

Item	Measure	Cal	Pro	Fat	Carbs	Fiber	Net Carbs	Atkins Phase
Apple, raw, with skin	100 g (1 small)	52	0.26	0.17	13.81	2.4	11.41	OWL - 7
Artichoke Hearts	0.5 cup	42	2.923	0.134	9.391	4.536	4.855	Induction
Artichoke, fresh	1 (128 g)	60.16	4.186	0.192	13.453	6.912	6.541	Induction
Arugula	0.5 cup	2.5	0.258	0.066	0.365	0.16	0.205	Induction
Asparagus, raw	1 c (134 g)	26.8	2.948	0.161	5.199	2.814	2.385	Induction
Avocado	1 (173 g)	288.91	3.391	26.659	14.947	11.764	3.183	Induction
Bamboo Shoots, canned	1 c (131 g)	24.89	2.253	0.524	4.218	1.834	2.384	Induction
Banana	100 g (1 small) (6-7")	89	1.09	0.33	22.84	2.6	20.24	Pre-Maint
Barley, Pearled, Cooked	1 cup (157 g)	193.11	3.548	0.691	44.305	5.966	38.339	OWL - 9
Barley, Pearled, Raw	1 cup (200 g)	704	19.82	2.32	155.44	31.2	124.24	OWL - 9
Basil, dried	1 tsp (0.7 g)	2	0.1	0.03	0.43	0.3	0.13	Induction
Basil, fresh	2 Tbsp (5.3 g)	1	0.13	0.03	0.23	0.2	0.03	Induction
Beans, Adzuki, cooked w/o salt	1 c (230 g)	294	17.3	0.23	56.97	16.8	40.17	OWL - 6
Beans, Black, canned	1 c (240 g)	218	14.47	0.7	39.74	16.6	23.14	OWL - 6
Beans, Cannellini (White Kidney Bean), cooked	1 c (256 g)	207	13.31	0.79	38.09	9	29.09	OWL - 6
Beans, Chickpeas, Canned	1 cup (240 g)	285.6	11.88	2.736	54.288	10.56	43.728	OWL - 6
Beans, Cowpeas (black eyes), canned	1 c (240 g)	185	11.38	1.32	32.71	7.9	24.81	OWL - 6
Beans, Cranberry (Roman), cooked w/o salt	1 c (177 g)	241	16.53	0.81	43.29	17.7	25.59	OWL - 6
Beans, Fava (broadbeans), canned	1 c (256 g)	182	14	0.56	31.77	9.5	22.27	OWL - 6
Beans, Fava, in pod, raw	1 c (126 g)	111	9.98	0.92	22.21		22.21	OWL - 6
Beans, Great Northern, cooked	1 c (177 g)	209	14.74	0.8	37.33	12.4	24.93	OWL - 6
Beans, Kidney, red, canned	1 c (256 g)	218	13.44	0.87	39.91	16.4	23.51	OWL - 6
Beans, Lentils, cooked w/o salt	1 c (198 g)	230	17.86	0.75	39.86	15.6	24.26	OWL - 6
Beans, Lima, Baby, Cooked	1 c (182 g)	229	14.63	0.69	42.42	14	28.42	OWL - 6
Beans, Lima, Large, Canned	1 c (241 g)	190	11.88	0.41	35.93	11.6	24.33	OWL - 6
Beans, Mung, cooked w/o salt	1 c (202 g)	212	14.18	0.77	38.68	15.4	23.28	OWL - 6
Beans, Navy, cooked w/o salt	1 c (182 g)	258	15.83	1.04	47.88	11.6	36.28	OWL - 6
Beans, Pinto, cooked w/o salt	1 c (171 g)	234	14.04	0.89	43.86	14.7	29.16	OWL - 6
Beans, Soy, Black								
Beans, Soy, Green, Raw	1 cup (256 g)	376.32	33.152	17.408	28.288	10.752	17.536	OWL - 6
Beans, String (Green)	1 c (110 g)	34.1	2.002	0.132	7.854	3.74	4.114	Induction
Beans, Wax (Yellow)	1 c (110 g)	34.1	2.002	0.132	7.854	3.74	4.114	Induction
Beef heart, raw	100 g	107	17.72	3.94	0.14	0	0.14	
Beef Liver, Raw	100 g	135	20.36	3.63	3.89	0	3.89	
Beef Patties (100%), Raw	100 g	204	14.63	15.69	0	0	0	Induction
Beef, all cuts								Induction
Beef, Pastrami, 98% lean	6 slices (57 g)	54	11.17	0.66	0.88	0	0.88	Induction
Beet Greens, raw	0.5 cup	4.18	0.418	0.025	0.823	0.703	0.12	Induction
Beets, Raw	100 g	43	1.61	0.17	9.56	2.8	6.76	Pre-Maint
Berries, Blackberries, fresh, raw	1 c (144 g)	62	2	0.71	13.84	7.6	6.24	OWL - 4
Berries, Blackberries, Frozen	1 c (151 g)	97	1.78	0.65	23.66	7.5	16.16	OWL - 4
Berries, Blueberries, frozen	1 c (155 g)	79.05	0.651	0.992	18.863	4.185	14.678	OWL - 4
Berries, Blueberries, raw	50 (68 g)	38.76	0.503	0.224	9.853	1.632	8.221	OWL - 4
Berries, Cloudberry (Bake Apple)	100 g	41.9	1.4	0.5	7.8	6.3	1.5	OWL - 4

Berries, Cranberries, dried, sweetened	.33 c (40 g)	123.2	0.028	0.548	32.944	2.28	30.664	Never ?!
