

**Averages for All Nutrient Tables**

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Averages	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio		Protein	Fat	Net Carb	Sugar	Load
<b>Vegetable Averages</b>	18	3.1	57	72	15	0.8	:1.0	1.7%	0.3%	4.7%	2.8%	91.6%
<b>Fruit Averages</b>	43	7.8	198	30	-168	6.5	:1.0	1.0%	1.4%	13.8%	13.4%	63.4%
<b>Grain Averages</b>	57	46.3	1,178	78	-1,137	15.2	:1.0	9.7%	2.6%	53.6%	0.9%	61.9%
<b>Roots and Tubers Averages</b>	53	10.4	56	22	-34	2.5	:1.0	1.5%	0.2%	14.4%	3.2%	76.8%
<b>Balanced Legumes Averages</b>	36	9.4	152	93	-58	1.6	:1.0	7.8%	0.8%	13.7%	2.5%	82.4%
<b>Omega-6 Legumes Averages</b>	18	3.6	6,374	195	-6,179	32.7	:1.0	13.0%	19.1%	8.7%	2.7%	56.3%
<b>Nut Averages</b>	14	10.0	14,053	749	-13,305	18.8	:1.0	11.9%	48.1%	18.0%	3.9%	50.7%
<b>Omega-3 Seed Averages</b>	3	1.1	6,632	22,887	16,255	0.3	:1.0	17.0%	36.5%	3.4%	0.8%	72.0%
<b>Omega-6 Seed Averages</b>	26	6.3	24,438	264	-24,174	92.6	:1.0	22.2%	42.4%	16.6%	0.6%	66.0%
<b>Wild-Caught Seafood Average</b>	1	0.6	67	823	756	0.1	:1.0	19.0%	3.1%	0.5%	0.0%	99.2%
<b>Farm-Raised Fish Averages</b>	0	0.6	1,041	1,014	-27	1.0	:1.0	17.4%	6.0%	0.7%	0.0%	86.3%
<b>Grass-Fed n-3 Meat Averages</b>	0	0.0	1,023	586	-437	1.7	:1.0	17.3%	21.2%	0.0%	0.0%	98.6%
<b>Conventional Meat Averages</b>	0	0.0	1,331	92	-1,240	14.5	:1.0	19.4%	9.9%	0.0%	0.0%	90.2%
<b>Grass-Fed n-3 Fat Averages</b>	0	0.0	310	337	26	0.9	:1.0	0.0%	100.0%	0.0%	0.0%	20.0%
<b>Conventional Fat Averages</b>	0	0.0	10,020	830	-9,190	12.1	:1.0	0.0%	99.8%	0.0%	0.0%	20.0%
<b>Conv. Dairy &amp; Eggs Averages</b>	21	3.5	3,400	468	-2,932	7.3	:1.0	8.9%	17.4%	4.5%	4.0%	38.4%
<b>Omega-3 Oil Averages</b>	0	0.0	4,160	32,728	28,568	0.1	:1.0	0.0%	100.0%	0.0%	0.0%	18.4%
<b>Omega-6 Oil Averages</b>	0	0.0	27,427	3,023	-24,404	9.1	:1.0	0.0%	100.0%	0.0%	0.0%	28.5%
<b>Spices Averages</b>	23	17.5	1,000	744	-256	1.3	:1.0	10.7%	8.1%	26.8%	5.5%	81.4%
<b>Sweets Averages</b>	69	60.1	32	0	-31	200.8	:1.0	0.3%	0.1%	72.9%	68.3%	27.4%
<b>Miscellaneous Averages</b>	54	19.5	512	54	-458	9.4	:1.0	5.1%	3.6%	24.6%	4.0%	63.0%

