

# *Nutritive Values of Some Hawaii Foods*

IN HOUSEHOLD UNITS AND COMMON MEASURES

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HAWAII AGRICULTURAL EXPERIMENT STATION

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### **THE AUTHORS**

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## PREFACE

Government publications such as *Agricultural Handbook 8 (22)*, and its revisions, and private publications such as *Bowes and Church (1)* give the nutritive values of many common American foods in household units and/or average servings. This circular presents nutritive values for some foods available in Hawaii which are not found in the above publications and it is expected to be used as a supplement to the larger and more complete compilations.

More values for Oriental foods used in Hawaii were originally planned but shortage of staff made it impossible to carry out the analyses in time to include the results in this edition.

**Selection and preparation of samples:** Measurements were made on fresh products of top quality purchased on the market. Waste sections were removed prior to measurements so that all weights are for the edible portion (E.P.) unless otherwise indicated. A.P. means as purchased.

**Weighing and measuring of samples:** Vegetables such as spinach, cowpea tender tips, and watercress were first cut into 1-inch sections before weighing and measuring. Raw cup weights of vegetables were obtained from tossing the vegetable sections into the cup and tapping it lightly once or twice. Cup measures are averages of at least triplicate weighings.

**Cooking of vegetables:** Vegetables were cooked by the common household procedure of boiling gently in a small amount of water until tender. If the water was not all absorbed, the vegetable was drained in a sieve for 3 minutes before weighing and measuring, though it is recommended that to retain maximum nutritive values, the water in which most vegetables are cooked should be served with the vegetable. (Our vitamin assays of cooked vegetables were made on steamed products which retained all juices.)

**Cooking of rice:** The usual American methods of cooking rice employ more water than the typical Oriental method used in Hawaii, which is as follows: Cold water is added to the washed rice in a saucepan or kettle with a tight-fitting cover; the water is brought to the boiling point and boiled for about 5 minutes, then the heat is reduced and the contents of the pot allowed to steam for varying periods of time from 20 to 40 minutes. This method results in a drier product which has a different proportion of nutrients than rice boiled in a large amount of water or rice cooked in a double boiler. The values given for rice in this circular are based largely on figures obtained in our laboratory plus a few published figures.

**Sources of original data:** Most of the figures have been derived from published and unpublished analyses of foods made in the Station laboratories, but in the case of some foods or for one or more nutrients the values have been taken from other sources listed under *References*. No effort has been made to indicate the exact source for each figure since the average user is not interested in such details.

When some of the values were obtained from sources other than our own analyses, they were calculated to the same moisture content as our products. If all our values were not determined on the same sample, they were calculated to the same moisture basis.

**Calculation of caloric values:** Instead of using the older energy factors of 4, 9, and 4 for protein, fat, and carbohydrate, all energy values (calories) have been recalculated, using the more specific physiological energy factors for different types of foods recommended by the Human Nutrition Research Branch of the Agricultural Research Service, U. S. D. A. (*f*). For soybean products, the factors given in a later publication were used (*fa*).

**Calculations of nutritive value of cooked foods:** The figures for many of the cooked foods have been derived from the raw on the basis of change of weight in the cooked product, especially for proximate composition and the three minerals. However, for the vitamin values of cooked foods most of the figures are based on our analyses, especially from Technical Bulletin 30 (*16*). Since we have not determined the mineral losses of cooked vegetables, or other foods (except for losses in washing rice), we have assumed that there are no losses in minerals for the cooked product, but this would be true only if vegetables were carefully prepared and cooked to retain all the liquid and, therefore, all of the minerals that might be soluble.

0 indicates that no detectable amount of the nutrient was present in the sample tested.

*Trace* indicates that in the samples tested there were detectable amounts of the vitamin, but for 100 grams the values were *less than* 10 I. U. for vitamin A, 10 micrograms for thiamine and riboflavin, 0.10 milligram for niacin, and 1.0 milligram for ascorbic acid.

Blanks indicate that no data are available, and the nutrient may or may not be present.

Figures in parentheses ( ) are derived from a similar product, are imputed values, or for some reason are considered doubtful.

The following abbreviations have been used in the table headings in order to conserve space:

Prot.—protein

CHO—carbohydrate

Ca—calcium

P—phosphorus

Fe—iron

I. U.—International Units (for vitamin A)

Gm.—grams (28.4 grams equal 1 ounce)

Mg.—milligrams (1000 mg. equal 1 gram)

Mcg.—micrograms (1000 mcg. equal 1 mg.)

FOODS	WT. GM.	APPROXIMATE MEASURE	CALORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIAMINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
<b>FISH AND OTHER SEA FOODS</b>														
Bagoong	100 A.P.	½ cup, undiluted	52	11.0	6	0	870	427	8.6	0	0	0	0	0
	E.P. from 100 gm diluted		48	10.0	.6	0	296	132	7.6	0	0	0	0	0
	E.P. from 17 gm.	1 tablespoon	8	1.7	.1	0	50	22	1.3	0	0	0	0	0
Fish Cake, (Kamaboko) Broiled	100	9 slices, ¼" thick	129	13.0	.8	15.9	7	48	.2	0	9	12	1.7	0
	278	1 cake, 9½" x 1⅞"	359	36.1	2.2	44.2	19	133	.6	0	25	33	4.7	0
	12	1 slice	16	1.6	.1	1.9	1	6	0	0	1	1	.2	0
Steamed	100	6 slices, ¼" thick	108	10.0	.5	14.5	9	36	.4	0	6	9	1.8	0
	322	1 block, 6¼" x 2" x 1½"	346	32.2	1.6	46.7	29	116	1.3	0	19	29	5.8	0
	16	1 slice	17	1.6	.1	2.3	1	6	.1	0	1	1	.3	0
Deep-fat Fried Tempura (fish cake mixture plus small quantities of carrot and gobo)	100	6 slices, ¼" thick	126	10.9	2.0	14.7	10	32	.3	35	6	31	1.6	0
	288	1 cake, 6¼" x 2¼"	362	31.4	5.8	42.3	29	92	.9	101	17	89	4.6	0
	17	1 slice	21	1.8	.3	2.5	2	5	0	6	1	5	.3	0
Iriko, (Chirimen)	100	1½ cups	208	40.0	4.1		120	1310	29.4					
	70	1 cup	146	28.0	2.9		84	917	20.6					
	5	1 tablespoon	10	2.0	.2		6	66	1.5					
Mullet Raw	100	½ to ¾ fillet	156	20.0	7.8		43	223	(1.0)		(90)*	(120)*	(2.7)*	0
	225	E.P. 15¼" long, without skin (A.P. 458 gm.)	351	45.0	17.6		97	502	(2.2)		(202)	(270)	(6.1)	0
	112	1 fillet, without skin	175	22.4	8.7		48	250	(1.1)		(101)	(134)	(3.0)	0
Opihi	100	23 large or 40 small	86	15.9	1.6	1.0	211	134	12.8	1837	21	381	1.8	0
	13	1 tablespoon 3 to 5 whole	11	2.1	.2	.1	27	17	1.7	239	3	50	.2	0

