

Starches

Diet ingredient	White potato, raw	White potato, cooked	Sweet potato, raw	Sweet potato, cooked, no skin	Yam, cooked	Corn, yellow, raw
Moisture (%)*, **	79.3	74.9	77.3	75.8	70.1	76.0
Gross Energy (kcal/kg)	3727	3704	3785	3716	3883	3577
Crude Protein (%)	9.8	10.0	6.9	8.3	5.0	13.4
Crude fat (%)	0.4	0.5	0.2	0.6	0.5	4.9
Ash (%)	5.2	5.3	4.4	5.6	2.5	2.6
Total Carbohydrate (%)	84.6	84.2	88.6	85.5	92.0	79.1
Crude Fiber (%)	10.6	8.8	13.2	13.6	13.1	11.2
Sugars (%)	3.8	4.7	18.4	26.8	1.6	13.4
Starch (%)	74.7	68.8	55.7	29.1	***	
Ca (mg/kg)	581	597	1320	1569	469	83
P (mg/kg)	2759	2788	2069	2230	1640	3702
Fe (mg/kg)	37.8	43.0	26.8	28.5	17.4	21.6
Cu (mg/kg)	5.2	4.7	6.6	6.6	5.1	2.2
Mn (mg/kg)	7.4	8.7	11.4	20.5	12.4	6.7
Zn (mg/kg)	14.0	14.3	13.2	13.2	6.7	18.7
Se (mg/kg)	0.0	0.0	0.0	0.0	0.0	0.0
Mg (mg/kg)	1113	1115	1100	1115	603	1539
Na (mg/kg)	290	398	2421	1486	268	624
K (mg/kg)	20378	21306	14833	19612	22431	11231
Vit C (mg/kg)	953.5	382.3	105.6	809.2	405.1	282.9
Thiamin (mg/kg)	3.9	2.5	3.4	4.4	3.2	8.3
Riboflavin (mg/kg)	1.5	1.9	2.7	4.4	0.9	2.5
Niacin (mg/kg)	51.0	56.2	24.5	61.4	18.5	70.7
Pantothenic acid (mg/kg)	14.3	15.0	35.2	36.5	10.4	31.6
Pyridoxine (mg/kg)	14.3	12.4	9.2	11.8	7.6	2.3
Folate (mg/kg)	0.8	1.1	0.5	0.2	0.5	0.2
Oxalate (mg/kg)			10563			416
Choline (mg/kg)	586	589	541	541	542	957
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)	0.3	0.2	374.5	475.2	2.4	4.7
Vit E (mg/kg)	0.0	1.6	11.4	29.3	1.1	2.9
Vit K (mg/kg)	0.1	0.1	0.1	0.1	0.1	0.0

Conversions for measuring (c=cup; L= large; S= small)
 1 L = 369 g; 1 S = 170 g
 1 L = 369 g; 1 S = 170 g
 1 L = 180 g; 1 S = 60 g
 1 L = 180 g; 1 S = 60 g
 1 c = 136 g
 1 c = 154 g; 1 ear L = 143 g, S = 73 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/>)

***Blank entries reflect lack of data

Updated 12/08