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Vegetables	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio		Protein	Fat	Net Carb	Sugar	Load
Artichokes, Globe, Boiled	20	3.4	119	43	-76	2.8	:1.0	2.9%	0.3%	3.0%	1.0%	84%
Asparagus, Boiled	15	2.3	86	33	-53	2.6	:1.0	2.4%	0.2%	1.9%	1.3%	100%
Bamboo shoots, Raw	20	3.4	129	23	-107	5.7	:1.0	2.6%	0.3%	2.6%	3.0%	92%
Beet Greens, Boiled	20	3.4	74	7	-67	10.8	:1.0	2.6%	0.2%	2.3%	0.6%	100%
Broccoli Flower, Raw	15	3.4	43	146	103	0.3	:1.0	3.0%	0.4%	4.6%	0.0%	100%
Broccoli Stalks, Raw	15	3.4	43	146	103	0.3	:1.0	3.0%	0.4%	4.6%	0.0%	100%
Brussel Sprouts, Boiled	15	3.4	90	196	107	0.5	:1.0	2.5%	0.5%	4.0%	1.7%	100%
Cabbage, savoy, Boiled	15	2.3	20	26	6	0.8	:1.0	1.8%	0.1%	2.3%	0.0%	100%
Cauliflower Boiled	15	2.3	57	189	133	0.3	:1.0	1.8%	0.5%	1.9%	2.1%	88%
Celery Raw	0	1.1	90	0	-90	1.0	:0	0.7%	0.2%	1.6%	1.8%	90%
Collards, Boiled	20	2.3	79	105	26	0.8	:1.0	2.1%	0.4%	1.9%	0.4%	100%
Cucumber, Peeled	15	1.1	2	2	0	1.0	:1.0	0.6%	0.2%	1.3%	1.4%	84%
Cucumber, with Skin	15	1.1	32	6	-26	5.6	:1.0	0.7%	0.1%	2.7%	1.7%	92%
Eggplant, Boiled	15	2.3	88	17	-71	5.2	:1.0	0.8%	0.2%	5.5%	3.2%	68%
Green Peppers, Sweet, Raw	15	1.1	61	9	-52	6.8	:1.0	0.9%	0.2%	2.6%	2.4%	100%
Kale, Raw	15	4.5	156	204	48	0.8	:1.0	3.3%	0.7%	7.1%	0.0%	100%
Leeks, Raw	15	5.7	76	112	36	0.7	:1.0	1.5%	0.3%	10.9%	3.9%	100%
Lettuce, Iceberg	10	1.1	24	59	35	0.4	:1.0	0.9%	0.1%	1.8%	2.0%	94%
Lettuce, Romaine	10	1.1	53	128	75	0.4	:1.0	1.2%	0.3%	1.1%	1.2%	100%
Mint, Spearmint, Fresh		2.3	61	383	322	0.2	:1.0	3.3%	0.7%	1.4%	0.0%	100%
Mustard Greens, Boiled		0.0	27	25	-2	1.1	:1.0	2.3%	0.2%	0.1%	0.1%	100%
Okra, Boiled	15	2.3	51	1	-50	45.0	:1.0	1.9%	0.2%	2.1%	2.4%	100%
Pak Choi Boiled	10	1.1	35	46	11	0.8	:1.0	1.6%	0.2%	0.7%	0.8%	100%
Palm Hearts, Raw	5	13.6	86	15	-71	5.8	:1.0	2.7%	0.2%	21.3%	17.2%	62%
Parsley, Raw	5	3.4	130	9	-121	14.4	:1.0	3.0%	0.8%	2.6%	0.9%	100%
Pickles, Dill	15	1.1	27	36	9	0.8	:1.0	0.6%	0.1%	1.3%	1.3%	82%
Pickle, Relish, Sweet		15.9	67	71	5	0.9	:1.0	0.4%	0.5%	30.0%	29.1%	34%
Pickles, Sweet		9.1	52	68	16	0.8	:1.0	0.6%	0.4%	17.8%	18.3%	40%
Pumpkin, Boiled	75	1.1	2	2	0	1.0	:1.0	0.7%	0.1%	3.4%	1.0%	100%
Rapini, Broccoli, Raw	10	0.0	19	128	109	0.2	:1.0	3.2%	0.5%	0.4%	0.4%	100%
Red Peppers, Sweet, Raw	15	2.3	51	28	-23	1.8	:1.0	1.0%	0.3%	3.7%	4.2%	94%
Squash, Acorn, Baked	50	4.5	25	42	17	0.6	:1.0	1.1%	0.1%	9.0%	0.0%	100%
Squash, Butternut, Baked	50	4.5	16	27	11	0.6	:1.0	0.9%	0.1%	9.3%	2.0%	90%
Squash, Hubbard, Baked	50	5.7	110	184	74	0.6	:1.0	2.5%	0.6%	9.5%	0.0%	90%
Squash, Spaghetti, Baked	20	2.3	53	88	35	0.6	:1.0	0.7%	0.3%	4.5%	2.5%	88%
Squash, Zucchini w/Skin, Boiled	10	1.1	9	15	6	0.6	:1.0	0.6%	0.1%	2.2%	1.7%	100%
Spinach, Raw	15	1.1	32	73	41	0.4	:1.0	1.1%	0.2%	0.8%	0.5%	100%
Turnip Greens, Boiled	10	1.1	32	73	41	0.4	:1.0	1.1%	0.2%	0.8%	0.5%	100%
Watercress, Raw	10	1.1	14	26	12	0.5	:1.0	2.3%	0.1%	0.7%	0.2%	100%
<b>Vegetable Averages</b>	<b>18</b>	<b>3.1</b>	<b>57.0</b>	<b>71.6</b>	<b>15</b>	<b>0.8</b>	<b>:1.0</b>	<b>1.7%</b>	<b>0.3%</b>	<b>4.7%</b>	<b>2.8%</b>	<b>91.6%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams												
Fruit	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio		Protein	Fat	Net Carb	Sugar	Load
Apple with Skin	38	3.4	49	10	-39	4.8	:1.0	0.3%	0.2%	10.1%	10.4%	54%
Apple without Skin	38	3.4	35	8	-27	4.4	:1.0	0.3%	0.1%	10.1%	10.1%	48%
Apple Juice, Unsweetened	41	2.3	37	8	-30	4.7	:1.0	0.1%	0.1%	9.5%	9.6%	32%
Applesauce, no Sugar	35	2.3	14	3	-10	4.0	:1.0	0.2%	0.1%	9.0%	9.4%	46%
Apricots, Raw	20	4.5	87	0	-87	1.0	:0	1.4%	0.4%	8.1%	9.2%	82%
Apricots, Dried, Uncooked	20	34.0	84	0	-84	1.0	:0	3.4%	0.5%	48.8%	53.4%	38%
Avocado, California Raw	5	2.3	1,915	125	-1,791	15.4	:1.0	2.0%	15.4%	1.6%	0.3%	68%
Avocado, Florida Raw	5	2.3	1,792	125	-1,667	14.4	:1.0	2.2%	10.1%	2.1%	2.4%	64%
Banana	62	9.1	52	31	-22	1.7	:1.0	1.1%	0.3%	17.8%	12.2%	56%
Blackberries	32	3.4	211	106	-105	2.0	:1.0	1.4%	0.5%	4.3%	4.9%	92%
Blueberries	40	4.5	100	66	-34	1.5	:1.0	0.7%	0.3%	10.7%	10.0%	62%
Cantaloupe	65	3.4	40	52	13	0.8	:1.0	0.8%	0.2%	7.0%	7.9%	78%
Cranberries	25	2.3	37	25	-13	1.5	:1.0	0.4%	0.1%	6.7%	4.0%	66%
Cranberry Juice, Unsweetened	56	3.4	48	32	-16	1.5	:1.0	0.4%	0.1%	10.7%	12.1%	48%
Cherries, Sweet	22	5.7	31	30	-1	1.0	:1.0	1.1%	0.2%	12.3%	12.8%	62%
Dates, Deglet Noor	103	44.2	18	3	-15	5.3	:1.0	2.5%	0.4%	59.1%	63.4%	40%
Dates, Medjool	103	44.2	0	3	3	0.0	:1.0	1.8%	0.2%	60.2%	66.5%	42%
Figs, Dried	61	34.0	391	0	-391	1.0	:0	3.3%	0.9%	47.7%	47.9%	54%
Grapefruit, Pink, Red all Areas	25	3.4	33	6	-27	5.8	:1.0	0.8%	0.1%	8.0%	6.9%	74%
Grapefruit Juice, White, Raw	48	3.4	22	6	-16	3.8	:1.0	0.5%	0.1%	8.0%	9.1%	50%
Grapes, American Type	43	6.8	90	27	-62	3.3	:1.0	0.6%	0.4%	14.3%	16.2%	56%
Honeydew Melon	60	2.3	29	37	8	0.8	:1.0	0.5%	0.1%	7.3%	8.1%	62%
Kiwi, Fresh	52	4.5	279	48	-231	5.9	:1.0	1.1%	0.5%	10.3%	9.0%	80%
Lemon, Raw, No Peel	20	2.3	71	30	-42	2.4	:1.0	1.1%	0.3%	5.7%	2.5%	84%
Lime, Raw		2.3	41	22	-19	1.9	:1.0	0.7%	0.2%	6.8%	1.7%	90%
Mango	55	5.7	16	42	26	0.4	:1.0	0.5%	0.3%	13.4%	14.8%	68%
Orange, Florida, Raw	43	3.4	35	8	-27	4.4	:1.0	0.7%	0.2%	8.0%	9.1%	76%
Orange Juice, Unsweetened	52	4.5	31	13	-18	2.4	:1.0	0.7%	0.2%	9.4%	8.8%	56%
Olive, Green	15	1.1	1,378	104	-1,273	13.2	:1.0	1.0%	15.3%	0.4%	0.5%	40%
Olive, Ripe	15	1.1	960	73	-888	13.2	:1.0	0.8%	10.7%	2.7%	0.0%	58%
Papaya, Raw	58	2.3	7	28	21	0.2	:1.0	0.6%	0.1%	7.1%	5.9%	78%
Peach, Raw	42	3.4	95	2	-93	41.4	:1.0	0.9%	0.3%	7.4%	8.4%	78%
Peaches, Canned Syrup Drained	55	5.7	53	0	-53	1.0	:0	0.6%	0.2%	13.1%	10.6%	60%
Pear, Asian, Raw	36	2.3	61	1	-60	55.7	:1.0	0.5%	0.2%	6.2%	7.0%	54%
Pineapple, Raw All Varieties	66	3.4	26	19	-7	1.4	:1.0	0.5%	0.1%	10.3%	9.8%	66%
Pineapple Juice, Unsweetened	46	4.5	27	20	-7	1.3	:1.0	0.4%	0.1%	11.2%	10.0%	52%
Plantains, Raw	40	14.7	49	28	-20	1.7	:1.0	1.3%	0.4%	26.1%	15.0%	68%
Plum, Raw	24	3.4	50	0	-50	1.0	:0	0.7%	0.3%	8.8%	9.9%	70%
Pomegranate Juice	67	3.4	57	0	-57	1.0	:0	0.2%	0.3%	11.5%	12.7%	32%
Pomegranates, Raw	35	6.8	90	0	-90	1.0	:0	1.7%	1.2%	13.0%	13.7%	62%
Raisins, Golden Seedless	64	52.2	118	35	-83	3.4	:1.0	3.4%	0.5%	66.6%	59.2%	44%
Raspberries, Raw	32	2.3	282	143	-140	2.0	:1.0	1.2%	0.7%	4.8%	4.4%	80%
Strawberries, Raw	32	2.3	102	74	-28	1.4	:1.0	0.7%	0.3%	5.0%	4.9%	78%
Tomato, Red, Raw	38	1.1	91	3	-87	26.7	:1.0	0.9%	0.2%	2.4%	2.6%	98%
Tomato, Juice	38	1.1	26	3	-23	7.7	:1.0	0.8%	0.1%	3.4%	3.6%	94%
Watermelon, Raw	72	2.3	57	0	-57	1.0	:0	0.6%	0.2%	6.3%	6.2%	76%
<b>Fruit Averages</b>	<b>43</b>	<b>8</b>	<b>198</b>	<b>30</b>	<b>-168</b>	<b>6.5</b>	<b>:1.0</b>	<b>1.0%</b>	<b>1.4%</b>	<b>13.8%</b>	<b>13.4%</b>	<b>63.4%</b>

## Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Grains	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load
Amaranth Grain, Uncooked	75	44.2	3,103	48	-3,055	65.0 :1.0	13.6%	7.0%	52.0%	1.7%	78%
Barley, Hulled, Uncooked	45	39.7	1,133	125	-1,008	9.1 :1.0	12.5%	2.3%	49.6%	0.8%	72%
Buckwheat, Uncooked	50	42.0	1,090	89	-1,001	12.3 :1.0	13.2%	3.4%	54.2%	0.0%	70%
Corn, Sweet, Yellow, Raw	65	7.9	615	74	-541	8.3 :1.0	3.2%	1.2%	14.4%	3.2%	78%
Corn Grits, Unenriched, Dry	70	65.8	569	17	-552	33.5 :1.0	8.8%	1.2%	68.8%	0.6%	42%
Sweet Corn, Off Cob, Boiled	57	9.1	350	18	-332	19.4 :1.0	2.5%	0.7%	14.9%	3.1%	74%
Cornstarch	70	77.1	28	0	-28	1.0 :0	0.3%	0.1%	79.7%	0.0%	36%
Millet, Raw	70	49.9	2,285	134	-2,151	17.1 :1.0	11.0%	4.2%	56.8%	0.0%	62%
Oats, Uncooked	40	42.0	2,749	126	-2,623	21.9 :1.0	16.9%	6.9%	49.1%	0.0%	70%
Rice, Medium Grain, Brown, Raw	50	59.0	1,041	50	-991	20.9 :1.0	7.5%	2.7%	64.2%	0.0%	56%
Rice Flour, Brown	50	57.8	1,082	48	-1,034	22.7 :1.0	7.2%	2.8%	63.4%	0.9%	58%
Rice, White, Medium Grain, Raw	70	66.9	145	31	-115	4.7 :1.0	6.6%	0.6%	69.9%	0.0%	42%
Rice, White, Flour	70	65.8	355	31	-324	11.6 :1.0	5.9%	1.4%	68.5%	0.1%	46%
Rye, Raw	39	37.4	1,086	178	-909	6.1 :1.0	14.8%	2.5%	48.7%	1.0%	74%
Sorghum, Raw	77	53.3	1,480	74	-1,406	20.1 :1.0	11.3%	3.3%	60.2%	0.0%	58%
Spelt, Uncooked	70	42.0	1,353	74	-1,279	18.4 :1.0	14.6%	2.4%	53.5%	6.8%	66%
Sprouted Wheat	15	26.1	602	30	-573	20.4 :1.0	7.5%	1.3%	36.5%	0.0%	66%
Quinoa, Uncooked	53	40.8	3,376	348	-3,028	9.7 :1.0	14.1%	6.1%	50.4%	0.0%	72%
Wheat, Hard Red Winter	48	39.7	680	31	-650	22.2 :1.0	12.6%	1.5%	52.0%	0.4%	70%
Wheat Flour, White, All-Purpose	48	60.1	443	31	-413	14.5 :1.0	10.3%	1.0%	64.9%	0.3%	48%
<b>Grain Averages</b>	<b>57</b>	<b>46</b>	<b>1,178</b>	<b>78</b>	<b>-1,137</b>	<b>15.2 :1.0</b>	<b>9.7%</b>	<b>2.6%</b>	<b>53.6%</b>	<b>0.9%</b>	<b>61.9%</b>

## Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Roots and Tubers	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load
Arrowroot, Raw	45	6.8	84	20	-64	4.1 :1.0	4.2%	0.2%	10.7%	0.0%	84%
Arrowroot Flour	45	66.9	41	10	-31	4.0 :1.0	0.3%	0.1%	74.7%	0.0%	42%
Beets, Boiled	64	4.5	66	6	-60	11.6 :1.0	1.7%	0.2%	7.1%	8.0%	72%
Carrots, Raw	47	3.4	130	2	-128	57.5 :1.0	0.9%	0.2%	6.0%	4.7%	84%
Carrot Juice	45	3.4	69	10	-59	6.8 :1.0	0.9%	0.2%	7.5%	3.9%	86%
Cassava Root, Raw	46	22.7	36	19	-17	1.9 :1.0	1.4%	0.3%	32.0%	1.7%	58%
Ginger Root, Raw		7.9	136	39	-98	3.5 :1.0	1.8%	0.7%	13.9%	1.7%	68%
Kohlrabi, Boiled		3.4	25	32	7	0.8 :1.0	1.8%	0.1%	4.9%	2.8%	86%
Onions, Raw	15	3.4	15	5	-10	3.2 :1.0	1.1%	0.1%	6.7%	4.2%	70%
Parsnips, Boiled	97	6.8	46	3	-43	13.7 :1.0	1.3%	0.3%	11.5%	4.8%	66%
Potatoes, Russet, Baked	75	11.3	36	11	-25	3.2 :1.0	2.6%	0.1%	16.8%	1.1%	80%
Radish		1.1	19	35	16	0.5 :1.0	0.7%	0.1%	1.7%	1.9%	82%
Rutabagas, Boiled	72	3.4	43	65	22	0.7 :1.0	1.3%	0.2%	6.1%	6.0%	84%
Sweet Potato, Baked	54	10.2	68	5	-64	15.0 :1.0	2.0%	0.2%	15.3%	6.5%	90%
Turnips, Boiled	30	1.1	32	73	41	0.4 :1.0	1.1%	0.2%	1.7%	0.5%	100%
<b>Roots and Tubers Averages</b>	<b>53</b>	<b>10.4</b>	<b>56</b>	<b>22</b>	<b>-34</b>	<b>2.5 :1.0</b>	<b>1.5%</b>	<b>0.2%</b>	<b>14.4%</b>	<b>3.2%</b>	<b>76.8%</b>

## Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Balanced Legumes	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load
Baked Beans, Canned	45	22.7	266	223	-43	1.2 :1.0	12.1%	1.0%	33.4%	19.7%	68%
Black Beans, Boiled	30	9.1	143	119	-24	1.2 :1.0	8.9%	0.5%	13.2%	0.0%	82%
Fava Beans, Boiled		9.1	172	14	-159	12.7 :1.0	7.6%	0.4%	12.6%	1.8%	78%
Green Beans, Boiled	30	3.4	64	101	37	0.6 :1.0	1.9%	0.3%	4.1%	1.5%	100%
Green Peas, Boiled	48	6.8	93	22	-71	4.3 :1.0	5.4%	0.2%	8.9%	5.9%	100%
Hyacinth Beans, Boiled		12.5	278	0	-278	1.0 :0	8.1%	0.6%	18.3%	0.0%	74%
Kidney Beans, Boiled	25	9.1	121	191	69	0.6 :1.0	8.7%	0.5%	13.6%	0.3%	84%
Lentils, Boiled	37	7.9	155	42	-113	3.7 :1.0	9.0%	0.4%	10.8%	1.8%	82%
Lima Beans, Boiled	32	7.9	134	59	-75	2.3 :1.0	7.8%	4.0%	12.3%	2.9%	76%
Mung Beans, Boiled		6.8	135	10	-125	13.2 :1.0	7.0%	0.4%	10.2%	2.0%	78%
Navy Beans, Boiled	30	9.1	154	201	46	0.8 :1.0	8.2%	0.6%	13.9%	0.4%	86%
Pinto Beans, Boiled	39	10.2	111	155	44	0.7 :1.0	9.0%	0.7%	15.2%	0.3%	82%
Refried Beans, Canned	40	6.8	229	146	-83	1.6 :1.0	5.4%	1.2%	9.0%	0.5%	80%
Split Peas, Boiled	45	7.9	155	32	-124	4.9 :1.0	8.3%	0.4%	11.3%	2.9%	72%
White Beans, Boiled		11.3	94	78	-16	1.2 :1.0	9.7%	0.4%	16.6%	0.3%	90%
Yardlong Beans, Boiled		10.2	119	100	-19	1.2 :1.0	8.3%	0.5%	15.3%	0.0%	86%
<b>Balanced Legumes Averages</b>	<b>36</b>	<b>9.4</b>	<b>152</b>	<b>93</b>	<b>-58</b>	<b>1.6 :1.0</b>	<b>7.8%</b>	<b>0.8%</b>	<b>13.7%</b>	<b>2.5%</b>	<b>82.4%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Omega-6 Legumes	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Chickpeas, Garbanzo Beans	28	11.3	557	22	-535	25.8	:1.0	4.9%	1.1%	16.0%	0.0%	74%
Edamame, Prepared	18	4.5	2,034	409	-1,625	5.0	:1.0	10.9%	5.2%	4.4%	2.2%	90%
Peanuts, Dry Roasted	14	0.0	17,793	3	-17,790	*****	:1.0	23.7%	49.7%	11.9%	4.2%	52%
Peanut Butter, Smooth	23	2.3	12,794	58	-12,736	221.2	:1.0	21.9%	49.5%	16.1%	6.5%	40%
Soybeans, Boiled	25	3.4	5,064	678	-4,386	7.5	:1.0	16.6%	9.0%	3.4%	3.0%	82%
<b>Omega-6 Legumes Averages</b>	<b>18</b>	<b>3.6</b>	<b>6,374</b>	<b>195</b>	<b>-6,179</b>	<b>32.7</b>	<b>:1.0</b>	<b>13.0%</b>	<b>19.1%</b>	<b>8.7%</b>	<b>2.7%</b>	<b>56.3%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Nuts	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Acorn Flour		38.6	6,592	0	-6,592	1.0	:0	7.5%	30.2%	48.2%	0.0%	42%
Acorns, Raw		26.1	5,213	0	-5,213	1.0	:0	6.2%	23.9%	35.9%	0.0%	42%
Acorns, Dried		37.4	6,862	0	-6,862	1.0	:0	8.1%	31.4%	47.4%	0.0%	42%
Almonds, Dry Roasted	10	0.0	14,343	0	-14,343	1.0	:0	22.1%	52.8%	6.6%	4.9%	64%
Brazilnuts, Dried	10	0.0	23,319	20	-23,299	*****	:1.0	14.3%	66.4%	4.2%	2.3%	48%
Cashews, Raw	22	12.5	8,825	70	-8,754	125.5	:1.0	18.2%	43.8%	25.9%	5.9%	52%
Cashews, Dry Roasted	22	12.5	8,687	183	-8,505	47.6	:1.0	15.3%	46.3%	26.2%	5.0%	50%
Chestnut European, Raw, Peeled		29.5	499	60	-439	8.3	:1.0	1.6%	1.3%	39.0%	0.0%	60%
Chestnut European, Dry Roasted		34.0	880	105	-775	8.3	:1.0	3.2%	2.2%	42.2%	10.6%	62%
Coconut, Raw	10	2.3	415	0	-415	1.0	:0	3.3%	33.5%	5.5%	6.2%	40%
Hazelnut or Filbert, Dry Roasted		0.0	9,529	68	-9,461	140.1	:1.0	15.0%	62.4%	7.2%	4.9%	58%
Hazelnut or Filbert, Raw		0.0	8,881	99	-8,783	90.0	:1.0	15.0%	60.7%	6.2%	4.3%	58%
Macadamia, Dry Roasted	10	0.0	1,478	222	-1,255	6.6	:1.0	7.8%	76.1%	4.8%	4.1%	40%
Pecans, Dry Roasted	10	0.0	22,201	1,127	-21,074	19.7	:1.0	9.5%	74.3%	3.8%	4.1%	44%
Pecans, Raw	10	0.0	23,394	1,118	-22,276	20.9	:1.0	9.2%	72.0%	3.9%	4.0%	44%
Pine Nuts, Dried	10	0.0	38,109	127	-37,982	300.1	:1.0	13.7%	68.4%	8.3%	3.6%	52%
Pine Nuts, Pinyon	10	0.0	28,212	892	-27,320	31.6	:1.0	11.6%	61.0%	7.6%	0.0%	48%
Pistachios, Raw	18	4.5	14,969	288	-14,681	52.0	:1.0	20.6%	44.4%	15.6%	7.6%	62%
Pistachios, Dry Roasted	18	3.4	15,463	297	-15,166	52.0	:1.0	21.3%	46.0%	15.3%	7.8%	58%
Walnuts, English, Raw	18	0.0	43,196	10,295	-32,900	4.2	:1.0	15.2%	65.2%	6.2%	2.6%	48%
<b>Nut Averages</b>	<b>14</b>	<b>10.0</b>	<b>14,053</b>	<b>749</b>	<b>-13,305</b>	<b>18.8</b>	<b>:1.0</b>	<b>11.9%</b>	<b>48.1%</b>	<b>18.0%</b>	<b>3.9%</b>	<b>50.7%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Omega-3 Seeds	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Chia Seeds, Dried	1	2.3	6,560	19,904	13,344	0.3	:1.0	15.6%	30.8%	5.4%	0.0%	68%
Flaxseed Seeds	5	0.0	6,703	25,870	19,167	0.3	:1.0	18.3%	42.2%	1.4%	1.5%	76%
<b>Omega-3 Seed Averages</b>	<b>3</b>	<b>1</b>	<b>6,632</b>	<b>22,887</b>	<b>16,255</b>	<b>0.3</b>	<b>:1.0</b>	<b>17.0%</b>	<b>36.5%</b>	<b>3.4%</b>	<b>0.8%</b>	<b>72.0%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Omega-6 Seeds	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Breadfruit Seeds, Raw		14.7	2,597	779	-1,818	3.3	:1.0	7.4%	5.6%	21.2%	0.0%	82%
Cottonseed, Kernels, Dried		6.8	20,259	41	-20,218	496.3	:1.0	32.6%	36.3%	14.5%	0.0%	68%
Pumpkin Seed, Kernels, Dried	25	2.3	23,477	205	-23,272	114.4	:1.0	24.5%	45.8%	12.3%	1.0%	64%
Safflower Seed, Kernels, Dried		18.1	31,846	126	-31,720	253.0	:1.0	16.2%	38.4%	30.2%	0.0%	56%
Sesame Seeds, Whole, Dried	35	0.0	34,899	613	-34,286	56.9	:1.0	25.5%	71.5%	14.8%	0.4%	76%
Sunflower Seeds, Kernels, Dried	18	0.0	26,136	84	-26,052	311.5	:1.0	20.8%	51.5%	10.1%	2.6%	66%
Watermelon Seed, Kernels, Dried		2.3	31,856	0	-31,856	1.0	:0	28.3%	47.4%	13.5%	0.0%	50%
<b>Omega-6 Seed Averages</b>	<b>26</b>	<b>6</b>	<b>24,438</b>	<b>264</b>	<b>-24,174</b>	<b>92.6</b>	<b>:1.0</b>	<b>22.2%</b>	<b>42.4%</b>	<b>16.6%</b>	<b>0.6%</b>	<b>66.0%</b>

