

[image by Venchenza Settles]

The Dietitian's Guide to Eating Bugs

by Daniel Calder

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Preface

While taboo in North American and European societies, the consumption of insects as food, also known as "entomophagy", is practiced in many parts of the world. Many of these insects are quite nutritious, possessing nutrient content comparable to more conventionally consumed meats.

I intend in writing this book to educate people simultaneously about the nutritional content of insects in particular, but also concerning nutrient intake in general. My goal is to demonstrate that one can obtain one's RDA(Recommended Daily Allowance - the daily intake level of a nutrient which will suffice for the nutrient requirements of 97-98% of healthy individuals for every demographic) for virtually all essential nutrients solely from insects

This is a book in process. I will be continually adding information to it during the following weeks and months, and I expect it to be several hundred pages long. Do not, therefore, be put off by its currently short length. The interested reader is to be rest assured that I will be updating this book virtually on a daily basis until it becomes a wholly comprehensive guide to the nutritional content of insects.

The reader may be asking him- or herself at this point: why resort to eating bugs when one can eat pork, beef, lamb or other more conventional meats? There are numerous reasons. First, a high fecundity rate(many of them are multivoltine, which means they produce two or more broods a year). Insects tend to reproduce in large numbers, and they tend to do it quickly. Second, they can be raised in fish tanks instead of requiring several acres. Third, they tend not to be picky eaters, and their feed is cheap. Thus, in addition to having comparable nutritive value relative to more conventional meats, they have numerous tremendous advantages from a practical and economic standpoint. Aside from offering the ordinary person the opportunity to cheaply generate one's own food supply, insects thus also represent an important culinary option when it comes to the contingency of a mass food crisis.

There are, of course, safety issues involved in the consumption of insects. There are all sorts of possible insect allergies, both with regard to the consumption of insects as well as the possibility of being stung. They can also carry things like parasites. Furthermore, insects which are not bred in captivity run the risk of consuming vegetation contaminated by parasites, which can be passed on to consumers of the insects themselves. I therefore solemnly affirm that this book is solely for educational purposes and that my primary goal in writing this book and making it publicly available is to spur greater research in the area of preparing insects as a source of food. For liability purposes, I am certainly not telling anyone to actually eat bugs, and I absolve myself of liability for any negative consequences incurred by anyone becoming sick or injured from consuming insects.

The book is arranged in the following manner: In Part 1, I give a general description of the insect, and then as complete a guide to its nutritional contents as I am able to give. In Part 2, I give educational overviews of each of the relevant nutrients and a list of the foods in which each nutrient is most commonly found. I then compare and contrast how much of each nutrient can be found in the relevant insects with the foods more commonly consumed and associated with it, in order to attempt to make the case that one can just as easily obtain such a nutrient from these insects as from the insects themselves(in many cases, I demonstrate that insect consumption represents an arguably superior and healthier means of obtaining the nutrient on multiple levels).

Here is how the references are structured: the reader will notice that there is either a number or a number affixed to the end of some of the bug names. These are footnotes correlated with studies represented by bracketed numbers at the bottom of the page.

Bibliography:

This bibliography and its format is taken from "Nutritional composition and safety aspects of edible insects" by Birgit A. Rumpold and Oliver K. Schluter

Rumpold, BA; Schluter, OK. "Nutritional composition and safety aspects of edible insects."

MOLECULAR NUTRITION & FOOD RESEARCH; MAY, 2013; 57; 5; p802-p823

1) Protein/Fat/Fiber/NFE/Calories Section - 1 [14], 2 [12]; 3 [1]; 4 [11]; 5 [13]; 6 [19]; 7

[17]; 8 [18], 9 [15], 10 [28]; 11 [26]; 12 [29]; 13 [8]; 14 [16]; 15 [47]; 16 [40]; 17 [23]; 18 [53]; 19 [54]; 20 [10]; 21 [22]; 22 [55]; 23 [56], 24 [9]; 25 [30]; 26 [2]; 27 [57]; 28 [58]; 29 [21]; 30 [59]; 31 [60]; 32 [46]; 33 [61]; 34 [62]; 35 [63]; 36 [64]; 37 [65].

- **2) Vitamins section** a) [78], b) [14], c) [12], d) [30], e) [16], f) [40], g) [55], h) [56], i) [57], j) [21], k) [62], l) [65], m) [77], n) [41].
- 3) Minerals section a) [12], b) [18], c) [30], d) [28], e) [16], f) [40], g) [23], h) [54], i) [15], j) [55], k) [56], l) [39], m) [9], n) [57], o) [58], p) [21], q) [60], r) [46], s) [59], t) [62], u) [61], v) [63], w) [14], x) [65], y) [77], z) [41].
- **4) Fatty acids section** a) [70], b) [71], c) [13], d) [72], e) [33], f) [73], g) [17], h) [30], i)

[28], j) [74], k) [23], l) [53], m) [54], n) [56], o) [32], p) [9], q) [17], r) [57], s) [75], t) [67], u) [21], v) [59], w) [62], x) [61], y) [76], z) [65].

5) Amino acids section - a) [14], b) [33], c) [19], d) [30], e) [28], f) [47], g) [16], h) [66], i) [23], j) [53], k) [54], l) [10], m) [22], n) [55], o) [9], p) [58], q) [67], r) [68], s) [21], t) [69], u) [62], v) [20], w) [63], x) [25].

Part 1

Blaberus sp.

Information for protein, fat, fiber and NFE content of Blaberus sp. retrieved from:

Ramos-Elorduy Blasquez, J., Pino Moreno, J. M., Martinez Camacho, V. H., Could grasshoppers be a nutritive meal. Food Nutr. Sci. 2012, 3, 164–175

Nutritional composition (%)

Protein	58
Fat	30
Fiber	5
NFE	5

Periplaneta Americana L. (The American Cockroach)

The largest of the common peridomestic cockroaches, the 4 cm long *Periplaneta Americana* (Linnaeus) is an unwelcome guest in commercial buildings. It is also found in institutional buildings and steam tunnels, basements, sewers, drainage systems and basements. "American cockroach" is in a sense something of a misnomer, since of the 47 species in the genus *Periplaneta*, none are indigenous to the United States, having been introduced to the United States from Africa during the first half of the 17th century, spreading subsequently throughout the rest of the world through trade.

Photos:



Choate, P., University of Florida. *Ootheca and first, second, third and fourth instar nymphs of the American cockroach*, Periplaneta americana (*Linnaeus*). Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american-cockroach.htm



Choate, P., University of Florida. *Fifth, sixth and seventh instar nymphs of the American cockroach*, Periplaneta americana *(Linnaeus)*. Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american_cockroach.htm



Koehler, P., University of Florida. *Adult male American cockroach*, Periplaneta americana (*Linnaeus*). *Photograph by P.G. Koehler, University of Florida*. Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american_cockroach.htm



Koehler, P., University of Florida. *Adult female American cockroach*, Periplaneta americana (*Linnaeus*). *Photograph by P.G. Koehler, University of Florida*. Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american_cockroach.htm



Koehler, P., University of Florida. *Adult male American cockroach*, Periplaneta americana *(Linnaeus)*, *cerci and stylets (ventral view)*. Photograph by P.G. Koehler, University of Florida. Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american_cockroach.htm



Figure 7. Buss, L., University of Florida. *American cockroach*, Periplaneta americana (*Linnaeus*), and their fecal smears. Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american cockroach.htm



Castner, J., University of Florida. *Newly molted adult American cockroach*, Periplaneta americana (*Linnaeus*). Retrieved from: http://entnemdept.ufl.edu/Creatures/urban/roaches/american-cockroach.htm

Protein, Fat, Fiber, NFE and Energy Content measurements - Nutritional composition by % and energy content by kcal100g of insect dry matter. Information retrieved from:

Ramos-Elorduy Blasquez, J., Pino Moreno, J. M., Martinez Camacho, V. H., Could grasshoppers be a nutritive meal. Food Nutr. Sci. 2012, 3, 164–175

Vitamin and amino acid composition of insect dry matter(mg/100g) – Information retrieved from:

Ramos-Elorduy, J., Pino, J. M., Contenido de vitaminas en algunos insectos comestibles.

Protein	57
Fat	30
Fiber	5
NFE	5
Vitamin A	9 mcg(nymphs), 49 mcg(adults), 5
	mcg(larvae)
Vitamin C	24 mg(nymphs, adults and larvae)
Histidine	20 mg
Isoleucine	31 mg
Leucine	56 mg

Lysine	40 mg
Methionine	36 mg
Cystine	20 mg
Met. + Cys	56 mg
Phenylalanine	31 mg
Tyrosine	59 mg
Phe + Tyr	93 mg
Threonine	35 mg
Tryptophan	6 mg
Valine	65 mg
Arginine	51 mg
Serine	45 mg
Proline	65 mg
Alanine	61 mg
Glycine	71 mg
Glutamic Acid	30 mg

Periplaneta australasie(Australian cockroach)

Protein, Fat, Fiber, NFE and Energy Content measurements - Nutritional composition by % and energy content by kcall00g of insect dry matter. Information retrieved from:

Ramos-Elorduy Blasquez, J., Pino Moreno, J. M., Martinez Camacho, V. H., Could grasshoppers be a nutritive meal. Food Nutr. Sci. 2012, 3, 164–175

Amino acid content of the Australian cockroach retrieved from: Ramos-Elorduy, J., Pino, J. M., Contenido de vitaminas en algunos insectos comestibles



Stewarts Pest Control. [Australian cockroach]. Retrieved from: http://www.13bugs.com.au/australian-cockroach.html



Stewarts Pest Control. [Australian cockroach]. Retrieved from: http://www.13bugs.com.au/australian-cockroach.html

-		
Protein	62	
Fat	27	
Fiber	4	
NFE	3	
Histidine	19 mg	
Isoleucine	29 mg	
Leucine	57 mg	
Lysine	56 mg	
Methionine	24 mg	
Cysteine	3 mg	
Met. + Cys	27 mg	
Phenylalanine	31 mg	
Tyrosine	30 mg	
Phe + Tyr	56 mg	
Threonine	86 mg	
Tryptophan	33 mg	
Valine	6 mg	
Arginine	32 mg	
Serine	39 mg	
Alanine	52 mg	
Glycine	46 mg	

1	Glutamic Acid	69 mg	
	Giutainic Acid	o) mg	1

Analeptes trifasciata



"Analeptes trifasciata (Fabricius, 1775) Ex Central African Republic. Length 50-60mm." Retrieved from: http://cdn5.fast-serve.net/cdn/themothman/Analeptes-trifasciata-C-A-R_700_600_4B7UH.jpg

Protein, fat, fiber and NFE, vitamin and mineral content retrieved from:

Banjo, A. D., Lawal, O. A., Songonuga, E. A., The nutritional value of fourteen species of edible insects in southwestern Nigeria. Afr. J. Biotechnol. 2006, 5, 298–301.

Protein	30
Fat	18
Fiber	2
NFE	44
Vitamin A	13 mcg
Vitamin C	5 mg
Vitamin B2	3 mg
Calcium	61 mg
Magnesium	6 mg
Phosphorus	136 mg

Iron 18 mg

Aplagiognathus spinosus:



Projects.biodiversity.be. [Aplagiognathus spinosus]. Retrieved from: http://projects.biodiversity.be/openuprbins/search?page=205

Protein, Fat, Fiber, NFE and energy content retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia 1998, 69, 65–104.

Vitamin content retrieved from: Ramos-Elorduy, J., Pino, J. M., Contenido de vitaminas en algunos insectos comestibles.

I	
Protein	26
Fat	36
Fiber	15
NFE	20
Energy content(kcal/100g)	508
Vitamin C	23 mg
	0.08 mg
	0.18 mg
	0.42 mg

Arophalus rusticus



www.zin.ru. [Arophalus rusticus]. Retrieved from: http://www.zin.ru/animalia/coleoptera/eng/arhrusob.htm

Protein, fat, fiber NFE and energy content retrieved from:

Protein	20
Fat	56
Fiber	5
NFE	17
Energy content(Kcal/100g)	652

Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia 1998, 69, 65–104.

Callipogon barbatus:



www.nhc.ed.ac.uk/images/collections/beetles/Callipogon_barbatus2.jpg

Protein, fat, fiber and NFE information retrieved from: Ramos-Elorduy, J., Moreno, J. M., Prado, E., Perez, M. et al., Nutritional value of edible insects from the State of Oaxaca, Mexico. *J. Food Compos. Anal.* 1997, *10*, 142–157.

Protein	41
Fat	34
Fiber	23
NFE	1

Copris nevinsoni Waterhouse:

Protein, fat, Fiber and NFE information retrieved from: Raksakantong, P., Meeso, N., Kubola, J., Siriamornpun, S., Fatty acids and proximate composition of eight Thai edible terricolous insects. *Food Res. Int.* 2010, *43*, 350–355.

Fatty acid content information retrieved from: Bophimai, P., Siri, S., Fatty acid composition of some edible dung beetles in Thailand. *Int. Food Res. J.* 2010, *17*, 1025–1030.

Fatty acid composition measured by % fatty acids of edible insects.

Protein	54
Fat	14
Fiber	15

NFE	8
C14:0	0.29
C16:0	1
C18:0	28
Other SFA	2
SFA	32
C18:1 n9	4
MUFA	4
C18:3 n3	2
C20:3 n6	10
C20:4 n6	40
C20:5 n3	13
PUFA	65
SFA/LFA	0.46

Cybister flavocicintus:

Protein and fat content information retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. *Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia* 1998, *69*, 65–104.

Protein	69
Fat	6

Holotrichia sp.

Protein, fat, fiber and NFE content information retrieved from: Raksakantong, P., Meeso, N., Kubola, J., Siriamornpun, S., Fatty acids and proximate composition of eight Thai edible terricolous insects. *Food Res. Int.* 2010, *43*, 350–355.

Amino acid content information retrieved from: Yhoung-aree, J., in: Durst, P. B., Johnson, D. V., Leslie, R. N., Shono, K. (Eds.), *Forest Insects as Food: Humans Bite Back*, FAO, Bangkok, Thailand 2010, pp. 201–216.

Protein	52
Fat	5
Fiber	19
NFE	11
Histidine	16 mg
Isoleucine	32 mg
Leucine	52 mg

Lysine	19 mg
Met + Cys	45 mg
Phe + Tyr	49 mg
Threonine	27 mg
Tryptophan	27 mg
Valine	29 mg
Arginine	32 mg
Serine	31 mg
Proline	47 mg
Alanine	58 mg
Glycine	53 mg
Glutamic Acid	98 mg
SFA	33 mg
MUFA	30 mg
PUFA	43 mg
SFA/LFA	1 mg

Homolepta sp.

Protein, fat, fiber and NFE content information retrieved from: Ramos-Elorduy, J., Moreno, J. M., Prado, E., Perez, M. et al., Nutritional value of edible insects from the State of Oaxaca, Mexico. *J. Food Compos. Anal.* 1997, *10*, 142–157.

Protein	54
Fat	18
Fiber	12
NFE	10

Metamasius spinolae:



Hector Mialma, Bugwood.org. "cactus weevil, *Metamsius spinolae*." Retrieved from: http://www.insectimages.org/images/768x512/5402918.jpg

Protein, fat, fiber and NFE content information retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. *Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia* 1998, *69*, 65–104.

Protein	69
Fat	17
Fiber	4
NFE	9

Oileus rimator:



Shawn Hanrahan at the Texas A&M University Insect Collection in College Station, Texas. [*Oileus rimator* adult]. Retrieved from: Protein, fat, fiber and NFE content information retrieved from: Ramos-Elorduy, J., Moreno, J. M., Prado, E., Perez, M. et al., Nutritional value of edible insects from the State of Oaxaca, Mexico. *J. Food Compos. Anal.* 1997, *10*, 142–157.

Protein	21
Fat	47
Fiber	13
NFE	18

Oryctes rhinoceros (larvae)



www.panoramio.com. AZRA©. [Oryctes rhinoceros]. Retrieved from: http://mw2.google.com/mw-panoramio/photos/medium/19908294.jpg

Protein, fat, NFE, energy content, amino acid information retrieved from: Onyeike, E. N., Ayalogu, E. O., Okaraonye, C. C., Nutritive value of the larvae of raphia palm beetle (*Oryctes rhinoceros*) and weevil (*Rhyncophorus pheonicis*). *J. Sci. Food Agr.* 2005, 85, 1822–1828.

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Mineral content information retrieved from: Olowu, R. A., Moronkola, B. A., Tovide, O. O., Denloye, A. A. et al., Assessment of proximate and mineral status of Rhinoceros beetle larva, *Oryctes rhinoceros* Linnaeus (1758) (Coleoptera: Scarabaeidae) from Itokin, Lagos State, Nigeria. *Res. J. Environmental Sci* 2012, *6*, 118–124.

Protein	50
Fat	1
NFE	33
Energy content(kcal/100g	342
Histidine	38 mg
Isoleucine	40 mg
Leucine	53 mg

Lysine	44 mg
Methionine	19 mg
Cysteine	20 mg
Met + Cys	40 mg
Phenylalanine	46 mg
Phe + Tyr	49 mg
Threonine	27 mg
Tryptophan	27 mg
Valine	29 mg
Arginine	32 mg
Serine	31 mg
Proline	47 mg
Alanine	58 mg
Glycine	53 mg
Glutamic Acid	98 mg
Sodium	26 mg
Iron	5 mg
C14:0	4 mg
C16:0	29 mg
C18:0	2
SFA	34
C16:1 n7	4
C18:1 n9	42
MUFA	46
C18:2 n6	14
C18:3 n3	2
C20:4 n6	4

Passalus af. Punctiger("Bess Beetle")



Rio Cangrejal, Honduras. [Bess Beetle]. Retrieved from: http://nathistoc.bio.uci.edu/Honduras/Coleoptera/DSC_0172.jpg



Rio Cangrejal, Honduras. [Bess Beetle]. Retrieved from: http://nathistoc.bio.uci.edu/Honduras/Coleoptera/DSC_0174.jpg

Protein, Fat, Fiber and NFE content retrieved from: Ramos-Elorduy, J., Moreno, J. M., Prado, E., Perez, M. et al., Nutritional value of edible insects from the State of Oaxaca, Mexico. *J. Food Compos. Anal.* 1997, *10*, 142–157.

Protein	26	
Fat	44	
Fiber	15	
NFE	12	

Phyllophaga sp.

(larvae)



Department of Entomology, University of Nebraska-Lincoln. "Three-Year White Grub (Phyllophaga spp.)." Retrieved from: http://entomology.unl.edu/images/seedpest/phyllgrub.jpg

Protein, Fat, Fiber, NFE and energy content information retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. *Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia* 1998, 69, 65–104.

Protein	43
Fat	6
Fiber	4
NFE	15
Energy content(Kcal/100 g)	282

(adult)



Department of Entomology, University of Nebraska-Lincoln. "Three-Year Grub Adults or May/June Beetles (Phyllophaga spp.)." Retrieved from: http://entomology.unl.edu/images/seedpest/maybeetles.jpg

Protein, fat, Fiber, NFE and energy content information retrieved from: Ramos-Elorduy, J., Costa Neto, E. M., Pino, J. M., Correa, M. d. S. C. et al., Knowledge about useful entomofauna in the county of La Purisima Palmar de Bravo, Puebla State, Mexico. *Biotemas* 2007, *20*, 121–134.

Protein	47
Fat	19
Fiber	12
NFE	16
Energy content(Kcal/100 g)	283

Rhantus atricolor:



Moody, Eric. "Rhantus atricolor." Retrieved from: http://bugguide.net/images/cache/A0GQT08QLSLKDK4KBKGKOKQK6KQKPKKKO 0ZKUKRKEKGQUKPQB0PQ6K0KPKQKNK0KD0KKD06QUKGQPKMKOKKK9K RK2K.jpg

Protein, fat, fiber and NFE content retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. *Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia* 1998, *69*, 65–104.

Protein	71
Fat	6
Fiber	12

NFE 6

Rhyncophorus phoenicis (larvae)



www.shutterstock.com · 136222034

Dr. Morley Read. "Palm weevil larvae." Retrieved from: http://image.shutterstock.com/display_pic_with_logo/100587/136222034/stock-photo-edible-palm-weevil-larvae-rhynchophorus-phoenicis-from-the-amazon-136222034.jpg

Protein, fat and energy content information retrieved from: Elemo, B. O., Elemo, G. N., Makinde, M. A., Erukainure, O. L., Chemical evaluation of African palm weevil, *Rhychophorus phoenicis*, larvae as a food source. *J. Insect Sci.* 2011, *11*, 1–6.

Fiber and NFE content information retrieved from: Opara, M. N., Sanyigha, F. T., Ogbuewu, I. P., Okoli, I. C., Studies on the production trend and quality characteristics of palm grubs in the tropical rainforest zone of Nigeria. *Int. J. Agric Technol.* 2012, *8*, 851–860.

Amino Acid content information retrieved from: Onyeike, E. N., Ayalogu, E. O., Okaraonye, C. C., Nutritive value of the larvae of raphia palm beetle (*Oryctes rhinoceros*) and weevil (*Rhyncophorus pheonicis*). *J. Sci. Food Agr.* 2005, *85*, 1822–1828.

Tryptophan, vitamin, mineral and fatty acid content information retrieved from: Bukkens, S. G. F., The nutritional value of edible insects. *Ecol. Food Nutr.* 1997, *36*, 287–319.

Protein	42
Fat	37
Fiber	3

NFE	5
Energy content	479
Calcium	208 mg
Potassium	2209 mg
Magnesium	34 mg
Phosphorus	352 mg
Sodium	45 mg
Iron	15 mg
Zinc	16 mg
Manganese	1 mg
Copper	2 mg
Vitamin C	3-36 mg
Vitamin B1	1 mg
Vitamin B2	2 mg
Vitamin B3	11 mg
Vitamin B5	4-7 mg
Vitamin B7	79-95 mcg
Vitamin B9	0.30-0.41 mg
Histidine	39 mg
Isoleucine	39 mg
Leucine	54 mg
Lysine	45 mg
Methionine	20 mg
Cysteine	20 mg
Met + Cys	40 mg
Phenylalanine	48 mg
Tyrosine	29 mg
Phe + Tyr	77 mg
Threonine	31 mg
Tryptophan	5 mg
Valine	35 mg
Arginine	79 mg
Serine	39 mg
Proline	50 mg
Alanine	53 mg
Glycine	47 mg
Glutamic Acid	156 mg
C14:0	3
C16:0	36
C18:0	0.30
Other SFA	2
SFA C16:1 n7	41 36
C18:1 n9	30
O 10.1 118	ρυ

Other MUFA	0.60	
MUFA	67	
C18:2 n6	26	
C18:3 n3	3.50	
C20:4 n6	1.20	

(adult)



KARI, National Horticultural Research Centre. "Rhinoceros beetle Rhinoceros beetle adult, real size: 3.5 to 5 cm long." Retrieved from: http://www.cd3wd.com/cd3wd_40/Biovision/export/res/files/1096.280x185.c lip.jpeg

Protein, fat, fiber and NFE content information retrieved from: Omotoso,O. T., Adedire, C.O., Nutrient composition, mineral content and the solubility of the proteins of palm weevil, *Rhynchophorus phoenicis* f. (Coleoptera: Curculionidae). *J. Zhejiang Univ. Sci. B* 2007, 8, 318–22.

Vitamin and mineral content information retrieved from: Banjo, A. D., Lawal, O. A., Songonuga, E. A., The nutritional value of fourteen species of edible insects in southwestern Nigeria. *Afr. J. Biotechnol.* 2006, *5*, 298–301.

Protein	9
Fat	55
Fiber	23
NFE	16
Vitamin A	11.25 mcg
Vitamin C	4.25 mg
Vitamin B2	2.21 mg
Calcium	39.58 mg
Magnesium	7.54 mg
Phosphorus	126.40 mg
Iron	12.24 mg

Pupae

Protein, fat, fiber and NFE content information retrieved from: Opara, M. N., Sanyigha, F. T., Ogbuewu, I. P., Okoli, I. C., Studies on the production trend and quality characteristics of palm grubs in the tropical rainforest zone of Nigeria. *Int. J. Agric Technol.* 2012, *8*, 851–860.

Protein	37.57
Fat	50.65
Fiber	2.58
NFE	5.98

Scyphophorus acupunctatus(larvae):



http://www.ianchadwick.com/tequila/mezcal_worm.htm. [scyphophorus acupunctatus larvae]. Retrieved from: http://www.ianchadwick.com/tequila/mezcal_worm.htm

Protein, Fat, Fiber, NFE and calorie content retrieved from: Ramos-Elorduy, J., Costa Neto, E. M., Pino, J. M., Correa, M. d. S. C. et al., Knowledge about useful entomofauna in the county of La Purisima Palmar de Bravo, Puebla State, Mexico. Biotemas 2007, 20, 121–134.

Amino acid content information retrieved from - Bukkens, S. G. F., The nutritional value of edible insects. *Ecol. Food Nutr.* 1997, *36*, 287–319.

Vitamin content information retrieved from - Ramos-Elorduy, J., Pino, J. M., Contenido de vitaminas en algunos insectos comestibles deMexico. *J. Mex. Chem. Soc.* 2001, 45, 66–76.

Protein	35.49
Fat	51.68
Fiber	5.55
NFE	5.84
Calorie content(Kcal/100g)	618.78

Vitamin B1	0.20 mg	
Vitamin B2	0.25 mg	
Vitamin B3	1.38 mg	
Histidine	14.7 mg	
Isoleucine	48.2 mg	
Leucine	78.2 mg	
Lysine	53.5 mg	
Methionine	20.2 mg	
Cysteine	27 mg	
Met + Cys	47 mg	
Phenylalanine	46 mg	
Tyrosine	64 mg	
Phe + Tyr	110 mg	
Threonine	40 mg	
Tryptophan	8 mg	
Valine	62 mg	
Arginine	44 mg	

Scyphophorus acupunctatus(adult)



White, Michele. [scyphophorus acupunctatus adult]. Retrieved from: http://bugguide.net/node/view/59215/bgimage

Protein, fat, fiber, NFE and energy content information retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. *Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia* 1998, 69,

65-104.

Protein	36
Fat	52
Fiber	6
NFE	6
Energy content(Kcal/100g)	555

Tenebrio molitor(adults)



www.bumblebee.org. Retrieved from: http://www.bumblebee.org/invertebrates/images/TenebrioMolitorAdult.jpg

Protein, fat, fiber, NFE and energy content information retrieved from: Ramos-Elorduy, J., Gonzalez, E. A., Hernandez, A. R., Pino, J. M., Use of *Tenebrio molitor* (Coleoptera: Tenebrionidae) to recycle organic wastes and as feed for broiler chickens. *J. Econ. Entomol.* 2002, *95*, 214–220.

Amino acid content information retrieved from: Deguevara, O. L., Padilla, P., Garcia, L., Pino, J. M. et al., Amino-acid determination in some edible Mexican insects. *Amino Acids* 1995, *9*, 161–173.

Vitamin and mineral content information retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. *Zoo Biol.* 2002, *21*, 269–285.

Protein	47	
Fat	43	
Fiber	 	
NFE	0.26	
Energy content(Kcal/100 g)	577	
Histidine	29 mg	
Isoleucine	44 mg	
Leucine	83 mg	
Lysine	44 mg	
Methionine	13 mg	
Cysteine	7 mg	
Met + Cys	19 mg	
Phenylaline	26 mg	
Tyrosine	26 mg	
Phe + Tyr	60 mg	
Threonine	34 mg	
Tryptophan	11 mg	
Valine	63 mg	
Arginine	43 mg	
Serine	41 mg	
Proline	63 mg	
Alanine	76 mg	
Glycine	84 mg	
Glutamic Acid	89 mg	
Calcium	64 mg	
Potassium	937 mg	
Magnesium	167 mg	
Phosphorus	763 mg	
Sodium	174 mg	
Iron	6 mg	
Zinc	13 mg	
Manganese	1.10 mg	
Copper	2 mg	
Selenium	0.04 mg	
Vitamin C	15 mg	
Vitamin B1	0.28 mg	
Vitamin B2	2.34 mg	
Vitamin B3	15 mg	
Vitamin B5	7 mg	
Vitamin B7	77 mcg	
Vitamin B9	0.38 mg	

Tenebrio molitor(larvae)



http://www.harpercollege.edu/ls-hs/bio/dept/guide/gallery/larvae_eggs/original/darkling_beetle_larvae_yellow
%20meal_worm_tenebrio_molitor.jpg "Darkling Beetle Larvae, Yellow Meal Worm Tenebrio molitor
Herbivore." Retrieved from: http://www.harpercollege.edu/ls-hs/bio/dept/guide/gallery/larvae_eggs/original/darkling_beetle_larvae_yellow
%20meal_worm_tenebrio_molitor.jpg

Protein, fat, fiber, NFE, energy, vitamin, mineral and amino acid content information retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. *Zoo Biol.* 2002, *21*, 269–285.

Protein	49
Fat	35
Fiber	15
NFE	7
Energy content(Kcal/100g)	540
Histidine	29 mg
Isoleucine	44 mg
Leucine	83 mg
Lysine	44 mg
Methionine	13 mg
Cysteine	7 mg
Met + Cys	19 mg
Phenylalanine	26 mg
Tyrosine	33 mg
Phe + Tyr	60 mg
Threonine	34 mg
Tryptophan	11 mg
Valine	63 mg
Arginine	43 mg
Serine	41 mg
Proline	63 mg
Alanine	76 mg
Glycine	84 mg
Glutamic Acid	89 mg
Vitamin C	3 mg
Vitamin B1	0.63 mg
Vitamin B2	2.13 mg
Vitamin B3	11 mg
Vitamin B5	7 mg
Vitamin B7	79 mcg
Vitamin B9	0.41 mg
Calcium	44 mg
Potassium	895 mg
Magnesium	210 mg
Phosphorus	748 mg
Sodium	140 mg
Iron	5 mg
Zinc	14 mg
Manganese	1 mg
Copper	2 mg
Selenium	0.07 mg

Tessaratoma papilosa



http://www.ccs-hk.org/DM/butterfly/Bugs/Hemiptera/Tessaratoma-papillosa.html.
[Tessaratoma papilosa]. Retrieved from: http://www.ccs-hk.org/DM/butterfly/Bugs/Hemiptera/Tessaratoma-papillosa.html

Protein, fat, fiber, and NFE and fatty acid content - Raksakantong, P., Meeso, N., Kubola, J., Siriamornpun, S., Fatty acids and proximate composition of eight Thai edible terricolous insects. *Food Res. Int.* 2010, *43*, 350–355.

Protein	51
Fat	24
Fiber	14
NFE	7
C16:0	0.46
C18:0	41
SFA	41
C18:1 n9	7
MUFA	7
C20:3 n6	5
C20:4 n6	47

Trichoderes pini



Jakubek, Peter. [Trichoderes pini]. Retrieved from: http://new.esperanzainsects.com/specimens/beetles-cerambycidae/trichoderes-pini-chevrolat-1843/1282.php

Information on protein, fat, fiber, NFE and energy content retrieved from: Ramos-Elorduy, J., Pino-M, J. M., Correa, S. C., Edible insects of the state of Mexico and determination of their nutritive values. *Anales del Instituto de Biologia Universidad Nacional Autonoma de Mexico Serie Zoologia* 1998, *69*, 65–104.

Protein	41
Fat	37
Fiber	9
NFE	9
Energy content(Kcal/100g)	531

Zophobas morio



DiTerlizzi, Tony. [Zophobas morio adult]. Retrieved from: http://bugguide.net/node/view/300342



Danolsen. "Zophobas morio worms, food for reptiles." Retrieved from: http://www.dreamstime.com/royalty-free-stock-images-zophobas-morio-worms-image21989109

Vitamin, amino acid, mineral, protein, fat, fiber, NFE and energy content information retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. *Zoo Biol.* 2002, *21*, 269–285.

Vitamin A and E content information retrieved from: Barker, D., Fitzpatrick, M. P., Dierenfeld, E. S., Nutrient composition of selected whole invertebrates. *Zoo Biol.* 1998, *17*, 123–134.

Protein	47	
Fat	42	\neg
Fiber	9	\neg
NFE	3	
Energy content(Kcal/100g)	576	\neg
Histidine	31 mg	
Isoleucine	47 mg	
Leucine	97 mg	
Lysine	52 mg	
Methionine	11 mg	
Cysteine	8 mg	
Met + Cys	18 mg	
Phenylalanine	35 mg	
Tyrosine	70 mg	
Phe + Tyr	104 mg	
Threonine	40 mg	
Tryptophan	9 mg	
Valine	52 mg	
Arginine	49 mg	
Serine	47 mg	
Proline	55 mg	
Alanine	73 mg	
Glycine	48 mg	
Glutamic Acid	123 mg	
Vitamin A	29 mcg	
Vitamin E	32 IU/kg	
Vitamin C	3 mg	
Vitamin B1	0.14 mg	
Vitamin B2	2 mg	
Vitamin B3	8 mg	
Vitamin B5	5 mg	
Vitamin B7	83 mcg	
Vitamin B9	0.16 mg	
Calcium	42 mg	
Potassium	751 mg	
Magnesium	118 mg	
Phosphorus	563 mg	
Sodium	113 mg	

Iron	4 mg
Zinc	7 mg
Manganese	1 mg
Copper	1 mg
Selenium	0.03 mg

Copestylum anna/haggi



www.phorid.net/flower_fly/hover_species_pages/hover_species_images/copestylum_anna_dorsal_268846.jpg



www.phorid.net
[Copestylum anna]. Retrieved from:
http://www.phorid.net/flower_fly/hover_species_pages/hover_species_images/copestylum_anna_lateral_268846.jpg

Protein, fat, fiber, NFe and energy content information retrieved from: Ramos-Elorduy, J., Moreno, J. M., Prado, E., Perez, M. et al., Nutritional value of edible insects from the State of Oaxaca, Mexico. *J. Food Compos. Anal.* 1997, *10*, 142–157.

Vitamin content information retrieved from: Ramos-Elorduy, J., Pino, J. M., Contenido de vitaminas en algunos insectos comestibles deMexico. *J. Mex. Chem. Soc.* 2001, 45, 66–76.

Drosophila melanogaster

Protein(16)	56
Fat(16)	18
Fiber(16)	16
Calcium(f)	140 mg
Magnesium(f)	130 mg
Potassium(f)	1100 mg
Iron(f)	45 mg
Zinc(f)	15 mg
Manganese(f)	2 mg
Copper(f)	1 mg
Vitamin E(f)	23 IU/kg



Biology.arizona.edu. [Drosophila melanogaster]. Retrieved from: http://biology.arizona.edu/sciconn/lessons2/geiger/Picpages/males_vs_females/image002 .jpg.



Biology.arizona.edu. [Drosophila melanogaster]. Retrieved from: http://biology.arizona.edu/sciconn/lessons2/geiger/Picpages/males_vs_females/image005_ipg.

Ephydra hians:



http://sep.csumb.edu. [Ephydra hians]. Retrieved from: http://sep.csumb.edu/class/ENVS303/2006/300pix/critters/DSC01626 CropAuto.jpg

Protein	37
Fat	31
Fiber	15
NFE	8
Energy content(Kcal/100g)	460
Vitamin B1	2mg(larvae)
Vitamin B2	βmg(larvae)
Vitamin B3	11mg(larvae)

Eristalis sp.



Bugguide.net. [Eristalis arbustorum]. Retrieved from: http://bugguide.net/images/raw/YLELZZTLIZCLMZBLKZHH8RKH8RQH5RRH4RZH5RZHPR0HPRZH7Z1L4RZHQRLHMZ0H6RTLXZTL7ZDL.jpg

Protein(4)	41
Fat(4)	12
Fiber(4)	13
NFE(4)	8

Musca domestica(larvae):

Fat(17)	D (17)	
NFE(17) 1 Energy content(Kcal/100g)(17) 552 Histidine(i) 31 mg Isoleucine(i) 45 mg Leucine(i) 45 mg Lysine(i) 82 mg Methionine(i) 37 mg Cysteine(i) 7 mg Met + Cys(i) 43 mg Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phenylalanine(i) 36 mg Tyrosine(i) 36 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alaninc(i) 76 mg Glycine(i) 51 mg Glycine(i) 51 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 27 C18:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 </td <td>Protein(17)</td> <td>64</td>	Protein(17)	64
Energy content(Kcal/100g)(17)		
Histidine(i) 31 mg Isoleucine(i) 23 mg Leucine(i) 45 mg Lysine(i) 82 mg Methionine(i) 37 mg Cysteine(i) 7 mg Mether Cys(i) 43 mg Mether Cys(i) 43 mg Mether Cys(i) 43 mg Mether Cys(i) 71 mg Mether Cys(i)		
Isoleucine(i)		
Leucine(i) 45 mg Lysine(i) 82 mg Methonine(i) 7 mg Methonine(i) 7 mg Met + Cys(i) 43 mg Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:2 n6(k) 16 PUFA(k) 16 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Manganese(g) 6 mg Ton(g) 24 mg Manganese(g) 6 mg Ton(g) 60 mg Lysine(i) 10 mg		
Lysinc(i) 82 mg Methionine(i) 37 mg Cysteine(i) 7 mg Met + Cys(i) 43 mg Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C14:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 26 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 24 mg Manganese(g) 6 mg <td>U U</td> <td></td>	U U	
Methionine(i) 37 mg Cysteine(i) 7 mg Met + Cys(i) 43 mg Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 24 mg Manganese(9
Cysteine(i) 7 mg Met + Cys(i) 43 mg Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) <td></td> <td></td>		
Met + Cys(i) 43 mg Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Phenylalanine(i) 56 mg Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C18:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Tyrosine(i) 71 mg Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 27 C18:0(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 32 mg Sodium(g) 660 mg Iron(g) 60 mg Iron(g) 60 mg Iron(g) 60 mg Iron(g) 60 mg Iron(g) 44 mg Manganese(g) 6 mg		
Phe + Tyr(i) 127 mg Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Threonine(i) 36 mg Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 27 C18:0(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 44 mg Manganese(g) 6 mg		71 mg
Tryptophan(i) 50 mg Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Valine(i) 46 mg Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Threonine(i)	36 mg
Arginine(i) 57 mg Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Tryptophan(i)	50 mg
Serine(i) 88 mg Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Valine(i)	46 mg
Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Arginine(i)	
Proline(i) 25 mg Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Serine(i)	88 mg
Alanine(i) 76 mg Glycine(i) 51 mg Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Proline(i)	25 mg
Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Alanine(i)	
Glutamic Acid(i) 89 mg C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	Glycine(i)	51 mg
C14:0(k) 7 C16:0(k) 27 C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 1 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
C18:0(k) 2 SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	C14:0(k)	
SFA(k) 36 C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	C16:0(k)	27
C16:1 n7(k) 26 C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		2
C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	SFA(k)	36
C18:1 n9(k) 22 MUFA(k) 48 C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		26
C18:2 n6(k) 16 PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	` '	22
PUFA(k) 16 SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	MUFA(k)	48
SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	C18:2 n6(k)	16
SFA/UFA(k) 1 Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg	PUFA(k)	16
Calcium(g) 2010 mg Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Phosphorus(g) 1320 mg Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Sodium(g) 660 mg Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Iron(g) 60 mg Zinc(g) 24 mg Manganese(g) 6 mg		
Zinc(g)24 mgManganese(g)6 mg		•
Manganese(g) 6 mg		
LANDONIEI J IIIY	Copper(g)	3 mg



http://www.icb.usp.br. [Musca domestic larvae]. Retrieved from: http://www.icb.usp.br/~marcelcp/Imagens/zen4.jpg



http://www.icb.usp.br. [Musca domestica adult]. Retrieved from: http://www.icb.usp.br/~marcelcp/Imagens/musc5.jpg



http://www.icb.usp.br. [Musca domestica puparium]. Retrieved from: http://www.icb.usp.br/~marcelcp/Imagens/zen3.jpg

Musca domestica(pupae)

Protein(18)	63
Fat(18)	16
Histidine(j)	26
Isoleucine(j)	35
Leucine(j)	53
Lysine(j)	52
Methionine(j)	26
Cysteine(j)	4
Met + Cys(j)	30
Phenylalanine(j)	42
Tyrosine(j)	48
Phe + Tyr(j)	90
Threonine(j)	32
Valine(j)	34

Arginine(j)	42
Serine(j)	32
Proline(j)	31
Alanine(j)	42
Glycine(j)	39
Glutamic acid(j)	108

Abedus sp.

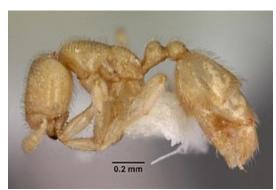


Protein(4)	68
Fat(4)	6
Fiber(4)	16
NFE(4)	7
Energy content(Kcal/100g)(4)	479

Photograph by P. M. Choate, University of Florida. "Dorsal view of an adult *Abedus lutarium*." Retrieved from:

http://entnemdept.ufl.edu/creatures/misc/bugs/belostomatidae05.jpg

Carebara vidua Smith(female)



http://dic.academic.ru/dic.nsf/ruwiki/1419126. [Carebara vidua]. Retrieved from: http://dic.academic.ru/dic.nsf/ruwiki/1419126

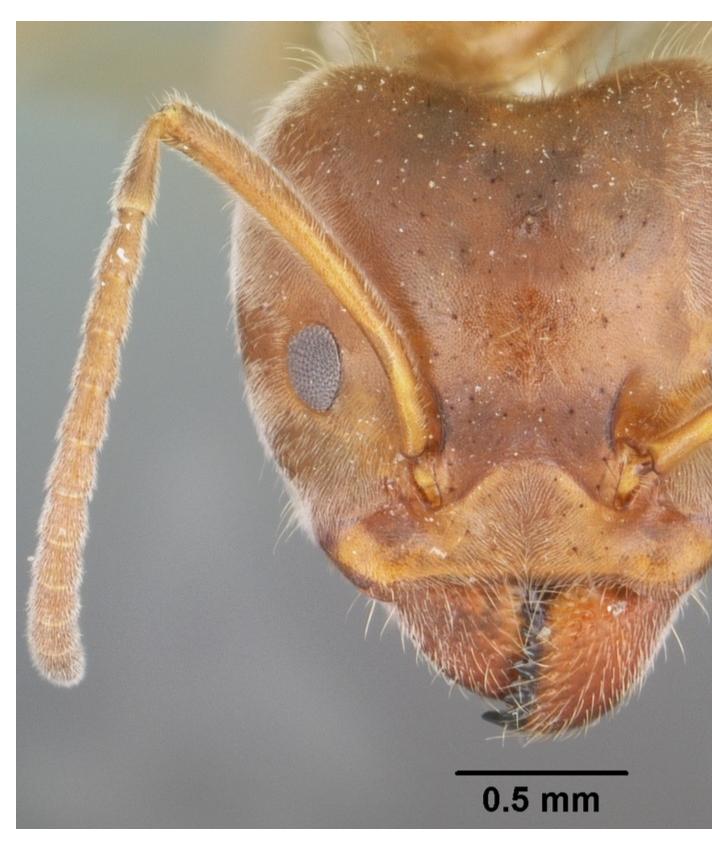
	1.2
Protein(23)	43
Fat(23)	49
Fiber(23)	79
Calcium(k)	22 mg
Potassium(k)	52 mg
Magnesium(k)	10 mg
Phosphorus(k)	106 mg
Sodium(k)	26 mg
Iron(k)	11 mg
Zinc(k)	6 mg
Vitamin A(h)	767 mcg
Vitamin E(h)	6 IU/kg
Vitamin B1(h)	0.46 mg
Vitamin B2(h)	20 mg
Vitamin B3(h)	0.28 mg
Vitamin B9(h)	0.45 mg
C14:0(n)	1(female thorax) and 2(female abdomen)
	and 1(male abdomen)
C16:0(n)	27(female thorax) and 29(female abdomen)
	and 26(male abdomen)
C18:0(n)	5(female thorax) and 6(female abdomen)
	and 6(male abdomen)
Other SFA(n)	2(female thorax) and 4(female abdomen)
	and 2(male abdomen)
SFA(n)	35(female thorax) and 40(female abdomen)
	and 35(male abdomen)

C16:1 n7(n)	2(female thorax) and 3(female abdomen)
	and 3(male abdomen)
C18:1 n9(n)	51(female thorax) and 47(female abdomen)
	and 51(male abdomen)
MUFA(n)	53(female thorax) and 50(female abdomen)
	and 55(male abdomen)
C18:2 n6(n)	12(female thorax) and 10(female abdomen)
	and 11(male abdomen)
PUFA(n)	12(female thorax) and 10(female abdomen)
	and 11(male abdomen)
SFA/UFA(n)	1(female thorax) and 1(female abdomen)
	and 1(male abdomen)

Liometopum apiculatum



Wild, Alex. "*Liometopum apiculatum* workers in alarm posture." Retrieved from: http://www.antweb.org/web/curator/67/apiculatum1j-L.jpg



Retrieved from: http://dic.academic.ru/dic.nsf/ruwiki/1437481. "Liometopum apicaultum."

 $\underline{http://dic.academic.ru/pictures/wiki/files/76/Liometopum_apiculatum_casent0102758_he} \\ \underline{ad_1.jpg}$



http://dic.academic.ru/dic.nsf/ruwiki/1437481. "Liometopum apiculatum." Retrieved from:

 $\underline{http://dic.academic.ru/pictures/wiki/files/76/Liometopum_apiculatum_casent0102758_pr} \\ \underline{ofile_1.jpg}$

Protein(4)	37
Fat(4)	42
Fiber(4)	10
NFE(4)	8
Energy content(Kcal/100 g)(4)	535
Histidine(h)	29
Isoleucine(h)	44
Leucine(h)	89
Lysine(h)	60
Methionine(h)	18
Phenylalanine(h)	35
Tyrosine(h)	68
Phe + Tyr(h)	103
Threonine(h)	35
Tryptophan(h)	6
Valine(h)	48
Calcium(i)	26 mg
Potassium(i)	24 mg
Magnesium(i)	317 mg
Sodium(i)	20 mg
Iron(i)	5 mg
Zinc(i)	10 mg
Vitamin A(a)	0.88 mcg
Vitamin C(a)	36 mg
Vitamin B1(a)	0.15 mg
Vitamin B2(a)	0.34 mg
Vitamin B3(a)	0.67 mg

Liometopum apiculatum eggs

Protein(20)	41
Fat(20)	34
Fiber(20)	1
NFE(20)	16
Isoleucine	45
Leucine	76
Lysine	55
Methionine	45
Phenylalanine	66
Threonine	43

Tryptophan	7
Valine	60

Liometopum apiculatum larvae and pupae

Protein(9)	40
Fat(9)	37
Fiber(9)	2
NFE(9)	19
Energy content(Kcal/100g)(9)	566

Melipona beeckeii



http://testweb.science.uu.nl/sommeijer/education/dia11.html. "Melipona beecheii, cell provisioning and oviposition process; worker egg is placed vertically on liquid larval food in cell." Retrieved from: http://testweb.science.uu.nl/sommeijer/images/dia11 web.JPG

Mischocyttarus sp.



http://www.dereilanatureinn.ca/woodlands/guide/hymenop.htm . [*Mischocyttarus flavitarsis*]. Retrieved from: http://www.dereilanatureinn.ca/woodlands/guide/hymenoptera/94Mischocyttarus %20flavitarsis.jpg

Myrmecosistus melliger



Minden Pictures/Superstock. "Honey Ant (Myrmecocystus melliger) engorged on leaf, native to Mexico and western United States." Retrieved from: http://wwwdelivery.superstock.com/WI/223/4201/PreviewComp/SuperStock_4201-15527.jpg

Oecophylla smaragdina Fabricius



Museum of Comparative Zoology, The President and Fellows of Harvard College. "Oecophylla Smaragdina." Retrieved from: http://www.antwiki.org/wiki/images/thumb/c/c8/Oecophylla-smaragdina-MCZ001H.jpg

Pogonomyrmex barbatus



© Alex Wild, myrmecos.net, 2004. "Pogonomyrmex barbatus, worker, head."Retrieved from: http://www.discoverlife.org/IM/I_ALW/0003/320/Pogonomyrmex_barbatus,_work er,_head,I_ALW320.jpg

Polistes instabilis



Cresswell, Stephe. [Polistes instabilis]. Retrieved from: http://www.americaninsects.net/hy/59g-polistes-instabilis.jpg

Polistes Canadensis



http://pasteur.crg.es/portal/page/portal/Internet/06_NOTICIAS/HIDE-PRESSRELEASES/Wasp%20transcriptome%20creates%20a%20buzz .[Polistes Canadensis]. Retrieved from: http://pasteur.crg.es/portal/pls/portal/docs/1/344391.JPG

Polistes major



eaudette, Dave. [Polistes Major]. Retrieved from: http://bugguide.net/images/raw/0ZBL0ZTLZZ2LJL2LFL9LLZ6LSZSH8RDL4RAL5RK HGR0HKZHHPRALIZNLIZTLSZDLKZCLSZVL8RKHKZ.jpg

Polybia sp.
Polybia occidentalis nigratella



Gilbert, L.E. "Polybia occidentalis nigratella." Retrieved from: http://www.corcovado.org/biology/insects/assets/polybia_occidentalis_nigrat.gif

Polybia occidentalis bohemani

Protein(3)	61
Fat(3)	19
Fiber(3)	4
NFE(3)	13
Energy content(Kcal/100g)	466
Vitamin B1(a)	0.45 mg
Vitamin B2(a)	0.38 mg
Vitamin B3(a)	1.08 mg

Polybia parvulina

Protein(3)	61
Fat(3)	21
Fiber(3)	6
NFE(3)	8
Energy content(3)	462
Vitamin B1(a)	0.44 mg
Vitamin B2(a)	0.39 mg
Vitamin B3(a)	2.47 mg

Polyrhachis vicina Roger (from Zheijiang)

Protein(24)	26 mg
` '	36 mg
Fat(24)	18 mg
Fiber(24)	29 mg
NFE(24)	14 mg
Histidine(o)	26 mg
Isoleucine(o)	47 mg
Leucine(o)	70 mg
Lysine(o)	44 mg
Methionine(o)	16 mg
Cysteine(o)	7 mg
Met + Cys(o)	23 mg
Phenylalanine(o)	33 mg
Tyrosine(o)	53 mg
Phe + Tyr(o)	87 mg
Threonine(o)	40 mg
Tryptophan(o)	27 mg
Valine(o)	69 mg
Arginine(o)	35 mg
Serine(o)	48 mg
Proline(o)	74 mg
Alanine(o)	95 mg
Glycine(o)	129 mg
Glutamic Acid(o)	112 mg
C14:0(o)	0.60
C16:0(o)	19
C18:0(o)	4
Other SFA(0)	2
SFA(o)	26
C16:1 n7(o)	9
C18:1 n9(o)	61
Other MUFA(0)	2

MUFA(0)	71
C18:2 n6(o)	2
C18:3 n3(o)	1
C20:4 n6(o)	0.10
C20:5 n3(o)	0.20
Other PUFA(o)	0.20
PUFA(o)	3
SFA/UFA	0.34
Calcium(m)	49 mg
Magnesium(m)	65 mg
Phosphorus(m)	388 mg
Iron(m)	118 mg
Zinc(m)	18 mg
Manganese(m)	26 mg
Copper(m)	2 mg

Polyrhachis vicina Roger (from Guizhou)

	·
Protein(24)	45
Fat(24)	17
Fiber(24)	29
NFE(24)	14
Histidine(o)	24 mg
Isoleucine(o)	46 mg
Leucine(o)	70 mg
Lysine(o)	37 mg
Methionine(o)	23 mg
Cysteine(o)	7 mg
Met + Cys(o)	31 mg
Phenylalanine(o)	35 mg
Tyrosine(o)	53 mg
Phe + Tyr(o)	88 mg
Threonine(o)	43 mg
Tryptophan(o)	25 mg
Valine(o)	83 mg
Arginine(o)	38 mg
Serine(o)	51 mg
Proline(o)	68 mg
Alanine(o)	88 mg
Glycine(o)	116 mg
Glutamic Acid(o)	116 mg
C14:0(o)	0.60
C16:0(o)	18
C18:0(o)	4

Other SFA(o)	2
SFA(o)	24
C16:1 n7(o)	8
C18:1 n9(o)	63
Other MUFA(0)	1
MUFA(o)	72
C18:2 n6(o)	2
C18:3 n3(o)	1
C20:4 n6(o)	0.20
C20:5 n3(o)	0.10
Other PUFA(0)	0.10
PUFA(o)	4
SFA/UFA	0.31
Calcium(m)	108 mg
Magnesium(m)	68 mg
Phosphorus(m)	417 mg
Iron(m)	54 mg
Zinc(m)	12 mg
Manganese(m)	32 mg
Copper(m)	2 mg

Trigona sp.

Protein(3)	28
Fat(3)	41
Fiber(3)	6
NFE(3)	21
Energy content(Kcal/100g)	593

Vespula squamosa

Protein(3)	63
Fat(3)	22
Fiber(3)	3
NFE(3)	10
Energy content(Kcal/100g)	490
Vitamin B1(larvae, pupae)(a)	0.18 mg
Vitamin B2(larvae, pupae)(a)	0.34 mg
Vitamin B3(larvae, pupae)(a)	6.25 mg

Vespula sp.

Protein(4)	53
Fat(4)	30
Fiber(4)	3
NFE(4)	11

Macrotermes bellicosus



http://termite.wikia.com/wiki/File:Macrotermes_Bellicosus_.jpg "Macrotermes Bellicosus." Retrieved from:

http://images.wikia.com/termite/images/8/8b/Macrotermes_Bellicosus_jpg

Macrotermes natalensis Haviland (alate caste)

Protein(26)	66
Fat(26)	21
Fiber(26)	8
NFE(26)	1

Macrotermes nigeriensis

Protein(27)	23
Fat(27)	38
Fiber(27)	6
NFE(27)	23
C14:0(r)	0.62
C16:0(r)	31
C18:0(r)	7
Other SFA(r)	0.20
SFA(r)	39
C16:1 n7(r)	0.62
C18:1 n9(r)	2
MUFA(r)	53
C18:2 n6(r)	8
PUFA(r)	8
SFA/UFA(r)	0.65
Calcium(n)	0.10 mg

Potassium(n)	336 mg
Magnesium(n)	6 mg
Phosphorus(n)	1 mg
Sodium(n)	112 mg
Iron(n)	0.96 mg
Zinc(n)	0.10 mg
Manganese(n)	0.08 mg
Copper(n)	0.07 mg
Vitamin A(i)	350 mcg
Vitamin C(i)	18 mg
Vitamin B1(i)	0.67 mg
Vitamin B2(i)	1.56 mg
Vitamin B3(i)	2.74 mg

Macrotermes notalensis

Protein(2)	22
Fat(2)	23
Fiber(2)	2
NFE(2)	43
Calcium(a)	18 mg
Phosphorus(a)	114 mg
Iron(a)	29 mg
Vitamin B2(i)	1.98 mg

Termes sp.

Protein(5)	43
Fat(5)	37
Fiber(5)	6
NFE(5)	12
C18:0(c)	32
SFA(c)	33
C20:3 n6(c)	9
C20:4 n6(c)	56

Aegiale (Acentrocneme) hesperiaris)

Protein(3)	40
Fat(3)	30
Fiber(3)	5
NFE(3)	21

Energy content(Kcal/100g)	593
Histidine(h)	31
Isoleucine(h)	46
Leucine(h)	72
Lysine(h)	66
Methionine(h)	47
Phenylalanine(h)	51
Tyrosine(h)	63
Phe ++ Tyr(h)	114
Threonine(h)	76
Tryptophan(h)	3
Valine(h)	58
Arginine(h)	57
Serine(h)	83
Alanine(h)	66
Glycine(h)	59
Glutamic Acid(h)	123

Aegiale hesperiaris k (maguey grub)

Protein(20)	31
Fat(20)	59
NFE(20)	8
Isoleucine(l)	45
Leucine(l)	61
Lysine(l)	50
Methionine(l)	31
Phenylalanine(l)	70
Threonine(l)	41
Tryptophan(l)	8
Valine(l)	51

Aegiale hesperiaris (larvae)

Protein(9)	40
Fat(9)	29
Fiber(9)	5
NFE(9)	20
Energy content(Kcal/100g)	505

Anaphe infracta (caterpillars)

Calcium(a)	9 mg
Phosphorus(a)	111 mg
Vitamin B2(a)	2 mg
Protein(2)	20
Fat(2)	15
Fiber(2)	2
NFE(2)	66

Anaphe panda (caterpillars)

Protein(25)	46
Fat(25)	35
Fiber(25)	7
Energy content(Kcal)(25)	543

Anaphe recticulata (caterpillars)

Protein(2)	23
Fat(2)	10
Fiber(2)	3
NFE(2)	65
Calcium(a)	11 mg
Phosphorus(a)	102 mg
Vitamin B2(c)	1.95 mg

Anaphe spp. (caterpillars)

Protein(2)	19
Fat(2)	19
Fiber(2)	2
NFE(2)	47
Vitamin A(a)	8 mcg
Phosphorus(a)	122 mg

Anaphe venata (larvae)

Protein(2)	26
Fat(2)	23
Fiber(2)	2
NFE(2)	56
Vitamin B2(c)	1.25 mg

Arsenura armada

Protein(3)	52
Fat(3)	8
Fiber(3)	12
NFE(3)	20

Ascalapha odorata

Protein(3)	56
Fat(3)	15
Fiber(3)	12
NFE(3)	4

Bombyx mori

Protein	58(adult)(3), 49(spent pupae)(14),
	54(larvae)(14)
Fat	35(adult)(3), 30(spent pupae)(29),
	8(larvae)(14)
Fiber	2(adult)(3), 6(larvae)(14)
NFE	25(larvae)(14)
Energy content(Kcal)	555(adult)(3), 390(larvae)(14)
Histidine	30(larvae)(f), 27(pupae)(q), 25(spent
	pupae)(s)
Isoleucine	33(larvae)(f), 34(pupae)(q), 57(spent
	pupae)(s)
Leucine	49(larvae)(f), 62(pupae)(q), 83(spent
	pupae)(s)
Lysine	50(larvae)(f), 61(pupae)(q), 75(spent
	pupae)(s)
Methionine	13(larvae)(f), 34(pupae)(q), 46(spent
	pupae)(s)
Cysteine	9(larvae)(f), 14(pupae)(q), 14(spent
	pupae)(s)
Met + Cys	22(larvae)(f), 48(pupae)(q), 60(spent
-	pupae)(s)
Phenylalanine	28(larvae)(f), 46(pupae)(q), 51(spent
	pupae)(s)
Tyrosine	34(larvae)(f), 56(pupae)(q), 54(spent
	pupae)(s)
Phe + Tyr	63(larvae)(f), 102(pupae)(q), 105(spent
	pupae)(s)

Threonine	28(larvae)(f), 39(pupae)(q), 54(spent pupae)(s)
Tryptophan	7(larvae)(f), 15(pupae)(q), 9(spent
турторнан	pupae)(s)
Valine	40(larvae)(f), 47(pupae)(q), 56(spent
Valine	pupae)(s)
Arginine	43(larvae)(f), 47(pupae)(q), 68(spent
and the second s	pupae)(s)
Serine	39(larvae)(f), 37(pupae)(q), 47(spent
	pupae)(s)
Proline	35(larvae)(f), 70(pupae)(q), 40(spent
	pupae)(s)
Alanine	41(larvae)(f), 39(pupae)(q), 55(spent
	pupae)(s)
Glycine	58(larvae)(f), 36(pupae)(q), 46(spent
•	pupae)(s)
Glutamic Acid	102(larvae)(f), 95(pupae)(q), 149(spent
	pupae)(s)
C16:0	23(pupae)(s), 26(spent pupae)(u)
C18:0	7(pupae)(s), 7(spent pupae)(u)
SFA	29(pupae)(s), 33(spent pupae)(u)
C18:1 n9	26(pupae)(s), 37(spent pupae)(u)
MUFA	27(pupae)(s), 37(spent pupae)(u)
C18:2 n6	6(pupae)(s), 4(spent pupae)(u)
C18:3 n3	38(pupae)(s), 26(spent pupae)(u)
PUFA	44(pupae(s), 30(spent pupae)(u)
Calcium	102 mg(larvae)(e), 158(spent pupae)(p)
Potassium	1827(larvae)(e)
Magnesium	288(larvae)(e), 207(spent pupae)(p)
Phosphorus	1370(larvae)(e), 474(spent pupae)(p)
Sodium	275(larvae)(e)
Iron	10(larvae)(e), 26(spent pupae)(p)
Zinc	18(larvae)(e), 23(spent pupae)(p)
Manganese	2.49(larvae)(e), 0.71(spent pupae)(p)
Copper	2.08(larvae)(e), 0.15(spent pupae)(p)
Selenium	0.08(larvae)(e)
Vitamin A	274 mcg(larvae)(e)
Vitamin E	51 mcg IU/kg(larvae)(e)
Vitamin B3	0.95 mg(spent pupae)(j), 15.20(larvae)(e)
Vitamin B1	1.91 mg(larvae)(e)
Vitamin B2	5.43 mg(larvae)(e)
Vitamin B5	12.49 mg(larvae)(e)
Vitamin B7	145 mg(larvae)(e)
Vitamin B9	0.41(larvae)(e)



Wagner, Dave. "Bombyx mori, larva." Retrieved from: http://www.discoverlife.org/mp/20p?see=I_DLW67_1&res=640

Brunaea alcinoe (caterpillars)

Protein(26)	74
Fat(26)	14
Fiber(26)	6
NFE(26)	3

Catasticta teutila

Protein(3)	60
Fat(3)	19
Fiber(3)	7
NFE(3)	7
Energy content(Kcal/100g)(3)	438

Cirina forda Westwood

Protein	33(larvae)(30), 74(caterpillar)(26),
	21(larvae flour)(31)
Fat	12(larvae)(3), 14(caterpillar)(26),
	13(larvae flour)(31)
Fiber	9(larvae)(3), 6(caterpillar)(26)
NFE	38(larvae)(3), 2(caterpillar)(26),
	57(larvae flour)(31)
Energy content(Kcal/100g)	359(larvae)(3)
C14:0(v)(larvae)	0.70 mg
C16:0(v)(larvae)	13 mg
C18:0(v)(larvae)	16 mg
SFA(v)(larvae)	32 mg
C16:1 n7(v)(larvae)	0.20 mg
C18:1 n9(v)(larvae)	14 mg
Other MUFA(v)(larvae)	0.50 mg
MUFA(v)(larvae)	15 mg
C18:2 n6(v)(larvae)	8 mg
C18:3 n3(v)(larvae)	45 mg
C18:3 n6(v)(larvae)	0.20 mg
PUFA(v)(larvae)	54 mg
Calcium	8 mg(caterpillar)(a), 13 mg(larvae flour)
	(q), 37 mg(larvae)®
Potassium	48 mg(larvae flour)(q), 72 mg(larvae)(r)
Magnesium	2 mg(caterpillars)(a), 44 mg(larvae flour)
	(q), 70 mg(larvae)(r)
Phosphorus	111 mg(caterpillars)(a), 46 mg(larvae
	flour)(q), 242 mg(r)
Sodium	44 mg(larve flour)(q), 51 mg(larvae)(r),
	210 mg(larvae)(s)
Iron	1 mg(caterpillar)(a), 6 mg(larvae flour)
	(q), 64 mg(larvae)(r)
Zinc	23 mg(caterpillar)(a), 4 mg(larvae flour)
	(q), 9 mg(larvae)(r)
Manganese	7 mg(larvae)



Bouyer, Thierry. "Cirina Forda." Retrieved from: http://www.drlegrain.be/0congobrazza/nuit%20congo/saturni/Cirina%20forda.JPG



Retrieved from: http://cornellcollege.edu/biology/insects2003/aaronmark/k.htm



http://www.eattheweeds.com/bug-a-boos-or-grubs-up/. [Cirina Forda caterpillar]. Retrieved from: http://www.eattheweeds.com/bug-a-boos-or-grubs-up/

Comadia redtembacheri

Protein	29(adult)(4), 42(larvae)(9)
Fat	43(adult)(4), 48(larvae)(9)
Fiber	6(adult)(4), 6(larvae)(9)
NFE	21(adult)(4)
Energy content(Kcal)	439(adult)(4), 439(larvae)(9)
Calcium(i)	174 mg
Potassium(i)	1024 mg
Magnesium(i)	296 mg
Sodium(i)	283 mg
Iron(i)	24 mg
Zinc(i)	24 mg

Eucheira socialis

Protein(4)	49
Fat(4)	23
Fiber(4)	10
NFE(4)	15
Energy content(Kcal)	439

Galleria mellonella

Protein	41(adult)(16), 39(larvae)(15)
Fat	51(adult(16), 59(larvae)(15)
Fiber	12(adult)(16), 9(larvae)(15)
Histidine(larvae)	23 mg(g)
Isoleucine(larvae)	45 mg(g)
Leucine(larvae)	88 mg(g)
Lysine(larvae)	56 mg(g)
Methionine(larvae)	16 mg(g)
Cysteine(larvae)	8 mg(g)
Met + Cys(larvae)	23 mg(g)
Phenylalanine(larvae)	38 mg(g)
Tyrosine(larvae)	62 mg(g)
Phe + Tyr(larvae)	100 mg(g)
Threonine(larvae)	42 mg(g)
Tryptophan(larvae)	9 mg(g)
Valine(larvae)	48 mg(g)
Arginine(larvae)	50 mg(g)
Serine(larvae)	75 mg(g)
Proline(larvae)	67 mg(g)
Alanine(larvae)	67 mg(g)
Glycine(larvae)	53 mg(g)
Glutamic Acid(larvae)	138 mg(g)
Calcium(adult)	59 mg(e)
Potassium(adult)	533 mg(e)
Sodium(adult)	40 mg(e)
Iron(adult)	5 mg(e)
Zinc(adult)	6 mg(e)
Vitamin E(adult)	509 IU/kg(f)

Heliothis zea

Protein(3)	42
Fat(3)	29
Fiber(3)	4
NFE(3)	21
Energy content(Kcal/100g)(e)	513

Hylesia frigid

Protein(3)	42
Fat(3)	10
Fiber(3)	12
NFE(3)	29
Energy content(Kcal/100g)(3)	372

Imbrasia belina (larvae)



"Imbrasia Belina." Retrieved from: https://farm6.staticflickr.com/5212/5404432076_490419582d_z.jpg

C14:0 (g)	1.15
C16:0 (g)	31.90
C18:0 (g)	4.71
Other SFA (g)	0.12
SFA (g)	37.88

C16:1 n7 (g)	1.80
C18:1 n9 (g)	34.20
MUFA (g)	36
C18:2 n6 (g)	6.02
C18:3 n3 (g)	19.60
C20:4 n6 (g)	0.5
PUFA (g)	26.12
SFA/UFA (g)	0.61

Imbrasia oyemensis(caterpillars)



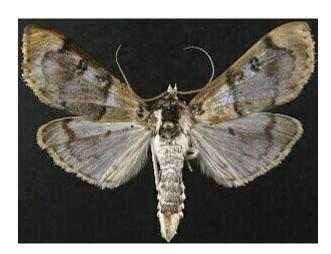
"Chenilles comestibles Imbrasia oyemensis (N'Gasse)." Retrieved from: http://www.fao.org/docrep/007/j3463f/j3463f-24.gif

Protein (33)	62
Fat (33)	25
C14:0 (x)	0.48
C16:0 (x)	46
C18:0 (x)	7
Other SFA (x)	0.50
SFA (x)	54
C18:1 n9 (x)	35
MUFA (x)	35
C18:2 n6 (x)	11
PUFA (x)	11.22
SFA/UFA(x)	1.18

Imbrasis truncata(caterpillars)

Protein (34)	65
Fat (34)	16
Histidine (u)	17
Isoleucine (u)	24
Leucine (u)	73
Lysine (u)	79
Methionine (u)	22
Cysteine (u)	17
Met + Cys (u)	39
Phenanyline (u)	62
Tyrosine (u)	77
Ph + Tyr (u)	139
Threonine (u)	47
Tryptophan (u)	17
Valine (u)	102
Arginine (u)	56

Laniifera Cyclades



Grinter, Chris. "40mm." Retrieved from: http://mothphotographersgroup.msstate.edu/Files1/CG/300/CG5236-300-40.jpg

Protein (4)	46
Fat (4)	30
Fiber (4)	5
NFE (4)	14
Energy content (4)	513

Latebraria amphipyrioides



Smith, Jeff. "Latebraria amphipyrioides." Retrieved from: http://mothphotographersgroup.msstate.edu/Files1/JS/300/JS8646-300.jpg

Protein (3)	57
Fat (3)	7
Fiber (3)	29
NFE (3)	1

Nudaurelia oyemensis (caterpillars)

Protein (34)	61
Fat (4)	12
Histidine (u)	18
Isoleucine (u)	26
Leucince (u)	83
Lysine (u)	80
Methionine (u)	24
Cysteine (u)	20
Met + Cys (u)	43
Phenalynine (u)	59
Tyrosine (u)	76
Phe + Tyr (u)	134
Threonine (u)	45
Tryptophan (u)	16
Valine (u)	96
Arginine (u)	64

Phasus sp.

Protein (4)	33
Fat (4)	60
Fiber (4)	4
NFE (4)	1.13

Phasus triangularis

Protein (3)	15
Fat (3)	77
Fiber (3)	4
NFE (3)	2
Energy content(Kcal/100g) (3)	762
Vitamin B1 (larvae) (a)	0.24
Vitamin B2 (larvae) (a)	0.47
Vitamin B3 (larvae) (a)	2.92

Samia ricinii (prepupae)

Protein (35)	54
Fat (35)	26
Fiber (35)	3
NFE (35)	3
Energy content (Kcal/100g) (35)	460
Histidine (w)	28
Isoleucine (w)	43
Leucine (w)	65
Lysine (w)	65
Methionine (w)	21
Cysteine (w)	5
Met + Cys (w)	26
Phenylalanine (w)	52
Tyrosine (w)	63
Phe + Tyr (w)	115
Threonine (w)	45
Valine (w)	53
Arginine (w)	47

Serine (w)	48
Proline (w)	60
Alanine (w)	61
Glycine (w)	56
Glutamic Acid (w)	129

Samia ricinii (pupae)

Protein (35)	54
Fat (35)	26
Fiber (35)	3
NFE (35)	3
Energy content (Kcal/100g) (35)	461
Histidine (w)	27
Isoleucine (w)	44
Leucine (w)	66
Lysine (w)	65
Methionine (w)	23
Cysteine (w)	5
Met + Cys (w)	28
Phenylalanine (w)	52
Tyrosine (w)	64
Phe + Tyr (w)	116
Threonine (w)	48
Valine (w)	53
Arginine (w)	44
Serine (w)	53
Proline (w)	65
Alanine (w)	61
Glycine (w)	49
Glutamic Acid (w)	129

Xyleutes redtembacheri

Protein (3)	43
Fat (3)	48
Fiber (3)	6
NFE (3)	1
Energy content (Kcal/100g) (3)	614
Vitamin C (a)	17 (mg/100g)
Vitamin B1 (a)	4.04
Vitamin B2 (a)	2.09
Vitamin B3 (a)	0.33

Aeschna multicolor

Protein (4)	54
Fat (4)	17
Fiber (4)	10
NFE (4)	6

Anax sp.

Protein (4)	56
Fat (4)	23
Fiber (4)	14
NFE (4)	3
Energy content (Kcal/100g)	431

Acheta domesticus (adults)

D 4 * (14)	(5
Protein (14)	67
Fat (14)	22
Fiber (14)	22
NFE (14)	3
Energy content (Kcal/100g) (14)	426
Histidine (g)	23
Isoleucine (g)	46
Leucine (g)	100
Lysine (g)	54
Methionine (g)	15
Cysteine (g)	8
Met + Cys (g)	23
Phenylalanine (g)	32
Tyrosine (g)	49
Phe + Tyr (g)	81
Threonine (g)	36
Tryptophan (g)	6
Valine (g)	52
Arginine (g)	61
Serine (g)	50
Proline (g)	56

Alanine (g)	86
Glycine (g)	59
Glutamic Acid (g)	112
Calcium	210
Magnesium	80
Phosphorus	780
Iron	11
Zinc	19
Manganese	3
Copper	0.85
Vitamin A (f)	24
Vitamin E (f)	81
Vitamin C (e)	10
Vitamin B1 (e)	0.13
Vitamin B2 (e)	11.07
Vitamin B3 (e)	13
Vitamin B5 (e)	7
Vitamin B7 (e)	55
Vitamin B9 (e)	0.49

Acrida exaltata

Protein (36)	64
Fat (36)	7
Fiber (36)	8
NFE (36)	4
Energy content (36)	495

Arphia fallax S.