Berries, Cranberries, raw	1 c (95 g)	43.7	0.371	0.123	11.59	4.37	7.22	OWL - 4
Berries, Gooseberries, raw	100 g	44	0.88	0.58	10.18	4.3	5.88	OWL - 4
Berries, Strawberries, raw, whole	1 c (144 g)	46.08	0.965	0.432	11.059	2.88	8.179	OWL - 4
Broccoli Rabe	100 g	22	3.17	0.49	2.85	2.7	0.15	Induction
Broccoli, raw, chopped	0.5 cup (44 g)	14.96	1.241	0.163	2.922	1.144	1.778	Induction
Brussels Sprouts	1 (19 g)	8.17	0.642	0.957	1.7	0.722	0.978	Induction
Buckwheat	1 c (170 g)	583	22.52	5.78	121.55	17	104.55	OWL - 9
Buckwheat Flour, Whole Grout	1 c (120 g)	402	15.14	3.72	84.71	12	72.71	OWL - 9
Buckwheat Grouts, Dry (kasha)	1 c (164 g)	567	19.24	4.44	122.92	16.9	106.02	OWL - 9
Cabbage, Chinese, Bok Choy, raw	1 c (70 g)	9.1	1.05	0.14	1.526	0.7	0.826	Induction
Cabbage, Green, raw	1 c (70 g)	16.8	1.008	0.084	3.906	1.61	2.296	Induction
Cabbage, Red, raw	1 c (70 g)	21.7	1.001	0.112	5.159	1.47	3.689	Induction
Cabbage, Savoy, raw	1 c (70 g)	18.9	1.4	0.07	4.27	2.17	2.1	Induction
Cantaloupe, raw, medium	1 wedge (69 g)	23.46	0.58	0.131	5.63	0.621	5.009	OWL - 4
Carrots, raw	100 g	41	0.93	0.24	9.58	3	6.58	OWL - 8
Cauliflower, green, raw	1 c (64 g)	19.84	1.888	0.192	3.898	2.048	1.85	Induction
Cauliflower, white, raw	1 c (100 g)	25	1.98	0.1	5.3	2.5	2.8	Induction
Celery	1 c (120 g)	16.8	0.828	0.204	3.564	1.92	1.644	Induction
Celery Root (Celeriac), Raw	1 c (156 g)	66	2.34	0.47	14.35	2.8	11.55	Induction
Chard, Swiss, raw	1 c (36 g)	6.84	0.648	0.072	1.346	0.576	0.77	Induction
Cheese, Bakers	30 g	23.7	4.2	0.03	0.87	0	0.87	OWL - 2
Cheese, blue	1 in ³ (17 g)	60.01	3.638	4.886	0.398	0	0.398	Induction
Cheese, brie	1 in ³ (17 g)	56.78	3.527	4.706	0.076	0	0.076	Induction
Cheese, camembert	1 in ³ (17 g)	51	3.366	4.124	0.078	0	0.078	Induction
Cheese, cheddar	1 in ³ (17 g)	68.51	4.233	5.634	0.218	0	0.218	Induction
Cheese, Cottage, creamed	4 oz (113 g)	116	14.11	5.1	3.03	0	3.03	OWL - 2
uncreamed	4 oz (113 g)	96	19.52	0.47	2.09	0	2.09	OWL - 2
Cheese, cream	1 T (14.5 g)	50.605	1.095	5.056	0.386	0	0.386	Induction
Cheese, Farmers								OWL - 2
Cheese, feta	1 in ³ (17 g)	44.88	2.416	3.618	0.695	0	0.695	Induction
Cheese, goat, semi-soft	1 oz (28.35 g)	103.194	6.118	8.46	0.72	0	0.72	Induction
Cheese, Gouda	1 oz (28.35 g)	101	7.07	7.78	0.63	0	0.63	Induction
Cheese, Mascarpone	1 oz (28.35 g)	127	2.0	12.7	0.6	0	0.6	OWL - 2
Cheese, mozzarella, part skim	1 oz (28.35 g)	72.009	6.878	4.513	0.785	0	0.785	Induction
Cheese, parmesan, hard	1 in ³ (10.3 g)	40.376	3.682	2.66	0.332	0	0.332	Induction
Cheese, Pot								OWL *