**Data Based on Serving Size of 4 Ounces Which is 113.4 Grams**

Wild-Caught Seafood	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load *	
Catfish, Channel, Wild, Raw	0	0.0	115	607	492	0.2	:1.0	16.4%	2.8%	0.0%	0.0%	100%
Dolphinfish, Raw	0	0.0	41	138	98	0.3	:1.0	18.5%	0.7%	0.0%	0.0%	100%
Dungeness Crab, Raw	5	1.1	0	360	360	0.0	:1.0	17.4%	1.0%	0.6%	0.0%	98%
Halibut, Alaska, Raw	0	0.0	32	769	737	0.0	:1.0	20.5%	2.9%	0.0%	0.0%	100%
King Crab, Alaska, Steamed	5	0.0	23	520	497	0.0	:1.0	19.4%	1.5%	0.0%	0.0%	100%
Lobster, Raw	0	2.3	19	605	586	0.0	:1.0	20.6%	1.5%	2.1%	0.0%	98%
Oyster, Eastern, Raw	0	3.4	66	762	696	0.1	:1.0	7.0%	2.5%	3.4%	0.0%	98%
Pollock, Walleye, Raw	0	0.0	10	439	429	0.0	:1.0	17.2%	0.8%	0.0%	0.0%	100%
Sardines, Drained Tomato Sauce	0	1.1	140	1,920	1,781	0.1	:1.0	20.9%	10.5%	0.5%	0.4%	98%
Salmon, Sockeye, Alaska, Raw	0	0.0	91	1,281	1,191	0.1	:1.0	21.9%	7.3%	0.0%	0.0%	100%
Shrimp, Raw	0	1.1	32	612	581	0.1	:1.0	20.3%	1.7%	0.8%	0.0%	98%
Smelt, Raw	0	0.0	51	862	811	0.1	:1.0	17.6%	2.4%	0.0%	0.0%	100%
Trout, Rainbow, Raw	0	0.0	271	921	650	0.3	:1.0	20.5%	3.5%	0.0%	0.0%	98%
Tuna, White, Water Pack	0	0.0	62	1,079	1,016	0.1	:1.0	23.6%	3.0%	0.0%	0.0%	100%
Tuna, Bluefin, Fresh, Raw	0	0.0	60	1,472	1,412	0.0	:1.0	23.3%	4.9%	0.0%	0.0%	100%
<b>Wild-Caught Seafood Average</b>	<b>1</b>	<b>0.6</b>	<b>67</b>	<b>823</b>	<b>756</b>	<b>0.1</b>	<b>:1.0</b>	<b>19.0%</b>	<b>3.1%</b>	<b>0.5%</b>	<b>0.0%</b>	<b>99.2%</b>