Protein (1)	71
Fat (1)	7
Fiber (1)	12
NFE (1)	8
Calcium (w)	75
Potassium (w)	62
Magnesium (w)	657
Sodium (w)	92
Iron (w)	22
Zinc (w)	16

Brachytrupes membranaceus Drury

Protein (26)	35
Fat (26)	53
Fiber (26)	6
NFE (26)	2

Brachytrupes portentosus Lichtenstein

Protein (3)	49
Fat (3)	21
Fiber (3)	12
NFE (3)	8
C16:0 (c)	1.61
C18:0 (c)	36
Other SFA (c)	0.13
SFA (c)	38
C16:1 n7 (c)	0.71
C18:1 n9 (c)	3.40
MUFA (c)	4.11
C20:3 n6 (c)	7.94
C20:4 n6 (c)	50.43
PUFA (c)	58.37
SFA/UFA (c)	0.60

Brachytrupes spp.

Protein (2)	6
Fat (2)	3
Fiber (2)	1
NFE (2)	85
Histidine (a)	21
Isoleucine (a)	27
Leucine (a)	61
Lysine (a)	60
Methionine (a)	8
Cysteine (a)	14
Met + Cys (a)	22
Phenylalanine (a)	24
Tyrosine (a)	93

Phe + Tyr (a)	117
Threonine (a)	39
Tryptophan (a)	6
Valine (a)	40
Arginine (a)	31
Serine (a)	39
Alanine (a)	63
Glycine (a)	51
Glutamic Acid (a)	73

Boopedon af. Flaviventris

Calcium	88
Potassium	66
Magnesium	521
Sodium	173
Iron	24
Zinc	32
Protein (4)	76
Fat (4)	8
Fiber (4)	10
NFE (4)	2

Conocephalus triops L.

Protein (1)	71
110tem (1)	/1

Cytacanthacris aeruginosus unicolor

Protein (2)	12
Fat (2)	3
Fiber (2)	2
NFE (2)	61
Calcium (a)	4
Magnesium (a)	0.09
Phosphorus (a)	100
Iron (a)	0.35

Encoptolophus herbaceous

Protein (1)	58
Fat (1)	12
Fiber (1)	11
NFE (1)	17
Calcium (w)	64
Potassium (w)	65
Magnesium (w)	498
Sodium (w)	150
Iron (w)	17
Zinc (w)	16

Hieroglyphus banian

Protein (36)	64
Fat (36)	7
Fiber (36)	7
NFE (36)	5
Energy content(Kcal/100g) (36)	566

Idiarthron subquadratum S. & P.

Protein (1)	65
Fat (1)	8
Fiber (1)	11
NFE (1)	4

Melanoplus mexicanus

Protein (4)	77
Fat (4)	4
Fiber (4)	12
NFE (4)	4

Melanoplus sp.

Protein (4)	63
Energy content(Kcal/100g) (4)	376

Melanoplus femurrubrum

Duotoin (0)	77
Protein (9)	
Fat (9)	4
Fiber (9)	12
NFE (9)	4
Energy content (Kcal/100g) (9)	361
Histidine (a)	23
Isoleucine (a)	26
Leucine (a)	58
Lysine (a)	62
Methionine (a)	30
Cystine (a)	12
Met + Cys (a)	41
Phenylanaine (a)	23
Tyrosine (a)	56
Phe + Tyr (a)	79
Threonine (a)	37
Tryptophan (a)	6
Valine (a)	41
Arginine (a)	32
Serine (a)	29
Proline (a)	27
Glutamic Acid (a)	63

Oxya fuscovittata

Protein (36)	64
Fat (36)	6
Fiber (36)	8
NFE (36)	8
Energy content (Kcal/100g)	361

Romalea sp.

Protein (1)	75
Fat (1)	12
Fiber (1)	10
NFE (1)	0.19

Ruspolia differens(brown)

Protein (37)	44
Fat (37)	46
Fiber (37)	5
C14:0	0.90
C16:0	32
C18:0	6
Other SFA	0.40
SFA	38
C16:1 n7	2
C18:1 n9	25
MUFA	27
C18:2 n6	31
C18:3 n3	3

Ruspolia differens(green)

Protein (37)	43
Fat (37)	48
Fiber (37)	4
C14:0	1
C16:0	32
C18:0	6
Other SFA	0.20
SFA	39
C16:1 n7	1
C18:1 n9	25
MUFA	26
C18:2 n6	30
C18:3 n3	4

Schistocerca sp.

Protein(4)	61
11000111(1)	01

Fat(4)	17
Fiber(4)	10
NFE(4)	7



Hillman, Josh. "Schistocerca damnifica - (male)." Retrieved from: http://www.floridanature.org/photos/Schistocerca_damnifica_1_(male),_LSGA,_Tallahas_see,_20050313.jpg

Spathosternum prasiniferum prasiniferum

Fat (36)	66
Protein (36)	8
Fiber (36)	7
NFE (36)	7
Energy content (Kcal/100g)	550

Sphenarium borrei B.

Protein (1)	63
Fat (1)	10
Fiber (1)	10
NFE (1)	12

Sphenarium histrio

Protein (3)	77
Fat (3)	4
Fiber (3)	12
NFE (3)	363
Histidine (d)	11
Isoleucine (d)	53
Leucine (d)	87
Lysine (d)	57
Methionine (d)	7
Cysteine (d)	13
Met + Cys (d)	20
Phenylalanine (d)	44
Tyrosine (d)	73
Phe + Tyr	117
Threonine (d)	40
Tryptophan (d)	6
Valine (d)	57
Arginine (d)	60

Sphenarium mexicanum S.

Protein (1)	62
Fat (1)	11
Fiber (1)	4
NFE (1)	22

Sphenarium purpuracens

Histidine (d)	22
Isoleucine (d)	42
Leucine (d)	89
Lysine (d)	57
Methionine (d)	25
Cysteine (d)	18
Met + Cys	43
Phenylalanine (d)	103
Tyrosine (d)	63
Phe + Tyr	166
Threonine (d)	38
Tryptophan	7
Valine (d)	51
Arginine (d)	60
Vitamin B1	0.27
Vitamin B2	0.59
Vitamin B3	1.56

Sphenarium spp.

Protein (4)	53
Fat (4)	20
Fiber (4)	11
NFE (4)	14
Energy content (Kcal/100g)	404
Calcium	120
Potassium	68
Magnesiums	824
Sodium	915

Iron	44
Zinc	32

Taeniopoda auricornis W.

Protein (1)	63
Fat (1)	10
Fiber (1)	8
NFE (1)	15
Histidine (a)	15
Isoleucine (a)	41
Leucine (a)	43
Lysine (a)	42
Methionine (a)	19
Cysteine (a)	11
Met + Cys (a)	30
Phenylalanine (a)	51
Tyrosine (a)	76
Phe + Tyr (a)	128
Threonine (a)	21
Tryptophan (a)	6
Valine (a)	49
Arginine	36
Serine (a)	33
Alanine (a)	60
Glycine (a)	31
Glutamic Acid (a)	69

Taeniopoda sp.

Protein (1)	71
Fat (1)	6
Fiber (1)	11
NFE (1)	10

Trimerotropis pallidipennis

Protein (4)	63
Fat (4)	22

Fiber (4)	8
NFE (4)	3

Trimerotropis sp.

Protein (4)	65
Fat (4)	7
Fiber (4)	10
NFE (4)	10
Energy content (Kcal/100g)	379

Zonocerus variegatus

Protein (1)	63
Fat (1)	2
Fiber (1)	4
NFE (1)	29
Calcium (y)	552 (1st instar larvae), 182(adult)
Potassium	2030 (1st instar larvae), 761(adult)
Magnesium	96 (1st instar larvae), 39(adult)
Phosphorus	4500(1st instar larvae), 21,800(adult)
Sodium	1350 (1st instar larvae), 306(adult)
Iron	910 (1st instar larvae), 184 (adult)
Zinc	29 (1st instar larvae), 17 (adult)
Vitamin A(m)	112 (1st instar larvae), 814 (adult)



Robert, H. "Zonocerus variegates femelle." Retrieved from: http://aramel.free.fr/Zonocerus-variegatus-femelle-1.jpg

Part 2:

In this section, I take RDA and AI charts from the Linus Pauling institute, and modify them to show what percentage of any given nutrient any given obtains from consumption of 100g of any given insect, as well as how many grams of an insect any given demographic must consume in order to obtain their RDA or AI.

Folic Acid(Vitamin B9)

"Folic acid" and "folate" are used interchangeably to refer to a water-soluble B-complex vitamin. It is not commonly found in either food or the human body but is easily available over the counter as a vitamin supplement. Folic acid is currently being researched for its ability to prevent cancer due to its important in DNA and RYA synthesis and methylation. Since cancer is believed to be the result of damage to DNA, folic acid supplementation may hold out promise for effective cancer prevention. Diets rich in fruits and vegetables have been associated with lower incidence of cancer, particularly of the colon, rectum, cervix, brain, esophagus and breast.

The role folic acid plays in nucleic acid synthesis and methlyation reactions means that it is very important for brain function. Those who eat sufficient folate have been shownt o be less likely to develop cognitive impairment and mental health in old age. Folate also helps prevent neural tube defects in pregnancy and has shown promise in lowering the risk of heart disease. Folic acid is found most abundantly in green, leafy vegetables, legumes, fortified cereals and citrus fruit juices. Below is a chart detailing:

- 1) How much folic acid one requires in order to obtain one's RDA.
- 2) Which insects contain dietarily significant amounts of folic acid.
- 3) What percentage of one's RDA each demographic will obtain from consuming 100g of insect dry matter.
- 4) How many grams of insect dry matter each demographic must consume in order to obtain one's RDA.

Each insect requires its own chart for each nutrient. Numbers in red exceed the tolerable upper level intake level for its demographic.

Folic Acid content of *Zophobas morio* retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recommen	·	Allowance for uivalents (DF		•	orio Folic acid O mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	41g	246%
Infants	7-12 months	80 (AI)	80 (AI)	50g	200%
Children	1-3 years	150	150	94g	106%
Children	4-8 years	200	200	125g	80%
Children	9-13 years	300	300	188g	53%
Adolescents	14-18 years	400	400	250g	40%
Adults	19 years and older	400	400	250g	40%

Pregnancy	all ages	-	600	375g	27%
Breast- feeding	all ages	-	500	313g	32%

Folic Acid content of *Galleria mellonella* retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recommen	•	llowance for laivalents (DFI	Folate in Dietary E)	acid co	ellonella)Folic ntent(110 /100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	59g	169%
Infants	7-12 months	80 (AI)	80 (AI)	73g	138%
Children	1-3 years	150	150	150g	73%
Children	4-8 years	200	200	182g	55%
Children	9-13 years	300	300	273g	37%
Adolescents	14-18 years	400	400	364g	28%
Adults	19 years and older	400	400	364g	28%
Pregnancy	all ages	-	600	545g	18%
Breast- feeding	all ages	-	500	455g	22%

Folic Acid content of *Acheta domestics* retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recommended Dietary Allowance for Folate in Dietary Folate Equivalents (DFE) Recommended Dietary Allowance for Folate in Dietary (nymphs)Folic acid content(630 mcg/100g)
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Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	10g	969%
Infants	7-12 months	80 (AI)	80 (AI)	13g	788%
Children	1-3 years	150	150	24g	420%
Children	4-8 years	200	200	32g	315%
Children	9-13 years	300	300	48g	210%
Adolescents	14-18 years	400	400	63g	158%
Adults	19 years and older	400	400	63g	158%
Pregnancy	all ages	-	600	95g	105%
Breast- feeding	all ages	-	500	79g	350%

Folic Acid content of *Bombyx mori* retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recomme	nded Dietary Folate Ed	Folic acid	Aori (larvae) content(410 //100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	16g	631%
Infants	7-12 months	80 (AI)	80 (AI)	20g	513%
Children	1-3 years	150	150	37g	237%
Children	4-8 years	200	200	49g	205%
Children	9-13 years	300	300	73g	137%

Adolescents	14-18 years	400	400	98g	102%
Adults	19 years and older	400	400	98g	102%
Pregnancy	all ages	_	600	146g	68%
Breast- feeding	all ages	-	500	122g	82%

Folic Acid content of *Tenebrio molitor*(adults) retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recommended Dietary Allowance for Folate in Dietary Folate Equivalents (DFE)				Tenebrio molitor (adult) Folic acid content(380 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	17g	585%
Infants	7-12 months	80 (AI)	80 (AI)	21g	475%
Children	1-3 years	150	150	39g	253%
Children	4-8 years	200	200	53g	190%
Children	9-13 years	300	300	79g	126%
Adolescents	14-18 years	400	400	105g	95%
Adults	19 years and older	400	400	105g	95%
Pregnancy	all ages	-	600	158g	63%
Breast- feeding	all ages	-	500	132g	76%

Tolerable Upper Intake Level (UL) for Folic Acid		
Age Group	UL (mcg/day)	

Infants 0-12 months	Not possible to establish*
Children 1-3 years	300
Children 4-8 years	400
Children 9-13 years	600
Adolescents 14-18 years	800
Adults 19 years and older	1,000

^{*}Source of intake should be from food and formula only.

Folic Acid content of *Ruspolia differens* retrieved from: Kinyuru, J. N., Kenji, G. M., Muhoho, S. N., Ayieko, M. A., Nutritional potential of longhorn grasshopper (Ruspolia differens) consumed in Siaya District, Kenya. J. Agric. Sci. Technol. 2010, 12, 32–46.

Recommen	ded Dietary A Folate Equ	green and acid con	ifferens (both brown)Folic ntent(900 /100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	7g	1385%
Infants	7-12 months	80 (AI)	80 (AI)	9g	1125%
Children	1-3 years	150	150	17g	600%
Children	4-8 years	200	200	22g	450%
Children	9-13 years	300	300	33g	300%
Adolescents	14-18 years	400	400	44g	225%
Adults	19 years and older	400	400	44g	225%
Pregnancy	all ages	-	600	67g	150%
Breast- feeding	all ages	-	500	56g	180%

Folic acid content of *Carebara vidua* Smith (female) retrieved from: Ayieko, M. A., Kinyuru, J. N., Ndong'a, M. F., Kenji, G. M., Nutritional value and consumption of black ants (Carebara vidua Smith) from the Lake Victoria region in Kenya. Adv. J. Food Sci. Technol. 2012, 4, 39–45.

Recommended Dietary Allowance for Folate in Dietary Folate Equivalents (DFE)				Carebara vidua Smith (female) Folic acid content(450 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	14g	692%
Infants	7-12 months	80 (AI)	80 (AI)	18g	563%
Children	1-3 years	150	150	33g	300%
Children	4-8 years	200	200	44g	225%
Children	9-13 years	300	300	67g	150%
Adolescents	14-18 years	400	400	89g	113%
Adults	19 years and older	400	400	89g	113%
Pregnancy	all ages	-	600	133g	75%
Breast- feeding	all ages	-	500	111g	90%

Folic Acid content of *Tenebrio molitor*(adults) retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recommended Dietary Allowance for Folate in Dietary Folate Fauivalents (DFF)				Acheta domesticus(adults) Folic acid content(490 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	13g	754%
Infants	7-12 months	80 (AI)	80 (AI)	16g	613%
Children	1-3 years	150	150	30g	327%

Children	4-8 years	200	200	41g	245%
Children	9-13 years	300	300	61g	163%
Adolescents	14-18 years	400	400	81g	123%
Adults	19 years and older	400	400	81g	123%
Pregnancy	all ages	-	600	122g	82%
Breast- feeding	all ages	-	500	102g	98%

Folic Acid content of *Tenebrio molitor* retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Folic Acid content of *Tenebrio molitor*(larvae) retrieved from: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

Recommen	nded Dietary A Folate Eq	Tenebrio molitor (larvae) Folic acid content(410 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	65 (<u>AI</u>)	65 (<u>AI</u>)	16g	631%
Infants	7-12 months	80 (AI)	80 (AI)	20g	513%
Children	1-3 years	150	150	37g	237%
Children	4-8 years	200	200	49g	205%
Children	9-13 years	300	300	73g	137%
Adolescents	14-18 years	400	400	98g	102%
Adults	19 years and older	400	400	98g	102%
Pregnancy	all ages	-	600	146g	68%
Breast- feeding	all ages	-	500	122g	82%

Below is a list of the top several hundred sources of folic acid in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Cereals, MALT-O-MEAL, plain, dry 1,448 mcg
- 2. Cereals, MALT-O-MEAL, chocolate, dry 1,208 mcg
- 3. Yeast extract spread 1,010 mcg

[Ruspolia differens (brown and green) 900 mcg]

- 4. Duck, domesticated, liver, raw 738 mcg
- 5. Goose, liver, raw 738 mcg
- 6. Turkey, liver, all classes, raw 677 mcg
- 7. Cereals ready-to-eat, Ralston TASTEEOS 667 mcg
- 8. Yardlong beans, mature seeds, raw 658 mcg
- 9. Mothbeans, mature seeds, raw 649 mcg
- 10. Cowpeas, catjang, mature seeds, raw 639 mcg

[Achesta domesticus (nymphs) 630 mcg)

- 11. Mung beans, mature seeds, raw 625 mcg
- 12. Beans, adzuki, mature seeds, raw 622 mcg
- 13. Formulated bar, POWER BAR, chocolate 615 mcg
- 14. Beans, cranberry (roman), mature seeds, raw 604 mcg
- 15. Chicken, liver, all classes, raw 588 mcg
- 16. Spearmint, dried 530 mcg
- 17. Beans, pinto, mature seeds, raw 525 mcg

[Achesta domesticus (juvenile crickets) 490 mcg]

- 18. Beans, great northern, mature seeds, raw 482 mcg
- 19. Lentils, raw 479 mcg
- 20. Beans, pink, mature seeds, raw 463 mcg
- 21. Pigeon peas (red gram), mature seeds, raw 456 mcg

[Carebara vidua Smith (female) 450 mcg]

- 22. Beans, black, mature seeds, raw 444 mcg
- 23. Beans, black turtle soup, mature seeds, raw 444 mcg
- 24. Chickpea flour (besan) 437 mcg
- 25. Broadbeans (fava beans), mature seeds, raw 423 mcg

[Tenebrio molitor (larvae) 410 mcg] [Bombyx mori (spent pupae)410 mcg]

- 26. Lima beans, thin seeded (baby), mature seeds, raw 400 mcg
- 27. Beans, french, mature seeds, raw 399 mcg
- 28. Lima beans, large, mature seeds, raw 395 mcg
- 29. Chicken, capons, giblets, raw 394 mcg
- 30. Beans, kidney, all types, mature seeds, raw 394 mcg

31.	Beans, kidney, california red, mature seeds, raw 394 mcg
32.	Beans, kidney, red, mature seeds, raw 394 mcg
33.	Beans, kidney, royal red, mature seeds, raw 393 mcg
34.	Beans, yellow, mature seeds, raw 389 mcg
35.	Beans, white, mature seeds, raw 388 mcg
36.	Beans, small white, mature seeds, raw 386 mcg
	brio molitor (adults) 380 mcg
37.	Soybeans, mature seeds, raw 375 mcg
38.	Beans, navy, mature seeds, raw 3/3 meg 864 mcg
39.	Cereals, CREAM OF WHEAT, instant, dry 357 mcg
40.	Lupins, mature seeds, raw 355 mcg
41.	Chicken, stewing, giblets, raw 350 mcg
42.	Chicken, broilers or fryers, giblets, raw 345 mcg
43.	Soy flour, full-fat, raw 345 mcg
44.	Turkey, all classes, giblets, raw 342 mcg
45.	Arrowroot, raw 338 mcg
46.	Cereals ready-to-eat, KELLOGG, SMORZ 333 mcg
47.	Pate, chicken liver, canned 321 mcg
48.	Cereals ready-to-eat, POST, ALPHA-BITS 312 mcg
49.	Edamame, frozen, prepared 311 mcg
50.	Spices, rosemary, dried 307 mcg
51.	Soy flour, defatted 305 mcg
52.	Edamame, frozen, unprepared 303 mcg
53.	Soy meal, defatted, raw 303 mcg
54.	Beef, variety meats and by-products, liver, raw 290 mcg
55.	Soy flour, low-fat 289 mcg
56.	Wheat germ, crude 281 mcg
57.	Macaroni, vegetable, dry, enriched 278 mcg
58.	Chicken, roasting, giblets, raw 276 mcg
59.	Spices, basil, dried 274 mcg
60.	Spices, chervil, dried 274 mcg
61.	Spices, coriander leaf, dried 274 mcg
62.	Spices, marjoram, dried 274 mcg
63.	Spices, sage, ground 274 mcg
64.	Spices, tarragon, dried274 mcg
65.	Spices, thyme, dried 274 mcg
66.	Peas, split, mature seeds, raw 274 mcg
67.	Peanut flour, defatted 248 mcg
68.	Peanuts, valencia, raw246 mcg
69.	Noodles, egg, spinach, dry, enriched 245 mcg
70.	Egg, yolk, dried 244 mcg
71.	Peanuts, all types, raw240 mcg
72.	Peanuts, spanish, raw 240 mcg
73.	Snacks, soy chips or crisps, salted 240 mcg
74.	Peanuts, virginia, raw 239 mcg
75.	Spices, oregano, dried 237 mcg
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- 76. Macaroni, dry, enriched 237 mcg
- 77. Spaghetti, dry, enriched 237 mcg
- 78. Corn flour, masa, enriched, white 233 mcg
- 79. Corn flour, masa, enriched, yellow 233 mcg
- 80. Rice, white, long-grain, regular, raw, enriched 231 mcg
- 81. Rice, white, medium-grain, raw, enriched 231 mcg
- 82. Rice, white, short-grain, raw 231 mcg
- 83. Lamb, variety meats and by-products, liver, raw 230 mcg
- 84. Noodles, egg, dry, enriched 230 mcg
- 85. Seeds, sunflower seed kernels, dried 227 mcg
- 86. Papad 219 mcg
- 87. Moose, liver, braised (Alaska Native) 217 mcg
- 88. Mungo beans, mature seeds, raw 216 mcg
- 89. Epazote, raw 215 mcg
- 90. Cornmeal, degermed, enriched, yellow 215 mcg
- 91. Cornmeal, degermed, enriched, white 215 mcg
- 92. Pork, fresh, variety meats and by-products, liver, raw 212 mcg
- 93. Rice, white, with pasta, dry 208 mcg
- 94. Lentils, pink, raw 204 mcg
- 95. Meat extender 198 mcg
- 96. Seaweed, wakame, raw 196 mcg
- 97. Spinach, raw 194 mcg
- 98. Turnip greens, raw 194 mcg
- 99. Bread, italian 191 mcg
- 100. Mustard greens, raw 187 mcg
- 101. Snacks, pretzels, hard, plain, salted 186 mcg
- 102. Wheat flour, white, cake, enriched 186 mcg
- 103. Rolls, dinner, egg 184 mcg
- 104. Quinoa, uncooked 184 mcg
- 105. USDA Commodity, Bakery, Flour Mix 183 mcg
- 106. Semolina, enriched 183 mcg
- 107. Wheat flour, white, bread, enriched 183 mcg
- 108. Fast foods, french toast sticks 183 mcg
- 109. Seaweed, irishmoss, raw 182 mcg
- 110. Spices, bay leaf 180 mcg
- 111. Spices, parsley, dried 180 mcg
- 112. Seaweed, kelp, raw 180 mcg
- 113. Mollusks, conch, baked or broiled 179 mcg
- 114. Chrysanthemum, garland, raw 177 mcg
- 115. Chrysanthemum leaves, raw 177 mcg
- 116. Soy protein isolate 176 mcg
- 117. Bread stuffing, cornbread, dry mix 175 mcg
- 118. Pigeonpeas, immature seeds, raw 173 mcg
- 119. Ice cream cones, cake or wafer-type 173 mcg
- 120. Soybeans, mature seeds, sprouted, raw 172 mcg
- 121. Egg, whole, dried 171 mcg

- 122. Peppers, pasilla, dried 170 mcg
- 123. Cowpeas (blackeyes), immature seeds, raw 168 mcg
- 124. Bread stuffing, bread, dry mix 168 mcg
- 125. Collards, raw 166 mcg
- 126. Soybeans, green, raw 165 mcg
- 127. Spices, mustard seed, ground 162 mcg
- 128. Bread sticks, plain 162 mcg
- 129. Tennis Bread, plain (Apache) 162 mcg
- 130. Pepeao, dried 160 mcg
- 131. Seeds, safflower seed kernels, dried 160 mcg

[Zophobas morio 160 mcg]

- 132. Mustard spinach, (tendergreen), raw 159 mcg
- 133. McDONALD'S, Peanuts (for Sundaes) 159 mcg
- 134. Spices, curry powder 154 mcg
- 135. Parsley, raw 152 mcg
- 136. Crackers, cheese, regular 152 mcg
- 137. Dill weed, fresh 150 mcg
- 138. McDONALD'S, Biscuit, regular size 150 mcg
- 139. McDONALD'S, Biscuit, large size 150 mcg
- 140. Beans, fava, in pod, raw 148 mcg
- 141. Egg, yolk, raw, fresh 146 mcg
- 142. Seaweed, laver, raw 146 mcg
- 143. Popovers, dry mix, enriched 145 mcg
- 144. Peas, mature seeds, sprouted, raw 144 mcg
- 145. Peanut spread, reduced sugar 144 mcg
- 146. Endive, raw 142 mcg
- 147. Snacks, bagel chips 142 mcg
- 148. Vinespinach, (basella), raw 140 mcg
- 149. Ice cream cones, sugar, rolled-type 140 mcg
- 150. Egg Mix, USDA Commodity 138 mcg
- 151. Spices, poultry seasoning 138 mcg
- 152. Lettuce, cos or romaine, raw 136 mcg
- 153. Cracker meal 136 mcg
- 154. Snacks, pita chips, salted 135 mcg
- 155. Sauce, cheese sauce mix, dry 134 mcg
- 156. Snacks, beef jerky, chopped and formed 134 mcg
- 157. Peanut flour, low fat 133 mcg
- 158. Muffins, blueberry, dry mix 133 mcg
- 159. Beans, navy, mature seeds, sprouted, raw 132 mcg
- 160. Crackers, melba toast, wheat 132 mcg
- 161. Croutons, plain 132 mcg
- 162. Balsam-pear (bitter gourd), leafy tips, raw 128 mcg
- 163. Crackers, wheat, reduced fat 127 mcg
- 164. McDONALD'S, English Muffin 127 mcg
- 165. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 127 mcg
- 166. Bacon bits, meatless 127 mcg

- 167. Taro leaves, raw 126 mcg
- 168. Egg substitute, powder 125 mcg
- 169. Gravy, chicken, dry 125 mcg
- 170. Veal, variety meats and by-products, liver, raw 125 mcg
- 171. Biscuits, plain or buttermilk, dry mix 125 mcg
- 172. Crackers, melba toast, plain 124 mcg
- 173. Jute, potherb, raw 123 mcg
- 174. Soup, beef noodle, dry, mix 122 mcg
- 175. Frybread, made with lard (Navajo) 122 mcg
- 176. Fast foods, cookies, animal crackers 121 mcg
- 177. Tomato powder 120 mcg
- 178. Crackers, wheat, regular 120 mcg
- 179. Bread crumbs, dry, grated, seasoned 119 mcg
- 180. Beans, pinto, mature seeds, sprouted, raw 118 mcg
- 181. Crackers, standard snack-type, regular 118 mcg
- 182. Soup, ramen noodle, chicken flavor, dry 117 mcg
- 183. Egg, yolk, raw, frozen 116 mcg
- 184. Bread, protein (includes gluten) 116 mcg
- 185. Peppermint, fresh 114 mcg
- 186. Malabar spinach, cooked 114 mcg
- 187. Nuts, acorn flour, full fat 114 mcg
- 188. Soup, ramen noodle, any flavor, dry 113 mcg
- 189. Nuts, beechnuts, dried 113 mcg
- 190. Nuts, hazelnuts or filberts 113 mcg
- 191. Rolls, french 113 mcg
- 192. McDONALD'S, Baked Apple Pie 113 mcg
- 193. Fireweed, leaves, raw 112 mcg
- 194. Frybread, made with lard (Apache) 112 mcg
- 195. Bagels, cinnamon-raisin 111 mcg
- 196. Rolls, hamburger or hotdog, plain 111 mcg
- 197. Rolls, hamburger or hotdog, mixed-grain 111 mcg

[Galleria mellonella 110 mcg]

- 198. Chicory greens, raw 110 mcg
- 199. Bread, rye 110 mcg
- 200. Rosemary, fresh 109 mcg
- 201. Soup, ramen noodle, beef flavor, dry 109 mcg
- 202. Beets, raw 109 mcg
- 203. Bread, pita, white, enriched 107 mcg
- 204. Bread crumbs, dry, grated, plain 107 mcg
- 205. Pancakes, special dietary, dry mix 107 mcg
- 206. Spices, paprika 106 mcg
- 207. Spices, pepper, red or cayenne 106 mcg
- 208. Bread, raisin, enriched 106 mcg
- 209. PIZZA HUT 14" Cheese Pizza, Thick Crust 106 mcg
- 210. Spearmint, fresh 105 mcg
- 211. Chives, raw 105 mcg

- 212. Bread, egg 105 mcg
- 213. Croutons, seasoned 105 mcg
- 214. Liver cheese, pork 104 mcg
- 215. Cake, yellow, dry mix, pudding-type 104 mcg
- 216. Pie crust, standard-type, dry mix 104 mcg
- 217. Tortillas, ready-to-bake or -fry, flour 104 mcg
- 218. Tea, instant, unsweetened, powder 103 mcg
- 219. McDONALD'S, Warm Cinnamon Roll 103 mcg
- 220. Sandwich spread, meatless 103 mcg
- 221. Vegetarian stew 103 mcg
- 222. Sesbania flower, raw 102 mcg
- 223. McDONALD'S, McDONALDLAND Cookies 102 mcg
- 224. Fish sticks, meatless 102 mcg
- 225. Vegetarian fillets 102 mcg
- 226. Cowpeas, leafy tips, raw 101 mcg
- 227. Spices, chili powder 100 mcg
- 228. Lentils, sprouted, raw 100 mcg
- 229. Seeds, sesame butter, paste 100 mcg
- 230. Breakfast tart, low fat 100 mcg
- 231. Luncheon slices, meatless 100 mcg
- 232. Rolls, dinner, rye 99 mcg
- 233. McDONALD'S, Deluxe Warm Cinnamon Roll 99 mcg
- 234. Milk and cereal bar 98 mcg
- 235. Nuts, walnuts, english 98 mcg
- 236. Beef, variety meats and by-products, kidneys, raw 98 mcg
- 237. Bagels, oat bran 98 mcg
- 238. Bread, raisin, toasted, enriched 98 mcg
- 239. Bread, kneel down (Navajo) 98 mcg
- 240. Arugula, raw 97 mcg
- 241. Seeds, sesame seeds, whole, dried 97 mcg
- 242. Broadbeans, immature seeds, raw 96 mcg
- 243. McDONALD'S, Hotcakes (plain) 96 mcg
- 244. Radish seeds, sprouted, raw 95 mcg
- 245. Bread, reduced-calorie, white 95 mcg
- 246. Rolls, dinner, oat bran 95 mcg
- 247. Rolls, hard (includes kaiser) 95 mcg
- 248. Wild rice, raw 95 mcg
- 249. Spices, cloves, ground 93 mcg
- 250. Spices, saffron 93 mcg
- 251. Chayote, fruit, raw 93 mcg
- 252. Falafel, home-prepared 93 mcg
- 253. Bread, pumpernickel 93 mcg
- 254. Peanut butter, chunk style, with salt 92 mcg
- 255. Tofu, dried-frozen (koyadofu) 92 mcg
- 256. Cake, angelfood, dry mix 92 mcg
- 257. Peanut butter, reduced sodium 92 mcg

- 258. Bread, reduced-calorie, wheat91 mcg
- 259. Cake, white, dry mix, regular 91 mcg
- 260. McDONALD'S, Sausage Biscuit 91 mcg
- 261. Crackers, milk 90 mcg
- 262. Noodles, chinese, chow mein 90 mcg
- 263. Fast foods, english muffin, with butter 90 mcg
- 264. Avocados, raw, California 89 mcg
- 265. Cookies, molasses 89 mcg
- 266. Hush puppies, prepared from recipe 89 mcg
- 267. Muffins, oat bran 89 mcg
- 268. Crackers, cheese, low sodium 89 mcg
- 269. Okra, raw 88 mcg
- 270. Bagels, egg 88 mcg
- 271. Croissants, butter 88 mcg
- 272. Phyllo dough 88 mcg
- 273. Zwieback 87 mcg
- 274. Nuts, acorns, raw 87 mcg
- 275. Seeds, flaxseed 87 mcg
- 276. Cookies, gingersnaps 87 mcg
- 277. Crackers, rusk toast 87 mcg
- 278. Chicken, feet, boiled 86 mcg
- 279. Bread, rice bran 86 mcg
- 280. Rolls, pumpernickel 86 mcg
- 281. Amaranth leaves, raw 85 mcg
- 282. Seaweed, agar, raw 85 mcg
- 283. Bread, wheat 85 mcg
- 284. Muffins, wheat bran, dry mix 85 mcg
- 285. Millet, raw 85 mcg
- 286. Noodles, egg, cooked, enriched 84 mcg
- 287. Broccoli raab, raw 83 mcg
- 288. Grape leaves, raw 83 mcg
- 289. Hummus, commercial 83 mcg
- 290. Snacks, potato chips, barbecue-flavor 83 mcg
- 291. Spices, poppy seed 82 mcg
- 292. Gravy, turkey, dry 82 mcg
- 293. Cereals ready-to-eat, granola, homemade 82 mcg
- 294. Amaranth, uncooked 82 mcg
- 295. Gravy, au jus, dry 81 mcg
- 296. Avocados, raw, all commercial varieties 81 mcg
- 297. Bread, oat bran 81 mcg
- 298. Bread, reduced-calorie, oat bran 81 mcg
- 299. Egg, duck, whole, fresh, raw 80 mcg
- 300. Cabbage, savoy, raw 80 mcg

Below is a list of the top several hundred sources of **vitamin A** in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22)

per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient.

Thiamin(Vitamin B1):

Recomm	nended Dietary	Aplagiognathus spinosus(a)Vitamin B1(0.08 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	nended Dietar	Rhyncophorus phoenicis(larvae)(d)Vitamin B1(3.38 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12	0.3 (AI)	0.3 (AI)		

	months			
Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	_	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietar	Scyphophorus acupunctatus(d)Vitamin B1(0.20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	y Allowance fo	or Vitamin B1	Tenebrio molitor(larvae) (e)Vitamin B1(0.31 mg/100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietary	Tenebrio molitor(adults) (e)Vitamin B1(0.28 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast-	all ages	-	1.4		

fooding			
meeame			

Recomm	ended Dietar	Zophobas morio(e)Vitamin B1(0.14 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar		na/haggi(larvae) 1(1.47 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		

Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	_	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B1				Ahuahuatle eggs) (a)Vitamin B1(0.41 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1			Axayacatl (adults) (a)Vitamin B1(1.01 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect

				matter for RDA(%)	dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitami			or Vitamin B1	(a)Vitam	glestoni(adults) in B1(0.15 1100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1				Euschistus strennus(adults) (a)Vitamin B1(0.18 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	(a)Vitam	xcoensis(adults) iin B1(0.41 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		

Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	_	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	ended Dietar	Thasus gigas(nymphs) (a)Vitamin B1(0.31 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1				tes(a)Vitamin mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)	
Infants	7-12 months	0.3 (AI)	0.3 (AI)	
Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B1				Atta mexicana(a)Vitamin B1(0.19 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1	Brachygastra	

		mellifica(larvae, pupae) (a)Vitamin B1(0.11 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietary	Carebara vidua Smith(female)(h)Vitamin B1(0.46 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and	1.2	1.1		

	older			
Pregnancy	all ages	_	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietary	Liometopum apiculatum) (a)Vitamin B1(0.15 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1				Liometopum occidentale var. Luctuosum(a)Vitamin B1(0.14 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		

Infants	7-12 months	0.3 (AI)	0.3 (AI)	
Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietar	Oecophylla sp.(d)Vitamin B1(0.44 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1	Polybia occidentalis bohemani(a)Vitamin B1(0.45 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	Polybia parvulina(larvae, pupae)(a)Vitamin B1(0.44 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		

Breast- feeding all a	ages -	1.4		
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Recomm	ended Dietar	Vespula squamosa(larvae, pupae)(a)Vitamin B1(0.18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	nended Dietar	y Allowance fo	or Vitamin B1	Macrotermes nigeriensis(i)Vitamin B1(0.67 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		

Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietary	(e)Vitam	nori(larvae) in B1(1.91 100g)		
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	y Allowance fo	or Vitamin B1	belina(d)Vit	nbrasia amin B1(0.58 100g)
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietary	mellonella	lleria (e)Vitamin mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast-	all ages	-	1.4		

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Recommended Dietary Allowance for Vitamin B1				1	ethea(caterpillar) 1(0.22 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1					cata(caterpillar) (0.32 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		

Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommen	nded Dietar	y Allowance		mensis(caterpillar) 1(0.22 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1					gularis(larvae) 1(0.24 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietary	Spodoptera exigua(larvae) (a)Vitamin B1(0.09 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast-	all ages	-	1.4		

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Recommended Dietary Allowance for Vitamin B1				Upsa terpsichore(caterpillar) (d)Vitamin B1(4.04 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	_	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1				Xyleutes redtembacheri(larvae) (a)Vitamin B1(0.31 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		

Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietary	(e)Vitam	(nymphs) in B1(0.05 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1	Acheta domesticus(adults) (e)Vitamin B1(0.13 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B1				Acheta domesticus(nymphs) (a)Vitamin B1(0.09 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		

Breast- feeding all	ages -	1.4		
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Recomm	ended Dietary	Sphenarium magnum(adults)(a)Vitamin B1(0.83 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomme	ended Dietar	Sphenarium purpurascens(adults)(a)Vitamin B1(0.27 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		

Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietary	Sphenarium sp.(adults) (a)Vitamin B1(0.50 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Below is a list of the top several hundred sources of **thiamin** in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded

brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

Information on thiamin content for "Ahuahutle" eggs, "Axacatl" adults" retrieved from: Ramos-Elorduy, J., Pino, J. M., Contenido de vitaminas en algunos insectos comestibles

Information on thiamin content for *Rhyncophorus phoenicis* (larvae) retrieved from: Bukkens, S. G. F., The nutritional value of edible insects. Ecol. Food Nutr. 1997, 36, 287–319.

Information on thiamin content of *Carebara vidua* Smith (female) retrieved from: Ayieko, M. A., Kinyuru, J. N., Ndong'a, M. F., Kenji, G. M., Nutritional value and consumption of black ants (Carebara vidua Smith) from the Lake Victoria region in Kenya. Adv. J. Food Sci. Technol. 2012, 4, 39–45.

Information on thiamin content of *Tenebrio molitor* retrieved from:: Finke, M. D., Complete nutrient composition of commercially raised invertebrates used as food for insectivores. Zoo Biol. 2002, 21, 269–285.

- 1. Yeast extract spread 9.700 mg
- 2. Formulated bar, POWER BAR, chocolate 8.060 mg
- 3. Soup, cream of vegetable, dry, powder 5.180 mg
- 4. Bacon, meatless 4.400 mg

Upsa terpsichore(caterpillar)(d)Vitamin B1(4.04 mg/100g)

5. Luncheon slices, meatless 4.000 mg

Rhyncophorus phoenicis(larvae)(d)Vitamin B1(3.38 mg/100g)

- 6. WORTHINGTON FriPats, frozen, unprepared 2.800 mg
- 7. Rice bran, crude 2.753 mg

- 8. Seeds, sesame flour, high-fat 2.684 mg
- 9. Seeds, sesame meal, partially defatted 2.573 mg
- 10. Seeds, sesame flour, partially defatted 2.530 mg
- 11. Seeds, sesame flour, low-fat 2.516 mg
- 12. Sausage, meatless 2.343 mg
- 13. Cereals ready-to-eat, UNCLE SAM CEREAL 2.270 mg

Bombyx mori(larvae)(e)Vitamin B1(1.91 mg/100g)

- 14. Wheat germ, crude 1.882 mg
- 15. Cereals, MALT-O-MEAL, plain, dry 1.840 mg
- 16. Cereals ready-to-eat, Ralston TASTEEOS 1.673 mg
- 17. Seeds, flaxseed 1.644 mg
- 18. Cereals, MAYPO, dry 1.600 mg
- 19. Soup, ramen noodle, beef flavor, dry 1.500 mg
- 20. Seeds, sunflower seed kernels, dried 1.480 mg

Copestylum anna/haggi(larvae)(a)Vitamin B1(1.47 mg/100g)

- 21. Cereals, MALT-O-MEAL, chocolate, dry 1.460 mg
- 22. Corn flour, masa, enriched, white 1.429 mg
- 23. Corn flour, masa, enriched, yellow 1.429 mg
- 24. Cereals, CREAM OF WHEAT, instant, dry 1.339 mg
- 25. Cereals ready-to-eat, WAFFELOS 1.300 mg
- 26. Cereals ready-to-eat, KELLOGG, SMORZ 1.300 mg
- 27. Spices, coriander leaf, dried 1.252 mg
- 28. Nuts, pine nuts, pinyon, dried 1.243 mg

- 29. Nuts, macadamia nuts, raw 1.195 mg
- 30. Cereals ready-to-eat, POST, ALPHA-BITS 1.170 mg
- 31. Oat bran, raw 1.170 mg
- 32. Seeds, safflower seed kernels, dried 1.163 mg
- 33. Noodles, egg, dry, enriched 1.133 mg
- 34. Hyacinth beans, mature seeds, raw 1.130 mg
- 35. Fish sticks, meatless 1.100 mg

Axayacatl (adults)(a)Vitamin B1(1.01 mg/100g)

- 36. Vegetarian fillets 1.100 mg
- 37. Noodles, egg, spinach, dry, enriched 1.091 mg
- 38. Soy flour, low-fat 1.088 mg
- 39. Snacks, potato chips, fat free, salted 1.080 mg
- 40. Macaroni, vegetable, dry, enriched 1.032 mg
- 41. Winged beans, mature seeds, raw 1.030 mg
- 42. Soup, ramen noodle, any flavor, dry 1.029 mg
- 43. Pork, fresh, loin, tenderloin, separable lean only, raw 0.998 mg
- 44. Pork, fresh, loin, whole, separable lean only, raw 0.989 mg
- 45. Soup, beef noodle, dry, mix 0.988 mg
- 46. Bread crumbs, dry, grated, plain 0.967 mg
- 47. Bread crumbs, dry, grated, seasoned 0.961 mg
- 48. Meatballs, meatless 0.938 mg
- 49. Salami, dry or hard, pork 0.930 mg
- 50. Salami, Italian, pork 0.930 mg

- 51. Tomato powder 0.913 mg
- 52. Nuts, pilinuts, dried 0.913 mg
- 53. Pork, fresh, loin, whole, separable lean and fat, raw 0.901 mg
- 54. Beans, black, mature seeds, raw 0.900 mg
- 55. Beans, black turtle soup, mature seeds, raw 0.900 mg
- 56. Vegetarian meatloaf or patties 0.900 mg
- 57. Wheat flour, white, cake, enriched 0.892 mg
- 58. Macaroni, dry, enriched 0.891 mg
- 59. Spaghetti, dry, enriched 0.891 mg
- 60. Yardlong beans, mature seeds, raw 0.887 mg
- 61. Pork, fresh, shoulder, whole, separable lean only, raw 0.884 mg
- 62. KELLOGG'S Eggo Lowfat Homestyle Waffles 0.880 mg
- 63. Pork, fresh, leg (ham), whole, separable lean only, raw 0.875 mg
- 64. Soybeans, mature seeds, raw 0.874 mg
- 65. Lentils, raw 0.873 mg
- 66. Nuts, pistachio nuts, raw 0.870 mg
- 67. Nuts, hickorynuts, dried 0.867 mg
- 68. Spices, poppy seed 0.854 mg
- 69. Winged bean leaves, raw 0.833 mg

Sphenarium magnum(adults)(a)Vitamin B1(0.83 mg/100g)

- 70. Pepeao, dried 0.826 mg
- 71. Wheat flour, white, bread, enriched 0.812 mg
- 72. Semolina, enriched 0.811 mg

- 73. Spices, mustard seed, ground 0.805 mg
- 74. Seeds, sesame seeds, whole, dried 0.791 mg
- 75. Crackers, matzo, egg 0.788 mg
- 76. Beans, navy, mature seeds, raw 0.775 mg
- 77. Beans, pink, mature seeds, raw 0.772 mg
- 78. Oats 0.763 mg
- 79. Rice, white, with pasta, dry 0.760 mg
- 80. Spices, sage, ground 0.754 mg
- 81. CARL BUDDIG, Smoked Sliced Ham 0.750 mg
- 82. Beans, cranberry (roman), mature seeds, raw 0.747 mg
- 83. Beans, small white, mature seeds, raw 0.743 mg
- 84. Salami, pork, beef, less sodium 0.738 mg
- 85. Pork, cured, breakfast strips, cooked 0.737 mg
- 86. Cereals ready-to-eat, granola, homemade 0.735 mg
- 87. Pork, fresh, ground, raw 0.732 mg
- 88. Peas, split, mature seeds, raw 0.726 mg
- 89. Beans, pinto, mature seeds, raw 0.713 mg
- 90. Ham, minced 0.712 mg
- 91. Luxury loaf, pork 0.707 mg
- 92. Meat extender 0.702 mg
- 93. Peanut flour, defatted 0.700 mg
- 94. Vegetarian stew 0.700 mg
- 95. Soy flour, defatted 0.698 mg

- 96. Cracker meal 0.696 mg
- 97. Oat flour, partially debranned 0.692 mg
- 98. Soy meal, defatted, raw 0.691 mg
- 99. Beans, yellow, mature seeds, raw 0.690 mg
- 100. Tennis Bread, plain (Apache) 0.690 mg
- 101. Rice and Wheat cereal bar 0.682 mg
- 102. Cowpeas, catjang, mature seeds, raw 0.680 mg
- 103. Peanuts, spanish, raw 0.675 mg

Macrotermes nigeriensis(i)Vitamin B1(0.67 mg/100g)

- 104. USDA Commodity, pork, ground, fine/coarse, frozen, raw 0.668 mg
- 105. Nuts, pecans 0.660 mg
- 106. Beans, great northern, mature seeds, raw 0.653 mg
- 107. Peanuts, virginia, raw 0.653 mg
- 108. Bread, rice bran 0.653 mg
- 109. Barley, hulled 0.646 mg
- 110. Spices, paprika 0.645 mg
- 111. Nuts, hazelnuts or filberts 0.643 mg
- 112. Pigeon peas (red gram), mature seeds, raw 0.643 mg
- 113. New england brand sausage, pork, beef 0.640 mg
- 114. Lupins, mature seeds, raw 0.640 mg
- 115. Peanuts, all types, raw0.640 mg
- 116. Peanuts, valencia, raw0.639 mg
- 117. Ham, chopped, not canned 0.632 mg

- 118. Chorizo, pork and beef 0.630 mg
- 119. Spices, cumin seed 0.628 mg
- 120. Crackers, wheat, reduced fat 0.625 mg
- 121. Croutons, plain 0.623 mg
- 122. Whey, acid, dried 0.622 mg
- 123. Mung beans, mature seeds, raw 0.621 mg
- 124. OSCAR MAYER, Salami (Genoa) 0.620 mg
- 125. Lamb, variety meats and by-products, kidneys, raw 0.620 mg
- 126. Waffles, plain, frozen, ready-to-heat 0.620 mg
- 127. Nuts, brazilnuts, dried, unblanched 0.617 mg
- 128. Milk and cereal bar 0.615 mg
- 129. Cornmeal, degermed, enriched, yellow 0.614 mg
- 130. Cornmeal, degermed, enriched, white 0.614 mg
- 131. Pork, fresh, variety meats and by-products, heart, raw 0.613 mg

Atta cephalotes(a)Vitamin B1(0.61 mg/100g)

- 132. Beans, kidney, red, mature seeds, raw 0.608 mg
- 133. Ham and cheese loaf or roll 0.601 mg
- 134. Bacon and beef sticks 0.600 mg
- 135. WORTHINGTON Leanies, frozen, unprepared 0.600 mg
- 136. Sandwich spread, meatless 0.600 mg
- 137. Bacon bits, meatless 0.600 mg
- 138. Bread, pita, white, enriched 0.599 mg
- 139. Crackers, wheat, regular 0.597 mg

- 140. USDA Commodity, Bakery, Flour Mix 0.597 mg
- 141. Bread stuffing, bread, dry mix 0.596 mg
- 142. Pork, fresh, carcass, separable lean and fat, raw 0.595 mg
- 143. Frankfurter, pork 0.593 mg
- 144. Kamut, uncooked 0.591 mg
- 145. Game meat, raccoon, cooked, roasted 0.590 mg
- 146. Bread sticks, plain 0.589 mg
- 147. Pork, fresh, backribs, separable lean and fat, raw 0.584 mg
- 148. Soy flour, full-fat, raw 0.581 mg

Conimbrasia belina(d)Vitamin B1(0.58 mg/100g)

- 149. OSCAR MAYER, Ham and Cheese Loaf 0.580 mg
- 150. Rice, white, medium-grain, raw, enriched 0.578 mg
- 151. Noodles, chinese, chow mein 0.578 mg
- 152. Rice, white, long-grain, regular, raw, enriched 0.576 mg
- 153. Soup, chicken noodle, dry, mix 0.575 mg
- 154. Biscuits, plain or buttermilk, dry mix 0.575 mg
- 155. Lima beans, thin seeded (baby), mature seeds, raw 0.574 mg
- 156. OSCAR MAYER, Salami (hard) 0.570 mg
- 157. Crackers, cheese, regular 0.570 mg
- 158. Crackers, cheese, low sodium 0.570 mg
- 159. Sausage, Italian, pork, raw 0.568 mg
- 160. Rice, white, short-grain, raw 0.565 mg
- 161. Duck, domesticated, liver, raw 0.562 mg

- 162. Goose, liver, raw 0.562 mg
- 163. Mothbeans, mature seeds, raw 0.562 mg
- 164. Fish, pompano, florida, raw 0.560 mg
- 165. Snacks, pita chips, salted 0.560 mg
- 166. Soup, ramen noodle, chicken flavor, dry 0.558 mg
- 167. Broadbeans (fava beans), mature seeds, raw 0.555 mg
- 168. Beerwurst, beer salami, pork 0.554 mg
- 169. Mother's loaf, pork 0.550 mg

Galleria mellonella(e)Vitamin B1(0.55 mg/100g)

- 170. Game meat, deer, ground, raw 0.547 mg
- 171. Phyllo dough 0.541 mg
- 172. Cereals, RALSTON, dry 0.540 mg
- 173. Cereals, QUAKER, Quick Oats, Dry 0.540 mg
- 174. Tortillas, ready-to-bake or -fry, flour 0.539 mg
- 175. Crackers, milk 0.538 mg
- 176. Bagels, egg 0.536 mg
- 177. Ham, chopped, canned 0.535 mg
- 178. Beans, french, mature seeds, raw 0.535 mg
- 179. Carrot, dehydrated 0.534 mg
- 180. Frybread, made with lard (Apache) 0.531 mg
- 181. Beans, kidney, all types, mature seeds, raw 0.529 mg
- 182. Beans, kidney, california red, mature seeds, raw 0.529 mg
- 183. Tomatoes, sun-dried 0.528 mg

- 184. Rolls, dinner, egg 0.527 mg
- 185. Bologna, pork 0.523 mg
- 186. Croissants, cheese 0.523 mg
- 187. Rolls, french 0.523 mg
- 188. Wheat bran, crude 0.523 mg
- 189. Snacks, bagel chips 0.523 mg
- 190. Cereals, MALTEX, dry 0.520 mg
- 191. Veal, variety meats and by-products, heart, raw 0.520 mg
- 192. Whey, sweet, dried 0.519 mg
- 193. Spices, rosemary, dried 0.514 mg
- 194. Spices, thyme, dried 0.513 mg
- 195. Ice cream cones, sugar, rolled-type 0.511 mg
- 196. Lentils, pink, raw 0.510 mg
- 197. Bread stuffing, cornbread, dry mix 0.509 mg
- 198. Lima beans, large, mature seeds, raw 0.507 mg
- 199. Snacks, pretzels, hard, plain, salted 0.507 mg
- 200. Croutons, seasoned 0.506 mg
- 201. Malted drink mix, natural, powder 0.505 mg
- 202. Crackers, wheat, low salt 0.505 mg
- 203. Bread, oat bran 0.504 mg
- 204. Wheat, hard red spring 0.504 mg
- 205. Polish sausage, pork 0.502 mg
- 206. Sausage, Polish, beef with chicken, hot 0.502 mg

Sphenarium sp.(adults)(a)Vitamin B1(0.50 mg/100g)

- 207. Cereals, ROMAN MEAL, plain, dry 0.500 mg
- 208. Tofu, dried-frozen (koyadofu) 0.494 mg
- 209. Pork, fresh, variety meats and by-products, tongue, raw 0.490 mg
- 210. Macaroni, whole-wheat, dry 0.488 mg
- 211. Spaghetti, whole-wheat, dry 0.488 mg
- 212. Chickpea flour (besan) 0.486 mg
- 213. Seeds, breadfruit seeds, raw 0.482 mg
- 214. Noodles, japanese, soba, dry 0.480 mg
- 215. Rolls, hard (includes kaiser) 0.478 mg
- 216. McDONALD'S, Biscuit, regular size 0.477 mg
- 217. McDONALD'S, Biscuit, large size 0.477 mg
- 218. Pork, cured, breakfast strips, raw or unheated 0.475 mg
- 219. Bread, italian 0.473 mg
- 220. Gravy, au jus, dry 0.472 mg
- 221. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 0.465 mg
- 222. Rolls, hamburger or hotdog, mixed-grain 0.463 mg
- 223. Snacks, trail mix, regular 0.462 mg
- 224. Burrito, beef and bean, microwaved 0.461 mg

Carebara vidua Smith(female)(h)Vitamin B1(0.46 mg/100g)

- 225. Pork, cured, ham, patties, unheated 0.460 mg
- 226. Bratwurst, pork, cooked 0.459 mg
- 227. Spices, onion powder 0.457 mg

- 228. Peanut flour, low fat 0.457 mg
- 229. Beans, adzuki, mature seeds, raw 0.455 mg

Polybia occidentalis bohemani(a)Vitamin B1(0.45 mg/100g)

- 230. Snacks, trail mix, tropical 0.450 mg
- 231. Fast foods, biscuit, with ham 0.450 mg
- 232. Pork, oriental style, dehydrated 0.450 mg
- 233. Rolls, dinner, oat bran 0.448 mg
- 234. Wheat flour, whole-grain 0.447 mg
- 235. McDONALD'S, English Muffin 0.444 mg

Polybia parvulina(larvae, pupae)(a)Vitamin B1(0.44 mg/100g)

- 236. Rice flour, brown 0.443 mg
- 237. NABISCO, NABISCO RITZ Crackers 0.442 mg
- 238. Caribou, hind quarter meat, raw (Alaska Native) 0.442 mg

Oecophylla sp.(d)Vitamin B1(0.44 mg/100g)

- 239. Snacks, pretzels, hard, whole-wheat 0.440 mg
- 240. Bread, egg 0.438 mg
- 241. Beans, white, mature seeds, raw 0.437 mg
- 242. Crackers, standard snack-type, regular 0.437 mg
- 243. Spices, garlic powder 0.435 mg
- 244. Ham salad spread 0.435 mg
- 245. Soybeans, green, raw 0.435 mg
- 246. Fish, tuna, fresh, yellowfin, raw 0.434 mg
- 247. Bread, rye 0.434 mg

- 248. Rolls, dinner, wheat 0.433 mg
- 249. English muffins, wheat 0.431 mg
- 250. Popovers, dry mix, enriched 0.430 mg
- 251. Fast foods, french toast with butter 0.430 mg
- 252. Frybread, made with lard (Navajo) 0.430 mg
- 253. Tamarinds, raw 0.428 mg
- 254. Lean Pockets, Meatballs & Mozzarella 0.428 mg
- 255. Crackers, rye, wafers, plain 0.427 mg
- 256. Salami, cooked, turkey 0.426 mg
- 257. Nuts, cashew nuts, raw 0.423 mg
- 258. Bread, reduced-calorie, wheat0.422 mg
- 259. Crackers, melba toast, wheat 0.422 mg
- 260. WENDY'S, Jr. Hamburger, without cheese 0.422 mg
- 261. Millet, raw 0.421 mg
- 262. Emu, inside drum, raw 0.420 mg
- 263. Wheat, durum 0.419 mg
- 264. Spices, dill seed 0.418 mg
- 265. Spices, dill weed, dried 0.418 mg
- 266. Duck, wild, breast, meat only, raw 0.416 mg
- 267. Triticale 0.416 mg
- 268. Cereals ready-to-eat, KASHI GOLEAN 0.415 mg
- 269. Pork, ground, 96% lean / 4% fat, raw 0.414 mg
- 270. Crackers, melba toast, plain 0.413 mg

- 271. Rice, brown, medium-grain, raw 0.413 mg
- 272. LEAN POCKETS, Ham N Cheddar 0.412 mg

Ahuahuatle eggs)(a)Vitamin B1(0.41 mg/100g)

- 273. Bread, reduced-calorie, white 0.410 mg
- 274. Wheat, soft white 0.410 mg

Euschistus taxcoensis(adults)(a)Vitamin B1(0.41 mg/100g)

- 275. Pretzels, soft 0.410 mg
- 276. Spices, fennel seed 0.408 mg
- 277. Crackers, rusk toast 0.404 mg
- 278. McDONALD'S, Sausage Biscuit 0.403 mg
- 279. Ham, honey, smoked, cooked 0.402 mg
- 280. Rice, brown, long-grain, raw 0.401 mg
- 281. Pigeonpeas, immature seeds, raw 0.400 mg
- 282. LOMA LINDA Linketts, canned, unprepared 0.400 mg
- 283. Rolls, hamburger or hotdog, plain 0.400 mg
- 284. KELLOGG'S Eggo Golden Oat Waffles 0.400 mg
- 285. Fast foods, english muffin, with butter 0.400 mg
- 286. Cereals, ready-to-eat, ALPEN 0.400 mg
- 287. Bread, oatmeal 0.399 mg
- 288. Puff pastry, frozen, ready-to-bake 0.398 mg
- 289. Pork, fresh, belly, raw 0.396 mg
- 290. PIZZA HUT 14" Cheese Pizza, Thick Crust 0.395 mg
- 291. Wheat, soft red winter 0.394 mg

- 292. Burrito, beef and bean, frozen0.393 mg
- 293. Milk, buttermilk, dried 0.392 mg
- 294. Pickle and pimiento loaf, pork 0.392 mg
- 295. Pie crust, standard-type, dry mix 0.392 mg
- 296. Beans, navy, mature seeds, sprouted, raw 0.390 mg
- 297. Beans, kidney, royal red, mature seeds, raw 0.390 mg
- 298. Game meat, boar, wild, raw 0.390 mg
- 299. Teff, uncooked 0.390 mg
- 300. Croissants, butter 0.388 mg

Imbrasia truncata(caterpillar)(k)Vitamin B1(0.32 mg/100g)

Tenebrio molitor(larvae)(e)Vitamin B1(0.31 mg/100g)

Xyleutes redtembacheri(larvae)(a)**Vitamin B1(0.31 mg/100g)**

Thasus gigas(nymphs)(a)Vitamin B1(0.31 mg/100g)

Tenebrio molitor(adults)(e)Vitamin B1(0.28 mg/100g)

Sphenarium purpurascens(adults)(a)Vitamin B1(0.27 mg/100g)

Phasus triangularis(larvae)(a)Vitamin B1(0.24 mg/100g)

Nudaurelia oyemensis(caterpillar)(k)Vitamin B1(0.22 mg/100g)

Imbrasia epimethea(caterpillar)(k)Vitamin B1(0.22 mg/100g)

Scyphophorus acupunctatus(d)Vitamin B1(0.20 mg/100g)

Atta mexicana(a)Vitamin B1(0.19 mg/100g)

Vespula squamosa(larvae, pupae)(a)Vitamin B1(0.18 mg/100g)

Euschistus strennus(adults)(a)Vitamin B1(0.18 mg/100g)

Liometopum apiculatum)(a)Vitamin B1(0.15 mg/100g)

Euschistus egglestoni(adults)(a)Vitamin B1(0.15 mg/100g)

Zophobas morio(e)Vitamin B1(0.14 mg/100g)

Liometopum occidentale var. Luctuosum(a)Vitamin B1(0.14 mg/100g)

Acheta domesticus(adults)(e)Vitamin B1(0.13 mg/100g)

Brachygastra mellifica(larvae, pupae)(a)Vitamin B1(0.11 mg/100g)

Acheta domesticus(nymphs)(a)Vitamin B1(0.09 mg/100g)

Spodoptera exigua(larvae)(a)Vitamin B1(0.09 mg/100g)

Aplagiognathus spinosus(a)Vitamin B1(0.08 mg/100g)

Anax sp.(nymphs)(e)Vitamin B1(0.05 mg/100g)

Riboflavin(Vitamin B2):

Recomn	nended Dietary	Analeptes trifasciata) (c)Vitamin B2(2.62 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.3 (<u>AI</u>)	0.3 (AI)		
Infants	7-12 months	0.4 (AI)	0.4 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.3	1.0		
Adults	19 years and older	1.3	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.6		

Recomm	ended Dietary	Asplagiognathus spinosus(larvae)(a)Vitamin B2(0.18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				Oryctes boas(c)Vitamin B2 (0.08 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		

Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomn	nended Dietary	Oryctes boas(c)Vitamin B2 (0.08 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				phoenicis(lar	ophorus vae)(d)Vitamin mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		

Infants	7-12 months	0.3 (AI)	0.3 (AI)	
Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietary	Rhyncophorus phoenicis(c)Vitamin B2 (2.21 mg/100g)			
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2	Scophophorus
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				acupunctatus(larvae)(a)Vitam B2 (0.25 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter		
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)				
Infants	7-12 months	0.3 (AI)	0.3 (AI)				
Children	1-3 years	0.5	0.5				
Children	4-8 years	0.6	0.6				
Children	9-13 years	0.9	0.9				
Adolescents	14-18 years	1.2	1.0				
Adults	19 years and older	1.2	1.1				
Pregnancy	all ages	-	1.4				
Breast- feeding	all ages	-	1.4				

Recomm	ended Dietar	Tenebrio molitor(larvae) (e)Vitamin B2 (2.13 mg/100g)			
Life Stage	Age	Males (mg/day)	grams of		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		

Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietary	Zophobas morio(e)Vitamin B2 (1.78 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary	Allowance fo	r Vitamin R2
Accommended Dictary	Anowance to	i vitaiiiii D2

		(larvae))(a)Vitamin B2 (2.56 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	nended Dietary	Ahuahutle eggs(a)Vitamin B2 (0.81 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		

Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	ended Dietar	Axayacatl(adults)(a)Vitamin B2 (0.76 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				Euschistus egglestoni(adults) (a)Vitamin B2 (0.28 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)			
Infants	7-12	0.3 (AI)	0.3 (AI)			

	months			
Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B2				Euschistus strennus(adults) (a)Vitamin B2 (0.42 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2	Euschistus taxcoensis(adults) (e)Vitamin B2 (0.18
	(*) † 10011111 22 (0110

				mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	Thasus gigas(nymphs) (a)Vitamin B2 (0.50 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		

Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomme	nded Dietar	Apis mellifera(honeybee) (c)Vitamin B2 (3.24 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	_	tes(a)Vitamin mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		

Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	nended Dietar	Atta mexicana(a)Vitamin B2 (0.53 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	mellifica(larv (e)Vitam	ygastra vae and pupae) in B2 (0.17 100g)		
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				Smith(femal	era vidua le)(h)Vitamin lo mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast-	all ages	-	1.4		

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Recommended Dietary Allowance for Vitamin B2				Liometopum apiculatum(a)Vitamin B2 (0.34 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietar	var. Luctuos	n occidentale um(a)Vitamin mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		

Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	ended Dietar		sp.(e)Vitamin mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2			bohemani(a	occidentalis a)Vitamin B2 ng/100g)	
Life Stage	Age	Males	Females (mg/day)	_	Percentage of
		(mg/day)		grams of	RDA per
				insect dry	100g of insect
				matter for	dry matter

				RDA(%)	
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietary	pupae)(a)Vit	vulina(larvae, amin B2 (0.39 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	pupae)(a)Vit	amosa(larvae, amin B2 (0.34 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietar	bellicosus	otermes (c)Vitamin mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and	1.2	1.1		

	older			
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomm	ended Dietar	Macrotermes nigeriensis(c)Vitamin B2(1.56 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	y Allowance fo	or Vitamin B2	notalensis	otermis (c)Vitamin mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		

Infants	7-12 months	0.3 (AI)	0.3 (AI)	
Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomme	ended Dietar	1 0	cta(caterpillar) 32(2 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast-	all ages	-	1.4		

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Recommen	nded Dietar	Anaphe reticulate(caterpillar) (c)Vitamin B2(1.95 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietar	Anaphe spp.(caterpillar) (c)Vitamin B2(0.09 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		

Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B2					ata(caterpillar) 2(1.25 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	y Allowance f	or Vitamin B2	Bombyx mori(larvae) (e)Vitamin B2(5.43 mg/100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				Cirina forda(caterpillar) (c)Vitamin B2(2.21 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		

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Recomm	ended Dietar	Conimbrasia belina(d)Vitamin B2(4.98 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				Galleria mellonella(e)Vitamin B2(1.76 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		

Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommen	ided Dietar	Imbrasia epimethea(caterpillar) (k)Vitamin B2(4.30 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomme	ended Dietar	Imbrasia truncate(caterpillar) (k)Vitamin B2(5.50 mg/100g)			
Life Stage	Age	Males	Females	How many	Percentage of

		(mg/day)	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				mensis(caterpillar) 2(3.44 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		

Breast- feeding all ages	-	1.4			
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Recomme	nded Dietar	Phasus triangularis(larvae) (a)Vitamin B2(0.47 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomn	nended Dietar	Spodoptera exigua(larvae) (a)Vitamin B2(0.17 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		

Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B2				Usta Terpsichore(caterpillar) (d)Vitamin B2(2.09 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)			
Infants	7-12 months	0.3 (AI)	0.3 (AI)			
Children	1-3 years	0.5	0.5			
Children	4-8 years	0.6	0.6			
Children	9-13 years	0.9	0.9			
Adolescents	14-18 years	1.2	1.0			
Adults	19 years and older	1.2	1.1			
Pregnancy	all ages	-	1.4			
Breast- feeding	all ages	-	1.4			

Recommended Dietary Allowance for Vitamin B2

Xyleutes redtembacheri(larvae) (a)Vitamin B2(0.46 mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietar	(a)V	.(nymphs) itamin mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		

Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B2				Acheta domesticus(adults) (e)Vitamin B2(11.07 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				Acheta domesticus(nymphs) (e)Vitamin B2(4.15 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		

Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	_	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B2				Brachytypes(c)Vitamin B2(0.03 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2	Cytacanthacris
	aeruginosus
	unicolors(c)Vitamin

		B2(0.08	mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2				(1)Vitam	ferens(brown) in B2(1.40 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		

Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recommended Dietary Allowance for Vitamin B2				Ruspolia differens(green) (1)Vitamin B2(1.20 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	nended Dietar	Sphenarium magnum(adults)(a)Vitamin B2(1.28 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		

Children	1-3 years	0.5	0.5	
Children	4-8 years	0.6	0.6	
Children	9-13 years	0.9	0.9	
Adolescents	14-18 years	1.2	1.0	
Adults	19 years and older	1.2	1.1	
Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Recomme	nded Dietar	Sphenarium purpurascens(adults)(a)Vitamin B2(0.59 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recommended Dietary Allowance for Vitamin B2	Sphenarium sp.(adult)
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				(a)Vitamin B2(0.66 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		
Pregnancy	all ages	-	1.4		
Breast- feeding	all ages	-	1.4		

Recomm	ended Dietary	Zonocerus variegatus(c)Vitamin B2(0.07 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.2 (<u>AI</u>)	0.2 (AI)		
Infants	7-12 months	0.3 (AI)	0.3 (AI)		
Children	1-3 years	0.5	0.5		
Children	4-8 years	0.6	0.6		
Children	9-13 years	0.9	0.9		
Adolescents	14-18 years	1.2	1.0		
Adults	19 years and older	1.2	1.1		

Pregnancy	all ages	-	1.4	
Breast- feeding	all ages	-	1.4	

Below is a list of the top several hundred sources of riboflavin in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

Carebara vidua Smith(female)(h)Vitamin B2 (20.26 mg/100g)

1. Yeast extract spread 14.300 mg

Acheta domesticus(adults)(e)Vitamin B2(11.07 mg/100g)

Imbrasia truncate(caterpillar)(k)Vitamin B2(5.50 mg/100g)

Bombyx mori ()larvae)(e) Vitamin B2(5.43 mg/100g)

Conimbrasia belina(d)Vitamin B2(4.98 mg/100g)

Imbrasia epimethea(caterpillar)(k)**Vitamin B2(4.30 mg/100g)**

Acheta domesticus(nymphs)(e)Vitamin B2(4.15 mg/100g)

- 2. Moose, liver, braised (Alaska Native) 4.100 mg
- 3. Lamb, variety meats and by-products, liver, raw 3.630 mg

Nudaurelia ovemensis(caterpillar)(k)Vitamin B2(3.44 mg/100g)

Liometopum apiculatum(a)Vitamin B2 (0.34 mg/100g)

Apis mellifera(honeybee)(c)Vitamin B2 (3.24 mg/100g)

- 4. Peppers, pasilla, dried 3.197 mg
- 5. Pork, fresh, variety meats and by-products, liver, raw 3.005 mg
- 6. Beef, variety meats and by-products, kidneys, raw 2.840 mg

- 7. Beef, variety meats and by-products, liver, raw 2.755 mg
- 8. Cereals ready-to-eat, UNCLE SAM CEREAL 2.640 mg

Analeptes trifasciata)(c)Vitamin B2(2.62 mg/100g)

Copestylum anna/haggi (larvae))(a)Vitamin B2 (2.56 mg/100g)

- 9. Turkey, liver, all classes, raw 2.590 mg
- 10. Egg, white, dried 2.530 mg

Rhyncophorus phoenicis(larvae)(d)Vitamin B2 (2.51 mg/100g)

- 11. Veal, variety meats and by-products, liver, raw 2.440 mg
- 12. Spices, parsley, dried 2.383 mg
- 13. Pepper, ancho, dried 2.255 mg
- 14. Lamb, variety meats and by-products, kidneys, raw 2.240 mg
- 15. Liver cheese, pork 2.227 mg
- 16. Whey, sweet, dried 2.208 mg

Rhyncophorus phoenicis(c)Vitamin B2 (2.21 mg/100g)

Cirina forda(caterpillar)(c)Vitamin B2(2.21 mg/100g)

Tenebrio molitor(larvae)(e)Vitamin B2 (2.13 mg/100g)

Usta Terpsichore(caterpillar)(d)**Vitamin B2(2.09 mg/100g)**

17. Whey, acid, dried 2.060 mg

Anaphe infracta(caterpillar)(c)Vitamin B2(2 mg/100g)

Macrotermes bellicosus(c)Vitamin B2(1.98 mg/100g)

Anaphe reciulate (caterpillar) (c)© Vitamin B2(1.95 mg/100g)

- 18. Formulated bar, POWER BAR, chocolate 1.920 mg
- 19. Walrus, liver, raw (Alaska Native) 1.910 mg

- 20. Cereals ready-to-eat, Ralston TASTEEOS 1.903 mg
- 21. Veal, variety meats and by-products, kidneys, raw 1.900 mg
- 22. Egg, yolk, dried 1.880 mg
- 23. Cereals, MAYPO, dry 1.800 mg

Zophobas morio(e)Vitamin B2 (1.78 mg/100g)

24. Chicken, liver, all classes, raw 1.778 mg

Galleria mellonella(e)Vitamin B2(1.76 mg/100g)

- 25. Egg substitute, powder 1.760 mg
- 26. Spices, paprika 1.743 mg
- 27. Milk, dry, nonfat, calcium reduced 1.642 mg
- 28. Milk, buttermilk, dried 1.579 mg

Macrotermes nigeriensis (c) Vitamin B2(1.56 mg/100g)

Macrotermis notalensis (c) Vitamin B2(1.54 mg/100g)

