

FOOD - 100 gram serving	MEASURE	CALORIES	PROTEIN	A	C	B ₂	B ₁	CALCIUM	IRON
HIGH-CALORIE FOODS									
AVOCADO	100g 1/2 pear	245	1.7	290	16	.13	.06	10	.6
BUTTER	" 1/2 cup	716	.6	3300	0	.01	trace	20	0
CHOCOLATE	" 3 1/2 squares	492	5.5	60	0	.24	.05	98	4.2
HONEY	" 1/4 cup	294	.3	0	4	.04	trace	5	.9
MARGARINE	" "	720	.6	3300	0	.03	.01	21	0
OILS	" "	884	-	-	-	-	-	-	-
PRUNES dried	" 12 large	268	2.3	1890	3	.16	.10	54	3.9
RAISINS dried	" 1 cup seeded	268	2.3	50	0	.08	.15	60	3.3
TAPIOCA, CASSAVA, MANIOC	" 1/2 cup	360	0.6	-	-	-	-	12	1.0
DATES	100g 14 dates	284	2.2	180	0	.05	.08	72	2.1
CALORIES + VIT. C									
APPLES	100g 1 small 2 1/4" dia	58	0.3	90	5	.03	.04	6	0.3
BEAN SPROUTS	" 1 cup	23	2.9	10	15	.09	.07	29	.8
BANANAS	" 1 med. 6"	88	1.2	430	10	.05	.04	8	.6
BEEFS	" 2 beets	42	1.6	20	10	.05	.02	27	1.0
BLUEBERRIES	" 3/4 cup	61	.6	280	16	.02	.02	16	.8
CELERY	" 3/4 cup	18	1.3	0	7	.04	.05	50	.5
CHERRIES	" 15 cherries	72	1.1	315	9	.02	.05	17	.5
CUCUMBERS	" 12 slices"	12	.7	0	8	.12	.04	10	.3
EGG PLANT	" "	24	1.1	60	7	.06	.07	15	.4
FIGS, raw	" 2 1/2 small	79	1.4	75	2	.06	.08	54	.6
HONEYDEW MELON	" 3/4 cup	32	.5	40	23	.03	.05	17	.4
MUSHROOMS	" 10 mushrooms	23	2.4	0	5	.44	.12	9	.8
ONIONS	" 1/2 cup sliced	45	1.4	50	9	.04	.03	32	.5
OLIVES	" 12 oliver	191	1.8	60	-	trace	trace	87	1.6
PEARS	" "	63	.7	15	4	.09	.06	13	.3
PINEAPPLE	" 1/3 cup	52	.4	130	24	.05	.08	16	.3
RASPBERRIES	" 3/4 cup	57	1.2	130	24	.07	.02	40	.9
SOYBEAN SPROUTS	" 1 cup	59	6.2	180	13	.20	.23	48	1.0
STRAWBERRIES	" 1/2 cup	37	.8	75	47	.05	.03	28	.8
WATER MELON	" 1 slice 7/8" dia	28	0.5	320	6	.04	.04	7	.2

CHART VIII: CALORIE RICH FOODS WITH SOME VITAMINS

FOOD - 100 gram serving	MEASURE	CALORIES	PROTEIN	A	C	B ₂	B ₁	CALCIUM	IRON
BEEF, roast sirloin	100g 2 slices	297	23.0	0	0	.19	.06	10	2.9
CHICKEN	" 1/2 med. broiler	151	20.2	0	0	.16	.08	14	1.5
CLAMS	" 1/4 cup	81	12.8	110	0	.18	.10	96	7.0
CRAB	" 5/8 cup	104	16.9	0	0	.15	.23	45	.9
FISH - cod	" "	74	16.5	0	2	.09	.06	10	.9
FISH - Halibut	" 1 pc 3x1x1	126	18.6	440	0	.06	.07	13	.7
FISH - Salmon	" 2x1/2 x 2 x 3/4	220	20.0	300	9	.19	.17	20	1.1
FISH - Tuna	" 3/4 cup canned	198	29.0	70	0	.13	.04	34	1.7
HAM - smoked lean	" 2x1/2 x 5x5 x 1/2	288	23.1	0	0	.27	1.20	17	2.6
LIVER, BEEF	" 1 pc 3x3x3/4	207	23.5	53,500	31	3.94	.26	9	7.8
PORK CHOPS	" "	333	23.0	0	0	.24	.83	11	3.0
SAUSAGE frankfurter	" 2 1/2 sausages	257	14.2	0	0	.19	.18	8	1.5
VEAL	" "	156	19.7	0	0	.26	.14	11	3.0
TURKEY	" "	268	20.1	trace	0	.14	.09	23	3.8
LENTILS	100g 1/2 cup dry	339	24.0	570	5	.24	.56	34	7.4
vs. BEEF roast sirloin	" 2 slices	297	23.0	0	0	.19	.06	10	2.9
BREWERS' YEAST	" 1/2 cup apr.	249	36.9	0	0	5.45	9.69	106	18.2
vs. LIVER, BEEF	" 1 pc 3x3x3/4	207	23.5	53,500	31	3.94	.26	9	7.8
OATS	100g 1 1/2 cup dry	392	14.2	0	0	.14	.61	53	5.0
vs. SAUSAGE, franks	" 2 1/2 franks	257	14.2	0	0	.19	.18	8	1.5

CONCLUSION: FOR EVERY MEAT THERE IS A CEREAL, NUT, OR LEGUME (OR YEAST) WITH THE SAME PERCENTAGE OF PROTEIN THAT OUTPERFORMS THE MEAT IN EVERY CATEGORY.

CHART IX: MEAT COMPARISONS