\* Estimated

**Data Based on Serving Size of 4 Ounces Which is 113.4 Grams**

Farm-Raised Seafood	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load *	
Catfish, Farmed, Raw	0	0.0	993	522	-472	1.9	:1.0	15.5%	7.6%	0.0%	0.0%	70%
Sardines, Atlantic, Drained Oil	0	0.0	4,019	1,678	-2,341	2.4	:1.0	24.6%	11.5%	0.0%	0.0%	86%
Tilapia, Farmed	0	0.0	238	249	11	1.0	:1.0	20.1%	1.7%	0.0%	0.0%	86%
Trout, Rainbow, Farmed	0	0.0	805	1,118	313	0.7	:1.0	20.9%	5.4%	0.0%	0.0%	86%
Salmon, Atlantic, Farmed, Raw	0	0.0	1,114	2,842	1,728	0.4	:1.0	20.4%	13.4%	0.0%	0.0%	94%
Oysters, Eastern, Farmed, Raw	0	4.5	32	493	462	0.1	:1.0	5.2%	1.5%	4.9%	0.0%	90%
Crayfish, Farmed, Raw	0	0.0	86	197	111	0.4	:1.0	14.9%	1.0%	0.0%	0.0%	92%
<b>Farm-Raised Fish Averages</b>	<b>0</b>	<b>0.6</b>	<b>1,041</b>	<b>1,014</b>	<b>-27</b>	<b>1.0</b>	<b>:1.0</b>	<b>17.4%</b>	<b>6.0%</b>	<b>0.7%</b>	<b>0.0%</b>	<b>86.3%</b>

\* Estimated

**Data Based on Serving Size of 4 Ounces Which is 113.4 Grams**

Grass-Fed/Omega-3 Meats	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load *	
Ground Beef Raw, 17% Fat	0	0	60	79	19	0.8	:1.0	17.4%	17.1%	0.0%	0.0%	100%
Ground Beef Raw, 30% Fat	0	0	115	117	2	1.0	:1.0	15.4%	30.0%	0.0%	0.0%	100%
Ground Beef Raw, 41% Fat	0	0	163	150	-13	1.1	:1.0	13.0%	41.1%	0.0%	0.0%	100%
Australian Lamb, All Cuts, Raw	0	0	479	229	-249	2.1	:1.0	17.8%	17.0%	0.0%	0.0%	96%
Omega-3 Pork Chop	0	0	2,897	1,313	-1,583	2.2	:1.0	17.0%	20.5%	0.0%	0.0%	98%
Omega-3 Chicken, Whole, Raw	0	0	2,396	1,670	-726	1.4	:1.0	18.3%	17.7%	0.0%	0.0%	98%
Omega-3 Turkey, Whole, Raw	0	0	1,050	542	-508	1.9	:1.0	22.1%	4.8%	0.0%	0.0%	98%
<b>Grass-Fed n-3 Meat Averages</b>	<b>0</b>	<b>0.0</b>	<b>1,023</b>	<b>586</b>	<b>-437</b>	<b>1.7</b>	<b>:1.0</b>	<b>17.3%</b>	<b>21.2%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>98.6%</b>

\* Estimated

**Data Based on Serving Size of 4 Ounces Which is 113.4 Grams**

Conventional Meats	Glycemic		Omega-6	Omega-3	Net mg	n-6 to	n-3	%	%	%	%	Nutrient
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load *	
Chicken Skin-On Breasts	0	0.0	1,973	136	-1,837	14.5	:1.0	20.8%	9.2%	0.0%	0.0%	90%
Whole Chicken Fryer/Roaster	0	0.0	3,266	215	-3,050	15.2	:1.0	18.6%	15.1%	0.0%	0.0%	90%
Ground Chicken, Lean, Raw	0	0.0	1,505	109	-1,396	13.8	:1.0	17.4%	8.1%	0.0%	0.0%	90%
Beef Ribeye, Choice, Lean, Raw	0	0.0	272	11	-261	24.0	:1.0	20.1%	8.3%	0.0%	0.0%	94%
Ground Beef, 15% Fat, Raw	0	0.0	401	48	-354	8.4	:1.0	18.6%	15.0%	0.0%	0.0%	94%
Pork Chop, Trimmed, Raw	0	0.0	508	22	-486	23.6	:1.0	21.3%	4.2%	0.0%	0.0%	85%
Ground Pork, Raw	0	0.0	1,894	79	-1,814	23.9	:1.0	16.9%	21.2%	0.0%	0.0%	85%
USA Lamb, All Cuts, Raw	0	0.0	408	79	-329	5.1	:1.0	20.3%	5.2%	0.0%	0.0%	94%
Ground Turkey, Raw	0	0.0	2,041	125	-1,916	16.4	:1.0	17.5%	8.3%	0.0%	0.0%	90%
Whole Turkey, w/Skin, Raw	0	0.0	1,043	91	-953	11.5	:1.0	22.4%	4.3%	0.0%	0.0%	90%
<b>Conventional Meat Averages</b>	<b>0</b>	<b>0.0</b>	<b>1,331</b>	<b>92</b>	<b>-1,240</b>	<b>14.5</b>	<b>:1.0</b>	<b>19.4%</b>	<b>9.9%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>90.2%</b>

