

Ontario Department of Agriculture

Women's Institute Branch

Table Showing Composition of Common Foods

Food	100-Calorie Portion		Carbo- hydrate gms.	Fat gms.	Protein gms.	Calcium gms.	Phos- phorus gms.	Iron gms.	Vitamins				
	Measure	Weight							A	B <sub>1</sub>	B <sub>2</sub>	C	
		ozs.											gms.
Almonds .....	12-15 nuts .....	0.5	15	2.67	8.49	3.23	.037	.072	.00060	x	xx	xx	*
Apples .....	1 large .....	7.5	212	22.93	0.64	0.64	.012	.020	.00048	x	x to xx	xx	xx
Apricots, dried .....	9 halves .....	1.3	36	22.50	0.36	1.69	.024	.042	.00050	xx	*	xx	*
Asparagus .....	20 stalks 8" long .....	15.9	451	14.85	0.90	8.10	.122	.177	.00451	variable	*	*	xx
Bananas .....	1 medium .....	5.5	156	22.31	0.61	1.32	.009	.031	.00061	x to xx	x to xx	xx	xx
Beans, dried .....	1/8 cup .....	1.0	29	17.30	0.52	6.53	.047	.137	.00203	x	xx	x	*
Beans, string .....	2 1/3 c. 1" pieces .....	8.5	241	17.83	0.78	5.43	.110	.126	.00265	xx	xx	xx	xx
Beef, lean, round .....	1 slice 2 3/4" x 1 1/2" x 3/4" .....	2.3	64	—	5.05	13.63	.008	.147	.00154	x	xx	xx	- to x
Beets .....	1 1/3 c. sliced .....	7.7	217	21.10	0.22	3.47	.064	.084	.00130	x	x	x	x
Bread, white .....	2 slices 3" x 3 1/2" x 1/2" .....	1.4	39	20.39	0.46	3.60	.011	.036	.00035	?	x	?	—
Bread, Graham .....	1 1/4 slices 3 3/4" x 3 1/4" x 1/2" .....	1.4	39	20.03	0.69	3.42	.015	.060	.00066	x	xxx	x	?
Butter .....	1 T. .....	0.5	14	—	11.05	0.13	.002	.002	.00003	xxx	—	—	—
Cabbage .....	3 1/2 c. chopped .....	11.2	318	17.78	0.95	5.08	.143	.092	.00349	x to xx	xx	xx	xxx
Carrots .....	1 2/3 c. 1/2" cubes .....	7.8	221	20.55	0.88	2.43	.124	.101	.00133	xxx	xx	xx	xx
Cauliflower .....	1 small head .....	11.5	328	15.41	1.64	5.91	.403	.200	.00197	x	xx	xx	x
Celery .....	4 c. 1/4" pieces .....	19.1	541	17.84	0.54	5.94	.421	.201	.00270	- to x	xx	*	xx
Cheese .....	1 1/8" cube .....	0.8	23	0.89	8.03	6.50	.212	.156	.00030	xx to xxx	*	x	*
Dates .....	3-4 dates .....	1.1	32	22.59	0.80	0.60	.019	.016	.00086	x	xx	x	—
Eggs .....	1 1/3 eggs .....	2.7	76	—	7.08	9.06	.045	.122	.00205	xxx	x to xx	xxx	- ?
Lettuce .....	2 large heads .....	18.5	524	15.18	1.57	6.28	.224	.220	.00367	x to xx	xx	xx	xx
Liver, beef .....	1 slice 4" x 3" x 1/2" .....	2.7	76	1.31	3.49	15.83	.014	.171	.00629	xx to xxx	xx	xxx	x
Milk, whole .....	5/8 cup .....	5.1	145	7.22	5.78	4.76	.174	.134	.00029	xxx	xx	xxx	xvar'ble
Milk, skim .....	1 1/8 cup .....	9.6	273	13.90	0.82	9.26	.331	.262	.00082	x	xx	xxx	xvar'ble
Onions .....	3-4 medium .....	7.2	205	20.33	0.62	3.30	.069	.093	.00123	- to x	x	x	x
Oranges .....	1 large .....	9.5	268	22.57	0.39	1.56	.088	.040	.00039	x	xx	xx	xxx
Peas, green, shelled .....	3/4 cup .....	3.5	100	16.88	0.50	6.99	.028	.127	.00165	xx	xx	xx	xx
Potatoes .....	1 medium .....	5.3	150	21.97	0.15	2.69	.016	.069	.00156	x	xx	x	xx
Prunes, dried .....	4 medium .....	1.4	39	24.30	—	0.70	.018	.035	.00100	xx	xx	xx	—
Raisins, seedless .....	2 T. .....	1.0	29	22.09	0.96	0.76	.019	.038	.00061	—	x	x	—
Spinach, cooked and chopped .....	2 1/2 cups .....	18.7	530	13.39	1.25	8.79	.281	.276	.01506	xxx	x	xx	xx
Sugar, white .....	2 T. .....	0.9	25	25.00	—	—	—	—	—	—	—	—	—
Tomatoes .....	2-3 medium .....	15.5	439	17.11	1.75	3.95	.048	.113	.00175	xx	xx	x	xxx
Turnips .....	2 c. 1/2" cubes .....	9.0	254	20.56	0.51	3.30	.161	.117	.00127	- to x	x	x	xx
Walnuts, chopped .....	1 1/4 T. .....	0.5	14	1.84	9.13	2.61	.013	.051	.00030	x	xx	*	*

x indicates that the food contains the vitamin.  
 xx indicates that the food is a good source of the vitamin.  
 xxx indicates that the food is an excellent source of the vitamin.  
 — indicates that the food contains no appreciable amount of the vitamin.  
 ? indicates doubt as to its presence.  
 \* indicates that evidence is lacking or insufficient.

References: Sherman, H. C.—Chemistry of Food and Nutrition, Fifth Edition.  
 Rose, M. S.—A Laboratory Handbook for Dietetics, Third Edition.