

List of Plants

C CARBOHYDRATES

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CARBOHYDRATES

*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	76300.0	760000.0	-0.12	*
Abrus precatorius	Leaf	137000.0	652000.0	0.32	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Leaf	--	660000.0	0.38	*
Acacia senegal	Leaf	--	667000.0	0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Seed	730000.0	770000.0	0.98	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia catechu	Leaf	--	726000.0	0.91	*
Acacia tortilis	Fruit	462500.0	739000.0	-0.23	*
Acacia senegal	Fruit	--	699000.0	-0.45	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia farnesiana	Leaf	90000.0	484200.0	-1.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia tortilis	Seed	--	506000.0	-0.07	*
Acacia senegal	Seed	--	491000.0	-0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Acacia nilotica	Plant	--	--		*
Acacia decurrens	Plant	--	--		*
Acalypha indica	Leaf	60000.0	300700.0	-2.47	Wealth of India.
Achillea millefolium	Plant	133104.0	752000.0	0.51	*
Actaea racemosa	Root	--	813000.0	-0.22	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Actinidia chinensis	Fruit	148800.0	877900.0	0.51	*
Aegle marmelos	Fruit	281000.0	901300.0	0.63	*
Aesculus hippocastanum	Seed	--	740000.0	0.86	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Aframomum melegueta	Fruit	278000.0	352000.0	-2.3	*
Agave americana	Plant	--	820000.0	0.95	*
Albizia lebeck	Leaf	525000.0	613000.0	0.01	Wealth of India.
Albizia lebeck	Seed	--	495000.0	-0.11	Wealth of India.
Aleurites moluccana	Seed	80000.0	86000.0	-1.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium sativum var. sativum	Bulb	274000.0	851000.0	1.0	*
Allium ampeloprasum	Root	103000.0	752000.0	-1.0	*
Allium sativum var. sativum	Leaf	95000.0	699000.0	0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Allium cepa	Leaf	47000.0	603000.0	-0.07	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium ampeloprasum	Leaf	70000.0	767000.0	1.23	*
Allium schoenoprasum	Leaf	38000.0	667000.0	0.44	*
Allium sativum var. sativum	Flower	94000.0	810000.0	0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Allium cepa	Bulb	73200.0	798000.0	-1.0	*
Allium ampeloprasum	Flower	105000.0	621000.0	-0.22	*
Allium sativum var. sativum	Shoot	201000.0	901000.0	1.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Alocasia macrorrhiza	Leaf	--	520000.0	-0.73	*
Alocasia macrorrhiza	Root	30000.0	925000.0	1.22	*
Aloe spp.	Leaf	4480.0	896000.0	2.26	*
Aloe vera	Leaf	--	896000.0	2.26	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Alpinia galanga	Rhizome	117000.0	830000.0	0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Althaea officinalis	Root	87156.0	807000.0	-0.3	*
Amaranthus spinosus	Leaf	74000.0	606450.0	-0.04	*
Amaranthus sp.	Leaf	40300.0	540000.0	-0.57	*
Amorphophallus campanulatus	Root	184000.0	856000.0	0.33	*
Amorphophallus konjac	Leaf	23000.0	885000.0	2.17	*
Amorphophallus campanulatus	Shoot	--	651000.0	0.34	*
Anacardium occidentale	Fruit	116000.0	958678.0	0.94	*
Anacardium occidentale	Seed	294000.0	432000.0	-0.36	*
Anacardium occidentale	Leaf	231000.0	767000.0	1.23	*
Ananas comosus	Fruit	116000.0	938000.0	0.83	*
Anethum graveolens	Plant	558200.0	602000.0	-0.45	*
Anethum graveolens	Seed	551700.0	597491.0	0.29	*
Anethum graveolens	Fruit	551700.0	597491.0	-0.99	*
Angelica sinensis	Root	176000.0	800000.0	-0.39	*
Annona glabra	Fruit	103000.0	780000.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Annona reticulata	Plant	185000.0	884000.0	1.36	*
Annona muricata	Fruit	149000.0	89400.0	-3.71	*
Annona squamosa	Fruit	200000.0	904000.0	0.65	*
Annona diversifolia	Fruit	--	240000.0	-2.9	J Cell Biochem VOL. 22=1995
Annona cherimola	Fruit	213000.0	927000.0	0.77	*

Anogeissus latifolia	Leaf	--	694000.0	0.65	*
Anredera baselloides	Tuber	105000.0	700000.0	-1.24	Wealth of India.
Anthriscus cerefolium	Leaf	491000.0	529300.0	-0.66	*
Apium graveolens	Seed	413500.0	439964.0	-0.33	USDA's Ag Handbook 8 and sequelae)
Apium graveolens	Pt	36300.0	684980.0	-0.4	*
Arachis hypogaea	Leaf	149000.0	693000.0	0.65	*
Arachis hypogaea	Seed	161800.0	377000.0	-0.58	*
Arachis hypogaea	Plant	668000.0	717000.0	0.29	*
Aralia cordata	Leaf	29000.0	617000.0	0.04	*
Arctium lappa	Root	200925.0	855000.0	0.32	*
Arctostaphylos uva-ursi	Leaf	94424.0	814000.0	1.61	*
Areca catechu	Seed	472000.0	791000.0	1.06	*
Areca catechu	Sprout Seedling	90000.0	662000.0	0.47	*
Armoracia rusticana	Root	155000.0	783000.0	-0.6	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Arracacia xanthorrhiza	Root	269000.0	930800.0	1.29	*
Artemisia dracunculus	Leaf	--	--		*
Artemisia vulgaris	Leaf	45000.0	354330.0	-2.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artemisia dracunculus	Root	--	--		*
Artemisia dracunculus	Plant	502000.0	544000.0	-0.83	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Artocarpus heterophyllus	Seed	384000.0	793400.0	1.07	*
Artocarpus altilis	Fruit	179200.0	922450.0	0.75	*
Artocarpus heterophyllus	Fruit	189000.0	896900.0	0.61	*
Artocarpus altilis	Seed	159000.0	677000.0	0.61	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Arundo donax	Plant	699000.0	777000.0	0.67	*
Asimina triloba	Fruit	168000.0	854000.0	0.38	*
Asparagus officinalis	Shoot	36000.0	602000.0	0.06	*
Avena sativa	Seed	562000.0	775000.0	1.0	*
Avena sativa	Plant	265000.0	861000.0	1.21	*
Averrhoa carambola	Fruit	67000.0	936000.0	0.82	USDA's Ag Handbook 8 and sequelae)
Averrhoa bilimbi	Fruit	46000.0	840000.0	0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Azadirachta indica	Fruit	--	834000.0	0.27	*
Azadirachta indica	Leaf	--	692000.0	0.64	*
Bacopa monnieri	Shoot	--	59000.0	-3.04	Wealth of India.
Bactris gasipaes	Fruit	417000.0	834000.0	0.27	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.