\* Estimated

Slanker's Grass-Fed Meats <a href="http://www.texasgrassfedbeef.com/gi_and_omega_3_nutritional_food_data.htm">http://www.texasgrassfedbeef.com/gi_and_omega_3_nutritional_food_data.htm</a>											
goodmeat@slanker.com 903-732-4653 and 866-752-6537 or 866-SLANKER											Page 6
Data Based on Serving Size of 4 Ounces Which is 113.4 Grams											
Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
Grass-Fed/Omega-3 Fats	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load *
Grass-Fed Beef Fat	0	0	489	372	-117	1.3 :1.0	0.0%	100.0%	0.0%	0.0%	20%
Grass-Fed Lamb Fat	0	0	468	464	-5	1.0 :1.0	0.0%	100.0%	0.0%	0.0%	20%
Grass-Fed Buffalo Fat	0	0	332	336	3	1.0 :1.0	0.0%	100.0%	0.0%	0.0%	20%
Grass-Fed Cheese	0	0	525	766	242	0.7 :1.0	0.0%	100.0%	0.0%	0.0%	20%
Grass-Fed Butter	0	0	359	420	60	0.9 :1.0	0.0%	100.0%	0.0%	0.0%	20%
<b>Grass-Fed n-3 Fat Averages</b>	<b>0</b>	<b>0.0</b>	<b>310</b>	<b>337</b>	<b>26</b>	<b>0.9 :1.0</b>	<b>0.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>20.0%</b>
* Estimated											
Data Based on Serving Size of 4 Ounces Which is 113.4 Grams											
Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
Conventional Animal Fats	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load *
Butter, Unsalted	0	0	3,093	357	-2,736	8.7 :1.0	0.9%	81.1%	0.1%	0.1%	20%
Chicken Fat	0	0	22,116	1,134	-20,982	19.5 :1.0	0.0%	99.8%	0.0%	0.0%	20%
Pastured Chicken Fat	0	0	2,938	378	-2,561	7.8 :1.0	0.0%	100.0%	0.0%	0.0%	20%
Beef Fat, Tallow	0	0	3,515	680	-2,835	5.2 :1.0	0.0%	100.0%	0.0%	0.0%	20%
Bacon Grease	0	0	11,510	1,128	-10,382	10.2 :1.0	0.0%	99.5%	0.0%	0.0%	20%
Turkey Fat	0	0	24,042	1,588	-22,454	15.1 :1.0	0.0%	99.8%	0.0%	0.0%	20%
Wild-Caught Pig Fat	0	0	2,742	177	-2,565	15.5 :1.0	0.0%	100.0%	0.0%	0.0%	20%
<b>Conventional Fat Averages</b>	<b>0</b>	<b>0.0</b>	<b>10,020</b>	<b>830</b>	<b>-9,190</b>	<b>12.1 :1.0</b>	<b>0.0%</b>	<b>99.8%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>20.0%</b>
* Estimated											
Data Based on Serving Size of 4 Ounces Which is 113.4 Grams											
Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
Conventional Dairy and Eggs	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load
Cheese, Blue		2	608	299	-309	2.0 :1.0	21.4%	28.7%	2.0%	0.5%	38%
Cheese, Cheddar		1	655	414	-241	1.6 :1.0	24.9%	33.1%	1.1%	0.5%	40%
Cheese, Cottage		4	119	19	-100	6.2 :1.0	11.1%	4.3%	3.0%	2.7%	34%
Egg, Regular, Whole, Raw	0	1.1	1,302	84	-1,218	15.5 :1.0	12.6%	9.9%	0.7%	0.8%	80%
Ice Cream, Vanilla	87	14	312	202	-110	1.5 :1.0	3.5%	11.0%	20.2%	21.2%	24%
Margarine, 60% Fat	0	0	26,999	3,035	-23,964	8.9 :1.0	0.1%	60.4%	0.6%	0.0%	32%
Margarine, Fat-Free	0	0	426	52	-374	8.2 :1.0	0.1%	3.0%	3.8%	0.0%	28%
Milk, 3.25% Milkfat	27	5	160	100	-60	1.6 :1.0	3.2%	3.3%	4.7%	5.3%	36%
Yogurt, Plain, Whole Milk	14	4	18	8	-11	2.4 :1.0	3.5%	3.3%	4.1%	4.7%	34%
<b>Conv. Dairy &amp; Eggs Averages</b>	<b>21</b>	<b>3.5</b>	<b>3,400</b>	<b>468</b>	<b>-2,932</b>	<b>7.3 :1.0</b>	<b>8.9%</b>	<b>17.4%</b>	<b>4.5%</b>	<b>4.0%</b>	<b>38.4%</b>
Data Based on Serving Size of 4 Ounces Which is 113.4 Grams											
Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
Omega-3 Oils	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load
Fish Oil, Cod Liver	0	0.0	1,060	22,380	21,320	0.0 :1.0	0.0%	100.0%	0.0%	0.0%	26%
Fish Oil, Herring	0	0.0	1,303	13,450	12,147	0.1 :1.0	0.0%	100.0%	0.0%	0.0%	12%
Fish Oil, Sardine	0	0.0	2,284	27,321	25,037	0.1 :1.0	0.0%	100.0%	0.0%	0.0%	12%
Fish Oil, Salmon	0	0.0	1,750	40,042	38,292	0.0 :1.0	0.0%	100.0%	0.0%	0.0%	12%
Flaxseed Oil	0	0.0	14,403	60,446	46,043	0.2 :1.0	0.0%	100.0%	0.0%	0.0%	30%
<b>Omega-3 Oil Averages</b>	<b>0</b>	<b>0.0</b>	<b>4,160</b>	<b>32,728</b>	<b>28,568</b>	<b>0.1 :1.0</b>	<b>0.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>18.4%</b>
Data Based on Serving Size of 4 Ounces Which is 113.4 Grams											
Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
Omega-6 Oils	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load
Almond Oil	0	0.0	19,732	0	-19,732	1.0 :0	0.0%	100.0%	0.0%	0.0%	30%
Avocado Oil	0	0.0	14,210	1,085	-13,125	13.1 :1.0	0.0%	100.0%	0.0%	0.0%	28%
Canola Oil, Low Erucic, Rapeseed	0	0.0	21,143	10,362	-10,781	2.0 :1.0	0.0%	100.0%	0.0%	0.0%	32%
Canola Oil, High Oleic 70%	0	0.0	16,446	2,945	-13,501	5.6 :1.0	0.0%	100.0%	0.0%	0.0%	32%
Canola Oil for Salads	0	0.0	21,272	8,659	-12,613	2.5 :1.0	0.0%	100.0%	0.0%	0.0%	32%
Coconut Oil	0	0.0	2,041	0	-2,041	1.0 :0	0.0%	100.0%	0.0%	0.0%	22%
Corn Oil	0	0.0	60,679	1,317	-59,363	46.1 :1.0	0.0%	100.0%	0.0%	0.0%	28%
Olive Oil	0	0.0	11,071	863	-10,208	12.8 :1.0	0.0%	100.0%	0.0%	0.0%	28%
Macadamia Oil	0	0.0	2,449	181	-2,268	13.5 :1.0	0.0%	100.0%	0.0%	0.0%	28%
Palm Oil	0	0.0	10,319	227	-10,092	45.5 :1.0	0.0%	100.0%	0.0%	0.0%	24%
Peanut Oil	0	0.0	36,293	0	-36,293	1.0 :0	0.0%	100.0%	0.0%	0.0%	26%
Soybean Oil	0	0.0	57,178	7,699	-49,479	7.4 :1.0	0.0%	100.0%	0.0%	0.0%	28%
Sunflower, High Oleic, 70%+	0	0.0	4,089	218	-3,871	18.8 :1.0	0.0%	100.0%	0.0%	0.0%	30%
Sunflower, Linoleic, 65%	0	0.0	74,505	0	-74,505	1.0 :0	0.0%	100.0%	0.0%	0.0%	30%
Walnut Oil	0	0.0	59,981	11,795	-48,186	5.1 :1.0	0.0%	100.0%	0.0%	0.0%	30%
<b>Omega-6 Oil Averages</b>	<b>0</b>	<b>0.0</b>	<b>27,427</b>	<b>3,023</b>	<b>-24,404</b>	<b>9.1 :1.0</b>	<b>0.0%</b>	<b>100.0%</b>	<b>0.0%</b>	<b>0.0%</b>	<b>28.5%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Spices	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Cinnamon		11.3	50	12	-37	4.0	1.0	4.0%	1.2%	24.3%	2.2%	92%
Garlic	30	44.2	395	34	-361	11.6	1.0	16.8%	0.8%	55.4%	24.3%	70%
Mustard Seed, Yellow, Spices		10.2	2,937	3,039	102	1.0	1.0	24.9%	28.8%	17.8%	6.8%	84%
Pepper, Black	15	19.3	1,100	181	-919	6.1	1.0	11.0%	3.3%	33.8%	0.6%	100%
Sage, Ground		9.1	601	1,395	794	0.4	1.0	10.6%	12.7%	18.0%	1.7%	100%
Salt, Table		0.0	0	0	0	0.0	0.0	0.0%	0.0%	0.0%	0.0%	38%
Turmeric, Ground		28.3	1,921	547	-1,374	3.5	1.0	7.8%	9.9%	38.6%	3.2%	86%
<b>Spices Averages</b>	<b>23</b>	<b>17.5</b>	<b>1,000</b>	<b>744</b>	<b>-256</b>	<b>1.3</b>	<b>1.0</b>	<b>10.7%</b>	<b>8.1%</b>	<b>26.8%</b>	<b>5.5%</b>	<b>81.4%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Sweets	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Corn Syrup, High Fructose	100	50	0	0	0	0.0	0.0	0.0%	0.0%	67.0%	26.4%	22%
Honey	61	57	0	0	0	0.0	0.0	0.3%	0.0%	72.5%	82.1%	22%
Maple Syrup	65	44	113	0	-113	1.0	0.0	0.0%	0.2%	59.2%	59.5%	32%
Marshmallows	62	61	51	1	-50	46.4	1.0	1.8%	0.2%	71.6%	57.6%	22%
Molasses	55	52	57	0	-57	1.0	0.0	0.0%	0.1%	65.9%	55.5%	48%
Sugar, Brown	70	77.1	0	0	0	0.0	0.0	0.1%	0.0%	85.6%	97.0%	24%
Sugar, Granulated	70	79.4	0	0	0	0.0	0.0	0.0%	0.0%	88.2%	99.9%	22%
<b>Sweets Averages</b>	<b>69</b>	<b>60.1</b>	<b>32</b>	<b>0</b>	<b>-31</b>	<b>200.8</b>	<b>1.0</b>	<b>0.3%</b>	<b>0.1%</b>	<b>72.9%</b>	<b>68.3%</b>	<b>27.4%</b>