\*Vitamin values based on another fish species of similar proximate composition.

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL- ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA- MINE MCG.	RIBO- FLAVIN MCG.	NIA- CIN MG.	ASCORBIC ACID MG.

**FISH AND OTHER SEA FOODS, Continued**

Shrimp Fresh, Raw	100	½ cup, 6 to 8 shrimps	84	17.9	.8	.1	63	166	1.6	(60)	50	140	2.2	
	206	1 cup, 12 to 17 shrimps	173	36.9	1.6	.2	130	342	3.3	(124)	103	288	4.5	
Cooked or Canned	100	¾ cup, 10 shrimps	127	26.8	1.4		115	263	3.1	60	10	30	2.2	
	140	1 cup, 14 shrimps	178	37.5	2.0		161	368	4.3	84	14	42	3.1	
Dried	100	1 cup	295	62.4	2.3	1.8	247	652	6.3	(210)	(140)	(430)	(6.5)	
	7	1 tablespoon	21	4.4	.2	.1	17	46	.4	(15)	(10)	(30)	(.4)	
Squid Fresh, Raw	100	2 squids	73	16.3	.4		26	175	.5		20	120	(1.4)	
	48	1 squid (74 gm. A.P.)	35	7.8	.2		12	84	.2		10	58	(.7)	
Cooked	100	3½ squids ¾ cup, ½" pieces	124	27.6	.7		44	296	.8					
	28	1 squid (48 gm. raw)	35	7.8	.2		12	84	.2					
	130	1 cup, ½" pieces (220 gm. raw)	161	35.9	.9		57	385	1.1					
Dried	100	2 squids, 17" total length, 7¾" body	305	62.3	4.3		46	471	2.0		60	420	4.7	
	52	1 squid	159	32.4	2.2		24	245	1.0		31	218	2.4	

**FRUITS**

Avocado Summer (Low Fat)	100	⅓ large	103	1.4	9.3	5.7	8	34	.6	838	44	117	1.6	6
	140	1 cup, ½" cubes ½ large avocado	144	2.0	13.0	8.0	11	48	.8	1173	62	164	2.2	8
	230	1 cup puree	237	3.2	21.4	13.1	18	78	1.4	1927	101	269	3.7	14
Avocado Winter (High Fat) (Beardslee variety)	100	¼ large	211	.2	22.9	5.3	4	73	.5	1890	55	108	1.0	4
	232 300	½ fruit without rind ½ fruit with rind	490	.5	53.1	12.3	9	169	1.2	4380	128	250	2.3	9

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS					
										A I. U.	THIA-MINE MCC.	RIBO-FLAVIN MCC.	NIA-CIN MG.	ASCORBIC ACID MG.	
<b>FRUITS, Continued</b>															
Banana, Bluefields	100	2/3 cup scant, sliced 1/2 cup scant, pulp	89	1.3	.2	23.1	4	20	.2	150	26	38	.6	6	
	159	1 cup slices 1 1/8 bananas	142	2.1	.3	36.7	6	32	.3	238	41	60	1.0	10	
	226	1 cup pulp 1 2/3 bananas	201	2.9	.4	52.2	9	45	.4	339	59	86	1.4	14	
	138	1 banana, 7" long	123	1.8	.3	31.9	6	28	.3	207	36	52	.8	8	
Banana, Brazilian	100	1 2/3 bananas 2/3 cup, 1/4" slices 1/2 cup scant, pulp	112	.9	.3	29.6	7	29	.3	150	39	72	.6	14	
	62	1 banana, 4 1/4" x 1"	69	.6	.2	18.4	4	18	.2	93	24	45	.4	9	
Banana, Chinese	100	1 1/4 bananas, 6" x 1 1/2" A.P. 2/3 cup slices, 1/4" thick 2/3 cup scant, pulp	72	1.8	.2	17.9				82	26	41	.6	8	
	82	1 banana, 6" long A.P.	59	1.5	.2	14.7				67	21	34	.5	6	
	145	1 cup slices 1 3/4 bananas	104	2.6	.3	26.0				119	38	59	.9	12	
	164	1 cup pulp 2 bananas	118	3.0	.3	29.4				134	43	67	1.0	13	
Banana, Plantain (Cooking banana) (Popoulu variety) Raw	100	1 banana, 4 1/2" long	110	.8	.3	29.1	9	32	1.2	675	57	67	.6	14	
	Cooked	100	1 banana	111	.8	.3	29.4	9	32	1.2	488	50	63	.5	13
Breadfruit, Green, Mature Raw	100	1 cup scant, 1/2" cubes	119	1.3	.3	29.3	21	59	.4	0	125	55	.9	17	
	Cooked	100	3/4 cup, 1/2" cubes	119	1.3	.3	29.3	21	59	.4	0	122	58	.7	10
Breadfruit, Ripe Raw	100	1 wedge, 5" x 1/2"	126	1.4	.3	29.8	22	63	.4	35	99	54	1.3	13	
	146	1 wedge, 5" x 3/4"	184	2.0	.4	43.5	32	92	.6	51	144	79	1.9	19	
	Cooked	100	1/3 cup, mashed	134	1.4	.3	31.7	24	67	.4	26	109	56	1.3	10
		132	1 wedge, 5" x 1/2"	177	1.8	.4	41.8	32	88	.5	34	144	74	1.7	13
Carambola Juice	100	1/2 cup	33	0	0	9.3	1	11	.1	21	40	44	.7	35	
Figs, Whole	100	2 1/2 medium	48	.7	.2	12.3	26	20	.1	62	34	37	.3	2	
	40	1 medium, 2" diameter	19	.3	.1	4.9	10	8	<.1	25	14	15	.1	1	

