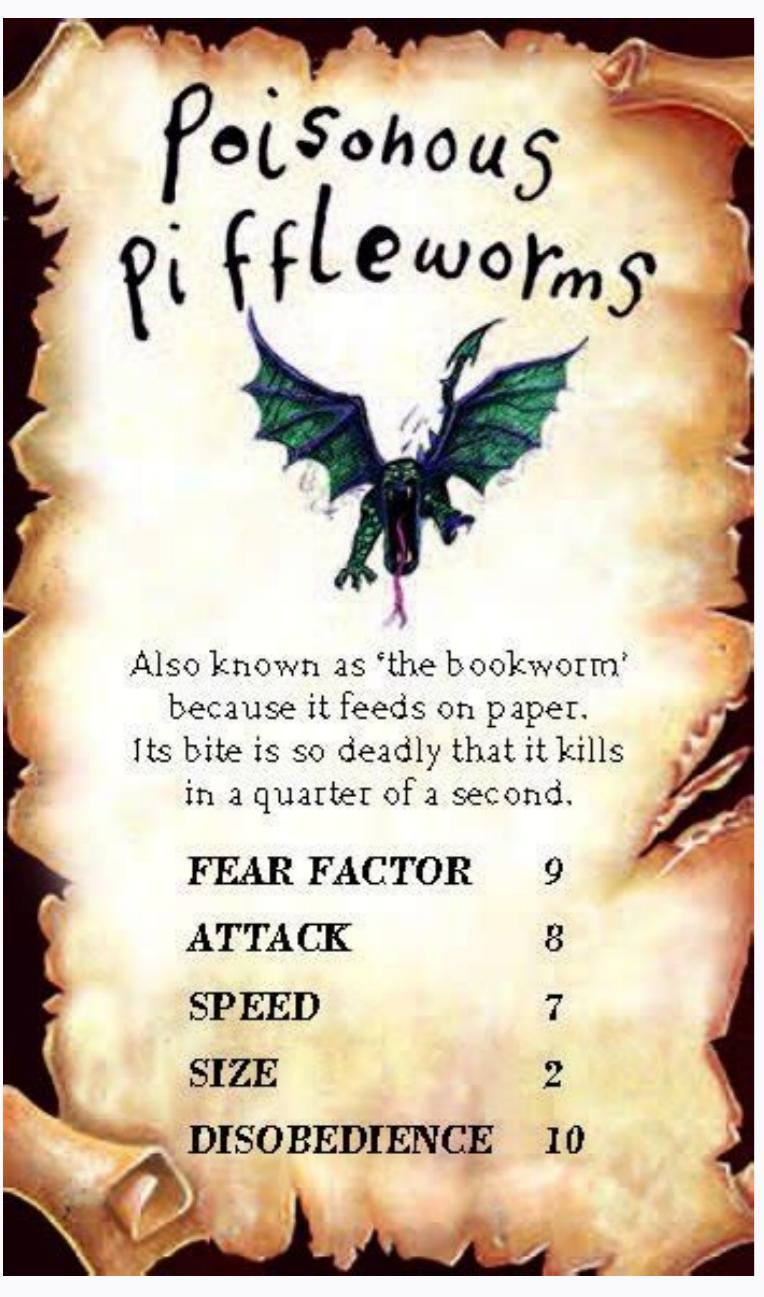


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Food Item	Image	Ca:P	Protein	Fat	Fibre	Sugar	Water	Notes
Alfalfa								Great staple (alfalfa plant, not sprouts)
Cactus Pad/ Leaf (raw)		2.3:1	.8%	.5%				Great staple veggie, high calcium
Cactus Pear (Prickly Pear)		2.3:1	.7%	.5%	3.6%		88%	Great staple veggie, high calcium
Collard Greens		14.5:1	2.5%	.4%	3.6%		91%	Great staple, high calcium, moderate oxalates
Cricket (before gut loading)		1:12	21.3%	6.0%	3.2%		70%	Gut-load & dust to increase calcium
Dandelion Greens		2.8:1	2.7%	.7%	3.5%	2.4%	86%	High calcium, high vit. A (140 IU/g), moderate oxalates, be cautious of pesticides in wild greens
Endive		1.9:1	1.3%	.2%	3.1%	1.2%	94%	Mod. oxalates, high calcium
Escarole								High calcium, mix with other greens
Mustard Greens		2.4:1	2.7%	.2%	3.3%	.8%	91%	High vit. C (7%), high vit. A (53 IU/g), moderate oxalates (1287 ppm), goitrogenic
Silkworm		1:2.4	63.8%	unk	unk		76%	Contains an enzyme called serrapeptase, this has properties that make calcium absorption more efficient, can reduce inflammation, pain and bloat if it can break down arterial plaque.
Squash, Acorn		1:1	.8%	.1%	1.5%	2.2%	88%	
Squash, Butternut (Winter)		1.5:1	1.0%	.1%	11.7%	2.2%	86%	High fiber, high vit. A (78 IU/g)
Squash, Hub- bard		1:1.5	2.0%	.5%	8.7%	2.2%	88%	High fiber, high vit. A (54 IU/g)
Squash, Scallop - Patty-pan		1:2	1.2%	.2%	3.8%	2.2%	94%	



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