Balanites aegyptiacus	Leaf	--	715000.0	0.82	*
Balanites aegyptiacus	Fruit	791000.0	886000.0	0.55	*
Balanites aegyptiacus	Shoot	--	644000.0	0.3	*
Basella alba	Leaf	34000.0	492750.0	-0.95	*
Benincasa hispida	Fruit	29000.0	825000.0	0.23	*
Berberis vulgaris	Root	--	791000.0	-0.5	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Berberis vulgaris	Bark	--	791000.0	0.18	*
Bertholletia excelsa	Seed	128000.0	132429.0	-1.55	USDA's Ag Handbook 8 and sequelae)
Beta vulgaris	Leaf	36000.0	609000.0	-0.02	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Beta vulgaris	Root	95000.0	794000.0	-0.46	*
Betula lenta	Leaf	--	556000.0	-0.44	Jim Duke's personal files.*
Bixa orellana	Fruit	143000.0	916666.0	0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Seed	55000.0	569000.0	0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Blighia sapida	Aril	46000.0	225000.0	-1.07	*
Boehmeria nivea	Leaf	71000.0	546150.0	-0.52	*
Boehmeria nivea	Shoot	473000.0	606000.0	0.08	*
Borago officinalis	Leaf	30600.0	437580.0	-1.39	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea	Stem	59000.0	688900.0	-1.41	*
Brassica oleracea var. capitata l.	Leaf	53700.0	717969.0	0.84	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Seed	192000.0	207792.0	-1.25	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Brassica chinensis	Leaf	21800.0	465866.0	-1.16	*
Brassica rapa	Leaf	21800.0	465866.0	-1.16	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. sabellica l.	Leaf	100000.0	644000.0	0.26	*
Brassica oleracea var. gemmifera	Leaf	89600.0	639744.0	0.22	USDA's Ag Handbook 8 and sequelae)
Brassica nigra	Leaf	34100.0	502209.0	-0.87	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. botrytis l.	Flower	49200.0	635660.0	-0.14	*
Brassica rapa	Root	62300.0	766290.0	-0.82	*
Brassica oleracea var. viridis l.	Leaf	37600.0	616264.0	0.04	*
Brassica oleracea var. botrytis l.	Leaf	52400.0	562776.0	-0.39	*
Brassica napus var. napobrassica	Root	81300.0	786171.0	-0.56	USDA's Ag Handbook 8 and sequelae)
Brassica oleracea var. italica	Leaf	52400.0	562776.0	-0.39	USDA's Ag Handbook 8 and sequelae)

<i>Bromelia pinguin</i>	Leaf	57000.0	713000.0	0.8	*
<i>Brosimum alicastrum</i>	Fruit	121000.0	756250.0	-0.14	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Byrsonima crassifolia</i>	Fruit	144000.0	837210.0	0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cajanus cajan</i>	Fruit	217000.0	747000.0	-0.19	*
<i>Cajanus cajan</i>	Plant	--	668000.0	-0.03	*
<i>Cajanus cajan</i>	Leaf	--	636000.0	0.19	*
<i>Cajanus cajan</i>	Seed	213000.0	714000.0	0.76	*
<i>Calathea macrosepala</i>	Flower	44000.0	571430.0	-0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Camellia sinensis</i>	Leaf	536000.0	590000.0	-0.17	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Canavalia ensiformis</i>	Seed	538000.0	687000.0	0.65	*
<i>Canavalia ensiformis</i>	Fruit	79000.0	902000.0	0.64	*
<i>Canna indica</i>	Root	313000.0	942770.0	1.45	*
<i>Capparis spinosa</i>	Leaf	477000.0	537000.0	-0.6	*
<i>Capsella bursa-pastoris</i>	Plant	52000.0	441000.0	-1.49	*
<i>Capsicum frutescens</i>	Fruit	87000.0	849000.0	0.35	*
<i>Capsicum annum</i>	Fruit	175956.0	682000.0	-0.54	*
<i>Carica papaya</i>	Fruit	124065.0	919000.0	0.73	*
<i>Carica pentagona</i>	Fruit	54000.0	794115.0	0.06	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carica papaya</i>	Seed	--	155000.0	-1.46	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Carica papaya</i>	Leaf	113000.0	556000.0	-0.44	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Carthamus tinctorius</i>	Seed	124000.0	530000.0	0.03	*
<i>Carthamus tinctorius</i>	Plant	692000.0	892000.0	1.41	*
<i>Carum carvi</i>	Fruit	499000.0	554000.0	-1.22	*
<i>Carum carvi</i>	Seed	300000.0	554000.0	0.12	*
<i>Carya illinoensis</i>	Seed	130000.0	191637.0	-1.32	*
<i>Casimiroa edulis</i>	Fruit	157000.0	872222.0	0.48	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cassia tora</i>	Sprout Seedling	--	726000.0	0.82	*
<i>Castanea dentata</i>	Seed	485700.0	864546.0	1.36	*
<i>Castanea sativa</i>	Seed	402800.0	886160.0	1.44	*
<i>Castanea mollissima</i>	Seed	490700.0	873446.0	1.39	*
<i>Caulophyllum thalictroides</i>	Root	81950.0	745000.0	-1.09	*
<i>Ceiba pentandra</i>	Seed	216000.0	383000.0	-0.56	*
<i>Cenchrus biflorus</i>	Shoot	666000.0	779000.0	1.06	*
<i>Cenchrus biflorus</i>	Seed	623000.0	691000.0	0.67	*
<i>Centella asiatica</i>	Leaf	70192.0	656000.0	0.35	*
<i>Chamaemelum nobile</i>	Flower	--	785000.0	0.67	*

