

Sheet1

Name	Calcium (mg/100g)	Fat	Protein	Water	Ash
Blue Bottle Spikes	32.9	8%	16%	69%	1.44%
Butterworms	42.9	5.21%	16.2%	59%	1.04%
Crickets	14	6%	18%	74%	1%
Dubia Roaches	20	7%	36%	61%	2%
Hornworms	46.4	3.07%	9%	85%	
Mealworms	3.28	13%	10%	59%	1%
Phoenix worms	34	9.5%	17%		
Silkworms	34	10%	64%	76%	7.5%
Superworms	10.8	16%	20%	59%	1%
Waxworms	13.14	20%	16%	61%	1%
Woodlice	46,275ppm	3.7%	13%	68%	11%

Staples	Occasional	Rare	Toxic
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Name	Cal:Phos	Fat	Protein	Water	Fiber
Alfalfa Sprouts	1:2.2	.7%	4%	93%	2%
Arugula/Rocket	3:1	.7%	2.6%	92%	1.6%
Cactus Pad/Leaf (raw)	2.3:1	.5%	0.8%	88%	3.6%
Cactus Pear	2.3:1	.5%	0.7%	88%	3.6%
Carrot	1:1.7	.5%	.8%	90%	1.8%
Chickory Greens	2:1	.3%	1.7%	92%	4%
Cilantro/Coriander	1.4:1	.5%	2.1%	92%	3%
Collard Greens	14.5:1	.4%	2.5%	91%	3.6%

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Dandelion Greens	2.8:1	.7%	2.7%	86%	3.5%
Endive	1.9:1	.2%	1.3%	94%	3.1%
Escarole	1.9:1	.2%	1.2%	94%	2.8%
Kale	2.4:1	.7%	3.3%	84%	2%
Mustard Greens	2.4:1	.2%	2.7%	91%	3.3%
Spinach	2:1	.4%	2.9%	92%	2.7%
Squash (Acorn)	1:1	.1%	.8%	88%	1.5%
Squash (Butternut)	1.5:1	.1%	1%	86%	11.7%
Turnip Greens	4.5:1	.3%	1.5%	91%	3.2%

Name	Cal:Phos	Fat	Protein	Water	Fiber
Apricot	1:1.4	.4%	1.4%	86%	2.4%
Artichoke heart (raw)	1:2	.2%	3.2%	85%	5.4%
Asparagus	1:2.7	.2%	2.3%	92%	2.1%
Basil	2.2:1	.6%	2.5%	90%	3.9%
Beans (Green)	1:1	.1%	1.8%	90%	3.4%
Bell Pepper	1:2	.2%	.9%	92%	1.8%
Blackberry	1.5:1	.4%	.7%	86%	5.3%
Blueberry	1:1.6	.4%	.7%	85%	2.7%
Bokchoy	2.8:1	.2%	1.5%	95%	1%

Sheet1

Cabbage (raw)	2:1	.3%	1.4%	92%	2.3%
Cantaloupe	1:1.5	.3%	.9%	90%	.8%
Celery (stalk & leaves)	1.6:1	.1%	.8%	95%	1.7%
Cucumber	1:1.5	.2%	.6%	97%	.7%
Guava	1:1.3	.6%	.8%	86%	5.4%
Hibiscus (flower)	2.7:1	.1%	1.6%	86%	2.5%
Name	Cal:Phos	Fat	Protein	Water	Fiber
Hibiscus (leaves)	2.3:1	.3%	3.3%	85%	1.6%
Honeydew	1:1.7	.1%	.5%	90%	1.4%
Kiwi	1:1.5	.4%	1%	83%	9%
Kohlrabi	1:2	.1%	1.7%	91%	4.5%
Lettuce (Iceberg)	“1:1	.2%	1%	96%	1.4%
Lettuce (Romaine)	1:1.3	.2%	1.6”	95%	1.7%
Okra	1.1:3	.1%	2%	90%	3.2%
Papaya	5:1	.1%	.6%	89%	1.8%
Parsley	2.4:1	.8%	3%	88%	3.3%
Parsnip (raw)	1:2	.3%	1.2%	80%	4.9%
Pea (Green)	1:4.3	.4%	5.4%	79%	5.1%
Pea (Snap – pea/pod)	1:4.3	.4%	5.4%	79%	5.1%
Pea Sprouts	1:4.6	.7%	8.8%	62%	
Peach	1:2.4	.1%	.7%	88%	2%
Plum	1:2.5	.6%	.8%	85%	1.5%
Name	Cal:Phos	Fat	Protein	Water	Fiber
Pumpkin	1:2	.1%	1%	92%	.5%
Radicchio	1:2	.3%	1.4%	93%	.9%