- 29. Egg, whole, dried 1.540 mg
- 30. Braunschweiger (a liver sausage), pork 1.525 mg
- 31. Spices, coriander leaf, dried 1.500 mg
- 32. Cereals ready-to-eat, WAFFELOS 1.500 mg
- 33. Spearmint, dried 1.421 mg
- 34. Energy drink, ROCKSTAR 1.417 mg
- 35. Pate, chicken liver, canned 1.401 mg
- 36. Cereals ready-to-eat, KELLOGG, SMORZ 1.400 mg

Ruspolia differens(brown)(1)Vitamin B2(1.40 mg/100g)

- 37. Cocoa mix, no sugar added, powder 1.400 mg
- 38. Cheese, gjetost 1.382 mg
- 39. Coffee, instant, decaffeinated, powder 1.360 mg
- 40. Spices, tarragon, dried1.339 mg
- 41. Cereals ready-to-eat, POST, ALPHA-BITS 1.330 mg

Sphenarium magnum(adults)(a)Vitamin B2(1.28 mg/100g)

42. Egg Mix, USDA Commodity 1.277 mg

Anaphe venata (caterpillar)(c)©Vitamin B2(1.25 mg/100g)

- 43. Cereals, CREAM OF WHEAT, instant, dry 1.214 mg
- 44. Milk, dry, whole, with added vitamin D 1.205 mg

Ruspolia differens(green)(1)Vitamin B2(1.20 mg/100g)

- 45. Peppers, hot chile, sun-dried 1.205 mg
- 46. Cheese, goat, hard type 1.190 mg
- 47. Pork, fresh, variety meats and by-products, heart, raw 1.185 mg
- 48. Soy flour, full-fat, raw 1.160 mg
- 49. Turkey, all classes, giblets, raw 1.145 mg
- 50. Chicken, capons, giblets, raw 1.119 mg
- 51. Chicken, stewing, giblets, raw 1.106 mg
- 52. Liver sausage, liverwurst, pork 1.030 mg
- 53. Liverwurst spread 1.030 mg
- 54. Nuts, almonds 1.014 mg
- 55. Cereals, MALT-O-MEAL, chocolate, dry 1.010 mg

Atta cephalotes(a)Vitamin B2 (1.01 mg/100g)

- 56. Veal, variety meats and by-products, heart, raw 1.000 mg
- 57. Lamb, variety meats and by-products, heart, raw 0.990 mg
- 58. Chicken, broilers or fryers, giblets, raw 0.987 mg
- 59. Tea, instant, unsweetened, powder 0.985 mg

Oecophylla sp.(e)Vitamin B2 (0.98 mg/100g)

- 60. Turkey, heart, all classes, raw 0.970 mg
- 61. Caribou, hind quarter meat, raw (Alaska Native) 0.962 mg
- 62. Sea cucumber, yane (Alaska Native) 0.940 mg
- 63. Malted drink mix, natural, powder 0.920 mg
- 64. Spices, pepper, red or cayenne 0.919 mg
- 65. Mollusks, cuttlefish, mixed species, raw 0.910 mg
- 66. Beef, variety meats and by-products, heart, raw 0.906 mg
- 67. Cereals, MALT-O-MEAL, plain, dry 0.900 mg
- 68. Fish sticks, meatless 0.900 mg
- 69. Vegetarian fillets 0.900 mg
- 70. Duck, domesticated, liver, raw 0.892 mg
- 71. Goose, liver, raw 0.892 mg
- 72. Meat extender 0.891 mg
- 73. Soybeans, mature seeds, raw 0.870 mg
- 74. Fireweed, young leaves, raw (Alaska Native) 0.860 mg
- 75. USDA Commodity, Bakery, Flour Mix 0.857 mg
- 76. Cheese, feta 0.844 mg
- 77. Fungi, Cloud ears, dried 0.844 mg

78. Chicken, roasting, giblets, raw 0.818 mg

Ahuahutle eggs(a)Vitamin B2 (0.81 mg/100g)

- 79. Spices, chili powder 0.794 mg
- 80. Egg, quail, whole, fresh, raw 0.790 mg
- 81. Walrus, meat, dried (Alaska Native) 0.790 mg
- 82. Rice and Wheat cereal bar 0.773 mg
- 83. Tomato powder 0.761 mg

Axayacatl(adults)(a)Vitamin B2 (0.76 mg/100g)

- 84. Corn flour, masa, enriched, white 0.753 mg
- 85. Corn flour, masa, enriched, yellow 0.753 mg
- 86. Fish, roe, mixed species, raw 0.740 mg
- 87. KELLOGG'S Eggo Lowfat Homestyle Waffles 0.740 mg
- 88. Chicken, heart, all classes, raw 0.728 mg
- 89. Game meat, caribou, raw 0.720 mg
- 90. WENDY'S, Frosty Dairy Dessert 0.720 mg
- 91. Energy Drink, Monster 0.708 mg
- 92. LOMA LINDA Linketts, canned, unprepared 0.700 mg
- 93. Sandwich spread, meatless 0.700 mg
- 94. Milk and cereal bar 0.696 mg
- 95. Spices, chervil, dried 0.680 mg
- 96. Game meat, bear, raw 0.680 mg
- 97. Bear, black, meat (Alaska Native) 0.680 mg
- 98. Sauce, cheese sauce mix, dry 0.678 mg

99. Cheese, goat, semisoft type 0.676 mg

Sphenarium sp.(adult)(a)Vitamin B2(0.66 mg/100g)

- 100. Horseradish-tree leafy tips, raw 0.660 mg
- 101. Shake, fast food, vanilla 0.660 mg
- 102. Agave, dried (Southwest) 0.644 mg
- 103. Gravy, chicken, dry 0.634 mg
- 104. Fish, caviar, black and red, granular 0.620 mg
- 105. Waffles, plain, frozen, ready-to-heat 0.620 mg
- 106. Reddi Wip Fat Free Whipped Topping 0.619 mg
- 107. Crackers, matzo, egg 0.618 mg
- 108. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 0.616 mg
- 109. Game meat, goat, cooked, roasted 0.610 mg
- 110. McDONALD'S, Scrambled Eggs 0.606 mg
- 111. Winged bean leaves, raw 0.602 mg
- 112. Pate, liver, not specified, canned 0.600 mg
- 113. Pate, truffle flavor 0.600 mg
- 114. Vegetarian stew 0.600 mg
- 115. Vegetarian meatloaf or patties 0.600 mg
- 116. Fast foods, scallops, breaded and fried 0.590 mg

Sphenarium purpurascens(adults)(a)Vitamin B2(0.59 mg/100g)

- 117. Cheese, roquefort 0.586 mg
- 118. Game meat, antelope, raw 0.580 mg
- 119. Wheat bran, crude 0.577 mg

- 120. Toaster pastries, brown-sugar-cinnamon 0.576 mg
- 121. Energy drink, VAULT, citrus flavor 0.575 mg
- 122. Bear, polar, meat, raw (Alaska Native) 0.573 mg
- 123. Semolina, enriched 0.571 mg
- 124. Cocoa mix, powder 0.565 mg
- 125. Emu, top loin, cooked, broiled 0.557 mg
- 126. Bread sticks, plain 0.553 mg
- 127. Fast foods, shrimp, breaded and fried 0.550 mg
- 128. Cereals ready-to-eat, FAMILIA 0.550 mg
- 129. Breakfast tart, low fat 0.549 mg
- 130. Jute, potherb, raw 0.546 mg
- 131. Sourdock, young leaves (Alaska Native) 0.540 mg

Atta mexicana(a)Vitamin B2 (0.53 mg/100g)

- 132. Seal, ringed, meat (Alaska Native) 0.530 mg
- 133. Egg, yolk, raw, fresh 0.528 mg
- 134. Spices, oregano, dried 0.528 mg
- 135. Macaroni, vegetable, dry, enriched 0.525 mg
- 136. Cheese, brie 0.520 mg
- 137. Egg, yolk, raw, frozen 0.520 mg
- 138. Game meat, muskrat, raw 0.520 mg
- 139. Game meat, raccoon, cooked, roasted 0.520 mg
- 140. Fast foods, egg, scrambled 0.520 mg
- 141. Egg, whole, cooked, fried 0.518 mg

- 142. Rolls, dinner, egg 0.517 mg
- 143. Gravy, instant beef, dry 0.514 mg
- 144. Egg, whole, cooked, hard-boiled 0.513 mg
- 145. Wheat flour, white, bread, enriched 0.512 mg
- 146. Cheese, limburger 0.503 mg
- 147. KELLOGG'S Eggo Golden Oat Waffles 0.500 mg

Thasus gigas(nymphs)(a)Vitamin B2 (0.50 mg/100g)

- 148. Fast foods, english muffin, with butter 0.500 mg
- 149. Wheat germ, crude 0.499 mg
- 150. Soup, beef noodle, dry, mix 0.494 mg
- 151. Cake, angelfood, commercially prepared 0.491 mg
- 152. Mushrooms, brown, Italian, or Crimini, raw 0.490 mg
- 153. Goat, raw 0.490 mg
- 154. Tomatoes, sun-dried 0.489 mg
- 155. Cheese, camembert 0.488 mg
- 156. Cheese, parmesan, grated 0.486 mg
- 157. Pork, fresh, variety meats and by-products, tongue, raw 0.485 mg
- 158. Bacon, meatless 0.481 mg
- 159. Cereals, RALSTON, dry 0.480 mg
- 160. Peanut flour, defatted 0.480 mg
- 161. Game meat, deer, raw 0.480 mg
- 162. Cheese food, imitation 0.480 mg
- 163. Egg, whole, raw, fresh 0.478 mg

- 164. Noodles, egg, spinach, dry, enriched 0.477 mg
- 165. Sauce, cheese, dry, powder 0.476 mg
- 166. Fish, mackerel, king, raw 0.476 mg
- 167. Gravy, brown instant, dry 0.473 mg
- 168. Thyme, fresh 0.471 mg

Phasus triangularis(larvae)(a)Vitamin B2(0.47 mg/100g)

- 169. Egg, turkey, whole, fresh, raw 0.470 mg
- 170. Cracker meal 0.468 mg
- 171. Seaweed, irishmoss, raw 0.466 mg
- 172. Carob flour 0.461 mg
- 173. Egg, whole, raw, frozen 0.460 mg

Xyleutes redtembacheri(larvae)(a)**Vitamin B2(0.46 mg/100g)**

- 174. Emu, full rump, raw 0.458 mg
- 175. Emu, oyster, raw 0.458 mg
- 176. Emu, ground, raw 0.457 mg
- 177. Taro leaves, raw 0.456 mg
- 178. Emu, fan fillet, raw 0.451 mg
- 179. Cheese, caraway 0.450 mg
- 180. Duck, domesticated, meat only, raw 0.450 mg
- 181. Soup, cream of vegetable, dry, powder 0.450 mg
- 182. Gravy, turkey, dry 0.450 mg
- 183. Winged beans, mature seeds, raw 0.450 mg
- 184. Fast foods, chili con carne 0.450 mg

- 185. Spices, mace, ground 0.448 mg
- 186. Cheese food, cold pack, american 0.446 mg
- 187. Emu, inside drum, raw 0.446 mg
- 188. Seaweed, laver, raw 0.446 mg
- 189. Beef, variety meats and by-products, pancreas, raw 0.445 mg
- 190. Cheese substitute, mozzarella 0.444 mg
- 191. Emu, outside drum, raw 0.442 mg
- 192. Lambsquarters, raw 0.440 mg
- 193. Egg, white, raw, fresh 0.439 mg
- 194. Fish, whitefish, dried (Alaska Native) 0.438 mg
- 195. Egg, whole, cooked, scrambled 0.437 mg
- 196. Biscuits, plain or buttermilk, dry mix 0.437 mg
- 197. Bread, egg 0.436 mg
- 198. Snacks, beef sticks, smoked 0.436 mg
- 199. Gravy, unspecified type, dry 0.432 mg
- 200. Snacks, pork skins, barbecue-flavor 0.432 mg
- 201. Soup, chicken broth or bouillon, dry 0.430 mg
- 202. Pork, fresh, variety meats and by-products, lungs, raw 0.430 mg
- 203. Wheat flour, white, cake, enriched 0.430 mg
- 204. Cheese, american cheddar, imitation 0.430 mg
- 205. Spices, rosemary, dried 0.428 mg
- 206. Crackers, cheese, regular 0.428 mg
- 207. Crackers, cheese, low sodium 0.428 mg

- 208. Noodles, egg, dry, enriched 0.426 mg
- 209. Veal, variety meats and by-products, pancreas, raw 0.425 mg
- 210. Buckwheat 0.425 mg
- 211. Spices, bay leaf 0.421 mg
- 212. Fish, mackerel, Pacific and jack, mixed species, raw 0.421 mg
- 213. Croutons, seasoned 0.421 mg
- 214. Noodles, chinese, chow mein 0.421 mg
- 215. Fast foods, burrito, with beef 0.420 mg

Euschistus strennus(adults)(a)Vitamin B2 (0.42 mg/100g)

- 216. Crackers, milk 0.418 mg
- 217. Carrot, dehydrated 0.417 mg
- 218. Milk, canned, condensed, sweetened 0.416 mg
- 219. Cornmeal, degermed, enriched, yellow 0.416 mg
- 220. Cornmeal, degermed, enriched, white 0.416 mg
- 221. McDONALD'S, Bacon Egg & Cheese Biscuit 0.416 mg
- 222. Seeds, safflower seed kernels, dried 0.415 mg
- 223. Bread crumbs, dry, grated, seasoned 0.415 mg
- 224. Emu, flat fillet, raw 0.414 mg
- 225. Nuts, almond paste 0.414 mg
- 226. Mollusks, squid, mixed species, raw 0.412 mg
- 227. Egg custards, dry mix 0.412 mg
- 228. Veal, variety meats and by-products, tongue, raw 0.410 mg
- 229. Egg, whole, cooked, poached 0.405 mg

- 230. Dulce de Leche 0.405 mg
- 231. Ice cream cones, sugar, rolled-type 0.405 mg
- 232. Egg, whole, cooked, omelet 0.404 mg
- 233. Egg, duck, whole, fresh, raw 0.404 mg
- 234. Bread stuffing, bread, dry mix 0.404 mg
- 235. Bread crumbs, dry, grated, plain 0.403 mg
- 236. Fish, whitefish, eggs (Alaska Native) 0.403 mg
- 237. Mushrooms, white, raw 0.402 mg
- 238. Sausage, meatless 0.402 mg
- 239. Cheese food, pasteurized process, swiss 0.400 mg
- 240. Egg, white, raw, frozen 0.400 mg
- 241. Gravy, mushroom, dry, powder 0.400 mg
- 242. Gravy, onion, dry, mix 0.400 mg
- 243. Macaroni, dry, enriched 0.400 mg
- 244. Spaghetti, dry, enriched 0.400 mg
- 245. Cereals, ready-to-eat, ALPEN 0.400 mg
- 246. Spices, thyme, dried 0.399 mg
- 247. Crackers, rusk toast 0.399 mg
- 248. Bread, raisin, enriched 0.398 mg
- 249. Bread, protein (includes gluten) 0.394 mg
- 250. Syrups, malt 0.393 mg
- 251. Cheese, monterey 0.390 mg
- 252. Gravy, brown, dry 0.390 mg

Polybia parvulina(larvae, pupae)(a)Vitamin B2 (0.39 mg/100g)

- 253. Bread, raisin, toasted, enriched 0.390 mg
- 254. Fast foods, egg and cheese sandwich 0.390 mg
- 255. Cheese, parmesan, low sodium 0.390 mg
- 256. Cheese, edam 0.389 mg
- 257. Cheese, blue 0.382 mg
- 258. Egg, goose, whole, fresh, raw 0.382 mg
- 259. Soup, chicken noodle, dry, mix 0.381 mg
- 260. French toast, frozen, ready-to-heat 0.381 mg
- 261. Cheese, goat, soft type 0.380 mg

Polybia occidentalis bohemani (a) Vitamin B2(0.38mg/100g)

- 262. Soup, chicken broth cubes, dry 0.380 mg
- 263. Fish, salmon, Atlantic, wild, raw 0.380 mg
- 264. Lamb, variety meats and by-products, tongue, raw 0.380 mg
- 265. Muffins, blueberry, dry mix 0.380 mg
- 266. Spices, caraway seed 0.379 mg
- 267. Goose, domesticated, meat only, raw 0.377 mg
- 268. Cheese, cheddar 0.375 mg
- 269. Cheese, colby 0.375 mg
- 270. Cheese, low-sodium, cheddar or colby 0.375 mg
- 271. Nuts, beechnuts, dried 0.371 mg
- 272. Cheese, romano 0.370 mg
- 273. Beef, variety meats and by-products, spleen, raw 0.370 mg

- 274. Game meat, opossum, cooked, roasted 0.370 mg
- 275. Muffins, corn, toaster-type 0.370 mg
- 276. Fast foods, french toast with butter 0.370 mg
- 277. Fast foods, chimichanga, with beef 0.370 mg
- 278. Fish, blackfish, whole (Alaska Native) 0.370 mg
- 279. Pork, cured, breakfast strips, cooked 0.368 mg
- 280. Pork, ground, 96% lean / 4% fat, raw 0.368 mg
- 281. McDONALD'S, Egg McMUFFIN 0.368 mg
- 282. Spices, fenugreek seed 0.366 mg
- 283. Balsam-pear (bitter gourd), leafy tips, raw 0.362 mg
- 284. Fast foods, cookies, animal crackers 0.360 mg
- 285. Deer (venison), sitka, raw (Alaska Native) 0.360 mg
- 286. Cheese, tilsit 0.359 mg
- 287. Tempeh 0.358 mg
- 288. Fast foods, biscuit, with egg 0.358 mg
- 289. McDONALD'S, Biscuit, regular size 0.356 mg
- 290. McDONALD'S, Biscuit, large size 0.356 mg
- 291. Milk, sheep, fluid 0.355 mg
- 292. Seeds, sunflower seed kernels, dried 0.355 mg
- 293. Cheese, pasteurized process, pimento 0.354 mg
- 294. Grape leaves, raw 0.354 mg
- 295. Grape juice drink, canned 0.354 mg
- 296. Ice cream cones, cake or wafer-type 0.354 mg

297. Spices, fennel seed 0.353 mg

298. Cheese, parmesan, shredded 0.352 mg

299. McDONALD'S, BIG BREAKFAST 0.352 mg

300. Cheese, brick 0.351 mg

Vaspula squamosa (larvae, pupae)(a)Vitamin B2 (0.34 mg/100g)

Liometopum occidentale var. Luctuosum(a)Vitamin B2 (0.29 mg/100g)

Euschistus egglestoni(adults)(a)Vitamin B2 (0.28 mg/100g)

Scophophorus acupunctatus(larvae)(a)Vitamin B2 (0.25 mg/100g)

Euschistus taxcoensis(adults)(e)Vitamin B2 (0.18 mg/100g

Asplagiognathus spinosus(larvae)(a)Vitamin B2(0.18 mg/100g)

Spodoptera exigua(larvae)(a)Vitamin B2(0.17 mg/100g)

Brachygastra mellifica(larvae and pupae)(e)Vitamin B2 (0.17 mg/100g)

Anaphe spp.(caterpillar)(c)Vitamin B2(0.09 mg/100g)

Anax sp.(nymphs)(a)Vitamin B2(0.09mg/100g)

Oryctes boas(c)Vitamin B2 (0.08 mg/100g)

Cytacanthacris aeruginosus unicolors(c)Vitamin B2(0.08 mg/100g)

Zonocerus variegatus(c)Vitamin B2(0.07 mg/100g)

Brachytypes(c)Vitamin B2(0.03 mg/100g)

Niacin(Vitamin B3):

Recommended Dietary Allowance for Vitamin B3				Asplagiognathus spinosus(a)Vitamin B3(0.42 mg/100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3			Rhyncophorus phoenicis(larvae)(d)Vitamin B3(3.36 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		

Breast- feeding	all ages	-	17		
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Recomn	nended Dietar	Tenebrio molitor(larvae) (e)Vitamin B3(10.59 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recomm	ended Dietar	(e)Vitami	nolitor(adult) in B3(14.80 100g)		
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recomn	nended Dietary	Zophobas morio(e)Vitamin B3(7.67 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast-	all ages	-	17		

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Recomme	ended Dietary	(a)Vitam	ina/haggi(larvae) in B3(11.07 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3					ggs (a)Vitamin mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		

Children	9-13 years	12	12	
Adolescents	14-18 years	16	14	
Adults	19 years and older	16	14	
Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recomm	ended Dietar	Axayacatl (a)Vitamin B3(4.14 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3			(a)Vitam	gas(nymphs) in B3(2.26 100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of
		(mg/day)		grams of	RDA per
				insect dry	100g of insect
				matter for	dry matter

				RDA(%)	
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recomm	nended Dietar	taxcoens (a)Vitam	histus sis(adults) in B3(2.64 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		

Adults	19 years and older	16	14	
Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recommended Dietary Allowance for Vitamin B3				Vespula squamosa(larvae, pupae) (a)Vitamin B3(6.25 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recomn	nended Dietar	Polybia parvulina(larvae, pupae) (a)Vitamin B3(2.47 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	2 (AI)	2 (AI)	
Infants	7-12 months	4 (AI)	4 (AI)	
Children	1-3 years	6	6	
Children	4-8 years	8	8	
Children	9-13 years	12	12	
Adolescents	14-18 years	16	14	
Adults	19 years and older	16	14	
Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recomm	nended Dietary	Atta mexicana (a)Vitamin B3(3.09 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Г	Recommended Dietary Allowance for Vitamin B3	Atta cephalotes (a)Vitamin
	recommended Dictary Timowanee for Vitamin Do	21tta cepitatotes (a) vitaliiii

		B3(1.26 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recomm	nended Dietary	Macrotermes nigeriensis (i)Vitamin B3(2.74 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		

Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recomn	nended Dietary	Bombyx mori(larvae) (e)Vitamin B3(15.20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recomm	ended Dietar	Cinimbrasia belina (d)Vitamin B3(11.90 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		

Children	1-3 years	6	6	
Children	4-8 years	8	8	
Children	9-13 years	12	12	
Adolescents	14-18 years	16	14	
Adults	19 years and older	16	14	
Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recomm	nended Dietar	Galleria mellonella (e)Vitamin B3(9.04 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3	Imbrasia
	epimethea(caterpillar)
	(k)Vitamin B3(11.83

			mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3			Imbrasia truncata(caterpillar) (k)Vitamin B3(11.76 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		

Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recommended Dietary Allowance for Vitamin B3				Nudaurelia oyemensis(caterpillar) (k)Vitamin B3(10.11 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3			Acheta domesticus(adult) (e)Vitamin B3(12.59 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		

Infants	7-12 months	4 (AI)	4 (AI)	
Children	1-3 years	6	6	
Children	4-8 years	8	8	
Children	9-13 years	12	12	
Adolescents	14-18 years	16	14	
Adults	19 years and older	16	14	
Pregnancy	all ages	-	18	
Breast- feeding	all ages	-	17	

Recommended Dietary Allowance for Vitamin B3				Sphenarium sp.(adults) (a)Vitamin B3(5.04mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Recommended Dietary Allowance for Vitamin B3	Sphenarium magnum(adults)
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		(kaVitamin B3(3.97 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (AI)	2 (AI)		
Infants	7-12 months	4 (AI)	4 (AI)		
Children	1-3 years	6	6		
Children	4-8 years	8	8		
Children	9-13 years	12	12		
Adolescents	14-18 years	16	14		
Adults	19 years and older	16	14		
Pregnancy	all ages	-	18		
Breast- feeding	all ages	-	17		

Below is a list of the top several hundred sources of niacin in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Yeast extract spread 97.000 mg
- 2. Rice bran, crude 33.995 mg
- 3. Formulated bar, POWER BAR, chocolate 32.600 mg
- 4. Coffee, instant, regular, powder 28.173 mg
- 5. Coffee, instant, decaffeinated, powder 28.075 mg
- 6. Peanut flour, defatted 27.000 mg

- 7. Cereals, MALT-O-MEAL, plain, dry 24.500 mg
- 8. Cereals ready-to-eat, Ralston TASTEEOS 24.033 mg
- 9. Meat extender 22.021 mg
- 10. Coffee, instant, with chicory, powder21.667 mg
- 11. Cereals, MAYPO, dry21.200 mg
- 12. Cereals, CREAM OF WHEAT, instant, dry 17.857 mg
- 13. Cereals ready-to-eat, WAFFELOS 17.600 mg
- 14. Cereals ready-to-eat, KELLOGG, SMORZ 16.700 mg
- 15. McDONALD'S, Peanuts (for Sundaes) 16.500 mg
- 16. Peanut spread, reduced sugar 16.385 mg
- 17. Cereals ready-to-eat, UNCLE SAM CEREAL 16.300 mg
- 18. Cereals, MALT-O-MEAL, chocolate, dry 16.200 mg
- 19. Lamb, variety meats and by-products, liver, raw 16.110 mg
- 20. Peanuts, spanish, raw 15.925 mg
- 21. Cereals ready-to-eat, POST, ALPHA-BITS 15.630 mg
- 22. Fish, tuna, fresh, skipjack, raw 15.400 mg
- 23. Spices, paprika 15.320 mg
- 24. Pork, fresh, variety meats and by-products, liver, raw 15.301 mg
- 25. Peanut butter, smooth, reduced fat 14.600 mg
- 26. Fish, anchovy, european, raw 14.024 mg
- 27. Peanut butter, chunk style, with salt 13.696 mg
- 28. Peanut butter, reduced sodium 13.690 mg
- 29. Wheat bran, crude 13.578 mg

- 30. Turkey, liver, all classes, raw 13.500 mg
- 31. Peanut butter, smooth style, with salt 13.403 mg
- 32. Seeds, sesame flour, high-fat 13.369 mg
- 33. Beef, variety meats and by-products, liver, raw 13.175 mg
- 34. USDA Commodity, Peanut Butter, smooth 13.160 mg
- 35. Sandwich spread, meatless 13.000 mg
- 36. Peanuts, valencia, raw 12.875 mg
- 37. Peanut butter with omega-3, creamy 12.875 mg
- 38. Seeds, sesame meal, partially defatted 12.816 mg
- 39. Seeds, sesame flour, partially defatted 12.600 mg
- 40. Seeds, sesame flour, low-fat 12.533 mg
- 41. Peanuts, virginia, raw 12.375 mg
- 42. Peanuts, all types, raw12.066 mg
- 43. Fish sticks, meatless 12.000 mg
- 44. Vegetarian fillets 12.000 mg
- 45. Vegetarian stew 12.000 mg
- 46. Liver cheese, pork 11.768 mg
- 47. Peanut flour, low fat 11.499 mg
- 48. Fish, whitefish, dried (Alaska Native) 11.200 mg
- 49. Sausage, meatless 11.195 mg
- 50. Luncheon slices, meatless 11.110 mg
- 51. Tea, instant, unsweetened, powder 10.800 mg
- 52. Moose, liver, braised (Alaska Native) 10.720 mg

- 53. Spices, coriander leaf, dried 10.707 mg
- 54. Chicken, broilers or fryers, light meat, meat only, raw 10.604 mg
- 55. Veal, variety meats and by-products, liver, raw 10.550 mg
- 56. Chicken, broilers or fryers, breast, meat only, raw 10.430 mg
- 57. Chicken, roasting, light meat, meat only, raw 10.217 mg
- 58. Walrus, meat, dried (Alaska Native) 10.100 mg
- 59. Vegetarian meatloaf or patties 10.000 mg
- 60. Spices, parsley, dried 9.943 mg
- 61. Chicken, stewing, light meat, meat only, raw9.915 mg
- 62. Chicken, broilers or fryers, breast, meat and skin, raw 9.908 mg
- 63. Corn flour, masa, enriched, white 9.843 mg
- 64. Corn flour, masa, enriched, yellow 9.843 mg
- 65. Fish, tuna, fresh, yellowfin, raw 9.800 mg
- 66. Chicken, liver, all classes, raw 9.728 mg
- 67. Fish, swordfish, raw 9.680 mg
- 68. Veal, leg (top round), separable lean only, raw 9.560 mg
- 69. LOMA LINDA Linketts, canned, unprepared 9.500 mg
- 70. Veal, leg (top round), separable lean and fat, raw 9.420 mg
- 71. Tomato powder 9.133 mg
- 72. Emu, top loin, cooked, broiled 9.124 mg
- 73. Rice and Wheat cereal bar 9.091 mg
- 74. Fish, mackerel, Atlantic, raw 9.080 mg
- 75. Veal, loin, separable lean only, raw 9.080 mg

- 76. Tomatoes, sun-dried 9.050 mg
- 77. Veal, sirloin, separable lean only, raw 8.970 mg
- 78. Spices, tarragon, dried8.950 mg
- 79. Guinea hen, meat only, raw 8.782 mg
- 80. Spices, pepper, red or cayenne 8.701 mg
- 81. Fish, salmon, Atlantic, farmed, raw 8.672 mg
- 82. Peppers, hot chile, sun-dried 8.669 mg
- 83. Fish, tuna, fresh, bluefin, raw 8.654 mg
- 84. Fish, mackerel, king, raw 8.590 mg
- 85. Pheasant, breast, meat only, raw 8.554 mg
- 86. Chicken, stewing, giblets, raw 8.530 mg
- 87. Fast foods, chicken tenders 8.491 mg
- 88. Veal, loin, separable lean and fat, raw 8.480 mg
- 89. Veal, sirloin, separable lean and fat, raw 8.440 mg
- 90. Game meat, opossum, cooked, roasted 8.430 mg
- 91. Fish, salmon, chinook, raw 8.420 mg
- 92. Fish, salmon, king (chinook), raw (Alaska Native) 8.415 mg
- 93. Beef, variety meats and by-products, spleen, raw 8.400 mg
- 94. Fish, shad, american, raw 8.400 mg
- 95. Noodles, egg, dry, enriched 8.387 mg
- 96. Braunschweiger (a liver sausage), pork 8.368 mg
- 97. Seeds, sunflower seed kernels, dried 8.335 mg
- 98. Energy Drink, Monster 8.333 mg

- 99. Energy drink, ROCKSTAR 8.333 mg
- 100. Fish, mackerel, Pacific and jack, mixed species, raw 8.320 mg
- 101. Fish, sturgeon, mixed species, raw 8.300 mg
- 102. Chicken, broilers or fryers, meat only, raw 8.239 mg
- 103. Fish, trout, rainbow, farmed, raw 8.223 mg
- 104. Quail, meat only, raw 8.200 mg
- 105. Quail, breast, meat only, raw 8.200 mg
- 106. Milk and cereal bar 8.194 mg
- 107. Syrups, malt 8.120 mg
- 108. KENTUCKY FRIED CHICKEN, Popcorn Chicken 8.108 mg
- 109. Chicken roll, light meat 8.090 mg
- 110. Beef, variety meats and by-products, kidneys, raw 8.030 mg
- 111. Fish, salmon, coho (silver), raw (Alaska Native) 7.930 mg
- 112. Quail, cooked, total edible 7.920 mg
- 113. Pork, ground, 96% lean / 4% fat, raw 7.914 mg
- 114. Veal, shoulder, arm, separable lean only, raw 7.910 mg
- 115. Lamb, variety meats and by-products, spleen, raw 7.895 mg
- 116. Veal, variety meats and by-products, spleen, raw 7.895 mg
- 117. Spices, chili powder 7.893 mg
- 118. Chicken, roasting, meat only, raw 7.875 mg
- 119. Fish, salmon, Atlantic, wild, raw 7.860 mg
- 120. Snacks, rice cakes, brown rice, plain 7.806 mg
- 121. Guinea hen, meat and skin, raw 7.667 mg

- 122. Snacks, bagel chips 7.660 mg
- 123. Veal, shoulder, arm, separable lean and fat, raw 7.630 mg
- 124. Veal, shank (fore and hind), separable lean only, raw 7.600 mg
- 125. Dove, cooked (includes squab) 7.600 mg
- 126. Pork, cured, breakfast strips, cooked 7.592 mg
- 127. Waffles, plain, frozen, ready-to-heat 7.575 mg
- 128. Bacon, meatless 7.560 mg
- 129. Wheat flour, white, bread, enriched 7.554 mg
- 130. Bratwurst, chicken, cooked 7.551 mg
- 131. Quail, meat and skin, raw 7.538 mg
- 132. Beef, variety meats and by-products, heart, raw 7.530 mg
- 133. Pheasant, cooked, total edible 7.530 mg
- 134. Pate, chicken liver, canned 7.517 mg
- 135. Lamb, variety meats and by-products, kidneys, raw 7.510 mg
- 136. Emu, full rump, raw 7.504 mg
- 137. Veal, ground, raw 7.500 mg
- 138. Emu, oyster, raw 7.499 mg
- 139. Emu, ground, raw 7.485 mg
- 140. BURGER KING, CHICKEN TENDERS 7.482 mg
- 141. Chicken, stewing, meat only, raw 7.477 mg
- 142. KELLOGG'S Eggo Lowfat Homestyle Waffles 7.410 mg
- 143. McDONALD'S, Chicken McNUGGETS 7.400 mg
- 144. Emu, fan fillet, raw 7.397 mg

- 145. Chicken, broilers or fryers, wing, meat only, raw 7.359 mg
- 146. Macaroni, vegetable, dry, enriched 7.328 mg
- 147. Squab, (pigeon), light meat without skin, raw 7.322 mg
- 148. Emu, inside drum, raw 7.304 mg
- 149. Chicken, capons, meat and skin, raw 7.273 mg
- 150. Game meat, rabbit, domesticated, composite of cuts, raw 7.270 mg
- 151. Emu, outside drum, raw 7.245 mg
- 152. Fish, salmon, coho, wild, raw 7.230 mg
- 153. Macaroni, dry, enriched 7.177 mg
- 154. Spaghetti, dry, enriched 7.177 mg
- 155. Peppers, pasilla, dried 7.175 mg
- 156. Turkey roll, light meat 7.150 mg
- 157. Caribou, hind quarter meat, raw (Alaska Native) 7.150 mg
- 158. Veal, rib, separable lean only, raw 7.050 mg
- 159. Snacks, pita chips, salted 7.043 mg
- 160. Snacks, rice cakes, brown rice, rye 7.040 mg
- 161. Mushrooms, enoki, raw 7.032 mg
- 162. Buckwheat 7.020 mg
- 163. CRACKER BARREL, grilled sirloin steak 7.020 mg
- 164. Rice, white, with pasta, dry 7.012 mg
- 165. Fish, salmon, chum, raw 7.000 mg
- 166. Fish, salmon, pink, raw 7.000 mg
- 167. Fish, spot, raw 7.000 mg

- 168. Snacks, potato chips, reduced fat 7.000 mg
- 169. Potato chips, without salt, reduced fat 7.000 mg
- 170. Veal, variety meats and by-products, kidneys, raw 6.990 mg
- 171. Chicken, capons, giblets, raw 6.984 mg
- 172. Spices, basil, dried 6.948 mg
- 173. Squab, (pigeon), meat only, raw 6.860 mg
- 174. Spelt, uncooked 6.843 mg
- 175. Fish, salmon, coho, farmed, raw 6.813 mg
- 176. Wheat germ, crude 6.813 mg
- 177. Bread, rice bran 6.810 mg
- 178. Chicken, broilers or fryers, meat and skin, raw 6.801 mg
- 179. Fish, yellowtail, mixed species, raw 6.800 mg
- 180. Wheat flour, white, cake, enriched 6.790 mg
- 181. Emu, flat fillet, raw 6.786 mg
- 182. Pork, fresh, variety meats and by-products, heart, raw 6.765 mg
- 183. Pheasant, raw, meat only 6.759 mg
- 184. Chicken, cornish game hens, meat only, raw 6.744 mg
- 185. Wheat, durum 6.738 mg
- 186. Chicken nuggets, frozen, uncooked 6.736 mg
- 187. Wild rice, raw 6.733 mg
- 188. Cereals, ROMAN MEAL, plain, dry 6.720 mg
- 189. Beef, grass-fed, strip steaks, lean only, raw 6.703 mg
- 190. Seeds, sesame butter, paste 6.700 mg

- 191. Fish, tuna salad 6.700 mg
- 192. Pork, fresh, loin, tenderloin, separable lean only, raw 6.684 mg
- 193. Veal, rib, separable lean and fat, raw 6.680 mg
- 194. Chicken, broilers or fryers, back, meat only, raw 6.672 mg
- 195. Chicken, broilers or fryers, giblets, raw 6.662 mg
- 196. Bread crumbs, dry, grated, plain 6.634 mg
- 197. Chicken patty, frozen, uncooked 6.630 mg
- 198. Turkey, canned, meat only, with broth 6.622 mg
- 199. Deer (venison), sitka, raw (Alaska Native) 6.600 mg
- 200. Mushrooms, maitake, Raw 6.585 mg
- 201. Noodles, egg, spinach, dry, enriched 6.575 mg
- 202. Chicken, roasting, meat and skin, raw 6.572 mg
- 203. Carrot, dehydrated 6.567 mg
- 204. Spearmint, dried 6.561 mg
- 205. Snacks, pretzels, hard, whole-wheat 6.537 mg
- 206. Oven-roasted chicken breast roll 6.536 mg
- 207. Mutton, cooked, roasted (Navajo) 6.520 mg
- 208. Duck, domesticated, liver, raw 6.500 mg
- 209. Goose, liver, raw 6.500 mg
- 210. Game meat, rabbit, wild, raw 6.500 mg
- 211. Beef, cured, breakfast strips, cooked 6.470 mg
- 212. Snacks, potato chips, fat free, salted 6.446 mg
- 213. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 6.442 mg

- 214. Fish, milkfish, raw 6.440 mg
- 215. Snacks, rice cakes, brown rice, corn 6.435 mg
- 216. Pheasant, raw, meat and skin 6.426 mg
- 217. Pork, ground, 84% lean / 16% fat, raw 6.416 mg
- 218. Pepper, ancho, dried 6.403 mg
- 219. Veal, variety meats and by-products, heart, raw 6.400 mg
- 220. Game meat, deer, raw 6.370 mg
- 221. TACO BELL, Soft Taco with chicken 6.367 mg
- 222. Wheat flour, whole-grain 6.365 mg
- 223. Kamut, uncooked 6.350 mg
- 224. Rice flour, brown 6.340 mg
- 225. T.G.I. FRIDAY'S, classic sirloin steak 6.330 mg
- 226. Chicken, canned, meat only, with broth 6.329 mg
- 227. Chicken, broilers or fryers, thigh, meat only, raw 6.328 mg
- 228. Turkey, all classes, giblets, raw 6.327 mg
- 229. Barley flour or meal 6.269 mg
- 230. Fungi, Cloud ears, dried 6.267 mg
- 231. Chicken, stewing, meat and skin, raw6.262 mg
- 232. Turkey, fryer-roasters, breast, meat only, raw 6.255 mg
- 233. Chicken, broilers or fryers, dark meat, meat only, raw 6.246 mg
- 234. Chicken, roasting, giblets, raw 6.208 mg
- 235. Game meat, muskrat, raw 6.200 mg
- 236. Bread crumbs, dry, grated, seasoned 6.161 mg

- 237. Lamb, variety meats and by-products, heart, raw 6.140 mg
- 238. Fish, dolphinfish, raw 6.100 mg
- 239. Chicken, broilers or fryers, leg, meat only, raw 6.067 mg
- 240. Spices, fennel seed 6.050 mg
- 241. Squab, (pigeon), meat and skin, raw 6.046 mg
- 242. WENDY'S, Chicken Nuggets 6.042 mg
- 243. Turkey, young tom, light meat, meat only, raw 6.036 mg
- 244. Snacks, popcorn, cakes 6.006 mg
- 245. Restaurant, family style, sirloin steak 6.002 mg
- 246. Nuts, ginkgo nuts, raw 6.000 mg
- 247. Semolina, enriched 5.990 mg
- 248. Game meat, buffalo, water, raw 5.970 mg
- 249. Elk, free range, ground, raw (Shoshone Bannock) 5.970 mg
- 250. Smelt, dried (Alaska Native) 5.970 mg
- 251. Lamb, ground, raw 5.960 mg
- 252. Fish, bluefish, raw 5.950 mg
- 253. Noodles, chinese, chow mein 5.950 mg
- 254. Chicken, broilers or fryers, wing, meat and skin, raw 5.926 mg
- 255. USDA Commodity, Bakery, Flour Mix 5.904 mg
- 256. Seal, bearded (Oogruk), meat, raw (Alaska Native) 5.900 mg
- 257. Chicken, roasting, dark meat, meat only, raw5.878 mg
- 258. Pork, fresh, variety meats and by-products, spleen, raw 5.867 mg
- 259. Fish, halibut, Atlantic and Pacific, raw 5.848 mg

- 260. Turkey, all classes, light meat, raw 5.844 mg
- 261. Turkey, fryer-roasters, breast, meat and skin, raw 5.809 mg
- 262. Fish, salmon, sockeye, raw 5.780 mg
- 263. Chicken, broilers or fryers, drumstick, meat only, raw 5.778 mg
- 264. USDA Commodity, pork, canned 5.767 mg
- 265. Bread stuffing, bread, dry mix 5.766 mg
- 266. Fish, halibut, raw, with skin (Alaska Native) 5.762 mg
- 267. Turkey, fryer-roasters, light meat, meat only, raw 5.751 mg
- 268. Spices, sage, ground 5.720 mg
- 269. Chicken breast tenders, uncooked 5.710 mg
- 270. Wheat, hard red spring 5.710 mg
- 271. Cracker meal 5.707 mg
- 272. Game meat, deer, ground, raw 5.700 mg
- 273. Ham, sliced, extra lean 5.697 mg
- 274. Chicken, cornish game hens, meat and skin, raw 5.675 mg
- 275. Barley malt flour 5.636 mg
- 276. Turkey, young hen, light meat, meat only, raw 5.631 mg
- 277. Bockwurst, pork, veal, raw 5.616 mg
- 278. Salami, dry or hard, pork 5.600 mg
- 279. Salami, Italian, pork 5.600 mg
- 280. Chicken, ground, raw 5.575 mg
- 281. Soup, beef noodle, dry, mix 5.574 mg
- 282. Veal, shoulder, blade, separable lean only, raw 5.550 mg

- 283. Game meat, caribou, raw 5.500 mg
- 284. Beef, ground, 95% lean meat / 5% fat, raw 5.494 mg
- 285. Wheat, hard red winter 5.464 mg
- 286. Veal, shoulder, blade, separable lean and fat, raw 5.450 mg
- 287. Croutons, plain 5.439 mg
- 288. Chicken, broilers or fryers, leg, meat and skin, raw 5.435 mg
- 289. Bratwurst, veal, cooked 5.430 mg
- 290. Chicken, broilers or fryers, thigh, meat and skin, raw 5.426 mg
- 291. Crackers, matzo, whole-wheat 5.410 mg
- 292. Chicken, stewing, dark meat, meat only, raw 5.405 mg
- 293. Spices, chervil, dried 5.400 mg
- 294. Turkey, young tom, breast, meat and skin, raw 5.391 mg
- 295. Whale, beluga, meat, raw (Alaska Native) 5.386 mg
- 296. Fish, trout, rainbow, wild, raw 5.384 mg
- 297. APPLEBEE'S, 9 oz house sirloin steak 5.350 mg
- 298. Pork, fresh, leg (ham), whole, separable lean only, raw 5.338 mg
- 299. Bison, ground, grass-fed, raw 5.322 mg
- 300. DENNY'S, top sirloin steak 5.310 mg

Pantothenic Acid(Vitamin B5):

Recomi	mended Die	Tenebrio molitor(larvae)(e) (Vitamin B5(3.72 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per
		(mg/uuy)		insect dry matter for	100g of insect dry matter

				RDA(%)	
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Recommended Dietary Allowance for Vitamin B5				Tenebrio molitor(adult)(e) (Vitamin B5(6.61 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Recommended Dietary Allowance for Vitamin B5				Zophobas morio(e) (Vitamin B5(4.61 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Recommended Dietary Allowance for Vitamin B5				Bombyx mori(larvae)(e) (Vitamin B5(12.49 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and	5	5		

	older			
Pregnancy	all ages	-	6	
Breast- feeding	all ages	-	7	

Recommended Dietary Allowance for Vitamin B5				Galleria mellonella(e) (Vitamin B5(4.87 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Recommended Dietary Allowance for Vitamin B5				Imbrasia epimethea(caterpillar)(k) (Vitamin B5(7.87 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	1.7	1.7	
Infants	7-12 months	1.8	1.8	
Children	1-3 years	2	2	
Children	4-8 years	3	3	
Children	9-13 years	4	4	
Adolescents	14-18 years	5	5	
Adults	19 years and older	5	5	
Pregnancy	all ages	-	6	
Breast- feeding	all ages	-	7	

Recomm	nended Dietary	Imbrasia truncata(caterpillar)(k) (Vitamin B5(11 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Recomn	nended Dietary	Nudaurelia oyemensis(caterpillar)(k) (Vitamin B5(9.46 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Recomm	ended Dietar	Acheta domesticus(adults) (e) (Vitamin B5(7.47 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		

Adults	19 years and older	5	5	
Pregnancy	all ages	-	6	
Breast- feeding	all ages	-	7	

Recomm	ended Dietar	Tenebrio molitor(nymphs) (e) (Vitamin B5(11.48 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	1.7	1.7		
Infants	7-12 months	1.8	1.8		
Children	1-3 years	2	2		
Children	4-8 years	3	3		
Children	9-13 years	4	4		
Adolescents	14-18 years	5	5		
Adults	19 years and older	5	5		
Pregnancy	all ages	-	6		
Breast- feeding	all ages	-	7		

Below is a list of the top several hundred sources of pantothenic acid in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect

consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Pepeao, dried 21.477 mg
- 2. Formulated bar, POWER BAR, chocolate 15.900 mg
- 3. Egg, yolk, dried 7.765 mg
- 4. Rice bran, crude 7.390 mg
- 5. Beef, variety meats and by-products, liver, raw 7.173 mg
- 6. Pork, fresh, variety meats and by-products, liver, raw 6.650 mg
- 7. Egg Mix, USDA Commodity 6.500 mg
- 8. Turkey, liver, all classes, raw 6.280 mg
- 9. Chicken, liver, all classes, raw 6.233 mg
- 10. Duck, domesticated, liver, raw 6.184 mg
- 11. Goose, liver, raw 6.184 mg
- 12. Lamb, variety meats and by-products, liver, raw 6.130 mg
- 13. Veal, variety meats and by-products, liver, raw 6.065 mg
- 14. Egg, whole, dried 5.905 mg
- 15. Whey, acid, dried 5.632 mg
- 16. Whey, sweet, dried 5.620 mg
- 17. Moose, liver, braised (Alaska Native) 4.570 mg
- 18. Tea, instant, unsweetened, powder 4.530 mg
- 19. Snacks, potato chips, plain, salted 4.347 mg
- 20. Lamb, variety meats and by-products, kidneys, raw 4.220 mg
- 21. Energy drink, ROCKSTAR 4.167 mg
- 22. Seeds, safflower seed kernels, dried 4.030 mg

- 23. Beef, variety meats and by-products, kidneys, raw 3.970 mg
- 24. Turkey, all classes, giblets, raw 3.952 mg
- 25. Beef, variety meats and by-products, pancreas, raw 3.900 mg
- 26. Cocoa mix, no sugar added, powder 3.826 mg
- 27. Tomato powder 3.760 mg
- 28. Chicken, capons, giblets, raw 3.618 mg
- 29. Liver cheese, pork 3.536 mg
- 30. Egg, yolk, raw, frozen 3.530 mg
- 31. Fish, caviar, black and red, granular 3.500 mg
- 32. Egg substitute, powder 3.384 mg
- 33. Braunschweiger (a liver sausage), pork 3.380 mg
- 34. Cheese, gjetost 3.351 mg
- 35. Milk, dry, nonfat, calcium reduced 3.312 mg
- 36. Veal, variety meats and by-products, kidneys, raw 3.300 mg
- 37. Chicken, stewing, giblets, raw 3.275 mg
- 38. Chicken, broilers or fryers, giblets, raw 3.208 mg
- 39. Milk, buttermilk, dried 3.170 mg
- 40. Emu, top loin, cooked, broiled 3.149 mg
- 41. Turkey, heart, all classes, raw 3.120 mg
- 42. Beef, variety meats and by-products, thymus, raw 3.026 mg
- 43. Mollusks, abalone, mixed species, raw 3.000 mg
- 44. Egg, yolk, raw, fresh 2.990 mg
- 45. Liver sausage, liverwurst, pork 2.950 mg

- 46. Liverwurst spread 2.950 mg
- 47. Seeds, sesame flour, high-fat 2.928 mg
- 48. Seeds, sesame meal, partially defatted 2.807 mg
- 49. Pork, fresh, variety meats and by-products, brain, raw 2.800 mg
- 50. Veal, variety meats and by-products, heart, raw 2.780 mg
- 51. Seeds, sesame flour, partially defatted 2.760 mg
- 52. Emu, full rump, raw 2.747 mg
- 53. Emu, oyster, raw 2.745 mg
- 54. Seeds, sesame flour, low-fat 2.745 mg
- 55. Peanut flour, defatted 2.744 mg
- 56. Emu, ground, raw 2.740 mg
- 57. Veal, variety meats and by-products, brain, raw 2.720 mg
- 58. Emu, fan fillet, raw 2.708 mg
- 59. Chicken, roasting, giblets, raw 2.696 mg
- 60. Emu, inside drum, raw 2.674 mg
- 61. Lamb, variety meats and by-products, heart, raw 2.630 mg
- 62. Pate, chicken liver, canned 2.620 mg
- 63. Fish, whitefish, dried (Alaska Native) 2.570 mg
- 64. Chicken, heart, all classes, raw 2.559 mg
- 65. Kanpyo, (dried gourd strips) 2.553 mg
- 66. Game meat, caribou, raw 2.550 mg
- 67. Pork, fresh, variety meats and by-products, heart, raw 2.515 mg
- 68. Emu, outside drum, raw 2.500 mg

- 69. Cornmeal, white (Navajo) 2.490 mg
- 70. Emu, flat fillet, raw 2.484 mg
- 71. Smelt, dried (Alaska Native) 2.290 mg
- 72. Milk, dry, whole, with added vitamin D 2.271 mg
- 73. Wheat germ, crude 2.257 mg
- 74. Egg custards, dry mix 2.238 mg
- 75. Wheat bran, crude 2.181 mg
- 76. Lentils, raw 2.140 mg
- 77. Caribou, hind quarter meat, raw (Alaska Native) 2.090 mg
- 78. Tomatoes, sun-dried 2.087 mg
- 79. Beef, variety meats and by-products, brain, raw 2.010 mg
- 80. LOMA LINDA Linketts, canned, unprepared 2.000 mg
- 81. Soy flour, defatted 1.995 mg
- 82. Pepper, ancho, dried 1.993 mg
- 83. Jew's ear, (pepeao), raw 1.990 mg
- 84. Soy meal, defatted, raw 1.976 mg
- 85. Goose, domesticated, meat only, raw 1.973 mg
- 86. Fish, trout, mixed species, raw 1.940 mg
- 87. Mung beans, mature seeds, raw 1.910 mg
- 88. Egg, turkey, whole, fresh, raw 1.889 mg
- 89. Egg, duck, whole, fresh, raw 1.862 mg
- 90. Peanuts, valencia, raw 1.809 mg
- 91. Beef, variety meats and by-products, heart, raw 1.790 mg

- 92. Spices, paprika 1.780 mg
- 93. Peanuts, spanish, raw 1.769 mg
- 94. Peanuts, all types, raw1.767 mg
- 95. Egg, quail, whole, fresh, raw 1.761 mg
- 96. Egg, goose, whole, fresh, raw 1.759 mg
- 97. Peanuts, virginia, raw 1.759 mg
- 98. Peas, split, mature seeds, raw 1.758 mg
- 99. Nuts, hickorynuts, dried 1.746 mg
- 100. Cheese, roquefort 1.731 mg
- 101. Cheese, blue 1.729 mg
- 102. Fish, salmon, Atlantic, wild, raw 1.664 mg
- 103. Nuts, walnuts, black, dried 1.660 mg
- 104. Crustaceans, lobster, northern, raw 1.630 mg
- 105. Duck, domesticated, meat only, raw 1.600 mg
- 106. Peppers, pasilla, dried 1.591 mg
- 107. Rice flour, brown 1.591 mg
- 108. Soy flour, full-fat, raw 1.590 mg
- 109. Barbecue loaf, pork, beef 1.570 mg
- 110. Cereals ready-to-eat, granola, homemade 1.563 mg
- 111. Egg, whole, cooked, fried 1.558 mg
- 112. Yardlong beans, mature seeds, raw 1.556 mg
- 113. Snacks, sweet potato chips 1.551 mg
- 114. Soy flour, low-fat 1.550 mg

- 115. Fish, salmon, Atlantic, farmed, raw 1.547 mg
- 116. Peanut flour, low fat 1.543 mg
- 117. Veal, shoulder, blade, separable lean only, raw 1.540 mg
- 118. Mothbeans, mature seeds, raw 1.535 mg
- 119. Cowpeas, catjang, mature seeds, raw 1.511 mg
- 120. Veal, shoulder, blade, separable lean and fat, raw 1.510 mg
- 121. Mushrooms, shiitake, raw 1.500 mg
- 122. Mushrooms, brown, Italian, or Crimini, raw 1.500 mg
- 123. Sauce, cheese sauce mix, dry 1.499 mg
- 124. Mushrooms, white, raw 1.497 mg
- 125. Oat bran, raw 1.494 mg
- 126. Rice, brown, long-grain, raw 1.493 mg
- 127. Rice, brown, medium-grain, raw 1.493 mg
- 128. Meat extender 1.492 mg
- 129. Egg, whole, raw, frozen 1.480 mg
- 130. Carrot, dehydrated 1.471 mg
- 131. Beans, adzuki, mature seeds, raw 1.471 mg
- 132. Avocados, raw, California 1.463 mg
- 133. Amaranth, uncooked 1.457 mg
- 134. Rye 1.456 mg
- 135. USDA Commodity, beef patties with VPP, frozen, raw 1.456 mg
- 136. Veal, sirloin, separable lean only, raw 1.450 mg
- 137. Fish, trout, rainbow, farmed, raw 1.440 mg

- 138. Egg, whole, raw, fresh 1.438 mg
- 139. Egg, whole, cooked, poached 1.433 mg
- 140. Chicken, broilers or fryers, breast, meat only, raw 1.425 mg
- 141. Chili with beans, canned 1.420 mg
- 142. Fast foods, chili con carne 1.420 mg
- 143. Spearmint, dried 1.399 mg
- 144. Egg, whole, cooked, hard-boiled 1.398 mg
- 145. Snacks, soy chips or crisps, salted 1.395 mg
- 146. Veal, loin, separable lean only, raw 1.390 mg
- 147. Avocados, raw, all commercial varieties 1.389 mg
- 148. Cheese, camembert 1.364 mg
- 149. Veal, sirloin, separable lean and fat, raw 1.360 mg
- 150. Fast foods, burrito, with beef 1.360 mg
- 151. Fireweed, leaves, raw 1.356 mg
- 152. Lima beans, large, mature seeds, raw 1.355 mg
- 153. Mushrooms, enoki, raw 1.350 mg
- 154. Oats 1.349 mg
- 155. Rice, white, medium-grain, raw, enriched 1.342 mg
- 156. Rice, white, medium-grain, raw, unenriched 1.342 mg
- 157. Cereals ready-to-eat, KASHI GOLEAN 1.324 mg
- 158. Triticale 1.323 mg
- 159. Veal, ground, raw 1.310 mg
- 160. Veal, loin, separable lean and fat, raw 1.300 mg

- 161. Veal, shoulder, arm, separable lean only, raw 1.300 mg
- 162. Veal, shank (fore and hind), separable lean only, raw 1.300 mg
- 163. Fast foods, chicken tenders 1.295 mg
- 164. Goose, domesticated, meat and skin, raw 1.294 mg
- 165. Mushrooms, oyster, raw 1.294 mg
- 166. Chicken, broilers or fryers, drumstick, meat only, raw 1.287 mg
- 167. Rice, white, short-grain, raw 1.287 mg
- 168. Gravy, chicken, dry 1.286 mg
- 169. Ostrich, inside strip, raw 1.266 mg
- 170. Pigeon peas (red gram), mature seeds, raw 1.266 mg
- 171. Lima beans, thin seeded (baby), mature seeds, raw 1.265 mg
- 172. Chicken, stewing, dark meat, meat only, raw 1.262 mg
- 173. Veal, shoulder, arm, separable lean and fat, raw 1.260 mg
- 174. Chicken, broilers or fryers, dark meat, meat only, raw 1.249 mg
- 175. Ostrich, outside strip, raw 1.248 mg
- 176. Couscous, dry 1.243 mg
- 177. Hyacinth beans, mature seeds, raw 1.237 mg
- 178. Crackers, matzo, whole-wheat 1.235 mg
- 179. Chicken, broilers or fryers, thigh, meat only, raw 1.233 mg
- 180. Buckwheat 1.233 mg
- 181. Veal, variety meats and by-products, thymus, raw 1.230 mg
- 182. Fish, salmon, coho (silver), raw (Alaska Native) 1.230 mg
- 183. Peanut spread, reduced sugar 1.229 mg

- 184. Chicken, broilers or fryers, back, meat only, raw 1.224 mg
- 185. Ostrich, outside leg, raw 1.221 mg
- 186. Gravy, instant beef, dry 1.218 mg
- 187. Snacks, trail mix, tropical 1.218 mg
- 188. Spaghetti, spinach, dry 1.214 mg
- 189. Egg, whole, cooked, omelet 1.210 mg
- 190. Pate, goose liver, smoked, canned 1.200 mg
- 191. Pate, liver, not specified, canned 1.200 mg
- 192. Pate, truffle flavor 1.200 mg
- 193. Veal, variety meats and by-products, tongue, raw 1.200 mg
- 194. Ostrich, inside leg, raw 1.196 mg
- 195. Veal, rib, separable lean only, raw 1.190 mg
- 196. Chicken, roasting, dark meat, meat only, raw1.183 mg
- 197. Pepperoni, pork, beef 1.183 mg
- 198. Turkey, fryer-roasters, back, meat only, raw 1.182 mg
- 199. Fast foods, chimichanga, with beef 1.180 mg
- 200. Ostrich, tenderloin, raw 1.179 mg
- 201. Chicken, broilers or fryers, leg, meat only, raw 1.178 mg
- 202. Cheese, limburger 1.177 mg
- 203. Ostrich, round, raw 1.175 mg
- 204. Turkey, fryer-roasters, dark meat, meat only, raw 1.173 mg
- 205. Eppaw, raw 1.172 mg
- 206. Turkey, fryer-roasters, leg, meat only, raw 1.169 mg

- 207. Ostrich, tip trimmed, raw 1.167 mg
- 208. Ostrich, fan, raw 1.165 mg
- 209. Fast foods, nachos, with cheese 1.160 mg
- 210. Chicory greens, raw 1.159 mg
- 211. Ostrich, top loin, raw 1.158 mg
- 212. McDONALD'S, Scrambled Eggs 1.158 mg
- 213. Turkey, young hen, dark meat, meat only, raw 1.156 mg
- 214. Turkey, all classes, dark meat, raw 1.155 mg
- 215. Cereals ready-to-eat, Puffed KASHI 1.155 mg
- 216. Turkey, young tom, dark meat, meat only, raw 1.153 mg
- 217. Ostrich, oyster, raw 1.151 mg
- 218. Mushrooms, portabella, raw 1.140 mg
- 219. Fish, salmon, coho, farmed, raw 1.140 mg
- 220. T.G.I. FRIDAY'S, classic sirloin steak 1.133 mg
- 221. Seeds, sunflower seed kernels, dried 1.130 mg
- 222. Veal, rib, separable lean and fat, raw 1.130 mg
- 223. KENTUCKY FRIED CHICKEN, Popcorn Chicken 1.125 mg
- 224. Turkey, fryer-roasters, leg, meat and skin, raw 1.120 mg
- 225. Chorizo, pork and beef 1.120 mg
- 226. Peanut butter, chunk style, with salt 1.118 mg
- 227. Chicken, broilers or fryers, leg, meat and skin, raw 1.110 mg
- 228. Snacks, rice cakes, brown rice, rye 1.110 mg
- 229. Chicken roll, light meat 1.106 mg

- 230. Seeds, breadnut tree seeds, raw 1.103 mg
- 231. Gravy, mushroom, canned 1.100 mg
- 232. Snacks, plantain chips, salted 1.100 mg
- 233. Beans, great northern, mature seeds, raw 1.098 mg
- 234. Chicken, ground, raw 1.092 mg
- 235. Chicken, broilers or fryers, neck, meat only, raw 1.090 mg
- 236. Chicken, stewing, meat only, raw 1.090 mg
- 237. Turkey, all classes, leg, meat and skin, raw 1.090 mg
- 238. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.090 mg
- 239. Chicken patty, frozen, cooked 1.090 mg
- 240. Veal, leg (top round), separable lean only, raw 1.090 mg
- 241. Turkey, young hen, leg, meat and skin, raw 1.089 mg
- 242. Turkey, young tom, leg, meat and skin, raw 1.088 mg
- 243. Chicken patty, frozen, uncooked 1.081 mg
- 244. Beef, variety meats and by-products, spleen, raw 1.081 mg
- 245. Ostrich, ground, raw 1.080 mg
- 246. Mushrooms, chanterelle, raw 1.075 mg
- 247. Salami, cooked, turkey 1.074 mg
- 248. Wild rice, raw 1.074 mg
- 249. Veal, leg (top round), separable lean and fat, raw 1.070 mg
- 250. Spelt, uncooked 1.068 mg
- 251. Peanut butter, smooth, reduced fat 1.066 mg
- 252. Spices, parsley, dried 1.062 mg

- 253. Frankfurter, chicken 1.060 mg
- 254. Salami, dry or hard, pork 1.060 mg
- 255. OSCAR MAYER, Salami (hard) 1.060 mg
- 256. Bacon and beef sticks 1.060 mg
- 257. Salami, Italian, pork 1.060 mg
- 258. Peanut butter, smooth style, with salt 1.060 mg
- 259. Fish, whitefish, eggs (Alaska Native) 1.060 mg
- 260. Chicken, broilers or fryers, meat only, raw 1.058 mg
- 261. Turkey, all classes, neck, meat only, raw 1.055 mg
- 262. Pork, fresh, variety meats and by-products, spleen, raw 1.055 mg
- 263. Fish, tuna, fresh, bluefin, raw 1.054 mg
- 264. Bulgur, dry 1.045 mg
- 265. Sauce, alfredo mix, dry 1.044 mg
- 266. USDA Commodity, Peanut Butter, smooth 1.044 mg
- 267. Turkey, young tom, dark meat, meat and skin, raw 1.039 mg
- 268. Turkey, all classes, dark meat, meat and skin, raw 1.033 mg
- 269. Chicken, broilers or fryers, thigh, meat and skin, raw 1.032 mg
- 270. Chicken, roasting, meat only, raw 1.032 mg
- 271. Turkey, fryer-roasters, back, meat and skin, raw 1.032 mg
- 272. Peas, mature seeds, sprouted, raw 1.029 mg
- 273. Turkey, young hen, dark meat, meat and skin, raw 1.020 mg
- 274. Turkey sausage, fresh, raw 1.020 mg
- 275. McDONALD'S, Peanuts (for Sundaes) 1.020 mg

- 276. Chicken nuggets, frozen, cooked 1.017 mg
- 277. Gravy, brown instant, dry 1.014 mg
- 278. Rice, white, long-grain, regular, raw, enriched 1.014 mg
- 279. Rice, white, long-grain, regular, raw, unenriched 1.014 mg
- 280. Gravy, turkey, dry 1.012 mg
- 281. Muffins, oat bran 1.010 mg
- 282. Wheat flour, whole-grain 1.008 mg
- 283. Egg, whole, cooked, scrambled 1.007 mg
- 284. Sauce, cheese, dry, powder 1.000 mg
- 285. Beef, variety meats and by-products, lungs, raw 1.000 mg
- 286. Energy drink, AMP 1.000 mg
- 287. Fish, herring, Pacific, raw 1.000 mg
- 288. Fish, roe, mixed species, raw 1.000 mg
- 289. Lamb, variety meats and by-products, pancreas, raw 1.000 mg
- 290. Snacks, rice cakes, brown rice, plain 1.000 mg
- 291. Beans, pink, mature seeds, raw 0.997 mg
- 292. Ensure plus, liquid nutrition 0.992 mg
- 293. Fast foods, taco 0.990 mg
- 294. Fish, salmon, king (chinook), raw (Alaska Native) 0.987 mg
- 295. Seeds, flaxseed 0.985 mg
- 296. Macaroni, whole-wheat, dry 0.984 mg
- 297. Spaghetti, whole-wheat, dry 0.984 mg
- 298. Cheese food, cold pack, american 0.977 mg

- 299. Broadbeans (fava beans), mature seeds, raw 0.976 mg
- 300. Lamb, variety meats and by-products, tongue, raw 0.970 mg

Vitamin B7(Biotin):

AI for Vitamin B7				Tenebrio molitor(larvae)(e) (Vitamin B7(95 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast- feeding	all ages	-	35		

	AI for	Tenebrio molitor(adult)(e) (Vitamin B7(77 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		

Children	4-8 years	12	12	
Children	9-13 years	20	20	
Adolescents	14-18 years	25	25	
Adults	19 years and older	30	30	
Pregnancy	all ages	_	30	
Breast- feeding	all ages	-	35	

	AI for	Zophobas morio(e) (Vitamin B7(83 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast- feeding	all ages	-	35		

	AI for	Bombyx mori(larvae)(e) (Vitamin B7(145 mcg/100g)			
Life Stage	Age	Males	Females	How many	Percentage of

		(mcg/day)	(mcg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast- feeding	all ages	-	35		

	AI for	(Vitam	nellonella(e) nin B7(70 /100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast-	all ages	-	35		

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	AI for	epimethea((Vitam	orasia caterpillar)(k) nin B7(25 //100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast- feeding	all ages	-	35		

AI for Vitamin B7				truncata(c (Vitam	orasia aterpillar)(k) ain B7(49 /100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		

Children	1-3 years	8	8	
Children	4-8 years	12	12	
Children	9-13 years	20	20	
Adolescents	14-18 years	25	25	
Adults	19 years and older	30	30	
Pregnancy	all ages	-	30	
Breast- feeding	all ages	-	35	

	AI for	oyemensis((Vitam	caurelia caterpillar)(k) nin B7(32 1/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast- feeding	all ages	-	35		

AI for Vitamin B7	Acheta domesticus(adult)
	(e) (Vitamin B7(55

				mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		
Pregnancy	all ages	-	30		
Breast- feeding	all ages	-	35		

	AI for Vitamin B7				esticus(nymph) min B7(22 /100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	5	5		
Infants	7-12 months	6	6		
Children	1-3 years	8	8		
Children	4-8 years	12	12		
Children	9-13 years	20	20		
Adolescents	14-18 years	25	25		
Adults	19 years and older	30	30		

Pregnancy	all ages	-	30	
Breast- feeding	all ages	-	35	

Vitamin A:

Recomme	ended Dieta	ry Allowanco	(Periplaneta americana(nymphs))(a)Vitamin A(9 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recommended Dietary Allowance for Vitamin A	(Periplaneta
	(= 0.17.11.11.11

					ults))(a) Vitamin ncg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recommended Dietary Allowance for Vitamin A			(Analeptes trifasciata)) (c)Vitamin A(13 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12	500	500		

	months			
Children	1-3 years	300	300	
Children	4-8 years	400	400	
Children	9-13 years	600	600	
Adolescents	14-18 years	900	700	
Adults	19+ years	900	700	
Pregnancy	18 years and younger	-	750	
Pregnancy	19+ years	-	770	
Breast- feeding	18 years and younger		1,200	
Breast- feeding	19 years and older		1,300	

Recomi	nended Dieta	(Oryctes boas)(c)Vitamin A(9 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		

Breast- feeding and older	1,300	
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Recomi	nended Dieta	(Rhyncophorus phoenicis)) (c)Vitamin A(11 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recommended Dietary Allowance for Vitamin A			(Periplaneta americana(adults))(a)Vitamin A(48 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recommended Dietary Allowance for Vitamin A				(Tenebrio molitor(adults)) (a)Vitamin A(23 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		

Adults	19+ years	900	700	
Pregnancy	18 years and younger	-	750	
Pregnancy	19+ years	_	770	
Breast- feeding	18 years and younger		1,200	
Breast- feeding	19 years and older		1,300	

Recommended Dietary Allowance for Vitamin A				(Zophobas morio)) (f)Vitamin A(29 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recommended Dietary Allowance for Vitamin A					Gera(honeybee) A(12 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	_	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recomm	nended Dieta	Smith(femal	ara vidua e))(h)Vitamin ncg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		

Infants	7-12 months	500	500	
Children	1-3 years	300	300	
Children	4-8 years	400	400	
Children	9-13 years	600	600	
Adolescents	14-18 years	900	700	
Adults	19+ years	900	700	
Pregnancy	18 years and younger	-	750	
Pregnancy	19+ years	-	770	
Breast- feeding	18 years and younger		1,200	
Breast- feeding	19 years and older		1,300	

Recomi	nended Dieta	(Bombyx mori(larvae)) (e)Vitamin A(274 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		

Breast- feeding	18 years and younger	1,200	
Breast- feeding	19 years and older	1,300	

Recommen	ded Dieta	ry Allowanc	(Imbrasia epimethtea(caterpillars)) (k)Vitamin A(47 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	_	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recommended Dietary Allowance for Vitamin A				(Imbrasia truncate(caterpillar)) (k)Vitamin A(33 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)		Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	400	400			
Infants	7-12 months	500	500			
Children	1-3 years	300	300			
Children	4-8 years	400	400			
Children	9-13 years	600	600			
Adolescents	14-18 years	900	700			
Adults	19+ years	900	700			
Pregnancy	18 years and younger	-	750			
Pregnancy	19+ years	-	770			
Breast- feeding	18 years and younger		1,200			
Breast- feeding	19 years and older		1,300			

Recommended Dietary Allowance for Vitamin A				(k)Vita	a oyemensis)) min A(32 /100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		

Infants	7-12 months	500	500	
Children	1-3 years	300	300	
Children	4-8 years	400	400	
Children	9-13 years	600	600	
Adolescents	14-18 years	900	700	
Adults	19+ years	900	700	
Pregnancy	18 years and younger	-	750	
Pregnancy	19+ years	-	770	
Breast- feeding	18 years and younger		1,200	
Breast- feeding	19 years and older		1,300	

Recommended Dietary Allowance for Vitamin A				(Acheta domesticus(adult)) (f)Vitamin A(24 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		

Breast- feeding	18 years and younger	1,200	
Breast- feeding	19 years and older	1,300	

Recomi	mended Dieta	(Acheta domesticus(juvenile crickets))(f)Vitamin A(14 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

	(Ruspolia differens(brown))
Recommended Dietary Allowance for Vitamin A	(1) Vitamin A(280
	mcg/100g)

Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Recomr	nended Dieta	(1)Vitar	fferens(green)) nin A(210 f/100g)		
Life Stage	ge Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		

Children	9-13 years	600	600	
Adolescents	14-18 years	900	700	
Adults	19+ years	900	700	
Pregnancy	18 years and younger	-	750	
Pregnancy	19+ years	-	770	
Breast- feeding	18 years and younger		1,200	
Breast- feeding	19 years and older		1,300	

Recomi	mended Dieta	instar larvae	variegates(1st e))(m)Vitamin mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day) ind		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast-	19 years		1,300		

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feeding	and older		

Recommended Dietary Allowance for Vitamin A					ariegates(adult)) A(814 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	500	500		
Children	1-3 years	300	300		
Children	4-8 years	400	400		
Children	9-13 years	600	600		
Adolescents	14-18 years	900	700		
Adults	19+ years	900	700		
Pregnancy	18 years and younger	-	750		
Pregnancy	19+ years	-	770		
Breast- feeding	18 years and younger		1,200		
Breast- feeding	19 years and older		1,300		