<i>Chamissoa altissima</i>	Leaf	33700.0	686000.0	0.59	Tramil
<i>Chenopodium ambrosioides</i>	Leaf	76000.0	524000.0	-0.7	*
<i>Chenopodium album</i>	Leaf	73000.0	500000.0	-0.89	*
<i>Chondrus crispus</i>	Plant	--	862000.0	1.22	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Chrysanthemum coronarium</i>	Leaf	33000.0	507700.0	-0.83	*
<i>Chrysanthemum coronarium</i>	Bud	43700.0	587365.0	1.0	*
<i>Chrysanthemum parthenium</i>	Plant	--	514000.0	-1.02	*
<i>Chrysanthemum cinerariifolium</i>	Shoot	--	794000.0	1.15	*
<i>Chrysanthemum parthenium</i>	Leaf	92520.0	514000.0	-0.78	*
<i>Chrysobalanus icaco</i>	Fruit	124000.0	916000.0	0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Chrysophyllum cainito</i>	Fruit	145000.0	886000.0	0.55	*
<i>Cicer arietinum</i>	Seed	606600.0	685700.0	0.65	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium endivia</i>	Leaf	33500.0	539452.0	-0.58	*
<i>Cichorium intybus</i>	Root	175100.0	875500.0	0.58	USDA's Ag Handbook 8 and sequelae)
<i>Cichorium intybus</i>	Leaf	32000.0	654000.0	0.34	*
<i>Cimicifuga racemosa</i>	Root	170730.0	813000.0	-0.22	*
<i>Cinnamomum verum</i>	Bark	455000.0	500000.0	-2.32	Wealth of India.
<i>Cinnamomum verum</i>	Plant	--	--		*
<i>Cinnamomum aromaticum</i>	Bark	798000.0	914000.0	1.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrullus lanatus</i>	Fruit	3800.0	859000.0	0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrullus lanatus</i>	Seed	44000.0	48000.0	-1.89	*
<i>Citrus paradisi</i>	Fruit	80800.0	948000.0	0.88	*
<i>Citrus limon</i>	Fruit	111000.0	863000.0	0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus aurantium</i>	Fruit	97000.0	909000.0	0.67	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Citrus sinensis</i>	Fruit	99000.0	887125.0	0.56	*
<i>Citrus aurantiifolia</i>	Fruit	59000.0	895900.0	0.6	*
<i>Citrus reticulata</i>	Fruit	102000.0	901914.0	0.64	*
<i>Citrus mitis</i>	Fruit	--	32700.0	-4.01	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Cnicus benedictus</i>	Plant	101080.0	760000.0	0.56	*
<i>Cnidioscolus chayamansa</i>	Leaf	61000.0	305000.0	-2.44	*
<i>Coccinia grandis</i>	Fruit	35000.0	507245.0	-1.47	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Cocos nucifera</i>	Seed	94000.0	331000.0	-0.76	*
<i>Coffea arabica</i>	Seed	600000.0	728000.0	0.81	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.

<i>Coffea arabica</i>	Leaf	666000.0	712000.0	0.8	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Coix lacryma-jobi</i>	Plant	--	798000.0	0.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Coix lacryma-jobi</i>	Seed	653000.0	824000.0	1.19	*
<i>Cola acuminata</i>	Seed	337000.0	908000.0	1.53	*
<i>Colocasia esculenta</i>	Leaf	48000.0	640000.0	0.22	*
<i>Colocasia esculenta</i>	Root	200000.0	885000.0	0.71	*
<i>Colubrina texensis</i>	Seed	--	673000.0	0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Commelina benghalensis</i>	Leaf	95000.0	688400.0	0.61	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Corchorus olitorius</i>	Leaf	58000.0	633000.0	0.17	*
<i>Coriandrum sativum</i>	Fruit	549900.0	603240.0	-0.96	USDA's Ag Handbook 8 and sequelae)
<i>Coriandrum sativum</i>	Leaf	73000.0	589000.0	-0.18	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cornus florida</i>	Seed	--	733000.0	0.83	*
<i>Corylus avellana</i>	Seed	177000.0	229000.0	-1.17	*
<i>Crataegus rhipidophylla</i>	Fruit	--	918000.0	0.72	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
<i>Crataegus laevigata</i>	Fruit	256122.0	918000.0	0.72	*
<i>Crescentia alata</i>	Seed	229000.0	237000.0	-1.14	*
<i>Crocus sativus</i>	Silk Stigma Style	436400.0	573000.0	-1.0	*
<i>Cucumis sativus</i>	Fruit	29100.0	736709.0	-0.25	*
<i>Cucumis melo</i>	Fruit	83600.0	818026.0	0.19	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita spp</i>	Fruit	43500.0	688300.0	-0.51	*
<i>Cucurbita pepo</i>	Flower	32800.0	676290.0	0.08	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita pepo</i>	Seed	60000.0	191341.0	-1.32	*
<i>Cucurbita pepo</i>	Fruit	65000.0	773809.0	-0.05	USDA's Ag Handbook 8 and sequelae)
<i>Cucurbita foetidissima</i>	Leaf	--	492000.0	-0.95	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cuminum cyminum</i>	Seed	442000.0	570000.0	0.19	*
<i>Cuminum cyminum</i>	Fruit	442000.0	570000.0	-1.14	*
<i>Curcuma longa</i>	Rhizome	79000.0	829000.0	0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Fruit	--	122000.0	-3.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Shoot	697000.0	782000.0	1.08	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyamopsis tetragonoloba</i>	Leaf	574000.0	707000.0	0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Cyclanthera pedata</i>	Fruit	40000.0	719300.0	-0.34	*
<i>Cydonia oblonga</i>	Fruit	119000.0	951000.0	0.9	*
<i>Cynara cardunculus</i>	Flower	105000.0	755000.0	0.51	*
<i>Cyphomandra betacea</i>	Fruit	103000.0	838000.0	0.29	*
<i>Daucus carota</i>	Root	101000.0	850000.0	0.26	*
<i>Dioscorea pentaphylla</i>	Root	163100.0	878770.0	0.63	*