Cheese, Roquefort	1 oz (28.35 g)	105	6.11	8.69	0.57		0.57	Induction
Cheese, Swiss	1 in ³ (15 g)	57	4.04	4.17	0.807	0	0.807	Induction
Cherry, Sour, Red, Raw, with pits	1 c (108 g)	52	1.03	0.31	12.55	1.6	10.95	Pre-Maint
Cherry, Sweet, Raw, with pits	1 c (117 g)	74	1.24	0.23	18.73	2.5	16.23	Pre-Maint
Chicken gizzard, raw	100 g	89	17.66	2.06	0	0	0	
Chicken heart, raw	100 g	153	15.55	9.33	0.71	0	0.71	
Chicken liver, raw	100 g	119	16.92	4.83	0.73	0	0.73	
Chicken, all cuts								Induction
Chicory greens, raw	1 c (180 g)	41.4	3.06	0.54	8.46	7.2	1.26	Induction
Chili Powder	1 tsp	8.164	0.319	0.436	1.421	0.889	0.532	Induction

Chives, raw	1 Tbsp (3 g)	0.9	0.098	0.022	0.13	0.075	0.055	Induction
Cilantro (coriander), raw	.25 c (4 g)	1	0.09	0.02	0.15	0.1	0.05	Induction
Cinnamon, Ground	1 tsp	6.003	0.089	0.073	1.837	1.249	0.588	Induction
Clams, mixed species, raw	3 oz (85 g)	63	10.85	0.82	2.18	0	2.18	Induction
Cloves	1 tsp	6.783	0.126	0.421	1.285	0.718	0.567	Induction
Cocoa, powder, unsweetened	1 Tbsp (5.4 g)	12	1.06	0.74	2.93	1.8	1.13	Induction
Cocoa, powder, unsweetened, processed with alkali	1 Tbsp (5.4 g)	12	0.98	0.71	2.96	1.6	1.36	Induction
Coconut, desiccated, unsweetened	1 oz (28.35 g)	187	1.95	18.29	6.7	4.6	2.1	OWL - 3
Collard Greens	1 c (36 g)	10.8	0.882	0.151	2.048	1.296	0.752	Induction
Coriander, dried	1 tsp (0.6 g)	2	0.13	0.03	0.31	0.1	0.21	Induction
Corn Meal, Yellow	100 g	362	8.12	3.59	76.89	7.3	69.59	OWL - 8
Corn, sweet, white, raw	1 c (154 g)	132	4.96	1.82	29.29	4.2	25.09	OWL - 8
Corn, sweet, yellow, raw	1 c (154 g)	132	4.96	1.82	29.29	4.2	25.09	OWL - 8
Cornish Hen, meat & skin, raw	100 g	200	17.15	14.02	0	0	0	Induction
Crab, Alaska King, Raw	3 oz (85 g)	71.4	15.546	0.51	0	0	0	Induction
Crab, Blue, Raw	3 oz (85 g)	73.95	15.351	0.918	0.034	0	0.034	Induction
Crab, Dungeness, Raw	3 oz (85 g)	73.1	14.798	0.825	0.629	0	0.629	Induction
Crab, Queen, Raw	3 oz (85 g)	76.5	15.725	1.003	0	0	0	Induction
Cream, Heavy (whipping)	1 Tbsp (15 g)	52	0.31	5.55	0.42	0	0.42	Induction
Cream, Sour, Cultured	1 Tbsp (12 g)	26	0.38	2.52	0.51	0	0.51	Induction
Cucumber, raw, unpeeled	0.5 c (52 g)	7.8	0.338	0.057	1.888	0.26	1.628	Induction
Curry Powder	1 tsp	6.5	0.253	0.276	1.163	0.664	0.499	Induction
Daikon (Chinese Radish)	7" (388 g)	60.84	2.028	0.338	13.858	5.408	8.45	Induction
Dandelion Greens, raw	1 c (55 g)	24.75	1.485	0.385	5.06	1.925	3.135	Induction
Dill Seed	1 tsp (2.1 g)	6	0.34	0.31	1.16	0.4	0.76	Induction
Dill Weed, Dried	1 tsp (1 g)	3	0.2	0.04	0.56	0.1	0.46	Induction
Dill Weed, Fresh	5 sprigs (1 g)	2	0.03	0.01	0.07	0	0.07	Induction
