COMPOSITION OF RAW VEGETABLES IN 100 GRAMS (ABOUT 3½ OUNCES) AS PURCHASED

Item No.	Food and Description	Energy Kcal	Protein g	Calcium mg	Iron mg	Vitamin A Value I.U.	Ascorbic Acid mg	Refuse %
A.	**High Nutrition** (Vitamin A value more than 2,000 I.U.)							
1.	Amaranth, Chinese spinach	23	2.2	168	2.5	3,845	50	37
2.	Basil, sweet, leaves and stems	31	2.4	234	3.5	5,475	20	43
3.	Beet greens	13	1.2	67	1.8	3,415	17	44
4.	Bitter melon leaves	44	5.6	288	5.0	8,475	170	0
5.	Broccoli, flower cluster	25	2.8	80	.9	3,000*	88	22
6.	Carrot Beta III	25	.6	22	.4	19,470**	5	41
7.	Carrot, common	25	.6	22	.4	6,490	5	41
8.	Carrot tops	31	1.8	185	2.7	3,335	46	7
9.	Cassava young leaves	52	6.0	125	2.4	11,885	71	13
10.	Chinese celery leaves	36	5.5	245	3.1	8,865	91	5
11.	Chives	28	1.8	69	1.7	5,800	56	0
12.	Chrysanthemum	14	1.4	50	2.0	4,215	22	15
13.	Collards, leaves and stems	40	3.6	203	1.0	6,500	92	0
14.	Coriander, Chinese parsley	32	2.2	178	2.6	5,440	129	22
15.	Dandelion greens	43	2.6	178	2.9	13,300	33	5
16.	Edible hibiscus "Sunset"	47	5.7	580	3.0	13,000	118	25
17.	Endives	15	1.3	61	1.3	2,475	8	25
18.	Kale, leaves and stems	28	3.0	132	1.6	6,585	93	26
19.	Malunggay, drumstick leaves	46	3.4	215	2.1	7,595	142	39
20.	Mint leaves	32	3.0	194	3.8	3,600	64	0
21.	Mustard greens	22	2.1	128	2.1	4,900	68	30
22.	New Zealand spinach	18	2.1	55	2.5	4,085	29	5
23.	Ongchoy, kangkong, Ipomea aquatica	23	2.4	59	2.9	5,105	26	19
24.	Pakchoy, Chinese green spoon cabbage	15	1.5	157	.8	2,945	24	20
25.	Parsley, curley	44	3.6	203	6.2	8,500	172	0
26.	Papaya, young leaves	37	3.6	173	.4	9,715	70	29
27.	Pepper leaves	53	5.8	246	1.4	10,350	68	0
28.	Pepper, red, chili	100	5.5	86	3.6	11,000	93	13
29.	Pumpkin leaves and flowers	20	3.0	37	2.1	3,235	11	0
30.	Radish tops	33	3.3	220	4.1	4,115	81	0
31.	Rape leaves and stems	22	2.2	110	1.0	3,765	39	13
32.	Sesbania grandiflora leaves	77	8.7	404	5.0	10,385	58	0
33.	Spinach	16	2.0	57	1.9	4,940	31	39
34.	Sweet potato, orange-coloured flesh varieties	92	1.4	26	.6	7,130***	17	19
35.	Sweet potato tops	34	2.6	70	3.7	5,635	25	19
36.	Swiss chard	23	2.2	81	2.9	5,980	29	23
37.	Taro leaves	38	2.4	147	2.4	11,210	78	45
38.	Water cress	17	2.0	139	1.6	4,510	72	8

*Value for leaves is 16,000 I.U.; flower cluster, 3,000 I.U.; stalks, 400 I.U.
**Calculated basing on information from Asgrow Seed Company.
***Value for deep orange-coloured varieties. Pale varieties have very little vitamin A value.