<i>Dioscorea villosa</i>	Root	215280.0	897000.0	0.86	*
<i>Dioscorea bulbifera</i>	Tuber	265000.0	914900.0	1.2	*
<i>Dioscorea</i> sp.	Root	--	897000.0	0.86	*
<i>Diospyros virginiana</i>	Fruit	335000.0	941000.0	0.85	*
<i>Diospyros digyna</i>	Fruit	128500.0	735635.0	-0.25	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Durio zibethinus</i>	Fruit	148000.0	873685.0	0.49	*
<i>Elaeagnus umbellatus</i>	Fruit	137300.0	775930.0	-0.04	*
<i>Elaeagnus commutata</i>	Fruit	109000.0	790000.0	0.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elaeis guineensis</i>	Fruit	105000.0	364000.0	-2.24	*
<i>Eleocharis dulcis</i>	Tuber	161000.0	876000.0	0.76	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Fruit	421000.0	778000.0	-0.03	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elettaria cardamomum</i>	Seed	685000.0	747000.0	0.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Elytrigia repens</i>	Plant	455000.0	797000.0	0.8	*
<i>Ephedra sinica</i>	Plant	171570.0	817000.0	0.93	*
<i>Equisetum arvense</i>	Plant	157718.0	737000.0	0.42	*
<i>Eriobotrya japonica</i>	Fruit	102000.0	919000.0	0.73	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eryngium floridanum</i>	Shoot	--	643400.0	0.29	*
<i>Eryngium creticus</i>	Shoot	--	575200.0	-0.1	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
<i>Erythrina fusca</i>	Leaf	117000.0	633000.0	0.17	*
<i>Erythrina berteroana</i>	Shoot	100000.0	633000.0	0.23	*
<i>Erythroxylum coca</i>	Leaf	424000.0	648000.0	0.29	*
<i>Eugenia uniflora</i>	Fruit	79300.0	927000.0	0.77	*
<i>Eugenia floribunda</i>	Fruit	126000.0	977000.0	1.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Eugenia brasiliensis</i>	Fruit	134000.0	911565.0	0.69	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Euphrasia officinalis</i>	Plant	113652.0	738000.0	0.42	*
<i>Fagopyrum esculentum</i>	Seed	650000.0	817700.0	1.17	*
<i>Feijoa sellowiana</i>	Fruit	1000000.0	625000.0	-0.84	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Ficus carica</i>	Fruit	98000.0	918143.0	0.72	*
<i>Ficus carica</i>	Leaf	164000.0	632000.0	0.16	*
<i>Foeniculum vulgare</i>	Plant	51000.0	519000.0	-0.99	USDA's Ag Handbook 8 and sequelae)
<i>Foeniculum vulgare</i>	Fruit	522900.0	577680.0	-1.1	*
<i>Foeniculum vulgare</i>	Seed	61884.0	573000.0	0.2	*
<i>Fragaria spp</i>	Fruit	70200.0	850000.0	0.36	*
<i>Frangula purshiana</i>	Bark	224093.0	809000.0	0.34	*

Fucus vesiculosus	Plant	77290.0	655000.0	-0.11	*
Garcinia mangostana	Fruit	143000.0	960000.0	0.95	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Genipa americana	Fruit	112000.0	793200.0	0.06	*
Ginkgo biloba	Seed	381000.0	838400.0	1.25	*
Gleditsia triacanthos	Seed	--	847000.0	1.29	*
Gleditsia triacanthos	Fruit	669000.0	969000.0	1.0	*
Gliricidia sepium	Leaf	119000.0	778000.0	1.32	*
Gliricidia sepium	Flower	84000.0	771000.0	0.6	*
Gliricidia sepium	Seed	--	34000.0	-1.94	*
Glycine max	Plant	658000.0	781000.0	0.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Fruit	132000.0	429000.0	-1.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycine max	Seed	53000.0	432000.0	-0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Glycyrrhiza glabra	Root	121361.0	773000.0	-0.73	*
Gossypium sp	Seed	500000.0	555000.0	0.13	*
Helianthus annuus	Seed	133000.0	213000.0	-1.23	*
Helianthus tuberosus	Tuber	165000.0	847000.0	0.43	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Leaf	92000.0	765000.0	1.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Flower	76000.0	804000.0	0.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hibiscus sabdariffa	Seed	--	557000.0	0.13	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Hordeum vulgare	Plant	265000.0	785000.0	0.73	Jim Duke's personal files.*
Hordeum vulgare	Stem	--	801000.0	0.72	*
Hordeum vulgare	Seed	608000.0	868000.0	1.37	Jim Duke's personal files.*
Humulus lupulus	Fruit	--	770000.0	-0.07	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Humulus lupulus	Flower	143220.0	770000.0	0.59	*
Hydrastis canadensis	Root	227971.0	823000.0	-0.09	*
Hylocereus undatus	Fruit	43300.0	846150.0	0.34	*
Inga edulis	Seed	240000.0	653950.0	0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Inga feuillei	Aril	157000.0	981250.0	1.34	J Cell Biochem VOL. 22=1995
Ipomoea batatas	Leaf	80000.0	620000.0	0.06	*
Ipomoea aquatica	Leaf	31400.0	600000.0	-0.09	*
Ipomoea batatas	Root	242800.0	925000.0	1.22	*
Jatropha curcas	Seed	--	335000.0	-0.75	*
Juglans regia	Seed	110000.0	248000.0	-1.09	*

<i>Juglans cinerea</i>	Seed	120500.0	124664.0	-1.58	*
<i>Juglans nigra</i>	Fruit	--	821000.0	0.2	*
<i>Juglans nigra</i>	Seed	121000.0	153000.0	-1.47	*
<i>Juglans nigra</i>	Pericarp	98520.0	821000.0		*
<i>Juglans nigra</i>	Hull Husk	--	821000.0	0.58	*
<i>Juncus effusus</i>	Leaf	--	543000.0	-0.55	*
<i>Juniperus communis</i>	Fruit	226300.0	730000.0	-0.28	*
<i>Justicia pectoralis</i>	Leaf	82000.0	547000.0	-0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Kalmia latifolia</i>	Leaf	--	782000.0	1.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lablab purpureus</i>	Seed	91900.0	757628.0	0.93	*
<i>Lablab purpureus</i>	Fruit	100000.0	568182.0	-1.15	*
<i>Lactuca sativa</i>	Leaf	35000.0	583333.0	-0.23	*
<i>Lagenaria siceraria</i>	Seed	--	83000.0	-1.75	*
<i>Lagenaria siceraria</i>	Fruit	29000.0	760000.0	-0.12	*
<i>Larrea tridentata</i>	Plant	257607.0	783000.0	0.71	*
<i>Lawsonia inermis</i>	Seed	671700.0	746330.0	0.89	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Lens culinaris</i>	Seed	597000.0	642800.0	0.47	*
<i>Lens culinaris</i>	Sprout Seedling	--	221400.0	-1.96	USDA's Ag Handbook 8 and sequelae)
<i>Leonotis nepetaefolia</i>	Seed	336000.0	368000.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lepidium meyenii</i>	Root	590000.0	750000.0	-1.03	*
<i>Lepidium sativum</i>	Leaf	55000.0	518870.0	-0.74	*
<i>Limonia acidissima</i>	Seed	354900.0	369685.0	-0.61	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
<i>Limonia acidissima</i>	Fruit	74500.0	678690.0	-0.56	*
<i>Linum usitatissimum</i>	Seed	299000.0	397000.0	-0.5	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Linum usitatissimum</i>	Hay	801000.0	817000.0	1.0	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lobelia inflata</i>	Leaf	94016.0	832000.0	1.75	*
<i>Luffa aegyptiaca</i>	Leaf	27000.0	804000.0	1.53	*
<i>Luffa aegyptiaca</i>	Fruit	43600.0	872000.0	0.48	*
<i>Lupinus albus</i>	Seed	367000.0	450370.0	-0.29	*
<i>Lupinus mutabilis</i>	Seed	299000.0	334000.0	-0.75	*
<i>Lupinus mutabilis</i>	Fruit	90000.0	315000.0	-2.5	*
<i>Lycium chinense</i>	Leaf	40000.0	385000.0	-1.8	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
<i>Lycium barbarum</i>	Fruit	580000.0	640000.0	-0.76	Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
<i>Lycium chinense</i>	Fruit	--	107000.0	-3.61	Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
<i>Lycopersicon esculentum</i>	Fruit	43400.0	717400.0	-0.35	*

