

All nutrients on Dry Matter Basis^a

	Moisture (%)	Ca (%)	P ^b (%)	Fe (mg/kg)	Zn (mg/kg)	Se (mg/kg)	Na (%)	Vit C (mg/kg)	Folate (mg/kg)	Retinol (IU/kg)	β carotene (mg/kg)	Vit E (mg/kg)
Primate recommendations^c		0.80	0.60	100.00	100.00	0.30	0.200	200.00	4.00	8000.00		100.00
Greens and lettuce**												
Kale, raw	84.5	0.87	0.36	109.40	28.31	0.06	0.277	7722.01	1.87	0.00	593.69	0.00
Lettuce, green leaf, raw	95.0	0.73	0.59	174.41	36.50	0.12	0.568	3650.40	7.71	0.00	901.04	58.81
Lettuce, red leaf, raw	95.6	0.76	0.64	275.23	45.87	0.34	0.573	848.62	8.26	0.00	1030.96	34.40
Mustard greens, raw	90.8	1.12	0.47	158.70	21.74	0.10	0.272	7608.70	20.33	0.00	684.78	218.48
Romaine, raw, no core	94.6	0.61	0.56	179.96	42.67	0.07	0.148	4452.69	25.23	0.00	646.38	24.12
Spinach	91.4	1.15	0.57	315.12	61.63	0.12	0.919	3267.44	22.56	0.00	654.19	236.05
Legumes												
Alfalfa sprouts, raw	92.8	0.45	0.97	133.70	128.13	0.08	0.084	1142.06	5.01	0.00	12.12	2.79
Green beans, raw	90.3				24.67	0.06	0.062	1675.23	3.80	0.00	38.95	42.14
Peas, green, raw	78.9	0.12	0.51	69.54	58.66	0.09	0.024	1892.15	3.07	0.00	21.24	6.15
Veggies												
Broccoli, raw, no leaves	89.3	0.44	0.62	68.22	38.32	0.23	0.308	8336.45	5.89	0.00	33.74	72.90
Carrots, raw	88.3	0.28	0.30	25.62	20.50	0.01	0.589	503.84	1.62	0.00	707.51	56.36
Celery, raw	95.4	0.88	0.53	43.76	28.45	0.09	1.751	678.34	7.88	0.00	59.08	59.08
Cucumber, w/ peel, raw	95.2	0.34	0.50	58.70	41.93	0.06	0.042	587.00	1.47	0.00	9.43	0.63
Green peppers, raw	93.9	0.16	0.33	55.65	21.28	0.00	0.049	13158.76	1.64	0.00	34.04	60.56
Onion, raw, no stems	89.1	0.21	0.27	19.28	15.61	0.05	0.037	679.52	1.74	0.00	0.09	1.84
Starches												
Corn, on cob, raw, yellow	76.0	0.01	0.37	21.63	18.72	0.00	0.062	282.86	0.19	0.00	0.20	2.91
Sweet potato, cooked, no salt/skin	75.8	0.16	0.22	28.49	13.21	0.01	0.149	809.25	0.25	0.00	475.23	29.31
White potato, cooked, no salt/skin	74.9	0.06	0.28	43.01	14.34	0.02	0.040	382.32	1.12	0.00	0.24	1.59
Yam, cooked, no salt/skin	70.1	0.05	0.16	17.41	6.70	0.02	0.027	405.09	0.54	0.00	2.44	1.14
Nuts and Seeds												
Almonds, raw	4.7	0.28	0.51	39.03	32.32	0.03	0.001	0.00	0.52	0.00	0.01	275.13
Peanuts, raw	6.5	0.10	0.40	48.98	34.97	0.01	0.019	0.00	0.26	0.00	0.00	89.09
Pecans, raw, no shells	3.5	0.07	0.29	26.22	46.95	0.04	0.000	11.40	0.23	0.00	0.30	14.51
Sunflower seeds, dried, no hulls	4.7	0.08	0.69	55.11	52.48	0.56	0.009	14.70	2.38	0.00	0.31	348.80