FOODS	WT. GM.	APPROXIMATE MEASURE	CALORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIAMINE MCG.	RIBO-FLAVIN MCG.	NIACIN MG.	ASCORBIC ACID MG.
<b>FRUITS, Continued</b>														
Guava, Common Fresh, Whole	100	1 medium, 2½" diameter (seeds discarded)	30	.2	<1	8.3	9	9	.2	200*	35	43	.6	100†
Pulp (without seeds)	100	½ cup scant	30	.2	<1	8.3	9	9	.2	200*	40	41	.8	100†
	164	1 cup	49	.3	.1	13.6	15	15	.3	328*	66	67	1.3	164†
Shells	100	1 cup scant, slices ⅜" thick (from 2 medium guavas)	30	.2	<1	8.3	9	9	.2	200*	40	41	.8	100†
Guava Jelly	100	⅓ cup	252	0	0	65.0	0	0	0					50
	20	1 tablespoon	50	0	0	13.0	0	0	0					10
Guava Juice, Homemade	100	½ cup scant	21	.1	0	5.7	6	6	.1					80
	118	½ cup	25	.1	0	6.7	7	7	.1					94
Guava Sauce	100	⅓ cup (100 gm. fresh guava, 12 gm. sugar)	77	.2	0	20.3	9	9	.2	200	40	41	.8	100
	243	1 cup scant (244 gm. fresh guava, 30 gm. sugar)	190	.5	0	50.2	22	22	.5	488	98	100	2.0	244
Lychee (Brewster)	100	6 fruits, shelled and pitted	75	.8	.2	19.6	11	25	.2	0	17	66	.8	54
	16	1 fruit, shelled and pitted	12	.1	0	3.1	2	4	0	0	0	10	.1	9
	172	1 cup fruit, shelled and pitted	129	1.4	.3	33.7	19	43	.3	0	29	116	1.4	93
Mango, Common, Ripe	100	½ cup, sliced 1 mango	66	.5	.2	17.5	5	16	.3	1639	37	59	.5	70-142
	197	1 cup, sliced	130	1.0	.4	34.5	10	32	.6	3229	73	116	1.0	138-280
Mango, Pirie	100	⅔ cup, sliced 1 small	46	.3	.1	12.4	4	10	.1	3090	53	39	.3	15
	120	1 medium	55	.4	.1	14.9	5	12	.1	3708	64	47	.4	18
	170	1 large 1 cup, sliced	78	.5	.2	21.1	7	17	.2	5253	90	66	.5	26
Mango Sauce (Common)	100	⅓ cup (58 gm. common mango, 28 gm. sugar)	147	.3	.1	38.2	3	9	.2	951	21	34	.3	46
	271	1 cup (157 gm. common mango, 76 gm. sugar)	398	.8	.3	103.5	8	24	.5	2577	58	93	.8	125

\*Vitamin A value depends upon the color; light yellow or white guavas may have only half this value or none.

†Ascorbic acid varies greatly from about 70 to 150 mg./100 gm. or more.



FOODS	WT. GM.	APPROXIMATE MEASURE	CALORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIAMINE MCG.	RIBOFLAVIN MCG.	NIACIN MG.	ASCORBIC ACID MG.
FRUITS, Continued														
Mountain Apple	100	2 medium fruits	30	.3	.1	7.8	7	13	.4	0	29	36	.2	23
	147	1 cup, ½" cubes	44	.4	.1	11.5	10	19	.6	0	43	53	.3	34
Orange, Hawaii With membrane	100	1½ small	43	.7	.1	11.0	40	24	.2					
	100	1½ small Without membrane	32	.4	.1	8.4	20	17	.2	564	91	75	.3	44
	70	1 small	22	.3	.1	6.0	14	12	.1	395	64	52	.2	31
Juice	100	½ cup scant	32	.4	0	8.4	13	20	.2	564	91	75	.3	44
Papaya, Green or "Half ripe"	100	¾ cup, ½" cubes	35	.4	<.1	9.4	18	12	.2	45	25	29	.2	75
Papaya, Solo, Ripe	100	½ small papaya ½ cup scant, puree	43	.4	<.1	11.6	29	11	.2	1047	25	41	.3	84
	140 224	½ medium E.P. ½ medium with skin (A.P. whole, 1 to 1¼ lb.)	60	.6	.1	16.2	41	15	.3	1466	35	57	.4	118
Papaya, Solo, Pulp	244	1 cup puree	106	1.0	.1	28.3	71	27	.5	2555	61	100	.7	205
Passion Fruit Juice Purple	100	½ cup scant	50	.4	0	13.6	4	13	.2	717	trace	131	1.5	30
	124	½ cup	62	.5	0	16.9	5	16	.2	889	trace	162	1.9	37
Yellow	100	½ cup scant	53	.7	.2	13.6	3	24	.3	2410	trace	101	2.2	20
	124	½ cup	66	.9	.2	16.9	4	30	.4	2988	trace	125	2.7	25
Persimmon, Seedless (Maui-grown)	100	¾ medium	76	.5	.1	20.4	6	15	.2	1970	2	60	.2	7
	136 166	1 fruit without skin 1 fruit with skin, 2½" x 2½"	103	.7	.1	27.7	8	20	.3	2679	3	82	.2	10
Pineapple, Fresh (Smooth Cayenne variety)	100	1 wedge, 6⅝" x 1¼" lengthwise, or 1 crosswise slice, 4¼" x ½"	41	.4	.2	10.5	14	9	.2	trace	66	28	.2	8
	146	1 wedge, 6⅝" x 1¾" or 1 crosswise slice, 4½" x ¾"	60	.6	.3	15.3	20	13	.3	trace	96	41	.3	12
Pineapple Cubes, Fresh	100	⅔ cup scant	41	.4	.2	10.5	14	9	.2	trace	66	28	.2	8
	166	1 cup	68	.7	.3	17.4	23	15	.3	trace	110	46	.3	13

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.