Sheet1

Radish	1:1	.5%	.6%	95%	1.6%
Raspberry	1:1.2	.6%	.9%	87%	6.8%
Rosemary	4.8:1	5.9%	3.3%	68%	4%
Strawberry	1:1.4	.4%	.6%	92%	2.3%
Turnip (raw)	1:1	.1%	.9%	92%	1.8%
Watercress	2:1	.1%	2.3%	95%	.5%
Watermelon	1:1	.4%	.6%	92%	.5%
Yams (raw)	1:3.2	.2%	1.5%	70%	4.1%
Yucca Root	1:1.7	.3%	1.4%	60%	1.8%
Zucchini	1:4.4	.4%	2.7%	93%	1.1%

Name	Cal:Phos	Fat	Protein	Water	Fiber
Apple	1:1.8	.3%	1%	85%	1.9%
Banana	1:3.3	.5%	1%	74%	2.4%
Beets	3:1	.1%	1.8%	92%	3.7%
Broccoli	1:1.4	.4%	3%	91%	3%
Brussel Sprouts	1:1.6	.3%	3.4%	86%	3.8%
Cauliflower	1:2	.2%	2%	92%	2.5%
Cherry	1:1.6	.2%	1.1%	82%	2.1%
Corn	1:13	1%	2.6%	77%	2%
Cranberry (fresh)	1:1.3	.2%	.4%	87%	4.2%

Sheet1

Egg (scrambled)	1:3.4	10.6%	10%	76%	0%
Figs	2.5:1	.3%	.8%	79%	3.3%
Grape Leaves (not ivy)	4:1	2.1%	5.6%	73%	11%
Grape	1.4:1	.4%	.6%	81%	1%
Grapefruit	1.2:1	.1%	.6%	91%	
Mango	1:1	.3%	.5%	82%	1.8%
Name	Cal:Phos	Fat	Protein	Water	Fiber
Nectarine	1:3	.5%	.9%	86%	1.6
Orange	2:1	.1%	1%	87%	2.4%
Pear	1:1	.4%	.4%	84%	2.4%
Peppermint (leaves)	3.3:1	.9%	3.8%	79%	8%
Pineapple (fresh)	1:1	.4%	.4%	87%	1.2%
Pinky mouse	1:1	17%	64.2%		
Potato (brown)	1:5	.1%	1.7%	77%	1.8%
Potato (sweet)	1:1.3	.3%	1.7%	73%	1.8%
Raisins (seedless)	1:2	.5%	3.2%	15%	4%
Spearmint (leaves)	1.3:1	.7%	3.3%	86%	6.8%
Starfruit	1:4	.4%	.5%	91%	2.7%
Swiss Chard	1:1	.2%	1.8%	93%	1.6%
Tomato	1:5	.3%	.9%	94%	1.1%
Wheatgrass	1:1	.0%	25%	0%	28.6%

HIGHLY Food	AND Plants	POTENTIALLY Plants (cont.)	TOXIC Insects
Avocado	African Lily	Ivy	Ladybug
Chives	Arrowhead Vine	Juniper	Firefly/ Lightning Bug
Eggplant	Azalea	Mistletoe	Spiders
Garlic	Black Locusts	Oak	
Mushrooms	Bleeding Hearts	Oleander	

Sheet1

Rhubarb
Sage
Skunk Cabbage
Tomato (stem/leaf)

Bloodroot
Boxwood
Buttercup
Calla Lily
Holly
Hyacinth
Hydrangea

Peony
Poison Hemlock/Ivy
Poison Oak/Sumac
Pointsetta
Tulip
Water Hemlock

Frequency	Additional Names
Staple	Blue Bottle Fly Larvae
Staple	
Staple	
Staple	
1-2 per wk.	
Staple	
Staple	Calciworms/Nutrigrubs, Black Soldier Fly Larvae
Staple	
Staple	
Treat	
Staple	Isopods, Roly Poly

