

Type	Plant Food	Digestible carbs % by E	Digestible carbs % by wt	Indigestible carbs % by wt	Indigestible carbs % by E	Protein % by E	Protein % by wt	Fat % by E	Fat % by wt
Vegetable	Squash	86.13	11.69	2	0	0.09	1	2.65	0.1
	Garlic	83.11	33.06	2.1	0	0.17	6.36	13.24	0.5
	Leek	80.98	14.15	1.8	0	0.10	1.5	7.94	0.3
	Sweet potato (unprepared)	79.63	20.12	3	0	0.07	1.57	1.32	0.05
	Sweetcorn (Corn on the cob)	77.67	18.7	2	0	0.15	3.27	35.74	1.35
	White potato (flesh & skin)	77.16	15.71	2.4	0	0.10	1.68	2.65	0.1
	Onion	76.40	9.34	1.7	0	0.11	1.1	2.65	0.1
	Carrots	66.15	9.58	2.8	0	0.09	0.93	6.35	0.24
	Beetroot (Beets)	62.88	9.56	2.8	0	0.15	1.61	4.50	0.17
	Tomatoes	59.78	3.89	1.2	0	0.20	0.88	5.29	0.2
	Peppers (bell)	58.80	4.64	1.7	0	0.17	0.86	4.50	0.17
	Cucumber	58.40	2.16	0.7	0	0.24	0.59	4.24	0.16
	Green Beans	55.10	6.97	2.7	0	0.24	1.83	5.82	0.22
	Fennel	54.19	7.3	3.1	0	0.16	1.24	5.29	0.2
	Cabbage	52.80	5.8	2.5	0	0.20	1.28	2.65	0.1
	Okra	51.52	7.45	3.2	0	0.23	1.93	5.03	0.19
	Courgettes (Zucchini)	49.65	3.11	1	0	0.28	1.21	8.47	0.32
	Broccoli	47.53	6.64	2.6	0	0.33	2.82	9.79	0.37
	Cauliflower	47.52	4.97	2	0	0.31	1.92	7.41	0.28
	Aubergine (Eggplant)	46.08	5.88	3	0	0.16	0.98	4.76	0.18
	Chard (Swiss)	45.05	3.74	1.6	0	0.38	1.8	5.29	0.2
	Radishes	45.00	3.4	1.6	0	0.17	0.68	2.65	0.1
	Peas	43.21	14.45	5.7	0	0.27	5.42	10.59	0.4
	Black beans	42.42	16.55	6.9	0	0.27	6.03	7.68	0.29
	Lentils	42.17	20.13	7.9	0	0.31	9.02	10.06	0.38
	Chickpeas (Garbanzo) beans	41.32	13.49	4.4	0	0.22	4.92	51.62	1.95
	Oregano (dried)	39.88	68.92	42.5	0	0.14	9	113.29	4.28
	Celery	39.14	2.97	1.6	0	0.20	0.69	4.50	0.17
	Kohlrabi	38.52	6.2	3.6	0	0.25	1.7	2.65	0.1
	Parsley (fresh)	33.67	6.33	3.3	0	0.33	2.97	20.91	0.79
	Rocket (Arugula)	32.80	3.65	1.6	0	0.41	2.58	17.47	0.66
	Watercress	28.73	1.29	0.5	0	0.84	2.3	2.65	0.1
	Spinach	24.87	3.63	2.2	0	0.50	2.86	10.32	0.39
	Basil (fresh)	18.26	2.65	1.6	0	0.55	3.15	16.94	0.64
	Avocado	4.41	8.64	6.8	0	0.05	1.96	407.91	15.41
	Kale	3.66	4.42	4.1	0	0.33	2.92	39.44	1.49
	Olives	0.35	3.84	3.3	0	0.01	1.03	405.53	15.32
Nut	Coconut	7.04	15.23	9	0	0.04	3.33	886.50	33.49
	Almonds	6.25	21.55	12.5	0	0.15	21.15	1321.68	49.93
	Walnuts	4.29	13.71	6.7	0	0.09	15.23	1726.15	65.21
	Pecans	2.47	13.86	9.6	0	0.05	9.17	1905.09	71.97
Seed	Sesame Seeds	8.13	23.45	11.8	0	0.12	17.73	1314.79	49.67
	Sunflower Seeds	7.81	20	8.6	0	0.14	20.78	1362.18	51.46
Fruit	Dates (medjool)	98.58	74.97	6.7	0	0.03	1.81	3.97	0.15
	Bananas	90.97	22.84	2.6	0	0.05	1.09	8.74	0.33
	Apples	87.77	13.81	2.4	0	0.02	0.26	4.50	0.17
	Plums	87.13	11.42	1.4	0	0.06	0.7	7.41	0.28
	Pear	85.12	15.23	3.1	0	0.03	0.36	3.71	0.14
	Blueberries	84.84	14.49	2.4	0	0.05	0.74	8.74	0.33
	Apricots (fresh)	76.00	11.12	2	0	0.12	1.4	10.32	0.39
	Strawberries	71.00	7.68	2	0	0.08	0.67	7.94	0.3
	Raspberries	41.85	11.94	6.5	0	0.09	1.2	17.21	0.65