

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

Elisabeth Shafer



Nutritive Value Of Foods:

Nutritive Value of Foods Susan E. Gebhardt, Robin G. Thomas, 2002 Gives in tabular form the nutritive values for household measures of commonly used foods Data are from the United States Department of Agriculture Nutrient Database for Standard Reference Release 13 Nutritive Value of Foods Catherine F. Adams, Martha Richardson, 1981 Extract A table of nutritive values for household measures of commonly used foods makes up the greater part of this bulletin First published in 1960 the bulletin was revised in 1964 1970 1971 1977 and 1978 In this revision values for breakfast cereals have been updated Recent information is provided on the dairy products group on the enrichment levels of white bread and rolls white flour self rising flour and products prepared with these enriched flours and on the fatty acid content of the foods Author

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 **Nutritive Value of Foods of Zimbabwe** Irene C. Chitsiku,1991 Nutritive Value of Foods Institute of Home Economics (U.S.),1960
Nutritive Value of Foods Elisabeth Shafer,1996 *Nutritive Value of Foods* ,1957 Nutritive Value of Foods ,1936
Human Foods and Their Nutritive Value Harry Snyder,2019-12-24 In Human Foods and Their Nutritive Value Harry Snyder offers a comprehensive analysis of various food sources and their contributions to human nutrition Written with clarity and precision the book blends scientific research with practical insights making it suitable for both professionals in the field and general readers Snyder delves into the biochemical properties of macronutrients and micronutrients examining how different diets affect health outcomes This work contextualizes contemporary dietary practices within historical and cultural frameworks presenting an invaluable resource amid the rising global interest in nutrition and health optimization Harry Snyder a prominent figure in nutritional science draws on extensive academic training and practical experience in dietary analysis to convey the intricacies of nutrient properties His previous research has focused on the relationship between dietary habits and public health shaping his understanding of the vital role that nutrition plays in societal wellbeing Snyder s passion for discovering the interconnections between food and health provides a unique lens through which he approaches the topic enriching the reader s experience with authoritative insights This book is an essential read for anyone interested in the science of nutrition from health professionals to curious readers eager to understand the food they consume Snyder s meticulous research and engaging writing style ensure that complex concepts are accessible and applicable in everyday life making Human Foods and Their Nutritive Value a vital addition to nutritional literature **Nutritive Value of Foods** Susan E. Gebhardt,2007-08-01 Tables of the nutritional values of a wide array of foods **Nutritive Value of Foods** Consumer and Food Economics Institute,1971 **NUTRITIVE VALUE OF FOODS** Dorothy Stewart Waller,1944
Nutritive Value of Foods United States. Agricultural Research Service. Consumer and Food Economics Research Division,1971

The Enigmatic Realm of **Nutritive Value Of Foods**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Nutritive Value Of Foods** a literary masterpiece penned with a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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