Duck, Domestic, meat & skin, raw	100 g	404	11.49	39.34	0	0	0	Induction
Duck, Wild, meat & skin, raw	100 g	211	17.42	15.2	0	0	0	Induction
Egg, whole, raw, large	1 (50 g)	74	6.29	4.97	0.39	0	0.39	Induction
Eggplant	1 c (82 g)	19.68	0.828	0.156	4.674	2.788	1.886	Induction
Endive/Escarole	0.5 c (25 g)	4.25	0.312	0.05	0.838	0.775	0.063	Induction
Fat, Beef Tallow	1 Tbsp (12.8 g)	115	0	12.8	0	0	0	Induction
Fennel Bulb, raw	1 c (87 g)	26.97	1.079	0.174	6.342	2.697	3.645	Induction
Fiddlehead Ferns, Raw	100 g	34	4.55	0.4	5.54		5.54	Induction
Fish, Cusk, raw	3 oz (85 g)	74	16.14	0.59	0	0	0	Induction
Flax Seed	1 Tbsp (12 g)	59	2.34	4.08	4.11	3.3	0.81	Induction
Flounder, raw	3 oz (85 g)	77	16.01	1.01	0	0	0	Induction
Fruit Cocktail, Water Packed	100 g >1/2 c	32	0.42	0.05	8.51	1	7.51	Pre-Maint
Garlic	1 clove (3 g)	4	0.19	0.01	0.99	0.1	0.89	Induction
proof	1 fl oz (27.8 g)	82	0	0	0	0	0	OWL - 5
Gin, Rum, Vodka, Wiskey, 80	1 fl oz (27.8 g)	64	0	0	0	0	0	OWL - 5
Ginger, dry, ground	1 tsp	6.246	0.164	0.107	1.274	0.225	1.049	Induction
Ginger, fresh	1 tsp (2 g)	2	0.04	0.01	0.36	0	0.36	Induction
Goose liver, raw	100 g	133	16.37	4.28	6.32	0	6.32	

Goose, meat & skin, raw	100 g	371	15.86	33.62	0	0	0	Induction
Grape, Red or Green, raw, seedless	1 grape (5 g)	3	0.04	0.01	0.91	0	0.91	Pre-Maint
Grape, Red or Green, raw, with seeds	1 c (154 g)	106	1.11	0.25	27.87	1.4	26.47	Pre-Maint
Grape, Red or Green, raw, with seeds	1 grape (5.8 g)	4	0.04	0.01	1.05	0.1	0.95	Pre-Maint
Grapefruit, white, raw	1/2 fruit (118 g)	39	0.81	0.12	9.92	1.3	8.62	OWL - 7
Guava, common, raw	100 g	51	0.82	0.6	11.88	5.4	6.48	Pre-Maint
Ham, smoked or cured, low sodium	100 g	145	20.9	5.5	1.5	0	1.5	Induction
Hearts of Palm, canned	1 c (146 g)	40.88	3.679	0.905	6.745	3.504	3.241	Induction
Herring, Atlantic, raw	100 g	158	17.96	9.04	0	0	0	Induction
Honeydew, raw, medium (6"-7")	1 wedge (160 g)	57.6	0.864	0.224	14.544	1.28	13.264	OWL - 4
Jicama, raw	1 c (130 g)	49.4	0.936	0.117	11.466	6.37	5.096	Induction
Kale, raw	1 c (67 g)	33.5	2.211	0.469	6.707	1.34	5.367	Induction
Kiwi, fresh, raw	100 g	61	1.14	0.52	14.66	3	11.66	OWL - 7
Kohlrabi, raw	1 c (135 g)	36.45	2.295	0.135	8.37	4.86	3.51	Induction
Lamb, all cuts								Induction
Leeks, raw	1 c (89 g)	54.29	1.335	0.267	12.594	1.602	10.992	Induction
Lemon Juice, bottled	1 Tbsp (30 g)	3.15	0.06	0.043	0.972	0.06	0.912	Induction
Lemon Juice, fresh	1 fl oz (30.5 g)	7.625	0.116	0	2.632	0.122	2.51	Induction
Lemon Peel	1 tsp (2 g)	1	0.03	0.01	0.32	0.2	0.12	Induction