Macadamia spp	Seed	137300.0	159000.0	-1.45	*
Malpighia glabra	Fruit	--	778000.0	-0.03	*
Malus domestica	Fruit	152250.0	948550.0	0.89	*
Malva sylvestris	Leaf	21000.0	250000.0	-2.88	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Malva parviflora	Leaf	64000.0	467000.0	-1.15	*
Mammea americana	Fruit	115000.0	917000.0	0.72	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Mangifera indica	Leaf	165000.0	540000.0	-0.57	*
Mangifera indica	Fruit	170000.0	929390.0	0.78	*
Manihot esculenta	Root	269200.0	854875.0	0.32	*
Manilkara zapota	Fruit	191000.0	923000.0	0.75	*
Maranta arundinacea	Root	295000.0	911000.0	1.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Medicago sativa	Seed	401000.0	454135.0	-0.28	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Medicago sativa	Plant	123704.0	658000.0	-0.09	*
Melia azedarach	Plant	--	586000.0	-0.56	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Melicoccus bijugatas	Fruit	135000.0	859000.0	0.41	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Melilotus indica	Plant	643000.0	699000.0	0.17	*
Mentha spicata	Plant	80000.0	588300.0	-0.54	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Mentha x piperita	Leaf	82993.0	557000.0	-0.44	*
Mimosa pudica	Leaf	51000.0	689000.0	0.61	*
Mimosa hostilis	Plant	--	654600.0	-0.11	*
Mimulus glabratus	Shoot	51000.0	510000.0	-0.47	*
Mirabilis expansa	Root	158000.0	869800.0	0.51	*
Momordica charantia	Fruit	47000.0	763000.0	-0.11	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Momordica charantia	Leaf	70000.0	618000.0	0.05	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Morinda citrifolia	Leaf	86000.0	384000.0	-1.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Moringa oleifera	Leaf	134000.0	536000.0	-0.6	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Shoot	82800.0	388000.0	-1.16	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Fruit	85300.0	722880.0	-0.32	USDA's Ag Handbook 8 and sequelae)
Moringa oleifera	Seed	199000.0	207290.0	-1.26	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Morus alba	Fruit	97000.0	813000.0	0.16	*
Morus alba	Leaf	400000.0	633000.0	0.17	*
Mucuna pruriens	Seed	529000.0	667000.0	0.57	*
Muntingia calabura	Fruit	179000.0	855000.0	0.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Murraya koenigii	Leaf	141000.0	665000.0	0.42	*
Murraya sp	Fruit	318000.0	918432.0	0.72	*
Musa x paradisiaca	Fruit	318000.0	918432.0	0.72	USDA's Ag Handbook 8 and sequelae)
Musa x paradisiaca	Leaf	--	695000.0	0.66	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Musa x paradisiaca	Hull Husk	--	631000.0	-1.41	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Shoot	39000.0	527000.0	-0.37	Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Musa x paradisiaca	Sprout Seedling	--	810000.0	1.28	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Musa x paradisiaca	Pith	--	97000.0	-1.0	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Musa x paradisiaca	Flower	--	50000.0	-3.33	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Myrciaria dubia	Fruit	45000.0	933335.0	0.8	*
Myrciaria cauliflora	Fruit	125800.0	836000.0	0.28	*
Myrica cerifera	Bark	189660.0	870000.0	0.86	*
Myrica cerifera	Seed	--	743000.0	0.87	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myrica cerifera	Leaf	--	743000.0	1.04	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Aril	--	478000.0	-0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Myristica fragrans	Seed	--	285000.0	-0.95	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Nasturtium officinale	Herb	12900.0	25800.0	-1.0	*
Nelumbo nucifera	Fruit	666000.0	740000.0	-0.23	*
Nelumbo nucifera	Seed	139000.0	762000.0	0.95	*
Nelumbo nucifera	Rhizome	120000.0	824880.0	0.69	*
Nicotiana tabacum	Leaf	250000.0	500000.0	-0.89	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Nigella sativa	Seed	--	339600.0	-0.73	*
Ocimum basilicum	Leaf	70000.0	610000.0	-0.01	*
Ocimum tenuiflorum	Plant	479800.0	711500.0	0.25	*
Oenothera biennis	Plant	460000.0	671000.0	-0.01	*
Olea europaea	Leaf	--	735000.0	0.98	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Fruit	13000.0	60000.0	-3.87	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Olea europaea	Twig	--	765000.0		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Opuntia ficus-indica	Fruit	56000.0	892000.0	0.58	*
Opuntia ficus-indica	Bud	--	118600.0	-1.0	Lafferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Opuntia ficus-indica	Seed	482000.0	558000.0	0.14	*
Origanum vulgare	Plant	644300.0	693911.0	0.14	USDA's Ag Handbook 8 and sequelae)
Origanum majorana	Plant	605600.0	654050.0	-0.12	USDA's Ag Handbook 8 and sequelae)
Oryza sativa	Seed	734000.0	892000.0	1.46	*
Oryza sativa	Plant	420000.0	478000.0	-1.25	*
Oxalis tuberosa	Root	138000.0	852000.0	0.28	*
Pachira macrocarpa	Seed	359000.0	37900.0	-1.93	*

