

## NUTRITIONAL CONTENT OF SOME CURRENT FOODS

Composition of foods (average contents per 100 g)

<b>FOODS</b>	<b>PROTEIN (g)</b>	<b>VITAMIN A (mg)</b>	<b>FOLIC ACID (mg)</b>	<b>VITAMIN E (mg)</b>	<b>IRON (mg)</b>	<b>CALCIUM (mg)</b>	<b>MAGNESIUM (mg)</b>	<b>COPPER (mg)</b>	<b>ZINC (mg)</b>	<b>MOISTURE (%)</b>
<b>LEAF EXTRACT</b>	51	55	0.3	30	70	3 140	118	0.78	1.26	8
<b>BEEF</b>	17	0.02	0.02	0.3	3	10	20	0.05	1.5	57
<b>CHICKEN</b>	21	-	-	-	1	14	19	0.35	-	73
<b>WHITING</b>	17	-	-	-	0.9	45	30	0.1	0.74	70
<b>MILLET</b>	11	-	-	1.2	4	30	167	0.3	1.7	10
<b>BROWN RICE</b>	8	-	-	-	1	50	106	0.4	0.4	12.5
<b>DRY BEANS</b>	19	-	0.05	-	6.7	137	150	0.9	5.2	8
<b>WHEAT FLOUR</b>	9.5	-	-	1	1.2	16	20	0.2	1.7	13
<b>WHOLE MILK</b>	3.5	0.03	-	0.1	0.1	130	14	0.07	0.75	87
<b>NATURAL YOGHURT</b>	3.5	-	-	-	0.3	174	14	0.1	0.9	87
<b>EGGS</b>	14	0.3	-	1	2.8	55	11	0.16	1.5	74
<b>SPINACH</b>	2.3	3	0.9	-	4	81	50	0.9	5.2	92

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Source : "Votre Alimentation" by Dr Alain BLONDIL - Editions Robert LAFFONT – source « moisture contents » : laboratory of FRANCE LUZERNE.