B.	**Medium Nutrition** (Vitamin A value 500-2,000 I.U.)							
39.	Asparagus	15	1.4	12	.9	505	18	44
40.	Celery, Chinese, stems	15	2.2	93	1.2	615	11	25
41.	Cantaloup	15	.4	7	.2	1,700	17	50
42.	Lettuce, Butter head, Manoa	10	.9	26	1.5	720	6	26
43.	Lettuce, Romaine, loose head	12	.8	44	.9	1,215	12	36
44.	Lima bean, immatured seeds	123	8.4	52	2.8	650	29	0
45.	Okinawa spinach (Gynura bicolor)	31	3.7	12	2.3	1,165	28	0
46.	Onion, young green	35	1.4	49	1.0	1,910	31	0
47.	Papaya, ripe fruit	20	.4	13	.2	1,175	38	33
48.	Pea seeds, raw	94	6.2	32	1.2	675	27	0
49.	Pumpkin	18	.7	15	.6	1,120	6	30

Organic Gardening for Maui with John Valenzuela

Y.H. Yang

COMPOSITION OF RAW VEGETABLES IN 100 GRAMS (ABOUT 3½ OUNCES) AS PURCHASED

Item No.	Food and Description	Energy Kcal	Protein g	Calcium mg	Iron mg	Vitamin A Value I.U.	Ascorbic Acid mg	Refuse %
B.	Medium Nutrition - continued							
	. Snap bean, immatured pods	28	1.7	49	0.7	530	17	12
	. Tomato	22	1.1	13	.5	900	23	0
C.	Low Ntrition (Vitamin A value less than 500 I.U.)							
52.	Avocado	125	1.6	8	.5	220	11	25
53.	Bamboo shoots in sheath	8	.8	4	.1	5	1	71
54.	Banana, common	77	1.0	8	.7	365*	5	44
55.	Beet, common, red	21	.8	8	.3	10	5	51
56.	Bitter melon	15	.6	21	1.8	150	46	20
57.	Cabbage, common varieties	22	1.1	44	.4	115	42	10
58.	Cabbage, Chinese compact, head type, won bok	14	1.2	42	.6	145	24	3
59.	Cassava, fresh roots	145	1.2	33	.7	0	36	25
60.	Cauliflower, untrimmed	11	1.1	10	.4	25	30	61
61.	Celery	13	.7	29	.2	180	7	25
62.	Corn, sweet, with hust	25	1.3	1	.3	145	4	64
63.	Cucumber	14	.9	24	1.0	240	10	5
64.	Egg plant	20	1.0	10	.6	10	4	19
65.	Garlic, cloves, raw	121	5.5	26	1.3	0	13	12
66.	Ginger root, fresh	46	1.8	21	2.0	10	4	7
67.	Leek, bulb and lower leaf portion	27	1.1	27	.6	20	9	48
68.	Lettuce, Iceberg	10	.7	15	.4	245	4	26
69.	Luffa, sponge gourd	15	.4	11	.4	35	5	29
70.	Mushrooms, fresh	23	2.2	5	.6	0	2	19
71.	Okra	28	1.9	72	.5	405	24	22
72.	Onion, mature bulb	35	1.4	3	.5	35	9	7
73.	Pea pod, young	37	2.8	46	1.0	385	33	0
74.	Pepper, sweet	18	1.0	7	.6	345	105	18
75.	Pigeon pea, immatured seeds	117	7.2	42	1.6	140	39	0
76.	Potatoes, Irish	62	1.7	7	.5	0	16	19
77.	Radish, oriental	15	.7	27	.5	10	25	22
78.	Soybean, immatured pods	79	7.4	44	2.2	340	15	43
79.	Tares, tuber	65	1.3	18	.7	15	3	34
80.	Wax gourd	9	.3	13	.3	0	9	31
81.	Water melon	12	.2	3	.2	270	3	54
82.	Winged bean (cooked)	38	5.3	61	1.1	90	10	0
83.	Zucchini, summer squash	14	1.0	23	.3	260	16	18

*Some varieties, with yellow flesh, are high in vitamin A value.

References: 1. USDA Agriculture Handbook No. 8, 1963
2. Food Composition Table for Use in East Asia, FAO, 1972
3. Chinese Food Composition Table, 1976
4. USDA Agriculture Handbook No. 8, Revised, 1984

Remarks: 1. The use of I.U. (international Unit) to express vitamin A value is for the convenience of users. The conversion rate is 1 I.U. = 0.3 mcg R.E.(retinol e = 0.6 mcg beta-carotene = 1.2 mcg other carotenoids with vitamin A activity.
2. This table is prepared for the reference in food/crop selection of gardeners and homemakers in East and Southeast Asia and the Pacific, emphasing vitamin value of different vegetables.
3. Nutrition classification of vegetables basing only on their vitamin A value is sometimes unfair. For instance, sweet pepper, high in ascorbic acid, and immatured soybean and pigeon pea seeds, high in protein, are dropped in the third category. If other criteria were used, different pictures will appear.
4. Suggestions and corrections are appreciated.

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