Pachyrhizus erosus	Tuber	87500.0	806450.0	-0.03	*
Panax quinquefolius	Plant	--	700000.0	0.18	*
Panax ginseng	Root	176808.0	834000.0	0.05	*
Panicum maximum	Leaf	672000.0	827000.0	1.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Papaver somniferum	Seed	236900.0	254130.0	-1.07	*
Passiflora foetida	Fruit	152000.0	844445.0	0.33	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora quadrangularis	Fruit	43000.0	768000.0	-0.08	*
Passiflora mollissima	Fruit	63000.0	787500.0	0.02	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Passiflora edulis	Fruit	212000.0	851000.0	0.36	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Passiflora incarnata	Fruit	210000.0	764000.0	-0.1	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Passiflora ligularis	Fruit	123000.0	730000.0	-0.28	*
Passiflora quadrangularis	Seed	176000.0	815000.0	1.16	*
Pastinaca sativa	Root	17500.0	902000.0	0.92	*
Peperomia pelucida	Leaf	59000.0	756400.0	1.15	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Peperomia pereskiiifolia	Leaf	80000.0	533335.0	-0.62	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pereskia aculeata	Fruit	21000.0	814000.0	0.17	*
Perilla frutescens	Leaf	--	571000.0	-0.32	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Seed	69000.0	585000.0	0.24	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Perilla frutescens	Plant	--	80000.0	-3.81	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Persea americana	Fruit	8000.0	629000.0	-0.82	*
Petasites japonicus	Pt	19000.0	656360.0	-0.97	*
Petroselinum crispum	Plant	69100.0	590805.0	-0.53	*
Phaseolus vulgaris	Sprout Seedling	41000.0	440860.0	-0.75	USDA's Ag Handbook 8 and sequelae)
Phaseolus acutifolius	Hay	376000.0	666000.0	-1.0	*
Phaseolus vulgaris	Fruit	56000.0	733778.0	-0.26	*
Phaseolus lunatus	Leaf	17000.0	674000.0	0.49	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus coccineus	Fruit	298000.0	463000.0	-1.71	*
Phaseolus vulgaris	Seed	278000.0	701039.0	0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus acutifolius	Fruit	--	436000.0	-1.85	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Phaseolus lunatus	Sprout Seedling	200000.0	556000.0	-0.12	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Fruit	--	766000.0	-0.09	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus acutifolius	Seed	590000.0	742000.0	0.87	*

Phaseolus vulgaris	Leaf	66000.0	500000.0	-0.89	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phaseolus lunatus	Seed	201000.0	731000.0	0.83	*
Phaseolus coccineus	Seed	463000.0	709000.0	0.74	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phoenix dactylifera	Seed	655000.0	853000.0	1.31	*
Phoenix dactylifera	Fruit	366100.0	948500.0	0.89	USDA's Ag Handbook 8 and sequelae)
Phoradendron serotinum	Leaf	--	467000.0	-1.15	*
Phragmites australis	Rhizome	--	508000.0	-1.62	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phragmites australis	Shoot	--	431000.0	-0.92	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Phyllanthus emblica	Fruit	141000.0	952000.0	0.9	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Phyllanthus acidus	Fruit	52000.0	832000.0	0.26	*
Physalis ixocarpa	Fruit	40500.0	771000.0	-0.06	*
Physalis angulata	Fruit	45000.0	450000.0	-1.78	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Physalis peruviana	Fruit	110000.0	929000.0	0.78	*
Phytelephas aequatorialis	Flower	165000.0	565070.0	-0.53	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Seed	95600.0	777870.0	1.01	KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas aequatorialis	Mesocarp	114200.0	406045.0		KOZIOL & PEDERSEN. 1993. PHYTELEPHAS AEQUATORIALIS(ARECACEAE) IN HUMAN AND ANIMAL NUTRITION. ECON. BOT. 47:401-307.
Phytelephas macrocarpa	Seed	--	916000.0	1.56	*
Phytolacca americana	Shoot	37000.0	441000.0	-0.86	*
Pimenta dioica	Plant	749000.0	757000.0	0.54	*
Pimpinella anisum	Fruit	509000.0	552000.0	-1.23	*
Pimpinella anisum	Seed	453000.0	552000.0	0.11	*
Pinus pinea	Seed	116000.0	152415.0	-1.47	*
Pinus gerardiana	Seed	216000.0	233500.0	-1.15	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Pinus cembroides	Seed	168000.0	212000.0	-1.24	USDA's Ag Handbook 8 and sequelae)
Pinus edulis	Seed	131700.0	205100.0	-1.26	*
Piper betel	Leaf	61000.0	418000.0	-1.54	*
Piper auritum	Leaf	82500.0	567000.0	-0.36	*
Piper nigrum	Fruit	--	648100.0	-0.72	*
Pistacia vera	Seed	190000.0	258088.0	-1.05	*
Pisum sativum	Fruit	75600.0	747774.0	-0.19	*
Pisum sativum	Seed	144600.0	684000.0	0.64	*
Pisum sativum	Plant	296000.0	506000.0	-1.07	*
Plantago psyllium	Hull Husk	--	845500.0	0.83	*
Plantago psyllium	Seed	201868.0	926000.0	1.6	*

Platonia insignis	Fruit	250000.0	833335.0	0.27	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Platycodon grandiflorum	Root	710000.0	937000.0	1.37	*
Plectranthus amboinicus	Leaf	31000.0	553570.0	-0.46	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Polygonum multiflorum	Root	--	735000.0	-1.22	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Polymnia edulis	Root	81000.0	856000.0	0.33	*
Portulaca oleracea	Herb	35500.0	632000.0	1.0	*
Pothomorphe sp.	Leaf	82000.0	458000.0	-1.22	*
Pourouma cecropiaefolia	Fruit	179000.0	994445.0	1.13	J Cell Biochem VOL. 22=1995
Pouteria viridis	Fruit	286000.0	905065.0	0.65	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria campechiana	Fruit	363000.0	926000.0	0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Pouteria caimito	Fruit	363000.0	926000.0	0.77	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Prosopis juliflora	Seed	--	218000.0	-1.21	*
Prosopis juliflora	Leaf	--	696000.0	0.67	*
Prosopis juliflora	Fruit	--	783000.0	0.0	*
Prunus persica	Fruit	111000.0	910000.0	0.68	*
Prunus cerasus	Fruit	103000.0	876960.0	0.5	*
Prunus dulcis	Seed	204000.0	213284.0	-1.23	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Seed	--	140000.0	-1.52	*
Prunus domestica	Fruit	130100.0	879054.0	0.51	USDA's Ag Handbook 8 and sequelae)
Prunus armeniaca	Fruit	111200.0	873000.0	0.48	USDA's Ag Handbook 8 and sequelae)
Psidium guajava	Fruit	95000.0	901000.0	0.63	*
Psidium cattleianum	Fruit	145000.0	939000.0	0.83	*
Psophocarpus tetragonolobus	Leaf	141000.0	609071.0	-0.02	*
Psophocarpus tetragonolobus	Tuber	281000.0	659624.0	-1.7	*
Psophocarpus tetragonolobus	Seed	43100.0	455051.0	-0.27	*
Pteridium aquilinum	Leaf	56000.0	643678.0	0.25	*
Pteridium aquilinum	Rhizome	510000.0	566666.0	-1.19	*
Pueraria montana	Root	271000.0	885350.0	0.71	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Punica granatum	Fruit	162000.0	927000.0	0.77	*
Pyrus communis	Fruit	151000.0	933292.0	0.8	*
Quararibea cordata	Fruit	199000.0	995000.0	1.13	J Cell Biochem VOL. 22=1995
Quercus alba	Flower	--	596200.0	-0.36	*
Quercus alba	Bark	176700.0	775000.0	0.05	*
Quercus alba	Seed	--	596200.0	0.29	*
Quisqualis indica	Seed	486000.0	519786.0	-0.01	*
Raphanus sativus	Leaf	57000.0	496000.0	-0.92	*