### FRUITS, Continued

Pineapple Juice, Fresh Homemade	100	½ cup scant	40	.2	0	10.8	13	9	.1	trace	66	28	.2	8
Plum, Methley	100	2 plums with skin	44	.6	<.1	11.7	6	14	.2	96	13	37	.4	trace
	162	1 cup slices, unpeeled	71	1.0	.1	19.0	10	23	.3	156	21	60	.6	trace
Plum, Java (Jambolan)	100	25 medium ¾ cup, seeded	53	.6	<.1	14.2	2	13	.3	0	trace	0	.2	27
Poha	100	¾ cup whole berries	48	1.8	.1	11.3	7	55	.9	1473	153	47	1.6	42
Soursop, Puree	100	½ cup scant	64	.6	.4	16.3	8	27	.3	0	67	120	1.5	16
	224	1 cup	143	1.3	.9	36.5	18	60	.7	0	150	269	3.4	36
Surinam Cherry	100	22 pitted cherries 1 cup scant	38	.4	0	10.2	7	9	0	1120	24	54	.2	19
	5	1 large pitted cherry, ⅞" x 1"	2	0	0	.5	0	0	0	56	0	0	0	1

### NUTS

Coconut, Mature Meat Grated	100	1 cup	306	2.9	29.6	11.9	18	84	1.7	0	27	trace	.6	0
	6	1 tablespoon	18	.2	1.8	.7	1	5	.1	0	2	0	0	0
	11	1 heaping tablespoon	34	.3	3.2	1.3	2	9	.2	0	3	0	.1	0
Coconut Cream I (without water added)	100	½ cup scant	346	4.3	34.7	6.0	11	122	2.3	0	30	8	.9	3 to 0
	100	½ cup scant	252	3.2	24.9	5.2	16	100	1.6	0	26	3	.8	3 to 0
Macadamia Nuts	100	¾ cup	727	9.2	78.2	9.9	53	240	2.0	0	340	93	1.0	0
	100	¾ cup	727	9.2	78.2	9.9	53	240	2.0	0	215	118	1.6	0
	15	6 whole nuts	109	1.4	11.7	1.5	8	36	.3	0	32	18	.2	0

### ORIENTAL FOODS

Aburage	100	5 triangles	354	21.0	21.8	24.3	118	382	11.1	0	48	32	.3	0
	19	1 triangle, 4⅓" x 3"	67	4.0	4.1	4.6	22	72	2.1	0	9	6	0	0

FOODS	WT. GM.	APPROXIMATE MEASURE	CALORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIAMINE MCG.	RIBOFLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
<b>ORIENTAL FOODS, Continued</b>														
Bamboo Shoots*	100	½ shoot, 6" x 3"	27	2.6	.3	5.2	13	59	.5	20	150	70	.6	4
	322	1 shoot, 6" x 3"	87	8.4	1.0	16.7	42	190	1.6	64	483	225	1.9	13
	136	1 cup slices, ½" thick	37	3.5	.4	7.1	18	80	.7	27	204	95	.8	5
Beans, Azuki Raw	100	½ cup dry beans	380	20.5	.7	61.6	88	271	8.4	10	500	100	(2.0)	0
	Cooked	100	¾ cup scant	112	6.0	.2	18.3	26	80	2.0				
		162	1 cup (48 gm. raw)	182	9.8	.3	29.6	42	130	4.0				
Bean, Mung (dry)	100	½ cup	339	24.4	1.4	59.7	91	320	6.3	40	680	210	2.0	3
Kirazu	100	½ cup, packed	81	6.1	2.1	10.4	70	120	1.4		100	24	.2	0
"Long Rice"† (Mung bean starch) Dry	100	1 1/10 bunches	†	.3	0	(85.8)	26	20	1.7	0	0	0	0	0
	Cooked	100	¾ cup	†	0	0	(16.3)	5	4	.3	0	0	0	0
		153	1 cup (29 gm. raw)	†	0	0	(24.9)	8	6	.5	0	0	0	0
Miso, White (made in Honolulu)	100	½ cup	215	7.7	1.4	43.5	31	138	1.3	44	34	82	.3	0
	17	1 tablespoon	30	1.3	.2	7.4	5	23	.2	7	6	14	0	0
Mochiko (Glutinous rice flour)	100	¾ cup, sifted	362	6.7	.7	79.4	12	148	(.8)	0	160			0
	144	1 cup, sifted	521	9.6	1.0	114.3	17	213	(1.2)	0	230			0
Noodles (Somen or Udon), without added egg Raw	100	¼ package	326	10.6	.8	67.2	16	195	2.8					
	375	1 package (net weight 13 oz.)	1222	39.8	3.0	252.0	60	731	10.5					
	Cooked	100	¾ cup scant	99	3.2	.2	20.3	5	59	.8				
172		1 cup (52 gm. raw)	170	5.5	.4	34.9	8	101	1.4					

\*All figures for 100 grams from Agricultural Handbook No. 34. Not certain if for E.P. raw or partially cooked. Measures made on canned product from Japan.

†Since it is uncertain how well the carbohydrates and other nutrients are utilized, no caloric values are given.

