

**All nutrients on Dry Matter Basis<sup>a</sup>**

		Moisture (%)	Gross Energy (kcal/kg)	Crude Protein (%)	Crude fat (%)	Carbohydrates (% calculated)	Crude Fiber (%)	Sugars (%)
<b>Primate recommendations<sup>b</sup></b>		15-22						
<b>Greens and lettuce**</b>								
Kale, raw	1 c= 67g	84.5	3217.5	21.2	4.5	64.4	12.9	
Lettuce, green leaf, raw	1 c=36g; 1 leaf=5g	95.0	3042.0	27.6	3.0	56.6	26.4	15.8
Lettuce, red leaf, raw	1 c=28g; 1 leaf=2.6g	95.6	3669.7	30.5	5.0	51.8	20.6	11.0
Mustard greens, raw	1 c=56g	90.8	2826.1	29.3	2.2	53.3	35.9	17.4
Romaine, raw, no core	1 leaf S=6g; 1 leaf L = 28g	94.6	3154.0	22.8	5.6	61.0	39.0	22.1
Spinach	1 c=30g; 1 leaf bunch=10g	91.4	2674.4	33.3	4.5	42.2	25.6	4.9
<b>Legumes</b>								
Alfalfa sprouts, raw	1 c=33g	92.8	3203.3	55.6	9.6	29.2	26.5	2.5
Green beans, raw	1 c=110g	90.3	3186.0	18.7	1.2	73.3	34.9	14.4
Peas, green, raw	1 c=145g	78.9	3831.6	25.6	1.9	68.4	24.1	26.8
<b>Veggies</b>								
Broccoli, raw, no leaves	1 c =91g; 1 stalk=151g	89.3	3177.6	26.4	3.5	62.1	24.3	15.9
Carrots, raw	L=72g	88.3	3501.3	7.9	2.0	81.8	23.9	40.5
Celery, raw	1 c chop =101g; 1 stalk=64g	95.4	3501.1	15.1	3.7	65.0	35.0	40.0
Cucumber, w/ peel, raw	1 whole=301 g	95.2	3144.7	13.6	2.3	76.1	10.5	35.0
Green peppers, raw	L=164g	93.9	3273.3	14.1	2.8	75.9	27.8	39.3
Onion, raw, no stems	1 L=150g; 1 S = 70g	89.1	3673.1	10.1	0.9	85.8	15.6	38.9
<b>Starches</b>								
Corn, on cob, raw, yellow	S=73g	76.0	3577.4	13.4	4.9	79.1	11.2	13.4
Sweet potato, cooked, no salt/skin	1 L=180 g; 1 S=60 g	75.8	3715.9	8.3	0.6	85.5	13.6	26.8
White potato, cooked, no salt/skin	1 L=369g, 1 M=213g, 1 S=170g	74.9	3703.7	10.0	0.5	84.2	8.8	4.7
Yam, cooked, no salt/skin	1 c=136g	70.1	3883.5	5.0	0.5	92.0	13.1	1.6
<b>Nuts and Seeds</b>								
Almonds, raw	1 c whole=143g; each=1.2g	4.7	6033.6	22.3	51.9	22.7	12.8	4.1
Peanuts, raw	1 c=146g	6.5	6064.2	27.6	52.7	17.3	9.1	4.2
Pecans, raw, no shells	1 c chopped=109g	3.5	7162.1	9.5	74.6	14.4	10.0	4.1
Sunflower seeds, dried, no hulls	1 c=46 g	4.7	6129.9	21.8	54.0	21.0	9.0	2.8
<b>Animal products</b>								
Egg, whole, raw, no shell	1 c=243g; 1 L=50g	75.8	5918.9	52.1	41.1	3.2	0.0	3.2
Yogurt, plain, whole milk	1 c=245g	87.9	5041.3	28.7	26.9	38.5	0.0	38.5

<sup>a</sup> Data adapted from USDA Nutrient Data Library; <http://www.nal.usda.gov/fnic/foodcomp/search/>. No value indicates data not available.