Lettuce, Butterhead or Boston	1 c (55 g)	7.15	0.743	0.121	1.227	0.605	0.622	Induction
Lettuce, Iceberg	1 c (55 g)	5.5	0.446	0.06	1.149	0.55	0.599	Induction
Lettuce, Red Leaf	1 c (28 g)	4.48	0.372	0.062	0.633	0.252	0.381	Induction
Lettuce, Romaine	0.5 c (28 g)	4.76	0.344	0.084	0.921	0.588	0.333	Induction
Lime Juice, bottled	1 fl oz (30.5 g)	6.468	0.077	0.071	2.061	0.123	1.938	Induction
Lime Juice, fresh	1 fl oz (30.8 g)	8.316	0.136	0.031	2.775	0.123	2.652	Induction
Lobster, raw	3 oz (85 g)	76.5	15.98	0.765	0.425	0	0.425	Induction
Mache (Corn Salad), raw	1 c (56 g)	12	1.12	22	2.02		2.02	Induction
Mango, raw	100 g	65	0.51	0.27	17	1.8	15.2	Pre-Maint
Miso	1 c (275 g)	567	32	17	77	15	62	OWL - 6
Moose, Raw	1 oz (28.35 g)	28.917	6.305	0.21	0	0	0	Induction
Mushrooms	0.5 c (35 g)	7.7	1.089	0.119	1.134	0.42	0.714	Induction
Mussel, Blue, Raw	3 oz (85 g)	73.1	10.115	1.904	3.136	0	3.136	Induction
Nutmeg	1 tsp	11.55	0.128	0.799	1.084	0.458	0.626	Induction
Nuts, Almonds	1 oz (23 nuts)	163.863	6.027	14.356	5.596	3.345	2.251	OWL - 3
Nuts, Almonds, Ground	1 c (95 g)	549	20	48	19	11	8	OWL - 3
Nuts, Brazil	1 oz (6-8 nuts)	185.976	4.06	18.833	3.479	2.126	1.353	OWL - 3
Nuts, Cashews, Roasted	1 oz (28.35 g) (18 nuts)	162.729	4.34	13.14	9.268	0.851	8.417	OWL - 3
Nuts, Filberts/Hazelnuts	1 oz (21 nuts)	178.038	4.238	17.223	4.734	2.75	1.984	OWL - 3
Nuts, Macademia, Dry Roasted	1 oz (10-12)	203.553	2.208	21.569	3.793	2.268	1.525	OWL - 3
Nuts, Peanut Butter, unsalted, smooth	2 Tbsp (32 g)	190	8.07	16.33	6.17	1.9	4.27	OWL - 3
Nuts, Peanuts, all types, raw	1 oz (28.35 g)	161	7.31	13.96	4.57	2.4	2.17	OWL - 3
Nuts, Pecans	1 oz (20 halves)	195.899	2.6	20.403	3.929	2.722	1.207	OWL - 3
Nuts, Pine (Pignola)	10 nuts (1.7 g)	11.441	0.233	1.162	0.222	0.063	0.159	OWL - 3

Nuts, Pistachios	1 oz (49)	157.91	5.843	12.599	7.929	2.92	5.009	OWL - 3
Nuts, Pumpkin or squash Seeds, dried	1 oz (142 seeds)	153.374	6.957	12.998	5.049	1.106	3.943	OWL - 3
Nuts, Sesame Seeds, Dried	1 Tbsp	51.57	1.596	4.47	2.111	1.062	1.049	OWL - 3
Nuts, Sunflower Seed kernels, dried	30 g	171	6.83	14.87	5.63	3.1	2.53	OWL - 3
Nuts, Sunflower Seed kernels, dried	1 c (144 ker)	820.8	32.803	71.381	27.014	15.12	11.894	OWL - 3
Nuts, Tahini (Sesame Paste/Butter)	1 Tbsp (15 g)	89.25	2.55	8.064	3.179	1.395	1.784	OWL - 3
Nuts, Walnuts, English	1 oz (14 halves)	185.409	4.318	18.487	3.887	1.899	1.988	OWL - 3
Oat Groats, dry	100 g	389	16.89	6.9	66.27	10.6	55.67	OWL - 9
Oatmeal, Old Fashioned, dry	1/3 c (27 g)	104	4.32	1.7	18.09	2.6	15.49	OWL - 9