Raphanus sativus	Fruit	54000.0	701000.0	-0.44	*
Raphanus sativus	Root	36000.0	757000.0	-0.94	*
Rheum rhabarbarum	Leaf	41000.0	683000.0	0.57	*
Rheum rhabarbarum	Pt	37000.0	774000.0	1.38	*
Rhizophora mangle	Leaf	732000.0	770000.0	1.26	*
Rhynchosia minima	Shoot	--	508000.0	-0.48	*
Ribes uva-crispa	Fruit	101800.0	839239.0	0.3	*
Ribes rubrum	Fruit	138000.0	859740.0	0.41	*
Ribes nigrum	Fruit	153800.0	852050.0	0.37	USDA's Ag Handbook 8 and sequelae)
Ricinus communis	Seed	31000.0	70000.0	-1.8	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Ricinus communis	Leaf	--	574000.0	-0.3	Duke, J. A. Writeups or information summaries on approximately 2,000 economic plants, USDA, ARS, Beltsville, MD 20705.
Robinia pseudoacacia	Seed	204000.0	466000.0	-0.23	*
Robinia pseudoacacia	Leaf	350000.0	465000.0	-1.17	*
Rosa canina	Fruit	145673.0	779000.0	-0.02	*
Rosmarinus officinalis	Plant	207000.0	704660.0	0.21	USDA's Ag Handbook 8 and sequelae)
Rubus idaeus	Fruit	115700.0	865370.0	0.44	Revised USDA data received 1993.
Rubus idaeus	Leaf	133510.0	790000.0	1.42	*
Rumex crispus	Leaf	41000.0	554000.0	-0.46	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Rumex acetosa	Leaf	26000.0	560000.0	-0.41	*
Rumex crispus	Root	142378.0	554000.0	-3.54	*
Salix alba	Bark	132552.0	789000.0	0.17	*
Salvia officinalis	Leaf	103620.0	660000.0	0.38	*
Sambucus canadensis	Fruit	184000.0	910800.0	0.68	USDA's Ag Handbook 8 and sequelae)
Sanguisorba minor	Plant	616000.0	804000.0	0.85	*
Santalum acuminatum	Fruit	193000.0	828325.0	0.24	*
Satureja hortensis	Plant	--	755000.0	0.53	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Schisandra chinensis	Fruit	--	709000.0	-0.4	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Sclerocarya caffra	Fruit	75000.0	904000.0	0.65	*
Sclerocarya caffra	Seed	92000.0	96000.0	-1.7	*
Scutellaria lateriflora	Plant	106860.0	780000.0	0.69	*
Secale cereale	Seed	697600.0	824720.0	1.2	*
Secale cereale	Leaf	--	848850.0	1.88	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Sechium edule	Fruit	54000.0	771430.0	-0.06	*
Senna alexandrina	Leaf	124845.0	615000.0	0.03	*
Senna obtusifolia	Seed	665000.0	689000.0	0.66	*
Sesamum indicum	Seed	93900.0	245990.0	-1.1	*

Sesamum indicum	Leaf	--	593000.0	-0.15	*
Sicana odorifera	Fruit	111000.0	880950.0	0.52	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Sida rhombifolia	Leaf	94000.0	475000.0	-1.09	*
Simmondsia chinensis	Seed	246000.0	291000.0	-0.92	*
Sinapis alba	Seed	208000.0	373858.0	-0.59	*
Solanum quitoensis	Fruit	68000.0	838000.0	0.29	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Solanum nigrum	Leaf	64000.0	560000.0	-0.41	*
Solanum tuberosum	Tuber	171000.0	862000.0	0.6	*
Solanum melongena	Leaf	66000.0	485000.0	-1.01	*
Solanum sessiliflorum	Fruit	57000.0	570000.0	-1.14	Morton, J.F., Major Medicinal Plants. 1977. Atlas of Medicinal Plants of Middle America. Bahamas to Yucatan. 1981.
Solanum torvum	Fruit	107000.0	733000.0	-0.27	*
Solanum melongena	Fruit	56000.0	811000.0	0.15	*
Sonchus oleraceus	Leaf	30000.0	488000.0	-0.98	*
Sophora secundiflora	Seed	731000.0	780000.0	1.02	*
Sophora japonica	Seed	--	668000.0	0.57	*
Spartium junceum	Stem	403000.0	800000.0	0.7	*
Sphenostylis stenocarpa	Seed	674000.0	744000.0	0.88	*
Sphenostylis stenocarpa	Root	304000.0	864000.0	0.44	*
Spinacia oleracea	Plant	35000.0	415660.0	-1.65	USDA's Ag Handbook 8 and sequelae)
Spirulina pratensis	Plant	--	245000.0	-2.75	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Spondias mombin	Fruit	106000.0	883000.0	0.54	*
Spondias dulcis	Fruit	116000.0	947000.0	0.88	*
Spondias purpurea	Fruit	220000.0	924000.0	0.75	*
Spondias pinnata	Fruit	55000.0	567000.0	-1.15	*
Stellaria media	Plant	49966.0	602000.0	-0.45	*
Sterculia urens	Seed	--	280000.0	-0.97	*
Symphytum officinale	Leaf	83490.0	759000.0	1.17	*
Symphytum officinale	Root	--	759000.0	-0.91	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing. Bountiful, Utah. 377 pp.
Syzygium jambos	Fruit	142000.0	966665.0	0.98	*
Syzygium aromaticum	Bark	555000.0	612000.0	-1.35	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium cumini	Fruit	129000.0	914000.0	0.7	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Syzygium malaccense	Fruit	59000.0	966665.0	0.98	*
Tabebuia heptaphylla	Bark	146064.0	816000.0	0.4	*
Tamarindus indica	Fruit	625000.0	925000.0	0.76	*

