

Ingredient	Unit	Protein	Fiber	Calories per Unit	Minerals									
		Grams per Unit	Grams per Unit		Potassium	Phosphorus	Calcium	Magnesium	Iron	Selenium	Zinc	Manganese	Copper	Trace Amounts of Other Minerals
Almonds	23 nuts/oz	6.02	3.5	163	200 mg	137 mg	75 mg	76 mg	1.05 mg	0.7 mcg	0.87 mg	0.648 mg	0.282 mg	x
Brazil Nuts	6 nuts/oz	4.06	2.1	186	187 mg	206 mg	45 mg	107 mg	0.69 mg	543.5 mcg	1.15 mg	0.347 mg	0.494 mg	x
Cashews	1 oz	5.17	0.94	157	187 mg	168 mg	10 mg	83 mg	1.89 mg	5.6 mcg	1.64 mg	0.469 mg	0.622 mg	x
Coconut	1 cup	2.66	7.2	283	285 mg	90 mg	11 mg	26 mg	1.94 mg	8.1 mcg	0.88 mg	1.2 mg	0.348 mg	x
Flax Seeds	1 tbsp	1.88	2.8	55	84 mg	66 mg	26 mg	40 mg	0.59 mg	2.6 mcg	0.45 mg	0.256 mg	0.126 mg	x
Hazelnuts	21 nuts/oz	4.24	2.7	178	193 mg	82 mg	32 mg	46 mg	1.33 mg	0.7 mcg	0.96 mg	1.751 mg	0.489 mg	x
Macadamias	10 nuts/oz	2.24	2.4	204	104 mg	53 mg	24 mg	37 mg	1.05 mg	1.0 mcg	0.37 mg	1.171 mg	0.214 mg	x
Pecans	19 nuts/oz	2.6	2.7	196	116 mg	79 mg	20 mg	34 mg	0.72 mg	1.1 mcg	1.28 mg	1.276 mg	0.34 mg	x
Pine Nuts	167/oz	3.88	1	191	169 mg	163 mg	5 mg	71 mg	1.57 mg	0.2 mcg	1.83 mg	2.495 mg	0.375 mg	x
Pistachios	49/oz	6.05	2.9	162	295 mg	137 mg	31 mg	34 mg	1.19 mg	2.6 mcg	.65 mg	0.361 mg	0.376 mg	x
Pumpkin Seeds	1/oz	8.46	1.8	163	223 mg	333 mg	15 mg	156 mg	2.29 mg	2.7 mcg	2.17 mg	1.273 mg	0.361 mg	x
Sesame Seeds	1/TBSP	1.6	1.1	52	42 mg	57 mg	88 mg	32 mg	1.31 mg	3.1 mcg	0.7 mg	0.221 mg	0.367 mg	x
Sunflower Seeds	1/oz	5.48	3.1	165	241 mg	327 mg	20 mg	37 mg	1.08 mg	22.5 mcg	1.5 mg	0.598 mg	0.519 mg	x
Walnuts	1/oz	4.32	1.9	185	125 mg	98 mg	28 mg	45 mg	0.82 mg	1.4 mcg	0.88 mg	0.968 mg	0.45 mg	x
Cacao	1/oz	5	9	50			20 mg		1.8 mg					x
Raw Honey	1/oz			71					1%					x
Maple Syrup	1/oz			73			6%		8%		3.60%	22%		x
Vanilla Beans	100 g	0.06 g		288	148 mg	6 mg	11 mg	12 mg	0.12 mg		0.11 mg	0.230 mg	0.072 mg	x
Dates	100 g	1.81 g	6.7 g	277	696 mg	62 mg	64 mg	54 mg	0.90 mg	0.2 mcg	0.44 mg	0.296 mg	0.362 mg	x

Ingredient	Vitamins										
	B1 (Thiamine)	B2 (Riboflavin)	Niacin	Folate	Pantothenic Acid	B6	E	C	K	A	Small Amounts of Other Vitamins
Almonds	.006 mg	0.287 mg	0.96 mg	14 mcg	0.133 mg	0.041 mg	7.43 mg				x
Brazil Nuts	0.175 mg	0.01 mg	0.084 mg	6 mcg	0.052 mg	0.029 mcg	1.62 mg	0.2 mg			x
Cashews	0.12 mg	0.016 mg	0.301 mg	7 mcg	0.245 mg	0.118 mg	0.26 mg	0.1 mg	9.7 mcg		x
Coconut	0.053 mg	0.016 mg	0.432 mg	21 mcg	0.24 mg	0.043 mg	0.19 mg	2.6 mg	0.2 mcg		x
Flax Seeds	0.169 mg	0.017 mg	0.317 mg	9 mcg	0.101 mg	0.049 mg	0.03 mg	0.1 mg	0.4 mcg		x
Hazelnuts	0.182 mg	0.032 mg	0.51 mg	32 mcg	0.26 mg	0.16 mg	4.26 mg	1.8 mg	4 mcg	6 IU	x
Macadamias	0.339 mg	0.046 mg	0.701 mg	3 mcg	0.215 mg	0.078 mg	0.15 mg	0.3 mg			x
Pecans	0.087 mg	0.01 mg	0.331 mg	6 mcg	0.245 mg	0.06 mg	0.4 mg	0.3 mg	1 mcg	16 IU	x
Pine Nuts	0.103 mg	0.064 mg	1.244 mg	10 mcg	0.089 mg	0.027 mg	2.65 mg	0.2 mg	15.3 mcg	8 IU	x
Pistachios	0.238 mg	0.045 mg	0.404 mg	14 mcg	0.145 mg	0.361 mg	0.55 mg	0.7 mg	3.7 mcg	74 IU	x
Pumpkin Seeds	0.02 mg	0.043 mg	1.256 mg	16 mcg	0.162 mg	0.028 mg	0.16 mg	0.5 mg	1.30 mcg	2 IU	x
Sesame Seeds	0.071 mg	0.022 mg	0.406 mg	9 mcg	0.005 mg	0.071 mg	0.02 mg			1 IU	x
Sunflower Seeds	0.03 mg	0.07 mg	1.996 mg	67 mcg	1.996 mg	0.228 mg	7.4 mg	0.4 mg	0.8 mcg	3 IU	x
Walnuts	0.162 mg	0.043 mg	0.319 mg	28 mcg	0.162 mg	0.152 mg	0.2 mg	0.4 mg	0.8 mcg	6 IU	x
Cacao											x
Raw Honey											x
Maple Syrup											x
Vanilla Beans		0.095 mg	0.425 mg	0 mcg	0.053 mg						x
Dates	0.050 mg	0.060 mg	1.610 mg	15 mcg	0.805 mg	0.249 mg			2.7 mcg	149 IU	x