Oil, Grapeseed	1 Tbsp (13.6 g)	120	0	13.6	0	0	0	Induction
Oil, Peanut	1 T (13.5 g)	119.34	0	13.5	0	0	0	Induction
Okra	1 c (100 g)	31	2	0.1	7.03	3.2	3.83	Induction
Olives, black	1 (4.4 g)	5.06	0.037	0.47	0.275	0.141	0.134	Induction
Olives, green	100 g	145	1.03	15.32	3.84	3.3	0.54	Induction
Onion	1 c (160 g)	67.2	1.472	0.128	16.176	2.24	13.936	Induction
Orange Peel	1 tsp (2 g)	2	0.03	0	0.5	0.2	0.3	Induction
Oregano	1 tsp	5.508	0.198	0.184	1.16	0.77	0.39	Induction
Oyster, Pacific, raw	3 oz (85 g)	68.85	8.032	1.955	4.207	0	4.207	Induction
Paprika	1 tsp	6.069	0.31	0.272	1.171	0.785	0.386	Induction
Parsley	1 Tbsp (3.8 g)	1.368	0.113	0.03	0.241	0.125	0.116	Induction
Parsnip	100 g	75	1.2	0.3	17.99	4.9	13.09	Pre-Maint
Pasta, Semolina, fresh, plain	2 oz (57 g)	75	2.94	0.6	14.21		14.21	Pre-Maint
Peach, raw	100 g	39	0.91	0.25	9.54	1.5	8.04	Pre-Maint
Pear, Asian, Raw	100 g	48	0.5	0.23	10.65	3.6	7.05	OWL - 7
Pear, Raw	100 g	58	0.38	0.12	15.46	3.1	12.36	OWL - 7
Peas, Green, Raw	100 g	81	5.42	0.4	14.46	5.1	9.36	OWL - 8
Pepper, Black	1 tsp (2.1 g)	5	0.23	0.07	1.36	0.6	0.76	Induction
Pepper, Cayenne or Red	1 tsp (1.8 g)	6	0.22	0.31	1.02	0.5	0.52	Induction
Pepper, Chili Green, Canned	1 c (139 g)	29.19	1.001	0.375	6.394	2.363	4.031	Induction
Pepper, Jalapeno, Raw	1 c (90 g)	27	1.215	0.558	5.319	2.52	2.799	Induction
Pepper, Sweet Green, Raw	1 c (149 g)	29.8	1.281	0.253	6.914	2.533	4.381	Induction
Pepper, Sweet Red, Raw	1 c (149 g)	38.74	1.475	0.447	8.985	2.98	6.005	Induction
Pepper, White	1 tsp (2.4 g)	7	0.25	0.05	1.65	0.6	1.05	Induction
Pheasant, Meat & Skin, Raw	100 g	181	22.7	9.29	0	0	0	Induction
Pineapple, Canned, Juice Pack	3" Ring (47 g)	28.2	0.197	0.038	7.379	0.376	7.003	Pre-Maint
Pineapple, Raw	100 g	48	0.54	0.12	12.63	1.4	11.23	Pre-Maint
Plantain, raw	100 g	122	1.3	0.37	31.89	2.3	29.59	Pre-Maint
Plum, raw	1 fruit (66 g)	30	0.46	0.18	7.54	0.9	6.64	OWL - 7
Pork, all cuts								Induction
Potatoes, Raw, Skin	1 skin (38 g)	22	0.98	0.04	4.73	0.9	3.83	Pre-Maint
Potatoes, Red, Flesh & Skin, Raw	.5 c (75 g)	54	1.42	0.11	11.93	1.3	10.63	Pre-Maint
Potatoes, Russet, Flesh & Skin, Raw	.5 c (75 g)	59	1.6	0.06	13.55	1	12.55	Pre-Maint
Psyllium Seed, Husks	1 c	67	3.89	0.67	108.27	96.48	11.79	Induction
Pumpkin, canned	1 c (245 g)	83.3	2.695	0.686	19.796	7.105	12.691	Induction
Pumpkin, raw, cubed	1 c (116 g)	30.16	1.16	0.116	7.54	0.58	6.96	Induction
Quail, meat & skin, raw	100 g	192	19.63	12.05	0	0	0	Induction

Quinoa	1 c (170 g)	636	22	10	117	10	107	OWL - 9
Rabbit, Wild, Raw	1 oz (28.35 g)	32.319	6.177	0.658	0	0	0	Induction