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
<b>ORIENTAL FOODS, Continued</b>														
<b>Seaweeds</b>														
Kombu*, Dry weight	100	3 leaves, 30"-50" long (washed and cooked)	*	.8	.1	(5.7)	19	21	2.2	trace	17	41	.1	trace
	35	1 leaf, 30"-50" long	*	.3	0	(2.0)	7	7	.8	0	6	14	0	0
Nori*, Dry weight	100	30 to 50 sheets	*	36.5	.3	(18.1)	19	155	20.0	36,000	150	600		
	2	1 small sheet	*	.7		(.4)	0	3	.4	720	3	12		
Wakame*, Dry weight	100	1 1/3 cups, 1" pieces (after washing)	*	10.1	.3	(45.7)	390	637		400	130	150		0
	3	1 tablespoon (after washing)	*	0	0	(1.3)	12	19		12	4	4		0
Sesame Seeds, Whole	100	2/3 cup	568	19.3	51.1	18.1	1125	614	9.5		930	220	4.5	0
	9	1 tablespoon	51	1.7	4.6	1.6	101	55	.9		84	20	.4	0
Shoyu	100	1/3 cup	31	5.0	1.2	2.0	16	130	5.7	0	25	200		0
	16	1 tablespoon	5	.8	.2	.3	2	21	.9	0	4	32		0
Tofu (Soybean Curd)	100	1/4 block	72	10.0	4.0	1.0	142	156	1.6	0	73	20	.2	0
	488	1 block, 4 1/2" x 3" x 2 1/2"	351	48.8	19.5	4.9	693	761	7.8	0	356	98	1.0	0
<b>RICE</b>														
Rice, Brown Raw	100	1/2 cup plus	360	7.5	1.7	77.7	8	170	.8	0	408	67	5.0	0
	188	1 cup	677	14.1	3.2	146.1	15	320	1.5	0	767	126	9.4	0
Cooked	100	3/4 cup (30 gm. raw)	108	2.2	.5	23.3	2	51	.2	0	121	20	1.3	0
Average Serving Japanese Bowl	116	3/4 to 7/8 cup (35 gm. raw)	126	2.6	.6	27.2	3	60	.3	0	140	23	1.5	0
Chinese Bowl	166	1 1/8 cups (50 gm. raw)	180	3.8	.8	38.8	4	85	.4	0	201	33	2.2	0
Rice, Processed or Converted Raw	100	1/2 cup	362	7.6	.3	79.4	24	136	.8	0	302	30	3.8	0
Cooked														
Average Serving Japanese Bowl	100	3/4 to 3/4 cup (40 gm. raw)	145	3.0	.1	31.8	10	54	.3	0	107	10	1.3	0
Chinese Bowl	137	1 cup (55 gm. raw)	199	4.2	.2	43.7	13	75	.4	0	146	13	1.8	0

\*Since it is uncertain how well the carbohydrates and other nutrients are utilized, no caloric values are given.

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIAMINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.

### RICE, Continued

Rice, White Raw	100	½ cup	355	6.7	.7	77.8	9	97	.2	0	91	30	1.9	0
	206	1 cup	731	13.8	1.4	160.3	18	200	.4	0	187	62	3.9	0
Cooked Average Serving Japanese Bowl	100	¾ to ¾ cup (50 gm. raw)	178	3.4	.4	38.9	4	48	.1	0	9	10	.7	0
	140	1 cup (70 gm. raw)	248	4.7	.5	54.5	6	68	.1	0	13	14	1.0	0
Rice, White, Enriched Raw	100	½ cup	355	6.7	.7	77.8	9	97	.2	0	967	37	5.7	0
	206	1 cup	731	13.8	1.4	160.3	18	200	.4	0	1992	76	11.7	0
Cooked Average Serving Japanese Bowl	100	¾ to ¾ cup (50 gm. raw)	178	3.4	.4	38.9	4	48	.1	0	200	14	1.7	0
	140	1 cup (70 gm. raw)	248	4.7	.5	54.5	6	68	.1	0	280	20	2.4	0

### VEGETABLES, FRESH

Bean, Hyacinth Raw	100	18 beans, whole 1¼ cups scant, 1" sections	32	2.2	.2	6.9	52	51	.8	109	56	92	.5	13
	87	1 cup	28	1.9	.2	6.0	45	44	.7	95	49	80	.4	11
Cooked	100	1 cup scant	32	2.2	.2	6.9	52	51	.8	142	56	88	.5	4
Bean, Soy (Fresh, green) Cooked	100	¾ cup scant	112	12.2	2.8	11.5	82	225	2.3	582	288	190	1.6	26
	163	1 cup	183	19.9	4.6	18.7	134	367	3.7	949	469	310	2.6	42
Bean, Winged (Goa) Raw	100	18 beans, whole 2 cups, 1" pieces	22	1.8	<.1	4.8	57	37	.5	330	220	89	.7	trace
	46	1 cup	10	.8	0	2.2	26	17	.2	152	101	41	.3	0
Cooked	100	1 cup rounded	22	1.8	<.1	4.8	57	37	.5	387	192	87	.7	0
Bean Sprouts, Mung Raw	100	1½ cups	31	3.4	.1	6.2	10	62	.7	trace	121	103	.8	15
	61	1 cup	19	2.1	.1	3.8	6	38	.4	trace	74	63	.5	9
Cooked	100	¾ cup (107 gm. raw)	35	3.9	.1	7.0	11	70	.8	trace	130	111	.9	6
	57	½ cup (61 gm. raw)	20	2.2	<.1	4.0	6	40	.4	trace	74	63	.5	3