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

^b Phosphorus values reflect total phosphorus

^cNRC Primates (2003), Dry Matter Basis

	Moisture (%)	Ca (%)	P ^b (%)	Fe (mg/kg)	Zn (mg/kg)	Se (mg/kg)	Na (%)	Vit C (mg/kg)	Folate (mg/kg)	Retinol (IU/kg)	β carotene (mg/kg)	Vit E (mg/kg)
Primate recommendations^c		0.80	0.60	100.00	100.00	0.30	0.200	200.00	4.00	8000.00		100.00
Fruit												
Apple, raw, with skin	85.6	0.04	0.08	8.31	2.77	0.00	0.007	318.56	0.21	0.00	1.87	12.47
Banana, raw, no skin	74.9	0.02	0.09	10.36	5.98	0.04	0.004	346.75	0.80	0.00	1.04	3.99
Blueberries, raw	84.2	0.04	0.08	17.73	10.13	0.00	0.006	614.31	0.04	0.00	0.20	36.10
Cantaloupe, large	90.2	0.09	0.15	21.32	18.27	0.04	0.162	3725.89	0.21	0.00	20.51	5.08
Grapes, seedless, raw	80.5	0.05	0.10	18.50	3.60	0.01	0.010	554.98	0.10	0.00	2.00	9.76
Lemon, raw, w/ peel	87.4	0.48	0.12	55.56	7.94		0.024	6111.11		0.00		
Mango, raw	81.7	0.05	0.06	7.11	2.19	0.00	0.011	1514.49	0.08	0.00	2.43	61.24
Orange, raw, with peel	82.3	0.40	0.12	45.20	6.21	0.04	0.011	4011.30	1.69	0.00	0.00	0.00
Papaya, raw	88.8	0.21	0.04	8.95	6.27	0.01	0.027	5532.68	0.34	0.00	2.47	65.35
Pear	83.7	0.06	0.07	10.44	6.14	0.01	0.006	257.83	0.43	0.00	0.80	7.37
Pineapple	86.0	0.09	0.06	20.71	8.57	0.01	0.007	3414.29	0.00	0.00	2.50	1.43
Raisins, seedless	15.4	0.06	0.12	22.23	2.60	0.01	0.013	27.20	0.06	0.00	0.00	1.42
Strawberries, raw	91.0	0.18	0.27	45.30	15.47	0.00	0.011	6497.24	0.27	0.00	0.08	32.04
Tomato, red, ripe, raw, no core	94.5	0.18	0.44	49.09	30.91	0.00	0.091	2309.09	0.27	0.00	81.64	98.18
Animal products												
Egg, whole, raw, no shell	75.8	0.22	0.79	75.75	45.94	1.31	0.579	0.00	1.95	5753.31	0.41	40.15
Yogurt, plain, whole milk	87.9	1.00	0.79	4.13	48.76	0.18	0.380	413.22	0.58	2231.40	0.41	4.96
Prepared foods												
Bread, white	36.4	0.24	0.16	58.84	11.64	0.27	1.071	0.00	1.75	0.00	0.00	3.46
Bread, whole wheat	38.6	0.17	0.33	39.56	29.31	0.66	0.768	0.00	0.81	0.00	0.03	8.30
Peanut butter, smooth, no salt	1.8	0.04	0.36	19.04	29.64	0.06	0.017	0.00	0.75	0.00	0.00	91.56
Mazuri Primate												
Primate Basix- 5NAA	10.97	1.24	0.79	383.00	123.55	0.67	0.290	448.80	15.73	22392.00	1.32	321.39
Primate Growth & Repro.- 5MA1	11.61	1.41	0.79	352.00	210.00	0.64	0.330	565.84	15.84	22536.00	1.20	323.44
Primate Maintenance- 5MA2	10.99	1.46	0.79	318.30	200.70	0.57	0.341	561.90	12.47	22422.65	2.13	322.36
Primate Browse Biscuit- 5MA4	9.86	1.39	0.78	342.20	221.20	0.60	0.347	554.83	15.53	22140.50	11.17	315.17
New World Primate- 5MA5	10.59	1.40	0.88	228.30	237.40	0.61	0.424	1118.39	45.78	22322.34	1.70	568.73
Leaf Eater- 5672/5M02	10.65	1.15	0.75	511.10	165.70	0.59	0.211	851.20	10.72	27980.75	2.04	230.55
Fruit/veggie mix*	83.75	0.31	0.29	56.18	17.67	0.06	0.22	1892.05	1.90	0.00	405.80	30.01
Biscuit/fruit/veggie mix**	54.89	1.17	0.68	286.92	167.69	0.51	0.31	857.61	12.77	17578.08	90.21	258.88

*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

Updated Apr 2009