Radicchio	1 c (40 g)	9.2	0.572	0.1	1.792	0.36	1.432	Induction
Radishes	1 c (116 g)	18.56	0.789	0.116	3.944	1.856	2.088	Induction
Raspberries, raw	10 (19 g)	9.88	0.228	0.123	2.269	1.235	1.034	OWL - 4
Rhubarb, raw	1 c (122 g)	25.62	1.098	0.244	5.539	2.196	3.343	Induction
Rice, Brown, Long Grain, Cooked	1 c (195 g)	216	5.03	1.75	44.77	3.5	41.27	Pre-Maint
Rice, White, Long Grain, Cooked	1 cup (158 g)	205.4	4.25	0.442	44.509	0.632	43.877	Pre-Maint
Rosemary, dried	1 tsp (1.2 g)	4	0.06	0.18	0.77	0.5	0.27	Induction
Rosemary, fresh	1 tsp (0.7 g)	1	0.02	0.04	0.14	0.1	0.04	Induction
Rutabaga, raw, cubed	1 c (140 g)	50.4	1.68	0.28	11.382	3.5	7.882	OWL - 8
Saffron	1 tsp	2.17	0.08	0.041	0.458	0.027	0.431	Induction
Sage, ground	1 tsp (0.7 g)	2	0.07	0.09	0.43	0.3	0.13	Induction
Salmon, Atlantic, farmed, raw	3 oz (85 g)	156	16.91	9.22	0	0	0	Induction
Salmon, Atlantic, wild, raw	3 oz (85 g)	121	16.86	5.39	0	0	0	Induction
Salmon, Chum, raw	3 oz (85 g)	102	17.12	3.2	0	0	0	Induction
Salmon, Coho, farmed, raw	3 oz (85 g)	136	18.08	6.52	0	0	0	Induction
Salmon, Coho, Wild, raw	3 oz (85 g)	124	18.38	5.04	0	0	0	Induction
Salmon, Pink, raw	3 oz (85 g)	99	16.95	2.93	0	0	0	Induction
Salmon, Sockeye, raw	3 oz (85 g)	143	18.11	7.28	0	0	0	Induction
Samon, Chinook, raw	3 oz (85 g)	152	16.94	8.87	0	0	0	Induction
Sardines, Atlantic, canned in oil, drained with bone	3.75 oz can (92 g)	191	22.65	10.53	0	0	0	Induction
Sauerkraut, canned	1 c (142 g)	26.98	1.292	0.199	6.078	3.55	2.528	Induction
Savory	1 tsp	3.808	0.094	0.083	0.962	0.64	0.322	Induction
Scallions	1 c (100 g)	32	1.83	0.19	7.34	2.6	4.74	Induction
Semolina, enriched	100 g	360	12.68	1.05	72.83	3.9	68.93	OWL - 9
Shallot, raw, chopped	1 T (10 g)	7.2	0.25	0.01	1.68	0	1.68	Induction
Shrimp, raw	3 oz (85 g)	90.1	17.264	1.471	0.774	0	0.774	Induction
Snow Peas, raw	10 pods (34 g)	14.28	0.952	0.068	2.567	0.884	1.683	Induction
Sole (Flat fish)	3 oz (85 g)	77	16.01	1.01	0	0	0	Induction
Sorrel							0	Induction
Spinach	1 c (30 g)	6.9	0.858	0.117	1.089	0.66	0.429	Induction
Sprouts, Alfalfa	1 c (33 g)	9.57	1.317	0.228	1.247	0.825	0.422	Induction
Sprouts, Mung Bean, Raw	1 c (104 g)	31.2	3.162	0.187	6.178	1.872	4.306	Induction
Squash, Acorn, raw	1 c (140 g)	56	1.12	0.14	14.59	2.1	12.49	OWL - 8
Squash, Butternut, raw	1 c (140 g)	63	1.4	0.14	16.37	2.8	13.57	OWL - 8
Squash, Hubbard, raw	1 c (116 g)	46	2.32	0.58	10.09		10.09	OWL - 8
Squash, Spaghetti, raw	1 c (101 g)	31.31	0.646	0.576	6.979		6.979	Induction
Squash, Summer	1 c (113 g)	18.08	1.367	0.203	3.786	1.243	2.543	Induction