Sugar	International Name
.2%	Buffalo Grass (US); Lucerne, erba medica, pianta medica foraggio (IT); Rucola, Rauke (DE);
2%	Roquette (FR), Rucula, rucola (IT)
0%	
0.00%	Indian-fig, Barbary Fig, Figue de Barbarie (FR), Pricklypear, Raquette, Tuna, Tuna Cactus: Opuntia compressa. Cactus vrucht (NE), Figuier D'Inde, Hsien Jen Chang, fico d'India, fico moresco (IT)
6.6%	Zanahoria (SP); Karotte (DE); Morot (SE); Wortel (NE);
.9%	Endive chicory, endive, hindiba, radicchio, escarola (SP); Cicoria (IT)
.9%	Koriander (DE); pianta di coriandolo (IT).
.5%	borecale, cut-and-come-again, rosette colewort, watercress (UK), spring greens, pamphrey (UK); chou precoce (FR), col verde nueva, verdes del collard (SP), lente blad groente (NE), junge kohlblatter (DE); Cavolo Nero, verza (IT); berza (SP)

- 2.4% Dente di leone, soffione,
tarassaco (IT);
paardebloembladen (NE);
Loewenzahn (DE), diente de
león (SP)
- 1.2% Chicoree (DE); indivia, cicoria
indivia (IT)
- .2% Scarola, cicoria scarola (IT),
andijvie (NE), escarola
(SP), Endivie (DE)
- 2.2% Gruenkohl (DE); col rizada
(SP); cavolo verde riccio (IT)
- .8% sawi hijau, caisim (IA); foglie
di mostarda, senape (IT)
- .4% Spinat (DE); spinacio, spinaci
(IT); bayam (MA); espinaca
(SP)
- 2.2%
- 2.2% Zucca, zucca gialla invernale,
zucca noce di burro [butternut]
(IT)
- 1% Rieben gruen (DE); foglie di
rapa (IT)

Sugar	International Name
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- | | |
|------|--|
| 2.4% | albicocca (IT), albaricoque (SP) |
| 1% | Artichaut (FR); Artischocke
(DE); Carcifo (IT);
Kronärtskocka (SE); |
| 2% | asparago (IT); Asperge (FR);
espárrago (SP), Esparrago,
Esparraguera, Garden-
asparagus, Halyun,
Kuskonmaz, Matuba-Udo |
| .3% | basilic (FR); Basilikum (DE);
basilico (IT); albahaca (SP);
ꠘꠇꠇꠇꠇꠇ (MA) |
| 3.3% | gruen bohnen, (DE); haricot
verts (FR); fagiolini verdi (IT) |
| 3.6% | peperone (IT); pimiento dulce
(SP) |
| 7.9% | La mûre (FR); Mora (IT) (SP);
Brombeere (DE) |
| 7.3% | arandano (SP); mirtillo (IT) |
| 1% | Bai Cai, Bok Choy, Chinese
Celery Cabbage, Chinese White
Cabbage, Loose-headed
Chinese Cabb, Mustard
Cabbage, Pak Choi (VT);
cavolo cinese (IT) |

2.7% repollo, col lombarda (SP);
cavolo rosso, cavolo nero (IT);
kubis, kubis merah (MA)

(Honing)meloen (NE); melon
8% (SP); melone cantalupo di
Charentais (IT)

Céleri (FR); Sellerie (DE);
1% Sedano (IT); Apio (SP);
Selleri (SE)

2.3%

6%

Ibisco (IT);

Sugar International Name

(See Hibiscus)

melone di melata (IT);
8.1% Honigmelone (DE); Melon miel
(FR); Honungsmelon (SE);
Honing meloen (NE)

9%

koolraap (NE); kálrabbi (SE);
2.6% chou-rave (FR); colinabo (SP);
cavolo rapa (IT)

1.8% Lattich (DE); ijsbergsla (NE);
lattuga (IT); laitue (FR);

2% (See Lettuce (Iceberg))

2.4% Gombo (FR);

5.9% papaia (IT); betik (MA)

1.1% perejil (SP); persil, persil vert
(FR); prezzemolo (IT)

4.8% Celeri Marron, Chirivia , Persil
Marron , Pastinaken (DE);
pastinaca, tubero di pastinaca
(IT), pastinaca, chirivia (SP)

