

## 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

**Catherine F. Adams, Martha  
Richardson**



## **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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