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
<b>VEGETABLES, FRESH, Continued</b>														
Bean Sprouts, Soy														
Raw	100	1 cup rounded	56	7.9	1.1	7.8	30	24	1.3	28	174	141	.7	7
Cooked	100	¾ cup plus	61	8.6	1.2	8.5	33	26	1.4	41	188	145	.8	3
	124	1 cup	76	10.7	1.5	10.5	41	32	1.7	51	233	180	1.0	4
Belembe (Tahitian Taro)														
Raw	100	10 to 15 leaves	36	2.6	.9	6.2	120	42	1.2	2045	62	244	1.0	96
Cooked	100	½ cup	29	2.1	.7	5.0	97	34	1.0	4884	44	198	.5	38
Bitter Melon Tips														
Raw	100	4 cups, 1" sections	36	4.6	.5	5.7	70	82	1.7	1734	181	362	1.1	88
	24	1 cup	9	1.1	.1	1.4	17	20	.4	416	43	87	.3	21
Cooked	100	¾ cup (81 gm. raw)	26	3.4	.3	4.2	51	60	1.2	1996	131	252	.9	16
	30	¼ cup (24 gm. raw)	8	1.0	.1	1.2	15	18	.4	599	39	76	.3	5
Bitter Melon Fruit (Balsam Pear)														
Raw	100	¾ medium-size fruit	34	.8	.1	7.4	13	61	.8	27	63	53	.3	63
	90	1 cup 21 slices, ¼" thick	31	.7	.1	6.6	12	55	.7	24	57	48	.3	57
Cooked	100	¾ cup 25 slices, ¼" thick	34	.8	.1	7.4	13	61	.8	113	51	53	.3	33
	126	1 cup 28 slices, ¼" thick	43	1.0	.1	9.3	16	77	1.0	142	64	67	.4	42
Burdock Root (Gobo)														
Raw	100	16 pieces, 1½" 1 cup scant	95	.7	0	24.2	42	25	1.4	0	45	56	.3	trace
Cooked	100	¾ cup	98	.7	0	24.9	43	26	1.4	0	39	58	.3	trace
	120	1 cup	118	.8	0	30.0	52	31	1.7	0	47	70	.4	trace
Cabbage, Chinese Celery														
Raw	100	2¼ cups, shredded	9	1.5	0	1.6	32	39	.3	53	47	43	.5	23
	44	1 cup	4	.7	0	.7	14	17	.1	23	21	19	.2	10
Cooked	100	¾ cup	9	1.5	0	1.6	32	39	.3	48	44	44	.5	16
	164	1 cup	15	2.5	0	2.6	52	64	.5	79	72	72	.8	26
Cabbage, Green Mustard														
Raw	100	2¾ cups, shredded	16	2.1	.1	2.7	63	51	.7	775	66	120	.7	61
	36	1 cup, shredded	6	.8	0	1.0	23	18	.2	279	24	43	.2	22
Cooked	100	¾ cup (100 gm. raw)	16	2.1	.1	2.7	63	51	.7	1330	70	112	.7	41
	67	½ cup	11	1.4	<.1	1.8	42	34	.5	891	47	75	.5	27

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	V I T A M I N S				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
<b>VEGETABLES, FRESH, Continued</b>														
Cabbage, White Mustard Raw	100	1½ cups, shredded	10	1.2	<1	1.9	65	34	.4	1501	45	66	.7	29
	67	1 cup	7	.8	0	1.3	44	23	.3	1006	30	44	.5	19
Cooked	100	⅔ cup scant (112 gm. raw)	12	1.5	<1	2.4	79	40	.4	2142	49	66	.7	21
	89	½ cup (100 gm. raw)	11	1.3	<1	2.1	70	36	.4	1906	44	59	.6	19
Cowpeas, Green (pods) Raw	100	1 cup	38	3.4	.2	8.0	54	72	.9	515	148	95	1.0	25
	100	⅔ cup	38	3.4	.2	8.0	54	72	.9	913	147	111	1.0	16
Cowpeas, Tender Tips Raw	100	2¾ cups, 1" sections	30	4.8	.3	4.4	73	106	2.2	712	354	175	1.1	36
	36	1 cup, 1" sections	11	1.7	.1	1.6	26	38	.8	256	127	63	.4	13
Cooked	112	1 cup (100 gm. raw)	30	4.8	.3	4.4	73	106	2.2	974	292	176	1.1	25
	40	⅓ cup (36 gm. raw)	11	1.7	.1	1.6	26	38	.8	348	104	63	.4	9
Daikon (Japanese white radish) Raw	100	¾ cup scant 10 slices, ⅛" thick	19	1.0	0	4.2	26	22	.6	0	26	36	.2	19
	172	1 cup, 18 slices	33	1.7	0	7.2	45	38	1.0	0	45	62	.3	33
Gourd, White-Flowered Raw	100	¾ cup, 18 pieces, ¼" thick	15	.6	0	3.8	7	19	.6	0	29	22	.3	10
	100	⅔ cup (108 gm. raw)	16	.6	0	4.0	7	20	.6	0	29	22	.4	2
Cooked	175	1 cup	28	1.0	0	7.0	12	35	1.0	0	51	38	.7	4
	100	3⅓ cups	75	9.4	1.4	11.4	365	112	4.0	7564	257	660	2.2	134
Cooked	30	1 cup	22	2.8	.4	3.4	110	34	1.2	2269	77	198	.7	40
	100	⅔ cup (72.5 gm. raw)	54	6.8	1.0	8.3	264	81	2.9	5893	186	428	1.7	26
Cooked	39	⅓ cup (28 gm. raw)	21	2.6	.4	3.2	103	32	1.1	2298	73	167	.6	10