Below is a list of the top several hundred sources of vitamin A in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect

consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Fish oil, cod liver 30,000 mcg RAE
- 2. Turkey, liver, all classes, raw 21,702 mcg_RAE
- 3. Duck, domesticated, liver, raw 11,984 mcg RAE
- 4. Veal, variety meats and by-products, liver, raw 11,707 mcg RAE
- 5. Goose, liver, raw 9,309 mcg RAE
- 6. Liver sausage, liverwurst, pork 8,308 mcg RAE
- 7. Lamb, variety meats and by-products, liver, raw 7,391 mcg RAE
- 8. Pork, fresh, variety meats and by-products, liver, raw 6,502 mcg RAE
- 9. Liver cheese, pork 5,252 mcg RAE
- 10. Beef, variety meats and by-products, liver, raw 4,968 mcg RAE
- 11. Pate, truffle flavor 4,505 mcg RAE
- 12. Chicken, capons, giblets, raw 4,374 mcg RAE
- 13. Braunschweiger (a liver sausage), pork 4,220 mcg RAE
- 14. Liverwurst spread 4,091 mcg RAE
- 15. Carrot, dehydrated 3,423 mcg RAE
- 16. Chicken, liver, all classes, raw 3,296 mcg RAE
- 17. Chicken, stewing, giblets, raw 3,152 mcg RAE
- 18. Chicken, roasting, giblets, raw 2,880 mcg RAE
- 19. Chicken, broilers or fryers, giblets, raw 2,657 mcg RAE
- 20. Spices, paprika 2,637 mcg RAE
- 21. Turkey, all classes, giblets, raw 2,302 mcg RAE
- 22. Spices, pepper, red or cayenne 2,081 mcg RAE

- 23. Peppers, pasilla, dried 1,788 mcg RAE
- 24. Cereals, MAYPO, dry1,589 mcg_RAE
- 25. Spices, chili powder 1,483 mcg_RAE
- 26. Grape leaves, raw 1,376 mcg RAE
- 27. Cereals, CREAM OF WHEAT, instant, dry 1,341 mcg_RAE
- 28. Cereals ready-to-eat, WAFFELOS 1,324 mcg RAE
- 29. Peppers, hot chile, sun-dried 1,324 mcg RAE
- 30. Snacks, sweet potato chips 1,184 mcg RAE
- 31. Oil, spotted seal (Alaska Native) 1,044 mcg RAE
- 32. Fish, eel, mixed species, raw 1,043 mcg RAE
- 33. Pepper, ancho, dried 1,022 mcg RAE
- 34. Pate, goose liver, smoked, canned 1,001 mcg RAE
- 35. Pate, liver, not specified, canned 991 mcg RAE
- 36. Carrot juice, canned 956 mcg RAE
- 37. Tomato powder 862 mcg RAE
- 38. Butter oil, anhydrous 840 mcg RAE
- 39. Carrots, raw 835 mcg RAE

[Zonocerus variegatus (adult)(m) 814 mcg]

- 40. Broccoli, leaves, raw 800 mcg_RAE
- 41. Kale, raw 769 mcg_RAE

[Carebara vidua Smith(female)(h) 767 mcg]

- 42. Sweet potato, raw, unprepared 709 mcg RAE
- 43. Cereals ready-to-eat, POST, ALPHA-BITS 704 mcg RAE

- 44. Oil, beluga, whale (Alaska Native) 694 mcg RAE
- 45. Carrots, baby, raw 690 mcg_RAE
- 46. Butter, salted 684 mcg RAE
- 47. Butter, whipped, with salt 684 mcg_RAE
- 48. Butter, without salt 684 mcg_RAE
- 49. Fish, tuna, fresh, bluefin, raw 655 mcg_RAE
- 50. Scrapple, pork 626 mcg_RAE
- 51. Soup, cream of vegetable, dry, powder 600 mcg RAE
- 52. Lambsquarters, raw 580 mcg RAE
- 53. Turnip greens, raw 579 mcg RAE
- 54. Whale, beluga, eyes (Alaska Native) 561 mcg RAE
- 55. Squash, winter, butternut, raw 532 mcg RAE
- 56. Spearmint, dried 529 mcg RAE
- 57. Mustard greens, raw 525 mcg RAE
- 58. Sweet potato, frozen, unprepared 518 mcg RAE
- 59. Cereals ready-to-eat, Ralston TASTEEOS 513 mcg RAE
- 60. Dandelion greens, raw 508 mcg RAE
- 61. Cereals ready-to-eat, KELLOGG, SMORZ 500 mcg RAE
- 62. Mustard spinach, (tendergreen), raw 495 mcg RAE
- 63. Cheese, goat, hard type 486 mcg RAE
- 64. Peas and carrots, frozen, unprepared 475 mcg RAE
- 65. Spices, basil, dried 469 mcg_RAE
- 66. Spinach, raw 469 mcg_RAE

- 67. Butter, light, stick, with salt 465 mcg RAE
- 68. Butter, light, stick, without salt 465 mcg_RAE
- 69. Pie, pumpkin, commercially prepared 448 mcg_RAE
- 70. Cheese substitute, mozzarella 437 mcg_RAE
- 71. Lettuce, cos or romaine, raw 436 mcg RAE
- 72. Pokeberry shoots, (poke), raw 435 mcg_RAE
- 73. Sweet potato, canned, mashed 435 mcg RAE
- 74. Pie, pumpkin, prepared from recipe 426 mcg_RAE
- 75. Parsley, raw 421 mcg RAE
- 76. Beef, variety meats and by-products, kidneys, raw 419 mcg RAE
- 77. Egg, yolk, dried 417 mcg RAE
- 78. Cream, fluid, heavy whipping411 mcg RAE
- 79. Cheese, goat, semisoft type 407 mcg_RAE
- 80. Winged bean leaves, raw 405 mcg RAE
- 81. Spices, marjoram, dried 403 mcg RAE
- 82. Vinespinach, (basella), raw 400 mcg RAE
- 83. Sweet potato, canned, vacuum pack 399 mcg RAE
- 84. Egg rolls, pork, refrigerated, heated 390 mcg RAE
- 85. Dill weed, fresh 386 mcg RAE
- 86. Egg, yolk, raw, fresh 381 mcg RAE
- 87. Waffles, plain, frozen, ready-to-heat 381 mcg RAE
- 88. Horseradish-tree leafy tips, raw 378 mcg RAE
- 89. Lettuce, red leaf, raw 375 mcg RAE

- 90. Lettuce, green leaf, raw 370 mcg_RAE
- 91. Egg substitute, powder 369 mcg_RAE
- 92. Pumpkin, raw 369 mcg_RAE
- 93. Egg, yolk, raw, frozen 367 mcg_RAE
- 94. Cheese, cream 366 mcg_RAE
- 95. Cornsalad, raw 355 mcg RAE

[Macrotermes nigeriensis(i) 350 mcg]

- 96. Cress, garden, raw 346 mcg RAE
- 97. Cheese, limburger 340 mcg RAE
- 98. Coriander (cilantro) leaves, raw 337 mcg RAE
- 99. Cheese, gjetost 334 mcg RAE
- 100. Collards, raw 333 mcg RAE
- 101. Beet greens, raw 316 mcg RAE
- 102. Cheese, port de salut 315 mcg RAE
- 103. Swamp cabbage, (skunk cabbage), raw 315 mcg RAE
- 104. Spices, bay leaf 309 mcg RAE
- 105. Chard, swiss, raw 306 mcg RAE
- 106. Cheese spread, cream cheese base 302 mcg RAE
- 107. Cheese, muenster 298 mcg_RAE
- 108. Toaster pastries, brown-sugar-cinnamon 296 mcg_RAE
- 109. Spices, sage, ground 295 mcg RAE
- 110. Cheese, roquefort 294 mcg_RAE
- 111. Spices, chervil, dried 293 mcg RAE

- 112. Spices, coriander leaf, dried 293 mcg_RAE
- 113. Spices, dill weed, dried 293 mcg_RAE
- 114. Cheese, brick 292 mcg RAE
- 115. Cheese, goat, soft type 288 mcg_RAE
- 116. Chicory greens, raw 286 mcg RAE
- 117. Breakfast tart, low fat 285 mcg RAE

[Ruspolia differens(brown)(l) 280 mcg]

- 118. Cream, fluid, light whipping 279 mcg RAE
- 119. Whale, beluga, flipper, raw (Alaska Native) 279 mcg RAE
- 120. Jute, potherb, raw 278 mcg RAE
- 121. Egg, whole, dried 275 mcg RAE

[Bombyx mori (larvae)(e) 274 mcg]

- 122. Cheese, caraway 271 mcg RAE
- 123. Cheese, gruyere 271 mcg RAE
- 124. Fish, caviar, black and red, granular 271 mcg RAE
- 125. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 267 mcg RAE
- 126. Cheese, cheddar 265 mcg RAE
- 127. Cheese, colby 264 mcg_RAE
- 128. Cheese, low-sodium, cheddar or colby 264 mcg_RAE
- 129. Basil, fresh 264 mcg_RAE
- 130. Cheese, fontina 261 mcg RAE
- 131. Seaweed, laver, raw 260 mcg_RAE
- 132. Milk, dry, whole, with added vitamin D 258 mcg RAE

- 133. Spices, savory, ground 257 mcg RAE
- 134. Vegetables, mixed, frozen, unprepared 254 mcg_RAE
- 135. Cheese, tilsit 249 mcg RAE
- 136. Cheese, pasteurized process, pimento244 mcg_RAE
- 137. Cheese, edam 243 mcg RAE
- 138. Cheese, camembert 241 mcg_RAE
- 139. Cheese, neufchatel 241 mcg RAE
- 140. Taro leaves, raw 241 mcg RAE
- 141. Thyme, fresh 238 mcg RAE
- 142. Cheese food, pasteurized process, swiss 237 mcg RAE
- 143. Cheese, provolone 236 mcg RAE
- 144. Cheese, cheshire 233 mcg RAE
- 145. Cheese, parmesan, grated 229 mcg_RAE
- 146. Cheese, parmesan, shredded 229 mcg RAE
- 147. Cabbage, chinese (pak-choi), raw 223 mcg RAE
- 148. Cheese, swiss 220 mcg RAE
- 149. New Zealand spinach, raw 220 mcg RAE
- 150. Chives, raw 218 mcg RAE
- 151. Fish, mackerel, king, raw 218 mcg_RAE
- 152. Pate, chicken liver, canned 217 mcg RAE
- 153. Peppermint, fresh 212 mcg RAE

Ruspolia differens(green)(l) 210 mcg]

154. Spices, tarragon, dried210 mcg_RAE

- 155. Borage, raw 210 mcg RAE
- 156. Fish, sturgeon, mixed species, raw 210 mcg RAE
- 157. Cheese, parmesan, hard 207 mcg RAE
- 158. Croissants, butter 206 mcg RAE
- 159. Croissants, cheese 204 mcg RAE
- 160. Spearmint, fresh 203 mcg_RAE
 - 161. Dock, raw 200 mcg_RAE
- 162. Cheese, blue 198 mcg RAE
- 163. Cheese, monterey 198 mcg RAE
- 164. Egg, whole, cooked, fried 198 mcg RAE
- 165. Egg, duck, whole, fresh, raw 194 mcg RAE
- 166. Spices, thyme, dried 190 mcg RAE
- 167. Milk and cereal bar 188 mcg_RAE
- 168. Egg, goose, whole, fresh, raw 187 mcg_RAE
- 169. McDONALD'S, Scrambled Eggs 182 mcg RAE
- 170. Fiddlehead ferns, raw 181 mcg RAE
- 171. Fireweed, leaves, raw 180 mcg RAE
- 172. Cheese, mozzarella, whole milk 179 mcg RAE
- 173. Cream, sour, cultured 176 mcg_RAE
- 174. Cookies, brownies, prepared from recipe 176 mcg_RAE
- 175. Fast foods, egg, scrambled 176 mcg_RAE
- 176. Celtuce, raw 175 mcg_RAE
- 177. Cheese, brie 174 mcg_RAE

- 178. Melons, cantaloupe, raw 169 mcg_RAE
- 179. Egg, turkey, whole, fresh, raw 166 mcg_RAE
- 180. Cheese, gouda 165 mcg RAE
- 181. Ice creams, french vanilla, soft-serve 162 mcg RAE
- 182. Watercress, raw 160 mcg RAE
- 183. Cheese food, cold pack, american 159 mcg_RAE
- 184. Egg, whole, raw, frozen 158 mcg_RAE
- 185. Peppers, sweet, red, raw 157 mcg RAE
- 186. Egg, quail, whole, fresh, raw 156 mcg RAE
- 187. Spices, rosemary, dried 156 mcg RAE
- 188. Cereals, NESTUM, prepared with water 156 mcg RAE
- 189. Egg, whole, cooked, omelet 155 mcg RAE
- 190. Cheese, Mexican, blend, reduced fat 155 mcg RAE
- 191. Soup, stockpot, canned, condensed 155 mcg RAE
- 192. Soup, vegetable beef, canned, condensed 155 mcg RAE
- 193. Kale, scotch, raw 155 mcg RAE
- 194. Entrees, crab cake 155 mcg RAE
- 195. Cheesecake commercially prepared 153 mcg RAE
- 196. GARDENBURGER, Gourmet Fire Dragon Steak 151 mcg RAE
- 197. Broccoli, flower clusters, raw 150 mcg RAE
- 198. GARDENBURGER, Gourmet Tuscany Steak 150 mcg_RAE
- 199. Egg, whole, cooked, hard-boiled 149 mcg RAE
- 200. Ensure plus, liquid nutrition 149 mcg RAE

- 201. Egg, whole, cooked, scrambled 146 mcg_RAE
- 202. Rosemary, fresh 146 mcg_RAE
- 203. Amaranth leaves, raw 146 mcg RAE
- 204. ENSURE FIBER WITH FOS, liquid 144 mcg RAE
- 205. Egg, whole, raw, fresh 140 mcg_RAE
- 206. Egg, whole, cooked, poached 139 mcg_RAE
- 207. Fast foods, biscuit with egg and steak 139 mcg RAE
- 208. Smelt, dried (Alaska Native) 139 mcg_RAE
- 209. Fast foods, egg and cheese sandwich 138 mcg RAE
- 210. Cheese, mozzarella, low sodium 137 mcg RAE
- 211. Fish, salmon, chinook, raw 136 mcg RAE
- 212. Fish, salmon, king (chinook), raw (Alaska Native) 136 mcg RAE
- 213. Pimento, canned 133 mcg_RAE
- 214. Spices, poultry seasoning 132 mcg RAE
- 215. Fast foods, biscuit, with egg 132 mcg RAE
- 216. Broccoli raab, raw 131 mcg RAE
- 217. Sauce, homemade, white, thick 130 mcg RAE
- 218. Cheese, mozzarella, part skim milk 127 mcg RAE
- 219. Cheese, mozzarella, nonfat 127 mcg_RAE
- 220. McDONALD'S, Warm Cinnamon Roll 126 mcg_RAE
- 221. Cheese, feta 125 mcg RAE
- 222. Chicken, broilers or fryers, separable fat, raw 125 mcg_RAE
- 223. Cheese, parmesan, low sodium 125 mcg RAE

- 224. Cheese, ricotta, whole milk 120 mcg RAE
- 225. Fish, bluefish, raw 120 mcg RAE
- 226. Sour cream, reduced fat 119 mcg RAE
- 227. Arugula, raw 119 mcg RAE
- 228. Ice creams, vanilla 118 mcg RAE
- 229. Ice creams, chocolate 118 mcg RAE
- 230. Egg Mix, USDA Commodity 117 mcg RAE
- 231. Chrysanthemum, garland, raw 116 mcg RAE
- 232. Seal, ringed, meat (Alaska Native) 116 mcg RAE
- 233. Cheese, american cheddar, imitation 114 mcg RAE
- 234. Fish, wolffish, Atlantic, raw 113 mcg RAE
- 235. Mollusks, cuttlefish, mixed species, raw 113 mcg RAE

[Zonocerus variegatus (1st instar larvae)(m) 112 mcg]

- 236. Cheese fondue 109 mcg RAE
- 237. Endive, raw 108 mcg RAE
- 238. Cheese, ricotta, part skim milk 107 mcg RAE
- 239. Sauce, homemade, white, medium 104 mcg RAE
- 240. Soup, beef noodle, dry, mix 103 mcg RAE
- 241. Cream, sour, reduced fat, cultured 102 mcg RAE
- 242. Taro, tahitian, raw 102 mcg RAE
- 243. Whale, beluga, meat, raw (Alaska Native) 102 mcg_RAE
- 244. Fast foods, french toast with butter 101 mcg RAE
- 245. Prune puree 100 mcg RAE
- 246. Cream, fluid, half and half 97 mcg RAE
- 247. Spices, parsley, dried 97 mcg RAE
- 248. Pumpkin flowers, raw 97 mcg RAE
- 249. Pumpkin leaves, raw 97 mcg RAE
- 250. Cake, carrot, dry mix, pudding-type 97 mcg RAE

- 251. Sea lion, Steller, fat (Alaska Native) 97 mcg RAE
- 252. Cheese, romano 96 mcg RAE
- 253. Apricots, raw 96 mcg RAE
- 254. Ice creams, strawberry 96 mcg RAE
- 255. Lamb, variety meats and by-products, kidneys, raw 95 mcg RAE
- 256. Chrysanthemum leaves, raw 94 mcg RAE
- 257. Croissants, apple 94 mcg RAE
- 258. Muffins, blueberry, toaster-type 94 mcg RAE
- 259. Caribou, hind quarter meat, raw (Alaska Native) 94 mcg RAE
- 260. Fish, sablefish, raw 93 mcg RAE
- 261. GARDENBURGER, Veggie Medley Burger 92 mcg RAE
- 262. Veal, variety meats and by-products, kidneys, raw 92 mcg RAE
- 263. McDONALD'S, Hot Caramel Sundae 92 mcg RAE
- 264. Ham and cheese spread 91 mcg RAE
- 265. Shake, fast food, vanilla 91 mcg RAE
- 266. GARDENBURGER, California Burger 91 mcg RAE
- 267. Fish, whitefish, eggs (Alaska Native) 91 mcg RAE
- 268. Sour cream, light 90 mcg RAE
- 269. Fish, roe, mixed species, raw 90 mcg RAE
- 270. Mollusks, clam, mixed species, raw 90 mcg RAE
- 271. Mollusks, oyster, eastern, canned 90 mcg RAE
- 272. Soup, scotch broth, canned, condensed 89 mcg RAE
- 273. Melon balls, frozen 89 mcg RAE
- 274. DENNY'S, mozzarella cheese sticks 89 mcg RAE
- 275. Balsam-pear (bitter gourd), leafy tips, raw 87 mcg RAE
- 276. Coffeecake, cheese 86 mcg RAE
- 277. McDONALD'S, Sausage Burrito 86 mcg RAE
- 278. Spices, oregano, dried 85 mcg RAE
- 279. Soup, minestrone, canned, condensed 85 mcg RAE
- 280. Fish, trout, rainbow, farmed, raw 84 mcg RAE
- 281. Leeks, (bulb and lower leaf-portion), raw 83 mcg RAE
- 282. Cheese sauce, prepared from recipe 82 mcg RAE
- 283. Sauce, ready-to-serve, pepper, TABASCO 82 mcg RAE
- 284. Pie, pecan, prepared from recipe 82 mcg RAE
- 285. Persimmons, japanese, raw 81 mcg RAE
- 286. Mollusks, oyster, Pacific, raw81 mcg RAE
- 287. McDONALD'S, Strawberry Sundae 81 mcg RAE
- 288. McDONALD'S, Hot Fudge Sundae 81 mcg RAE
- 289. Sauce, cheese, ready-to-serve 80 mcg RAE
- 290. Cowpeas, young pods with seeds, raw 80 mcg RAE
- 291. Tostada with guacamole 80 mcg RAE
- 292. Frankfurter, pork 79 mcg RAE
- 293. Soup, tomato vegetable, dry, mix 78 mcg RAE
- 294. Pickle and pimiento loaf, pork 78 mcg RAE
- 295. Vegetable juice cocktail, canned 78 mcg RAE
- 296. Tomato and vegetable juice, low sodium 78 mcg RAE

297. Bockwurst, pork, veal, raw 77 mcg RAE

298. Cake, sponge, prepared from recipe 77 mcg RAE

299. Chicken, broilers or fryers, skin only, raw 76 mcg RAE

300. Loquats, raw 76 mcg_RAE

[Periplaneta americana (adults)(a) 48 mcg]

[Imbrasia epimethea (caterpillars)(k) 47 mcg]

[Imbrasia truncate (caterpillars)(k) 33 mcg]

[Nudaurelia oyemensis (caterpillars)(k) 32 mcg]

[Zophobas morio(f) 29 mcg]

[Acheta domesticus(adults)(f) 24 mcg]

[Tenebrio molitor(f) 24 mcg]

[Acheta domesticus (juvenile crickets(f) 14 mcg]

[Analeptes trifasciata(c) 13 mcg]

[Apis mellifera(c) 12 mcg]

[Rhyncophorus phoenicis(c) 11 mcg]

[Periplaneta americana (adults)(a) 9 mcg]

[Periplaneta americana L (larvae)(b) 5 mcg]

Vitamin C:

Recommo	ended Dieta	and nymphs))	americana (adult (a)Vitamin C(24 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		

Infants	7-12 months	50 (AI)	50 (AI)	
Children	1-3 years	15	15	
Children	4-8 years	25	25	
Children	9-13 years	45	45	
Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recomm	ended Dieta		es trifasciata) C(5 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		

Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recomme	ended Dieta	(Asplagiognathus spinosus(larvae))(a)Vitamin C(23 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years	-	80		

	and younger		
Pregnancy	19 years and older	85	
Breast- feeding	18 years and younger	115	
Breast- feeding	19 years and older		

Recommended Dietary Allowance for Vitamin C				(Oryctes boas))(c)Vitamin C(8 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and		115		

	younger		
Breast- feeding	19 years and older		

Recommended Dietary Allowance for Vitamin C				(Rhyncophorus phoenicis)) (c)Vitamin C(4 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recomme	ended Dieta		nolitor(larvae)) C(36 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recomm	Recommended Dietary Allowance for Vitamin C			,	nolitor(pupae)) C(15 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

	1			1	
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recomm	ended Dieta	· ·	nolitor(adult)) C(46 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		

Children	9-13 years	45	45	
Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommended Dietary Allowance for Vitamin C				\ 1	<i>Cera</i> (honeybee)) C(10 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		

Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommended Dietary Allowance for Vitamin C					g)Vitamin C(16 //100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast-	18 years		115		

feeding	and younger		
Breast- feeding	19 years and older		

Recomme	ended Dieta	\ <u> </u>	m apiculatum)) C(36 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recomme	ended Dieta	\	nes bellicosus) C(3 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recommended Dietary Allowance for Vitamin C			,	nes nigeriensis) C(18 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

			E	
Infants	0-6 months	40 (AI)	40 (AI)	
Infants	7-12 months	50 (AI)	50 (AI)	
Children	1-3 years	15	15	
Children	4-8 years	25	25	
Children	9-13 years	45	45	
Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recomm	ended Dieta	`	mis notalensis) C(3 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		

Children	9-13 years	45	45	
Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommended Dietary Allowance for Vitamin C					acta(caterpillar)) C(5 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		

Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommended Dietary Allowance for Vitamin C					ulata))(c)Vitamin mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		

Breast- feeding	18 years and younger	115	
Breast- feeding	19 years and older		

Recommended Dietary Allowance for Vitamin C				ulata))(c)Vitamin mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recommended Dietary Allowance for Vitamin C					c.(caterpillars)) C(3 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recommended Dietary Allowance for Vitamin C				da(caterpillars)) C(2 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	40 (AI)	40 (AI)	
Infants	7-12 months	50 (AI)	50 (AI)	
Children	1-3 years	15	15	
Children	4-8 years	25	25	
Children	9-13 years	45	45	
Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommen	nded Dieta	ary Allowan	`	hypirioides(larvae)) C(46 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8	25	25		

	years			
Children	9-13 years	45	45	
Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recomme	nded Dieta	ry Allowan	(Xyleutes redtembacheri(larvae)) (a)Vitamin C(18 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		

Adolescents	14-18 years	75	65	
Adults	19+ years	90	75	
Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommended Dietary Allowance for Vitamin C				(Acheta domesticus(adults)) (f)Vitamin C(10 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		

Smokers	19+ years	125	110	
Pregnancy	18 years and younger	-	80	
Pregnancy	19 years and older		85	
Breast- feeding	18 years and younger		115	
Breast- feeding	19 years and older			

Recommended Dietary Allowance for Vitamin C				(Acheta domesticus(nymphs)) (e)Vitamin C(8 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		

Breast- feeding	18 years and younger	115	
Breast- feeding	19 years and older		

Recommended Dietary Allowance for Vitamin C				(Acheta domesticus(adults)) (a)Vitamin C(24 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Recomme	Recommended Dietary Allowance for Vitamin C				s variegatus)) C(8 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	40 (AI)	40 (AI)		
Infants	7-12 months	50 (AI)	50 (AI)		
Children	1-3 years	15	15		
Children	4-8 years	25	25		
Children	9-13 years	45	45		
Adolescents	14-18 years	75	65		
Adults	19+ years	90	75		
Smokers	19+ years	125	110		
Pregnancy	18 years and younger	-	80		
Pregnancy	19 years and older		85		
Breast- feeding	18 years and younger		115		
Breast- feeding	19 years and older				

Below is a list of the top several hundred sources of vitamin C in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect

consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Acerola, (west indian cherry), raw 1,677.6 mg
- 2. Acerola juice, raw 1,600.0 mg
- 3. Spices, coriander leaf, dried 566.7 mg
- 4. McDONALD'S, Apple Dippers 277.0 mg
- 5. Peppers, hot chili, green, raw 242.5 mg
- 6. Guavas, common, raw228.3 mg
- 7. SILK Hazelnut Creamer 200.0 mg
- 8. Peppers, sweet, yellow, raw 183.5 mg
- 9. Currants, european black, raw 181.0 mg
- 10. Thyme, fresh 160.1 mg
- 11. Cloudberries, raw (Alaska Native) 158.0 mg
- 12. Fruit punch drink, frozen concentrate 155.6 mg
- 13. Guava sauce, cooked 146.4 mg
- 14. McDONALD'S, Fruit & Walnut Salad 145.3 mg
- 15. Peppers, hot chili, red, raw 143.7 mg
- 16. Horseradish-tree, pods, raw 141.0 mg
- 17. Orange peel, raw 136.0 mg
- 18. Pokeberry shoots, (poke), raw 136.0 mg
- 19. Parsley, raw 133.0 mg
- 20. Mustard spinach, (tendergreen), raw 130.0 mg
- 21. Kale, scotch, raw 130.0 mg
- 22. Lemon peel, raw 129.0 mg

- 23. Peppers, sweet, red, raw 127.7 mg
- 24. Spices, parsley, dried 125.0 mg
- 25. Kale, raw 120.0 mg
- 26. Snacks, fruit leather, rolls 120.0 mg
- 27. Tomato powder 116.7 mg
- 28. Kiwifruit, gold, raw 105.4 mg
- 29. Vinespinach, (basella), raw 102.0 mg
- 30. Fireweed, young leaves, raw (Alaska Native) 99.0 mg
- 31. Taro, tahitian, raw 96.0 mg
- 32. Broccoli, leaves, raw 93.2 mg
- 33. Broccoli, flower clusters, raw 93.2 mg
- 34. Broccoli, stalks, raw 93.2 mg
- 35. Peppers, hungarian, raw 92.9 mg
- 36. Kiwifruit, green, raw 92.7 mg
- 37. Formulated bar, POWER BAR, chocolate 92.3 mg
- 38. Broccoli, raw 89.2 mg
- 39. Cauliflower, green, raw 88.1 mg
- 40. Balsam-pear (bitter gourd), leafy tips, raw 88.0 mg
- 41. Dill weed, fresh 85.0 mg
- 42. Brussels sprouts, raw 85.0 mg
- 43. Pimento, canned 84.9 mg
- 44. Longans, raw 84.0 mg
- 45. Balsam-pear (bitter gourd), pods, raw 84.0 mg

- 46. Pepper, banana, raw 82.7 mg
- 47. Spices, cloves, ground 80.8 mg
- 48. Spices, saffron 80.8 mg
- 49. Peppers, sweet, green, raw 80.4 mg
- 50. Lambsquarters, raw 80.0 mg
- 51. Lemons, raw, with peel 77.0 mg
- 52. Spices, pepper, red or cayenne 76.4 mg
- 53. Sauce, ready-to-serve, pepper or hot 74.8 mg
- 54. Sesbania flower, raw 73.0 mg
- 55. Litchis, raw 71.5 mg
- 56. Spices, paprika 71.1 mg
- 57. Oranges, raw, with peel 71.0 mg
- 58. Mustard greens, raw 70.0 mg
- 59. Jujube, raw 69.0 mg
- 60. Cress, garden, raw 69.0 mg
- 61. Sourdock, young leaves (Alaska Native) 68.0 mg
- 62. Persimmons, native, raw 66.0 mg
- 63. Spices, chili powder 64.1 mg
- 64. Cereals, MAYPO, dry64.0 mg
- 65. Kohlrabi, raw 62.0 mg
- 66. Papayas, raw 61.8 mg
- 67. Cereals ready-to-eat, UNCLE SAM CEREAL 61.5 mg
- 68. Spices, basil, dried 61.2 mg

- 69. Spices, rosemary, dried 61.2 mg
- 70. Pummelo, raw 61.0 mg
- 71. Peas, edible-podded, raw 60.0 mg
- 72. Turnip greens, raw 60.0 mg
- 73. Oranges, raw, navels 59.1 mg
- 74. Strawberries, raw 58.8 mg
- 75. Chives, raw 58.1 mg
- 76. Cabbage, red, raw 57.0 mg
- 77. Pineapple, raw, extra sweet variety 56.4 mg
- 78. Snacks, fruit leather, pieces 56.0 mg
- 79. Swamp cabbage, (skunk cabbage), raw 55.0 mg
- 80. Abiyuch, raw 54.1 mg
- 81. Snacks, potato chips, cheese-flavor 54.1 mg
- 82. Oranges, raw, all commercial varieties 53.2 mg
- 83. Cereals ready-to-eat, WAFFELOS 53.0 mg
- 84. Lemons, raw, without peel 53.0 mg
- 85. Taro leaves, raw 52.0 mg
- 86. Horseradish-tree leafy tips, raw 51.7 mg
- 87. Spices, marjoram, dried 51.4 mg
- 88. Spices, chervil, dried 50.0 mg
- 89. Spices, dill weed, dried 50.0 mg
- 90. Spices, savory, ground 50.0 mg
- 91. Spices, tarragon, dried50.0 mg

- 92. Spices, thyme, dried 50.0 mg
- 93. Cereals ready-to-eat, KELLOGG, SMORZ 50.0 mg
- 94. Orange juice, raw 50.0 mg
- 95. Veal, variety meats and by-products, thymus, raw 49.2 mg
- 96. Clementines, raw 48.8 mg
- 97. Oranges, raw, California, valencias 48.5 mg
- 98. Cauliflower, raw 48.2 mg
- 99. Dock, raw 48.0 mg
- 100. Pineapple, raw, all varieties 47.8 mg
- 101. Snacks, potato sticks 47.3 mg
- 102. Spices, bay leaf 46.5 mg

[Tenebrio molitor(adults)(a) 46 mg]

[Latebraria amphypirioides (larvae)(a) 46 mg]

- 103. Lemon juice, raw 46.0 mg
- 104. Beef, variety meats and by-products, spleen, raw 45.5 mg
- 105. Oranges, raw, Florida 45.0 mg
- 106. Cabbage, chinese (pak-choi), raw 45.0 mg
- 107. Winged bean leaves, raw 45.0 mg
- 108. Pepper, serrano, raw 44.9 mg
- 109. Peppers, jalapeno, raw 44.3 mg
- 110. Lotus root, raw 44.0 mg
- 111. GARDENBURGER, Gourmet Tuscany Steak 44.0 mg
- 112. Kumquats, raw 43.9 mg

- 113. Amaranth leaves, raw 43.3 mg
- 114. Watercress, raw 43.0 mg
- 115. Nuts, chestnuts, european, raw, unpeeled 43.0 mg
- 116. Cranberry juice cocktail, bottled 42.3 mg
- 117. Wasabi, root, raw 41.9 mg
- 118. Currants, red and white, raw 41.0 mg
- 119. GARDENBURGER, Gourmet Baja Steak 41.0 mg
- 120. Veal, variety meats and by-products, spleen, raw 41.0 mg
- 121. Lemonade-flavor drink, powder 40.6 mg
- 122. Nuts, chestnuts, european, raw, peeled 40.2 mg
- 123. Peas, green, raw 40.0 mg
- 124. Lemonade, powder 39.9 mg
- 125. Cranberry-apple juice drink, bottled 39.5 mg
- 126. Spices, allspice, ground 39.2 mg
- 127. Tomatoes, sun-dried 39.2 mg
- 128. Pigeonpeas, immature seeds, raw 39.0 mg
- 129. Seaweed, laver, raw 39.0 mg
- 130. Veal, variety meats and by-products, lungs, raw 39.0 mg
- 131. Beans, kidney, mature seeds, sprouted, raw 38.7 mg
- 132. Beef, variety meats and by-products, lungs, raw 38.5 mg
- 133. Cornsalad, raw 38.2 mg
- 134. Grapefruit, raw, pink and red, California and Arizona 38.1 mg
- 135. Carissa, (natal-plum), raw 38.0 mg

- 136. Grapefruit juice, white, raw 38.0 mg
- 137. Grapefruit juice, pink, raw 38.0 mg
- 138. Grapefruit, raw, pink and red, Florida 37.0 mg
- 139. Grapefruit, raw, white, Florida 37.0 mg
- 140. Guavas, strawberry, raw 37.0 mg
- 141. Jute, potherb, raw 37.0 mg
- 142. Melons, cantaloupe, raw 36.7 mg
- 143. Cabbage, raw 36.6 mg
- 144. Mulberries, raw 36.4 mg
- 145. Sugar-apples, (sweetsop), raw 36.3 mg

[Tenebrio molitor(larvae)(a) 36 mg]

- 146. Elderberries, raw 36.0 mg
- 147. Cowpeas, leafy tips, raw 36.0 mg
- 148. Nuts, chestnuts, chinese, raw 36.0 mg
- 149. Soup, tomato vegetable, dry, mix 35.3 mg
- 150. Collards, raw 35.3 mg
- 151. Dandelion greens, raw 35.0 mg
- 152. Borage, raw 35.0 mg
- 153. Pastrami, beef, 98% fat-free 34.6 mg
- 154. Carambola, (starfruit), raw 34.4 mg
- 155. Grapefruit, raw, pink and red and white, all areas 34.4 mg
- 156. Peppers, chili, green, canned 34.2 mg
- 157. Squash, zucchini, baby, raw 34.1 mg

- 158. Beef, variety meats and by-products, thymus, raw 34.0 mg
- 159. Snacks, potato chips, barbecue-flavor 33.9 mg
- 160. Grapefruit, raw, white, all areas 33.3 mg
- 161. Grapefruit, raw, white, California 33.3 mg
- 162. Broadbeans, immature seeds, raw 33.0 mg
- 163. Cowpeas, young pods with seeds, raw 33.0 mg
- 164. Coleslaw, home-prepared 32.7 mg
- 165. Spices, sage, ground 32.4 mg
- 166. McDONALD'S, Baked Apple Pie 32.3 mg
- 167. Snacks, plantain chips, salted 32.1 mg
- 168. Cranberry-grape juice drink, bottled 32.0 mg
- 169. Peppermint, fresh 31.8 mg
- 170. Butterbur, (fuki), raw 31.5 mg
- 171. Peppers, hot chile, sun-dried 31.4 mg
- 172. Grape drink, canned 31.4 mg
- 173. Grapefruit, raw, pink and red, all areas 31.2 mg
- 174. Garlic, raw 31.2 mg
- 175. Snacks, potato chips, plain, unsalted 31.1 mg
- 176. Tangerine juice, raw 31.0 mg
- 177. Cabbage, savoy, raw 31.0 mg
- 178. Lamb, variety meats and by-products, lungs, raw 31.0 mg
- 179. Sausage, Italian, turkey, smoked 30.4 mg
- 180. Sausage, turkey, hot, smoked 30.4 mg

- 181. Lime juice, raw 30.0 mg
- 182. Passion-fruit, (granadilla), purple, raw 30.0 mg
- 183. Beet greens, raw 30.0 mg
- 184. Chard, swiss, raw 30.0 mg
- 185. New Zealand spinach, raw 30.0 mg
- 186. Tree fern, cooked, without salt 30.0 mg
- 187. Tree fern, cooked, with salt 30.0 mg
- 188. Passion-fruit juice, purple, raw 29.8 mg
- 189. CAMPBELL Soup Company, Tomato juice 29.6 mg
- 190. Campbell's V8 100% Vegetable Juice 29.6 mg
- 191. Egg rolls, pork, refrigerated, heated 29.3 mg
- 192. Limes, raw 29.1 mg
- 193. Breadfruit, raw 29.0 mg
- 194. Soybeans, green, raw 29.0 mg
- 195. Radishes, white icicle, raw 29.0 mg
- 196. Radish seeds, sprouted, raw 28.9 mg
- 197. Pork, fresh, variety meats and by-products, spleen, raw 28.5 mg
- 198. Spinach, raw 28.1 mg
- 199. Pumpkin flowers, raw 28.0 mg
- 200. Gooseberries, raw 27.7 mg
- 201. Mangos, raw 27.7 mg
- 202. Vegetable juice cocktail, canned 27.7 mg
- 203. Tomato and vegetable juice, low sodium 27.7 mg

- 204. Potato pancakes 27.6 mg
- 205. Seeds, breadnut tree seeds, raw 27.4 mg
- 206. Pork, cured, breakfast strips, raw or unheated 27.2 mg
- 207. Cabbage, chinese (pe-tsai), raw 27.0 mg
- 208. Coriander (cilantro) leaves, raw 27.0 mg
- 209. Onions, welsh, raw 27.0 mg
- 210. Beef, cured, corned beef, brisket, raw 27.0 mg
- 211. GARDENBURGER, Gourmet Fire Dragon Steak 27.0 mg
- 212. Tangerines, (mandarin oranges), raw 26.7 mg
- 213. Fiddlehead ferns, raw 26.6 mg
- 214. Grape juice drink, canned 26.5 mg
- 215. Sweet potato, canned, vacuum pack 26.4 mg
- 216. Pitanga, (surinam-cherry), raw 26.3 mg
- 217. Nuts, chestnuts, japanese, raw 26.3 mg
- 218. Raspberries, raw 26.2 mg
- 219. Nuts, chestnuts, european, roasted 26.0 mg
- 220. Spices, turmeric, ground 25.9 mg
- 221. Rowal, raw 25.8 mg
- 222. Snacks, potato chips, reduced fat 25.7 mg
- 223. Potato chips, without salt, reduced fat 25.7 mg
- 224. Frozen novelties, juice type, orange 25.7 mg
- 225. Pork, fresh, variety meats and by-products, liver, raw 25.3 mg
- 226. Rutabagas, raw 25.0 mg

227.	Orange-strawberry-banana juice 25.0 mg
[Ache	ta domesticus (nymphs)(a) 25 mg]
228.	Horseradish, prepared 24.9 mg
229.	Turkey, liver, all classes, raw 24.5 mg
230.	Beef Macaroni, frozen entree 24.2 mg
[Perip	olaneta americana (nymphs)(a) 24 mg]
[Perip	olaneta american (adults)(a) 24 mg]
[Ache	ta domesticus (adults)(a) 24 mg]
[Perip	olaneta americana L(larvae)(a) 24 mg]
231.	Chicory greens, raw 24.0 mg
232.	Lettuce, cos or romaine, raw 24.0 mg
233.	Beef, cured, breakfast strips, raw or unheated 24.0 mg
234.	Spices, onion powder 23.4 mg
235.	Spices, pumpkin pie spice 23.4 mg
236.	Lima beans, immature seeds, raw 23.4 mg
237.	Tomatoes, green, raw 23.4 mg
238.	Lamb, variety meats and by-products, spleen, raw 23.0 mg
[Aspl:	agiognathus spinosus(larvae)(a) 23 mg]
239.	Tomatoes, red, ripe, cooked 22.8 mg
240.	Moose, liver, braised (Alaska Native) 22.6 mg
241.	Rose-apples, raw 22.3 mg
242.	Radishes, oriental, raw 22.0 mg

21.8 mg

Rosemary, fresh

243.

- 244. Melons, casaba, raw 21.8 mg
- 245. Beans, pinto, mature seeds, sprouted, raw 21.7 mg
- 246. Okra, raw 21.1 mg
- 247. Spices, anise seed 21.0 mg
- 248. Spices, caraway seed 21.0 mg
- 249. Spices, cardamom 21.0 mg
- 250. Spices, coriander seed 21.0 mg
- 251. Spices, dill seed 21.0 mg
- 252. Spices, fennel seed 21.0 mg
- 253. Spices, mace, ground 21.0 mg
- 254. Spices, pepper, black 21.0 mg
- 255. Spices, pepper, white 21.0 mg
- 256. Blackberries, raw 21.0 mg
- 257. Purslane, raw 21.0 mg
- 258. Squash, winter, butternut, raw 21.0 mg
- 259. Taro shoots, raw 21.0 mg
- 260. Turnips, raw 21.0 mg
- 261. Cranberry, low bush or lingenberry, raw (Alaska Native) 21.0 mg
- 262. Soursop, raw 20.6 mg
- 263. Cassava, raw 20.6 mg
- 264. Sauce, sofrito, prepared from recipe 20.4 mg
- 265. Feijoa, raw 20.3 mg
- 266. Broccoli raab, raw 20.2 mg

- 267. Yambean (jicama), raw 20.2 mg
- 268. Sapote, mamey, raw 20.0 mg
- 269. Orange and apricot juice drink, canned 20.0 mg
- 270. GARDENBURGER, Veggie Medley Burger 20.0 mg
- 271. HORMEL WRANGLER Beef Franks 19.9 mg
- 272. Bologna, chicken, turkey, pork 19.7 mg
- 273. Durian, raw or frozen 19.7 mg
- 274. Guava nectar, canned 19.7 mg
- 275. Potato, flesh and skin, raw 19.7 mg
- 276. Potatoes, white, flesh and skin, raw 19.7 mg
- 277. Celtuce, raw 19.5 mg
- 278. Squash, summer, crookneck and straightneck, raw 19.3 mg
- 279. Custard-apple, (bullock's-heart), raw 19.2 mg
- 280. Beans, navy, mature seeds, sprouted, raw 18.8 mg
- 281. Yardlong bean, raw 18.8 mg
- 282. Snacks, potato chips, plain, salted 18.6 mg
- 283. Chicken, capons, giblets, raw 18.4 mg
- 284. Plantains, raw 18.4 mg
- 285. Tomato juice, canned, with salt added 18.3 mg
- 286. Winged beans, immature seeds, raw 18.3 mg
- 287. Passion-fruit juice, yellow, raw 18.2 mg
- 288. Basil, fresh 18.0 mg
- 289. Cranberry-orange relish, canned 18.0 mg

- 290. Melons, honeydew, raw 18.0 mg
- 291. Lettuce, green leaf, raw 18.0 mg
- 292. Squash, summer, scallop, raw 18.0 mg
- 293. Lamb, variety meats and by-products, pancreas, raw 18.0 mg

[Macrotermes nigeriensis(i) 18 mg]

[Xyleutes redtembacheri (larvae)(a) 18 mg]

- 294. Chicken, liver, all classes, raw 17.9 mg
- 295. Squash, summer, zucchini, includes skin, raw 17.9 mg
- 296. SILK Strawberry soy yogurt 17.6 mg
- 297. SILK Raspberry soy yogurt 17.6 mg
- 298. SILK Peach soy Yogurt 17.6 mg
- 299. SILK Black Cherry soy Yogurt 17.6 mg
- 300. SILK Blueberry soy Yogurt 17.6 mg

Vitamin E:

Recommended Dietary Allowance for Vitamin E				(Tenebrio molitor))(f)Vitamin A(30 IU/100kg)	
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		

Adolescents	14-18 years	22.5	22.5	
Adults	19+ years	22.5	22.5	
Pregnancy	All ages	-	22.5	
Breast- feeding	All ages		22.5	

Recommended Dietary Allowance for Vitamin E				(Zophobas morio))(f)Vitamin A(32 IU/100kg)	
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		
Pregnancy	All ages	-	22.5		
Breast- feeding	All ages		22.5		

Recommended Dietary Allowance for Vitamin E			(Drosophila melanogaster)) (f) Vitamin A(23 IU/100kg)		
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry	Percentage of RDA per 100g of insect dry matter

				matter for RDA(%)	
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		
Pregnancy	All ages	-	22.5		
Breast- feeding	All ages		22.5		

Recommended Dietary Allowance for Vitamin E				\ \	ua Smith (female)) A(6 IU/100kg)
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		

Pregnancy	All ages	-	22.5	
Breast- feeding	All ages		22.5	

Recommended Dietary Allowance for Vitamin E				(Bee brood)(g)Vitamin A(2 IU/100kg)	
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		
Pregnancy	All ages	-	22.5		
Breast- feeding	All ages		22.5		

Recommended Dietary Allowance for Vitamin E				\ •	mori(larvae)) A(51 IU/100kg)
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6	6	6		

	months			
Infants	7-12 months	7.5	7.5	
Children	1-3 years	9	9	
Children	4-8 years	10.5	10.5	
Children	9-13 years	16.5	16.5	
Adolescents	14-18 years	22.5	22.5	
Adults	19+ years	22.5	22.5	
Pregnancy	All ages	-	22.5	
Breast- feeding	All ages		22.5	

Recommended Dietary Allowance for Vitamin E				(Galleria mellonella)(f)Vitamin A(509 IU/100kg)	
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		
Pregnancy	All ages	-	22.5		
Breast- feeding	All ages		22.5		

Recommended Dietary Allowance for Vitamin E			(Acheta domesticus))(f)Vitamin A(81 IU/100kg)		
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		
Pregnancy	All ages	-	22.5		
Breast- feeding	All ages		22.5		

Recomm	ended Dieta	(Acheta domesticus(juvenile crickets))(f)Vitamin A(71 IU/100kg)			
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%) Percentage o RDA per 100g insect dry matter	
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		

Children	4-8 years	10.5	10.5	
Children	9-13 years	16.5	16.5	
Adolescents	14-18 years	22.5	22.5	
Adults	19+ years	22.5	22.5	
Pregnancy	All ages	-	22.5	
Breast- feeding	All ages		22.5	

Recommended Dietary Allowance for Vitamin E				(Acheta domesticus(nymphs)) (e)Vitamin A(42 IU/100kg)		
Life Stage Age Males (IU/day)		Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter		
Infants	0-6 months	6	6			
Infants	7-12 months	7.5	7.5			
Children	1-3 years	9	9			
Children	4-8 years	10.5	10.5			
Children	9-13 years	16.5	16.5			
Adolescents	14-18 years	22.5	22.5			
Adults	19+ years	22.5	22.5			
Pregnancy	All ages	-	22.5			
Breast- feeding	All ages		22.5			

Recommended Dietary Allowance for Vitamin E	(Ruspolia differens(brown)) (l)Vitamin A(23 IU/100kg)
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Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	6	6		
Infants	7-12 months	7.5	7.5		
Children	1-3 years	9	9		
Children	4-8 years	10.5	10.5		
Children	9-13 years	16.5	16.5		
Adolescents	14-18 years	22.5	22.5		
Adults	19+ years	22.5	22.5		
Pregnancy	All ages	-	22.5		
Breast- feeding	All ages		22.5		

Recommended Dietary Allowance for Vitamin E				(Ruspolia differens(green)) (l)Vitamin A(30 IU/100kg)		
Life Stage	Age	Males (IU/day)	Females (IU/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	6	6			
Infants	7-12 months	7.5	7.5			
Children	1-3 years	9	9			
Children	4-8 years	10.5	10.5			
Children	9-13 years	16.5	16.5			
Adolescents	14-18	22.5	22.5			

	years			
Adults	19+ years	22.5	22.5	
Pregnancy	All ages	-	22.5	
Breast- feeding	All ages		22.5	

Below is a list of the top several hundred sources of vitamin E in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Oil, wheat germ 149.40 mg
- 2. Oil, hazelnut 47.20 mg
- 3. Oil, sunflower, linoleic, (approx. 65%) 41.08 mg
- 4. Oil, almond 39.20 mg
- 5. Oil, cottonseed, salad or cooking 35.30 mg
- 6. Seeds, sunflower seed kernels, dried 35.17 mg
- 7. Oil, rice bran 32.30 mg
- 8. Spices, paprika 29.83 mg
- 9. Spices, pepper, red or cayenne 29.83 mg
- 10. Spices, chili powder 29.05 mg
- 11. Oil, grapeseed 28.80 mg
- 12. Nuts, almonds 26.22 mg
- 13. Spices, curry powder 21.99 mg

- 14. Oil, babassu 19.10 mg
- 15. Spices, oregano, dried 18.26 mg
- 16. Spices, ginger, ground 18.02 mg
- 17. Oil, flaxseed 17.50 mg
- 18. Oil, canola 17.46 mg
- 19. Oil, palm 15.94 mg
- 20. Oil, peanut, salad or cooking 15.69 mg
- 21. Nuts, hazelnuts or filberts 15.03 mg
- 22. Oil, corn and canola 14.84 mg
- 23. Oil, corn, peanut, and olive 14.78 mg
- 24. Oil, oat 14.40 mg
- 25. Oil, olive, salad or cooking 14.35 mg
- 26. Nuts, almond paste 13.54 mg
- 27. Tomato powder 12.25 mg
- 28. Mayonnaise dressing, no cholesterol 11.79 mg
- 29. Vitasoy USA, Nasoya Lite Firm Tofu 11.60 mg
- 30. Oil, poppyseed 11.40 mg
- 31. Snacks, taro chips 11.34 mg
- 32. Pinon Nuts, roasted (Navajo) 11.30 mg
- 33. Cereals ready-to-eat, granola, homemade 11.11 mg
- 34. Peanut butter with omega-3, creamy 10.34 mg
- 35. Snacks, sweet potato chips 9.82 mg
- 36. Nuts, pine nuts, dried 9.33 mg

- 37. Snacks, potato sticks 9.11 mg
- 38. Snacks, potato chips, plain, unsalted 9.11 mg
- 39. Peanut butter, reduced sodium 9.05 mg
- 40. Peanut butter, smooth, reduced fat 9.04 mg
- 41. Peanut butter, smooth style, with salt 8.99 mg
- 42. Spices, parsley, dried 8.96 mg
- 43. Spices, cloves, ground 8.52 mg
- 44. Peanuts, all types, raw8.33 mg
- 45. Formulated bar, POWER BAR, chocolate 8.28 mg
- 46. Oil, beluga, whale (Alaska Native) 8.27 mg
- 47. McDONALD'S, Peanuts (for Sundaes) 8.24 mg
- 48. Oil, soybean, salad or cooking 8.18 mg
- 49. Oil, soybean lecithin 8.18 mg
- 50. Peanut spread, reduced sugar 8.06 mg
- 51. Salad dressing, french, home recipe 8.00 mg
- 52. Spices, basil, dried 7.48 mg
- 53. Spices, sage, ground 7.48 mg
- 54. Spices, thyme, dried 7.48 mg
- 55. Fish, roe, mixed species, raw 7.00 mg
- 56. Snacks, pita chips, salted 6.93 mg
- 57. Bacon, meatless 6.90 mg
- 58. Bacon bits, meatless 6.90 mg
- 59. Snacks, potato chips, plain, salted 6.74 mg

- 60. Peanuts, virginia, raw 6.56 mg
- 61. Mollusks, conch, baked or broiled 6.33 mg
- 62. Peanut butter, chunk style, with salt 6.30 mg
- 63. Oil, spotted seal (Alaska Native) 6.28 mg
- 64. USDA Commodity, Peanut Butter, smooth 5.94 mg
- 65. Nuts, brazilnuts, dried, unblanched 5.73 mg
- 66. Snacks, oriental mix, rice-based 5.60 mg
- 67. Snacks, granola bars, hard, peanut 5.52 mg
- 68. Snacks, potato chips, reduced fat 5.47 mg
- 69. Potato chips, without salt, reduced fat 5.47 mg
- 70. Carrot, dehydrated 5.45 mg
- 71. Egg, yolk, dried 5.42 mg
- 72. Spices, mustard seed, ground 5.07 mg
- 73. Snacks, plantain chips, salted 5.04 mg
- 74. Popcorn, microwave, low fat and sodium 5.01 mg
- 75. Mollusks, snail, raw 5.00 mg
- 76. Chocolate-flavored hazelnut spread 4.96 mg
- 77. Rice bran, crude 4.92 mg
- 78. Salad dressing, green goddess, regular 4.60 mg
- 79. Smelt, dried (Alaska Native) 4.51 mg
- 80. Oil, apricot kernel 4.00 mg
- 81. Fish, eel, mixed species, raw 4.00 mg
- 82. Mollusks, abalone, mixed species, raw 4.00 mg

- 83. Salad dressing, bacon and tomato 4.00 mg
- 84. Fish sticks, meatless 3.95 mg
- 85. Egg, whole, dried 3.88 mg
- 86. Vegetable oil, palm kernel 3.81 mg
- 87. Oil, tomatoseed 3.80 mg
- 88. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.72 mg
- 89. Crackers, standard snack-type, regular 3.58 mg
- 90. Fish, salmon, Atlantic, farmed, raw 3.55 mg
- 91. NABISCO, NABISCO RITZ Crackers 3.49 mg
- 92. Noodles, chinese, chow mein 3.48 mg
- 93. Vegetarian fillets 3.45 mg
- 94. Cereals, WHEATENA, dry 3.44 mg
- 95. Dandelion greens, raw 3.44 mg
- 96. McDONALD'S, Creamy Ranch Sauce 3.42 mg
- 97. Spices, cumin seed 3.33 mg
- 98. Salad dressing, russian dressing 3.32 mg
- 99. Peppers, hot chile, sun-dried 3.14 mg
- 100. Spices, turmeric, ground 3.10 mg
- 101. Salad dressing, coleslaw 3.08 mg
- 102. Salad dressing, mayonnaise, light 3.07 mg
- 103. Luncheon slices, meatless 3.00 mg
- 104. Rice and Wheat cereal bar 2.94 mg
- 105. ENSURE FIBER WITH FOS, liquid 2.92 mg

- 106. Fat, turkey 2.90 mg
- 107. Turnip greens, raw 2.86 mg
- 108. Crustaceans, crayfish, mixed species, wild, raw 2.85 mg
- 109. Butter oil, anhydrous 2.80 mg
- 110. Fat, mutton tallow 2.80 mg
- 111. Snacks, yucca (cassava) chips, salted 2.78 mg
- 112. Chicken, broilers or fryers, separable fat, raw 2.73 mg
- 113. McDONALD'S, Spicy Buffalo Sauce 2.71 mg
- 114. Fat, beef tallow 2.70 mg
- 115. Fat, chicken 2.70 mg
- 116. Fat, duck 2.70 mg
- 117. Fat, goose 2.70 mg
- 118. Adobo fresco 2.69 mg
- 119. Fish, whitefish, eggs (Alaska Native) 2.68 mg
- 120. Chicken, meatless 2.68 mg
- 121. Avocados, raw, Florida 2.66 mg
- 122. Syrups, chocolate, fudge-type 2.63 mg
- 123. Egg, yolk, raw, fresh 2.58 mg
- 124. Salad dressing, sweet and sour 2.56 mg
- 125. Soymilk (All flavors), enhanced 2.52 mg
- 126. Snacks, granola bites, mixed flavors 2.51 mg
- 127. Spices, caraway seed 2.50 mg
- 128. Coriander (cilantro) leaves, raw 2.50 mg

- 129. Egg, yolk, raw, frozen2.49 mg
- 130. Zwieback 2.44 mg
- 131. Quinoa, uncooked 2.44 mg
- 132. Soup, cream of vegetable, dry, powder 2.41 mg
- 133. APPLEBEE'S, Double Crunch Shrimp 2.41 mg
- 134. Mayonnaise, made with tofu 2.40 mg
- 135. Taro, raw 2.38 mg
- 136. Fish, mackerel, salted 2.38 mg
- 137. Butter, salted 2.32 mg
- 138. Butter, whipped, with salt 2.32 mg
- 139. Butter, without salt 2.32 mg
- 140. Spices, cinnamon, ground 2.32 mg
- 141. Poi 2.30 mg
- 142. Nuts, pistachio nuts, raw 2.30 mg
- 143. Chicory greens, raw 2.26 mg
- 144. Collards, raw 2.26 mg
- 145. Radicchio, raw 2.26 mg
- 146. Cookies, raisin, soft-type 2.22 mg
- 147. Poultry salad sandwich spread 2.20 mg
- 148. Cereals, MALTEX, dry 2.19 mg
- 149. Sausage, meatless 2.10 mg
- 150. Avocados, raw, all commercial varieties 2.07 mg
- 151. Egg Mix, USDA Commodity 2.04 mg

- 152. Spinach, raw 2.03 mg
- 153. Taro leaves, raw 2.02 mg
- 154. Mustard greens, raw 2.01 mg
- 155. Grape leaves, raw 2.00 mg
- 156. McDONALD'S, McDONALDLAND Cookies 2.00 mg
- 157. Snacks, KRAFT, CORNNUTS, plain 1.98 mg
- 158. Avocados, raw, California 1.97 mg
- 159. USDA Commodity, beef, canned 1.96 mg
- 160. Soy flour, full-fat, raw 1.95 mg
- 161. McDONALD'S, Baked Apple Pie 1.94 mg
- 162. Fish, halibut, raw, with skin (Alaska Native) 1.90 mg
- 163. Chard, swiss, raw 1.89 mg
- 164. Fish, caviar, black and red, granular 1.89 mg
- 165. McDONALD'S, Warm Cinnamon Roll 1.85 mg
- 166. Sauce, alfredo mix, dry 1.84 mg
- 167. Oil, cocoa butter 1.80 mg
- 168. Nuts, walnuts, black, dried 1.80 mg
- 169. Spices, poppy seed 1.77 mg
- 170. Ham salad spread 1.74 mg
- 171. Sandwich spread, pork, beef 1.74 mg
- 172. Tomato sauce, no salt added 1.74 mg
- 173. Soup, tomato rice, canned, condensed 1.73 mg
- 174. Meatballs, meatless 1.73 mg

- 175. Sandwich spread, meatless 1.73 mg
- 176. Vegetarian meatloaf or patties 1.73 mg
- 177. Pie, fried pies, fruit 1.72 mg
- 178. Spices, marjoram, dried 1.69 mg
- 179. McDONALD'S, Deluxe Warm Cinnamon Roll 1.65 mg
- 180. Broccoli raab, raw 1.62 mg
- 181. Salmonberries, raw (Alaska Native) 1.61 mg
- 182. Salad dressing, buttermilk, lite 1.60 mg
- 183. Cream substitute, flavored, liquid 1.58 mg
- 184. Butter, light, stick, with salt 1.58 mg
- 185. Butter, light, stick, without salt 1.58 mg
- 186. Peppers, sweet, red, raw 1.58 mg
- 187. Soup, ramen noodle, beef flavor, dry 1.56 mg
- 188. Dessert topping, powdered 1.52 mg
- 189. Fish, mackerel, Atlantic, raw 1.52 mg
- 190. Soup, ramen noodle, any flavor, dry 1.51 mg
- 191. Beet greens, raw 1.50 mg
- 192. Beef, variety meats and by-products, suet, raw 1.50 mg
- 193. Kiwifruit, gold, raw 1.49 mg
- 194. Parsnips, raw 1.49 mg
- 195. Wheat bran, crude 1.49 mg
- 196. Fish, salmon, king (chinook), raw (Alaska Native) 1.49 mg
- 197. Crustaceans, lobster, northern, raw 1.47 mg

- 198. Kiwifruit, green, raw 1.46 mg
- 199. Catsup 1.46 mg
- 200. McDONALD'S, Scrambled Eggs 1.46 mg
- 201. Soup, ramen noodle, chicken flavor, dry 1.45 mg
- 202. Squash, winter, butternut, raw 1.44 mg
- 203. Croissants, cheese 1.44 mg
- 204. Tomato products, canned, sauce 1.42 mg
- 205. Strudel, apple 1.42 mg
- 206. Crackers, whole-wheat 1.41 mg
- 207. Cereals, NESTUM, prepared with water 1.41 mg
- 208. Oil, sesame, salad or cooking 1.40 mg
- 209. Nuts, pecans 1.40 mg
- 210. APPLEBEE'S, French fries 1.38 mg
- 211. Restaurant, family style, French fries 1.35 mg
- 212. Egg, duck, whole, fresh, raw 1.34 mg
- 213. Ensure plus, liquid nutrition 1.34 mg
- 214. Spices, poultry seasoning 1.32 mg
- 215. KENTUCKY FRIED CHICKEN, Popcorn Chicken 1.32 mg
- 216. T.G.I. FRIDAY'S, French fries 1.32 mg
- 217. AMARANTH FLAKES 1.31 mg
- 218. Egg, goose, whole, fresh, raw 1.29 mg
- 219. Fish, croaker, Atlantic, raw 1.29 mg
- 220. Chicken patty, frozen, cooked 1.28 mg

- 221. Chicken nuggets, frozen, cooked 1.27 mg
- 222. Egg substitute, powder 1.26 mg
- 223. Hush puppies, prepared from recipe 1.26 mg
- 224. Fish, ocean perch, Atlantic, raw 1.25 mg
- 225. Fish, rockfish, Pacific, mixed species, raw 1.25 mg
- 226. Snacks, rice cakes, brown rice, plain 1.24 mg
- 227. Fast foods, biscuit, with ham 1.23 mg
- 228. Egg, whole, cooked, fried 1.22 mg
- 229. Egg, whole, cooked, omelet 1.22 mg
- 230. Fish, salmon, chinook, raw 1.22 mg
- 231. Fish, shad, american, raw 1.22 mg
- 232. Crackers, milk 1.22 mg
- 233. Cranberries, raw 1.20 mg
- 234. Waterchestnuts, chinese, (matai), raw 1.20 mg
- 235. Fish, roughy, orange, raw 1.20 mg
- 236. Mollusks, octopus, common, raw 1.20 mg
- 237. Mollusks, squid, mixed species, raw 1.20 mg
- 238. Fish, catfish, channel, farmed, raw 1.20 mg
- 239. Rice, brown, long-grain, raw 1.20 mg
- 240. Rice flour, brown 1.20 mg
- 241. Cranberry juice, unsweetened 1.20 mg
- 242. Amaranth, uncooked 1.19 mg
- 243. Chicken nuggets, frozen, uncooked 1.18 mg

- 244. Chicken patty, frozen, uncooked 1.18 mg
- 245. Sauce, salsa, ready-to-serve 1.18 mg
- 246. Crackers, wheat, reduced fat 1.18 mg
- 247. McDONALD'S, Biscuit, regular size 1.18 mg
- 248. McDONALD'S, Biscuit, large size 1.18 mg
- 249. Blackberries, raw 1.17 mg
- 250. Carrot juice, canned 1.16 mg
- 251. Cereals ready-to-eat, FAMILIA 1.16 mg
- 252. Asparagus, raw 1.13 mg
- 253. Mangos, raw 1.12 mg
- 254. Cake, chocolate, dry mix, regular 1.11 mg
- 255. Crackers, wheat, regular 1.11 mg
- 256. BURGER KING, Hash Brown Rounds 1.11 mg
- 257. Fast foods, miniature cinnamon rolls 1.11 mg
- 258. Crustaceans, shrimp, mixed species, raw 1.10 mg
- 259. T.G.I. FRIDAY'S, fried mozzarella 1.10 mg
- 260. Egg, whole, cooked, scrambled 1.09 mg
- 261. Sweet potato, canned, mashed 1.09 mg
- 262. Fish, salmon, chum, raw 1.09 mg
- 263. Frostings, coconut-nut, ready-to-eat 1.09 mg
- 264. Egg, quail, whole, fresh, raw 1.08 mg
- 265. Soup, chili beef, canned, condensed 1.08 mg
- 266. Spices, celery seed 1.07 mg

- 267. Fish, herring, Atlantic, raw 1.07 mg
- 268. McDONALD'S, Barbeque Sauce 1.07 mg
- 269. Cream, fluid, heavy whipping 1.06 mg
- 270. Pumpkin, raw 1.06 mg
- 271. PIZZA HUT 12" Cheese Pizza, Thick Crust 1.06 mg
- 272. APPLEBEE'S, mozzarella sticks 1.06 mg
- 273. Waffles, plain, frozen, ready-to-heat 1.05 mg
- 274. TACO BELL, Nachos 1.05 mg
- 275. Pie, blueberry, commercially prepared 1.04 mg
- 276. Egg, whole, cooked, hard-boiled 1.03 mg
- 277. Spices, coriander leaf, dried 1.03 mg
- 278. Turkey bacon, cooked 1.03 mg
- 279. Bread sticks, plain 1.01 mg
- 280. Oat bran, raw 1.01 mg
- 281. Wheat, hard red spring 1.01 mg
- 282. Wheat, hard red winter 1.01 mg
- 283. Wheat, soft red winter 1.01 mg
- 284. Wheat, hard white 1.01 mg
- 285. Wheat, soft white 1.01 mg
- 286. Snacks, soy chips or crisps, salted 1.01 mg
- 287. Soup, beef noodle, canned, condensed 1.00 mg
- 288. Currants, european black, raw 1.00 mg
- 289. Bamboo shoots, raw 1.00 mg

- 290. Seaweed, laver, raw 1.00 mg
- 291. Sweet potato, canned, vacuum pack 1.00 mg
- 292. Watercress, raw 1.00 mg
- 293. Seaweed, wakame, raw 1.00 mg
- 294. Fish, mackerel, Pacific and jack, mixed species, raw 1.00 mg
- 295. Fish, mullet, striped, raw 1.00 mg
- 296. Fish, shark, mixed species, raw 1.00 mg
- 297. Fish, tuna, fresh, bluefin, raw 1.00 mg
- 298. Frog legs, raw 1.00 mg
- 299. Beef, variety meats and by-products, brain, raw 0.99 mg
- 300. Pate, chicken liver, canned 0.98 mg

Vitamin B12:

Below is a list of the top several hundred sources of vitamin B12 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Lamb, variety meats and by-products, liver, raw 90.05 mcg
- 2. Moose, liver, braised (Alaska Native) 71.00 mcg
- 3. Veal, variety meats and by-products, liver, raw 59.85 mcg
- 4. Beef, variety meats and by-products, liver, raw 59.30 mcg
- 5. Fish, whitefish, eggs (Alaska Native) 56.40 mcg
- 6. Duck, domesticated, liver, raw 54.00 mcg
- 7. Goose, liver, raw 54.00 mcg
- 8. Lamb, variety meats and by-products, kidneys, raw 52.41 mcg
- 9. Mollusks, clam, mixed species, raw 49.44 mcg
- 10. Turkey, liver, all classes, raw 49.40 mcg

- 11. Turkey, all classes, giblets, raw 28.39 mcg
- 12. Veal, variety meats and by-products, kidneys, raw 28.20 mcg
- 13. Beef, variety meats and by-products, kidneys, raw 27.50 mcg
- 14. Pork, fresh, variety meats and by-products, liver, raw 26.00 mcg
- 15. Liver cheese, pork 24.55 mcg
- 16. Braunschweiger (a liver sausage), pork 20.09 mcg
- 17. Fish, caviar, black and red, granular 20.00 mcg
- 18. Mollusks, octopus, common, raw 20.00 mcg
- 19. Mollusks, oyster, eastern, wild, raw 19.46 mcg
- 20. Mollusks, oyster, eastern, canned 19.13 mcg
- 21. Smelt, dried (Alaska Native) 19.10 mcg
- 22. Fish, whitefish, dried (Alaska Native) 18.40 mcg
- 23. Chicken, liver, all classes, raw 16.58 mcg
- 24. Mollusks, oyster, eastern, farmed, raw 16.20 mcg
- 25. Mollusks, oyster, Pacific, raw 16.00 mcg
- 26. Fish, mackerel, king, raw 15.60 mcg
- 27. Turkey, heart, all classes, raw 15.40 mcg
- 28. Beef, variety meats and by-products, pancreas, raw 14.00 mcg
- 29. Veal, variety meats and by-products, heart, raw13.76 mcg
- 30. Fish, herring, Atlantic, raw 13.67 mcg
- 31. Liver sausage, liverwurst, pork 13.46 mcg
- 32. Liverwurst spread 13.46 mcg
- 33. Veal, variety meats and by-products, pancreas, raw 13.38 mcg
- 34. Chicken, capons, giblets, raw 12.95 mcg
- 35. Veal, variety meats and by-products, brain, raw 12.20 mcg
- 36. Mollusks, mussel, blue, raw 12.00 mcg
- 37. Fish, mackerel, salted 12.00 mcg
- 38. Chicken, broilers or fryers, giblets, raw 11.41 mcg
- 39. Lamb, variety meats and by-products, brain, raw 11.30 mcg
- 40. Chicken, stewing, giblets, raw 10.83 mcg
- 41. Lamb, variety meats and by-products, heart, raw 10.25 mcg
- 42. Fish, herring, Pacific, raw 10.00 mcg
- 43. Fish, roe, mixed species, raw 10.00 mcg
- 44. Beef, variety meats and by-products, brain, raw9.51 mcg
- 45. Fish, tuna, fresh, bluefin, raw 9.43 mcg
- 46. Chicken, roasting, giblets, raw 9.40 mcg
- 47. Pate, goose liver, smoked, canned 9.40 mcg
- 48. Mollusks, whelk, unspecified, raw 9.07 mcg
- 49. Crustaceans, crab, alaska king, raw 9.00 mcg
- 50. Crustaceans, crab, blue, raw 9.00 mcg
- 51. Crustaceans, crab, dungeness, raw 9.00 mcg
- 52. Crustaceans, crab, queen, raw 9.00 mcg
- 53. Emu, top loin, cooked, broiled 8.71 mcg
- 54. Fish, mackerel, Atlantic, raw 8.71 mcg
- 55. Beef, variety meats and by-products, heart, raw 8.55 mcg
- 56. Fish, salmon, coho (silver), raw (Alaska Native) 8.52 mcg

- 57. Game meat, opossum, cooked, roasted 8.30 mcg
- 58. Game meat, raccoon, cooked, roasted 8.30 mcg
- 59. Pate, chicken liver, canned 8.07 mcg
- 60. Fish, trout, mixed species, raw 7.79 mcg
- 61. Fish, salmon, king (chinook), raw (Alaska Native) 7.38 mcg
- 62. Entrees, crab cake 7.33 mcg
- 63. Chicken, heart, all classes, raw 7.29 mcg
- 64. Lamb, variety meats and by-products, tongue, raw 7.20 mcg
- 65. Game meat, rabbit, domesticated, composite of cuts, raw 7.16 mcg
- 66. Caribou, hind quarter meat, raw (Alaska Native) 7.05 mcg
- 67. Emu, outside drum, raw 6.92 mcg
- 68. Turkey, gizzard, all classes, raw 6.86 mcg
- 69. Emu, oyster, raw 6.76 mcg
- 70. Emu, ground, raw 6.75 mcg
- 71. Emu, fan fillet, raw 6.67 mcg
- 72. Game meat, caribou, raw 6.31 mcg
- 73. Game meat, deer, raw 6.31 mcg
- 74. Cereals, MAYPO, dry 6.30 mcg
- 75. Emu, flat fillet, raw 6.12 mcg
- 76. Veal, variety meats and by-products, tongue, raw 6.10 mcg
- 77. Meat extender 6.00 mcg
- 78. Lamb, variety meats and by-products, pancreas, raw 6.00 mcg
- 79. Fish, sheefish, raw (Alaska Native) 5.90 mcg
- 80. Beef, variety meats and by-products, spleen, raw 5.68 mcg
- 81. Formulated bar, POWER BAR, chocolate 5.60 mcg
- 82. Egg, duck, whole, fresh, raw 5.40 mcg
- 83. Ostrich, inside strip, raw 5.40 mcg
- 84. Fish, bluefish, raw 5.39 mcg
- 85. Lamb, variety meats and by-products, spleen, raw 5.34 mcg
- 86. Veal, variety meats and by-products, spleen, raw 5.34 mcg
- 87. Egg, yolk, dried 5.33 mcg
- 88. Ostrich, outside strip, raw 5.33 mcg
- 89. Cereals ready-to-eat, Ralston TASTEEOS 5.30 mcg
- 90. Cereals ready-to-eat, WAFFELOS 5.30 mcg
- 91. Mollusks, conch, baked or broiled 5.25 mcg
- 92. Ostrich, outside leg, raw 5.21 mcg
- 93. Beef, cured, luncheon meat, jellied 5.14 mcg
- 94. Egg, goose, whole, fresh, raw 5.10 mcg
- 95. Ostrich, inside leg, raw 5.10 mcg
- 96. Ostrich, tenderloin, raw 5.03 mcg
- 97. Ostrich, round, raw 5.01 mcg
- 98. Cereals ready-to-eat, KELLOGG, SMORZ 5.00 mcg
- 99. Fish, salmon, sockeye, raw 5.00 mcg
- 100. Ostrich, tip trimmed, raw 4.98 mcg
- 101. Ostrich, fan, raw 4.97 mcg
- 102. Ostrich, top loin, raw 4.94 mcg