Data Based on Serving Size of 4 Ounces Which is 113.4 Grams

Miscellaneous	Glycemic		Omega-6	Omega-3	Net mg	n-6 to n-3	%	%	%	%	Nutrient	
	GI	GL	mg	mg	Omega-3	Ratio	Protein	Fat	Net Carb	Sugar	Load	
Bread, Wheat, White	73	34	1,379	158	-1,221	8.7	1.0	0.0%	3.3%	42.5%	4.3%	52%
Bread, Whole Grain Wheat	71	22	651	28	-623	22.9	1.0	13.0%	3.3%	30.4%	5.6%	58%
Bread, Multi-Grain, Whole	71	22	651	28	-623	22.9	1.0	13.4%	4.2%	31.7%	6.4%	58%
Spaghetti, Cooked	41	19	335	27	-307	12.3	1.0	5.8%	0.9%	24.9%	0.6%	56%
Spaghetti, Whole-Wheat, Cooked	37	12	230	11	-219	20.4	1.0	5.3%	0.5%	19.4%	0.8%	66%
Tapioca, Pearl, Dry	56	70	2	1	-1	2.0	1.0	0.2%	0.0%	77.4%	3.3%	38%
Cider Vinegar	5	0	0	0	0			0.0%	0.0%	0.0%	0.4%	46%
Coca Cola, Classic	53	2	0	0	0			0.0%	0.0%	10.6%	12.0%	22%
Coffee	0	0	1	0	-1	1.0	0.0	0.1%	0.0%	0.0%	0.0%	42%
Cheerios, Gen Mills	74	49	2,132	101	-2,031	21.1	1.0	11.3%	5.9%	57.0%	4.0%	100%
Corn Flakes	81	69	340	23	-318	15.0	1.0	7.7%	0.3%	77.3%	6.1%	38%
Grape-Nuts Cereal, Post	71	56	917	70	-847	13.0	1.0	12.5%	1.9%	62.9%	12.6%	68%
Oatmeal, Cooked	66	7	614	20	-593	30.1	1.0	2.5%	1.5%	10.5%	0.3%	68%
Shredded Wheat Miniatures	67	51	1,518	69	-1,449	21.9	1.0	11.0%	2.1%	59.1%	2.0%	74%
Chocolate, Baking, Unsweetened	70	0	1,630	132	-1,497	12.3	1.0	12.9%	52.3%	11.6%	0.9%	62%
Ketchup	55	12	137	5	-133	30.4	1.0	1.7%	0.3%	22.0%	22.8%	52%
Mustard, Prepared, Yellow	35	2.3	516	553	37	0.9	1.0	4.4%	4.0%	1.8%	0.9%	74%
Mushrooms, Enoki, Raw		3	125	17	-108	7.3	1.0	2.6%	0.3%	4.4%	0.2%	84%
Mushrooms, Italian, Crimini, Raw		3	45	0	-45	1.0	0.0	2.5%	0.1%	3.1%	1.7%	80%
Mushrooms, Portabella, Raw		3	85	1	-84	77.4	1.0	2.5%	0.2%	3.2%	1.8%	80%
Mushrooms, Portabella, Grilled		3	267	0	-267	1.0	0.0	4.3%	0.7%	2.4%	0.0%	84%
Mushrooms, Shiitake, Cooked		7	41	4	-37	10.4	1.0	1.6%	0.2%	10.8%	3.6%	58%
Mushrooms, White, Raw		2	158	0	-158	1.0	0.0	3.1%	0.3%	2.0%	1.7%	90%
<b>Miscellaneous Averages</b>	<b>54</b>	<b>19.5</b>	<b>512</b>	<b>54</b>	<b>-458</b>	<b>9.4</b>	<b>1.0</b>	<b>5.1%</b>	<b>3.6%</b>	<b>24.6%</b>	<b>4.0%</b>	<b>63.0%</b>