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
VEGETABLES, FRESH, Continued														
Horseradish tree, (marong-gay) pods Raw	100	1 cup, 1" pieces (13 pods from 11¼" x ¼" to 17½" x ⅜")	39	2.3	.2	8.9	32	55	.4	74	53	74	.6	172
Cooked	100	⅞ cup, 1" pieces	33	1.9	.2	7.5	27	46	.3	70	46	68	.6	126
	30	¼ cup, 1" pieces	10	.6	<.1	2.2	8	14	.1	21	14	20	.2	38
Jute Raw	100	3¾ cups, 1" sections	41	5.5	.3	7.1	246	98	5.6	5730	137	282	1.3	38
Cooked	27	1 cup	11	1.5	.1	1.9	66	26	1.5	1547	37	76	.4	10
	100	⅔ cup scant (52 gm. raw)	21	2.9	.2	3.7	128	51	2.9	3521	62	130	.6	0
Lettuce, Manoa	86	½ cup	18	2.5	.2	3.2	110	44	2.5	3028	53	112	.5	0
	100	10 leaves 2 cups, shredded	9	.9	.1	1.8	20	25	.5	1229	52	66	.3	8
Lotus Root Raw	150	1 head, 5" x 5½"	14	1.4	.2	2.7	30	38	.8	1844	78	99	.4	12
	100	⅔ average segment 9 to 10 slices, ¼" thick	69	2.8	.1	15.7	30	103	.6	0	146	11	.3	75
Cooked	100	9 slices, ¼" thick	75	3.1	.1	17.2	33	114	.6	0	127	10	.3	72
Malabar Nightshade Raw	100	2¼ cups, 1" sections	17	1.9	.2	3.1	64	39	1.2	1686	84	126	.7	166
Cooked	45	1 cup	8	.8	.1	1.4	29	18	.5	759	38	57	.3	75
	100	⅔ cup (88 gm. raw)	15	1.7	.2	2.7	56	34	1.0	1610	71	117	.6	75
	72	½ cup (63 gm. raw)	11	1.2	.1	1.9	40	24	.7	1159	51	84	.4	54
Onions, Green, with tops Raw	100	3 cups, 1" pieces	24	1.4	.4	4.8	(96)	(26)	(1.1)	1664	78	113	.6	28
Peas, Chinese Edible Pod Raw	5	1 tablespoon, chopped	1	<.1	0	.2	(5)	(1)	(0)	83	4	6	0	1
	100	1½ cups, 80 pods	27	2.4	.1	5.6	32	38	.5	313	175	76	.7	50
Cooked	65	1 cup	18	1.6	.1	3.6	21	25	.3	203	114	49	.4	32
	50	⅜ cup	14	1.3	0	3.0	16	20	.2	198	81	40	.4	19
Pigeon Peas, Green, shelled Raw	100	⅔ cup, shelled	119	7.5	.6	21.6	29	135	1.3	397	398	250	2.4	26
Cooked	150	1 cup, shelled (350 gm. unshelled)	178	11.2	.9	32.4	44	202	2.0	596	597	375	3.6	39
	100	⅔ cup (100 gm. raw)	119	7.5	.6	21.6	29	135	1.3	350	379	208	2.1	48
	78	½ cup	93	5.8	.5	16.8	23	105	1.0	273	296	162	1.6	37



FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	V I T A M I N S				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-GIN MG.	ASCORBIC ACID MG.
VEGETABLES, FRESH, Continued														
Poi, 2-Finger (17% solids)	100	½ cup scant	67	.6	.1	16.0	11	22	.4	0	42	15	.3	(5)*
	240	1 cup	161	1.4	.2	38.4	26	53	1.0	0	101	36	.7	(12)*
Pumpkin Greens Raw	100	2¼ cups, 1" sections	21	3.0	.4	3.0	37	99	2.1	1942	94	128	.9	11
	44	1 cup	9	1.3	.2	1.3	16	44	.9	854	41	56	.4	5
Cooked	100	¾ cup (70 gm. raw)	20	2.8	.4	2.8	35	93	2.0	2042	56	112	.7	1
	62	½ cup (44 gm. raw)	12	1.7	.2	1.7	22	58	1.2	1266	35	69	.4	1
Pumpkin or Squash Yellow (winter type) Raw	100	¾ cup, ½" cubes	68	1.0	0	18.5	20	61	.4	2000 to 4000†	125	68	1.0	15
	120	1 cup	82	1.2	0	22.2	24	73	.5	2400 to 4800†	150	82	1.2	18
Cooked	100	¾ cup, ½" cubes	67	1.0	0	18.2	20	60	.4	2600 to 5700†	128	73	1.0	14
Purslane Raw	100	2⅓ cups, 1" pieces	24	1.5	.1	5.4	75	50	2.3	1320	47	112	.5	21
	43	1 cup, 1" pieces	10	.6	0	2.3	32	22	1.0	568	20	48	.2	9
Cooked	100	⅞ cup (86 gm. raw)	21	1.3	<.1	4.6	65	43	2.0	1654	28	81	.4	9
	58	¾ cup (50 gm. raw)	12	.8	0	2.7	38	25	1.2	959	16	47	.2	5
Spinach, Chinese Raw (Amaranth)	100	28 plants, 3½ cups, 1" pieces	18	1.8	.1	3.6	116	53	2.0	1890	30	143	.7	24
	28	1 cup, 1" pieces	5	.5	0	1.0	32	15	.6	529	8	40	.2	7
Cooked	100	¾ cup (91 gm. raw)	16	1.6	.1	3.3	105	48	1.8	2311	10	133	.7	11
	31	¼ cup (28 gm. raw)	5	.5	0	1.0	33	15	.6	716	3	41	.2	3
Swamp Cabbage Raw	100	2¾ cups, 1" sections	19	2.4	.2	3.1	40	44	1.4	1261	57	126	.6	44
	37	1 cup, 1" sections	7	.9	.1	1.1	15	16	.5	466	21	47	.2	16
Cooked	100	1 cup	19	2.4	.2	3.1	40	44	1.4	2024	53	129	.7	10
Sweet Potato Tops Raw	100	3½ cups, 1" sections	36	4.0	.3	6.7	37	94	1.0	941	132	297	1.1	11
	28	1 cup	10	1.1	.1	1.9	10	26	.3	263	37	83	.3	3
Cooked	100	⅝ cup (64 gm. raw)	23	2.6	.2	4.3	24	60	.6	888	73	181	.7	1
	44	¼ cup (28 gm. raw)	10	1.1	<.1	1.9	10	26	.3	391	32	80	.3	0

\*Commercial poi has variable small amounts of ascorbic acid and because of the long cooking process, may have none.