- 103. Ostrich, oyster, raw 4.91 mcg
- 104. Cereals ready-to-eat, POST, ALPHA-BITS 4.69 mcg
- 105. Ostrich, ground, raw 4.61 mcg
- 106. Fish, trout, rainbow, wild, raw 4.45 mcg
- 107. Mutton, cooked, roasted (Navajo) 4.44 mcg
- 108. Fish, mackerel, Pacific and jack, mixed species, raw 4.40 mcg
- 109. Fish sticks, meatless 4.20 mcg
- 110. Vegetarian fillets 4.20 mcg
- 111. Fish, salmon, coho, wild, raw 4.17 mcg
- 112. T.G.I. FRIDAY'S, classic sirloin steak 4.00 mcg
- 113. Luncheon slices, meatless 4.00 mcg
- 114. Milk, dry, nonfat, calcium reduced 3.98 mcg
- 115. Egg, whole, dried 3.95 mcg
- 116. Lamb, variety meats and by-products, lungs, raw 3.93 mcg
- 117. Luncheon meat, beef, loaved 3.89 mcg
- 118. Veal, variety meats and by-products, lungs, raw 3.83 mcg
- 119. Milk, buttermilk, dried 3.82 mcg
- 120. Fish, bass, striped, raw 3.82 mcg
- 121. Beef, variety meats and by-products, lungs, raw 3.81 mcg
- 122. Pork, fresh, variety meats and by-products, heart, raw 3.79 mcg
- 123. Beef, variety meats and by-products, tongue, raw 3.79 mcg
- 124. Fish, trout, rainbow, farmed, raw 3.77 mcg
- 125. Fish, lingcod, raw 3.60 mcg
- 126. USDA Commodity, beef patties with VPP, frozen, raw 3.59 mcg
- 127. Egg substitute, powder 3.52 mcg
- 128. Crustaceans, spiny lobster, mixed species, raw 3.50 mcg
- 129. Beef, cured, breakfast strips, cooked 3.45 mcg
- 130. Elk, free range, ground, raw (Shoshone Bannock) 3.45 mcg
- 131. Fish, smelt, rainbow, raw 3.44 mcg
- 132. Fish, milkfish, raw 3.40 mcg
- 133. Beef, rib, shortribs, separable lean only, choice, raw 3.39 mcg
- 134. Cheese, swiss 3.34 mcg
- 135. Veal, variety meats and by-products, thymus, raw 3.33 mcg
- 136. Pork, fresh, variety meats and by-products, spleen, raw 3.26 mcg
- 137. Milk, dry, whole, with added vitamin D 3.25 mcg
- 138. Fish, salmon, Atlantic, farmed, raw 3.23 mcg
- 139. Pate, liver, not specified, canned 3.20 mcg
- 140. Pate, truffle flavor 3.20 mcg
- 141. Fish, pollock, Atlantic, raw 3.19 mcg
- 142. Fish, salmon, Atlantic, wild, raw 3.18 mcg
- 143. Fish, pollock, walleye, raw 3.10 mcg
- 144. Sandwich spread, meatless 3.10 mcg
- 145. Salami, cooked, beef 3.06 mcg
- 146. Restaurant, family style, sirloin steak 3.05 mcg
- 147. Fish, eel, mixed species, raw 3.00 mcg
- 148. Fish, salmon, chum, raw 3.00 mcg

- 149. Fish, salmon, pink, raw 3.00 mcg
- 150. Fish, seatrout, mixed species, raw 3.00 mcg
- 151. Fish, snapper, mixed species, raw 3.00 mcg
- 152. Fish, spot, raw 3.00 mcg
- 153. Mollusks, cuttlefish, mixed species, raw 3.00 mcg
- 154. Game meat, horse, raw 3.00 mcg
- 155. Waffles, plain, frozen, ready-to-heat 2.93 mcg
- 156. Egg Mix, USDA Commodity 2.90 mcg
- 157. Lebanon bologna, beef 2.90 mcg
- 158. LOMA LINDA Linketts, canned, unprepared 2.90 mcg
- 159. Pork, fresh, variety meats and by-products, tongue, raw 2.84 mcg
- 160. Salami, dry or hard, pork 2.80 mcg
- 161. Salami, Italian, pork 2.80 mcg
- 162. CRACKER BARREL, grilled sirloin steak 2.80 mcg
- 163. Pork, fresh, variety meats and by-products, lungs, raw 2.75 mcg
- 164. DENNY'S, top sirloin steak 2.70 mcg
- 165. Beef, carcass, separable lean and fat, select, raw 2.69 mcg
- 166. APPLEBEE'S, 9 oz house sirloin steak 2.68 mcg
- 167. Sausage, Berliner, pork, beef 2.67 mcg
- 168. Bratwurst, beef and pork, smoked 2.67 mcg
- 169. Beef, carcass, separable lean and fat, choice, raw 2.67 mcg
- 170. Fish, salmon, coho, farmed, raw 2.67 mcg
- 171. Whale, beluga, meat, raw (Alaska Native) 2.59 mcg
- 172. Beef, cured, thin-sliced beef 2.57 mcg
- 173. Whey, acid, dried 2.50 mcg
- 174. Energy Drink, Monster 2.50 mcg
- 175. Energy drink, ROCKSTAR 2.50 mcg
- 176. Fish, croaker, Atlantic, raw 2.50 mcg
- 177. Fish, catfish, channel, farmed, raw 2.47 mcg
- 178. Cheese, gjetost 2.42 mcg
- 179. Game meat, beefalo, composite of cuts, raw 2.42 mcg
- 180. Fish, mackerel, spanish, raw 2.40 mcg
- 181. Vegetarian meatloaf or patties 2.40 mcg
- 182. Roast beef spread 2.38 mcg
- 183. Whey, sweet, dried 2.37 mcg
- 184. Vitasoy USA, Nasoya Lite Firm Tofu 2.36 mcg
- 185. Lamb, ground, raw 2.31 mcg
- 186. Cheese food, pasteurized process, swiss 2.30 mcg
- 187. Fish, whiting, mixed species, raw 2.30 mcg
- 188. WORTHINGTON Leanies, frozen, unprepared 2.30 mcg
- 189. Cheese, mozzarella, whole milk 2.28 mcg
- 190. Cheese, parmesan, grated 2.26 mcg
- 191. Emu, inside drum, raw 2.26 mcg
- 192. Emu, full rump, raw 2.24 mcg
- 193. Beef, ground, 95% lean meat / 5% fat, raw 2.24 mcg
- 194. Fish, catfish, channel, wild, raw 2.23 mcg

- 195. Beef, ground, 90% lean meat / 10% fat, raw 2.21 mcg
- 196. Fish, sturgeon, mixed species, raw 2.20 mcg
- 197. Fish, tilefish, raw 2.20 mcg
- 198. Fish, turbot, european, raw2.20 mcg
- 199. Vegetarian stew 2.20 mcg
- 200. Pork, fresh, variety meats and by-products, brain, raw 2.19 mcg
- 201. Chicken, meatless 2.18 mcg
- 202. Beef, ground, 85% lean meat / 15% fat, raw 2.17 mcg
- 203. Beef, ground, 80% lean meat / 20% fat, raw 2.14 mcg
- 204. Beef, variety meats and by-products, thymus, raw 2.13 mcg
- 205. Game meat, elk, ground, raw 2.13 mcg
- 206. Beef, ground, 75% lean meat / 25% fat, raw 2.11 mcg
- 207. Cheese, tilsit 2.10 mcg
- 208. Crustaceans, crayfish, mixed species, farmed, raw 2.10 mcg
- 209. Beef, ground, 70% lean meat / 30% fat, raw 2.07 mcg
- 210. Brotwurst, pork, beef, link 2.05 mcg
- 211. USDA Commodity, beef, patties (100%), frozen, raw 2.05 mcg
- 212. Beef sausage, pre-cooked 2.03 mcg
- 213. Fish, wolffish, Atlantic, raw 2.03 mcg
- 214. Beef sausage, fresh, cooked 2.01 mcg
- 215. Chorizo, pork and beef 2.00 mcg
- 216. Milk and cereal bar 2.00 mcg
- 217. Fish, bass, fresh water, mixed species, raw 2.00 mcg
- 218. Fish, drum, freshwater, raw 2.00 mcg
- 219. Fish, pike, northern, raw 2.00 mcg
- 220. Fish, pike, walleye, raw 2.00 mcg
- 221. Fish, sheepshead, raw 2.00 mcg
- 222. Fish, sucker, white, raw 2.00 mcg
- 223. Fish, sunfish, pumpkin seed, raw 2.00 mcg
- 224. Crustaceans, crayfish, mixed species, wild, raw 2.00 mcg
- 225. Beef, grass-fed, ground, raw 1.97 mcg
- 226. Peppered loaf, pork, beef 1.96 mcg
- 227. Luncheon sausage, pork and beef 1.96 mcg
- 228. Egg, yolk, raw, fresh 1.95 mcg
- 229. Bison, ground, grass-fed, raw 1.94 mcg
- 230. Luncheon meat, beef, thin sliced 1.93 mcg
- 231. WENDY'S, CLASSIC DOUBLE, with cheese 1.92 mcg
- 232. Bacon and beef sticks 1.90 mcg
- 233. Fish, butterfish, raw 1.90 mcg
- 234. Fish, perch, mixed species, raw 1.90 mcg
- 235. Fish, tuna, fresh, skipjack, raw 1.90 mcg
- 236. WORTHINGTON FriPats, frozen, unprepared 1.90 mcg
- 237. OSCAR MAYER, Salami (hard) 1.88 mcg
- 238. Beef, cured, pastrami 1.87 mcg
- 239. Game meat, deer, ground, raw 1.87 mcg
- 240. Beef, cured, sausage, cooked, smoked 1.86 mcg

- 241. Veal, shoulder, blade, separable lean only, raw 1.86 mcg
- 242. Egg, yolk, raw, frozen 1.82 mcg
- 243. Veal, shoulder, blade, separable lean and fat, raw 1.82 mcg
- 244. Soup, oyster stew, canned, condensed 1.79 mcg
- 245. Game meat, bison, ground, raw 1.79 mcg
- 246. Beef, cured, corned beef, brisket, raw 1.78 mcg
- 247. Fish, halibut, raw, with skin (Alaska Native) 1.78 mcg
- 248. Pork, cured, breakfast strips, cooked 1.77 mcg
- 249. Salami, pork, beef, less sodium 1.76 mcg
- 250. Pastrami, beef, 98% fat-free 1.76 mcg
- 251. Fish, swordfish, raw 1.75 mcg
- 252. Cheesefurter, cheese smokie, pork, beef 1.73 mcg
- 253. Pepperoni, pork, beef 1.73 mcg
- 254. Beef, cured, smoked, chopped beef 1.73 mcg
- 255. Frankfurter, beef 1.72 mcg
- 256. Cheese, feta 1.69 mcg
- 257. Egg, turkey, whole, fresh, raw 1.69 mcg
- 258. Cheese, fontina 1.68 mcg
- 259. Barbecue loaf, pork, beef 1.68 mcg
- 260. French toast, frozen, ready-to-heat 1.68 mcg
- 261. Cheese, Mexican, blend, reduced fat 1.66 mcg
- 262. USDA Commodity, beef, canned 1.66 mcg
- 263. Game meat, buffalo, water, raw 1.66 mcg
- 264. Cheese, brie 1.65 mcg
- 265. Beef, cured, breakfast strips, raw or unheated 1.64 mcg
- 266. OSCAR MAYER, Wieners (beef franks) 1.63 mcg
- 267. Beef, cured, corned beef, canned 1.62 mcg
- 268. Cheese, gruyere 1.60 mcg
- 269. Fish, surimi 1.60 mcg
- 270. Beef, cured, dried 1.59 mcg
- 271. Egg, quail, whole, fresh, raw 1.58 mcg
- 272. Fish, tilapia, raw 1.58 mcg
- 273. Frankfurter, meat 1.57 mcg
- 274. KELLOGG'S Eggo Lowfat Homestyle Waffles 1.57 mcg
- 275. Cheese, edam 1.54 mcg
- 276. Cheese, gouda 1.54 mcg
- 277. Frankfurter, low sodium 1.54 mcg
- 278. Fish, carp, raw 1.53 mcg
- 279. Mollusks, scallop, mixed species, raw 1.53 mcg
- 280. Fish, flatfish (flounder and sole species), raw 1.52 mcg
- 281. Sausage, Polish, pork and beef, smoked 1.51 mcg
- 282. Cheese, port de salut 1.50 mcg
- 283. Picnic loaf, pork, beef 1.50 mcg
- 284. Fish, sablefish, raw 1.50 mcg
- 285. KELLOGG'S Eggo Golden Oat Waffles 1.50 mcg
- 286. Meatballs, meatless 1.50 mcg

- 287. Fish, shark, mixed species, raw 1.49 mcg
- 288. Reddi Wip Fat Free Whipped Topping 1.48 mcg
- 289. Mortadella, beef, pork 1.48 mcg
- 290. Cheese, muenster 1.47 mcg
- 291. Pork, fresh, enhanced, composite of separable fat, raw 1.47 mcg
- 292. Cheese, provolone 1.46 mcg
- 293. OSCAR MAYER, Bologna (beef) 1.43 mcg
- 294. Veal, shoulder, arm, separable lean only, raw 1.42 mcg
- 295. Beef, bologna, reduced sodium 1.41 mcg
- 296. Cheese, parmesan, shredded 1.40 mcg
- 297. Fish, scup, raw 1.40 mcg
- 298. Cheese, parmesan, low sodium 1.40 mcg
- 299. Egg, whole, cooked, fried 1.39 mcg
- 300. Beef, variety meats and by-products, tripe, raw 1.39 mcg

Minerals

Calcium:

Recom	mended Diet	(Analeptes trifasciata) (a)Calcium(61 mg/100g)			
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	(Oryctes boas) (a)Calcium(46 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				(Rhyncophorus pheonicis(larvae)) (c)Calcium(208 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)			
Infants	7-12 months	260 (AI)	260 (AI)			
Children	1-3 years	700	700			
Children	4-8 years	1,000	1,000			
Children	9-13 years	1,300	1,300			

Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	(Rhyncophorus pheonicis(a)Calcium(40 mg/100g)			
Life Stage	Age	Males (mg/day)	Hemales (mg/day)		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		

Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recomn	nended Diet	\ \ \	nolitor(larvae)) n(44 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				nolitor(adult)) (64 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet		pas morio) (120 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		

Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recomi	mended Dieta	(Drosophila melanogaster(f)Calcium(120 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				nestica(larvae) 2010 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

	1			1	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recon	nmended Diet	Thunberg(h)	lis pubescens Calcium(760 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day) grams of RD. 100g of Insect dry 10		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		

Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet	(h)Calc	us viduatus F. ium(1020 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	(Euschistus(i)Calcium(204 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				(Apis mellifera(a)Calcium(15 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		

Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	_	1,300	
Pregnancy	19-50 years		1,000	

Recommended Dietary Allowance for Calcium				(Bee brood (j)Calcium(59 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium	(Carebara vidua
	Smith(female)(k)Calcium(52

		mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				(Liometopum apiculatum) (i)Calcium(26 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		

Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	_	1,300	
Pregnancy	19-50 years		1,000	

Recommended Dietary Allowance for Calcium				(Oecophylla sp.) (c)Calcium(48 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	ımended Diet	(Oecophylla virescens) (c)Calcium(80 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		

Infants	7-12 months	260 (AI)	260 (AI)	
Children	1-3 years	700	700	
Children	4-8 years	1,000	1,000	
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet	(Onyoso mammon) (1)Calcium(33 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	(Polybius occidentalis nigratellia(i)Calcium(93 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				(Polybius sp. (i)Calcium(101 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		

Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	_	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet	(from Z	z vicina Roger) Zhejiang) n(49 mg/100g)		
Life Stage	Males		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	tary Allowance	e for Calcium	(from 2	s vicina Roger) Zuizhou) (108 mg/100g)
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				` U `	s)(l)Calcium(132 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50	1,000	1,000		

	years			
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	_	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	nes bellicosus) (21 mg/100g)		
Life Stage	Males		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium					nis notalensis) (18 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				` • • `	es)(l)Calcium(83 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70	1,000	1,000		

	years			
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recommended Dietary Allowance for Calcium				` ` `	es)(1) Calcium(85 / 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recomme	ended Diet	ary Allowan	(Anaphe infracta(caterpillars) (a)Calcium(9 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				(Anaphe reticulate(caterpillars)) (a)Calcium(11 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)			

Infants	7-12 months	260 (AI)	260 (AI)	
Children	1-3 years	700	700	
Children	4-8 years	1,000	1,000	
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	(Anaphe spp.) (a)Calcium(9 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		

Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	_	1,300	
Pregnancy	19-50 years		1,000	

Recommended Dietary Allowance for Calcium				(Anaphe venata(caterpillars) (a)Calcium(9 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium	(Anaphe venata(larvae)
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		(o)Calcium(40 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	(Bombyx mori(larvae) (e)Calcium(102 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		

Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet		ri(spent pupae) (158 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recomm	nended Di	` '	da(caterpillars) n(8 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recon	nmended Diet	Westwood	na forda (larvae flour) (13 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		

Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	(Comadia redtembari) (c)Calcium(68 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium					Westwood(larvae) (37 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect	Percentage of RDA per 100g of

				dry matter for RDA(%)	insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recon	nmended Diet	,	rasia belina) (174 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		

Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	_	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet	,	mellonella) (60 mg/100g)		
Life Stage	ife Stage Age Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium			\ <u>*</u>	ethea(caterpillars)) (225 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	ımended Diet	`	<i>li</i> (caterpillars)) (55 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		

Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recommended Dietary Allowance for Calcium				(Imbrasia oyemensis(caterpillar)) (u)Calcium(73 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)			
Infants	7-12 months	260 (AI)	260 (AI)			
Children	1-3 years	700	700			
Children	4-8 years	1,000	1,000			
Children	9-13 years	1,300	1,300			
Adolescents	14-18 years	1,300	1,300			
Adults	19-50 years	1,000	1,000			
Adults	51-70 years	1,000	1,000			
Adults	71+ years	1,200	1,200			
Pregnancy	14-18	_	1,300			

	years		
Pregnancy	19-50	1,000	
	years		

Recommended Dietary Allowance for Calcium				(Imbrasia truncate(caterpillars)) (t)Calcium(132 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)			
Infants	7-12 months	260 (AI)	260 (AI)			
Children	1-3 years	700	700			
Children	4-8 years	1,000	1,000			
Children	9-13 years	1,300	1,300			
Adolescents	14-18 years	1,300	1,300			
Adults	19-50 years	1,000	1,000			
Adults	51-70 years	1,000	1,000			
Adults	71+ years	1,200	1,200			
Pregnancy	14-18 years	-	1,300			
Pregnancy	19-50 years		1,000			

relia oymenesis(caterpillars))
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	C	Calcium		(t)Calcium(149 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)			
Infants	7-12 months	260 (AI)	260 (AI)			
Children	1-3 years	700	700			
Children	4-8 years	1,000	1,000			
Children	9-13 years	1,300	1,300			
Adolescents	14-18 years	1,300	1,300			
Adults	19-50 years	1,000	1,000			
Adults	51-70 years	1,000	1,000			
Adults	71+ years	1,200	1,200			
Pregnancy	14-18 years	_	1,300			
Pregnancy	19-50 years		1,000			

Recommended Dietary Allowance for Calcium				(Samia ricinii(prepupae on castor leaves)) (v)Calcium(75 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		

Infants	7-12 months	260 (AI)	260 (AI)	
Children	1-3 years	700	700	
Children	4-8 years	1,000	1,000	
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet	tapioca	ii(prepupae on leaves)) (77 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	ımended Diet	(Samia ricinii(pupae on castor leaves)) (v)Calcium(74 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recon	nmended Diet	(Samia ricinii(pupae on tapioca leaves)) (v)Calcium(71 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		

Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recommended Dietary Allowance for Calcium				(Upsa Terpsichore(caterpillar)) (c)Calcium(391 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)			
Infants	7-12 months	260 (AI)	260 (AI)			
Children	1-3 years	700	700			
Children	4-8 years	1,000	1,000			
Children	9-13 years	1,300	1,300			
Adolescents	14-18 years	1,300	1,300			
Adults	19-50 years	1,000	1,000			
Adults	51-70 years	1,000	1,000			
Adults	71+ years	1,200	1,200			
Pregnancy	14-18 years	_	1,300			
Pregnancy	19-50 years		1,000			

Recom	mended Diet	`	domesticus) (210 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				domestic crickest)(f)	cheta us(juvenile Calcium(1290 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				`	esticus(nymphs)) (120 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8	1,000	1,000		

	years			
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	(Arphia fallax S. (w)Calcium(75 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		

Pregnancy	19-50 years	1,000	
8	-	-,	

Recom	ımended Diet	Flaviv	lon sp. Af. entris S.) 88 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recon	nmended Diet	, ,	types spp.) n(9 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		

Children	1-3 years	700	700	
Children	4-8 years	1,000	1,000	
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	nmended Diet	aeruginos	anthacris us unicolor) n(4 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	herbac	etolophus eeous B.) a(64 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	(Melanoplus femurrubrum(i)Calcium(144 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		

Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	` .	mexicanus S.) (120 mg/100g)		
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				B.)(w)C	x cer. Salinus alcium(64 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	mammon(1)	njiri Calcium(341 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		

Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	mended Diet	\	volineata D.G. n(80 mg/100g)		
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				fferens(brown)) n(25 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)	
Infants	7-12 months	260 (AI)	260 (AI)	

Children	1-3 years	700	700	
Children	4-8 years	1,000	1,000	
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	nmended Diet	differens(x	spolia)Calcium(27 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		

Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recom	ımended Diet	\ 1	ium histrio) (48 mg/100g)		
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>) 200 (<u>AI</u>)			
Infants	7-12 months	260 (AI) 260 (AI)			
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recommended Dietary Allowance for Calcium				((adults)(w	m magnum M. ()Calcium(88 (100g)
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of
		(mg/day)		grams of insect dry	RDA per 100g of insect
				matter for	dry matter

				RDA(%)	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recom	mended Diet	(Sphenarium purpurascens Ch.(adults))(w)Calcium(112 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		

Pregnancy	19-50 years	1 000		
regnancy	17-30 years	1,000		ı

Recom	mended Diet	(Sphenarium spp.) (w)Calcium(120 mg/100g)			
Life Stage	ife Stage Age		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>) 200 (<u>AI</u>)			
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		
Pregnancy	19-50 years		1,000		

Recon	nmended Diet	instar	variegates)(1 st larvae) (552 mg/100g)		
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		

Children	1-3 years	700	700	
Children	4-8 years	1,000	1,000	
Children	9-13 years	1,300	1,300	
Adolescents	14-18 years	1,300	1,300	
Adults	19-50 years	1,000	1,000	
Adults	51-70 years	1,000	1,000	
Adults	71+ years	1,200	1,200	
Pregnancy	14-18 years	-	1,300	
Pregnancy	19-50 years		1,000	

Recommo	ended Diet	ary Allowan		ariegates)(adult) (182 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	260 (AI)	260 (AI)		
Children	1-3 years	700	700		
Children	4-8 years	1,000	1,000		
Children	9-13 years	1,300	1,300		
Adolescents	14-18 years	1,300	1,300		
Adults	19-50 years	1,000	1,000		
Adults	51-70 years	1,000	1,000		
Adults	71+ years	1,200	1,200		
Pregnancy	14-18 years	-	1,300		

Pregnancy	19-50	1.000	
	years	-,	

Below is a list of the top several hundred sources of Calcium in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Desserts, rennin, tablets, unsweetened 3,733 mg
- 2. Spices, savory, ground 2,132 mg
- 3. Spices, basil, dried 2,113 mg
- 4. Whey, acid, dried 2,054 mg
- 5. Spices, marjoram, dried 1,990 mg
- 6. Spices, thyme, dried 1,890 mg
- 7. Spices, dill weed, dried 1,784 mg
- 8. Spices, celery seed 1,767 mg
- 9. Spices, sage, ground 1,652 mg
- 10. Smelt, dried (Alaska Native) 1,600 mg
- 11. Spices, oregano, dried 1,597 mg
- 12. Spices, dill seed 1,516 mg
- 13. Spearmint, dried 1,488 mg
- 14. Spices, poppy seed 1,438 mg
- 15. Cheese, parmesan, low sodium 1,376 mg
- 16. Spices, chervil, dried 1,346 mg

- 17. Spices, rosemary, dried 1,280 mg
- 18. Cheese, parmesan, shredded 1,253 mg
- 19. Spices, coriander leaf, dried 1,246 mg
- 20. Spices, fennel seed 1,196 mg
- 21. Cheese, parmesan, hard 1,184 mg
- 22. Milk, buttermilk, dried 1,184 mg
- 23. Cheese, Mexican, blend, reduced fat 1,146 mg
- 24. Spices, parsley, dried 1,140 mg
- 25. Spices, tarragon, dried1,139 mg
- 26. Cheese, parmesan, grated 1,109 mg
- 27. Cheese, romano 1,064 mg
- 28. Cheese, gruyere 1,011 mg
- 29. Spices, cinnamon, ground 1,002 mg
- 30. Spices, poultry seasoning 996 mg
- 31. Seeds, sesame seeds, whole, dried 975 mg
- 32. Cheese, mozzarella, nonfat 961 mg
- 33. Seeds, sesame butter, paste 960 mg
- 34. Spices, cumin seed 931 mg
- 35. Milk, dry, whole, with added vitamin D 912 mg
- 36. Cheese, goat, hard type 895 mg
- 37. Spices, bay leaf 834 mg
- 38. Fish, whitefish, dried (Alaska Native) 810 mg
- 39. Parmesan cheese topping, fat free 800 mg

- 40. Whey, sweet, dried 796 mg
- 41. Sauce, cheese, dry, powder 795 mg
- 42. Cheese, swiss 791 mg
- 43. Cheese, mozzarella, part skim milk 782 mg
- 44. Agave, dried (Southwest) 770 mg
- 45. Cheese, provolone 756 mg
- 46. Cheese, monterey 746 mg
- 47. Cheese, edam 731 mg
- 48. Cheese, mozzarella, low sodium 731 mg
- 49. Cheese food, pasteurized process, swiss 723 mg
- 50. Cheese, cheddar 721 mg
- 51. Cheese, muenster 717 mg
- 52. Spices, coriander seed 709 mg
- 53. Cheese, low-sodium, cheddar or colby 703 mg
- 54. Cheese, gouda 700 mg
- 55. Cheese, tilsit 700 mg
- 56. Spices, caraway seed 689 mg
- 57. Cheese, colby 685 mg
- 58. Tofu, raw, firm, prepared with calcium sulfate 683 mg
- 59. Spices, pumpkin pie spice 682 mg
- 60. Cheese, mexican, queso anejo 680 mg
- 61. Cheese, brick 674 mg
- 62. Cheese, caraway 673 mg

- 63. Cheese, roquefort 662 mg
- 64. Cheese, mexican, queso asadero 661 mg
- 65. Spices, allspice, ground 661 mg
- 66. Cheese, mexican, queso chihuahua 651 mg
- 67. Cheese, port de salut 650 mg
- 68. Spices, anise seed 646 mg
- 69. Spices, cloves, ground 646 mg
- 70. Cheese, cheshire 643 mg
- 71. Seeds, chia seeds, dried 631 mg
- 72. Cheese, pasteurized process, pimento 614 mg
- 73. Cheese substitute, mozzarella 610 mg
- 74. Cocoa mix, no sugar added, powder 576 mg
- 75. Cheese, american cheddar, imitation 562 mg
- 76. Cheese food, imitation 552 mg
- 77. Cheese, fontina 550 mg
- 78. Cheese, blue 528 mg
- 79. Cereals, MALT-O-MEAL, plain, dry 508 mg
- 80. Cheese, mozzarella, whole milk 505 mg
- 81. Formulated bar, POWER BAR, chocolate 504 mg
- 82. Cheese, limburger 497 mg
- 83. Cheese food, cold pack, american 497 mg
- 84. Cheese, feta 493 mg
- 85. Spices, curry powder 478 mg

- 86. Cheese fondue 476 mg
- 87. Sauce, alfredo mix, dry 467 mg
- 88. Agave, cooked (Southwest) 460 mg
- 89. Winged beans, mature seeds, raw 440 mg
- 90. Spices, pepper, black 437 mg
- 91. Fireweed, leaves, raw 429 mg
- 92. Agave, raw (Southwest) 417 mg
- 93. Cheese, low fat, cheddar or colby 415 mg
- 94. Milk and cereal bar 410 mg
- 95. Thyme, fresh 405 mg
- 96. Cheese, gjetost 400 mg
- 97. Cheese, camembert 388 mg
- 98. Spices, onion powder 384 mg
- 99. Spices, cardamom 383 mg
- 100. Tofu, fried 372 mg
- 101. Cereals, MALT-O-MEAL, chocolate, dry 369 mg
- 102. Tofu, dried-frozen (koyadofu) 364 mg
- 103. Grape leaves, raw 363 mg
- 104. T.G.I. FRIDAY'S, fried mozzarella 362 mg
- 105. Cereals ready-to-eat, Ralston TASTEEOS 357 mg
- 106. Cereals, CREAM OF WHEAT, instant, dry 357 mg
- 107. DENNY'S, mozzarella cheese sticks 355 mg
- 108. Tofu, raw, regular, prepared with calcium sulfate 350 mg

- 109. Carob flour 348 mg
- 110. Tofu, hard, prepared with nigari 345 mg
- 111. Entrees, crab cake 337 mg
- 112. APPLEBEE'S, mozzarella sticks 328 mg
- 113. Egg substitute, powder 326 mg
- 114. Rosemary, fresh 317 mg
- 115. Cheese sauce, prepared from recipe 311 mg
- 116. Lambsquarters, raw 309 mg
- 117. Waffles, plain, frozen, ready-to-heat 308 mg
- 118. Cheese, goat, semisoft type 298 mg
- 119. Malted drink mix, natural, powder 298 mg
- 120. McDONALD'S, English Muffin 292 mg
- 121. Soy flour, low-fat 285 mg
- 122. Milk, canned, condensed, sweetened 284 mg
- 123. Egg, yolk, dried 284 mg
- 124. Cereals, MAYPO, dry282 mg
- 125. Milk, dry, nonfat, calcium reduced 280 mg
- 126. Gravy, onion, dry, mix 280 mg
- 127. Kanpyo, (dried gourd strips) 280 mg
- 128. Spices, chili powder 278 mg
- 129. Hush puppies, prepared from recipe 278 mg
- 130. Soybeans, mature seeds, raw 277 mg
- 131. Epazote, raw 275 mg

- 132. Fish, caviar, black and red, granular 275 mg
- 133. Cheese, ricotta, part skim milk 272 mg
- 134. Whiskey sour mix, powder 272 mg
- 135. Frankfurter, pork 267 mg
- 136. Spices, mustard seed, ground 266 mg
- 137. Spices, pepper, white 265 mg
- 138. English muffins, whole-wheat 265 mg
- 139. Nuts, almonds 264 mg
- 140. Seeds, flaxseed 255 mg
- 141. Waffles, plain, prepared from recipe 255 mg
- 142. Spices, mace, ground 252 mg
- 143. Dulce de Leche 251 mg
- 144. Soy meal, defatted, raw 244 mg
- 145. Peppermint, fresh 243 mg
- 146. Soy flour, defatted 241 mg
- 147. Fast foods, nachos, with cheese 241 mg
- 148. Beans, white, mature seeds, raw 240 mg
- 149. Fish, blackfish, whole (Alaska Native) 236 mg
- 150. Egg, whole, dried 231 mg
- 151. Gravy, mushroom, dry, powder 230 mg
- 152. Egg custards, dry mix 228 mg
- 153. Winged bean leaves, raw 224 mg
- 154. McDONALD'S, Sausage McMUFFIN 224 mg

- 155. Pancakes, plain, prepared from recipe 219 mg
- 156. Ham and cheese spread 217 mg
- 157. Natto 217 mg
- 158. Roselle, raw 215 mg
- 159. Amaranth leaves, raw 215 mg
- 160. Carrot, dehydrated 212 mg
- 161. Mustard spinach, (tendergreen), raw 210 mg
- 162. Dill weed, fresh 208 mg
- 163. Jute, potherb, raw 208 mg
- 164. PIZZA HUT 12" Cheese Pizza, Thick Crust 208 mg
- 165. Cheese, ricotta, whole milk 207 mg
- 166. Soy flour, full-fat, raw 206 mg
- 167. Kale, scotch, raw 205 mg
- 168. Molasses 205 mg
- 169. Sauce, cheese sauce mix, dry 204 mg
- 170. Meat extender 204 mg
- 171. Spearmint, fresh 199 mg
- 172. Fast foods, enchilada, with cheese 199 mg
- 173. McDONALD'S, Egg McMUFFIN 198 mg
- 174. Soybeans, green, raw 197 mg
- 175. Bologna, chicken, pork 196 mg
- 176. LEAN POCKETS, Ham N Cheddar 196 mg
- 177. Lean Pockets, Meatballs & Mozzarella 196 mg

- 178. Beans, kidney, california red, mature seeds, raw 195 mg
- 179. Milk, sheep, fluid 193 mg
- 180. Cake, white, dry mix, regular 192 mg
- 181. Soup, chicken broth cubes, dry 190 mg
- 182. Turnip greens, raw 190 mg
- 183. Soybean, curd cheese 188 mg
- 184. Poultry, mechanically deboned, from mature hens, raw 187 mg
- 185. Soup, chicken broth or bouillon, dry 187 mg
- 186. Dandelion greens, raw 187 mg
- 187. USDA Commodity, Bakery, Flour Mix 187 mg
- 188. PIZZA HUT 14" Cheese Pizza, Thick Crust 187 mg
- 189. Beans, french, mature seeds, raw 186 mg
- 190. Horseradish-tree leafy tips, raw 185 mg
- 191. Cheese, brie 184 mg
- 192. Spices, nutmeg, ground 184 mg
- 193. Sauce, cheese, ready-to-serve 184 mg
- 194. Vitasoy USA, Nasoya Lite Firm Tofu 184 mg
- 195. Spices, turmeric, ground 183 mg
- 196. Bread crumbs, dry, grated, plain 183 mg
- 197. Bread crumbs, dry, grated, seasoned 182 mg
- 198. Garlic, raw 181 mg
- 199. Teff, uncooked 180 mg
- 200. McDONALD'S, Sausage Burrito 180 mg

- 201. Plains Pricklypear, raw (Northern Plains Indians) 180 mg
- 202. Biscuits, plain or buttermilk, dry mix 179 mg
- 203. Soy protein isolate 178 mg
- 204. English muffins, wheat 178 mg
- 205. Spices, paprika 177 mg
- 206. Basil, fresh 177 mg
- 207. Spices, fenugreek seed 176 mg
- 208. Lupins, mature seeds, raw 176 mg
- 209. SILK Strawberry soy yogurt 176 mg
- 210. SILK Raspberry soy yogurt 176 mg
- 211. SILK Peach soy Yogurt 176 mg
- 212. SILK Black Cherry soy Yogurt 176 mg
- 213. SILK Blueberry soy Yogurt 176 mg
- 214. SILK Key Lime soy Yogurt 176 mg
- 215. SILK Banana-Strawberry soy Yogurt 176 mg
- 216. Rolls, dinner, wheat 176 mg
- 217. Beans, great northern, mature seeds, raw 175 mg
- 218. Tofu, extra firm, prepared with nigari 175 mg
- 219. Beans, small white, mature seeds, raw 173 mg
- 220. Cereals ready-to-eat, FAMILIA 173 mg
- 221. Potato soup, instant, dry mix 172 mg
- 222. Nuts, almond paste 172 mg
- 223. Cake, carrot, dry mix, pudding-type 172 mg

- 224. Crackers, milk 172 mg
- 225. Egg Mix, USDA Commodity 171 mg
- 226. Snacks, soy chips or crisps, salted 171 mg
- 227. Milk, indian buffalo, fluid 169 mg
- 228. Seaweed, kelp, raw 168 mg
- 229. McDONALD'S, Cheeseburger 167 mg
- 230. Tomato powder 166 mg
- 231. Beans, yellow, mature seeds, raw 166 mg
- 232. Desserts, rennin, chocolate, dry mix 166 mg
- 233. SILK Plus for Bone Health, soymilk 165 mg
- 234. Nopales, raw 164 mg
- 235. Fast foods, english muffin, with butter 163 mg
- 236. Tostada with guacamole 162 mg
- 237. Orange peel, raw 161 mg
- 238. Arugula, raw 160 mg
- 239. Nuts, brazilnuts, dried, unblanched 160 mg
- 240. Beans, black turtle soup, mature seeds, raw 160 mg
- 241. McDONALD'S, Double Cheeseburger 160 mg
- 242. Fungi, Cloud ears, dried 159 mg
- 243. Seeds, sesame flour, high-fat 159 mg
- 244. Amaranth, uncooked 159 mg
- 245. Cake, yellow, dry mix, light 155 mg
- 246. Snacks, tortilla chips, taco-flavor 155 mg

- 247. NABISCO, NABISCO RITZ Crackers 154 mg
- 248. Fast foods, egg and cheese sandwich 154 mg
- 249. Seeds, sesame meal, partially defatted 153 mg
- 250. Tortellini, pasta with cheese filling 152 mg
- 251. Yogurt, fruit variety, nonfat 152 mg
- 252. Crackers, cheese, regular 151 mg
- 253. Crackers, cheese, low sodium 151 mg
- 254. Gravy, unspecified type, dry 150 mg
- 255. Seaweed, wakame, raw 150 mg
- 256. Seeds, sesame flour, partially defatted 150 mg
- 257. Mothbeans, mature seeds, raw 150 mg
- 258. Cake, chocolate, dry mix, regular 150 mg
- 259. Syrups, sorghum 150 mg
- 260. Lasagna, Vegetable, frozen, baked 150 mg
- 261. Seeds, sesame flour, low-fat 149 mg
- 262. Spices, pepper, red or cayenne 148 mg
- 263. Frankfurter, turkey 148 mg
- 264. BUTCHER BOY MEATS, INC., Turkey Franks 148 mg
- 265. Snacks, tortilla chips, nacho cheese 148 mg
- 266. Fish, anchovy, european, raw 147 mg
- 267. Beans, navy, mature seeds, raw 147 mg
- 268. Cereals, ready-to-eat, ALPEN 147 mg
- 269. Milk shakes, thick vanilla 146 mg

- 270. Gravy, chicken, dry 146 mg
- 271. Gravy, turkey, dry 146 mg
- 272. Turkey, mechanically deboned, from turkey frames, raw 145 mg
- 273. Collards, raw 145 mg
- 274. Nuts, pilinuts, dried 145 mg
- 275. SILK Plus Omega-3 DHA, soymilk 144 mg
- 276. SILK Very Vanilla, soymilk 144 mg
- 277. Soup, onion, dry, mix 143 mg
- 278. Beans, kidney, all types, mature seeds, raw 143 mg
- 279. Frozen yogurts, vanilla, soft-serve 143 mg
- 280. Papad 143 mg
- 281. Bread, wheat 142 mg
- 282. Fast foods, biscuit, with ham 142 mg
- 283. Vital wheat gluten 142 mg
- 284. Sour cream, reduced fat 141 mg
- 285. Sour cream, light 141 mg
- 286. Gravy, instant beef, dry 141 mg
- 287. Coffee, instant, regular, powder 141 mg
- 288. Corn flour, masa, enriched, white 141 mg
- 289. Corn flour, masa, enriched, yellow 141 mg
- 290. Cheese, goat, soft type 140 mg
- 291. Gravy, au jus, dry 140 mg
- 292. Cereals ready-to-eat, KASHI GOLEAN 140 mg

- 293. Coffee, instant, decaffeinated, powder 140 mg
- 294. Peanut flour, defatted 140 mg
- 295. Soymilk (All flavors), enhanced 140 mg
- 296. Cake, angelfood, commercially prepared 140 mg
- 297. Fish, sheefish, raw (Alaska Native) 140 mg
- 298. Gravy, pork, dry, powder 139 mg
- 299. McDONALD'S, Hot Fudge Sundae 139 mg
- 300. Egg, yolk, raw, frozen 138 mg

Iron:

Reco	ommended Die	(Analeptes trifasciata) (a)Iron(18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Oryctes boas)(a)Iron(2 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Oryctes rhinoceros(larvae)) (b)Iron(5 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	mmended Die	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	rus pheonicis) 5 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Tenebrio molitor(larvae and adults))(e)Iron(6
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		mg/	100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	\ <u>*</u>	orio)(f)Iron(5 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		

Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	ommended Die	_ ` _	melanogaster) 5 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	<u>-</u>	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				\	estica(larvae)) 0 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect dry

				matter for RDA(%)	matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Euschistus sp.)(i)Iron(57 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		

Breast- feeding	18 years and younger	10	
Breast- feeding	19 years and older	9	

Recom	ımended Die		ra(honeybee)) 5 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron			`	od)(j) Iron(6 /100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect

				matter for RDA(%)	dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	ommended Die	(Carebara vidua Smith(female))(k)Iron(11 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		

Breast- feeding	18 years and younger	10	
Breast- feeding	19 years and older	9	

Reco	mmended Die	` _	m apiculatum) mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron					sp.)(c) Iron(22 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		

Infants	7-12 months	11 (AI)	11 (AI)	
Children	1-3 years	7	7	
Children	4-8 years	10	10	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	mmended Die	\ I P	la virescens) 9 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die		ammon(ant)) 8 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				nigratella	occidentalis ()(i) Iron(35 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		

Children	9-13 years	8	8	
Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recommended Dietary Allowance for Iron				(<i>Polybia</i> sp.)(i) Iron(50 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	<u>-</u>	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Polyrhachis vicina
110001111101141041 2 100411 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	(2 31)::::::::::::::::::::::::::::::::::::

					m Zhejiang)) 8 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Polyrhachis vicina Roger(from Guizhou)) (a) Iron(54 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recommended Dietary Allowance for Iron				(Agoro(termites))(1) Iron(161 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Macrotermes bellicosus)
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					7 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Macrotermes notalensis)) (a)Iron(29 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		

Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recommended Dietary Allowance for Iron				\ \	ites))(l) Iron(94 (100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron			(Oyala(termites))(1)Iron(332 mg/100g)		
Life Stage	Age	Males	Females	How many	Percentage of

		(mg/day)	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Anaphe infracta(caterpillar)) (a)Iron(2 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		

Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recommended Dietary Allowance for Iron				(Anaphe reticulata(caterpillar)) (a)Iron(2 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die		(caterpillar)) 2 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Anaphe venata(caterpillar)) (a)Iron(2 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	mmended Die	(Anaphe venata(larvae)) (a) Iron(10 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Bombyx mori(larvae)) (e)Iron(10 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Bombyx mori(spent pupae))(p)Iron(26 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		

Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	mmended Die	(Cirina forda(caterpillar)) (a)Iron(2 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Rec	ommended		da(Westwood on(1 mg/100g)		
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of
		(mg/day)	(mg/day)		RDA per
				insect dry	100g of insect

				matter for RDA(%)	dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recomm	ended Die	etary Allowa	(Cirina forda(Westwood(larvae))) (s) Iron(64 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		

Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	_	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	ommended Die	(Comadia redtembacheri)) (i) Iron(24 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Conimbrasia belina))
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		(c)Iron(3	1 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Galleria melonella)) (f) Iron(5 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		

Adults	51+	8	8	
Pregnancy	All ages	_	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recom	mended Die		(Imbrasia epimethea(caterpillar)) (t)Iron(13 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Imbrasia ertli(caterpillar)) (c)Iron(2 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recon	nmended Die	(Imbrasia truncata(caterpillar))(t)Iron(9 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		

Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recom	ımended Die	oymensis(caterp	(Nudaurelia oymensis(caterpillar))(t)Iron(10 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	ommended Die	(Samia ricinii (prepupae on castor leaves))(v)Iron(25 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	ommended Die	tapioca leave	ii (prepupae on es))(v) Iron(25 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day) grams of R 100		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recommended Dietary Allowance for Iron				(Samia ricinii (pupae on castor leaves))(v)Iron(24 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Samia ricinii (pupae on
·	tapioca leaves))(v)Iron(23

		mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recom	mended Die	etary Allowa	(Usta Terpsichore(caterpillar)) (c)Iron(39 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	_	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Recommended Dietary Allowance for Iron				(Acheta domesticus(adults)) (f)Iron(11 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	ommended Die	(Acheta domesticus(juvenile crickets))(f)Iron(20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recor	nmended Die	(Acheta domesticus(nymphs)) (e)Iron(9 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		

Children	4-8 years	10	10	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	ommended Die	(Arphia fallax S.)) (w) Iron(22 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Boopedon sp. Af. Flaviventris S.))Iron(24 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Brachytypes spp.)) (a)Iron(1 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	ommended Die	(Cytacanthacris aeruginosus unicolor)) (a)Iron(0.35 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron	(Encoptolophus herbaceous B.))(w) Iron(17
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		mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Melanoplus mexicanus S.))(w)Iron(32 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		

Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	ommended Die	(Melanoplus femurrubrum))(i) Iron(37 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				(Ocrhottetix cer. Salinus B.))(vwIron(27 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	(Onjiri mammon)) (1) Iron(1562 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		

Breast- feeding	18 years and younger	10	
Breast- feeding	19 years and older	9	

Reco	ommended Die	(Osmilia flavolineata D.G.))(vw Iron(19 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron				fferens(brown)) 3 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)	
Infants	7-12 months	11 (AI)	11 (AI)	
Children	1-3 years	7	7	
Children	4-8 years	10	10	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	mmended Die	`	fferens(green)) 7 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast-	18 years and	-	10		

feeding	younger		
Breast- feeding	19 years and older	9	

Reco	mmended Die	\ <u>*</u>	um histrio)) 6 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Recommended Dietary Allowance for Iron			\ <u>*</u>	magnum M.)) 0 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		

Infants	7-12 months	11 (AI)	11 (AI)	
Children	1-3 years	7	7	
Children	4-8 years	10	10	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	ommended Die	(Sphenarium purpurascens Ch.(adults))(w)Iron(18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	Recommended Dietary Allowance for Iron				rium spp.)) 4 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	15		
Adults	19-50 years	8	18		
Adults	51+	8	8		
Pregnancy	All ages	-	27		
Breast- feeding	18 years and younger	-	10		
Breast- feeding	19 years and older		9		

Reco	mmended Die	instar larvae	variegatus (1st))(y) Iron(910 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)		
Infants	7-12 months	11 (AI)	11 (AI)		
Children	1-3 years	7	7		
Children	4-8 years	10	10		

Children	9-13 years	8	8	
Adolescents	14-18 years	11	15	
Adults	19-50 years	8	18	
Adults	51+	8	8	
Pregnancy	All ages	-	27	
Breast- feeding	18 years and younger	-	10	
Breast- feeding	19 years and older		9	

Reco	Recommended Dietary Allowance for Iron				(Zonocerus variegatus (adult))(y)Iron(`84 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	0.27 (<u>AI</u>)	0.27 (<u>AI</u>)			
Infants	7-12 months	11 (AI)	11 (AI)			
Children	1-3 years	7	7			
Children	4-8 years	10	10			
Children	9-13 years	8	8			
Adolescents	14-18 years	11	15			
Adults	19-50 years	8	18			
Adults	51+	8	8			
Pregnancy	All ages	-	27			
Breast- feeding	18 years and younger	-	10			
Breast- feeding	19 years and older		9			

Below is a list of the top several hundred sources of iron in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the folic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Spices, thyme, dried 123.60 mg
- 2. Spearmint, dried 87.47 mg
- 3. Spices, marjoram, dried 82.71 mg
- 4. Spices, cumin seed 66.36 mg
- 5. Cereals, MALT-O-MEAL, plain, dry 55.70 mg
- 6. Spices, dill weed, dried 48.78 mg
- 7. Spices, celery seed 44.90 mg
- 8. Beef, variety meats and by-products, spleen, raw 44.55 mg
- 9. Spices, bay leaf 43.00 mg
- 10. Walrus, meat, dried (Alaska Native) 43.00 mg
- 11. Spices, coriander leaf, dried 42.46 mg
- 12. Spices, basil, dried 42.00 mg
- 13. Lamb, variety meats and by-products, spleen, raw 41.89 mg
- 14. Spices, turmeric, ground 41.42 mg
- 15. Cereals, MALT-O-MEAL, chocolate, dry 39.70 mg
- 16. Spices, savory, ground 37.88 mg
- 17. Spices, anise seed 36.96 mg
- 18. Spices, oregano, dried 36.80 mg

- 19. Spices, poultry seasoning 35.30 mg
- 20. Spices, fenugreek seed 33.53 mg
- 21. Spices, tarragon, dried32.30 mg
- 22. Spices, chervil, dried 31.95 mg
- 23. Duck, domesticated, liver, raw 30.53 mg
- 24. Goose, liver, raw 30.53 mg
- 25. Cereals ready-to-eat, Ralston TASTEEOS 30.00 mg
- 26. Spices, curry powder 29.59 mg
- 27. Spices, rosemary, dried 29.25 mg
- 28. Spices, pepper, black 28.86 mg
- 29. Cereals, CREAM OF WHEAT, instant, dry 28.60 mg
- 30. Spices, sage, ground 28.12 mg
- 31. Whale, beluga, meat, raw (Alaska Native) 25.90 mg
- 32. Spices, paprika 23.59 mg
- 33. Pork, fresh, variety meats and by-products, liver, raw 23.30 mg
- 34. Pork, fresh, variety meats and by-products, spleen, raw 22.32 mg
- 35. Spices, parsley, dried 22.04 mg
- 36. Spices, pumpkin pie spice 19.71 mg
- 37. Seal, ringed, meat (Alaska Native) 19.60 mg
- 38. Seeds, sesame butter, paste 19.20 mg
- 39. Cereals, MAYPO, dry 19.00 mg
- 40. Pork, fresh, variety meats and by-products, lungs, raw 18.90 mg
- 41. Spices, fennel seed 18.54 mg

- 42. Rice bran, crude 18.54 mg
- 43. Thyme, fresh 17.45 mg
- 44. Baking chocolate, unsweetened, squares 17.40 mg
- 45. Spices, dill seed 16.33 mg
- 46. Spices, coriander seed 16.32 mg
- 47. Spices, caraway seed 16.23 mg
- 48. Cockles, raw (Alaska Native) 16.20 mg
- 49. Cereals ready-to-eat, WAFFELOS 15.90 mg
- 50. Soybeans, mature seeds, raw 15.70 mg
- 51. Caribou, liver, raw (Alaska Native) 15.70 mg
- 52. Seeds, sesame flour, high-fat 15.17 mg
- 53. Cereals ready-to-eat, KELLOGG, SMORZ 15.00 mg
- 54. Seeds, sesame seeds, whole, dried 14.55 mg
- 55. Seeds, sesame meal, partially defatted 14.55 mg
- 56. Soy protein isolate 14.50 mg
- 57. Walrus, liver, raw (Alaska Native) 14.40 mg
- 58. Spices, pepper, white 14.31 mg
- 59. Seeds, sesame flour, partially defatted 14.30 mg
- 60. Spices, chili powder 14.25 mg
- 61. Seeds, sesame flour, low-fat 14.22 mg
- 62. Mollusks, clam, mixed species, raw 13.98 mg
- 63. Spices, cardamom 13.97 mg
- 64. Spices, mace, ground 13.90 mg

- 65. Cocoa, dry powder, unsweetened 13.86 mg
- 66. Soy meal, defatted, raw 13.70 mg
- 67. Seal, ringed, liver (Alaska Native) 13.50 mg
- 68. Winged beans, mature seeds, raw 13.44 mg
- 69. Seal, bearded (Oogruk), meat, raw (Alaska Native) 12.90 mg
- 70. Mushrooms, morel, raw 12.18 mg
- 71. Turkey, liver, all classes, raw 12.00 mg
- 72. Meat extender 11.99 mg
- 73. Chocolate, dark, 70-85% cacao solids 11.90 mg
- 74. Fish, caviar, black and red, granular 11.88 mg
- 75. Spearmint, fresh 11.87 mg
- 76. Formulated bar, POWER BAR, chocolate 11.70 mg
- 77. Spices, ginger, ground 11.52 mg
- 78. Sea lion, Steller, meat (Alaska Native) 11.48 mg
- 79. Braunschweiger (a liver sausage), pork 11.20 mg
- 80. Spices, saffron 11.10 mg
- 81. Pepper, ancho, dried 10.93 mg
- 82. Mothbeans, mature seeds, raw 10.85 mg
- 83. Liver cheese, pork 10.83 mg
- 84. Wheat bran, crude 10.57 mg
- 85. Beans, white, mature seeds, raw 10.44 mg
- 86. Cowpeas, catjang, mature seeds, raw 9.95 mg
- 87. Peppers, pasilla, dried 9.83 mg

- 88. Spices, poppy seed 9.76 mg
- 89. Tofu, dried-frozen (koyadofu) 9.73 mg
- 90. Sausage, Italian, turkey, smoked 9.60 mg
- 91. Sausage, turkey, hot, smoked 9.60 mg
- 92. Gravy, instant turkey, dry 9.57 mg
- 93. Walrus, meat, raw (Alaska Native) 9.40 mg
- 94. Walrus, meat and subcutaneous fat raw (Alaska Native) 9.40 mg
- 95. Beans, kidney, california red, mature seeds, raw 9.35 mg
- 96. Veal, variety meats and by-products, spleen, raw 9.32 mg
- 97. Gravy, au jus, dry 9.30 mg
- 98. Soy flour, defatted 9.24 mg
- 99. Spices, mustard seed, ground 9.21 mg
- 100. Pate, chicken liver, canned 9.19 mg
- 101. Tomatoes, sun-dried 9.09 mg
- 102. Chicken, liver, all classes, raw 8.99 mg
- 103. Seaweed, irishmoss, raw 8.90 mg
- 104. Liverwurst spread 8.85 mg
- 105. Beans, black turtle soup, mature seeds, raw 8.70 mg
- 106. Beans, kidney, royal red, mature seeds, raw 8.70 mg
- 107. Spices, cloves, ground 8.68 mg
- 108. Yardlong beans, mature seeds, raw 8.61 mg
- 109. Natto 8.60 mg
- 110. Cereals ready-to-eat, POST, ALPHA-BITS 8.44 mg

- 111. Spices, cinnamon, ground 8.32 mg
- 112. Beans, kidney, all types, mature seeds, raw 8.20 mg
- 113. Soy flour, low-fat 8.20 mg
- 114. Lemon grass (citronella), raw 8.17 mg
- 115. Chocolate, dark, 45- 59% cacao solids 8.02 mg
- 116. Beef, variety meats and by-products, lungs, raw 7.95 mg
- 117. Spices, pepper, red or cayenne 7.80 mg
- 118. Papad 7.80 mg
- 119. Beans, small white, mature seeds, raw 7.73 mg
- 120. Teff, uncooked 7.63 mg
- 121. Amaranth, uncooked 7.61 mg
- 122. Mungo beans, mature seeds, raw 7.57 mg
- 123. Lentils, pink, raw 7.56 mg
- 124. Lentils, raw 7.54 mg
- 125. Lima beans, large, mature seeds, raw 7.51 mg
- 126. Gravy, brown instant, dry 7.40 mg
- 127. Lamb, variety meats and by-products, liver, raw 7.37 mg
- 128. Wheat flour, white, cake, enriched 7.32 mg
- 129. Seeds, watermelon seed kernels, dried 7.28 mg
- 130. Corn flour, masa, enriched, white 7.21 mg
- 131. Corn flour, masa, enriched, yellow 7.21 mg
- 132. Bear, black, meat (Alaska Native) 7.20 mg
- 133. Elk, free range, ground, raw (Shoshone Bannock) 7.17 mg

- 134. Game meat, raccoon, cooked, roasted 7.10 mg
- 135. Desserts, rennin, tablets, unsweetened 7.07 mg
- 136. Spices, allspice, ground 7.06 mg
- 137. Potatoes, baked, skin, without salt 7.04 mg
- 138. Potatoes, baked, skin, with salt 7.04 mg
- 139. Beans, yellow, mature seeds, raw 7.01 mg
- 140. Game meat, beaver, raw 6.90 mg
- 141. Turkey, all classes, giblets, raw 6.84 mg
- 142. Egg, whole, dried 6.79 mg
- 143. Beans, pink, mature seeds, raw 6.77 mg
- 144. Moose, liver, braised (Alaska Native) 6.77 mg
- 145. Mung beans, mature seeds, raw 6.74 mg
- 146. Mollusks, oyster, eastern, canned 6.70 mg
- 147. Broadbeans (fava beans), mature seeds, raw 6.70 mg
- 148. Beans, kidney, red, mature seeds, raw 6.69 mg
- 149. Nuts, cashew nuts, raw 6.68 mg
- 150. Mollusks, oyster, eastern, wild, raw 6.66 mg
- 151. Rosemary, fresh 6.65 mg
- 152. Game meat, bear, raw 6.65 mg
- 153. Dill weed, fresh 6.59 mg
- 154. Cookies, molasses 6.43 mg
- 155. Blood sausage 6.40 mg
- 156. Liver sausage, liverwurst, pork 6.40 mg

- 157. Veal, variety meats and by-products, liver, raw 6.40 mg
- 158. Lamb, variety meats and by-products, lungs, raw 6.40 mg
- 159. Cookies, gingersnaps 6.40 mg
- 160. Lamb, variety meats and by-products, kidneys, raw 6.38 mg
- 161. Soy flour, full-fat, raw 6.37 mg
- 162. Chocolate, dark, 60-69% cacao solids 6.32 mg
- 163. Gravy, instant beef, dry 6.27 mg
- 164. Wheat germ, crude 6.26 mg
- 165. Chicken, capons, giblets, raw 6.25 mg
- 166. Parsley, raw 6.20 mg
- 167. Lima beans, thin seeded (baby), mature seeds, raw 6.19 mg
- 168. Pepeao, dried 6.14 mg
- 169. Bear, polar, meat, raw (Alaska Native) 6.10 mg
- 170. Peppers, hot chile, sun-dried 6.04 mg
- 171. Mollusks, cuttlefish, mixed species, raw 6.02 mg
- 172. Milk and cereal bar 5.99 mg
- 173. Chicken, heart, all classes, raw 5.96 mg
- 174. Fish, whitefish, eggs (Alaska Native) 5.95 mg
- 175. Crackers, rye, wafers, plain 5.94 mg
- 176. Chicken, stewing, giblets, raw 5.93 mg
- 177. Dove, cooked (includes squab) 5.91 mg
- 178. Fungi, Cloud ears, dried 5.88 mg
- 179. Chicken, broilers or fryers, giblets, raw 5.86 mg

- 180. Mollusks, oyster, eastern, farmed, raw 5.78 mg
- 181. Seeds, flaxseed 5.73 mg
- 182. Spices, garlic powder 5.65 mg
- 183. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 5.65 mg
- 184. Waffles, plain, frozen, ready-to-heat 5.61 mg
- 185. Soybean, curd cheese 5.60 mg
- 186. KELLOGG'S Eggo Lowfat Homestyle Waffles 5.56 mg
- 187. Nuts, pine nuts, dried 5.53 mg
- 188. Emu, oyster, raw 5.50 mg
- 189. Pate, goose liver, smoked, canned 5.50 mg
- 190. Pate, liver, not specified, canned 5.50 mg
- 191. BURGER KING, Chicken WHOPPER Sandwich 5.50 mg
- 192. Beans, navy, mature seeds, raw 5.49 mg
- 193. Beans, great northern, mature seeds, raw 5.47 mg
- 194. Egg, yolk, dried 5.42 mg
- 195. Snacks, beef jerky, chopped and formed 5.42 mg
- 196. Oat bran, raw 5.41 mg
- 197. Chicken, roasting, giblets, raw 5.40 mg
- 198. Smelt, dried (Alaska Native) 5.40 mg
- 199. Wheat, soft white 5.37 mg
- 200. Tofu, raw, regular, prepared with calcium sulfate 5.36 mg
- 201. Sauce, worcestershire 5.30 mg
- 202. Mollusks, octopus, common, raw 5.30 mg

- 203. Seeds, sunflower seed kernels, dried 5.25 mg
- 204. Emu, inside drum, raw 5.23 mg
- 205. Pigeon peas (red gram), mature seeds, raw 5.23 mg
- 206. Veal, variety meats and by-products, lungs, raw 5.23 mg
- 207. Snacks, pretzels, hard, plain, salted 5.20 mg
- 208. Snacks, soy chips or crisps, salted 5.20 mg
- 209. Vital wheat gluten 5.20 mg
- 210. Kanpyo, (dried gourd strips) 5.12 mg
- 211. Mollusks, oyster, Pacific, raw 5.11 mg
- 212. Hyacinth beans, mature seeds, raw 5.10 mg
- 213. Peppermint, fresh 5.08 mg
- 214. Cereals, NESTUM, prepared with water 5.08 mg
- 215. Emu, top loin, cooked, broiled 5.07 mg
- 216. Beans, pinto, mature seeds, raw 5.07 mg
- 217. Snacks, bagel chips 5.05 mg
- 218. Mollusks, whelk, unspecified, raw 5.03 mg
- 219. Beans, black, mature seeds, raw 5.02 mg
- 220. Crackers, wheat, reduced fat 5.02 mg
- 221. Parmesan cheese topping, fat free 5.00 mg
- 222. Emu, flat fillet, raw 5.00 mg
- 223. Cereals ready-to-eat, KASHI GOLEAN 5.00 mg
- 224. Beans, cranberry (roman), mature seeds, raw 5.00 mg
- 225. Beans, adzuki, mature seeds, raw 4.98 mg

- 226. Emu, full rump, raw 4.96 mg
- 227. Cocoa mix, no sugar added, powder 4.96 mg
- 228. Bread crumbs, dry, grated, seasoned 4.92 mg
- 229. Seeds, safflower seed kernels, dried 4.90 mg
- 230. Beef, variety meats and by-products, liver, raw 4.90 mg
- 231. Octopus (Alaska Native) 4.90 mg
- 232. Ostrich, tenderloin, raw 4.88 mg
- 233. Tofu, fried 4.87 mg
- 234. Chickpea flour (besan) 4.86 mg
- 235. Bread crumbs, dry, grated, plain 4.83 mg
- 236. Owl, horned, flesh, raw (Alaska Native) 4.80 mg
- 237. Crackers, cheese, regular 4.77 mg
- 238. Crackers, cheese, low sodium 4.77 mg
- 239. Jute, potherb, raw 4.76 mg
- 240. Coffee, instant, with chicory, powder 4.76 mg
- 241. Mutton, cooked, roasted (Navajo) 4.76 mg
- 242. Peanut flour, low fat 4.74 mg
- 243. Noodles, chinese, chow mein 4.73 mg
- 244. Molasses 4.72 mg
- 245. Oats 4.72 mg
- 246. Barley malt flour 4.71 mg
- 247. Nuts, hazelnuts or filberts 4.70 mg
- 248. Game meat, squirrel, raw 4.70 mg

- 249. Cake, gingerbread, dry mix 4.70 mg
- 250. Caribou, eye, raw (Alaska Native) 4.70 mg
- 251. Squirrel, ground, meat (Alaska Native) 4.70 mg
- 252. Game meat, caribou, raw 4.69 mg
- 253. Crackers, wheat, regular 4.69 mg
- 254. Pork, fresh, variety meats and by-products, heart, raw 4.68 mg
- 255. ARCHWAY Home Style Cookies, Molasses 4.68 mg
- 256. Crackers, matzo, whole-wheat 4.65 mg
- 257. Cereals, ROMAN MEAL, plain, dry 4.64 mg
- 258. Cereals, QUAKER, Quick Oats, Dry 4.64 mg
- 259. Game meat, opossum, cooked, roasted 4.64 mg
- 260. Cracker meal 4.64 mg
- 261. Beef, variety meats and by-products, kidneys, raw 4.60 mg
- 262. Carob-flavor beverage mix, powder 4.60 mg
- 263. Lamb, variety meats and by-products, heart, raw 4.60 mg
- 264. KELLOGG'S Eggo Golden Oat Waffles 4.60 mg
- 265. Fish, blackfish, whole (Alaska Native) 4.60 mg
- 266. Snacks, pita chips, salted 4.59 mg
- 267. Peanuts, all types, raw4.58 mg
- 268. Quinoa, uncooked 4.57 mg
- 269. Tomato powder 4.56 mg
- 270. Wheat, hard white 4.56 mg
- 271. Duck, wild, breast, meat only, raw 4.51 mg

- 272. Quail, meat only, raw 4.51 mg
- 273. Squab, (pigeon), meat only, raw 4.51 mg
- 274. Emu, fan fillet, raw 4.50 mg
- 275. Emu, outside drum, raw 4.50 mg
- 276. Cake, chocolate, dry mix, regular 4.50 mg
- 277. Crackers, melba toast, wheat 4.50 mg
- 278. Caribou, bone marrow, raw (Alaska Native) 4.50 mg
- 279. NABISCO, NABISCO RITZ Crackers 4.47 mg
- 280. Spelt, uncooked 4.44 mg
- 281. Peas, split, mature seeds, raw 4.43 mg
- 282. Ice cream cones, sugar, rolled-type 4.43 mg
- 283. Quail, cooked, total edible 4.43 mg
- 284. Coffee, instant, regular, powder 4.41 mg
- 285. Wheat flour, white, bread, enriched 4.41 mg
- 286. Kamut, uncooked 4.41 mg
- 287. Crackers, wheat, low salt 4.40 mg
- 288. Sorghum 4.40 mg
- 289. Ostrich, fan, raw 4.38 mg
- 290. Chocolate-flavored hazelnut spread 4.38 mg
- 291. BURGER KING, WHOPPER, no cheese 4.37 mg
- 292. Lupins, mature seeds, raw 4.36 mg
- 293. Rice, white, medium-grain, raw, enriched 4.36 mg
- 294. Semolina, enriched 4.36 mg

- 295. Cornmeal, degermed, enriched, yellow 4.32 mg
- 296. Cornmeal, degermed, enriched, white 4.32 mg
- 297. Turkey, gizzard, all classes, raw 4.31 mg
- 298. Beef, variety meats and by-products, heart, raw 4.31 mg
- 299. Rice, white, long-grain, regular, raw, enriched 4.31 mg
- 300. Bread sticks, plain 4.28 mg

Magnesium:

Recomm	ended Dietary	(Analeptes trifasciata) (a)Magnesium(6 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)	500g	20%, 9%
Infants	7-12 months	75 (AI)	80 (AI)	1250g	8%
Children	1-3 years	80	80	1333g	8%
Children	4-8 years	130	130	2167g	5%
Children	9-13 years	240	240	4000g	3%
Adolescents	14-18 years	410	360	6000g	1%, 2%
Adults	19-30 years	400	310	6667g, 5167g	2%,
Adults	31+	420	320	7000g, 5333g	1%, 2%
Pregnancy	18 years and younger	-	400	6667g	2%
Breast- feeding	19-30 years	-	350	5833g	2%
Breast- feeding	31 and older		360	6000g	2%
Breast- feeding	18 years and younger		360	6000g	2%

Breast- feeding	19-30 years	310	5167g	2%
Breast- feeding	31+ years	320	5333g	2%

Recomm	ended Dietary	(Oryctes boas) (a)Magnesium(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomme	ended Dietary		orus phoenicis) m(132 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium				(e)Magn	olitor (larvae) esium(222 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomm	ended Dietar	morio(f)Ma	hobas gnesium(180 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		

Children	4-8 years	130	130	
Children	9-13 years	240	240	
Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recommen	ded Dietar	y Allowance	(Drosophila melanogaster) (f)Magnesium(130 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		

Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recommended Dietary Allowance for Magnesium				(Agonoscelis pubescens (Thunberg))(h) Magnesium(309 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)			
Infants	7-12 months	75 (AI)	80 (AI)			
Children	1-3 years	80	80			
Children	4-8 years	130	130			
Children	9-13 years	240	240			
Adolescents	14-18 years	410	360			
Adults	19-30 years	400	310			
Adults	31+	420	320			
Pregnancy	18 years	-	400			

	and younger							
Breast- feeding	19-30 years	-		350				
Breast- feeding	31 and older			360				
Breast- feeding	18 years and younger			360				
Breast- feeding	19-30 years			310				
Breast- feeding	31+ years			320				
Recomi	nended Dieta	ry Allowan	ce f	or Magnesium	l	(h)Ma	ıgn	us viduatus F.) nesium(200 /100g)
Life Stage	Age	Males (mg/day		Females (mg/	day)	How man grams o insect dr matter fo RDA(%	f y or	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>))	65 (<u>AI</u>)				
Infants	7-12 months	75 (AI))	80 (AI)				
Children	1-3 years	80		80				
Children	4-8 years	130		130				
Children	9-13 years	240		240				
Adolescents	14-18 years	410		360				
Adults	19-30 years	400		310				
Adults	31+	420		320				
Pregnancy	18 years and younge	r -		400				
Breast- feeding	19-30 years	-		350				
Breast- feeding	31 and olde	r		360				
Breast-	18 years			360				

feeding	and younger		
Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recommen	ded Dietar	y Allowance	(Tenebrio molitor(adults) (e)Magnesium(937 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast-	19-30		310		

feeding	years		
Breast- feeding	31+ years	320	

Recommended Dietary Allowance for Magnesium			(Oryctes boas) (a)Magnesium(7 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium			(adult))(y)N	s variegates Iagnesium(39 1100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomm	nended Dietary	instar (y) Mag ı	variegates(1 st larvae)) nesium(96 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240 240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomn	nended Dietary	(w)Magr	n magnum M.) nesium(420 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium			(Sphenarium histrio G.) (w)Magnesium(744 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomm	nended Dietary	and (x) Mag i	ifferens(brown green)) nesium(33 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130 130		
Children	9-13 years	240	240 240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium			(w)Magr	volineata D.G.) nesium(672 /100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium				B.)(w)Mag	x cer. Salinus gnesium(532 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomn	nended Dietary	(w)Magr	mexicanus S.) nesium(740 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommen	nded Dietar		femurrubrum) n(902 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast-	31+ years		320		

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Recomn	nended Dietary	(Encoptolophus herbaceous B.) (w) Magnesium(498 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast-	31+ years		320		

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Recomn	nended Dietary	(Boopedon sp. Af. Flaviventris S.)Magnesium(521 mg/100g)			
Life Stage	Stage Age Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		

Breast- feeding 31+ years	320		
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Recomm	nended Dietary	(w)Magr	fallax S.) nesium(657 /100g)		
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		

Breast- feeding	18 years and younger	360	
Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recomr		Dietary Allo gnesium	(Acheta domesticus(nymphs)) (e)Magnesium(99 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30	400	310		

	years			
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recommended Dietary Allowance for Magnesium				crickets))(f)M	esticus(juvenile Iagnesium(160 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		

Infants	7-12 months	75 (AI)	80 (AI)	
Children	1-3 years	80	80	
Children	4-8 years	130	130	
Children	9-13 years	240	240	
Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recommended Dietary Allowance for
Magnesium

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomme	ended Dietary	(Usta terpsichore) (c)Magnesium(59 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast-	31+ years		320		

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Recomn	nended Dietary	(Sami ricinii (pupae on tapioca leaves) (v)Magnesium(187 mg/100g)			
Life Stage	Stage Age Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		

Breast- feeding	31+ years		320		
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Recomm	nended Dietary	castor (v) Magn	nii(pupae on leaves) esium(187 [100g)		
Life Stage	Males		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		

Breast- feeding	31+ years		320		
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Recomm	nended Dietary	(Sami ricinii(prepupae on tapioca leaves) (v)Magnesium(196 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recomm	nended Dietary	castor (a) Magn	i(prepupae on leaves) esium(180 100g)		
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommo	Recommended Dietary Allowance for Magnesium				(Nudaurelia oyemensis(caterpillars)) (t)Magnesium(266 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry matter		
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)				
Infants	7-12 months	75 (AI)	80 (AI)				
Children	1-3 years	80	80				
Children	4-8 years	130	130				
Children	9-13 years	240	240				
Adolescents	14-18 years	410	360				
Adults	19-30 years	400	310				
Adults	31+	420	320				
Pregnancy	18 years and younger	-	400				
Breast- feeding	19-30 years	_	350				
Breast- feeding	31 and older		360				
Breast- feeding	18 years and younger		360				

Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recommended Dietary Allowance for Magnesium				(Imbrasia truncata(caterpillars)) (a)Magnesium(192 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)			
Infants	7-12 months	75 (AI)	80 (AI)			
Children	1-3 years	80	80			
Children	4-8 years	130	130			
Children	9-13 years	240	240			
Adolescents	14-18 years	410	360			
Adults	19-30 years	400	310			
Adults	31+	420	320			
Pregnancy	18 years and younger	_	400			
Breast- feeding	19-30 years	-	350			
Breast-	31 and		360			

feeding	older		
Breast- feeding	18 years and younger	360	
Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recom		Dietary Allo agnesium	(Imbrasia ertli(caterpillars)) (c)Magnesium(254 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		

Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recommended Dietary Allowance for Magnesium				(Imbrasia epimethea(caterpillars)) (t) Magnesium(402 mg/100g)		
Life Stage Age Males Females (mg/day) Females			Percentage of RDA per 100g of insect dry matter			
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)			
Infants	7-12 months	75 (AI)	80 (AI)			
Children	1-3	80	80			

	years			
Children	4-8 years	130	130	
Children	9-13 years	240	240	
Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomm	ended Dietar		mellonella) m(90 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)	
Infants	7-12 months	75 (AI)	80 (AI)	
Children	1-3 years	80	80	
Children	4-8 years	130	130	
Children	9-13 years	240	240	
Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomn	nended Die	(Conimbrasia belina) (c)Magnesium(160 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium			(Comadia redtembacheri) (i) Magnesium(296 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect	Percentage of RDA per 100g of

				dry matter for RDA(%)	insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Magnesium				(r)Magnesium(70 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)			
Infants	7-12 months	75 (AI)	80 (AI)			
Children	1-3 years	80	80			
Children	4-8 years	130	130			
Children	9-13 years	240	240			
Adolescents	14-18 years	410	360			
Adults	19-30 years	400	310			
Adults	31+	420	320			
Pregnancy	18 years and younger	-	400			
Breast- feeding	19-30 years	-	350			
Breast- feeding	31 and older		360			
Breast- feeding	18 years and younger		360			
Breast- feeding	19-30 years		310			
Breast- feeding	31+ years		320			

Recommended Dietary Allowance for Magnesium				(Cirina forda(larvae flour))a() Magnesium(44 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium			(Bombyx mori(spent pupae))(p)Magnesium(207 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		
Breast- feeding	31+ years		320		

Recommended Dietary Allowance for Magnesium				(Bombyx mori (larvae)) (e)Magnesium(288 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast- feeding	19-30 years		310		

Breast- feeding 31+ years	320	
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Recommended Dietary Allowance for Magnesium			(Polyrhachis vicina Roger (from Guizhou)) (m)Magnesium(68 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		
Breast-	19-30 years		310		

feeding			
Breast- feeding	31+ years	320	

Recommended Dietary Allowance for Magnesium			(Polyrhachis vicina Roger (from Zhejiang)) (m)Magnesium(65 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		

Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recommended Dietary Allowance for Magnesium			(Anaphe venata (larvae)) (o)Magnesium(50 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast- feeding	19-30 years	-	350		
Breast- feeding	31 and older		360		
Breast- feeding	18 years and younger		360		

Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recomm	ended Dietar	nigratella)(i)I	occidentalis Magnesium(982 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		

Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomm	ended Dietar	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	la virescens) n(122 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		

Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomm	ended Dietar	(c)Magr	hylla sp) nesium(70 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		

Children	4-8 years	130	130	
Children	9-13 years	240	240	
Adolescents	14-18 years	410	360	
Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomme	nded Dietar	\ <u>+</u>	<i>n apiculatum)</i> n(317 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		

Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recommended Dietary Allowance for Magnesium				(Carebara vidua smith(female)) (k)Magnesium(10 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		

Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomm	ended Dietary	(i) Mag n	brood) nesium(91 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		

Adults	19-30 years	400	310	
Adults	31+	420	320	
Pregnancy	18 years and younger	-	400	
Breast- feeding	19-30 years	-	350	
Breast- feeding	31 and older		360	
Breast- feeding	18 years and younger		360	
Breast- feeding	19-30 years		310	
Breast- feeding	31+ years		320	

Recomm	ended Dietary	\ <u>*</u>	mellifera) ım(5 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)		
Infants	7-12 months	75 (AI)	80 (AI)		
Children	1-3 years	80	80		
Children	4-8 years	130	130		
Children	9-13 years	240	240		
Adolescents	14-18 years	410	360		
Adults	19-30 years	400	310		
Adults	31+	420	320		
Pregnancy	18 years and younger	-	400		
Breast-	19-30 years	-	350		

feeding			
Breast- feeding	31 and older	360	
Breast- feeding	18 years and younger	360	
Breast- feeding	19-30 years	310	
Breast- feeding	31+ years	320	

Recomm	ended Dietary	(Macrotermes nigeriensis) (n)Magnesium(6 mg/100g)			
Life Stage Age		Males Females (mg/day) (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)	500g	20%, 9%
Infants	7-12 months	75 (AI)	80 (AI)	1250g	8%
Children	1-3 years	80	80	1333g	8%
Children	4-8 years	130	130	2167g	5%
Children	9-13 years	240	240	4000g	3%
Adolescents	14-18 years	410	360	6000g	1%, 2%
Adults	19-30 years	400	310	6667g, 5167g	2%,
Adults	31+	420	320	7000g, 5333g	1%, 2%
Pregnancy	18 years and younger	-	400	6667g	2%
Breast- feeding	19-30 years	-	350	5833g	2%
Breast- feeding	31 and older		360	6000g	2%

Breast- feeding	18 years and younger	360	6000g	2%
Breast- feeding	19-30 years	310	5167g	2%
Breast- feeding	31+ years	320	5333g	2%

Recomm	nended Dietary	(Euschistus sp.) (i) Magnesium(1910 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	30 (<u>AI</u>)	65 (<u>AI</u>)	2g, 3g	6367%, 2938%
Infants	7-12 months	75 (AI)	80 (AI)	4g	2547%, 2388%
Children	1-3 years	80	80	4g	2388%
Children	4-8 years	130	130	7g	1469%
Children	9-13 years	240	240	100g	796%
Adolescents	14-18 years	410	360	21g, 19g	466%, 531%
Adults	19-30 years	400	310	21g, 16g	478%, 616%,
Adults	31+	420	320	22g, 17g	455%, 597%
Pregnancy	18 years and younger	-	400	21g	478%
Breast- feeding	19-30 years	-	350	18g	546%
Breast- feeding	31 and older		360	19g	531%
Breast- feeding	18 years and younger		360	19g	531%
Breast- feeding	19-30 years		310	16g	616%

Breast- feeding 31+ years	320	17g	2597	
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Below is a list of the top several hundred sources of magnesium in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the magnesium content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Rice bran, crude 781 mg
- 2. Spices, coriander leaf, dried 694 mg
- 3. Wheat bran, crude 611 mg
- 4. Spearmint, dried 602 mg
- 5. Seeds, watermelon seed kernels, dried 515 mg
- 6. Cocoa, dry powder, unsweetened 499 mg
- 7. Spices, dill weed, dried 451 mg
- 8. Spices, celery seed 440 mg
- 9. Soy flour, full-fat, raw 429 mg
- 10. Spices, sage, ground 428 mg
- 11. Spices, basil, dried 422 mg
- 12. Spices, parsley, dried 400 mg
- 13. Seeds, flaxseed 392 mg
- 14. Spices, fennel seed 385 mg
- 15. Mothbeans, mature seeds, raw 381 mg
- 16. Spices, savory, ground 377 mg

- 17. Nuts, brazilnuts, dried, unblanched 376 mg
- 18. Spices, mustard seed, ground 370 mg
- 19. Peanut flour, defatted 370 mg
- 20. Spices, cumin seed 366 mg
- 21. Seeds, sesame flour, partially defatted 362 mg
- 22. Seeds, sesame butter, paste 362 mg
- 23. Seeds, sesame flour, high-fat 361 mg
- 24. Seeds, safflower seed kernels, dried 353 mg
- 25. Seeds, sesame seeds, whole, dried 351 mg
- 26. Spices, poppy seed 347 mg
- 27. Spices, tarragon, dried347 mg
- 28. Spices, marjoram, dried 346 mg
- 29. Seeds, sesame meal, partially defatted 346 mg
- 30. Seeds, sesame flour, low-fat 338 mg
- 31. Yardlong beans, mature seeds, raw 338 mg
- 32. Cowpeas, catiang, mature seeds, raw 333 mg
- 33. Spices, coriander seed 330 mg
- 34. Coffee, instant, regular, powder 327 mg
- 35. Baking chocolate, unsweetened, squares 327 mg
- 36. Seeds, sunflower seed kernels, dried 325 mg
- 37. Cereals ready-to-eat, FAMILIA 317 mg
- 38. Coffee, instant, decaffeinated, powder 311 mg
- 39. Soy meal, defatted, raw 306 mg

- 40. Nuts, pilinuts, dried 302 mg
- 41. Fish, caviar, black and red, granular 300 mg
- 42. Nuts, cashew nuts, raw 292 mg
- 43. Soy flour, defatted 290 mg
- 44. Soy flour, low-fat 285 mg
- 45. Hyacinth beans, mature seeds, raw 283 mg
- 46. Soybeans, mature seeds, raw 280 mg
- 47. Tea, instant, unsweetened, powder 272 mg
- 48. Papad 271 mg
- 49. Spices, oregano, dried 270 mg
- 50. Cereals, QUAKER, Quick Oats, Dry 270 mg
- 51. Nuts, almonds 268 mg
- 52. Mungo beans, mature seeds, raw 267 mg
- 53. Baking chocolate, unsweetened, liquid 265 mg
- 54. Spices, cloves, ground 264 mg
- 55. Spices, saffron 264 mg
- 56. Spices, caraway seed 258 mg
- 57. Spices, dill seed 256 mg
- 58. Spices, curry powder 254 mg
- 59. Nuts, pine nuts, dried 251 mg
- 60. Mollusks, snail, raw 250 mg
- 61. Amaranth, uncooked 248 mg
- 62. Formulated bar, POWER BAR, chocolate 248 mg

- 63. Lemonade, powder 247 mg
- 64. Molasses 242 mg
- 65. Wheat germ, crude 239 mg
- 66. Mollusks, conch, baked or broiled 238 mg
- 67. Cereals, ROMAN MEAL, plain, dry 237 mg
- 68. Nuts, butternuts, dried237 mg
- 69. Oat bran, raw 235 mg
- 70. Nuts, pine nuts, pinyon, dried 234 mg
- 71. Buckwheat 231 mg
- 72. Spices, cardamom 229 mg
- 73. Chocolate, dark, 70-85% cacao solids 228 mg
- 74. Soybean, curd cheese 228 mg
- 75. Spices, poultry seasoning 224 mg
- 76. Lima beans, large, mature seeds, raw 224 mg
- 77. Beans, yellow, mature seeds, raw 222 mg
- 78. Spices, rosemary, dried 220 mg
- 79. Spices, thyme, dried 220 mg
- 80. Meat extender 216 mg
- 81. Coffee, instant, with chicory, powder213 mg
- 82. Cocoa mix, no sugar added, powder 208 mg
- 83. Agave, dried (Southwest) 207 mg
- 84. Cereals ready-to-eat, UNCLE SAM CEREAL 206 mg
- 85. Nuts, walnuts, black, dried 201 mg

- 86. Whey, acid, dried 199 mg
- 87. Lupins, mature seeds, raw 198 mg
- 88. Quinoa, uncooked 197 mg
- 89. Spices, pepper, black 194 mg
- 90. Tomatoes, sun-dried 194 mg
- 91. Spices, turmeric, ground 193 mg
- 92. McDONALD'S, Peanuts (for Sundaes) 193 mg
- 93. Broadbeans (fava beans), mature seeds, raw 192 mg
- 94. Spices, fenugreek seed 191 mg
- 95. Peanut butter with omega-3, creamy 191 mg
- 96. Beans, white, mature seeds, raw 190 mg
- 97. Beans, great northern, mature seeds, raw 189 mg
- 98. Mung beans, mature seeds, raw 189 mg
- 99. Beans, french, mature seeds, raw 188 mg
- 100. Lima beans, thin seeded (baby), mature seeds, raw 188 mg
- 101. Peanuts, spanish, raw 188 mg
- 102. Spices, paprika 185 mg
- 103. Spices, ginger, ground 184 mg
- 104. Peanuts, valencia, raw 184 mg
- 105. Teff, uncooked 184 mg
- 106. Spices, nutmeg, ground 183 mg
- 107. Beans, small white, mature seeds, raw 183 mg
- 108. Pigeon peas (red gram), mature seeds, raw 183 mg

- 109. Beans, pink, mature seeds, raw 182 mg
- 110. Yeast extract spread 180 mg
- 111. Winged beans, mature seeds, raw 179 mg
- 112. USDA Commodity, Peanut Butter, smooth 179 mg
- 113. Tomato powder 178 mg
- 114. Oats 177 mg
- 115. Wild rice, raw 177 mg
- 116. Whey, sweet, dried 176 mg
- 117. Beans, pinto, mature seeds, raw 176 mg
- 118. Chocolate, dark, 60-69% cacao solids 176 mg
- 119. Sauce, fish, ready-to-serve 175 mg
- 120. Cereals ready-to-eat, granola, homemade 175 mg
- 121. Beans, navy, mature seeds, raw 175 mg
- 122. Spaghetti, spinach, dry 174 mg
- 123. Nuts, hickorynuts, dried 173 mg
- 124. Beans, black, mature seeds, raw 171 mg
- 125. Peanuts, virginia, raw 171 mg
- 126. Spices, anise seed 170 mg
- 127. Spices, chili powder 170 mg
- 128. Peanut butter, smooth, reduced fat 170 mg
- 129. Snacks, soy chips or crisps, salted 170 mg
- 130. Peanuts, all types, raw168 mg
- 131. Chickpea flour (besan) 166 mg

- 132. Cereals ready-to-eat, KASHI GOLEAN 165 mg
- 133. Lemonade-flavor drink, powder 165 mg
- 134. Peanut spread, reduced sugar 164 mg
- 135. Bulgur, dry 164 mg
- 136. Spices, mace, ground 163 mg
- 137. Nuts, hazelnuts or filberts 163 mg
- 138. Thyme, fresh 160 mg
- 139. Beans, black turtle soup, mature seeds, raw 160 mg
- 140. Beans, kidney, california red, mature seeds, raw 160 mg
- 141. Peanut butter, chunk style, with salt 160 mg
- 142. Snacks, popcorn, cakes 159 mg
- 143. Peanut butter, reduced sodium 159 mg
- 144. Nuts, walnuts, english 158 mg
- 145. Snacks, trail mix, regular 158 mg
- 146. Muffins, oat bran 157 mg
- 147. Fireweed, leaves, raw 156 mg
- 148. Beans, cranberry (roman), mature seeds, raw156 mg
- 149. Cereals ready-to-eat, Puffed KASHI 154 mg
- 150. Peanut butter, smooth style, with salt 154 mg
- 151. Spices, pepper, red or cayenne 152 mg
- 152. Cereals, RALSTON, dry 152 mg
- 153. Pinon Nuts, roasted (Navajo) 152 mg
- 154. Snacks, popcorn, microwave, low fat 151 mg

- 155. Popcorn, microwave, low fat and sodium 151 mg
- 156. Horseradish-tree leafy tips, raw 147 mg
- 157. Pepeao, dried 146 mg
- 158. Chocolate, dark, 45- 59% cacao solids 146 mg
- 159. Seaweed, irishmoss, raw 144 mg
- 160. Snacks, popcorn, air-popped 144 mg
- 161. Snacks, rice cakes, brown rice, rye 144 mg
- 162. Wheat, durum 144 mg
- 163. Oat flour, partially debranned 144 mg
- 164. Rice, brown, long-grain, raw 143 mg
- 165. Rice, brown, medium-grain, raw 143 mg
- 166. Macaroni, whole-wheat, dry 143 mg
- 167. Spaghetti, whole-wheat, dry 143 mg
- 168. Beans, kidney, all types, mature seeds, raw 140 mg
- 169. Beans, kidney, red, mature seeds, raw 138 mg
- 170. Beans, kidney, royal red, mature seeds, raw 138 mg
- 171. Wheat flour, whole-grain 138 mg
- 172. Spices, pumpkin pie spice 136 mg
- 173. Spelt, uncooked 136 mg
- 174. Spices, allspice, ground 135 mg
- 175. Crackers, matzo, whole-wheat 134 mg
- 176. Kamut, uncooked 134 mg
- 177. Barley, hulled 133 mg

- 178. Cornmeal, blue (Navajo) 133 mg
- 179. Snacks, rice cakes, brown rice, plain 131 mg
- 180. Spices, chervil, dried 130 mg
- 181. Cereals, WHEATENA, dry 130 mg
- 182. Peppers, pasilla, dried 130 mg
- 183. Nuts, almond paste 130 mg
- 184. Nuts, macadamia nuts, raw 130 mg
- 185. Triticale 130 mg
- 186. Beans, adzuki, mature seeds, raw 127 mg
- 187. Corn, yellow 127 mg
- 188. Cornmeal, whole-grain, yellow 127 mg
- 189. Corn, white 127 mg
- 190. Cornmeal, whole-grain, white 127 mg
- 191. Sandwich spread, meatless 127 mg
- 192. Vegetarian stew 127 mg
- 193. Wheat, hard red winter 126 mg
- 194. Wheat, soft red winter 126 mg
- 195. Kanpyo, (dried gourd strips) 125 mg
- 196. Cornmeal, white (Navajo) 125 mg
- 197. Wheat, hard red spring 124 mg
- 198. Corn, dried (Navajo) 124 mg
- 199. Cereals ready-to-eat, Ralston TASTEEOS 123 mg
- 200. Snacks, popcorn, unpopped kernels 123 mg

- 201. Lentils, raw 122 mg
- 202. Seaweed, kelp, raw 121 mg
- 203. Epazote, raw 121 mg
- 204. Nuts, pecans 121 mg
- 205. Nuts, pistachio nuts, raw 121 mg
- 206. Crackers, rye, wafers, plain 121 mg
- 207. Spices, bay leaf 120 mg
- 208. Pasta, corn, dry 119 mg
- 209. Carrot, dehydrated 118 mg
- 210. Snacks, oriental mix, rice-based 118 mg
- 211. Soup, tomato vegetable, dry, mix 115 mg
- 212. Cereals, MAYPO, dry115 mg
- 213. Peas, split, mature seeds, raw 115 mg
- 214. Natto 115 mg
- 215. Snacks, rice cakes, brown rice, corn 114 mg
- 216. Snacks, corn cakes 114 mg
- 217. Millet, raw 114 mg
- 218. Spices, onion powder 113 mg
- 219. Pepper, ancho, dried 113 mg
- 220. Snacks, KRAFT, CORNNUTS, plain 113 mg
- 221. Rice flour, brown 112 mg
- 222. Cereals, MALTEX, dry 111 mg
- 223. Milk, buttermilk, dried 110 mg

- 224. Nuts, acorn flour, full fat 110 mg
- 225. Crackers, whole-wheat 110 mg
- 226. Snacks, granola bars, hard, peanut 110 mg
- 227. Corn flour, masa, enriched, white 110 mg
- 228. Rye 110 mg
- 229. Corn flour, masa, enriched, yellow 110 mg
- 230. Snacks, cornnuts, barbecue-flavor 109 mg
- 231. Snacks, cornnuts, nacho-flavor 109 mg
- 232. Seaweed, wakame, raw 107 mg
- 233. Cornmeal, yellow (Navajo) 107 mg
- 234. Crackers, rye, wafers, seasoned 106 mg
- 235. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 105 mg
- 236. Dock, raw 103 mg
- 237. Beans, navy, mature seeds, sprouted, raw 101 mg
- 238. Syrups, sorghum 100 mg
- 239. Snacks, granola bars, hard, plain 97 mg
- 240. Barley malt flour 97 mg
- 241. Snacks, trail mix, tropical 96 mg
- 242. Barley flour or meal 96 mg
- 243. Grape leaves, raw 95 mg
- 244. Fish, salmon, chinook, raw 95 mg
- 245. Baking chocolate, mexican, squares 95 mg
- 246. Noodles, japanese, soba, dry 95 mg

- 247. Bacon bits, meatless 95 mg
- 248. Cereals, ready-to-eat, ALPEN 94 mg
- 249. Malted drink mix, natural, powder 93 mg
- 250. Corn flour, whole-grain, yellow 93 mg
- 251. Wheat, hard white 93 mg
- 252. Corn flour, whole-grain, white 93 mg
- 253. Tamarinds, raw 92 mg
- 254. Rosemary, fresh 91 mg
- 255. Snacks, popcorn, cheese-flavor 91 mg
- 256. Spices, pepper, white 90 mg
- 257. Wheat, soft white 90 mg
- 258. Snacks, potato chips, reduced fat 89 mg
- 259. Potato chips, without salt, reduced fat 89 mg
- 260. Smelt, dried (Alaska Native) 89 mg
- 261. Egg, white, dried 88 mg
- 262. Kale, scotch, raw 88 mg
- 263. Peppers, hot chile, sun-dried 88 mg
- 264. Snacks, tortilla chips, taco-flavor 88 mg
- 265. Cereal ready-to-eat, CRISPY BROWN RICE 88 mg
- 266. Muffins, wheat bran, dry mix 87 mg
- 267. Snacks, tortilla chips, ranch-flavor 87 mg
- 268. Mollusks, whelk, unspecified, raw 86 mg
- 269. Milk, dry, whole, with added vitamin D 85 mg

- 270. Prickly pears, raw 85 mg
- 271. Balsam-pear (bitter gourd), leafy tips, raw 85 mg
- 272. Rolls, dinner, whole-wheat 85 mg
- 273. Taco shells, baked 85 mg
- 274. Fish, whitefish, dried (Alaska Native) 85 mg
- 275. Nuts, chestnuts, chinese, raw 84 mg
- 276. Snacks, taro chips 84 mg
- 277. Fungi, Cloud ears, dried 83 mg
- 278. Cocoa mix, powder 83 mg
- 279. Fish, halibut, Atlantic and Pacific, raw 83 mg
- 280. Falafel, home-prepared 82 mg
- 281. Wheat, sprouted 82 mg
- 282. Noodles, egg, spinach, dry, enriched 82 mg
- 283. Chard, swiss, raw 81 mg
- 284. Tempeh 81 mg
- 285. Snacks, granola bars, hard, almond 81 mg
- 286. Desserts, rennin, chocolate, dry mix 81 mg
- 287. Peppermint, fresh 80 mg
- 288. Bread, rice bran 80 mg
- 289. Spinach, raw 79 mg
- 290. Barley, pearled, raw 79 mg
- 291. Cereals ready-to-eat, POST, ALPHA-BITS 78 mg
- 292. Crackers, crispbread, rye 78 mg

- 293. Spices, garlic powder 77 mg
- 294. Soup, beef noodle, dry, mix 76 mg
- 295. Fish, mackerel, Atlantic, raw 76 mg
- 296. Tostada shells, corn 76 mg
- 297. Snacks, tortilla chips, nacho cheese 76 mg
- 298. Snacks, banana chips 76 mg
- 299. Snacks, potato chips, barbecue-flavor 75 mg
- 300. Snacks, potato chips, cheese-flavor 75 mg

Phosphorus

Recomme	ended Dietai	(Analeptes trifasciata) (a)Phosphorus(136 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomn	nended Dietar	(Oryctes boas) (a)Phosphorus(130 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day) -		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus				(Rhyncophorus phoenicis(larvae)) (c)Phosphorus(352 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)			
Infants	7-12	275 (AI)	275 (AI)			

	months			
Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recommended Dietary Allowance for Phosphorus				(Rhyncophorus phoenicis) (a)Phosphorus(126 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		

Breast- feeding 19+ years	_	700		
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Recommend	led Dietai	ry Allowanc	(Tenebrio molitor(larvae)) (e)Phosphorus(697 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomm	nended Die	(Tenebrio molitor) (e)Phosphorus(763 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect dry

				matter for RDA(%)	matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomn	nended Dietar	(Zophobas morio) (f)Phosphorus(830 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day) :		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		

Breast- feeding 1	9+ years	<u>-</u>	700		
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Recommend	ded Dietai	ry Allowanc		melanogaster) s(1100 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus			`	estica(larvae)) 6(1320 mg/100g) Percentage of RDA per 100g of insect		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	

Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)	
Infants	7-12 months	275 (AI)	275 (AI)	
Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recommended Dietary Allowance for Phosphorus				\ \ \ \	bescens(Thunberg)) us(923 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18	1,250	1,250		

	years			
Adults	19+ years	700	700	
Pregnancy	18 years and younger	_	1,250	
Breast- feeding	19+ years	_	700	

Recomn	nended Dietar	(Aspongubus viduatus F.) (h)Phosphorus(1234 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus				(Apis mellifera) (a)Phosphorus(126 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomi	nended Dieta	(j)Phosp	brood) horus(772 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	g/day) How many grams of insect dry matter for RDA(%)	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		

Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recommend	ded Dietai	ry Allowanc	(Carebara vidua Smith(female)) (k) Phosphorus(106 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

	Recommended Dietary Allowance for Phosphorus	(Oecopylla sp.)
II.	recommended Bietary Tinowance for Thosphorus	(Occopyila sp.)

			(c)Phosphorus(517 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommo	ended Dietar		la virescens) is(936 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		

Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

				(Polyrhachis vicina Roger(from Zhejiang))(m)Phosphorus(388 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

	(Polyrhachis vicina
December and ad Distance Allegrange for Dheanhanns	Roger(from Guizhou)
Recommended Dietary Allowance for Phosphorus	(a)Phosphorus(417
	mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomme	ended Dietai	(Macrotermes bellicosus) (a)Phosphorus(136 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		

Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomme	ended Dietar	\ \ \	nis notalensis) us(114 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomme	ended Dietai		s trifasciata) is(136 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomm		ietary Allo sphorus	wance for	\ 1	ucta(caterpillars)) us(111 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		

Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomm		etary Allov ohorus	vance for	(Anaphe reticulate(caterpillars)) (a)Phosphorus(102 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)			
Infants	7-12 months	275 (AI)	275 (AI)			
Children	1-3 years	460	460			
Children	4-8 years	500	500			
Children	9-13 years	1,250	1,250			
Adolescents	14-18 years	1,250	1,250			
Adults	19+ years	700	700			
Pregnancy	18 years and younger	-	1,250			
Breast- feeding	19+ years	-	700			

Recomn	nended Dietar	(a)Phosp	he spp.) horus(122 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recom		oietary Allo sphorus	(Anaphe venata(caterpillars)) (a)Phosphorus(101 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8	500	500		

	years			
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recommend	ded Dietai	ry Allowanc		enata(larvae)) us(730 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		

recuiring years	Breast- 1 feeding v	9+ years	700		
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Recommen	ded Dietai	ry Allowance		mori(larvae)) s(1370 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomm	mended Die	etary Allowance	for Phosphorus	(p)Phosp	ri(spent pupae)) bhorus(474 (100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recom		Dietary Allosphorus	(Cirina forda(caterpillars)) (a)Phosphorus(111 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		

Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	_	700	

Recomn	nended Dietar	(larva (q) Phos	da(Westwood) e flour)) phorus(46 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus			ance for	` ` ` ` ` ` ` ` ` ` ` ` ` ` ` ` ` ` ` `	Vestwood)(larvae)) us(242 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	ingast dry matter for	Percentage of RDA per 100g of insect dry matter
Infants	0-6	100 (<u>AI</u>)	100 (<u>AI</u>)		

	months			
Infants	7-12 months	275 (AI)	275 (AI)	
Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomme	nded Dietai	` .	s trifasciata) is(136 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		

Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomn	nended Dietar	(c)Phosp	rasia belina) ohorus(543 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomme	ended Dieta	`	mellonella) s(1200 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

5				
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)	
Infants	7-12 months	275 (AI)	275 (AI)	
Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomm		etary Allow phorus	vance for	` *	ethea(caterpillars)) us(667 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		

Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	_	700	

Recom		Dietary All osphorus	(Imbrasia ertli(caterpillars)) (c)Phosphorus(600 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus			wance for	`	cate(caterpillars)) us(841 mg/100g)
Life Stage	Age	Males	Females	How many grams	Percentage of RDA

		(mg/day)	(mg/day)	of insect dry matter for RDA(%)	per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommo	ended Dietar	· `	ia oyemensis) s(871 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18	1,250	1,250		

	years			
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomm	ended Dietar	castor (v) Phos r	ii(prepupae on leaves)) ohorus(585 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomm	ended Dietar	tapioca (v) Phos	ii(prepupae on a leaves)) ohorus(572 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomn	nended Dietar	castor (v) Phos p	inii(pupae on leaves)) horus(584 /100g)		
Life Stage	ge Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		

Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomm	ended Dietar	tapioca (v) Phos j	inii(pupae on a leaves)) ohorus(570 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recomme	Recommended Dietary Allowance for Phosphorus			(Upsa Terpsichore(caterpillars)) (c)Phosphorus(766 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)			
Infants	7-12 months	275 (AI)	275 (AI)			
Children	1-3 years	460	460			
Children	4-8 years	500	500			
Children	9-13 years	1,250	1,250			
Adolescents	14-18 years	1,250	1,250			
Adults	19+ years	700	700			
Pregnancy	18 years and younger	-	1,250			
Breast- feeding	19+ years	-	700			

Recommended Dietary Allowance for Phosphorus				(Acheta domesticus(adults)) (e)Phosphorus(958 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)			
Infants	7-12 months	275 (AI)	275 (AI)			

Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomm	ended Dietar	crickets))(f)P	esticus (juvenile hosphorus (790 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast-	19+ years	-	700		

C 1:			
Iteeding			
iccums			

Recomm		etary Allov phorus	vance for	(Acheta domesticus(nymphs)) (e)Phosphorus(1100 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)			
Infants	7-12 months	275 (AI)	275 (AI)			
Children	1-3 years	460	460			
Children	4-8 years	500	500			
Children	9-13 years	1,250	1,250			
Adolescents	14-18 years	1,250	1,250			
Adults	19+ years	700	700			
Pregnancy	18 years and younger	-	1,250			
Breast- feeding	19+ years	_	700			

Recomm	nended Dieta	ry Allowance	for Phosphorus	(a)Phosp	types spp.) horus(127 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)	
Infants	7-12 months	275 (AI)	275 (AI)	
Children	1-3 years	460	460	
Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recomn	nended Dietar	aeruginos (a) Phos p	anthacris sus unicolor ohorus(100 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus				(Ruspolia differens(brown) (x)Phosphorus(121 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus				(Ruspolia differens(green) (x)Phosphorus(141 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		

Children	4-8 years	500	500	
Children	9-13 years	1,250	1,250	
Adolescents	14-18 years	1,250	1,250	
Adults	19+ years	700	700	
Pregnancy	18 years and younger	-	1,250	
Breast- feeding	19+ years	-	700	

Recommended Dietary Allowance for Phosphorus				(Zonocerus variegatus(1st instar larvae) (xyPhosphorus(121 mg/4500g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Recommended Dietary Allowance for Phosphorus				(Zonocerus variegatus(adult) (a)Phosphorus(131 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	100 (<u>AI</u>)	100 (<u>AI</u>)		
Infants	7-12 months	275 (AI)	275 (AI)		
Children	1-3 years	460	460		
Children	4-8 years	500	500		
Children	9-13 years	1,250	1,250		
Adolescents	14-18 years	1,250	1,250		
Adults	19+ years	700	700		
Pregnancy	18 years and younger	-	1,250		
Breast- feeding	19+ years	-	700		

Below is a list of the top several hundred sources of phosphorus in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the phosphorus content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Rice bran, crude 1,677 mg
- 2. Smelt, dried (Alaska Native) 1,400 mg
- 3. Whey, acid, dried 1,349 mg
- 4. Fish, whitefish, dried (Alaska Native) 1,040 mg

- 5. Wheat bran, crude 1,013 mg
- 6. Milk, dry, nonfat, calcium reduced 1,011 mg
- 7. Seeds, chia seeds, dried 948 mg
- 8. Milk, buttermilk, dried 933 mg
- 9. Whey, sweet, dried 932 mg
- 10. Egg, yolk, dried 920 mg
- 11. Cocoa mix, no sugar added, powder 893 mg
- 12. Spices, poppy seed 870 mg
- 13. Wheat germ, crude 842 mg
- 14. Egg, whole, dried 831 mg
- 15. Spices, mustard seed, ground 828 mg
- 16. Cereals ready-to-eat, WAFFELOS 815 mg
- 17. Seeds, sesame flour, partially defatted 810 mg
- 18. Seeds, sesame flour, high-fat 807 mg
- 19. Cheese, parmesan, low sodium 807 mg
- 20. Puddings, banana, dry mix, instant 804 mg
- 21. Milk, dry, whole, with added vitamin D 776 mg
- 22. Soy protein isolate 776 mg
- 23. Seeds, sesame meal, partially defatted 774 mg
- 24. Cheese, romano 760 mg
- 25. Peanut flour, defatted 760 mg
- 26. Seeds, sesame flour, low-fat 757 mg
- 27. Seeds, watermelon seed kernels, dried 755 mg

- 28. Puddings, lemon, dry mix, instant 752 mg
- 29. Cheese, pasteurized process, pimento 744 mg
- 30. Cheese, parmesan, shredded 735 mg
- 31. Cocoa, dry powder, unsweetened 734 mg
- 32. Oat bran, raw 734 mg
- 33. Cheese, parmesan, grated 729 mg
- 34. Cheese, goat, hard type 729 mg
- 35. Nuts, brazilnuts, dried, unblanched 725 mg
- 36. Cheese, american cheddar, imitation 712 mg
- 37. Puddings, vanilla, dry mix, instant 705 mg
- 38. Soybeans, mature seeds, raw 704 mg
- 39. Soy meal, defatted, raw 701 mg
- 40. Parmesan cheese topping, fat free 700 mg
- 41. Cheese, parmesan, hard 694 mg
- 42. Soy flour, low-fat 675 mg
- 43. Soy flour, defatted 674 mg
- 44. Seeds, sunflower seed kernels, dried 660 mg
- 45. Seeds, sesame butter, paste 659 mg
- 46. Cheese, mozzarella, nonfat 656 mg
- 47. Seeds, safflower seed kernels, dried 644 mg
- 48. Seeds, flaxseed 642 mg
- 49. Meat extender 639 mg
- 50. USDA Commodity, Bakery, Flour Mix 630 mg

- 51. Seeds, sesame seeds, whole, dried 629 mg
- 52. Formulated bar, POWER BAR, chocolate 614 mg
- 53. Cheese, gruyere 605 mg
- 54. Sauce, cheese, dry, powder 597 mg
- 55. Pancakes, special dietary, dry mix 596 mg
- 56. Nuts, cashew nuts, raw 593 mg
- 57. Biscuits, plain or buttermilk, dry mix 585 mg
- 58. Cheese substitute, mozzarella 583 mg
- 59. Cheese, Mexican, blend, reduced fat 583 mg
- 60. Nuts, pilinuts, dried 575 mg
- 61. Nuts, pine nuts, dried 575 mg
- 62. Spices, caraway seed 568 mg
- 63. Cheese, swiss 567 mg
- 64. Cereals, MAYPO, dry562 mg
- 65. Yardlong beans, mature seeds, raw 559 mg
- 66. Amaranth, uncooked 557 mg
- 67. Spices, celery seed 547 mg
- 68. Cheese, gouda 546 mg
- 69. Spices, dill weed, dried 543 mg
- 70. Cheese, edam 536 mg
- 71. Veal, variety meats and by-products, thymus, raw 533 mg
- 72. Cheese food, pasteurized process, swiss 526 mg
- 73. Cheese, mozzarella, low sodium 524 mg

- 74. Cereals ready-to-eat, Ralston TASTEEOS 523 mg
- 75. Oats 523 mg
- 76. Nuts, walnuts, black, dried 513 mg
- 77. Cheese, cheddar 512 mg
- 78. Peanut flour, low fat 508 mg
- 79. Wheat, durum 508 mg
- 80. Cheese, tilsit 500 mg
- 81. Spices, cumin seed 499 mg
- 82. Cheese food, imitation 499 mg
- 83. Cheese, provolone 496 mg
- 84. Ham and cheese spread 495 mg
- 85. Soy flour, full-fat, raw 494 mg
- 86. Wheat, soft red winter 493 mg
- 87. Cheese, caraway 490 mg
- 88. Spices, basil, dried 490 mg
- 89. Nuts, pistachio nuts, raw 490 mg
- 90. Fast foods, biscuit, with ham 490 mg
- 91. Mothbeans, mature seeds, raw 489 mg
- 92. Beans, yellow, mature seeds, raw 488 mg
- 93. Spices, fennel seed 487 mg
- 94. Cheese, low fat, cheddar or colby 484 mg
- 95. Cheese, low-sodium, cheddar or colby 484 mg
- 96. Nuts, almonds 484 mg
- 97. Tofu, dried-frozen (koyadofu) 483 mg
- 98. Spices, coriander leaf, dried 481 mg
- 99. Muffins, wheat bran, dry mix 480 mg
- 100. Egg substitute, powder 478 mg
- 101. Cereals ready-to-eat, KASHI GOLEAN 475 mg
- 102. Cereals, ROMAN MEAL, plain, dry 470 mg
- 103. Cheese, muenster 468 mg
- 104. Cheese, cheshire 464 mg
- 105. Cheese, mozzarella, part skim milk 463 mg
- 106. Turkey bacon, cooked 460 mg
- 107. Cereals, QUAKER, Quick Oats, Dry 458 mg
- 108. Cheese, colby 457 mg
- 109. Quinoa, uncooked 457 mg
- 110. Cereals ready-to-eat, granola, homemade 456 mg
- 111. Oat flour, partially debranned 452 mg

- 112. Cheese, brick 451 mg
- 113. Egg Mix, USDA Commodity 451 mg
- 114. Lentils, raw 451 mg
- 115. Winged beans, mature seeds, raw 451 mg
- 116. Spices, chervil, dried 450 mg
- 117. Fish sticks, meatless 450 mg
- 118. Vegetarian fillets 450 mg
- 119. Beans, great northern, mature seeds, raw 447 mg
- 120. Nuts, butternuts, dried446 mg
- 121. Beans, small white, mature seeds, raw 445 mg
- 122. Cheese, gjetost 444 mg
- 123. Cheese, monterey 444 mg
- 124. Cheese, mexican, queso anejo 444 mg
- 125. Cheese, mexican, queso asadero 443 mg
- 126. Cheese, mexican, queso chihuahua 442 mg
- 127. McDONALD'S, Biscuit, regular size 442 mg
- 128. McDONALD'S, Biscuit, large size 442 mg
- 129. Luncheon slices, meatless 442 mg
- 130. Spices, anise seed 440 mg
- 131. Beans, black turtle soup, mature seeds, raw 440 mg
- 132. Lupins, mature seeds, raw 440 mg
- 133. Cowpeas, catjang, mature seeds, raw 438 mg
- 134. Spices, parsley, dried 436 mg
- 135. Wild rice, raw 433 mg
- 136. Teff, uncooked 429 mg
- 137. Moose, liver, braised (Alaska Native) 429 mg
- 138. Peanut butter with omega-3, creamy 426 mg
- 139. Cream substitute, powdered 422 mg
- 140. Broadbeans (fava beans), mature seeds, raw 421 mg
- 141. Egg, volk, raw, frozen417 mg
- 142. Sauce, alfredo mix, dry 415 mg
- 143. Fish, carp, raw415 mg
- 144. Beans, pink, mature seeds, raw 415 mg
- 145. Walrus, meat, dried (Alaska Native) 415 mg
- 146. Spices, garlic powder 414 mg
- 147. Beans, pinto, mature seeds, raw 411 mg
- 148. Spices, coriander seed 409 mg
- 149. Beans, kidney, all types, mature seeds, raw 407 mg
- 150. Beans, navy, mature seeds, raw 407 mg
- 151. Snacks, beef jerky, chopped and formed 407 mg
- 152. Beans, kidney, red, mature seeds, raw 406 mg
- 153. Beans, kidney, royal red, mature seeds, raw 406 mg
- 154. Beans, kidney, california red, mature seeds, raw 405 mg
- 155. Fish, roe, mixed species, raw 402 mg
- 156. Wheat, soft white 402 mg
- 157. Spelt, uncooked 401 mg

- 158. Cheese food, cold pack, american 400 mg
- 159. Lamb, variety meats and by-products, pancreas, raw 400 mg
- 160. Baking chocolate, unsweetened, squares 400 mg
- 161. Cheese, limburger 393 mg
- 162. Beef, variety meats and by-products, thymus, raw 393 mg
- 163. Cheese, roquefort 392 mg
- 164. Egg, yolk, raw, fresh 390 mg
- 165. Peanuts, spanish, raw 388 mg
- 166. Cheese, blue 387 mg
- 167. Beef, variety meats and by-products, liver, raw 387 mg
- 168. Mollusks, cuttlefish, mixed species, raw 387 mg
- 169. Kamut, uncooked 386 mg
- 170. Lima beans, large, mature seeds, raw 385 mg
- 171. Papad 385 mg
- 172. Ham, honey, smoked, cooked 384 mg
- 173. Cereals, WHEATENA, dry 384 mg
- 174. Muffins, corn, dry mix, prepared 384 mg
- 175. Beans, adzuki, mature seeds, raw 381 mg
- 176. Peanuts, virginia, raw 380 mg
- 177. Snacks, rice cakes, brown rice, rye 380 mg
- 178. Mungo beans, mature seeds, raw 379 mg
- 179. Veal, variety meats and by-products, liver, raw 379 mg
- 180. Entrees, crab cake 378 mg
- 181. Cereals, RALSTON, dry 377 mg
- 182. Fish, pollock, walleye, raw 376 mg
- 183. Peanuts, all types, raw376 mg
- 184. Bread, cornbread, dry mix, prepared 376 mg
- 185. Muffins, oat bran 376 mg
- 186. Cheese, goat, semisoft type 375 mg
- 187. Cereals ready-to-eat, UNCLE SAM CEREAL 374 mg
- 188. Beans, cranberry (roman), mature seeds, raw 372 mg
- 189. Hyacinth beans, mature seeds, raw 372 mg
- 190. Cereals, ready-to-eat, ALPEN 371 mg
- 191. Lima beans, thin seeded (baby), mature seeds, raw 370 mg
- 192. Peanut butter, smooth, reduced fat 369 mg
- 193. Mung beans, mature seeds, raw 367 mg
- 194. Pigeon peas (red gram), mature seeds, raw 367 mg
- 195. Peas, split, mature seeds, raw 366 mg
- 196. DENNY'S, mozzarella cheese sticks 366 mg
- 197. Lamb, variety meats and by-products, liver, raw 364 mg
- 198. McDONALD'S, Peanuts (for Sundaes) 364 m
- 199. Beef, variety meats and by-products, brain, raw 362 mg
- 200. Waffles, plain, frozen, ready-to-heat 361 mg
- 201. Snacks, popcorn, cheese-flavor 361 mg
- 202. Cheese, port de salut 360 mg

- 203. Snacks, rice cakes, brown rice, plain 360 mg
- 204. Malted drink mix, natural, powder 358 mg
- 205. Peanut butter, smooth style, with salt 358 mg
- 206. Snacks, popcorn, air-popped 358 mg
- 207. Triticale 358 mg
- 208. Tomatoes, sun-dried 356 mg
- 209. Fish, caviar, black and red, granular 356 mg
- 210. Wheat, hard white 355 mg
- 211. Cheese, mozzarella, whole milk 354 mg
- 212. Cornmeal, blue (Navajo) 354 mg
- 213. Beans, black, mature seeds, raw 352 mg
- 214. Peanut spread, reduced sugar 350 mg
- 215. Spices, curry powder 349 mg
- 216. Cereals, MALTEX, dry 349 mg
- 217. Cheese, camembert 347 mg
- 218. Buckwheat 347 mg
- 219. Cheese, fontina 346 mg
- 220. Carrot, dehydrated 346 mg
- 221. Nuts, walnuts, english 346 mg
- 222. Wheat flour, whole-grain 346 mg
- 223. Spices, paprika 345 mg
- 224. Snacks, trail mix, regular 345 mg
- 225. Pinon Nuts, roasted (Navajo) 345 mg
- 226. Meatballs, meatless 344 mg
- 227. Vegetarian meatloaf or patties 344 mg
- 228. Fast foods, biscuit, with sausage 341 mg
- 229. Baking chocolate, unsweetened, liquid 340 mg
- 230. Desserts, rennin, tablets, unsweetened 340 mg
- 231. Veal, variety meats and by-products, spleen, raw 339 mg
- 232. Cheese, feta 337 mg
- 233. Cake, angelfood, dry mix 337 mg
- 234. Cake, white, dry mix, regular 337 mg
- 235. Rice flour, brown 337 mg
- 236. Corn, dried (Navajo) 337 mg
- 237. Cereals ready-to-eat, FAMILIA 337 mg
- 238. Nuts, hickorynuts, dried 336 mg
- 239. Peanuts, valencia, raw 336 mg
- 240. USDA Commodity, Peanut Butter, smooth 335 mg
- 241. McDONALD'S, Bacon Egg & Cheese Biscuit 335 mg
- 242. Chicken, meatless 335 mg
- 243. Crackers, rye, wafers, plain 334 mg
- 244. Rice, brown, long-grain, raw 333 mg
- 245. Egg custards, dry mix 332 mg
- 246. Rye 332 mg
- 247. Wheat, hard red spring 332 mg
- 248. Spaghetti, spinach, dry 332 mg

249. McDONALD'S, Chicken McNUGGETS 332 mg 250. Dove, cooked (includes squab) 332 mg 251. 331 mg Crackers, whole-wheat 252. AMARANTH FLAKES 331 mg 253. Veal, variety meats and by-products, pancreas, raw 329 mg 254. Beef, variety meats and by-products, pancreas, raw 327 mg 255. APPLEBEE'S, Double Crunch Shrimp 326 mg 256. Cake, angelfood, commercially prepared 324 mg 257. Cake, yellow, dry mix, light 324 mg 258. KELLOGG'S Eggo Golden Oat Waffles 323 mg 259. McDONALD'S, Sausage Biscuit 323 mg 260. POPEYES, Biscuit 323 mg 261. Spices, onion powder 322 mg 262. Soup, beef noodle, dry, mix 320 mg 263. Snacks, rice cakes, brown rice, corn 320 mg 264. Peanut butter, chunk style, with salt 319 mg 265. Chickpea flour (besan) 318 mg 266. Peanut butter, reduced sodium 317 mg 267. McDONALD'S, Sausage McGRIDDLES 316 mg 268. Cocoa mix, powder 315 mg 269. Tortillas, ready-to-bake or -fry, corn 314 mg 270. Spices, tarragon, dried313 mg 271. Fish, sheepshead, raw 313 mg 272. Goose, domesticated, meat only, raw 312 mg 273. Snacks, cornnuts, nacho-flavor 309 mg 274. Chocolate, dark, 70-85% cacao solids 308 mg 275. Quail, meat only, raw 307 mg 276. Squab, (pigeon), meat only, raw 307 mg 277. Crackers, rye, wafers, seasoned 307 mg 278. Cheese fondue 306 mg 279. 306 mg Spices, marjoram, dried 280. Fish, whitefish, eggs (Alaska Native) 306 mg 281. Crackers, matzo, whole-wheat 305 mg 282. 304 mg Beans, french, mature seeds, raw 283. Spices, chili powder 303 mg 284. Coffee, instant, regular, powder 303 mg 285. Crackers, milk 303 mg 286. Barley malt flour 303 mg 287. APPLEBEE'S, mozzarella sticks 303 mg 288. Beans, white, mature seeds, raw 301 mg 289. Snacks, granola bars, hard, peanut 300 mg 290. Bulgur, dry 300 mg 291. Fish, sheefish, raw (Alaska Native) 300 mg 292. Snacks, potato chips, cheese-flavor 299 mg 293. KENTUCKY FRIED CHICKEN, Popcorn Chicken 299 mg

Snacks, popcorn, unpopped kernels 299 mg

294.

295. Chicken, liver, all classes, raw 297 mg

296. Chicken roll, light meat 297 mg

297. Spices, fenugreek seed 296 mg

298. Beef, variety meats and by-products, spleen, raw 296 mg

299. Barley flour or meal 296 mg

300. T.G.I. FRIDAY'S, fried mozzarella 296 mg

Potassium:

A	Adequate Inta	phoenic (c) Potas	cophorus is(larvae)) sium(2209 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

F	Adequate Intake(AI) for Potassium		tassium	(e) Potas	colitor(larvae)) ssium (762 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	400	400	
Infants	7-12 months	700	700	
Children	1-3 years	3,000	3,000	
Children	4-8 years	3,800	3,800	
Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	-	4,700	
Breast- feeding	14-50 years	-	5,100	

P	Adequate Inta	(e) Potas	molitor(adult)) ssium (937 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	(Zophobas morio) (e) Potassium (751 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	Thunberg) (lis pubescens (h) Potassium ng/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		

Children	4-8 years	3,800	3,800	
Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	_	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	,	tus sp.) (i) (108 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

	Adequate l		(j) Potassium ng/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	(Carebara vidua Smith(female)) (k) Potassium (52 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Intake(AI) for Potassium				apiculatum) (i) (24 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta		ylla sp.) (c) (541 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		

Pregnancy	14-50 years	_	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	\	(957 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

	Adequate Inta	nigratella)	occidentalis (i) Potassium (g/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		

Children	1-3 years	3,000	3,000	
Children	4-8 years	3,800	3,800	
Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	-	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta		(i) Potassium mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

	Adequate I	(n) Potas	es nigeriensis) ssium (336 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	(o) Potas	enata(larvae)) sium (1150 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

P	Adequate Inta	Potassi	ori(larvae)) (e) um (1827 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

	Adequate Inta	Westwood((q) Pota	(larvae flour)) (ssium (48 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) How many Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		

Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	-	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	(Cirina forda Westwood(larvae)) (r) Potassium (48 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium				(i) Potas	edtembacheri) ssium (515 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per
				insect dry matter for	100g of insect dry matter

				RDA(%)	
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	Potassi	sia belina) (c) um (1024 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	ellonella)) (e) (533 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	epimethea(c Potassi	brasia aterpillars)) (t) um (1258 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		

Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	_	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	ertli(cater Potassi	brasia rpillars)) (e) um (1204 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Intake(AI) for Potassium			(Imbrasia oymensis(cateprillar)) (Potassium (680 mg/100		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	

Infants	0-6 months	400	400	
Infants	7-12 months	700	700	
Children	1-3 years	3,000	3,000	
Children	4-8 years	3,800	3,800	
Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	_	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	truncate(ca Potassi	brasia nterpillar)) (t) um (1348 (100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	Potassi	oyemensis)) (t) um (1108 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

	Adequate Inta	Terpsichor (c) Potas	Usta e(caterpillar)) sium (3259 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		

Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	_	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	(e) Potas	nesticus(adult)) sium (1127 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium			(Acheta domesticus(nymphs)) (e) Potassium (1537 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	(Arphia fallax S.)) (w) Potassium (52 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

P	Adequate Inta	Flavive	don sp. Af. entris S.)) (66 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium				(Encoptolophus herbaceous B.)) (w) Potassium (65 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		

Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	-	4,700	
Breast- feeding	14-50 years	-	5,100	

Adequate Intake(AI) for Potassium				(Melanoplus femurrubrum)) (i) Potassium (76 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium			S.)) (w) P o	us mexicanus otassium (62 100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		

Infants	7-12 months	700	700	
Children	1-3 years	3,000	3,000	
Children	4-8 years	3,800	3,800	
Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	-	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	(Ochrottetix cer. Salinus B.)) (w) Potassium (62 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium	(Osmilia flavolineata
	D.G.)) (w) Potassium (65

				mg/	(100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	(Ruspolia differens(brown)) (x) Potassium (260 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		

Pregnancy	14-50 years	_	4,700	
Breast- feeding	14-50 years	-	5,100	

A	Adequate Inta	(Ruspolia differens (green)) (x) Potassium (371 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium	(Melanoplus mexicanus S.)) (w) Potassium (62 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

A	Adequate Inta	(Sphenarium histrio)) (i) Potassium (41 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast-	14-50 years	-	5,100		

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A	Adequate Inta	(Sphenarium magnum M. (adults)) (w) Potassium (574 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

	Adequate Inta	Ch.(adults))	n purpurascens (w) Potassium ng/100g)		
Life Stage Age Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter		
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		

Children	4-8 years	3,800	3,800	
Children	9-13 years	4,500	4,500	
Adolescents	14-18 years	4,700	4,700	
Adults	19+ years	4,700	4,700	
Pregnancy	14-50 years	-	4,700	
Breast- feeding	14-50 years	-	5,100	

Adequate Intake(AI) for Potassium				(Sphenarium spp.)) (w) Potassium (68 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium				(Zonocerus variegates(1st instar larvae)) (y) Potassium (2030 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Adequate Intake(AI) for Potassium				(Zonocerus variegatus (adult)) (y) Potassium (761 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	400	400		
Infants	7-12 months	700	700		
Children	1-3 years	3,000	3,000		
Children	4-8 years	3,800	3,800		
Children	9-13 years	4,500	4,500		
Adolescents	14-18 years	4,700	4,700		
Adults	19+ years	4,700	4,700		
Pregnancy	14-50 years	-	4,700		
Breast- feeding	14-50 years	-	5,100		

Below is a list of the top several hundred sources of potassium in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the postassium content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Leavening agents, cream of tartar 16,500 mg
- 2. Tea, instant, unsweetened, powder 6,040 mg
- 3. Spices, chervil, dried 4,740 mg
- 4. Spices, coriander leaf, dried 4,466 mg
- 5. Coffee, instant, regular, powder 3,535 mg
- 6. Coffee, instant, decaffeinated, powder 3,501 mg
- 7. Spices, basil, dried 3,433 mg
- 8. Tomatoes, sun-dried 3,427 mg
- 9. Coffee, instant, with chicory, powder 3,395 mg
- 10. Spices, dill weed, dried 3,308 mg
- 11. Spices, tarragon, dried3,020 mg
- 12. Cocoa mix, no sugar added, powder 2,702 mg
- 13. Spices, parsley, dried 2,683 mg
- 14. Yeast extract spread 2,600 mg
- 15. Carrot, dehydrated 2,540 mg
- 16. Spices, turmeric, ground 2,525 mg
- 17. Soy flour, full-fat, raw 2,515 mg

- 18. Soy meal, defatted, raw 2,490 mg
- 19. Pepper, ancho, dried 2,411 mg
- 20. Soy flour, defatted 2,384 mg
- 21. Spices, paprika 2,344 mg
- 22. Whey, acid, dried 2,289 mg
- 23. Peppers, pasilla, dried 2,222 mg
- 24. Soy flour, low-fat 2,090 mg
- 25. Whey, sweet, dried 2,080 mg
- 26. Spices, pepper, red or cayenne 2,014 mg
- 27. Tomato powder 1,927 mg
- 28. Spearmint, dried 1,924 mg
- 29. Spices, chili powder 1,916 mg
- 30. Meat extender 1,902 mg
- 31. Peppers, hot chile, sun-dried 1,870 mg
- 32. Palm hearts, raw 1,806 mg
- 33. Soybeans, mature seeds, raw 1,797 mg
- 34. Beans, white, mature seeds, raw 1,795 mg
- 35. Spices, cumin seed 1,788 mg
- 36. Snacks, potato chips, reduced fat 1,744 mg
- 37. Potato chips, without salt, reduced fat 1,744 mg
- 38. Spices, saffron 1,724 mg
- 39. Lima beans, large, mature seeds, raw 1,724 mg
- 40. Spices, fennel seed 1,694 mg

- 41. Snacks, potato chips, plain, salted 1,642 mg
- 42. Snacks, potato chips, fat free, salted 1,628 mg
- 43. Milk, buttermilk, dried 1,592 mg
- 44. Kanpyo, (dried gourd strips) 1,582 mg
- 45. Spices, curry powder 1,543 mg
- 46. Beans, small white, mature seeds, raw 1,542 mg
- 47. Snacks, potato chips, cheese-flavor 1,528 mg
- 48. Cocoa, dry powder, unsweetened 1,524 mg
- 49. Spices, marjoram, dried 1,522 mg
- 50. Beans, black turtle soup, mature seeds, raw 1,500 mg
- 51. Beans, kidney, california red, mature seeds, raw 1,490 mg
- 52. Rice bran, crude 1,485 mg
- 53. Beans, black, mature seeds, raw 1,483 mg
- 54. Beans, pink, mature seeds, raw 1,464 mg
- 55. Molasses 1,464 mg
- 56. Spices, anise seed 1,441 mg
- 57. Cheese, gietost 1,409 mg
- 58. Beans, kidney, all types, mature seeds, raw 1,406 mg
- 59. Lima beans, thin seeded (baby), mature seeds, raw 1,403 mg
- 60. Spices, celery seed 1,400 mg
- 61. Beans, pinto, mature seeds, raw 1,393 mg
- 62. Pigeon peas (red gram), mature seeds, raw 1,392 mg
- 63. Beans, great northern, mature seeds, raw 1,387 mg

- 64. Cowpeas, catiang, mature seeds, raw 1,375 mg
- 65. Salami, pork, beef, less sodium 1,372 mg
- 66. Beans, kidney, red, mature seeds, raw 1,359 mg
- 67. Peanut flour, low fat 1,358 mg
- 68. Spices, caraway seed 1,351 mg
- 69. Beans, kidney, royal red, mature seeds, raw 1,346 mg
- 70. Spices, ginger, ground 1,343 mg
- 71. Beans, cranberry (roman), mature seeds, raw 1,332 mg
- 72. Milk, dry, whole, with added vitamin D 1,330 mg
- 73. Beans, french, mature seeds, raw 1,316 mg
- 74. Peanut flour, defatted 1,290 mg
- 75. Snacks, potato chips, plain, unsalted 1,275 mg
- 76. Spices, coriander seed 1,267 mg
- 77. Snacks, potato chips, barbecue-flavor 1,261 mg
- 78. Spices, oregano, dried 1,260 mg
- 79. Spices, pepper, black 1,259 mg
- 80. Beans, adzuki, mature seeds, raw 1,254 mg
- 81. Potato soup, instant, dry mix 1,248 mg
- 82. Mung beans, mature seeds, raw 1,246 mg
- 83. Snacks, potato sticks 1,237 mg
- 84. Hyacinth beans, mature seeds, raw 1,235 mg
- 85. Spices, garlic powder 1,193 mg
- 86. Mothbeans, mature seeds, raw 1,191 mg

- 87. Spices, dill seed 1,186 mg
- 88. Beans, navy, mature seeds, raw 1,185 mg
- 89. Seeds, breadnut tree seeds, raw 1,183 mg
- 90. Wheat bran, crude 1,182 mg
- 91. Baking chocolate, unsweetened, liquid 1,166 mg
- 92. Yardlong beans, mature seeds, raw 1,157 mg
- 93. Egg, white, dried 1,125 mg
- 94. Spices, cardamom 1,119 mg
- 95. Spices, cloves, ground 1,102 mg
- 96. Fish, whitefish, dried (Alaska Native) 1,080 mg
- 97. Spices, sage, ground 1,070 mg
- 98. Broadbeans (fava beans), mature seeds, raw 1,062 mg
- 99. Spices, savory, ground 1,051 mg
- 100. Spices, allspice, ground 1,044 mg
- 101. Beans, yellow, mature seeds, raw 1,042 mg
- 102. Nuts, pistachio nuts, raw 1,025 mg
- 103. Nuts, beechnuts, dried 1,017 mg
- 104. Lupins, mature seeds, raw 1,013 mg
- 105. Potato flour 1,001 mg
- 106. Syrups, sorghum 1,000 mg
- 107. Smelt, dried (Alaska Native) 1,000 mg
- 108. Papad 1,000 mg
- 109. Spices, onion powder 985 mg

- 110. Mungo beans, mature seeds, raw 983 mg
- 111. Peas, split, mature seeds, raw 981 mg
- 112. Winged beans, mature seeds, raw 977 mg
- 113. Spices, rosemary, dried 955 mg
- 114. Lentils, raw 955 mg
- 115. Seeds, breadfruit seeds, raw 941 mg
- 116. Cereals ready-to-eat, KASHI GOLEAN 926 mg
- 117. Snacks, sweet potato chips 925 mg
- 118. Arrowhead, raw 922 mg
- 119. Currants, zante, dried 892 mg
- 120. Wheat germ, crude 892 mg
- 121. Snacks, yucca (cassava) chips, salted 868 mg
- 122. Prune puree 852 mg
- 123. Chickpea flour (besan) 846 mg
- 124. Baking chocolate, unsweetened, squares 830 mg
- 125. Carob flour 827 mg
- 126. Raisins, seeded 825 mg
- 127. Peanut spread, reduced sugar 818 mg
- 128. Yam, raw 816 mg
- 129. Spices, thyme, dried 814 mg
- 130. Seeds, flaxseed 813 mg
- 131. Cream substitute, powdered 812 mg
- 132. Sauce, worcestershire 800 mg

- 133. Snacks, plantain chips, salted 786 mg
- 134. Peanut butter with omega-3, creamy 780 mg
- 135. Spices, fenugreek seed 770 mg
- 136. Agave, dried (Southwest) 767 mg
- 137. Beet greens, raw 762 mg
- 138. Malted drink mix, natural, powder 758 mg
- 139. Snacks, taro chips 755 mg
- 140. Fungi, Cloud ears, dried 754 mg
- 141. Raisins, seedless 749 mg
- 142. Peanut butter, reduced sodium 747 mg
- 143. Raisins, golden seedless 746 mg
- 144. Peanut butter, chunk style, with salt 745 mg
- 145. Egg substitute, powder 744 mg
- 146. Peanuts, spanish, raw 744 mg
- 147. Spices, mustard seed, ground 738 mg
- 148. Dill weed, fresh 738 mg
- 149. Natto 729 mg
- 150. Lemon grass (citronella), raw 723 mg
- 151. Soup, onion, dry, mix 721 mg
- 152. Spices, poppy seed 719 mg
- 153. Chocolate, dark, 70-85% cacao solids 715 mg
- 154. Nuts, acorn flour, full fat 712 mg
- 155. Cocoa mix, powder 712 mg

- 156. Snacks, trail mix, tropical 709 mg
- 157. Pepeao, dried 708 mg
- 158. Nuts, almonds 705 mg
- 159. Peanuts, all types, raw705 mg
- 160. Dates, medjool 696 mg
- 161. Peanuts, virginia, raw 690 mg
- 162. Seeds, safflower seed kernels, dried 687 mg
- 163. Snacks, trail mix, regular 685 mg
- 164. Spices, poultry seasoning 684 mg
- 165. Milk, dry, nonfat, calcium reduced 680 mg
- 166. Nuts, hazelnuts or filberts 680 mg
- 167. Pancakes, special dietary, dry mix 676 mg
- 168. Peanut butter, smooth, reduced fat 669 mg
- 169. T.G.I. FRIDAY'S, French fries 669 mg
- 170. Rosemary, fresh 668 mg
- 171. Spices, pumpkin pie spice 663 mg
- 172. Cereals, ROMAN MEAL, plain, dry 660 mg
- 173. Nuts, cashew nuts, raw 660 mg
- 174. Nuts, brazilnuts, dried, unblanched 659 mg
- 175. Soup, beef noodle, dry, mix 656 mg
- 176. Dates, deglet noor 656 mg
- 177. Butterbur, (fuki), raw 655 mg
- 178. Ham, sliced, extra lean 649 mg

- 179. Peanut butter, smooth style, with salt 649 mg
- 180. Taro leaves, raw 648 mg
- 181. Seeds, watermelon seed kernels, dried 648 mg
- 182. Seeds, sunflower seed kernels, dried 645 mg
- 183. McDONALD'S, Peanuts (for Sundaes) 634 mg
- 184. Epazote, raw 633 mg
- 185. Tamarinds, raw 628 mg
- 186. Nuts, pine nuts, pinyon, dried 628 mg
- 187. Potato pancakes 622 mg
- 188. Soybeans, green, raw 620 mg
- 189. DENNY'S, French fries 620 mg
- 190. Malted drink mix, chocolate, powder 618 mg
- 191. Amaranth leaves, raw 611 mg
- 192. Restaurant, family style, French fries 610 mg
- 193. Thyme, fresh 609 mg
- 194. Balsam-pear (bitter gourd), leafy tips, raw 608 mg
- 195. Cress, garden, raw 606 mg
- 196. Taro, tahitian, raw 606 mg
- 197. Soup, tomato vegetable, dry, mix 605 mg
- 198. Parmesan cheese topping, fat free 600 mg
- 199. Fish sticks, meatless 600 mg
- 200. Vegetarian fillets 600 mg
- 201. Yautia (tannier), raw 598 mg

- 202. Nuts, pine nuts, dried 597 mg
- 203. Snacks, beef jerky, chopped and formed 597 mg
- 204. Nuts, chestnuts, european, roasted 592 mg
- 205. USDA Commodity, Peanut Butter, smooth 592 mg
- 206. Taro, raw 591 mg
- 207. Winged bean tuber, raw 586 mg
- 208. Falafel, home-prepared 585 mg
- 209. Waterchestnuts, chinese, (matai), raw 584 mg
- 210. Seeds, sesame butter, paste 582 mg
- 211. Lentils, pink, raw 578 mg
- 212. Potatoes, hashed brown, home-prepared 576 mg
- 213. WENDY'S, French Fries 575 mg
- 214. Potatoes, baked, skin, without salt 573 mg
- 215. Potatoes, baked, skin, with salt 573 mg
- 216. Peppermint, fresh 569 mg
- 217. Wasabi, root, raw 568 mg
- 218. Cereals, ready-to-eat, ALPEN 568 mg
- 219. Chrysanthemum, garland, raw 567 mg
- 220. Chrysanthemum leaves, raw 567 mg
- 221. Chocolate, dark, 60-69% cacao solids 567 mg
- 222. Oat bran, raw 566 mg
- 223. Quinoa, uncooked 563 mg
- 224. McDONALD'S, French Fries 560 mg

- 225. Jute, potherb, raw 559 mg
- 226. Chocolate, dark, 45- 59% cacao solids 559 mg
- 227. Spinach, raw 558 mg
- 228. Lotus root, raw 556 mg
- 229. Parsley, raw 554 mg
- 230. Pigeonpeas, immature seeds, raw 552 mg
- 231. APPLEBEE'S, French fries 542 mg
- 232. Cereals ready-to-eat, granola, homemade 540 mg
- 233. Egg custards, dry mix 540 mg
- 234. Nuts, acorns, raw 539 mg
- 235. Snacks, banana chips 536 mg
- 236. Bamboo shoots, raw 533 mg
- 237. Spices, bay leaf 529 mg
- 238. CRACKER BARREL, steak fries 524 mg
- 239. Nuts, walnuts, black, dried 523 mg
- 240. Chicken, ground, raw 522 mg
- 241. Cereals, MALTEX, dry 521 mg
- 242. Coriander (cilantro) leaves, raw 521 mg
- 243. Fish, mackerel, salted 520 mg
- 244. Sauce, cheese, dry, powder 519 mg
- 245. Sweet potato leaves, raw 518 mg
- 246. Nuts, chestnuts, european, raw, unpeeled 518 mg
- 247. Corn, dried (Navajo) 511 mg

- 248. Vinespinach, (basella), raw 510 mg
- 249. Nuts, ginkgo nuts, raw 510 mg
- 250. Rye 510 mg
- 251. Amaranth, uncooked 508 mg
- 252. Avocados, raw, California 507 mg
- 253. Nuts, pilinuts, dried 507 mg
- 254. Muffins, oat bran 507 mg
- 255. Mushrooms, chanterelle, raw 506 mg
- 256. Plantains, raw 499 mg
- 257. Fish, spot, raw 496 mg
- 258. Crackers, rye, wafers, plain 495 mg
- 259. Purslane, raw 494 mg
- 260. Fireweed, leaves, raw 494 mg
- 261. Cereals ready-to-eat, FAMILIA 494 mg
- 262. Egg, whole, dried 493 mg
- 263. Cereals, WHEATENA, dry 492 mg
- 264. Breadfruit, raw 490 mg
- 265. Fish, salmon, Atlantic, wild, raw 490 mg
- 266. Veal, variety meats and by-products, thymus, raw 488 mg
- 267. Avocados, raw, all commercial varieties 485 mg
- 268. Soybeans, mature seeds, sprouted, raw 484 mg
- 269. Nuts, chestnuts, european, raw, peeled 484 mg
- 270. Smoked link sausage, pork 483 mg

- 271. Fish, grouper, mixed species, raw 483 mg
- 272. Edamame, frozen, unprepared 482 mg
- 273. Fish, trout, rainbow, wild, raw 481 mg
- 274. Cereals, MAYPO, dry478 mg
- 275. Potatoes, o'brien, frozen, prepared 473 mg
- 276. BURGER KING, French Fries 473 mg
- 277. Borage, raw 470 mg
- 278. Seeds, sesame seeds, whole, dried 468 mg
- 279. Lima beans, immature seeds, raw 467 mg
- 280. Pork, cured, breakfast strips, cooked 466 mg
- 281. Spices, mace, ground 463 mg
- 282. Horseradish-tree, pods, raw 461 mg
- 283. Buckwheat 460 mg
- 284. Cornsalad, raw 459 mg
- 285. Squash, zucchini, baby, raw 459 mg
- 286. Spearmint, fresh 458 mg
- 287. Pinon Nuts, roasted (Navajo) 458 mg
- 288. Cheese substitute, mozzarella 455 mg
- 289. Cowpeas, leafy tips, raw 455 mg
- 290. Potatoes, red, flesh and skin, raw 455 mg
- 291. Arrowroot, raw 454 mg
- 292. Crackers, rye, wafers, seasoned 454 mg
- 293. Lambsquarters, raw 452 mg

- 294. Barley, hulled 452 mg
- 295. Fish, trout, rainbow, farmed, raw 451 mg
- 296. Gravy, instant beef, dry 450 mg
- 297. Apples, dried, sulfured, uncooked 450 mg
- 298. Kale, scotch, raw 450 mg
- 299. Fish, halibut, Atlantic and Pacific, raw 450 mg
- 300. Fish, salmon, coho, farmed, raw 450 mg

Sodium:

	Adequate In	(Oryctes rhinoceros L. (larvae)) (b) Sodium (26 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Rhyncophorus phoenicis (larvae)) (c) Sodium (45 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	\	(125 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		

Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate Int	(Tenebrio molitor(adult)) (e) Sodium (174 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium				s morio)) (e) 13 mg/100g)
Life Stage	Age	How many	Percentage of	

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	`	estica(larvae)) (660 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		

Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate In	(Agonoscelis pubescens Thunberg)) (h) Sodium (340 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium					s viduatus F.)) (401 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	120	300	
Infants	7-12 months	370	930	
Children	1-3 years	100	250	
Children	4-8 years	120	300	
Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate In	(<i>Euschistus</i> sp.)) (i) Sodium (397 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast-	14-50 years	150	380		

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	Adequate Int	(Bee brood)) (j) Sodium (55 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Carebara vidua Smith(female)) (k) Sodium (26 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		

Children	1-3 years	100	250	
Children	4-8 years	120	300	
Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

Adequate Intake(AI) for Sodium				(Liometopum apiculatum) (b) Sodium (20 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate Int	(Oecophylla sp.)) (c) Sodium (180 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Oecophylla virescens)) (c) Sodium (270 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		

Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate Int	(Polybia occidentalis nigratella)) (i) Sodium (59 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium	(<i>Polybia</i> sp.)) (i) Sodium (194 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In		es nigeriensis)) (112 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		

Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate Int		nata (larvae)) (30 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium					ori(larvae)) (a) 75 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	Westwood((larvae flour)) (44 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		

Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate In	(Cirina forda Westwood(larvae)) (r) Sodium (51 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	`	embacheri)) (i) 83 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		

Infants	7-12 months	370	930	
Children	1-3 years	100	250	
Children	4-8 years	120	300	
Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate Int	(Conimbrasia belina)) (c) Sodium (1032 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate Int	(Galleria mellonella)) (e) Sodium (40 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(c) Sodi	ttli(caterpillar)) ium (2418 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		

Children	4-8 years	120	300	
Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate In	(Imbrasia oyemensis(caterpillar)) (u) Sodium (730 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Imbrasia truncate(caterpillar)) (t) Sodium (183 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium				terpsichore(Usta caterpillar)) (c) 340 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) Percentage RDA per 100g of insect dry matter	
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		

Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

A A A A HI HA I H TA LA TA				\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	nesticus(adult)) (435 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium	(Acheta domesticus(nymph)) (e)
	aomesticus(nympn)) (e)

		Sodium (590 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Arphia fallax S.)) (w) Sodium (92 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		

Adults	19-50 years	150	380	
Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

