.67	*
<i>Solanum melongena</i>	Leaf	150.0	2790.0	-0.37	*
<i>Solanum quitoensis</i>	Fruit	230.0	3460.0	-0.3	*
<i>Solanum tuberosum</i>	Tuber	780.0	3755.0	0.37	*
<i>Solanum melongena</i>	Fruit	250.0	3370.0	-0.44	*
<i>Sonchus oleraceus</i>	Leaf	180.0	2650.0	-0.59	*
<i>Sphenostylis stenocarpa</i>	Root	1290.0	3660.0	0.65	*
<i>Sphenostylis stenocarpa</i>	Seed	3500.0	3860.0	-0.78	*
<i>Spinacia oleracea</i>	Plant	220.0	2613.0	-0.63	USDA's Ag Handbook 8 and sequelae)
<i>Spirulina pratensis</i>	Plant	--	3800.0	0.46	*
<i>Spondias pinnata</i>	Fruit	218.0	4810.0	1.75	*
<i>Spondias mombin</i>	Fruit	420.0	4050.0	0.59	*
<i>Spondias purpurea</i>	Fruit	830.0	3550.0	-0.17	*
<i>Spondias dulcis</i>	Fruit	460.0	3510.0	-0.23	*
<i>Stellaria media</i>	Plant	--	2130.0	-1.08	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Stevia rebaudiana</i>	Leaf	--	2540.0	-0.77	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Symphytum officinale</i>	Root	--	2170.0	-2.63	*
<i>Syzygium cumini</i>	Fruit	510.0	3590.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Syzygium malaccense</i>	Fruit	300.0	3555.0	-0.16	*
<i>Syzygium jambos</i>	Fruit	560.0	3580.0	-0.12	*
<i>Tabebuia heptaphylla</i>	Bark	--	2610.0	-0.14	*
<i>Tanacetum parthenium</i>	Plant	--	2860.0	-0.41	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Taraxacum officinale</i>	Leaf	440.0	3130.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Taraxacum officinale</i>	Root	--	2650.0	-1.58	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Terminalia catappa</i>	Seed	5940.0	6340.0	1.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Tetragonia tetragonioides</i>	Leaf	140.0	2335.0	-1.1	*
<i>Theobroma cacao</i>	Fruit	531.0	5310.0	2.51	J Cell Biochem VOL. 22=1995
<i>Theobroma speciosum</i>	Fruit	1760.0	4515.0	1.3	J Cell Biochem VOL. 22=1995
<i>Theobroma bicolor</i>	Seed	6020.0	6240.0	1.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Theobroma bicolor</i>	Fruit	710.0	3410.0	-0.38	*

Thymus vulgaris	Leaf	--	2990.0	-0.05	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Trigonella foenum-graecum	Seed	2570.0	3400.0	-1.14	*
Triticum aestivum	Seed	3400.0	5221.0	0.28	*
Tropaeolum majus	Shoot	480.0	3500.0	0.9	*
Turnera diffusa	Leaf	--	--		Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Ullucus tuberosus	Root	500.0	3725.0	0.79	*
Ulmus rubra	Bark	--	2740.0	0.19	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vaccinium macrocarpon	Fruit	490.0	3800.0	0.21	*
Vaccinium corymbosum	Fruit	560.0	3638.0	-0.03	*
Valerianella locusta	Plant	210.0	2915.0	-0.36	*
Verbascum thapsus	Leaf	--	2680.0	-0.54	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Vicia faba	Seed	720.0	3790.0	-0.84	USDA's Ag Handbook 8 and sequelae)
Vigna mungo	Seed	3340.0	3890.0	-0.76	*
Vigna unguiculata	Seed	3470.0	3789.0	-0.84	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Sprout Seedling	--	3151.0	-0.53	USDA's Ag Handbook 8 and sequelae)
Vigna angularis	Seed	3290.0	3800.0	-0.83	*
Vigna unguiculata	Shoot	290.0	2837.0	0.0	*
Vigna unguiculata	Shoot	290.0	2837.0	0.0	USDA's Ag Handbook 8 and sequelae)
Vigna unguiculata	Fruit	470.0	3868.0	0.32	USDA's Ag Handbook 8 and sequelae)
Vigna radiata	Seed	3340.0	3815.0	-0.82	USDA's Ag Handbook 8 and sequelae)
Vigna aconitifolia	Seed	3430.0	3798.0	-0.83	*
Vigna unguiculata	Seed	1270.0	3825.0	-0.81	USDA's Ag Handbook 8 and sequelae)
Vigna subterranea	Seed	1520.0	4120.0	-0.58	*
Vitellaria paradoxa	Seed	--	6220.0	1.07	*
Xanthosoma sagittifolium	Root	1320.0	3870.0	1.11	*
Xanthosoma sagittifolium	Leaf	34.0	3370.0	0.57	*
Yucca baccata	Root	--	2820.0	-1.2	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	0.88	USDA's Ag Handbook 8 and sequelae)
Zizyphus jujuba	Fruit	590.0	3550.0	-0.17	*
Zizyphus spina-christi	Fruit	3140.0	3460.0	-0.3	*