<sup>b</sup>NRC Primates (2003), Dry Matter Basis

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<b>Primate recommendations<sup>b</sup></b>		15-22						
<b>Fruit</b>								
Apple, raw, with skin	1 L=223g; 1 S=149g	85.6	3601.1	1.8	1.2	95.6	16.6	72.0
Banana, raw, no skin	1 c sliced=150g; 1 L=136g	74.9	3547.2	4.3	1.3	91.0	10.4	48.7
Blueberries, raw	1 c=148g	84.2	3609.9	4.7	2.1	91.8	15.2	63.1
Cantaloupe, large	1 c, chopped =110g	90.2	3451.8	8.5	1.9	82.8	9.1	79.8
Grapes, seedless, raw	1 c=151 g; 10 grapes=49 g	80.5	3545.7	3.7	0.8	93.0	4.6	79.5
Lemon, raw, w/ peel	1, no seeds=108g	87.4	1587.3	9.5	2.4	84.9	37.3	
Mango, raw	1 c, sliced=165 g	81.7	3553.9	2.8	1.5	92.9	9.8	80.9
Orange, raw, with peel	1 c=170g	82.3	3559.3	7.3	1.7	87.6	25.4	
Papaya, raw	1 L=380g; 1 S=152g	88.8	3491.5	5.5	1.3	87.8	16.1	52.8
Pear	1 S=148g; 1 L=230g	83.7	3560.5	2.3	0.7	94.9	19.0	60.2
Pineapple	1 c, chunks=165g	86.0	3571.4	3.9	0.9	93.7	10.0	70.4
Raisins, seedless	1 c=165g; 50 raisins=26g	15.4	3535.5	3.6	0.5	93.6	4.4	70.0
Strawberries, raw	1 L=18g; 1 S=7g	91.0	3535.9	7.4	3.3	84.9	22.1	54.0
Tomato, red, ripe, raw, no core	1 L=182g; 1 S=91g	94.5	3272.7	16.0	3.6	71.3	21.8	47.8
<b>Prepared foods</b>								
Bread, white	1 slice=25g	36.4	4185.0	12.0	5.2	79.6	3.8	6.8
Bread, whole wheat	1 slice=28g	38.6	4021.5	21.1	5.5	67.2	11.1	9.1
Peanut butter, smooth, no salt	1 c=258g; 2 tbsp=32 g	1.8	5988.4	25.6	51.3	19.9	6.1	9.4
<b>Mazuri Primate</b>								
Primate Basix- 5NAA	1 pc = 6.8 g; 1 c = 69.5 g	10.97	3660.75	22.46	8.10	50.84	11.23	5.40
Primate Growth & Repro.- 5MA1	1 pc = 6.2 g; 1 c = 65.5 g	11.61	3756.85	25.12	8.11	50.54	9.05	6.30
Primate Maintenance- 5MA2	1 pc = 13.8 g; 1 c = 95.3 g	10.99	3702.67	18.54	8.16	55.67	11.01	10.30
Primate Browse Biscuit- 5MA4	1 pc = 11.8 g	9.86	3264.03	20.52	4.59	50.75	17.14	14.80
New World Primate- 5MA5	1 pc = 0.5 g; 1 c = 79.9 g	10.59	4199.77	26.56	12.86	49.49	4.15	6.90
Leaf Eater- 5672/5M02	5672: 1 pc = 8.3 g, 1 c = 70.9; 5M02: 1 pc = 0.4 g, 1 c = 77.3 g	10.65	3338.30	26.30	5.60	44.57	15.67	2.00
<b>Fruit/veggie mix***</b>		83.7	5851.17	11.54	2.35	141.19	27.51	57.21
<b>Biscuit/fruit &amp; veggie mix****</b>		40.08	4217.60	22.14	6.85	70.48	13.11	17.50

\*Mix includes (as fed basis): 166.7 g each of apples, oranges, bananas, red leaf lettuce, carrots, and sweet potatoes

\*\*Mix includes 40% Primate Growth & Repro (5MA1) plus 60% of fruit and veggie mix described above