

## Nutritive value of fruits and vegetables

### Nutritive value of raw mango (per 100g)



| Principle     | Nutrient value | % of RDA |
|---------------|----------------|----------|
| Energy        | 70 kcal        | 3.5      |
| Carbohydrates | 17 g           | 13       |
| Dietary fiber | 1.8 g          | 4.5      |
| Fat           | 0.27 g         | 1        |
| Protein       | 0.51 g         | 1        |
| Vitamin A     | 765 IU         | 25.5     |
| Vitamin C     | 27.7mg         | 46       |
| Calcium       | 10 mg          | 1        |
| Iron          | 0.13 mg        | 1.5      |
| Magnesium     | 9 mg           | 2        |
| Potassium     | 156 mg         | 3        |

Source: USDA National Nutrient Database)

# Nutritive Value Of Foods

**United States Department of  
Agriculture, Susan E. Gebhardt, Robin  
G. Thomas**

## **Nutritive Value Of Foods:**

Nutritive Value of Foods Susan E. Gebhardt, 2002      **Nutritive Value of Foods** Catherine F. Adams, Martha Richardson, 1978      *Nutritive Value of Foods* Susan E. Gebhardt, Ruth H. Matthews, 1997-11      **Nutritive Value of Foods** Robin Thomas, Susan Gebhardt, 2019-12-09 An 8 oz glass of milk a 3 oz slice of cooked meat an apple a slice of bread What food values does each contain How much cooked meat will a pound of raw meat yield How much protein should a healthy 14 year old boy get each day Consumers want ready answers to questions like these so they can plan nutritious diets for themselves and their families Also nutritionists dietitians and other health professionals use this type of information in their daily work In response the U S Department of Agriculture published the first edition of this bulletin in 1960 USDA nutrition researchers have revised it many times since to reflect our expanded knowledge to add or subtract specific values and to update the ever growing list of available commonly used foods This publication gives in tabular form the nutritive values for household measures of commonly used foods It was first published in 1960 the last revision was published in 1991 In this revision values for total dietary fiber have been added and phosphorus values have been removed Values are reported for water calories protein total fat saturated monounsaturated and polyunsaturated fatty acids cholesterol carbohydrate total dietary fiber calcium iron potassium sodium vitamin A in IU and RE units thiamin riboflavin niacin and ascorbic acid vitamin C Data are from the U S Department of Agriculture Nutrient Database for Standard Reference Release 13      Nutritive Value of Foods Susan E. Gebhardt, 1992      *Nutritive Value of Foods* United States Department of Agriculture, Susan E. Gebhardt, Robin G. Thomas, 2016-04-05 This publication gives in tabular form the nutritive values for household measures of commonly used foods It was first published in 1960 the last revision was published in 1991 In this revision values for total dietary fiber have been added and phosphorus values have been removed Values are reported for water calories protein total fat saturated monounsaturated and polyunsaturated fatty acids cholesterol carbohydrate total dietary fiber calcium iron potassium sodium vitamin A in IU and RE units thiamin riboflavin niacin and ascorbic acid vitamin C Data are from the U S Department of Agriculture Nutrient Database for Standard Reference Release 13      **Principles of Nutrition and Nutritive Value of Food** Henry Clapp Sherman, 1944 This publication tells the main facts about human nutrition and the various substances in foods that are needed to nourish our bodies      **Nutritive Value of Food Available for Consumption** Berta Friend, 1966      **Nutritive Value of American Foods in Common Units** Catherine F. Adams, 1975 Approximately 1500 foods are analyzed according to calories and nutrients Intended for use by research groups who conduct surveys and professional personnel who plan or evaluate diets and food supplies Table 1 the main section lists foods alphabetically table 2 covers fatty acid content of foods Bibliography Index      *Conserving the Nutritive Values in Foods*, 1965

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## **Table of Contents Nutritive Value Of Foods**

1. Understanding the eBook Nutritive Value Of Foods
  - The Rise of Digital Reading Nutritive Value Of Foods
  - Advantages of eBooks Over Traditional Books
2. Identifying Nutritive Value Of Foods
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Nutritive Value Of Foods
  - User-Friendly Interface
4. Exploring eBook Recommendations from Nutritive Value Of Foods
  - Personalized Recommendations
  - Nutritive Value Of Foods User Reviews and Ratings
  - Nutritive Value Of Foods and Bestseller Lists
5. Accessing Nutritive Value Of Foods Free and Paid eBooks
  - Nutritive Value Of Foods Public Domain eBooks
  - Nutritive Value Of Foods eBook Subscription Services
  - Nutritive Value Of Foods Budget-Friendly Options
6. Navigating Nutritive Value Of Foods eBook Formats

- ePub, PDF, MOBI, and More
- Nutritive Value Of Foods Compatibility with Devices
- Nutritive Value Of Foods Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Nutritive Value Of Foods
  - Highlighting and Note-Taking Nutritive Value Of Foods
  - Interactive Elements Nutritive Value Of Foods
- 8. Staying Engaged with Nutritive Value Of Foods
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Nutritive Value Of Foods
- 9. Balancing eBooks and Physical Books Nutritive Value Of Foods
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Nutritive Value Of Foods
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Nutritive Value Of Foods
  - Setting Reading Goals Nutritive Value Of Foods
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutritive Value Of Foods
  - Fact-Checking eBook Content of Nutritive Value Of Foods
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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