

| Meats & Fishes |     | Beans & Legumes |     | Vegetables/Fruits |     |
|----------------|-----|-----------------|-----|-------------------|-----|
| Chicken        | 175 | Mung Beans      | 222 | Raisins           | 107 |
| Veal           | 172 | Soy Beans       | 190 | Broccoli          | 81  |
| Salmon         | 170 | White Beans     | 128 | Artichoke         | 78  |
| Pork           | 166 | Lentils         | 127 | Leek              | 74  |
| Turkey         | 150 | Garbanzo        | 109 | Apricot           | 73  |
| Shrimp         | 147 | Green Peas      | 84  | Brussels          | 69  |
| Duck           | 138 | Bean Sprout     | 80  | Dried Plum        | 64  |
| Venison        | 138 | Tofu            | 68  | Mushroom          | 58  |
| Scallops       | 136 | French Beans    | 45  | Banana            | 57  |
| Beef           | 133 | String Beans    | 37  | Spinach           | 57  |
| Rabbit         | 132 |                 |     | Corn              | 52  |
| Lobster        | 118 |                 |     | Cauliflower       | 51  |
| Mussels        | 112 |                 |     | Cabbage           | 37  |
| Cod            | 109 |                 |     | Grapes            | 27  |
| Oysters        | 90  |                 |     | Asparagus         | 23  |