

Nuts and Seeds

Diet ingredient	Almonds, raw	Cashews, raw	Coconut meat, raw, no skin or milk	Macadamia nuts, raw, no shells	Pecans, raw, no shells	Peanuts, raw
Moisture (%)*, **	4.7	5.2	47.0	1.4	3.5	6.5
Gross Energy (kcal/kg)	6034	5833	6678	7279	7162	6064
Crude Protein (%)	22.3	19.2	6.3	8.0	9.5	27.6
Crude fat (%)	51.9	46.3	63.2	76.8	74.6	52.7
Ash (%)	3.1	2.7	1.8	1.2	1.5	2.5
Total Carbohydrate (%)	22.7	31.8	28.7	14.0	14.4	17.3
Crude Fiber (%)	12.8	3.5	17.0	8.7	10.0	9.1
Sugars (%)	4.1	6.2	11.8	4.6	4.1	4.2
Starch (%)	0.8	24.8		1.1	0.5	
Ca (mg/kg)	2770	390	264	862	726	984
P (mg/kg)	5079	6255	2132	1906	2871	4021
Fe (mg/kg)	39.0	70.5	45.8	37.4	26.2	49.0
Cu (mg/kg)	10.5	23.2	8.2	7.7	12.4	12.2
Mn (mg/kg)	24.0	17.5	28.3	41.9	46.6	20.7
Zn (mg/kg)	32.3	61.0	20.8	13.2	47.0	35.0
Se (mg/kg)	0.0	0.2	0.2	0.0	0.0	0.0
Mg (mg/kg)	2812	3080	604	1318	1254	1797
Na (mg/kg)	10	127	377	51	0	193
K (mg/kg)	7398	6962	6716	3731	4250	7540
Vit C (mg/kg)	0.0	5.3	62.3	12.2	11.4	0.0
Thiamin (mg/kg)	2.2	4.5	1.2	12.1	6.8	6.8
Riboflavin (mg/kg)	10.6	0.6	0.4	1.6	1.3	1.4
Niacin (mg/kg)	35.5	11.2	10.2	25.1	12.1	129.0
Pantothenic acid (mg/kg)	4.9	9.1	5.7	7.7	8.9	18.9
Pyridoxine (mg/kg)	1.5	4.4	1.0	2.8	2.2	3.7
Folate (mg/kg)	0.5	0.3	0.5	0.1	0.2	0.3
Oxalate (mg/kg)						
Choline (mg/kg)	547	0	228	0	420	561
Vit B12 (ug/kg)	0.0	0.0	0.0	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0	0.0	0.0	0.0
β carotene (mg/kg)	0.0	0.0	0.0	0.0	0.3	0.0
Vit E (mg/kg)	275.1	9.5	4.5	5.5	14.5	89.1
Vit K (mg/kg)	0.0	0.4	0.0	0.0	0.0	0.0

Conversions for measuring (c=cup; L= large; S= small)	1 c whole =				
	143 g; 1 almond =		1 c shredded =	1 c	1 c
	1.2 g		80 g	whole/halves	chopped =
				= 134 g	109 g
					1 c = 146 g

*All nutrients, except moisture, are presented on a Dry Matter basis for accurate comparison

**Data gathered from USDA Nutrient Data Laboratory

(<http://www.nal.usda.gov/fnic/foodcomp/search/>), and Mazuri lab analyses

***Blank entries reflect lack of data

Updated 12/08

Nuts and Seeds

Diet ingredient	Whole kernel corn, dried	Proso millet	Flaxseed	Milo	Safflower seeds	Sunflower seeds, dried (no hulls)
Moisture (%)*, **	14.0	12.0	10.0	13.0	7.0	4.7
Gross Energy (kcal/kg)	3359	3775	5302	3839	5502	6130
Crude Protein (%)	9.5	12.5	25.0	10.6	17.5	21.8
Crude fat (%)	4.3	5.5	37.8	3.1	35.0	54.0
Ash (%)	***					3.3
Total Carbohydrate (%)	64.8	69.5	22.5	78.4	41.3	10.1
Crude Fiber (%)	2.4	7.5	9.7	2.9	1.2	9.0
Sugars (%)						2.8
Starch (%)						
Ca (mg/kg)	400	200	4000	300	2600	819
P (mg/kg)	3000	3400	10000	2800	6700	6928
Fe (mg/kg)						55.1
Cu (mg/kg)						18.9
Mn (mg/kg)						20.5
Zn (mg/kg)						52.5
Se (mg/kg)						0.6
Mg (mg/kg)						3411
Na (mg/kg)						94
K (mg/kg)						6770
Vit C (mg/kg)						14.7
Thiamin (mg/kg)						15.5
Riboflavin (mg/kg)						3.7
Niacin (mg/kg)	26.7	3.4	55.6	30.5	0.7	87.5
Pantothenic acid (mg/kg)						11.9
Pyridoxine (mg/kg)						14.1
Folate (mg/kg)						2.4
Oxalate (mg/kg)						
Choline (mg/kg)						578
Vit B12 (ug/kg)						0.0
Retinol (ug/kg)						0.0
β carotene (mg/kg)						0.3
Vit E (mg/kg)						348.8
Vit K (mg/kg)						0.0

Conversions for measuring (c=cup; L= large; S= small)

1 c = 46 g (with hulls)

*All nutrients, except moisture, are presented on a Dry Matter basis for accurate comparison

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(<http://www.nal.usda.gov/fnic/foodcomp/search/>), and Mazuri lab analyses

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