Adequate Intake(AI) for Sodium				(Boopedon sp. Af. Flaviventris S.)Sodium (173 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium				(Encoptolophus herbaceous B.)) (w) Sodium (250 mg/100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Encoptolopi herbaceous I Sodium (15 0	B.)) (w)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		

Adults	51-70	130	330	
Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate In	(Melanoplus femurrubrum)) (i) Sodium (134 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

Adequate Intake(AI) for Sodium				(Melanoplus mexicanus)) (w) Sodium (110 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Ochrottetix cer. Salinus B.)) (w) Sodium (66 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		

Adults	71+ years	120	300	
Pregnancy	14-50 years	150	380	
Breast- feeding	14-50 years	150	380	

	Adequate In	(Osmilia flavolineata D.G.)) (w) Sodium (173 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate	(Ruspolia dig (brown)) (x) mg/100g)	ferens Sodium (230		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Ruspolia differens (green)) (x) Sodium (359 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		

Breast- feeding	14-50 years	150	380		
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	Adequate Int	(Sphenarium histrio)) (i) Sodium (103 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		
Adults	71+ years	120	300		
Pregnancy	14-50 years	150	380		
Breast- feeding	14-50 years	150	380		

	Adequate In	(Sphenarium magnum M. (adults)) (w) Sodium (102 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12	370	930		

	months			
Children	1-3 years	100	250	
Children	4-8 years	120	300	
Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	

	Adequate In	(Sphenarium purpurascens Ch.(adults)) (i) Sodium (609 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		

	Adequate In	(Sphenarium spp.)) (i) Sodium (915 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	120	300	
Infants	7-12 months	370	930	
Children	1-3 years	100	250	
Children	4-8 years	120	300	
Children	9-13 years	150	380	
Adolescents	14-18 years	150	380	
Adults	19-50 years	150	380	
Adults	51-70	130	330	

	Adequate In	l \	variegatus(1st) (y) Sodium 0g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		

Adequate Intake(AI) for Sodium				(Zonocerus variegatus(adult)) (y) Sodium (1350 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

				insect dry matter for RDA(%)	100g of insect dry matter
Infants	0-6 months	120	300		
Infants	7-12 months	370	930		
Children	1-3 years	100	250		
Children	4-8 years	120	300		
Children	9-13 years	150	380		
Adolescents	14-18 years	150	380		
Adults	19-50 years	150	380		
Adults	51-70	130	330		

Below is a list of the top several hundred sources of sodium in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the sodium content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Salt, table 38,758 mg
- 2. Leavening agents, baking soda 27,360 mg
- 3. Desserts, rennin, tablets, unsweetened 26,050 mg
- 4. Soup, beef broth, cubed, dry 24,000 mg
- 5. Soup, chicken broth cubes, dry 24,000 mg
- 6. Soup, chicken broth or bouillon, dry 18,586 mg
- 7. Adobo fresco 17,152 mg
- 8. Gravy, au jus, dry 11,588 mg
- 9. Jellyfish, dried, salted 9,690 mg

- 10. Soup, beef noodle, dry, mix 8,408 mg
- 11. Soup, onion, dry, mix 8,031 mg
- 12. Sauce, fish, ready-to-serve 7,720 mg
- 13. Soup, tomato vegetable, dry, mix 6,722 mg
- 14. Gravy, mushroom, dry, powder 6,580 mg
- 15. Gravy, unspecified type, dry 5,730 mg
- 16. Soy sauce made from soy (tamari) 5,586 mg
- 17. Gravy, pork, dry, powder 5,356 mg
- 18. Gravy, instant beef, dry 5,203 mg
- 19. Gravy, brown instant, dry 5,053 mg
- 20. Soup, cream of vegetable, dry, powder 4,957 mg
- 21. Gravy, brown, dry 4,843 mg
- 22. Fish, mackerel, salted 4,450 mg
- 23. Gravy, turkey, dry 4,392 mg
- 24. Gravy, onion, dry, mix 4,186 mg
- 25. Gravy, chicken, dry 4,152 mg
- 26. Sauce, cheese, dry, powder 4,110 mg
- 27. Gravy, instant turkey, dry 4,090 mg
- 28. Sauce, teriyaki, ready-to-serve 3,833 mg
- 29. Miso 3,728 mg
- 30. Soup, chicken noodle, dry, mix 3,643 mg
- 31. Yeast extract spread 3,600 mg
- 32. Sauce, cheese sauce mix, dry 3,202 mg

- 33. Capers, canned 2,964 mg
- 34. Tofu, salted and fermented (fuyu) 2,873 mg
- 35. Beef, cured, dried 2,790 mg
- 36. Sauce, oyster, ready-to-serve 2,733 mg
- 37. Snacks, pork skins, barbecue-flavor 2,667 mg
- 38. Sauce, ready-to-serve, pepper or hot 2,643 mg
- 39. Sauce, alfredo mix, dry 2,590 mg
- 40. Turkey bacon, cooked 2,285 mg
- 41. Milk, dry, nonfat, calcium reduced 2,280 mg
- 42. Salami, dry or hard, pork 2,260 mg
- 43. Beef, cured, breakfast strips, cooked 2,253 mg
- 44. Snacks, beef jerky, chopped and formed 2,213 mg
- 45. McDONALD'S, Spicy Buffalo Sauce 2,140 mg
- 46. Pork, cured, breakfast strips, cooked 2,099 mg
- 47. Tomatoes, sun-dried 2,095 mg
- 48. Soup, ramen noodle, chicken flavor, dry 2,071 mg
- 49. Soup, ramen noodle, any flavor, dry 2,036 mg
- 50. Soup, ramen noodle, beef flavor, dry 2,002 mg
- 51. OSCAR MAYER, Salami (hard) 1,976 mg
- 52. Salami, Italian, pork 1,890 mg
- 53. Rice, white, with pasta, dry 1,866 mg
- 54. Noodles, japanese, somen, dry 1,840 mg
- 55. Snacks, pork skins, plain 1,838 mg

- 56. OSCAR MAYER, Salami (Genoa) 1,826 mg
- 57. Cheese, roquefort 1,809 mg
- 58. Bacon bits, meatless 1,770 mg
- 59. Bread crumbs, dry, grated, seasoned 1,759 mg
- 60. Papad 1,745 mg
- 61. Cheese, parmesan, shredded 1,696 mg
- 62. Pepperoni, pork, beef 1,653 mg
- 63. Sauce, hoisin, ready-to-serve 1,615 mg
- 64. Cheese, parmesan, hard 1,602 mg
- 65. Bread stuffing, bread, dry mix 1,590 mg
- 66. Soup, escarole, canned, ready-to-serve 1,558 mg
- 67. Cheese food, pasteurized process, swiss 1,552 mg
- 68. Sausage, Polish, beef with chicken, hot 1,540 mg
- 69. Cheese, parmesan, grated 1,529 mg
- 70. Peppered loaf, pork, beef 1,523 mg
- 71. Fish, caviar, black and red, granular 1,500 mg
- 72. Puddings, banana, dry mix, instant 1,499 mg
- 73. Olive loaf, pork 1,484 mg
- 74. Snacks, beef sticks, smoked 1,480 mg
- 75. Bacon, meatless 1,465 mg
- 76. Puddings, vanilla, dry mix, instant 1,441 mg
- 77. Beef, cured, thin-sliced beef 1,439 mg
- 78. CARL BUDDIG, Smoked Sliced Beef 1,431 mg

- 79. Puddings, chocolate, dry mix, instant 1,429 mg
- 80. Cheese, pasteurized process, pimento 1,428 mg
- 81. Pork, cured, salt pork, raw 1,424 mg
- 82. Bacon and beef sticks 1,420 mg
- 83. USDA Commodity, Bakery, Flour Mix 1,410 mg
- 84. Pretzels, soft 1,404 mg
- 85. Cheese, blue 1,395 mg
- 86. CARL BUDDIG, Smoked Sliced Ham 1,381 mg
- 87. Lebanon bologna, beef 1,374 mg
- 88. Ham, chopped, canned 1,365 mg
- 89. Snacks, pretzels, hard, plain, salted 1,357 mg
- 90. OSCAR MAYER, Ham (water added, boiled) 1,348 mg
- 91. Cheese, american cheddar, imitation 1,345 mg
- 92. Barbecue loaf, pork, beef 1,334 mg
- 93. Puddings, lemon, dry mix, instant 1,332 mg
- 94. Ham, chopped, not canned 1,330 mg
- 95. Luncheon meat, beef, loaved 1,329 mg
- 96. Beef, cured, luncheon meat, jellied 1,322 mg
- 97. OSCAR MAYER, Salami Beef Cotto 1,309 mg
- 98. Pickle and pimiento loaf, pork 1,304 mg
- 99. Sausage, Berliner, pork, beef 1,297 mg
- 100. Luncheon meat, pork, beef 1,293 mg
- 101. Luncheon meat, pork, canned 1,289 mg

- 102. Bread stuffing, cornbread, dry mix 1,283 mg
- 103. Egg, white, dried 1,280 mg
- 104. Biscuits, plain or buttermilk, dry mix 1,276 mg
- 105. Fast foods, biscuit, with ham 1,268 mg
- 106. Beef, cured, smoked, chopped beef 1,258 mg
- 107. Bologna, turkey 1,252 mg
- 108. OSCAR MAYER, Ham (water added, honey) 1,248 mg
- 109. Mortadella, beef, pork 1,246 mg
- 110. Ham, minced 1,245 mg
- 111. Beerwurst, beer salami, pork 1,240 mg
- 112. Bologna, chicken, pork 1,240 mg
- 113. Cheese food, imitation 1,239 mg
- 114. Croutons, seasoned 1,238 mg
- 115. Fast foods, hush puppies 1,237 mg
- 116. Chorizo, pork and beef 1,235 mg
- 117. OSCAR MAYER, Salami (for beer) 1,231 mg
- 118. OSCAR MAYER, Luncheon Loaf (spiced) 1,226 mg
- 119. Liver cheese, pork 1,225 mg
- 120. Luxury loaf, pork 1,225 mg
- 121. New england brand sausage, pork, beef 1,220 mg
- 122. Beef, cured, corned beef, brisket, raw 1,217 mg
- 123. LOUIS RICH, Turkey Bacon 1,213 mg
- 124. Pickles, cucumber, sour 1,208 mg

- 125. Snacks, RALSTON PURINA, CHEX MIX 1,203 mg
- 126. Cheese, romano 1,200 mg
- 127. Turkey, white, rotisserie, deli cut 1,200 mg
- 128. Butter replacement, without fat, powder 1,200 mg
- 129. Ham and cheese spread 1,197 mg
- 130. Bologna, pork 1,184 mg
- 131. OSCAR MAYER, Old Fashioned Loaf 1,184 mg
- 132. Luncheon sausage, pork and beef 1,182 mg
- 133. OSCAR MAYER, Bologna (beef) 1,179 mg
- 134. OSCAR MAYER, Ham and Cheese Loaf 1,167 mg
- 135. Picnic loaf, pork, beef 1,164 mg
- 136. BUTCHER BOY MEATS, INC., Turkey Franks 1,162 mg
- 137. Braunschweiger (a liver sausage), pork 1,160 mg
- 138. OSCAR MAYER, Bologna (beef light) 1,151 mg
- 139. Parmesan cheese topping, fat free 1,150 mg
- 140. Sauce, sofrito, prepared from recipe 1,145 mg
- 141. Frankfurter, beef 1,140 mg
- 142. Salami, cooked, beef 1,140 mg
- 143. KENTUCKY FRIED CHICKEN, Popcorn Chicken 1,140 mg
- 144. LOUIS RICH, Franks (turkey and chicken) 1,136 mg
- 145. Mustard, prepared, yellow 1,135 mg
- 146. Cheese, mexican, queso anejo 1,131 mg
- 147. Beef, cured, sausage, cooked, smoked 1,131 mg

- 148. Mother's loaf, pork 1,127 mg
- 149. Sauce, barbecue 1,119 mg
- 150. Luncheon meat, beef, thin sliced 1,117 mg
- 151. Cheese, feta 1,116 mg
- 152. Turkey ham, cured turkey thigh meat 1,114 mg
- 153. Catsup 1,114 mg
- 154. Brotwurst, pork, beef, link 1,112 mg
- 155. Pickle relish, hamburger 1,096 mg
- 156. Pickle relish, hot dog 1,091 mg
- 157. Frankfurter, meat 1,090 mg
- 158. Pork, cured, ham, patties, unheated 1,088 mg
- 159. Salad dressing, bacon and tomato 1,084 mg
- 160. Cheesefurter, cheese smokie, pork, beef 1,082 mg
- 161. Bologna, beef 1,080 mg
- 162. Ham and cheese loaf or roll 1,080 mg
- 163. Whey, sweet, dried 1,079 mg
- 164. Frankfurter, turkey 1,078 mg
- 165. WORTHINGTON Leanies, frozen, unprepared 1,078 mg
- 166. Salad dressing, caesar, low calorie 1,078 mg
- 167. LOUIS RICH, Turkey Bologna 1,077 mg
- 168. OSCAR MAYER, Head Cheese 1,073 mg
- 169. Pork, cured, ham, patties, grilled 1,063 mg
- 170. Ham, sliced, extra lean 1,060 mg

- 171. Chicken roll, light meat 1,059 mg
- 172. Pork, pickled pork hocks 1,050 mg
- 173. OSCAR MAYER, Smokies (cheese) 1,046 mg
- 174. Turkey roll, light meat 1,042 mg
- 175. HORMEL, Cure 81 Ham 1,038 mg
- 176. OSCAR MAYER, Wieners (beef franks) 1,025 mg
- 177. Sausage, chicken and beef, smoked 1,020 mg
- 178. HORMEL Canadian Style Bacon 1,016 mg
- 179. Turkey breast meat 1,015 mg
- 180. Sandwich spread, pork, beef 1,013 mg
- 181. Spices, chili powder 1,010 mg
- 182. Pastrami, beef, 98% fat-free 1,010 mg
- 183. OSCAR MAYER, Smokie Links Sausage 1,007 mg
- 184. Beef, cured, corned beef, canned 1,006 mg
- 185. Soy protein isolate 1,005 mg
- 186. Salami, cooked, turkey 1,004 mg
- 187. LOUIS RICH, Turkey Salami 1,004 mg
- 188. Crackers, cheese, regular 995 mg
- 189. HORMEL WRANGLER Beef Franks 994 mg
- 190. Salad dressing, russian dressing 993 mg
- 191. Salad dressing, KRAFT Ranch Dressing 990 mg
- 192. OSCAR MAYER, Wieners (pork, turkey) 988 mg
- 193. Pork, cured, breakfast strips, raw or unheated 987 mg

- 194. Pastrami, turkey 981 mg
- 195. Sauce, worcestershire 980 mg
- 196. OSCAR MAYER, Bologna (fat free) 977 mg
- 197. Snacks, cornnuts, barbecue-flavor 976 mg
- 198. McDONALD'S, Biscuit, regular size 974 mg
- 199. McDONALD'S, Biscuit, large size 974 mg
- 200. Soup, black bean, canned, condensed 970 mg
- 201. Whey, acid, dried 968 mg
- 202. OSCAR MAYER, Smokies (beef) 967 mg
- 203. Cheese food, cold pack, american 966 mg
- 204. Cheese, edam 965 mg
- 205. Beef, cured, breakfast strips, raw or unheated 955 mg
- 206. McDONALD'S, NEWMAN'S OWN Ranch Dressing 954 mg
- 207. Corned beef loaf, jellied 953 mg
- 208. LOUIS RICH, Turkey Smoked Sausage 946 mg
- 209. Yachtwurst, with pistachio nuts, cooked 936 mg
- 210. DENNY'S, mozzarella cheese sticks 933 mg
- 211. Knackwurst, knockwurst, pork, beef 930 mg
- 212. Sausage, Italian, turkey, smoked 928 mg
- 213. Sausage, turkey, hot, smoked 928 mg
- 214. Bologna, chicken, turkey, pork 922 mg
- 215. Crackers, wheat, regular 918 mg
- 216. Ham salad spread 912 mg

- 217. Beef sausage, pre-cooked 910 mg
- 218. McDONALD'S, Barbeque Sauce 910 mg
- 219. Salad dressing, buttermilk, lite 909 mg
- 220. Popovers, dry mix, enriched 906 mg
- 221. Popovers, dry mix, unenriched 906 mg
- 222. McDONALD'S, Hot Mustard Sauce 902 mg
- 223. Ham, honey, smoked, cooked 900 mg
- 224. Cake, chocolate, dry mix, pudding-type 893 mg
- 225. Rolls, dinner, rye 892 mg
- 226. Snacks, popcorn, cheese-flavor 889 mg
- 227. Sausage, meatless 888 mg
- 228. Crackers, rye, wafers, seasoned 887 mg
- 229. Beef, cured, pastrami 885 mg
- 230. Snacks, popcorn, microwave, low fat 884 mg
- 231. Oven-roasted chicken breast roll 883 mg
- 232. NABISCO, NABISCO RITZ Crackers 882 mg
- 233. Fast foods, shrimp, breaded and fried 882 mg
- 234. DENNY'S, golden fried shrimp 877 mg
- 235. Cheese, provolone 876 mg
- 236. Polish sausage, pork 876 mg
- 237. Pork and turkey sausage, pre-cooked 876 mg
- 238. Cocoa mix, no sugar added, powder 876 mg
- 239. Pickles, cucumber, dill or kosher dill 875 mg

- 240. McDONALD'S, Sausage Biscuit 875 mg
- 241. Seaweed, wakame, raw 872 mg
- 242. Salad dressing, green goddess, regular 867 mg
- 243. Crackers, wheat, reduced fat 866 mg
- 244. Crackers, standard snack-type, regular 865 mg
- 245. McDONALD'S, Bacon Egg & Cheese Biscuit 863 mg
- 246. Liver sausage, liverwurst, pork 860 mg
- 247. Fast foods, chicken tenders 857 mg
- 248. Snacks, pita chips, salted 854 mg
- 249. Cereals ready-to-eat, Ralston TASTEEOS 853 mg
- 250. Sausage, Polish, pork and beef, smoked 848 mg
- 251. Bratwurst, beef and pork, smoked 848 mg
- 252. Bratwurst, pork, cooked 846 mg
- 253. Frankfurter, chicken 844 mg
- 254. Cheese, camembert 842 mg
- 255. Snacks, soy chips or crisps, salted 842 mg
- 256. Turkey sticks, breaded, battered, fried 838 mg
- 257. Crackers, melba toast, wheat 837 mg
- 258. Crustaceans, crab, alaska king, raw 836 mg
- 259. Pork, cured, bacon, raw 833 mg
- 260. Headcheese, pork 830 mg
- 261. Crackers, melba toast, plain 829 mg
- 262. Sauce, cheese, ready-to-serve 828 mg

- 263. Butter, whipped, with salt 827 mg
- 264. Smoked link sausage, pork 827 mg
- 265. Cake, chocolate, dry mix, regular 825 mg
- 266. USDA Commodity, luncheon meat, canned 820 mg
- 267. Cheese, gouda 819 mg
- 268. Entrees, crab cake 819 mg
- 269. Soup, stockpot, canned, condensed 816 mg
- 270. Frankfurter, pork 816 mg
- 271. Fast foods, biscuit, with sausage 814 mg
- 272. Pickle relish, sweet 811 mg
- 273. Tennis Bread, plain (Apache) 810 mg
- 274. Pate, truffle flavor 807 mg
- 275. Pork and beef sausage, fresh, cooked 805 mg
- 276. Cheese, fontina 800 mg
- 277. Cheese, limburger 800 mg
- 278. Egg substitute, powder 800 mg
- 279. Muffins, corn, dry mix, prepared 795 mg
- 280. Crackers, rye, wafers, plain 794 mg
- 281. Snacks, potato chips, cheese-flavor 793 mg
- 282. APPLEBEE'S, mozzarella sticks 793 mg
- 283. Soup, pepperpot, canned, condensed 792 mg
- 284. Noodles, japanese, soba, dry 792 mg
- 285. Soup, chili beef, canned, condensed 788 mg

- 286. Puddings, banana, dry mix, regular 788 mg
- 287. Snacks, tortilla chips, taco-flavor 787 mg
- 288. Bread, cornbread, dry mix, prepared 778 mg
- 289. Cheese, Mexican, blend, reduced fat 776 mg
- 290. Mayonnaise, made with tofu 773 mg
- 291. Potato pancakes 764 mg
- 292. Artificial Blueberry Muffin Mix,dry 760 mg
- 293. POPEYES, Biscuit 759 mg
- 294. Puddings, vanilla, dry mix, regular 754 mg
- 295. Cheese, tilsit 753 mg
- 296. Pie crust, standard-type, dry mix 753 mg
- 297. Pork sausage, pre-cooked 752 mg
- 298. Snacks, potato chips, barbecue-flavor 750 mg
- 299. Cake, angelfood, commercially prepared 749 mg
- 300. Soup, minestrone, canned, condensed 744 mg

Zinc:

Recommended Dietary Allowance for Zinc				phoenicis(lar	cophorus vae))(c) Zinc(27 / 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		

Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Tenebrio molitor(larvae)) (e)Zinc(11 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		

Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc					molitor(adult)) 3 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc			` 1	orio))(e) Zinc(7 (100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc					melanogaster) 5 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12	3	3		

	months			
Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Musca domestica(larvae(g))Zinc(24 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		

Pregnancy	19+ years -	11	
Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc				(Euschistus)(i)Zinc(59 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc	(Bee brood)(j)Zinc(7 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Reco	ommended Di	(Carebara vidua Smith(female)(k) Zinc(6 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		

Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Liometopum apiculatum) (i)Zinc(10 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		

Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc				(Oecophylla sp.)(c)Zinc(10 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				la virescens) 7 mg/100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc					ammon(ant)) 1 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12	3	3		

	months			
Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	mmended Di	(Polybia occidentalis nigratella(i)Zinc(28 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		

Pregnancy	19+ years -	11	
Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc				(<i>Polybia</i> sp.)(i) Zinc(32 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc	(<i>Polyrhachis vicina</i> Roger(from Zhejiang))
	Roger(Holli Zhejiang))

				(m)Zinc(2	26 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Polyrhachis vicina Roger(from Guizhou)) (m)Zinc(32 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		

Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Agoro(termites))(mlZinc(14 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		

Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Reco	mmended Di	(Ogawo(l)Zi	nc(8 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Oyala)(1)Zin	nc(12 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	-	Percentage of RDA per 100g of insect dry

				matter for RDA(%)	matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Anaphe venata(larvae) (o) Zinc(10 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		

Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	Recommended Dietary Allowance for Zinc				nori)(larvae) 8 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Reco	Recommended Dietary Allowance for Zinc				ri)(spent pupae) 23 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Reco	ommended Di	ietary Allowa	nce for Zinc	(larvae flou	da(Westwood) r))(q) Zinc(24 / 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		

Infants	7-12 months	3	3	
Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Cirina forda(Westwood)(larvae)) (r) Zinc(4 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)			
Infants	7-12 months	3	3			
Children	1-3 years	3	3			
Children	4-8 years	5	5			

Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	ommended Di	(larvae flou	da(Westwood) ar))(q) Zinc(24 / 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	mmended Di	\ \ \	redtembacher) 4 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast-	19+ years		13		

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Reco	Recommended Dietary Allowance for Zinc				asia belina) 4 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Galleria mellonella) (f) Zinc(8 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)	
Infants	7-12 months	3	3	
Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Imbrasia epimethea) (t) Zinc(11 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years	-	12		

	and younger			
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Nudaurelia oyemensis) (caterpillars)(t) Zinc(5 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)			
Infants	7-12 months	3	3			
Children	1-3 years	3	3			
Children	4-8 years	5	5			
Children	9-13 years	8	8			
Adolescents	14-18 years	11	9			
Adults	19+	11	8			
Pregnancy	18 years and younger	-	12			
Pregnancy	19+ years	_	11			
Breast- feeding	18 years and younger		13			
Breast- feeding	19+ years		13			

Recommended Dietary Allowance for Zinc				(Samia ricinii)(prepupae on castor leaves)(v)Zinc(7 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Samia ricinii)(prepupae on tapioca leaves)(v)Zinc(7 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		

Infants	7-12 months	3	3	
Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	mmended Di	(Samia ricinii)(pupae on castor leaves)(v)Zinc(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and	-	12		

	younger			
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	mmended Di	(Samia ricinii)(pupae on tapioca leaves)(v)Zinc(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recomn	Recommended Dietary Allowance for Zinc				hore(caterpillar)) 5 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

(Samia ricinii)(prepupae on castor leaves)(v)Zinc(7

				mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Acheta domesticus(adults)) (f) Zinc(19 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		

Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Reco	mmended Di	(Acheta domesticus(juvenile crickets))(f)Zinc(16 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		

Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc				(Acheta domesticus(nymphs) (e)Zinc(30 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc					x S.)(w) Zinc(16 / 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Reco	ommended Di	Flaviventris	lon sp. Af. S.)(v) Zinc(32 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		

Children	1 2 years	3	3	
Ciliaren	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc					hus herbaceous (16 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		

Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc					mexicanus S.) 21 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				mexicanus S.) 7 mg/100g)	
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				,	cer. Salinus B.) 26 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		

Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				` •	mon)(1)Zinc(25 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast-	19+ years		13		

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Recommended Dietary Allowance for Zinc				\	volineata D.G.) 24 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				fferens(brown)) 2 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)	
Infants	7-12 months	3	3	
Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Ruspolia differens(green)) (x)Zinc(17 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years	-	12		

	and younger		
Pregnancy	19+ years -	11	
Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Reco	Recommended Dietary Allowance for Zinc				enarium c(58 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Recommended Dietary Allowance for Zinc				(Sphenarium magnum M. (w)Zinc(32 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Reco	ommended Di	(Sphenarium purpurascens Ch.(adults))(w)Zinc(32 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		

Children	1-3 years	3	3	
Children	4-8 years	5	5	
Children	9-13 years	8	8	
Adolescents	14-18 years	11	9	
Adults	19+	11	8	
Pregnancy	18 years and younger	-	12	
Pregnancy	19+ years	-	11	
Breast- feeding	18 years and younger		13	
Breast- feeding	19+ years		13	

Recommended Dietary Allowance for Zinc				(Sphenarium spp.) (w) Zinc(42 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		

Breast- feeding	18 years and younger	13	
Breast- feeding	19+ years	13	

Recommended Dietary Allowance for Zinc				(Zonocerus variegates)(first instar larvae)(y)Zinc(32 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Reco	mmended Di		ariegates(adult)) 9 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	2 (<u>AI</u>)	2 (<u>AI</u>)		
Infants	7-12 months	3	3		
Children	1-3 years	3	3		
Children	4-8 years	5	5		
Children	9-13 years	8	8		
Adolescents	14-18 years	11	9		
Adults	19+	11	8		
Pregnancy	18 years and younger	-	12		
Pregnancy	19+ years	-	11		
Breast- feeding	18 years and younger		13		
Breast- feeding	19+ years		13		

Below is a list of the top several hundred sources of zinc in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the zinc content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Mollusks, oyster, eastern, canned 90.95 mg
- 2. Mollusks, oyster, eastern, wild, raw 90.81 mg

- 3. Mollusks, oyster, eastern, farmed, raw 37.92 mg
- 4. Mollusks, oyster, Pacific, raw 16.62 mg
- 5. Cereals ready-to-eat, Ralston TASTEEOS 14.33 mg
- 6. Wheat germ, crude 12.29 mg
- 7. Agave, dried (Southwest) 12.10 mg
- 8. Veal, variety meats and by-products, liver, raw 12.02 mg
- 9. Seeds, sesame flour, partially defatted 10.70 mg
- 10. Seeds, sesame flour, high-fat 10.67 mg
- 11. Seeds, watermelon seed kernels, dried 10.24 mg
- 12. Seeds, sesame meal, partially defatted 10.23 mg
- 13. Seeds, sesame flour, low-fat 10.00 mg
- 14. Formulated bar, POWER BAR, chocolate 9.96 mg
- 15. Baking chocolate, unsweetened, squares 9.63 mg
- 16. Hyacinth beans, mature seeds, raw 9.30 mg
- 17. Bologna, beef 9.10 mg
- 18. Spices, chervil, dried 8.80 mg
- 19. Soup, oyster stew, canned, condensed 8.40 mg
- 20. Snacks, beef jerky, chopped and formed 8.11 mg
- 21. Spices, poppy seed 7.90 mg
- 22. Seeds, sesame seeds, whole, dried 7.75 mg
- 23. Pepeao, dried 7.52 mg
- 24. Spices, cardamom 7.47 mg
- 25. GARDENBURGER, Flame Grilled Burger 7.30 mg

- 26. Seeds, sesame butter, paste 7.29 mg
- 27. Wheat bran, crude 7.27 mg
- 28. Spices, celery seed 6.93 mg
- 29. Cocoa, dry powder, unsweetened 6.81 mg
- 30. Smelt, dried (Alaska Native) 6.70 mg
- 31. Chicken, heart, all classes, raw 6.59 mg
- 32. Nuts, pine nuts, dried 6.45 mg
- 33. Beef, cured, breakfast strips, cooked 6.37 mg
- 34. Desserts, rennin, tablets, unsweetened 6.36 mg
- 35. Whey, acid, dried 6.31 mg
- 36. Spices, thyme, dried 6.18 mg
- 37. Cowpeas, catjang, mature seeds, raw 6.11 mg
- 38. Spices, mustard seed, ground 6.08 mg
- 39. Roast beef spread 6.08 mg
- 40. Moose, liver, braised (Alaska Native) 6.07 mg
- 41. Sugars, maple 6.06 mg
- 42. Rice bran, crude 6.04 mg
- 43. Emu, oyster, raw 6.00 mg
- 44. Peanut flour, low fat 5.99 mg
- 45. Wild rice, raw 5.96 mg
- 46. Crustaceans, crab, alaska king, raw 5.95 mg
- 47. Mutton, cooked, roasted (Navajo) 5.93 mg
- 48. Kanpyo, (dried gourd strips) 5.86 mg

- 49. Spices, basil, dried 5.82 mg
- 50. Elk, free range, ground, raw (Shoshone Bannock) 5.82 mg
- 51. Nuts, cashew nuts, raw 5.78 mg
- 52. Pork, fresh, variety meats and by-products, liver, raw 5.76 mg
- 53. Crustaceans, spiny lobster, mixed species, raw 5.67 mg
- 54. CRACKER BARREL, grilled sirloin steak 5.67 mg
- 55. Spices, caraway seed 5.50 mg
- 56. Spices, parsley, dried 5.44 mg
- 57. USDA Commodity, beef patties with VPP, frozen, raw 5.44 mg
- 58. T.G.I. FRIDAY'S, classic sirloin steak 5.41 mg
- 59. Game meat, elk, ground, raw 5.40 mg
- 60. Restaurant, family style, sirloin steak 5.32 mg
- 61. Spices, anise seed 5.30 mg
- 62. Egg, whole, dried 5.28 mg
- 63. Game meat, goat, cooked, roasted 5.27 mg
- 64. DENNY'S, top sirloin steak 5.26 mg
- 65. Spices, dill seed 5.20 mg
- 66. Peanut flour, defatted 5.10 mg
- 67. Beef, ground, 95% lean meat / 5% fat, raw 5.09 mg
- 68. Turkey, all classes, neck, meat only, raw 5.08 mg
- 69. Soy meal, defatted, raw 5.06 mg
- 70. Seeds, safflower seed kernels, dried 5.05 mg
- 71. Beans, adzuki, mature seeds, raw 5.04 mg

- 72. Cereals ready-to-eat, KELLOGG, SMORZ 5.00 mg
- 73. Seeds, sunflower seed kernels, dried 5.00 mg
- 74. Fish, whitefish, dried (Alaska Native) 5.00 mg
- 75. Beef, cured, pastrami 4.98 mg
- 76. Egg, yolk, dried 4.93 mg
- 77. Beef, cured, dried 4.93 mg
- 78. APPLEBEE'S, 9 oz house sirloin steak 4.93 mg
- 79. Tofu, dried-frozen (koyadofu) 4.90 mg
- 80. Soybeans, mature seeds, raw 4.89 mg
 - 81. USDA Commodity, beef, canned 4.87 mg
- 82. Game meat, beefalo, composite of cuts, raw 4.86 mg
- 83. Spices, cumin seed 4.80 mg
- 84. Beef, ground, 90% lean meat / 10% fat, raw 4.79 mg
- 85. Beef, rib, shortribs, separable lean only, choice, raw 4.78 mg
- 86. Lentils, raw 4.78 mg
- 87. Lupins, mature seeds, raw 4.75 mg
- 88. Spices, coriander leaf, dried 4.72 mg
- 89. Spices, ginger, ground 4.72 mg
- 90. Spices, coriander seed 4.70 mg
- 91. Spices, sage, ground 4.70 mg
- 92. Cereals ready-to-eat, POST, ALPHA-BITS 4.69 mg
- 93. Lamb, variety meats and by-products, liver, raw 4.66 mg
- 94. Bison, ground, grass-fed, raw 4.59 mg

- 95. Beef, grass-fed, ground, raw 4.55 mg
- 96. Nuts, pecans 4.53 mg
- 97. Emu, outside drum, raw 4.50 mg
- 98. Winged beans, mature seeds, raw 4.48 mg
- 99. Beef, ground, 85% lean meat / 15% fat, raw 4.48 mg
- 100. Peanuts, virginia, raw 4.43 mg
- 101. Veal, shoulder, blade, separable lean only, raw 4.42 mg
- 102. Cereals, WHEATENA, dry 4.41 mg
- 103. Beef sausage, fresh, cooked 4.38 mg
- 104. Cheese, swiss 4.36 mg
- 105. Spices, turmeric, ground 4.35 mg
- 106. Seeds, flaxseed 4.34 mg
- 107. Emu, inside drum, raw 4.33 mg
- 108. Nuts, hickorynuts, dried 4.31 mg
- 109. Veal, shoulder, blade, separable lean and fat, raw 4.31 mg
- 110. Cheese, Mexican, blend, reduced fat 4.30 mg
- 111. Spices, savory, ground 4.30 mg
- 112. Game meat, bison, ground, raw 4.29 mg
- 113. Nuts, pine nuts, pinyon, dried 4.28 mg
- 114. Crustaceans, crab, dungeness, raw 4.27 mg
- 115. Pastrami, beef, 98% fat-free 4.26 mg
- 116. Vermicelli, made from soy 4.24 mg
- 117. Salami, dry or hard, pork 4.20 mg

- 118. Salami, Italian, pork 4.20 mg
- 119. Game meat, deer, ground, raw 4.20 mg
- 120. Beef, ground, 80% lean meat / 20% fat, raw 4.18 mg
- 121. Syrups, maple 4.16 mg
- 122. Wheat, durum 4.16 mg
- 123. USDA Commodity, beef, patties (100%), frozen, raw 4.12 mg
- 124. Soy flour, low-fat 4.10 mg
- 125. Corned beef loaf, jellied 4.09 mg
- 126. Spices, paprika 4.06 mg
- 127. Nuts, brazilnuts, dried, unblanched 4.06 mg
- 128. Spices, curry powder 4.05 mg
- 129. Spices, onion powder 4.05 mg
- 130. Milk, dry, nonfat, calcium reduced 4.03 mg
- 131. Cereals ready-to-eat, granola, homemade 4.03 mg
- 132. Soy protein isolate 4.03 mg
- 133. Milk, buttermilk, dried 4.02 mg
- 134. Ostrich, outside strip, raw 4.02 mg
- 135. Veal, shank (fore and hind), separable lean only, raw 4.02 mg
- 136. Beef, variety meats and by-products, liver, raw 4.00 mg
- 137. Game meat, caribou, raw 4.00 mg
- 138. Goat, raw 4.00 mg
- 139. Snacks, popcorn, cakes 3.99 mg
- 140. Ostrich, inside strip, raw 3.98 mg

- 141. Beef, cured, thin-sliced beef 3.98 mg
- 142. Oats 3.97 mg
- 143. Beef, cured, smoked, chopped beef 3.93 mg
- 144. Soy flour, full-fat, raw 3.92 mg
- 145. Cheese, mozzarella, nonfat 3.92 mg
- 146. Cheese, gouda 3.90 mg
- 147. Cheese, gruyere 3.90 mg
- 148. Spices, tarragon, dried3.90 mg
- 149. Lentils, pink, raw 3.90 mg
- 150. Ostrich, outside leg, raw 3.89 mg
- 151. Cereals, ROMAN MEAL, plain, dry 3.89 mg
- 152. Cheese, parmesan, grated 3.87 mg
- 153. Ostrich, inside leg, raw 3.87 mg
- 154. Ostrich, tenderloin, raw 3.87 mg
- 155. Cereals ready-to-eat, UNCLE SAM CEREAL 3.87 mg
- 156. Beef, ground, 75% lean meat / 25% fat, raw 3.87 mg
- 157. Lebanon bologna, beef 3.84 mg
- 158. Snacks, popcorn, microwave, low fat 3.83 mg
- 159. Dove, cooked (includes squab) 3.83 mg
- 160. Popcorn, microwave, low fat and sodium 3.83 mg
- 161. Ostrich, round, raw 3.80 mg
- 162. Ostrich, top loin, raw 3.76 mg
- 163. Cheese, edam 3.75 mg
- 164. Ostrich, tip trimmed, raw 3.74 mg
- 165. Palm hearts, raw 3.73 mg
- 166. Ostrich, fan, raw 3.71 mg

- 167. Spices, bay leaf 3.70 mg
- 168. Spices, fennel seed 3.70 mg
- 169. Liver cheese, pork 3.70 mg
- 170. Pork, cured, breakfast strips, cooked 3.68 mg
- 171. Baking chocolate, unsweetened, liquid 3.68 mg
- 172. Kamut, uncooked 3.68 mg
- 173. Beans, white, mature seeds, raw 3.67 mg
- 174. Beans, black, mature seeds, raw 3.65 mg
- 175. Beans, navy, mature seeds, raw 3.65 mg
- 176. Cereals, MALTEX, dry 3.64 mg
- 177. Beans, cranberry (roman), mature seeds, raw 3.63 mg
- 178. Teff, uncooked 3.63 mg
- 179. Beef, grass-fed, strip steaks, lean only, raw 3.61 mg
- 180. Spices, marjoram, dried 3.60 mg
- 181. Cereals, RALSTON, dry 3.60 mg
- 182. Emu, full rump, raw 3.59 mg
- 183. Ostrich, oyster, raw 3.59 mg
- 184. Beef, carcass, separable lean and fat, select, raw 3.59 mg
- 185. Beef, carcass, separable lean and fat, choice, raw 3.57 mg
- 186. Beef, cured, corned beef, canned 3.57 mg
- 187. Beef, ground, 70% lean meat / 30% fat, raw 3.57 mg
- 188. Cheese food, pasteurized process, swiss 3.55 mg
- 189. Beef, cured, luncheon meat, jellied 3.55 mg
- 190. Crustaceans, crab, blue, raw 3.54 mg
- 191. Entrees, crab cake 3.54 mg
- 192. Ostrich, ground, raw 3.51 mg
- 193. Peanut spread, reduced sugar 3.51 mg
- 194. Cheese, fontina 3.50 mg
- 195. Cheese, tilsit 3.50 mg
- 196. Cheese, mexican, queso chihuahua 3.50 mg
- 197. Emu, fan fillet, raw 3.50 mg
- 198. Yardlong beans, mature seeds, raw 3.50 mg
- 199. Seeds, chia seeds, dried 3.49 mg
- 200. Emu, ground, raw 3.48 mg
- 201. Veal, rib, separable lean only, raw 3.47 mg
- 202. Wheat, soft white 3.46 mg
- 203. Triticale 3.45 mg
- 204. Cocoa mix, no sugar added, powder 3.44 mg
- 205. Emu, top loin, cooked, broiled 3.42 mg
- 206. Chorizo, pork and beef 3.41 mg
- 207. Lamb, ground, raw 3.41 mg
- 208. GARDENBURGER, Herb Crusted Cutlet 3.40 mg
- 209. Papad 3.40 mg
- 210. Chicken, roasting, giblets, raw 3.39 mg
- 211. Chicken, capons, giblets, raw 3.38 mg
- 212. Turkey, young tom, dark meat, meat only, raw 3.38 mg

- 213. Turkey, heart, all classes, raw 3.37 mg
- 214. Nuts, walnuts, black, dried 3.37 mg
- 215. OSCAR MAYER, Salami (Genoa) 3.36 mg
- 216. Cereals, MAYPO, dry3.35 mg
- 217. Mungo beans, mature seeds, raw 3.35 mg
- 218. Milk, dry, whole, with added vitamin D 3.34 mg
- 219. Peanuts, valencia, raw3.34 mg
- 220. Veal, shoulder, arm, separable lean only, raw 3.34 mg
- 221. Wheat, hard white 3.33 mg
- 222. Chicken, broilers or fryers, giblets, raw 3.32 mg
- 223. Sea lion, Steller, meat (Alaska Native) 3.32 mg
- 224. Luncheon meat, beef, thin sliced 3.31 mg
- 225. Chocolate, dark, 70-85% cacao solids 3.31 mg
- 226. Spices, dill weed, dried 3.30 mg
- 227. Cheese food, imitation 3.29 mg
- 228. Spelt, uncooked 3.28 mg
- 229. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 3.28 mg
- 230. Peanuts, all types, raw3.27 mg
- 231. Bratwurst, pork, cooked 3.25 mg
- 232. Veal, rib, separable lean and fat, raw 3.24 mg
- 233. Cornmeal, white (Navajo) 3.24 mg
- 234. Cheese, provolone 3.23 mg
- 235. Spices, rosemary, dried 3.23 mg
- 236. Peppered loaf, pork, beef 3.23 mg
- 237. Bacon and beef sticks 3.23 mg
- 238. Turkey, all classes, dark meat, raw 3.22 mg
- 239. Turkey, young tom, leg, meat and skin, raw 3.22 mg
- 240. Snacks, trail mix, regular 3.22 mg
- 241. Cereals, QUAKER, Quick Oats, Dry 3.20 mg
- 242. Veal, shoulder, arm, separable lean and fat, raw 3.20 mg
- 243. Oat flour, partially debranned 3.20 mg
- 244. Cheese, parmesan, shredded 3.19 mg
- 245. Cheese, parmesan, low sodium 3.19 mg
- 246. OSCAR MAYER, Salami (hard) 3.16 mg
- 247. Spices, poultry seasoning 3.14 mg
- 248. Pork, fresh, shoulder, whole, separable lean only, raw 3.14 mg
- 249. Broadbeans (fava beans), mature seeds, raw 3.14 mg
- 250. Nuts, butternuts, dried3.13 mg
- 251. Cheese, mozzarella, low sodium 3.13 mg
- 252. Cheese, cheddar 3.11 mg
- 253. Turkey, young tom, dark meat, meat and skin, raw 3.11 mg
- 254. Oat bran, raw 3.11 mg
- 255. Turkey, young hen, dark meat, meat only, raw 3.10 mg
- 256. Quinoa, uncooked 3.10 mg
- 257. Cornmeal, yellow (Navajo) 3.10 mg
- 258. Quail, cooked, total edible 3.10 mg

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- 259. Cheese, low-sodium, cheddar or colby 3.09 mg
- 260. Turkey, all classes, leg, meat and skin, raw 3.09 mg
- 261. Nuts, walnuts, english 3.09 mg
- 262. Salami, pork, beef, less sodium 3.08 mg
- 263. Nuts, almonds 3.08 mg
- 264. Peanut butter with omega-3, creamy 3.08 mg
- 265. Snacks, popcorn, air-popped 3.08 mg
- 266. Cheese, colby 3.07 mg
- 267. Duck, domesticated, liver, raw 3.07 mg
- 268. Goose, liver, raw 3.07 mg
- 269. Turkey sausage, fresh, raw 3.06 mg
- 270. Veal, ground, raw 3.06 mg
- 271. Luxury loaf, pork 3.05 mg
- 272. WENDY'S, CLASSIC DOUBLE, with cheese 3.05 mg
- 273. Corn, dried (Navajo) 3.05 mg
- 274. Cereals ready-to-eat, Puffed KASHI 3.03 mg
- 275. Natto 3.03 mg
- 276. Turkey bacon, cooked 3.03 mg
- 277. Cheese, mexican, queso asadero 3.02 mg
- 278. Crustaceans, lobster, northern, raw 3.02 mg
- 279. Cheese food, cold pack, american 3.01 mg
- 280. Chicken, stewing, giblets, raw 3.01 mg
- 281. Pork, fresh, variety meats and by-products, tongue, raw 3.01 mg
- 282. Peas, split, mature seeds, raw 3.01 mg
- 283. Cheese, monterey 3.00 mg
- 284. Parmesan cheese topping, fat free 3.00 mg
- 285. Emu, flat fillet, raw 3.00 mg
- 286. Snacks, rice cakes, brown rice, plain 3.00 mg
- 287. Snacks, rice cakes, brown rice, rye 3.00 mg
- 288. BURGER KING, DOUBLE WHOPPER, no cheese 3.00 mg
- 289. Cereals, ready-to-eat, ALPEN 3.00 mg
- 290. Spices, garlic powder 2.99 mg
- 291. Cheese, pasteurized process, pimento 2.98 mg
- 292. Turkey, fryer-roasters, leg, meat only, raw 2.98 mg
- 293. Sausage, turkey, breakfast links, mild 2.98 mg
- 294. Nuts, pilinuts, dried 2.97 mg
- 295. Turkey, young hen, leg, meat and skin, raw 2.96 mg
- 296. OSCAR MAYER, Smokies (beef) 2.96 mg
- 297. Turkey, all classes, dark meat, meat and skin, raw 2.95 mg
- 298. Cheese, caraway 2.94 mg
- 299. Cheese, mexican, queso anejo 2.94 mg
- 300. Wheat flour, whole-grain 2.93 mg

Copper:

				(c)Copper(1	600 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recomm	ended Dieta	(Tenebrio molitor(larvae)) (e)Copper(1600 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18	890	890		

	years			
Adults	19+	900	900	
Pregnancy	All ages	_	1,000	
Breastfeeding	All ages	_	1,300	

Recommo	ended Diet		molitor(adult)) 2070 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	<u>-</u>	1,000		
Breastfeeding	All ages	_	1,300		

Recom	mended D	Dietary Allowand	ce for Copper		bas morio)) 390 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6	200 (<u>AI</u>)	200 (<u>AI</u>)		

	months			
Infants	7-12 months	220(AI)	220(AI)	
Children	1-3 years	340	340	
Children	4-8 years	440	440	
Children	9-13 years	700	700	
Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	-	1,000	
Breastfeeding	All ages	-	1,300	

Recommended Dietary Allowance for Copper				(Drosophila melanogaster)) (f)Copper(870 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recommended Dietary Allowance for Copper				\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	domestica)) 400 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	_	1,300		

Recomi	nended Diet	` //	(j)Copper(1720 g/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		

Children	1-3 years	340	340	
Children	4-8 years	440	440	
Children	9-13 years	700	700	
Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	_	1,000	
Breastfeeding	All ages	_	1,300	

Recommended Dietary Allowance for Copper				(Oecophylla sp.)) (c)Copper(870 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recommended Dietary Allowance for Copper				(Oecophylla virescens)) (c)Copper(2170 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of	Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		
Breastfeeding	All ages	-	1,300		

Recommended Dietary Allowance for Copper				(Polyrhachis vicina Roger(from Zhejiang)) (m)Copper(2400 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		

Breastfeeding All ages	_	1.300	
Dieasticeanig I in ages		1,500	

Recommended Dietary Allowance for Copper				(Polyrhachis vicina Roger(from Guizhou)) (m)Copper(1900 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	_	1,300		

Recom	mended Diet	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	es nigeriensis)) (70 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		

Children	1-3 years	340	340	
Children	4-8 years	440	440	
Children	9-13 years	700	700	
Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	_	1,000	
Breastfeeding	All ages	_	1,300	

Recomn	nended Diet	(Anaphe venata)) (o)Copper(1000 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recommended Dietary Allowance for Copper				(Bombyx mori(larvae)) (e)Copper(2080 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of	Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recommended Dietary Allowance for Copper					ri(spent pupae)) 150 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		

Breastfeeding All ages	_	1.300		
Breastreeaing rin ages		1,500		

Recommended Dietary Allowance for Copper				(Cirina forda(caterpillar)) (a)Copper(150 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recom	mended Diet	\ \ \	ia belina)) 910 mcg/100g)		
Life Stage	Age	Males Females (mcg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		

Children	4-8 years	440	440	
Children	9-13 years	700	700	
Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	-	1,000	
Breastfeeding	All ages	-	1,300	

Recomn	nended Diet	`	mellonella)) 810 mcg/100g)		
Life Stage	Age	Males Females (mcg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recom	ımended D	Dietary Allowance	e for Copper		epimethea)) 180 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect dry

				matter for RDA(%)	matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recommen	ided Dieta	(Imbrasia ertli(caterpillars)) (c)Copper(1500 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		
Breastfeeding	All ages	_	1,300		

Recommend	led Dieta	ry Allowano	(Imbrasia truncata(caterpillar)) (t)Copper(1400 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		
Breastfeeding	All ages	_	1,300		

Recomi	mended Diet	,	rpsichore)) 600 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		

Children	4-8 years	440	440	
Children	9-13 years	700	700	
Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	-	1,000	
Breastfeeding	All ages	-	1,300	

Recomn	nended Diet	(Nudaurelia oyemensis)) (t)Copper(1180 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recom	ımended D	(Samia ricinii(prepupae on castor leaves)) (v)Copper(1690 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of	Percentage of RDA per 100g

				insect dry matter for RDA(%)	of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recom	mended Diet	(Samia ricinii(prepupae on tapioca leaves)) (v)Copper(1780 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		

Breastfeeding All ages	_	1.300	
Diedstreeding 7 in ages		1,500	

Recommended Dietary Allowance for Copper				(Samia ricinii(pupae on castor leaves)) (v)Copper(1750 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	_	1,300		

Recom	mended Die	(Samia ricinii(pupae on tapioca leaves)) (v)Copper(1800 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12	220(AI)	220(AI)		

	months			
Children	1-3 years	340	340	
Children	4-8 years	440	440	
Children	9-13 years	700	700	
Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	-	1,000	
Breastfeeding	All ages	-	1,300	

Recommend	led Dieta	ry Allowan	(Acheta domesticus(adults))) (c)Copper(2010 mcg/100g)		
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		
Breastfeeding	All ages	_	1,300		

Recommended Dietary Allowance for Copper	(Acheta domesticus(juvenile
11000 minute 2 10th j 12110 white 101 Copper	(110.0000 000.00000000 ()00.0011110

		crickets))(f)Copper(960 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	-	1,000		
Breastfeeding	All ages	-	1,300		

Recommended Dietary Allowance for Copper				(Acheta domesticus(nymphs)) (e)Copper(2230 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		

Adolescents	14-18 years	890	890	
Adults	19+	900	900	
Pregnancy	All ages	-	1,000	
Breastfeeding	All ages	-	1,300	

Recomme	nded Dieta	(Ruspolia differens(brown)) (x)Copper(500 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		
Breastfeeding	All ages	_	1,300		

Recommended Dietary Allowance for Copper					ifferens(green)) 600 mcg/100g)
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

				RDA(%)	
Infants	0-6 months	200 (<u>AI</u>)	200 (<u>AI</u>)		
Infants	7-12 months	220(AI)	220(AI)		
Children	1-3 years	340	340		
Children	4-8 years	440	440		
Children	9-13 years	700	700		
Adolescents	14-18 years	890	890		
Adults	19+	900	900		
Pregnancy	All ages	_	1,000		
Breastfeeding	All ages	-	1,300		

Below is a list of the top several hundred sources of copper in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the copper content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Veal, variety meats and by-products, liver, raw 11.865 mg
- 2. Beef, variety meats and by-products, liver, raw 9.755 mg
- 3. Goose, liver, raw 7.522 mg
- 4. Lamb, variety meats and by-products, liver, raw 6.979 mg
- 5. Duck, domesticated, liver, raw 5.962 mg
- 6. Pepeao, dried 5.070 mg
- 7. Mollusks, oyster, eastern, canned 4.461 mg
- 8. Mollusks, oyster, eastern, wild, raw 4.452 mg

- 9. Seeds, sesame butter, paste 4.214 mg
- 10. Seeds, sesame seeds, whole, dried 4.082 mg
- 11. Soy flour, defatted 4.065 mg
- 12. Cocoa, dry powder, unsweetened 3.788 mg
- 13. Baking chocolate, unsweetened, squares 3.233 mg
- 14. Soy flour, full-fat, raw 2.920 mg
- 15. Winged beans, mature seeds, raw 2.880 mg
- 16. Moose, liver, braised (Alaska Native) 2.789 mg
- 17. Spices, mace, ground 2.467 mg
- 18. Snacks, soy chips or crisps, salted 2.456 mg
- 19. OSCAR MAYER, Luncheon Loaf (spiced) 2.310 mg
- 20. Nuts, cashew nuts, raw 2.195 mg
- 21. Gelatins, dry powder, unsweetened 2.161 mg
- 22. Cereals ready-to-eat, KASHI GOLEAN 2.091 mg
- 23. Peanut flour, low fat 2.039 mg
- 24. Soy meal, defatted, raw 2.000 mg
- 25. Vermicelli, made from soy 1.916 mg
- 26. Baking chocolate, unsweetened, liquid 1.910 mg
- 27. Mollusks, squid, mixed species, raw 1.891 mg
- 28. Seeds, sunflower seed kernels, dried 1.800 mg
- 29. Peanut flour, defatted 1.800 mg
- 30. Spices, coriander leaf, dried 1.786 mg
- 31. Chocolate, dark, 70-85% cacao solids 1.766 mg

- 32. Seeds, safflower seed kernels, dried 1.747 mg
- 33. Nuts, brazilnuts, dried, unblanched 1.743 mg
- 34. Nuts, hazelnuts or filberts 1.725 mg
- 35. Crustaceans, lobster, northern, raw 1.663 mg
- 36. Soybeans, mature seeds, raw 1.658 mg
- 37. Spices, poppy seed 1.627 mg
- 38. Soy flour, low-fat 1.600 mg
- 39. Soy protein isolate 1.599 mg
- 40. Nuts, walnuts, english 1.586 mg
- 41. Mollusks, oyster, Pacific, raw 1.576 mg
- 42. Spearmint, dried 1.542 mg
- 43. Seeds, sesame flour, high-fat 1.520 mg
- 44. Seeds, sesame meal, partially defatted 1.457 mg
- 45. Seeds, breadnut tree seeds, raw 1.444 mg
- 46. Seeds, sesame flour, partially defatted 1.432 mg
- 47. Formulated bar, POWER BAR, chocolate 1.430 mg
- 48. Seeds, sesame flour, low-fat 1.425 mg
- 49. Tomatoes, sun-dried 1.423 mg
- 50. Winged bean tuber, raw 1.386 mg
- 51. Spices, celery seed 1.370 mg
- 52. Spices, basil, dried 1.367 mg
- 53. Nuts, walnuts, black, dried 1.360 mg
- 54. Hyacinth beans, mature seeds, raw 1.335 mg

- 55. Nuts, pine nuts, dried 1.324 mg
- 56. Lentils, pink, raw 1.303 mg
- 57. Soup, oyster stew, canned, condensed 1.300 mg
- 58. Nuts, pistachio nuts, raw 1.300 mg
- 59. Chocolate, dark, 60-69% cacao solids 1.248 mg
- 60. Tomato powder 1.241 mg
- 61. Seeds, flaxseed 1.220 mg
- 62. Nuts, pecans 1.200 mg
- 63. Tofu, dried-frozen (koyadofu) 1.179 mg
- 64. Peanuts, valencia, raw 1.171 mg
- 65. Seeds, breadfruit seeds, raw 1.148 mg
- 66. Peanuts, all types, raw1.144 mg
- 67. Spices, marjoram, dried 1.133 mg
- 68. Spices, pepper, black 1.127 mg
- 69. Peanuts, virginia, raw 1.112 mg
- 70. Spices, fenugreek seed 1.110 mg
- 71. Beans, kidney, california red, mature seeds, raw 1.100 mg
- 72. Buckwheat 1.100 mg
- 73. Beans, adzuki, mature seeds, raw 1.094 mg
- 74. Spices, fennel seed 1.067 mg
- 75. Rowal, raw 1.060 mg
- 76. Cowpeas, catjang, mature seeds, raw 1.059 mg
- 77. Pigeon peas (red gram), mature seeds, raw 1.057 mg

- 78. Nuts, pine nuts, pinyon, dried 1.035 mg
- 79. Mollusks, whelk, unspecified, raw 1.030 mg
- 80. Chocolate, dark, 45- 59% cacao solids 1.028 mg
- 81. Spices, nutmeg, ground 1.027 mg
- 82. Lupins, mature seeds, raw 1.022 mg
- 83. Beans, black turtle soup, mature seeds, raw 1.000 mg
- 84. Beans, kidney, royal red, mature seeds, raw 1.000 mg
- 85. Wheat bran, crude 0.998 mg
- 86. Papad 0.998 mg
- 87. Nuts, almonds 0.996 mg
- 88. Snacks, trail mix, regular 0.985 mg
- 89. Beans, white, mature seeds, raw 0.984 mg
- 90. Mungo beans, mature seeds, raw 0.981 mg
- 91. Spices, coriander seed 0.975 mg
- 92. Nuts, pilinuts, dried 0.958 mg
- 93. Beans, kidney, all types, mature seeds, raw 0.958 mg
- 94. Mung beans, mature seeds, raw 0.941 mg
- 95. Fish sticks, meatless 0.925 mg
- 96. Vegetarian fillets 0.925 mg
- 97. Crustaceans, crab, alaska king, raw 0.922 mg
- 98. Chickpea flour (besan) 0.912 mg
- 99. Spices, anise seed 0.910 mg
- 100. Spices, caraway seed 0.910 mg
- 101. Spices, pepper, white 0.910 mg
- 102. Luncheon slices, meatless 0.908 mg
- 103. Peanuts, spanish, raw 0.900 mg
- 104. Beans, pinto, mature seeds, raw 0.893 mg
- 105. Yardlong beans, mature seeds, raw 0.879 mg
- 106. Spices, cumin seed 0.867 mg
- 107. Peas, split, mature seeds, raw 0.866 mg
- 108. Spices, thyme, dried 0.860 mg
- 109. Spices, savory, ground 0.847 mg
- 110. Spices, poultry seasoning 0.843 mg
- 111. Beans, black, mature seeds, raw 0.841 mg
- 112. Beans, great northern, mature seeds, raw 0.837 mg
- 113. Beans, navy, mature seeds, raw 0.834 mg
- 114. Broadbeans (fava beans), mature seeds, raw 0.824 mg
- 115. Potatoes, baked, skin, without salt 0.817 mg
- 116. Potatoes, baked, skin, with salt 0.817 mg
- 117. Spices, curry powder 0.815 mg
- 118. Beans, pink, mature seeds, raw 0.810 mg
- 119. Teff, uncooked 0.810 mg
- 120. Wheat germ, crude 0.796 mg

- 121 Beans, cranberry (roman), mature seeds, raw 0.794 mg 122. Spices, dill seed 0.780 mg123. Spices, parsley, dried 0.780 mg 124. Dove, cooked (includes squab) 0.763 mg125. Peanut spread, reduced sugar 0.760 mg 126. Spices, sage, ground 0.757 mg 127. Nuts, macadamia nuts, raw 0.756 mg 128. Cereals ready-to-eat, UNCLE SAM CEREAL 0.752 mg129. Millet, raw 0.750 mg130. Lima beans, large, mature seeds, raw 0.740 mg 131. Nuts, hickorynuts, dried $0.738 \, \text{mg}$ 132. Mollusks, oyster, eastern, farmed, raw 0.738 mg133. Desserts, rennin, chocolate, dry mix 0.735 mg 134. Cheese, goat, soft type 0.732 mg135. Cocoa mix, no sugar added, powder 0.730 mg 136. Rice bran, crude 0.728 mg137. Meatballs, meatless $0.706 \, \text{mg}$ 138. Vegetarian meatloaf or patties $0.706 \, \text{mg}$ 139. Cereals, ROMAN MEAL, plain, dry 0.700 mg 140. Beans, kidney, red, mature seeds, raw 0.699 mg 141. Chicken, meatless $0.689 \, \text{mg}$ 142. 0.688 mg Mothbeans, mature seeds, raw 143. 0.686 mg Seeds, watermelon seed kernels, dried 144. Spices, tarragon, dried0.677 mg 145. Pork, fresh, variety meats and by-products, liver, raw $0.677 \, \text{mg}$ 146. Crustaceans, crab, dungeness, raw $0.674 \, \text{mg}$ 147. Nuts, beechnuts, dried 0.670 mg 148. Baking chocolate, mexican, squares 0.670 mg 149. Crustaceans, crab, blue, raw 0.669 mg 150. Natto 0.667 mg 151. Lima beans, thin seeded (baby), mature seeds, raw 0.665 mg 152. Cereals, MALTEX, dry $0.657 \, \text{mg}$ 153. Pinon Nuts, roasted (Navajo) 0.654 mg 154. 0.649 mg Sandwich spread, meatless 155. Vegetarian stew 0.649 mg156. Spices, mustard seed, ground 0.645 mg 157. Palm hearts, raw $0.644 \, \text{mg}$ 158. Beans, yellow, mature seeds, raw $0.639 \, \text{mg}$ 159. Cereals ready-to-eat, granola, homemade $0.635 \, \text{mg}$ 160. Beans, small white, mature seeds, raw $0.635 \, \text{mg}$ 161. Spices, oregano, dried 0.633 mg 162. Cheese, goat, hard type $0.627 \, \text{mg}$
- 163. Oats 0.626 mg
 164. Mushrooms, morel, raw 0.625 mg
 165. Nuts, acorns, raw 0.621 mg
- 166. Nuts, acorn flour, full fat 0.611 mg

- 167. Entrees, crab cake 0.610 mg
- 168. Spices, paprika 0.607 mg
- 169. Spices, turmeric, ground 0.603 mg
- 170. Snacks, potato chips, reduced fat 0.600 mg
- 171. Seaweed, spirulina, raw 0.597 mg
- 172. Quail, meat only, raw 0.594 mg
- 173. Squab, (pigeon), meat only, raw 0.594 mg
- 174. Quail, cooked, total edible 0.592 mg
- 175. Spices, onion powder 0.590 mg
- 176. Quinoa, uncooked 0.590 mg
- 177. Mollusks, cuttlefish, mixed species, raw 0.587 mg
- 178. Peanut butter, smooth, reduced fat 0.580 mg
- 179. Peanut butter, chunk style, with salt 0.578 mg
- 180. Carob flour 0.571 mg
- 181. USDA Commodity, Peanut Butter, smooth 0.571 mg
- 182. Crustaceans, crab, queen, raw 0.570 mg
- 183. Snacks, popcorn, cakes 0.569 mg
- 184. Cheese, goat, semisoft type 0.564 mg
- 185. Nuts, chestnuts, japanese, raw 0.562 mg
- 186. Tempeh 0.560 mg
- 187. Thyme, fresh 0.555 mg
- 188. Spices, allspice, ground 0.553 mg
- 189. Wheat, durum 0.553 mg
- 190. Spices, rosemary, dried 0.550 mg
- 191. Tea, instant, unsweetened, powder 0.550 mg
- 192. Snacks, popcorn, microwave, low fat 0.545 mg
- 193. Popcorn, microwave, low fat and sodium 0.545 mg
- 194. Toppings, nuts in syrup 0.540 mg
- 195. Bacon bits, meatless 0.539 mg
- 196. Gravy, mushroom, dry, powder 0.535 mg
- 197. Spices, garlic powder 0.533 mg
- 198. Snacks, trail mix, tropical 0.528 mg
- 199. Hummus, commercial 0.527 mg
- 200. Sea lion, Steller, meat (Alaska Native) 0.527 mg
- 201. Amaranth, uncooked 0.525 mg
- 202. Wild rice, raw 0.524 mg
- 203. Kamut, uncooked 0.522 mg
- 204. Lentils, raw 0.519 mg
- 205. Puddings, chocolate, dry mix, regular 0.518 mg
- 206. Peanut butter, reduced sodium 0.515 mg
- 207. Chocolate syrup 0.512 mg
- 208. Spelt, uncooked 0.511 mg
- 209. Cereals, RALSTON, dry 0.508 mg
- 210. Pepper, ancho, dried 0.508 mg
- 211. Quail, meat and skin, raw 0.507 mg
- 212. Nuts, chestnuts, european, roasted 0.507 mg

- 213. Mushrooms, brown, Italian, or Crimini, raw 0.500 mg
- 214. Spaghetti, spinach, dry 0.499 mg
- 215. Barley, hulled 0.498 mg
- 216. Crackers, rye, wafers, seasoned 0.495 mg
- 217. Veal, variety meats and by-products, kidneys, raw 0.494 mg
- 218. Chicken, liver, all classes, raw 0.492 mg
- 219. Spices, dill weed, dried 0.490 mg
- 220. Ham, sliced, extra lean 0.487 mg
- 221. Molasses 0.487 mg
- 222. Spices, pumpkin pie spice 0.484 mg
- 223. Spices, ginger, ground 0.480 mg
- 224. Peanut butter with omega-3, creamy 0.476 mg
- 225. Peanut butter, smooth style, with salt 0.473 mg
- 226. Chocolate-flavored hazelnut spread 0.469 mg
- 227. Currants, zante, dried 0.468 mg
- 228. Cookies, chocolate wafers 0.463 mg
- 229. Crackers, rye, wafers, plain 0.461 mg
- 230. Triticale 0.457 mg
- 231. Winged bean leaves, raw 0.456 mg
- 232. Cereals ready-to-eat, Puffed KASHI 0.455 mg
- 233. Nuts, almond paste 0.454 mg
- 234. Macaroni, whole-wheat, dry 0.454 mg
- 235. Spaghetti, whole-wheat, dry 0.454 mg
- 236. Nuts, butternuts, dried 0.450 mg
- 237. Wheat, soft red winter 0.450 mg
- 238. Nuts, chestnuts, european, raw, unpeeled 0.447 mg
- 239. Lamb, variety meats and by-products, kidneys, raw 0.446 mg
- 240. Jew's ear, (pepeao), raw 0.445 mg
- 241. Snacks, rice cakes, brown rice, plain 0.445 mg
- 242. Spices, chervil, dried 0.440 mg
- 243. Beans, french, mature seeds, raw 0.440 mg
- 244. Squab, (pigeon), meat and skin, raw 0.437 mg
- 245. Oat flour, partially debranned 0.437 mg
- 246. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 0.436 mg
- 247. Nuts, coconut meat, raw 0.435 mg
- 248. Mollusks, octopus, common, raw 0.435 mg
- 249. Mollusks, conch, baked or broiled 0.435 mg
- 250. Wheat, hard red winter 0.434 mg
- 251. Quail, breast, meat only, raw 0.433 mg
- 252. Squab, (pigeon), light meat without skin, raw 0.433 mg
- 253. Kanpyo, (dried gourd strips) 0.433 mg
- 254. Spices, chili powder 0.429 mg
- 255. Soybeans, mature seeds, sprouted, raw 0.427 mg
- 256. Beef, variety meats and by-products, kidneys, raw 0.426 mg
- 257. Wheat, soft white 0.426 mg
- 258. Potatoes, raw, skin 0.423 mg

- 259. Peppers, pasilla, dried 0.423 mg
- 260. Miso 0.420 mg
- 261. Crackers, whole-wheat 0.420 mg
- 262. Pectin, unsweetened, dry mix 0.420 mg
- 263. Snacks, rice cakes, brown rice, corn 0.420 mg
- 264. Snacks, corn cakes 0.420 mg
- 265. Barley, pearled, raw 0.420 mg
- 266. Crustaceans, crayfish, mixed species, wild, raw 0.419 mg
- 267. Nuts, chestnuts, european, raw, peeled 0.418 mg
- 268. Bread, protein (includes gluten) 0.417 mg
- 269. Spices, bay leaf 0.416 mg
- 270. Grape leaves, raw 0.415 mg
- 271. Cookies, raisin, soft-type 0.413 mg
- 272. Snacks, sweet potato chips 0.412 mg
- 273. Wheat, hard red spring 0.410 mg
- 274. Pork, fresh, variety meats and by-products, heart, raw 0.408 mg
- 275. McDONALD'S, Peanuts (for Sundaes) 0.408 mg
- 276. Turkey, liver, all classes, raw 0.407 mg
- 277. Cereals ready-to-eat, FAMILIA 0.407 mg
- 278. Oat bran, raw 0.403 mg
- 279. Beans, fava, in pod, raw 0.402 mg
- 280. Soup, cream of vegetable, dry, powder 0.400 mg
- 281. Pate, goose liver, smoked, canned 0.400 mg
- 282. Pate, liver, not specified, canned 0.400 mg
- 283. Pate, truffle flavor 0.400 mg
- 284. GARDENBURGER, Flame Grilled Burger 0.400 mg
- 285. Cake, chocolate, dry mix, regular 0.400 mg
- 286. Mollusks, snail, raw 0.400 mg
- 287. Tofu, fried 0.398 mg
- 288. Snacks, potato chips, plain, salted 0.398 mg
- 289. Lamb, variety meats and by-products, heart, raw 0.397 mg
- 290. Beef, variety meats and by-products, heart, raw 0.396 mg
- 291. Turkey, heart, all classes, raw 0.394 mg
- 292. Snacks, granola bars, hard, plain 0.392 mg
- 293. Snacks, rice cakes, brown rice, rye 0.390 mg
- 294. Cookies, brownies, prepared from recipe 0.388 mg
- 295. Basil, fresh 0.385 mg
- 296. Spices, cardamom 0.383 mg
- 297. Liver cheese, pork 0.383 mg
- 298. Wheat flour, whole-grain 0.382 mg
- 299. Crustaceans, spiny lobster, mixed species, raw 0.381 mg
- 300. Soybean, curd cheese 0.380 mg

Manganese:

				(c)Manganes	se(0.8 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Adequate Intake(AI) for Manganese				(Tenebrio molitor(larvae)) (e)Manganese(0.92 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		

Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	_	2.0	
Breastfeeding	All ages	_	2.6	

Adequate Intake(AI) for Manganese				(Tenebrio molitor(adult)) (e)Manganese(1.1 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	_	2.6		

Ad	equate Intal	ke(AI) for M	anganese	(e)Mang	oas morio)) ganese(1.02 /100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	0.003	0.003	
Infants	7-12 months	0.6	0.6	
Children	1-3 years	1.2	1.2	
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	-	2.0	
Breastfeeding	All ages	-	2.6	

Adequate Intake(AI) for Manganese				(Tenebrio molitor(larvae)) (e)Manganese(0.92 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	_	2.0		
Breastfeeding	All ages	<u>-</u>	2.6		

Adequate Intake(AI) for Manganese				(Drosophila melanogaster)) (f)Manganese(1.61 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	_	2.6		

Adequate Intake(AI) for Manganese				(Musca domestica(larvae)) (g)Manganese(5.60 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	0.003	0.003			
Infants	7-12 months	0.6	0.6			
Children	1-3 years	1.2	1.2			
Children	4-8 years	1.5	1.5			

Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	_	2.0	
Breastfeeding	All ages	-	2.6	

Add	equate Intal	(j)Mang	brood)) anese(0.26 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Adequate Intake(AI) for Manganese					hylla sp.)) ese(9 mg/100g)
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

		(mg/day)		grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Adequate Intake(AI) for Manganese				(Oecophylla virescens)) (c)Manganese(6.3 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		

Breastfeeding All ages	_	2.6	
Dreastreeding 1111 ages		2.0	

Adec	quate Intak	Zhejiang))(m)	icina Roger(from Manganese(25.9 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	_	2.0		
Breastfeeding	All ages	-	2.6		

Ado	equate Intal	Guizhou))(m)	icina Roger(from Manganese(32.3/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		

Infants	7-12 months	0.6	0.6	
Children	1-3 years	1.2	1.2	
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	-	2.0	
Breastfeeding	All ages	-	2.6	

Adequate Intake(AI) for Manganese				(Macrotermes nigeriensis)) (n)Manganese(0.08 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	_	2.6		

Adequate Intake(AI) for Manganese	(Anaphe venata(larvae)) (o)Manganese(40 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	_	2.6		

Adeq	juate Intak	mori(larvae)) e(2.49 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003	
Infants	7-12 months	0.6	0.6	
Children	1-3 years	1.2	1.2	
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	

Pregnancy	All ages	-	2.0	
Breastfeeding	All ages	_	2.6	

Ado	equate Intal	(p)Mang	ri(spent pupae)) ganese(0.71 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Ad	equate Intal	Westwood((q) Mang a	na forda (larvae flour)) (nese(10,163 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6	0.003	0.003		

	months			
Infants	7-12 months	0.6	0.6	
Children	1-3 years	1.2	1.2	
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	-	2.0	
Breastfeeding	All ages	_	2.6	