Squash, Summer, Zucchini	1 c (124 g)	19.84	1.5	0.223	4.154	1.364	2.79	Induction
Squid, mixed species, raw	3 oz (85 g)	78	13.24	1.17	2.62	0	2.62	Induction
Sweet Potato, raw, unprepared	1 c (133 g)	101	2.09	0.07	23.42	4	19.42	OWL - 8
Swordfish, raw	3 oz (85 g)	103	16.83	3.41	0	0	0	Induction
Tarragon, dried, leaves	1 tsp (0.6 g)	2	0.14	0.04	0.3	0	0.3	Induction
Thyme, dried, leaves	1 tsp (1 g)	3	0.09	0.07	0.64	0.4	0.24	Induction
Thyme, fresh	1 tsp (0.8 g)	1	0.04	0.01	0.2	0.1	0.1	Induction
Tomato Juice, canned with salt	1 c (243 g)	41.31	1.847	0.121	10.303	0.972	9.331	OWL - 7
Tomato, raw, chopped	1 c (180 g)	32.4	1.584	0.36	7.056	2.16	4.896	Induction
Tomatoes, Sun Dried	1 c (54 g)	139	8	2	30	7	23	
Tomatoes, Sun Dried, Packed in Oil, Drained	1 c (110 g)	234	6	15	26	6	20	

Trout, mixed species, raw	3 oz (85 g)	126	17.65	5.62	0	0	0	Induction
Tuna, Bluefin, raw	3 oz (85 g)	122	19.83	4.17	0	0	0	Induction
Tuna, Skipjack, raw	3 oz (85 g)	88	18.7	0.86	0	0	0	Induction
Tuna, Yellowfin, raw	3 oz (85 g)	92	19.87	0.81	0	0	0	Induction
Turkey gizzard, raw	100 g	118	19.14	4.58	0	0	0	
Turkey heart, raw	100 g	113	17.13	4.79	0.41	0	0.41	
Turkey liver, raw	100 g	228	17.84	16.36	2.26	0	2.26	
Turkey, all cuts							0	Induction
Turmeric	1 tsp	7.788	0.172	0.217	1.428	0.464	0.964	Induction
Turnips, raw	1 c (130 g)	36.4	1.17	0.13	8.359	2.34	6.019	Induction
Veal, all cuts							0	Induction
Venison (Deer), all cuts							0	Induction
Water chestnuts, canned	0.5 cup	35	0.616	0.042	8.61	1.75	6.86	Induction
Watercress, chopped	1 c (34 g)	3.74	0.782	0.034	0.439	0.17	0.269	Induction
Watermelon, raw	100 g	30	0.61	0.15	7.55	0.4	7.15	Pre-Maint
Wheat bran, crude	1 c (58 g)	125	9.02	2.46	37.42	24.8	12.62	OWL - 9
Wheat germ, crude	1 c (115 g)	414	26.62	11.18	59.57	15.2	44.37	OWL - 9
Wheat, durham	1 c (192 g)	651	26.27	4.74	136.57	0	136.57	OWL - 9
Wheat, hard red winter	1 c (192 g)	628	24.21	2.96	136.67	23.4	113.27	OWL - 9
Wheat, hard, white	1 c (192 g)	657	21.72	3.28	145.73	23.4	122.33	OWL - 9
Wheat, soft white	1 c (168 g)	571	17.96	3.34	126.6	21.3	105.3	OWL - 9
Wheat, vital wheat gluten	100 g	370	75.16	1.85	13.79	0.6	13.19	OWL - 9
Wine, Dessert, Dry	1 fl oz (29.5 g)	45	0.06	0	3.44	0	3.44	OWL - 5
Wine, Dessert, Sweet	1 fl oz (29.5 g)	47	0.06	0	4.04	0	4.04	OWL - 5
Wine, Table, all	1 fl oz (29.5 g)	23	0.06	0	0.94	0	0.94	OWL - 5
Wine, Table, red	1 fl oz (29.5 g)	21	0.06	0	0.5	0	0.5	OWL - 5
Wine, Table, White	1 fl oz (29.5 g)	20	0.03	0	0.24	0	0.24	OWL - 5
Yam, raw	1 c (150 g)	177	2.29	0.26	41.82	6.2	35.62	OWL - 8