Tamarindus indica	Seed	651000.0	740000.0	0.86	*
Tamarindus indica	Flower	--	750000.0	0.48	*
Tamarindus indica	Leaf	706000.0	750000.0	1.1	*
Tanacetum parthenium	Plant	--	514000.0	-1.02	Pedersen, M. 1987. Nutritional Herbology. Pederson Publishing, Bountiful, Utah. 377 pp.
Taraxacum officinale	Leaf	37000.0	639000.0	0.22	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Taraxacum officinale	Root	107107.0	749000.0	-1.04	*
Tephrosia purpurea	Leaf	654000.0	748000.0	1.08	*
Terminalia catappa	Seed	149000.0	179000.0	-1.37	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Terminalia bellirica	Leaf	--	787000.0	1.39	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Tetragonia tetragonioides	Leaf	25000.0	416665.0	-1.55	*
Tetrapanax papyrifera	Pith	--	436000.0	1.0	*
Theobroma cacao	Fruit	343000.0	816665.0	0.18	J Cell Biochem VOL. 22=1995
Theobroma speciosum	Fruit	422000.0	844000.0	0.33	J Cell Biochem VOL. 22=1995
Theobroma angustifolium	Seed	141500.0	554542.0	0.12	*
Theobroma cacao	Seed	347000.0	445000.0	-0.31	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Thymus vulgaris	Plant	639400.0	690552.0	0.12	USDA's Ag Handbook 8 and sequelae)
Thymus vulgaris	Leaf	116424.0	693000.0	0.65	*
Tilia sp.	Leaf	575000.0	653000.0	0.33	*
Tilia sp.	Fruit	232000.0	727000.0	-0.3	*
Trachyspermum ammi	Fruit	246000.0	265658.0	-2.77	*
Tragopogon porrifolius	Root	186000.0	888000.0	0.74	*
Tribulus terrestris	Leaf	146000.0	686000.0	0.59	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Trichosanthes anguina	Fruit	41000.0	759250.0	-0.13	*
Tridax procumbens	Leaf	--	408000.0	-1.62	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Trifolium pratense	Flower	137340.0	763000.0	0.55	*
Trifolium pratense	Shoot	--	743000.0	0.86	Laferriere, J.E., 1988, Nutricomp Program, Nutricomp Database; reviewed in J. Ethnobiology 9(1):27-29.
Trigonella foenum-graecum	Seed	76830.0	591000.0	0.27	*
Triticum aestivum	Seed	--	610000.0	0.34	*
Tropaeolum tuberosum	Root	59000.0	786000.0	-0.57	*
Tropaeolum majus	Shoot	92000.0	671500.0	0.45	*
Turnera diffusa	Leaf	154980.0	738000.0	1.0	*
Ulex europaeus	Plant	43000.0	852000.0	1.16	CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Ullucus tuberosus	Root	118000.0	912500.0	1.06	*

<i>Ulmus rubra</i>	Bark	134316.0	819000.0	0.43	*
<i>Urtica dioica</i>	Leaf	--	396000.0	-1.72	ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
<i>Vaccinium macrocarpon</i>	Fruit	100000.0	942050.0	0.85	*
<i>Vaccinium corymbosum</i>	Fruit	141300.0	918130.0	0.72	*
<i>Valeriana officinalis</i>	Root	88500.0	750000.0	-1.03	*
<i>Valerianella locusta</i>	Plant	36000.0	500000.0	-1.11	*
<i>Vanilla planifolia</i>	Fruit	305000.0	628000.0	-0.83	*
<i>Verbascum thapsus</i>	Leaf	353320.0	803000.0	1.52	*
<i>Vetiveria zizanioides</i>	Leaf	450000.0	474000.0	-1.1	*
<i>Vicia faba</i>	Seed	117000.0	615790.0	0.37	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Plant	--	757000.0	0.54	*
<i>Vigna aconitifolia</i>	Seed	615200.0	681134.0	0.63	*
<i>Vigna aconitifolia</i>	Fruit	--	731000.0	-0.28	*
<i>Vigna subterranea</i>	Seed	300000.0	703000.0	0.71	*
<i>Vigna radiata</i>	Sprout Seedling	59300.0	622899.0	0.25	USDA's Ag Handbook 8 and sequelae)
<i>Vigna radiata</i>	Seed	626200.0	688510.0	0.66	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Fruit	--	765000.0	-0.1	*
<i>Vigna unguiculata</i>	Shoot	48200.0	471624.0	-0.69	*
<i>Vigna aconitifolia</i>	Plant	700000.0	737000.0	0.42	*
<i>Vigna unguiculata</i>	Seed	619000.0	676095.0	0.61	USDA's Ag Handbook 8 and sequelae)
<i>Vigna subterranea</i>	Plant	--	748000.0	0.49	*
<i>Vigna unguiculata</i>	Shoot	48200.0	471624.0	-0.69	USDA's Ag Handbook 8 and sequelae)
<i>Vigna mungo</i>	Seed	594000.0	660000.0	0.54	*
<i>Vigna angularis</i>	Seed	629000.0	726664.0	0.81	*
<i>Vigna aconitifolia</i>	Leaf	--	738000.0	1.0	*
<i>Vigna unguiculata</i>	Fruit	83500.0	687243.0	-0.51	USDA's Ag Handbook 8 and sequelae)
<i>Vigna subterranea</i>	Fruit	--	709000.0	-0.4	*
<i>Vigna unguiculata</i>	Seed	218000.0	681771.0	0.63	USDA's Ag Handbook 8 and sequelae)
<i>Vitellaria paradoxa</i>	Seed	--	382000.0	-0.56	*
<i>Vitis vinifera</i>	Fruit	177700.0	914095.0	0.7	USDA's Ag Handbook 8 and sequelae)
<i>Xanthosoma sagittifolium</i>	Root	17000.0	976000.0	1.87	*
<i>Xanthosoma sagittifolium</i>	Leaf	53000.0	553000.0	-0.47	*
<i>Yucca baccata</i>	Root	170144.0	818000.0	-0.15	*
<i>Zea mays</i>	Seed	190209.0	838000.0	1.25	*
<i>Zea mays</i>	Silk Stigma Style	--	825000.0	1.0	*
<i>Zingiber officinale</i>	Rhizome	92000.0	823240.0	0.68	*

Zingiber officinale	Root	47390.0	677000.0	-1.96	*
Zizyphus jujuba	Seed	748000.0	950000.0	1.7	*
Zizyphus spina-christi	Fruit	806000.0	889000.0	0.57	*
Zizyphus jujuba	Leaf	72000.0	753000.0	1.12	*
Zizyphus jujuba	Shoot	753000.0	789000.0	1.12	*
Zizyphus jujuba	Fruit	145000.0	926000.0	0.77	*