

CHART III: PROTEINS RICH IN VITAMINS B<sub>1</sub> and B<sub>2</sub>.  
CALCIUM AND IRON

FOOD - 100 gram serving	MEASURE	CALORIES	PROTEIN	A	C	B <sub>2</sub>	B <sub>1</sub>	CALCIUM	IRON
<b>PROTEINS RICH IN B<sub>2</sub> and CALC.</b>									
COTTAGE CHEESE	100g 5½ tblsp	95	19.5	20	0	.31	.02	96	.3
CHEDDAR CHEESE	" 4 slices ½" x 3-3"	398	25.0	1400	0	.42	.02	873	1.0
SWISS CHEESE	" "	370	27.5	1450	0	.40	.01	925	.9
EGGS	" 2 eggs	162	12.8	1500	0	.37	.10	54	2.7
MILK whole fluid cows	" ¾ cup	68	3.5	195	2	.18	.04	118	.1
<b>PROTEINS RICH IN B<sub>1</sub></b>									
CORN-ON-THE-COB	168g 1 ear 6"	100	3.2	468	10	.12	.13	6	.7
RICE whole brown	100g ½ cup dry	360	7.5	50	0	.05	.32	39	2.0
WHEAT whole	" "	344	12.7	0	0	.15	.55	46	3.8
OATS	" 1½ cups dry	392	14.2	0	0	.14	.61	53	5.0
WALNUTS	" 1 cup halver	654	15.0	30	3	.13	.48	83	2.1
CASHEWS	" ¾ cup	578	18.5	0	0	.19	.63	46	5.0
<b>PROT. RICH IN B<sub>1</sub> and IRON</b>									
MUNG BEANS	100g ½ cup	340	23.9	300	5	.17	.56	145	7.8
CHICK PEAS	" ½ cup	359	20.8	trace	2	.17	.55	92	7.1
LIMA BEANS	" ¾ cup	333	20.7	0	2	.18	.48	68	7.5
PEANUTS	" ¾ cup	559	26.9	0	0	.16	.30	74	1.9
BAKED POTATO	132g 1 med.	100	2.5	21	18	.05	.11	13	0.8
<b>PROT. RICH IN B<sub>2</sub>, B<sub>1</sub>, CAL. &amp; IRON</b>									
NON-FAT DRIED MILK	100g ¾ cup	362	35.6	40	7	1.96	.35	1300	.6
ALMONDS	" ⅞ cup	597	18.6	0	trace	.67	.25	254	4.4
WHEAT GERM	" 1½ cups	361	25.2	0	0	.80	2.05	84	8.1
LENTILS	" ½ cup	339	24.0	570	5	.24	.56	34	7.4
PINTO BEANS	" ½ cup	343	23.1	0	2	.23	.61	163	6.9
PEAS dried split	" ½ cup	344	24.5	370	0	.28	.77	33	5.1
SOYBEANS	" ½ cup	329	34.9	110	trace	.31	1.07	227	8.0
BREWERS' YEAST	" "	249	36.9	0	0	5.45	9.69	106	18.2