†Vitamin A values vary according to depth of yellow color.

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL- ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA- MINE MCG.	RIBO- FLAVIN MCG.	NIA- CIN MG.	ASCORBIC ACID MG.
VEGETABLES, FRESH, Continued														
Taro, Hawaiian, Corms Cooked	100	¾ cup, ½" cubes	104	1.0	.1	25.0	18	44	1.0	trace	111	30	.5	5
	132	1 cup, ½" cubes	137	1.3	.1	33.0	24	58	1.3	trace	146	40	.7	7
Taro, Japanese (Dasheen) Raw	100	1½ corms	93	2.7	0	21.2	28	65	.6	trace	65	18	.6	4
	75	1 medium corm	70	2.0	0	15.9	21	49	.4	0	49	14	.4	3
Cooked	100	1½ corms	93	2.7	0	21.2	28	65	.6	trace	47	16	.6	4
	75	1 medium corm	70	2.0	0	15.9	21	49	.4	0	35	12	.4	3
Taro Leaves (Luau) Raw	100	8 leaves, 4 cups, 1" pieces	53	5.4	1.1	8.6	134	116	1.8	5688	230	464	1.6	52
	Cooked	100	½ cup scant (65 gm. raw)	32	3.3	.6	5.2	81	70	1.1	3713	112	285	1.0
220		1 cup (143 gm. raw)	70	7.3	1.3	11.4	178	154	2.4	8169	246	627	2.2	62
Turnip Greens Raw	100	2 cups, 1" pieces	12	1.0	.1	2.6	127	39	1.1	1676	39	152	.4	43
	50	1 cup	6	.5	0	1.3	64	20	.6	838	20	76	.2	22
Cooked	100	¾ cup	12	1.0	.1	2.6	127	39	1.1	2160	32	102	.4	32
	50	⅜ cup	6	.5	0	1.3	64	20	.6	1080	16	51	.2	16
Watercress Raw	100	6 to 8 plants, 12" to 15" long 2 cups, 1" pieces	15	1.9	.3	2.3	88	44	.6	1197	77	130	.5	56
	48	1 cup, 1" pieces	7	.9	.1	1.1	42	21	.3	574	37	62	.2	27
Cooked	100	¾ cup	15	1.9	.3	2.3	88	44	.6	1503	62	132	.5	47
	137	1 cup	21	2.6	.4	3.2	120	60	.8	2059	85	181	.7	64
	48	⅓ cup	7	.9	.1	1.1	42	21	.3	721	30	63	.2	22
Water Chestnut Raw	100	18 corms	73	1.6	0	17.9	2	65	.6					4
	25	4 medium corms	18	.4	0	4.5	0	16	.2					1
Yam Bean Root Raw	100	1 cup, thin slices	41	.8	0	10.2	8	18	.4	0	77	61	.3	12
	Cooked	100	¾ cup	41	.8	0	10.2	8	18	.4	0	81	62	.2
130		1 cup	53	1.0	0	13.3	10	23	.5	0	105	81	.3	12

FOODS	WT. GM.	APPROXIMATE MEASURE	CAL-ORIES	PROT. GM.	FAT GM.	CHO GM.	CA MG.	P MG.	FE MG.	VITAMINS				
										A I. U.	THIA-MINE MCG.	RIBO-FLAVIN MCG.	NIA-CIN MG.	ASCORBIC ACID MG.
<b>VEGETABLES, SALT-PICKLED</b>														
Cabbage, Green Mustard (salt)	100	1 medium head	27	1.5	.4	5.7	214	33		(703)*	(32)*	(78)*	(.4)*	0
	28	Average serving, ¼ of medium head	8	.4	.1	1.6	60	9		(197)	(9)	(22)	(.1)	0
Cabbage, White Mustard (bran and salt)	100	1 medium or 2 small cabbages	27	1.9	.2	5.9	150	135	3.4	1380	135	115	1.8	2
	28	1 average serving	8	.5	0	1.6	42	38	1.0	386	38	32	.5	0
Cabbage, White Mustard (salt)	100	1 medium or 2 small cabbages	20	2.1	.3	3.5	73	40		971	36	94	.7	trace
	28	1 average serving	6	.6	.1	1.0	20	11		272	10	26	.2	0
Daikon (Japanese Radish) (bran and salt) (Takuan, homemade)	100	11 to 15 slices, ¼" x 1¾" thick	29	1.8	.3	5.7	102	84	2.2	0	454	34	4.8	0
	28	5 slices	8	.5	.1	1.6	28	24	.6	0	127	10	1.3	0
Daikon (salt)	100	11 to 15 slices, ¼" x 1¾" thick	20	1.8	.3	5.7	102	84	2.2	0	37	23	.2	0
	28	5 slices	8	.5	.1	1.6	28	24	.6	0	10	6	0	0
Eggplant (bran and salt)	100	1 medium, 9" x 1"	26	1.4	<.1	6.3	11	48	.4	10	138	69	1.6	trace
	28	8 slices, ¼" thick	7	.4	0	1.8	3	13	.1	3	39	19	.4	0
Eggplant (salt)	100	1 medium, 9" x 1"	30	1.6	<.1	7.1	12	54	.4	(32)	57	75	.6	trace
	28	8 slices, ¼" thick	8	.4	0	2.0	3	15	.1	(9)	16	21	.2	0
Kimchee (Kimchi) (salt-pickled celery cabbage with condiments)	100	⅔ cup	22	1.9	.4	4.0	67	46	1.2	1619	39	81	.6	5
	73	½ cup	16	1.4	.3	2.9	49	34	.9	1182	28	59	.4	4
Turnip Greens (salt)	100	16 to 19 small plants	53	1.8	.3	13.0	53	59		(3760)*	(5)*	(259)*	(.1)*	0
	28	Average serving, 4 to 5 small plants	15	.5	.1	3.6	15	16		(1053)	(1)	(72)	0	0

\*Vitamin values based on the fresh product with losses similar to those for salted White Mustard Cabbage.



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