4.5% Erbsen (DE); piselli, pisellini
verdi (IT), guisantes, chicharos
(SP)

4.5% (See Pea (Green))

(See Pea (Green))

8.7% perzik (NE); pêche (FR);
Pfirsich (DE); Pesca (IT);
Melocotón (SP)

7.5% Pruim (NE); Prune (FR);
Prugna (IT); Ciruela (SP);
Pflaume (DE)

Sugar International Name

4.4% Pompoen (NE); Citrouille (FR);
Kürbis (DE); Zucca (IT);
Calabaza (SP)

.6%

Sheet1

- 2.7% Radijs (NE); Un radis (FR);
Ravanello (IT); Rábano (SP);
Rettich (DE)
- 4.4% Himbeeren (DE); framboos
(NE); framboise (FR); lampone
(IT); frambuesa (SP)
- 0% Rosmarijn (NE); Romarin (FR);
Rosmarino (IT); Romero (SP)
- 5.7% Erdbeeren (DE); Aardbei (NE);
Fraise (FR); fresa (SP); fragola
(IT)
- 3.8% Raap (NE); Navet (FR); Rapa
(IT); Nabo (SP); Steckrübe
(DE)
- .4% Crescione (IT); Berro (SP);
Brunnenkresse (DE)
- 9% Wassermelone (DE); Pastèque
(FR); Watermeloen (NE);
anguria, cocomero (IT);
tembikai (MA); sandía (SP)
- .5% Süßkartoffel (DE); Patate douce
(FR); Batata (SP); Patata dolce (IT)
- 1.7% manioca frita, singkong, ubi
kayu (IA), tubero per tapioca
(IT)
- 2.2% courgette (FR, UK, NE);
calabacin (SP); marrow (UK);
zucchini, zucchini, zucchini,
zucchini (IT)

Sugar	International Name
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- | | |
|-------|---|
| 11.5% | Apfel (DE); appel (NE); mela
(IT); manzana (SP) |
| 18.4% | Banane (DE); pisang (MA);
banaan (NE), plátano (SP) |
| 6.8% | |
| 1.7% | Brokkoli (DE); broccoletti (IT),
brócoli (SP) |
| 2.2% | Rosenkohl (DE); Choux de
Bruxelles (FR); Coles de Bruselas
(SP); Cavoletti di Bruxelles (IT);
Spruitjes (NE) |
| 2.2% | coliflor (SP); cavolfiore (IT) |
| 12.8% | cerezas (SP); ciliegia (IT) |
| 5.4% | Mais (DE) (IT) (NE); Blé (FR);
Maíz (SP); |
| 4.3% | Mirtillo rosso (IT); Veenbes (NE);
Canneberge (FR); Arándano (SP) |

Sheet1

1.4% Uovo (IT); Ei (DE) (NE); Oeuf (FR); Huevo (SP);

6.9% Feigen (DE); Vijg (NE); fico (IT)

6.3% (See Grape)

16% Trauben (DE); Druif (NE); uva (IT); anggur (MA); uvas (SP)

6.2% Uva (IT); pamplemousse (FR); pomelo (SP)

14.8% pesca brasiliana (IT); mangga, pelam, mempelam (MA)

Sugar International Name

8.5% Nettarina (IT)

8.9% Arancia (IT); Naranja (SP);

10.5% Birnen (DE); Poire (FR); Peer (NE); pera (SP); pera (IT)

0% Menta piperita (IT); Menta (SP); Menthe poivrée (FR); Pfefferminze (DE); peppermint (NE); pepparmynta (SE)

12% Ananas (IT) (FR) (NE) (DE) (SE); Piña (SP);

Ash 9.7%

1% Patata (IT); Piña (SP); pomme de terre (FR); Kartoffel (DE); aardappel (NE); potatis (SE)

5% (See Yams)

62% (See Grape)

0% Menta verde (IT) (SP); Menthe verte (FR); Munt (NE); Grönmynta (SE)

7.1% carambola (US) (SP); frutto a stella esotico, carambola (IT); belimbing (MA)

1% Bietola (IT) ; Acelga (SP); Bettes (FR); Mangold (DE) (SE); Snijbiet (NE);

3% Pomodoro (IT) ; Tomate (SP) (FR) (DE); Tomaat (NE); Tomat (SE)

0.00%