Adequate Intake(AI) for Manganese				Roger(from	m Zhejiang)) e(25.9 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Add	equate Intal	(Cirina forda (larvae)) (r)Manganese(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Ad	lequate Intal	(c)Mang	asia belina)) ganese(3.95 /100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		

Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	_	2.0	
Breastfeeding	All ages	_	2.6	

Adeq	uate Intak	(Galleria mellonella)) (f)Manganese(0.33 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Ade	equate Intal	(Imbrasia epimethea)) (t)Manganese(5.81 mg/100g) How many grams of RDA per 100g			
Life Stage	Life Stage Age Males (mg/day) Femal		Females (mg/day)	_	

Infants	0-6 months	0.003	0.003	
Infants	7-12 months	0.6	0.6	
Children	1-3 years	1.2	1.2	
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	_	2.0	
Breastfeeding	All ages	_	2.6	

Add	equate Intal	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	sia ertli)) se(3.4 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Add	equate Intal	(Ruspolia differens (brown)) (x)Manganese(2.5 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Ad	equate Intal	` 1	fferens (green)) se(5.3 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18	2.2	1.6		

	years			
Adults	19+	2.3	1.8	
Pregnancy	All ages	_	2.0	
Breastfeeding	All ages	_	2.6	

Ade	quate Intak	(Imbrasia truncata)) (t)Manganese(3.24 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Ade	equate Intak	(Nudaurelia oyemensis)) (t)Manganese(5.48 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		

Infants	7-12 months	0.6	0.6	
Children	1-3 years	1.2	1.2	
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	_	2.0	
Breastfeeding	All ages	_	2.6	

Ade	quate Intak	(Samia ricinii(prepupae and pupae on both castor leaves and tapioca leaves)) (v)Manganese(about 3mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Adequate Intake(AI) for Manganese				(Acheta domesticus(adult)) (f)Manganese(2.97 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	0.003	0.003			
Infants	7-12 months	0.6	0.6			
Children	1-3 years	1.2	1.2			
Children	4-8 years	1.5	1.5			
Children	9-13 years	1.9	1.6			
Adolescents	14-18 years	2.2	1.6			
Adults	19+	2.3	1.8			
Pregnancy	All ages	_	2.0			
Breastfeeding	All ages	-	2.6			

Adequate Intake(AI) for Manganese				(Acheta domesticus(nymphs)) (e)Manganese(3.89 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
Infants	0-6 months	0.003	0.003			
Infants	7-12 months	0.6	0.6			
Children	1-3	1.2	1.2			

	years			
Children	4-8 years	1.5	1.5	
Children	9-13 years	1.9	1.6	
Adolescents	14-18 years	2.2	1.6	
Adults	19+	2.3	1.8	
Pregnancy	All ages	-	2.0	
Breastfeeding	All ages	-	2.6	

Ade	equate Intal	(Acheta domesticus(juvenile crickets))(f)Manganese(5.28 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	0.003	0.003		
Infants	7-12 months	0.6	0.6		
Children	1-3 years	1.2	1.2		
Children	4-8 years	1.5	1.5		
Children	9-13 years	1.9	1.6		
Adolescents	14-18 years	2.2	1.6		
Adults	19+	2.3	1.8		
Pregnancy	All ages	-	2.0		
Breastfeeding	All ages	-	2.6		

Below is a list of the top several hundred sources of manganese in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the manganese content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Tea, instant, unsweetened, powder 133.000 mg
- 2. Spices, cloves, ground 30.033 mg
- 3. Spices, saffron 28.408 mg
- 4. Spices, cardamom 28.000 mg
- 5. Spices, ginger, ground 26.500 mg
- 6. Spices, cinnamon, ground 17.466 mg
- 7. Spices, pumpkin pie spice 15.844 mg
- 8. Rice bran, crude 14.210 mg
- 9. Wheat germ, crude 13.301 mg
- 10. Wheat bran, crude 11.500 mg
- 11. Spearmint, dried 11.482 mg
- 12. Spices, parsley, dried 9.810 mg
- 13. Teff, uncooked 9.240 mg
- 14. Nuts, pine nuts, dried 8.802 mg
- 15. Spices, bay leaf 8.167 mg
- 16. Spices, tarragon, dried7.967 mg
- 17. Spices, thyme, dried 7.867 mg
- 18. Spices, turmeric, ground 7.833 mg

- 19. Spices, celery seed 7.567 mg
- 20. Spices, poultry seasoning 6.857 mg
- 21. Spices, poppy seed 6.707 mg
- 22. Fireweed, leaves, raw 6.704 mg
- 23. Nuts, butternuts, dried 6.560 mg
- 24. Spices, fennel seed 6.533 mg
- 25. Spices, coriander leaf, dried 6.355 mg
- 26. Nuts, hazelnuts or filberts 6.175 mg
- 27. Spices, savory, ground 6.100 mg
- 28. Oat bran, raw 5.630 mg
- 29. Spices, pepper, black 5.625 mg
- 30. Spices, marjoram, dried 5.433 mg
- 31. Crackers, rye, wafers, plain 5.366 mg
- 32. Cereals, WHEATENA, dry 5.262 mg
- 33. Lemon grass (citronella), raw 5.224 mg
- 34. Snacks, rice cakes, brown rice, corn 5.080 mg
- 35. Spices, oregano, dried 4.990 mg
- 36. Oats 4.916 mg
- 37. Peanut flour, defatted 4.900 mg
- 38. Nuts, hickorynuts, dried 4.610 mg
- 39. Nuts, pecans 4.500 mg
- 40. Sugars, maple 4.422 mg
- 41. Wheat, soft red winter 4.391 mg

- 42. Nuts, pine nuts, pinyon, dried 4.333 mg
- 43. Spices, pepper, white 4.300 mg
- 44. Cereals, QUAKER, Quick Oats, Dry 4.300 mg
- 45. Spices, curry powder 4.289 mg
- 46. Peanut flour, low fat 4.231 mg
- 47. Baking chocolate, unsweetened, squares 4.167 mg
- 48. Nuts, macadamia nuts, raw 4.131 mg
- 49. Wheat, hard red spring 4.055 mg
- 50. Cereals ready-to-eat, granola, homemade 4.053 mg
- 51. Oat flour, partially debranned 4.019 mg
- 52. Rice flour, brown 4.013 mg
- 53. Wheat, hard red winter 3.985 mg
- 54. Spices, dill weed, dried 3.950 mg
- 55. Nuts, walnuts, black, dried 3.896 mg
- 56. Macaroni, vegetable, dry, enriched 3.846 mg
- 57. Cocoa, dry powder, unsweetened 3.837 mg
- 58. Wheat, hard white 3.821 mg
- 59. Soy meal, defatted, raw 3.800 mg
- 60. Wheat flour, whole-grain 3.799 mg
- 61. Rice, brown, long-grain, raw 3.743 mg
- 62. Rice, brown, medium-grain, raw 3.743 mg
- 63. Snacks, rice cakes, brown rice, plain 3.730 mg
- 64. Winged beans, mature seeds, raw 3.721 mg

- 65. Tofu, dried-frozen (koyadofu) 3.689 mg
- 66. Cereals ready-to-eat, UNCLE SAM CEREAL 3.610 mg
- 67. Crackers, matzo, whole-wheat 3.500 mg
- 68. Nuts, walnuts, english 3.414 mg
- 69. Wheat, soft white 3.406 mg
- 70. Cereals ready-to-eat, Puffed KASHI 3.400 mg
- 71. Mollusks, mussel, blue, raw 3.400 mg
- 72. Spices, cumin seed 3.333 mg
- 73. Amaranth, uncooked 3.333 mg
- 74. Syrups, maple 3.298 mg
- 75. Triticale 3.210 mg
- 76. Spices, basil, dried 3.167 mg
- 77. Soy flour, low-fat 3.150 mg
- 78. Spices, sage, ground 3.133 mg
- 79. Epazote, raw 3.098 mg
- 80. Macaroni, whole-wheat, dry 3.055 mg
- 81. Spaghetti, whole-wheat, dry 3.055 mg
- 82. Bulgur, dry 3.048 mg
- 83. Soy flour, defatted 3.018 mg
- 84. Wheat, durum 3.012 mg
- 85. Spelt, uncooked 2.983 mg
- 86. Snacks, rice cakes, brown rice, rye 2.977 mg
- 87. Spices, allspice, ground 2.943 mg

- 88. Spices, nutmeg, ground 2.900 mg
- 89. Kamut, uncooked 2.860 mg
- 90. Teff, cooked 2.860 mg
- 91. Grape leaves, raw 2.855 mg
- 92. Cereals ready-to-eat, Ralston TASTEEOS 2.700 mg
- 93. Muffins, wheat bran, dry mix 2.666 mg
- 94. Snacks, pretzels, hard, whole-wheat 2.662 mg
- 95. Spaghetti, spinach, dry 2.645 mg
- 96. Peanuts, spanish, raw 2.640 mg
- 97. Muffins, oat bran 2.630 mg
- 98. Rye 2.577 mg
- 99. Seeds, sesame butter, paste 2.540 mg
- 100. Soybeans, mature seeds, raw 2.517 mg
- 101. Seeds, flaxseed 2.482 mg
- 102. Crackers, crispbread, rye 2.475 mg
- 103. Seeds, sesame seeds, whole, dried 2.460 mg
- 104. Spices, mustard seed, ground 2.448 mg
- 105. Lupins, mature seeds, raw 2.382 mg
- 106. Crackers, rye, wafers, seasoned 2.371 mg
- 107. Nuts, pilinuts, dried 2.313 mg
- 108. Spices, anise seed 2.300 mg
- 109. Cereals ready-to-eat, KASHI GOLEAN 2.299 mg
- 110. Rolls, dinner, whole-wheat 2.298 mg

- 111. Nuts, almonds 2.285 mg
- 112. Soy flour, full-fat, raw 2.275 mg
- 113. Seeds, chia seeds, dried 2.167 mg
- 114. Spices, chili powder 2.165 mg
- 115. Crackers, whole-wheat 2.152 mg
- 116. Crackers, wheat, reduced fat 2.127 mg
- 117. Spices, chervil, dried 2.100 mg
- 118. Crackers, wheat, regular 2.062 mg
- 119. Snacks, soy chips or crisps, salted 2.039 mg
- 120. Quinoa, uncooked 2.033 mg
- 121. Seeds, safflower seed kernels, dried 2.014 mg
- 122. Spices, pepper, red or cayenne 2.000 mg
- 123. McDONALD'S, Peanuts (for Sundaes) 2.000 mg
- 124. Peanuts, valencia, raw 1.980 mg
- 125. Peanut spread, reduced sugar 1.979 mg
- 126. Grapes, muscadine, raw 1.973 mg
- 127. Tomato powder 1.951 mg
- 128. Fungi, Cloud ears, dried 1.951 mg
- 129. Seeds, sunflower seed kernels, dried 1.950 mg
- 130. Chocolate, dark, 70-85% cacao solids 1.948 mg
- 131. Barley, hulled 1.943 mg
- 132. Peanuts, all types, raw1.934 mg
- 133. Rolls, pumpernickel 1.909 mg

- 134. Spices, coriander seed 1.900 mg
- 135. Cereals ready-to-eat, POST, ALPHA-BITS 1.880 mg
- 136. Spices, rosemary, dried 1.867 mg
- 137. Wheat, sprouted 1.858 mg
- 138. Peanut butter with omega-3, creamy 1.850 mg
- 139. Tomatoes, sun-dried 1.846 mg
- 140. Spices, dill seed 1.833 mg
- 141. Mothbeans, mature seeds, raw 1.820 mg
- 142. Snacks, corn cakes 1.815 mg
- 143. Peanut butter, chunk style, with salt 1.800 mg
- 144. Beans, white, mature seeds, raw 1.796 mg
- 145. Pigeon peas (red gram), mature seeds, raw 1.791 mg
- 146. English muffins, whole-wheat 1.790 mg
- 147. Crackers, wheat, low salt 1.781 mg
- 148. Snacks, granola bars, hard, plain 1.777 mg
- 149. Nuts, acorn flour, full fat 1.743 mg
- 150. Bread, pita, whole-wheat 1.740 mg
- 151. Pinon Nuts, roasted (Navajo) 1.740 mg
- 152. Beans, adzuki, mature seeds, raw 1.730 mg
- 153. Thyme, fresh 1.719 mg
- 154. Coffee, instant, regular, powder 1.712 mg
- 155. Peanuts, virginia, raw 1.696 mg
- 156. Lima beans, thin seeded (baby), mature seeds, raw 1.686 mg

- 157. Snacks, granola bites, mixed flavors 1.682 mg
- 158. Garlic, raw 1.672 mg
- 159. Lima beans, large, mature seeds, raw 1.672 mg
- 160. Nuts, cashew nuts, raw 1.655 mg
- 161. Baking chocolate, unsweetened, liquid 1.650 mg
- 162. Millet, raw 1.632 mg
- 163. Broadbeans (fava beans), mature seeds, raw 1.626 mg
- 164. Seeds, watermelon seed kernels, dried 1.614 mg
- 165. Formulated bar, POWER BAR, chocolate 1.610 mg
- 166. Nuts, chestnuts, chinese, raw 1.601 mg
- 167. Chickpea flour (besan) 1.600 mg
- 168. Pineapple, raw, traditional varieties 1.593 mg
- 169. Nuts, chestnuts, japanese, raw 1.591 mg
- 170. Yardlong beans, mature seeds, raw 1.590 mg
- 171. Bread, rice bran 1.585 mg
- 172. Peppers, pasilla, dried 1.580 mg
- 173. Hyacinth beans, mature seeds, raw 1.573 mg
- 174. Papad 1.562 mg
- 175. Snacks, banana chips 1.560 mg
- 176. Cookies, gingersnaps 1.555 mg
- 177. Cowpeas, catjang, mature seeds, raw 1.544 mg
- 178. Molasses 1.530 mg
- 179. Syrups, sorghum 1.530 mg

- 180. Natto 1.528 mg
- 181. Mungo beans, mature seeds, raw 1.527 mg
- 182. Spaghetti, spinach, cooked 1.504 mg
- 183. Spices, mace, ground 1.500 mg
- 184. Nuts, coconut meat, raw 1.500 mg
- 185. Tofu, fried 1.495 mg
- 186. Soy protein isolate 1.493 mg
- 187. Seeds, sesame flour, high-fat 1.489 mg
- 188. Peanut butter, smooth, reduced fat 1.475 mg
- 189. Bread, protein (includes gluten) 1.472 mg
- 190. Peanut butter, smooth style, with salt 1.466 mg
- 191. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 1.441 mg
- 192. Seeds, sesame meal, partially defatted 1.427 mg
- 193. Beans, great northern, mature seeds, raw 1.423 mg
- 194. Chocolate, dark, 45-59% cacao solids 1.419 mg
- 195. Beans, navy, mature seeds, raw 1.418 mg
- 196. Lentils, pink, raw 1.417 mg
- 197. Rice and Wheat cereal bar 1.407 mg
- 198. Snacks, granola bars, hard, peanut 1.407 mg
- 199. Seeds, sesame flour, partially defatted 1.403 mg
- 200. Seaweed, wakame, raw 1.400 mg
- 201. Seeds, sesame flour, low-fat 1.396 mg
- 202. Hearts of palm, canned 1.394 mg

- 203. Peas, split, mature seeds, raw 1.391 mg
- 204. Macaroni, whole-wheat, cooked 1.379 mg
- 205. Spaghetti, whole-wheat, cooked 1.379 mg
- 206. Beans, pink, mature seeds, raw 1.376 mg
- 207. Bread, cracked-wheat 1.371 mg
- 208. Winged bean leaves, raw 1.367 mg
- 209. Snacks, granola bars, hard, almond 1.365 mg
- 210. USDA Commodity, Peanut Butter, smooth 1.361 mg
- 211. Noodles, chinese, chow mein 1.357 mg
- 212. Snacks, sweet potato chips 1.349 mg
- 213. Nuts, beechnuts, dried1.341 mg
- 214. Nuts, acorns, raw 1.337 mg
- 215. Lentils, raw 1.330 mg
- 216. Wild rice, raw 1.329 mg
- 217. Chocolate, dark, 60-69% cacao solids 1.325 mg
- 218. Barley, pearled, raw 1.322 mg
- 219. Bread, pumpernickel 1.305 mg
- 220. Spices, caraway seed 1.300 mg
- 221. Spices, onion powder 1.300 mg
- 222. Tempeh 1.300 mg
- 223. Buckwheat 1.300 mg
- 224. Noodles, japanese, soba, dry 1.291 mg
- 225. Beans, yellow, mature seeds, raw 1.286 mg

- 226. Pepper, ancho, dried 1.279 mg
- 227. Beans, small white, mature seeds, raw 1.278 mg
- 228. Snacks, oriental mix, rice-based 1.273 mg
- 229. Dill weed, fresh 1.264 mg
- 230. Cookies, molasses 1.257 mg
- 231. Loganberries, frozen 1.247 mg
- 232. Cookies, oatmeal, dry mix 1.230 mg
- 233. Spices, fenugreek seed 1.228 mg
- 234. Nuts, brazilnuts, dried, unblanched 1.223 mg
- 235. Coffee, instant, decaffeinated, powder 1.222 mg
- 236. Lima beans, immature seeds, raw 1.215 mg
- 237. Kamut, cooked 1.215 mg
- 238. Toppings, nuts in syrup 1.207 mg
- 239. Nuts, pistachio nuts, raw 1.200 mg
- 240. Coffee, instant, with chicory, powder 1.200 mg
 - 241. Beans, french, mature seeds, raw 1.200 mg
- 242. Rice flour, white 1.200 mg
- 243. Barley malt flour 1.193 mg
- 244. Tofu, raw, firm, prepared with calcium sulfate 1.181 mg
- 245. Nuts, chestnuts, european, roasted 1.180 mg
- 246. Chicken, meatless 1.177 mg
- 247. Peppermint, fresh 1.176 mg
- 248. Tofu, salted and fermented (fuyu) 1.174 mg

- 249. Pepeao, dried 1.151 mg
- 250. Basil, fresh 1.148 mg
- 251. Beans, pinto, mature seeds, raw 1.148 mg
- 252. Kanpyo, (dried gourd strips) 1.137 mg
- 253. Crackers, melba toast, plain 1.130 mg
- 254. Bread, wheat 1.123 mg
- 255. Spearmint, fresh 1.118 mg
- 256. Carrot, dehydrated 1.116 mg
- 257. Snacks, popcorn, air-popped 1.113 mg
- 258. Beans, kidney, red, mature seeds, raw 1.111 mg
- 259. Beans, kidney, royal red, mature seeds, raw 1.109 mg
- 260. Bread, reduced-calorie, oat bran 1.101 mg
- 261. GARDENBURGER, Flame Grilled Burger 1.100 mg
- 262. Rice, white, medium-grain, raw, enriched 1.100 mg
- 263. Rice, white, medium-grain, raw, unenriched 1.100 mg
- 264. Salmonberries, raw (Alaska Native) 1.100 mg
- 265. Eppaw, raw 1.094 mg
- 266. Spelt, cooked 1.091 mg
- 267. Rice, white, long-grain, regular, raw, enriched 1.088 mg
- 268. Rice, white, long-grain, regular, raw, unenriched 1.088 mg
- 269. Crackers, melba toast, wheat 1.064 mg
- 270. Horseradish-tree leafy tips, raw 1.063 mg
- 271. Pineapple, frozen, chunks, sweetened 1.062 mg

- 272. Beans, black, mature seeds, raw 1.060 mg
- 273. Tofu, hard, prepared with nigari 1.052 mg
- 274. Rice, white, with pasta, dry 1.040 mg
- 275. Rice, white, short-grain, raw 1.037 mg
- 276. Mung beans, mature seeds, raw 1.035 mg
- 277. Snacks, trail mix, regular 1.034 mg
- 278. Barley flour or meal 1.034 mg
- 279. Cereals, CREAM OF RICE, dry 1.033 mg
- 280. Edamame, frozen, prepared 1.024 mg
- 281. Rolls, dinner, wheat 1.023 mg
- 282. Beans, kidney, all types, mature seeds, raw 1.021 mg
- 283. Bread, boston brown, canned 1.020 mg
- 284. Noodles, egg, spinach, dry, enriched 1.020 mg
- 285. Rolls, hamburger or hotdog, mixed-grain 1.015 mg
- 286. Edamame, frozen, unprepared 1.010 mg
- 287. English muffins, wheat 1.001 mg
- 288. Beans, black turtle soup, mature seeds, raw 1.000 mg
- 289. Beans, kidney, california red, mature seeds, raw 1.000 mg
- 290. GARDENBURGER, Garden Vegan 1.000 mg
- 291. Okra, raw 0.990 mg
- 292. Seaweed, laver, raw 0.988 mg
- 293. Sweet potato, canned, mashed 0.988 mg
- 294. Macaroni, vegetable, cooked, enriched 0.986 mg

- 295. Snacks, popcorn, cakes 0.985 mg
- 296. Bread crumbs, dry, grated, seasoned 0.984 mg
- 297. Soup, tomato vegetable, dry, mix 0.980 mg
- 298. Spices, garlic powder 0.979 mg
- 299. Rice, white, glutinous, raw 0.974 mg
- 300. Snacks, trail mix, tropical 0.966 mg

Selenium:

Recom	mended Dieta	Bombyx mori(larvae)(e) Selenium content(80 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)		
Infants	7-12 months	20 (AI)	20 (AI)		
Children	1-3 years	20	20		
Children	4-8 years	30	30		
Children	9-13 years	40	40		
Adolescents	14-18 years	55	55		
Adults	19 years and older	55	55		
Pregnancy	all ages	-	60		
Breast- feeding	all ages	-	70		

	Galleria mellonella(e)
Recommended Dietary Allowance for Selenium	Selenium <i>content</i> (30
	mcg/100g)

Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)		
Infants	7-12 months	20 (AI)	20 (AI)		
Children	1-3 years	20	20		
Children	4-8 years	30	30		
Children	9-13 years	40	40		
Adolescents	14-18 years	55	55		
Adults	19 years and older	55	55		
Pregnancy	all ages	-	60		
Breast- feeding	all ages	-	70		

Recomi	mended Dieta	Acheta domesticus(adults) (e) Selenium content(60 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)		
Infants	7-12 months	20 (AI)	20 (AI)		
Children	1-3 years	20	20		
Children	4-8 years	30	30		
Children	9-13 years	40	40		
Adolescents	14-18 years	55	55		
Adults	19 years and older	55	55		

Pregnancy	all ages	-	60	
Breast- feeding	all ages	_	70	

Recomi	mended Dieta	Acheta domesticus(nymphs) (e) Selenium content(40 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)		
Infants	7-12 months	20 (AI)	20 (AI)		
Children	1-3 years	20	20		
Children	4-8 years	30	30		
Children	9-13 years	40	40		
Adolescents	14-18 years	55	55		
Adults	19 years and older	55	55		
Pregnancy	all ages	-	60		
Breast- feeding	all ages	-	70		

Recomm	Recommended Dietary Allowance for Selenium			Tenebrio molitor(larvae)(e) Selenium content(30 mcg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter

Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)	
Infants	7-12 months	20 (AI)	20 (AI)	
Children	1-3 years	20	20	
Children	4-8 years	30	30	
Children	9-13 years	40	40	
Adolescents	14-18 years	55	55	
Adults	19 years and older	55	55	
Pregnancy	all ages	-	60	
Breast- feeding	all ages	-	70	

Recomi	mended Dieta	Tenebrio molitor(adults)(e) Selenium content(40 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)		
Infants	7-12 months	20 (AI)	20 (AI)		
Children	1-3 years	20	20		
Children	4-8 years	30	30		
Children	9-13 years	40	40		
Adolescents	14-18 years	55	55		
Adults	19 years and older	55	55		
Pregnancy	all ages	-	60		
Breast- feeding	all ages	-	70		

Recom	mended Dieta	Zophobas morio(e) Selenium content(30 mcg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Infants	0-6 months	15 (<u>AI</u>)	15 (<u>AI</u>)		
Infants	7-12 months	20 (AI)	20 (AI)		
Children	1-3 years	20	20		
Children	4-8 years	30	30		
Children	9-13 years	40	40		
Adolescents	14-18 years	55	55		
Adults	19 years and older	55	55		
Pregnancy	all ages	-	60		
Breast- feeding	all ages	-	70		

Below is a list of the top several hundred sources of selenium in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the selenium content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Nuts, brazilnuts, dried, unblanched 1,917.0 mcg
- 2. Spices, mustard seed, ground 208.1 mcg
- 3. Smelt, dried (Alaska Native) 194.0 mcg

- 4. Turkey, all classes, giblets, raw 142.0 mcg
- 5. Beef, variety meats and by-products, kidneys, raw 141.0 mcg
- 6. Egg substitute, powder 127.7 mcg
- 7. Lamb, variety meats and by-products, kidneys, raw 126.9 mcg
- 8. Egg, white, dried 125.1 mcg
- 9. Egg, whole, dried 119.6 mcg
- 10. Egg Mix, USDA Commodity 118.0 mcg
- 11. Fish, whitefish, dried (Alaska Native) 113.0 mcg
- 12. Sea lion, Steller, meat (Alaska Native) 111.8 mcg
- 13. Fish, whitefish, eggs (Alaska Native) 92.8 mcg
- 14. Semolina, enriched 89.4 mcg
- 15. Wheat, durum 89.4 mcg
- 16. Cereals ready-to-eat, UNCLE SAM CEREAL 88.3 mcg
- 17. Egg, yolk, dried 86.8 mcg
- 18. Lamb, variety meats and by-products, liver, raw 82.4 mcg
- 19. Veal, variety meats and by-products, kidneys, raw 80.0 mcg
- 20. Wheat germ, crude 79.2 mcg
- 21. Noodles, egg, dry, enriched 78.8 mcg
- 22. Noodles, egg, dry, unenriched 78.8 mcg
- 23. Wheat bran, crude 77.6 mcg
- 24. Mollusks, oyster, Pacific, raw 77.0 mcg
- 25. Crackers, matzo, whole-wheat 75.1 mcg
- 26. Fish, mackerel, salted 73.4 mcg

- 27. Spaghetti, whole-wheat, dry 73.0 mcg
- 28. Turkey, liver, all classes, raw 70.8 mcg
- 29. Cereals, MALTEX, dry 70.7 mcg
- 30. Cereals, RALSTON, dry 70.7 mcg
- 31. Cereals, WHEATENA, dry 70.7 mcg
- 32. Wheat, hard red spring 70.7 mcg
- 33. Wheat, hard red winter 70.7 mcg
- 34. Wheat flour, whole-grain 70.7 mcg
- 35. AMARANTH FLAKES 70.7 mcg
- 36. Kamut, uncooked 69.3 mcg
- 37. Goose, liver, raw 68.1 mcg
- 38. Duck, domesticated, liver, raw 67.0 mcg
- 39. Fish, roughy, orange, raw 66.7 mcg
- 40. Fish, caviar, black and red, granular 65.5 mcg
- 41. Mollusks, oyster, eastern, wild, raw 63.7 mcg
- 42. Mollusks, oyster, eastern, farmed, raw 63.7 mcg
- 43. Spaghetti, spinach, dry 63.5 mcg
- 44. Macaroni, dry, enriched 63.2 mcg
- 45. Spaghetti, dry, enriched 63.2 mcg
- 46. Spaghetti, dry, unenriched 63.2 mcg
- 47. Macaroni, dry, unenriched 63.2 mcg
- 48. Beef, variety meats and by-products, spleen, raw 62.2 mcg
- 49. Veal, variety meats and by-products, spleen, raw 61.7 mcg

- 50. Soy flour, low-fat 58.9 mcg
- 51. Braunschweiger (a liver sausage), pork 58.0 mcg
- 52. Liver sausage, liverwurst, pork 58.0 mcg
- 53. Liverwurst spread 58.0 mcg
- 54. Chicken, stewing, giblets, raw 56.1 mcg
- 55. Egg, yolk, raw, fresh 56.0 mcg
- 56. Chicken, capons, giblets, raw 55.3 mcg
- 57. Chicken, broilers or fryers, giblets, raw 55.2 mcg
- 58. Crackers, melba toast, wheat 55.0 mcg
- 59. Chicken, liver, all classes, raw 54.6 mcg
- 60. Tofu, dried-frozen (koyadofu) 54.3 mcg
- 61. Chicken, roasting, giblets, raw 54.1 mcg
- 62. Seeds, sunflower seed kernels, dried 53.0 mcg
- 63. Pork, fresh, variety meats and by-products, liver, raw 52.7 mcg
- 64. Fish, halibut, raw, with skin (Alaska Native) 51.1 mcg
- 65. Rolls, dinner, whole-wheat 49.4 mcg
- 66. Fish, swordfish, raw 48.1 mcg
- 67. Bread stuffing, bread, dry mix 48.0 mcg
- 68. Cereals ready-to-eat, Ralston TASTEEOS 47.0 mcg
- 69. Crustaceans, spiny lobster, mixed species, raw 46.2 mcg
- 70. Waffles, plain, prepared from recipe 46.2 mcg
- 71. Pate, chicken liver, canned 46.1 mcg
- 72. USDA Commodity, pork, canned 46.0 mcg

- 73. Pepeao, dried 45.3 mcg
- 74. Oat bran, raw 45.2 mcg
- 75. Mollusks, abalone, mixed species, raw 44.8 mcg
- 76. Mollusks, cuttlefish, mixed species, raw 44.8 mcg
- 77. Mollusks, mussel, blue, raw 44.8 mcg
- 78. Mollusks, octopus, common, raw 44.8 mcg
- 79. Mollusks, squid, mixed species, raw 44.8 mcg
- 80. Mollusks, whelk, unspecified, raw 44.8 mcg
- 81. Fish, salmon, pink, raw 44.6 mcg
- 82. Beef, variety meats and by-products, lungs, raw 44.3 mcg
- 83. Fish, mackerel, Atlantic, raw 44.1 mcg
- 84. Pate, goose liver, smoked, canned 44.0 mcg
- 85. Cereals, ROMAN MEAL, plain, dry 44.0 mcg
- 86. Bread, pita, whole-wheat 44.0 mcg
- 87. Emu, top loin, cooked, broiled 43.5 mcg
- 88. Fungi, Cloud ears, dried 43.4 mcg
- 89. Parmesan cheese topping, fat free 43.3 mcg
- 90. Fish, ocean perch, Atlantic, raw 43.3 mcg
- 91. Noodles, chinese, chow mein 43.0 mcg
- 92. Beef, cured, corned beef, canned 42.9 mcg
- 93. Wheat, sprouted 42.5 mcg
- 94. Cracker meal 42.3 mcg
- 95. Fish, sheefish, raw (Alaska Native) 42.3 mcg

- 96. Jellyfish, dried, salted 42.2 mcg
- 97. Entrees, crab cake 42.1 mcg
- 98. Egg, yolk, raw, frozen41.8 mcg
- 99. Fish, tilapia, raw 41.8 mcg
- 100. Cereals, MAYPO, dry41.7 mcg
- 101. Fast foods, shrimp, breaded and fried41.7 mcg
- 102. Pate, liver, not specified, canned 41.6 mcg
- 103. Pate, truffle flavor 41.6 mcg
- 104. Crustaceans, lobster, northern, raw 41.4 mcg
- 105. Fish, tuna salad 41.2 mcg
- 106. Snacks, pork skins, plain 41.0 mcg
- 107. USDA Commodity, Peanut Butter, smooth 40.4 mcg
- 108. Fish, roe, mixed species, raw 40.3 mcg
- 109. Mollusks, conch, baked or broiled 40.3 mcg
- 110. English muffins, whole-wheat 40.3 mcg
- 111. Bratwurst, pork, cooked 39.7 mcg
- 112. Beef, variety meats and by-products, liver, raw 39.7 mcg
- 113. Wheat flour, white, bread, enriched 39.7 mcg
- 114. Wheat flours, bread, unenriched 39.7 mcg
- 115. Vital wheat gluten 39.7 mcg
- 116. Gelatins, dry powder, unsweetened 39.5 mcg
- 117. Rolls, hard (includes kaiser) 39.1 mcg
- 118. Spices, ginger, ground 38.5 mcg

- 119. USDA Commodity, luncheon meat, canned 38.3 mcg
- 120. Fish, snapper, mixed species, raw 38.2 mcg
- 121. Crustaceans, shrimp, mixed species, raw 38.0 mcg
- 122. Mutton, cooked, roasted (Navajo) 38.0 mcg
- 123. Ostrich, outside strip, raw 37.9 mcg
- 124. Barley, hulled 37.7 mcg
- 125. Barley, pearled, raw 37.7 mcg
- 126. Barley flour or meal 37.7 mcg
- 127. Barley malt flour 37.7 mcg
- 128. Popovers, dry mix, enriched 37.6 mcg
- 129. Ostrich, inside strip, raw 37.5 mcg
- 130. Bread sticks, plain 37.5 mcg
- 131. Croutons, plain 37.5 mcg
- 132. Crustaceans, crab, blue, raw 37.4 mcg
- 133. Crustaceans, crab, dungeness, raw 37.1 mcg
- 134. Egg, goose, whole, fresh, raw 36.9 mcg
- 135. Crackers, matzo, plain36.9 mcg
- 136. Ostrich, outside leg, raw 36.6 mcg
- 137. Crackers, crispbread, rye 36.6 mcg
- 138. Liver cheese, pork 36.5 mcg
- 139. Fish, anchovy, european, raw 36.5 mcg
- 140. Fish, bass, striped, raw 36.5 mcg
- 141. Fish, bluefish, raw 36.5 mcg

- 142. Fish, butterfish, raw 36.5 mcg
- 143. Fish, cod, Pacific, raw36.5 mcg
- 144. Fish, croaker, Atlantic, raw 36.5 mcg
- 145. Fish, cusk, raw 36.5 mcg
- 146. Fish, dolphinfish, raw 36.5 mcg
- 147. Fish, grouper, mixed species, raw 36.5 mcg
- 148. Fish, halibut, Atlantic and Pacific, raw 36.5 mcg
- 149. Fish, halibut, Greenland, raw 36.5 mcg
- 150. Fish, herring, Atlantic, raw 36.5 mcg
- 151. Fish, herring, Pacific, raw 36.5 mcg
- 152. Fish, ling, raw 36.5 mcg
- 153. Fish, lingcod, raw 36.5 mcg
- 154. Fish, mackerel, king, raw 36.5 mcg
- 155. Fish, mackerel, Pacific and jack, mixed species, raw 36.5 mcg
- 156. Fish, mackerel, spanish, raw 36.5 mcg
- 157. Fish, monkfish, raw 36.5 mcg
- 158. Fish, mullet, striped, raw 36.5 mcg
- 159. Fish, pout, ocean, raw 36.5 mcg
- 160. Fish, pollock, Atlantic, raw 36.5 mcg
- 161. Fish, pompano, florida, raw 36.5 mcg
- 162. Fish, rockfish, Pacific, mixed species, raw 36.5 mcg
- 163. Fish, sablefish, raw 36.5 mcg
- 164. Fish, salmon, Atlantic, wild, raw 36.5 mcg

- 165. Fish, salmon, chinook, raw 36.5 mcg
- 166. Fish, salmon, chum, raw 36.5 mcg
- 167. Fish, salmon, coho, wild, raw 36.5 mcg
- 168. Fish, scup, raw 36.5 mcg
- 169. Fish, sea bass, mixed species, raw 36.5 mcg
- 170. Fish, seatrout, mixed species, raw 36.5 mcg
- 171. Fish, shad, american, raw 36.5 mcg
- 172. Fish, shark, mixed species, raw 36.5 mcg
- 173. Fish, sheepshead, raw 36.5 mcg
- 174. Fish, smelt, rainbow, raw 36.5 mcg
- 175. Fish, spot, raw 36.5 mcg
- 176. Fish, tilefish, raw 36.5 mcg
- 177. Fish, tuna, fresh, bluefin, raw 36.5 mcg
- 178. Fish, tuna, fresh, skipjack, raw 36.5 mcg
- 179. Fish, tuna, fresh, yellowfin, raw 36.5 mcg
- 180. Fish, turbot, european, raw 36.5 mcg
- 181. Fish, wolffish, Atlantic, raw 36.5 mcg
- 182. Fish, yellowtail, mixed species, raw 36.5 mcg
- 183. Whale, beluga, meat, raw (Alaska Native) 36.5 mcg
- 184. Egg, duck, whole, fresh, raw 36.4 mcg
- 185. Ostrich, inside leg, raw 36.4 mcg
- 186. Ostrich, tenderloin, raw 36.4 mcg
- 187. Crustaceans, crab, alaska king, raw 36.4 mcg

- 188. Emu, outside drum, raw 36.3 mcg
- 189. Pork, oriental style, dehydrated 36.3 mcg
- 190. Snacks, bagel chips 36.2 mcg
- 191. T.G.I. FRIDAY'S, classic sirloin steak 36.2 mcg
- 192. Pork, fresh, loin, whole, separable lean only, raw 36.1 mcg
- 193. Soup, beef noodle, dry, mix 36.0 mcg
- 194. Turkey, heart, all classes, raw 35.9 mcg
- 195. Cereals ready-to-eat, Puffed KASHI 35.9 mcg
- 196. Ostrich, round, raw 35.8 mcg
- 197. Mollusks, oyster, eastern, canned 35.8 mcg
- 198. Picnic loaf, pork, beef 35.7 mcg
- 199. Seeds, sesame butter, paste 35.5 mcg
- 200. Ostrich, top loin, raw 35.4 mcg
- 201. Pork, fresh, leg (ham), whole, separable lean only, raw 35.4 mcg
- 202. Ostrich, tip trimmed, raw 35.2 mcg
- 203. Mother's loaf, pork 35.1 mcg
- 204. Pepperoni, pork, beef 35.0 mcg
- 205. Ostrich, fan, raw 34.9 mcg
- 206. Pork, ground, 96% lean / 4% fat, raw 34.8 mcg
- 207. Crackers, melba toast, plain 34.8 mcg
- 208. Ham and cheese loaf or roll 34.6 mcg
- 209. Crustaceans, crab, queen, raw34.6 mcg
- 210. Seeds, sesame seeds, whole, dried 34.4 mcg

- 211. Egg, turkey, whole, fresh, raw 34.3 mcg
- 212. Lamb, variety meats and by-products, pancreas, raw 34.3 mcg
- 213. Egg, whole, cooked, fried 34.2 mcg
- 214. Bagels, oat bran 34.2 mcg
- 215. Cereals, QUAKER, Quick Oats, Dry 34.0 mcg
- 216. Oat flour, partially debranned 34.0 mcg
- 217. Ostrich, oyster, raw 33.8 mcg
- 218. Fish, salmon, sockeye, raw 33.7 mcg
- 219. Crackers, wheat, low salt 33.7 mcg
- 220. Ham and cheese spread 33.6 mcg
- 221. Veal, variety meats and by-products, heart, raw 33.3 mcg
- 222. Pork, fresh, loin, whole, separable lean and fat, raw 33.2 mcg
- 223. Fish, cod, Atlantic, raw 33.1 mcg
- 224. Snacks, pita chips, salted 33.1 mcg
- 225. Ostrich, ground, raw 33.0 mcg
- 226. Rolls, dinner, wheat 33.0 mcg
- 227. Mustard, prepared, yellow 32.9 mcg
- 228. Bread, protein (includes gluten) 32.9 mcg
- 229. Pork, fresh, variety meats and by-products, spleen, raw 32.8 mcg
- 230. Fish, flatfish (flounder and sole species), raw 32.7 mcg
- 231. Emu, fan fillet, raw 32.5 mcg
- 232. Emu, full rump, raw 32.5 mcg
- 233. Crackers, rye, wafers, seasoned 32.5 mcg

- 234. Soup, chicken noodle, dry, mix 32.4 mcg
- 235. Beef, cured, dried 32.4 mcg
- 236. Lamb, variety meats and by-products, spleen, raw 32.4 mcg
- 237. Turkey ham, cured turkey thigh meat 32.2 mcg
- 238. Fish, whiting, mixed species, raw 32.1 mcg
- 239. Egg, quail, whole, fresh, raw 32.0 mcg
- 240. Chicken, broilers or fryers, breast, meat only, raw 32.0 mcg
- 241. Lamb, variety meats and by-products, heart, raw 32.0 mcg
- 242. Rice, white, with pasta, dry 31.9 mcg
- 243. Rolls, hamburger or hotdog, mixed-grain 31.8 mcg
- 244. Egg, whole, raw, fresh 31.7 mcg
- 245. Egg, whole, cooked, poached 31.6 mcg
- 246. Ham, sliced, extra lean 31.6 mcg
- 247. Crustaceans, crayfish, mixed species, wild, raw 31.6 mcg
- 248. Emu, flat fillet, raw 31.5 mcg
- 249. Emu, inside drum, raw 31.4 mcg
- 250. Bagels, cinnamon-raisin 31.0 mcg
- 251. Fish, salmon, king (chinook), raw (Alaska Native) 31.0 mcg
- 252. Bread, rye 30.9 mcg
- 253. BURGER KING, CHICKEN TENDERS 30.9 mcg
- 254. Egg, whole, cooked, hard-boiled 30.8 mcg
- 255. Egg, whole, raw, frozen 30.8 mcg
- 256. Pork, fresh, loin, tenderloin, separable lean only, raw 30.8 mcg

- 257. Bagels, egg 30.6 mcg
- 258. Emu, ground, raw 30.5 mcg
- 259. Bread, reduced-calorie, wheat30.4 mcg
- 260. Pork, ground, 84% lean / 16% fat, raw 30.2 mcg
- 261. Fish, haddock, raw 30.2 mcg
- 262. Bread, egg 30.1 mcg
- 263. Bread, oat bran 30.0 mcg

[Zophobas morio(e) 30 mcg]

- 264. Turkey, white, rotisserie, deli cut 29.9 mcg
- 265. Emu, oyster, raw 29.8 mcg
- 266. Bread stuffing, cornbread, dry mix 29.6 mcg
- 267. Rolls, dinner, egg 29.6 mcg
- 268. Pork, fresh, shoulder, whole, separable lean only, raw 29.5 mcg
- 269. Spices, chervil, dried 29.3 mcg
- 270. Spices, coriander leaf, dried 29.3 mcg
- 271. Rolls, dinner, oat bran 29.3 mcg
- 272. Turkey, gizzard, all classes, raw 29.2 mcg
- 273. Turkey roll, light and dark meat 29.2 mcg
- 274. English muffins, wheat 29.2 mcg
- 275. Bread, wheat 28.8 mcg
- 276. Croutons, seasoned 28.8 mcg
- 277. Zwieback 28.7 mcg
- 278. Bread, rice bran 28.7 mcg

- 279. Turkey, all classes, neck, meat only, raw 28.6 mcg
- 280. Turkey, all classes, dark meat, raw 28.6 mcg
- 281. Turkey, fryer-roasters, dark meat, meat only, raw 28.6 mcg
- 282. Turkey, fryer-roasters, back, meat only, raw 28.6 mcg
- 283. Turkey, fryer-roasters, leg, meat only, raw 28.6 mcg
- 284. Turkey, young hen, dark meat, meat only, raw 28.6 mcg
- 285. Turkey, young tom, dark meat, meat only, raw 28.6 mcg
- 286. Luncheon meat, pork, beef 28.6 mcg
- 287. Tofu, fried 28.5 mcg
- 288. Pork, fresh, carcass, separable lean and fat, raw 28.4 mcg
- 289. Crustaceans, crayfish, mixed species, farmed, raw 28.4 mcg
- 290. Beef, cured, thin-sliced beef 28.2 mcg
- 291. Fish, surimi 28.1 mcg
- 292. Soup, chicken broth or bouillon, dry 28.0 mcg
- 293. Luncheon meat, pork, canned 28.0 mcg
- 294. Soup, chicken broth cubes, dry 27.9 mcg
- 295. Beans, pinto, mature seeds, raw 27.9 mcg
- 296. Bread, reduced-calorie, rye 27.9 mcg
- 297. Rolls, french 27.9 mcg
- 298. Turkey, fryer-roasters, leg, meat and skin, raw 27.8 mcg
- 299. Frankfurter, pork 27.8 mcg
- 300. Cereals ready-to-eat, granola, homemade 27.8 mcg

Now we approach amino acids. For this section, we will be doing something a little different. Instead of RDA being based solely on age demographic, it will be also based on

one's body weight. Therefore, I will be cataloguing the ideal weights of various age demographics and calculating how much insect matter each age/weight demographic would have to consume in order to attain their RDA of each respective amino acid. Furthermore "mg/g" refers to milligrams of the amino acid content per gram of protein, rather than per gram of insect dry matter.

Information for amino acid RDA is taken from the following source: http://www.nal.usda.gov/fnic/DRI/DRI Energy/589-768.pdf

Histidine:

Recomr	nended Dieta	Periplaneta americana L. (h) Histidine content(20 mg/100g)			
Ideal Weight	Veight Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Periplaneta australasiae F.F.(a) Histidine content(19 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 year	S		
19 years and older			

Recommended Dietary Allowance for Histidine				Holotrichia sp.(b) Histidine content(16 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine			Oryctes rhinoceros(larvae) (c) Histidine content(38 mg/100g)		
Ideal Weight	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recomm	nended Dietz	Rhyncophoris phoenicis(larvae)(c) Histidine content(39 mg/100g)			
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Diet	ary Allowance	e for Histidine	acupunctar Histidine	ophorus tus(larvae)(d) content(15 /100g)
Ideal Weight Age	Males	Females (mg/day)	How many	Percentage of

	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			

Recommended Dietary Allowance for Histidine				Sphenarium histrio(d) Histidine content(11 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine	Tenebrio molitor(larvae)(f) Histidine content(38
	Histidine <i>content</i> (38

				mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Tenebrio molitor(adult)(g) Histidine content(29 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Zophobas morio(g) Histidine content(31 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Ephydra hians(larvae)(h) Histidine content(10 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Musca domesticus(larvae)(i) Histidine content(31 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Musca domesticus(pupae)(j) Histidine content(31 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years				

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Recomm	nended Diet	Agonoscelis pubescens(Thunberg)(k) Histidine content(11 mg/100g)			
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Aspongubus viduatus F.(k) Histidine content(21 mg/100g)	
Ideal Weight	Age Males (mg/day) Females (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years		
14-18 years		
19 years and older		

Recomr	nended Dieta	Hoplophorion monograma(h) Histidine content(15 mg/100g)			
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Apis mellifera(honeybee) (m) Histidine content(24 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Histidine				Atta mexicana(d) Histidine content(25 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Bee brood (n) Histidine content(23 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years	
4-8 years	
9-13 years	
14-18 years	
19 years and older	

Recommended Dietary Allowance for Histidine				Brachygastra azteca(h) Histidine content(28 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine			Liometopum apiculatum(d) Histidine content(29 mg/100g)		
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

r	7-12 months		
	1-3 years		
	1-8 years		
g	9-13 years		
	4-18 years		
1	19 years and older		

Recommended Dietary Allowance for Histidine				Parachartegus apicalis(h) Histidine content(29 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Polyrhachis vicina Roger(Zhejiang)(o) Histidine content(26 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)		Percentage of RDA per 100g of insect dry

		matter for RDA(%)	matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			

Recomr	nended Dieta	Polyrhachis vicina Roger(Guizhou)(0) Histidine content(24 mg/100g)			
Ideal Weight Age Males (mg/day) Fe		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine	Vespa sp.(hornet grub)(b) Histidine content(35 mg/100g)
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Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Macrotermes bellicosus(d) Histidine content(51 mg/100g)	
Ideal Weight Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomm	nended Dieta	Aegiale Acentrocneme hesperiarsis(h) Histidine content(31 mg/100g)			
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomr	nended Diet	Aegiale hesperiarsis (d) Histidine content(16 mg/100g)			
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomr	nended Dieta	Anaphe venata(larvae, without hair)(p) Histidine content(8 mg/100g)			
Ideal Weight Age Males (mg/day) Females (Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Ascalapha odorata(larvae) (h) Histidine content(28 mg/100g)	
Ideal Weight	Ideal Weight Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years				

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Recomm	nended Diet	Bombyx mori(larvae)(f) Histidine content(30 mg/100g)			
Ideal Weight	ght Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Bombyx mori(pupae)(q) Histidine content(29 mg/100g)	
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) Percentage RDA per 10 of insect domatter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		

Recommended Dietary Allowance for Histidine				Bombyx mori(spent pupae) (s) Histidine content(23 mg/100g)	
Ideal Weight	Weight Age		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomm	nended Diet	Clanis bilineata(larvae)(t) Histidine content(29 mg/100g)			
Ideal Weight	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) Percentage RDA per 1 of insect of matter	
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Histidine				Galleria mellonella(larvae) (g) Histidine content(23 mg/100g)	
Ideal Weight	eight Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine			Imbrasia epimethea(caterpillars)(u) Histidine content(20 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months			
1-3 years			
4-8 years			
9-13 years	3		
14-18 yea	rs		
19 years and older			

Recomm	nended Dieta	Imbrasia truncata(caterpillars)(u) Histidine content(17 mg/100g)			
Ideal Weight	ht Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine			Mellacosoma americana Fb. meal(v) Histidine content(18 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry

		matter for RDA(%)	matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			

Recomr	nended Diet	Nudaurealia oyemensis(caterpillars)(u) Histidine content(18 mg/100g)			
Ideal Weight	ht Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine	Omphisa
	fuscidentalis(caterpillars)(b)
	Histidine <i>content</i> (31

		mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomr	nended Diet	Samia ricinii(prepupae)(w) Histidine content(28 mg/100g)			
Ideal Weight	Weight Age Male (mcg/d		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomm	nended Dieta	Samia ricinii(pupae)(w) Histidine content(27 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomr	nended Diet	Acheta domesticus(meal)(v) Histidine content(25 mg/100g)			
Ideal Weight	ght Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomm	nended Dieta	Acheta domdesticus(nymphs)(g) Histidine content(22 mg/100g)			
Ideal Weight	Age	Males (mcg/day) Females (mcg/day		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomm	nended Diet	Acheta domesticus(adults) (d) Histidine content(23 mg/100g)			
Ideal Weight	Age	e Males (mcg/day) Females (m		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years		
and older		

Recommended Dietary Allowance for Histidine				Acheta testacea Walker(b) Histidine content(15 mg/100g)	
Ideal Weight	leal Weight Age		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomr	nended Diet	Anabrus simplex meal(v) Histidine content(22 mg/100g)			
Ideal Weight	Males (mcg/day) Females		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Histidine				Boopedon flaviventris(h) Histidine content(24 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine				Brachytrupes sp.(adults)(ha Histidine content(21 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Histidine				Melanoplus femurrubrum(a) Histidine content(23 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine			Patangra succinata L.(b) Histidine content(14 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 year	S		
19 years and older			

Recommended Dietary Allowance for Histidine				Sphenarium histrio G.(a) Histidine content(19 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Histidine			Sphenarium purpurascens Ch.(a) Histidine content(22 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)		RDA per 100g of insect dry

	RDA(%)	
0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Histidine				Taeniopoda auricornis W. (a) Histidine content(15 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Below is a list of the top several hundred sources of histidine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow

the reader to get a sense of the histidine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

```
1.
       Soy protein isolate
                             2.303 g
2.
       Egg, white, dried
                             1.830 g
3.
       Cheese, parmesan, shredded 1.609 g
4.
       Seeds, sesame flour, low-fat 1.476 g
5.
       Tofu, dried-frozen (koyadofu)
                                            1.394 g
6.
       Cheese, parmesan, hard
                                    1.384 g
7.
       Peanut flour, defatted 1.319 g
8.
       Fish, whitefish, dried (Alaska Native)
                                                   1.300 g
9.
       Soy flour, defatted
                             1.268 g
10.
       Cheese, romano
                             1.231 g
11.
       Soy meal, defatted, raw
                                    1.212 g
12.
       Seeds, sesame flour, partially defatted
                                                   1.187 g
13.
       T.G.I. FRIDAY'S, classic sirloin steak
                                                   1.162 g
14.
       CRACKER BARREL, grilled sirloin steak
                                                   1.159 g
15.
       Game meat, deer, raw 1.135 g
16.
       Egg, whole, dried
                             1.121 g
17.
       Cheese, gruyere
                             1.117 g
18.
       Cheese, provolone
                             1.115 g
19.
       Soybeans, mature seeds, raw 1.097 g
20.
       Bratwurst, pork, cooked
                                    1.093 g
21.
       Cheese, parmesan, grated
                                    1.092 g
22.
       Game meat, boar, wild, raw
                                    1.091 g
23.
       Meat extender 1.068 g
24.
       Cheese, swiss 1.065 g
25.
       Game meat, antelope, raw
                                    1.065 g
26.
       Restaurant, family style, sirloin steak 1.060 g
27.
       Cheese, edam 1.034 g
28.
       Cheese, gouda 1.032 g
29.
       Lupins, mature seeds, raw
                                    1.030 g
30.
       Smelt, dried (Alaska Native) 1.010 g
31.
       Beef, cured, breakfast strips, cooked 0.997 g
32.
       DENNY'S, top sirloin steak 0.991 g
33.
       Mutton, cooked, roasted (Navajo)
                                            0.975 g
34.
       Pheasant, breast, meat only, raw
                                            0.971 g
35.
       Milk, dry, nonfat, calcium reduced
                                           0.963 g
36.
       Cheese, fontina
                             0.959 g
37.
       Game meat, beaver, raw
                                    0.947 g
38.
       Pheasant, raw, meat only
                                    0.939 g
39.
       APPLEBEE'S, 9 oz house sirloin steak
                                                   0.932 g
40.
       Soy flour, full-fat, raw
                                    0.931 g
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41. Milk, buttermilk, dried $0.930 \, g$ 42. Beef, cured, dried 0.917 g43. Cheese, mozzarella, part skim milk 0.913 g 44. Seeds, sesame flour, high-fat 0.906 g 45. Pork, fresh, loin, tenderloin, separable lean only, raw 0.905 g46. Cheese, pasteurized process, pimento 0.902 g 47. Game meat, caribou, raw 0.896 g48. Cheese food, pasteurized process, swiss 0.893 g49. Egg, yolk, dried 0.888 g50. Cheese, caraway 0.884 g51. Pheasant, leg, meat only, raw 0.884 g 52. Spices, mustard seed, ground 0.878 g 53. Egg Mix, USDA Commodity 0.876 g 54. Cheese, cheddar 0.874 g55. Pheasant, raw, meat and skin 0.864 g 56. Beef, cured, corned beef, canned 0.863 g57. Cheese, monterey 0.859 g58. Quail, breast, meat only, raw 0.857 g 59. Pork, fresh, loin, whole, separable lean only, raw $0.856 \, \mathrm{g}$ 60. Peanut flour, low fat 0.854 g 61. Cheese, colby 0.834 g 62. Pork, cured, breakfast strips, cooked 0.834 g 63. Pork, ground, 96% lean / 4% fat, raw 0.834 g 64. Cheese, goat, hard type 0.832 g65. Cheese, muenster 66. Quail, meat only, raw 0.825 g 67. Squab, (pigeon), light meat without skin, raw 0.825 g68. Cheese, brick 0.823 g 69. Game meat, horse, raw 0.822 g70. 0.821 gCheese, cheshire Pork, fresh, leg (ham), whole, separable lean only, raw 71. 0.818 g72. Luncheon meat, beef, thin sliced 0.814 g73. Beef, cured, thin-sliced beef 0.814 g 74. Nuts, butternuts, dried 0.808 g 75. Cheese food, cold pack, american $0.801 \, \mathrm{g}$ 76. Chicken, broilers or fryers, breast, meat only, raw $0.791 \, \mathrm{g}$ 77. Winged beans, mature seeds, raw 0.790 g78. Cheese, low fat, cheddar or colby 0.786 g79. Cheese, low-sodium, cheddar or colby $0.786 \, \mathrm{g}$ 80. Pork, fresh, shoulder, whole, separable lean only, raw 0.781 g81. Seeds, watermelon seed kernels, dried 0.775 g82. Pigeon peas (red gram), mature seeds, raw 0.774 g83. Veal, leg (top round), separable lean only, raw 0.773 g84. Mothbeans, mature seeds, raw 0.771 g85. Pork, fresh, loin, whole, separable lean and fat, raw 0.770 g 86. Turkey, fryer-roasters, breast, meat only, raw 0.768 g

87. Veal, leg (top round), separable lean and fat, raw 0.761 g88. Cheese, blue 0.758 g 89. Yardlong beans, mature seeds, raw 0.755 g 90. Turkey, fryer-roasters, light meat, meat only, raw 0.754 g91. Game meat, moose, raw 0.747 g92. Bison, ground, grass-fed, raw 0.742 g 93. Cowpeas, catjang, mature seeds, raw 0.740 g 94. Turkey, young hen, light meat, meat only, raw 0.738 g95. Turkey, all classes, light meat, raw 0.735 g 96. Veal, sirloin, separable lean only, raw 97. Game meat, elk, raw 0.733 g 98. Veal, loin, separable lean only, raw 0.732 g 99. Turkey, young tom, light meat, meat only, raw 0.731 g100. Veal, shoulder, arm, separable lean only, raw 0.727 g101. Veal, rib, separable lean only, raw 0.725 g102. Snacks, pork skins, plain 0.725 g103. Turkey, fryer-roasters, breast, meat and skin, raw $0.722 \, \mathrm{g}$ 104. Chorizo, pork and beef 0.721 gChicken, broilers or fryers, light meat, meat only, raw 105. 0.720 g106. Snacks, pork skins, barbecue-flavor 0.719 g Spices, parsley, dried 0.718 g 107. 108. Chicken, stewing, light meat, meat only, raw 0.717 g 109. Cheese, brie 0.716 g 110. Papad 0.715 g Milk, dry, whole, with added vitamin D 111. 0.714 g112. Beef, ground, 95% lean meat / 5% fat, raw 0.714 g113. 0.713 g Veal, shoulder, blade, separable lean only, raw 114. Pork, ground, 84% lean / 16% fat, raw 0.711 g115. Blood sausage 0.710 g 116. Turkey, canned, meat only, with broth 0.708 gMungo beans, mature seeds, raw 117. $0.706 \, g$ 118. Beans, kidney, royal red, mature seeds, raw 0.705 g 119. Cheese, tilsit 0.704 g 120. Snacks, soy chips or crisps, salted 0.704 g121. Turkey, fryer-roasters, wing, meat only, raw 0.702 g 122. Lentils, pink, raw 0.702 g123. Veal, shoulder, arm, separable lean and fat, raw 0.702 g124. Veal, ground, raw 0.702 g125. Veal, shank (fore and hind), separable lean only, raw 0.700 g126. Smoked link sausage, pork 127. Bacon and beef sticks 0.699 g 128. Veal, shoulder, blade, separable lean and fat, raw 0.698 g129. Quail, meat and skin, raw 0.696 g130. 0.696 gTurkey, fryer-roasters, meat only, raw 131. Mung beans, mature seeds, raw 0.695 g132. Cheese, mexican, queso asadero 0.694 g

0.693 g133. Ham, sliced, extra lean 134. Turkey, fryer-roasters, light meat, meat and skin, raw 0.692 g135. Veal, sirloin, separable lean and fat, raw 0.692 g136. 0.689 g Chicken, roasting, light meat, meat only, raw 137. Pepperoni, pork, beef 0.688 g 138. Fish, tuna, fresh, yellowfin, raw 0.688 g139. Fish, tuna, fresh, bluefin, raw 0.687 g 140. Cheese, port de salut 0.686 g 141. Veal, loin, separable lean and fat, raw 0.686 g142. Beef, cured, pastrami 0.684 g 143. Hyacinth beans, mature seeds, raw 0.684 g144. Veal, rib, separable lean and fat, raw 0.684 g 145. Game meat, bison, ground, raw $0.684 \, \mathrm{g}$ 146. Cheese, camembert 0.683 g 147. Elk, free range, ground, raw (Shoshone Bannock) 0.683 g148. Chicken, broilers or fryers, wing, meat only, raw 0.682 g149. Guinea hen, meat and skin, raw $0.681 \, \mathrm{g}$ 150. Fish, yellowtail, mixed species, raw 0.681 g 151. 0.679 g Cheese, mexican, queso anejo 152. Turkey, all classes, meat only, raw 0.679 g153. Turkey, young hen, meat only, raw 0.679 g 154. Beans, kidney, california red, mature seeds, raw 0.679 g155. Turkey, young tom, meat only, raw 0.678 g 156. Ham and cheese loaf or roll 0.677 g 157. Game meat, buffalo, water, raw 158. Pork, fresh, ground, raw 0.674 g159. Turkey, fryer-roasters, meat and skin, raw $0.673 \; \mathrm{g}$ 160. OSCAR MAYER, Ham and Cheese Loaf 0.673 g161. Nuts, walnuts, black, dried 0.672 g162. Game meat, elk, ground, raw 0.670 g 163. Spices, fenugreek seed 0.668 g164. Pork, fresh, spareribs, separable lean and fat, raw 0.668 g165. Chicken, broilers or fryers, meat only, raw 0.664 g 166. 0.664 gSquab, (pigeon), meat only, raw 167. Broadbeans (fava beans), mature seeds, raw 0.664 g 168. Turkey, young tom, breast, meat and skin, raw 0.662 g169. Gelatins, dry powder, unsweetened 0.662 g 170. Peanuts, spanish, raw 0.661 g 171. Chicken, stewing, meat only, raw 0.660 g172. 0.660 g Turkey, all classes, breast, meat and skin, raw 173. Luxury loaf, pork 0.656 g174. Beef, variety meats and by-products, spleen, raw 0.656 g175. Beans, kidney, all types, mature seeds, raw 0.656 g 176. Lima beans, large, mature seeds, raw 0.656 g

Beef sausage, fresh, cooked 0.653 g

New england brand sausage, pork, beef

0.652 g

177.

178.

179. Beef, rib, shortribs, separable lean only, choice, raw 0.652 g 180. Peanuts, all types, raw0.652 g 181. Turkey, young hen, breast, meat and skin, raw 0.651 g182. Turkey, all classes, light meat, meat and skin, raw $0.650 \, \mathrm{g}$ 183. Beans, white, mature seeds, raw $0.650 \, \mathrm{g}$ 184. BURGER KING, CHICKEN TENDERS 0.650 g185. Fish, caviar, black and red, granular 0.649 g 186. Turkey, young hen, light meat, meat and skin, raw 0.648 g 187. Turkey, young tom, light meat, meat and skin, raw 0.648 g 188. Fish, tuna, fresh, skipjack, raw 0.648 g189. Squab, (pigeon), meat and skin, raw 0.647 g 190. Game meat, deer, ground, raw 0.646 g191. Turkey, fryer-roasters, back, meat only, raw 0.644 g 192. Pork, fresh, backribs, separable lean and fat, raw 0.644 g193. Wheat germ, crude $0.643 \; \mathrm{g}$ 194. Guinea hen, meat only, raw 0.641 g 195. Beans, cranberry (roman), mature seeds, raw 0.641 g 196. Chicken, broilers or fryers, drumstick, meat only, raw 0.639 g197. Turkey, fryer-roasters, dark meat, meat only, raw 0.638 g 198. Ham, chopped, canned 0.637 g199. Peanuts, virginia, raw 0.637 g 200. Chicken, canned, meat only, with broth 0.636 g201. Emu, top loin, cooked, broiled $0.636 \, \mathrm{g}$ 202. Fish, salmon, coho, wild, raw 0.636 g 203. Turkey, fryer-roasters, leg, meat only, raw 0.635 g 204. USDA Commodity, beef, canned 0.634 g205. Peanuts, valencia, raw 0.634 g 206. Seeds, sunflower seed kernels, dried 0.632 g 207. Chicken, roasting, meat only, raw 0.631 g208. Beef, ground, 90% lean meat / 10% fat, raw 0.631 g 209. Lima beans, thin seeded (baby), mature seeds, raw 0.630 g 210. Veal, variety meats and by-products, liver, raw 0.630 g211. Turkey, all classes, neck, meat only, raw 212. Beef, variety meats and by-products, liver, raw 0.629 g213. Fish, salmon, sockeye, raw 0.627 g 214. Beans, kidney, red, mature seeds, raw 0.627 g215. Turkey, all classes, dark meat, raw 0.626 g 216. Turkey, young hen, dark meat, meat only, raw 0.626 g217. Fish, salmon, coho, farmed, raw 218. Chicken, broilers or fryers, breast, meat and skin, raw $0.625 \, \mathrm{g}$ 0.625 g 219. Chicken, broilers or fryers, leg, meat only, raw 220. Turkey, young tom, dark meat, meat only, raw 0.625 g 221. Chicken, broilers or fryers, dark meat, meat only, raw 0.623 g222. Chicken, cornish game hens, meat only, raw 0.622 g 223. Fish, shark, mixed species, raw 0.618 g

0.618 g

224.

Game meat, muskrat, raw

225. 0.616 gTurkey, fryer-roasters, leg, meat and skin, raw 226. Turkey, all classes, meat and skin, raw 0.614 g227. Turkey, young tom, meat and skin, raw 0.614 g228. Salami, dry or hard, pork 0.614 g229. Salami, Italian, pork 0.614 g 230. Fish, trout, rainbow, farmed, raw 0.614 g231. Fish, halibut, Atlantic and Pacific, raw 0.613 g232. Beans, yellow, mature seeds, raw 0.612 g233. Chicken, stewing, dark meat, meat only, raw 0.611 g 234. Fish, trout, mixed species, raw $0.611 \, \mathrm{g}$ 235. Game meat, rabbit, wild, raw 0.611 g 236. Chicken, broilers or fryers, thigh, meat only, raw 0.610 g237. Turkey, young hen, meat and skin, raw 238. Beans, great northern, mature seeds, raw 0.608 g239. Chicken, broilers or fryers, back, meat only, raw $0.607 \, \mathrm{g}$ 240. Fish, roe, mixed species, raw 0.607 g 241. Turkey, fryer-roasters, dark meat, meat and skin, raw $0.606 \, \mathrm{g}$ 242. Beef, ground, 85% lean meat / 15% fat, raw 0.605 g 243. Ham, minced 0.604 g 244. Fish, milkfish, raw 0.604 g245. Fish, snapper, mixed species, raw 0.604 g246. Fish, trout, rainbow, wild, raw 0.603 g247. Cheese, roquefort 0.602 g248. Goose, domesticated, meat only, raw 0.601 g 249. Corned beef loaf, jellied 0.601 g250. Beans, black, mature seeds, raw 0.601 g251. Fish, anchovy, european, raw 0.599 g 252. Cheese, mexican, queso chihuahua 0.598 g 253. Turkey, all classes, leg, meat and skin, raw 0.598 g 254. Turkey, young tom, leg, meat and skin, raw 0.598 g 255. Turkey, young hen, leg, meat and skin, raw 0.597 g 256. Ham and cheese spread 0.597 g257. Fish, mackerel, king, raw $0.597 \, \mathrm{g}$ 258. Peas, split, mature seeds, raw 0.597 g 259. Ostrich, inside strip, raw 0.595 g260. Fish, sheepshead, raw 0.595 g 0.593 g 261. Fish, salmon, chum, raw 262. Turkey, fryer-roasters, wing, meat and skin, raw 0.592 g263. Turkey, young tom, wing, meat and skin, raw 0.592 g264. Beans, black turtle soup, mature seeds, raw 0.592 g 265. Fish, mackerel, Pacific and jack, mixed species, raw 0.591 g 266. Fish, bluefish, raw 0.590 g267. Fish, salmon, chinook, raw 0.590 g268. Cheese, goat, semisoft type 0.589 g 269. Pork, ground, 72% lean / 28% fat, raw 0.588 g

Beans, small white, mature seeds, raw

0.588 g

270.

271.	Ostrich, outside strip, raw 0.587 g
272.	Fish, salmon, pink, raw 0.587 g
273.	Turkey, fryer-roasters, back, meat and skin, raw 0.586 g
274.	Turkey, all classes, wing, meat and skin, raw0.585 g
275.	Beef, carcass, separable lean and fat, select, raw 0.585 g
276.	Beef, cured, smoked, chopped beef 0.585 g
277.	Fish, salmon, Atlantic, wild, raw 0.584 g
278.	Fish, swordfish, raw 0.583 g
279.	Beans, pink, mature seeds, raw 0.583 g
280.	Chicken, roasting, dark meat, meat only, raw0.582 g
281.	Pork, fresh, variety meats and by-products, liver, raw 0.582 g
282.	Beef, carcass, separable lean and fat, choice, raw 0.579 g
283.	KENTUCKY FRIED CHICKEN, Popcorn Chicken 0.579 g
284.	Cheese, limburger 0.578 g
285.	Turkey, young hen, wing, meat and skin, raw 0.578 g
286.	Turkey, young tom, dark meat, meat and skin, raw 0.574 g
287.	Ostrich, outside leg, raw 0.574 g
288.	Game meat, bison, separable lean only, raw 0.573 g
289.	Fish, pollock, Atlantic, raw 0.572 g
290.	Lamb, variety meats and by-products, spleen, raw 0.572 g
291.	Fish, perch, mixed species, raw 0.571 g
292.	Fish, sunfish, pumpkin seed, raw 0.571 g
293.	Turkey, all classes, dark meat, meat and skin, raw 0.570 g
294.	Fish, grouper, mixed species, raw 0.570 g
295.	Fish, mullet, striped, raw 0.570 g
296.	Fish, burbot, raw 0.569 g
297.	Fish, mackerel, spanish, raw 0.568 g
298.	Fish, pike, northern, raw 0.567 g
299.	Game meat, goat, cooked, roasted 0.565 g
300.	Fish, pike, walleye, raw 0.563 g

Isoleucine:

Recommended Dietary Allowance for Isoleucine				Periplaneta americana L. (a) Isoleucine content(31 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Periplaneta australasiae F.F.(a) Isoleucine content(29 mg/100g)	
Ideal Weight	nt Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Holotrichia sp.(b) Isoleucine content(32 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recomm	nended Dieta	Oryctes rhinoceros(larvae) (c) Isoleucine content(39 mg/100g)			
Ideal Weight	Age Males (mcg/day) Females (Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Sciophophorus acupunctatus(larvae)(e) Isoleucine content(24 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry How many Percentage of RDA per 100 of insect dry	

		matter for RDA(%)	matter
0-6 month	ıs		
7-12 months			
1-3 years			
4-8 years			
9-13 years	S		
14-18 yea	rs		
19 years and older			

Recomn	nended Dieta	Sphenarium histrio(d) Isoleucine content(53 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine	Sphenarium purpurascens(d) Isoleucine content(42 mg/100g)
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Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Tenebrio molitor(adults)(g) Isoleucine content(44 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine	Zophobas morio(g)
· · · · · · · · · · · · · · · · · · ·	I

			Isoleucine content(47 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Ephydra hians(h) Isoleucine content(40 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Musca domesticus(larvae)(i) Isoleucine content(23 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Musca domesticus(pupae)(j) Isoleucine content(35 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Agonoscelis pubescens(Thunberg)(k) Isoleucine content(14 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%) How many Percentag RDA per 1 of insect matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Hoplophorion monograma(h) Isoleucine content(41 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years		
and older		

Recommended Dietary Allowance for Isoleucine				Krizousacorixa azteca J(eggs)(l) Isoleucine content(50 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Apis mellifera(honeybee) (m) Isoleucine content(53 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years		
14-18 years		
19 years and older		

Recomm	Recommended Dietary Allowance for Isoleucine				Atta mexicana(d) Isoleucine content(53 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					

Recomn	nended Dieta	Brachygastra azteca(h) Isoleucine content(51 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Liometopum apicaulatum(d) Isoleucine content(49 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Liometopum apicaultum H(eggs)(h) Isoleucine content(44 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Parachartegus apicalis(h) Isoleucine content(42 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Polyrhachis vicina Roger(Zhejiang)(o) Isoleucine content(47 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)		Percentage of RDA per 100g of insect dry matter

		RDA(%)	
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			

Recomn	nended Dieta	Polyrhachis vicina Roger(Guizhou)(o) Isoleucine content(46 mg/100g)			
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine	Vespa sp.(hornet grub)(b) Isoleucine content(43
	mg/100g)

Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Macrotermes bellicosus(d) Isoleucine content(51 mg/100g)	
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine	Aegiale Acentrocneme	

				hesperiaris(h) Isoleucine content(46 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Aegiale hesperiaris k(maguey grub)(1) Isoleucine content(45 mg/100g)			
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Anaphe venata(larvae, without hair)(p) Isoleucine content(21 mg/100g)	
IIdeal Weight Age		Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Ascalapha odorata(larvae) (h) Isoleucine content(41 mg/100g)			
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years				

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Recommended Dietary Allowance for Isoleucine				Bombyx mori(larvae)(f) Isoleucine content(33 mg/100g)	
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Bombyx mori(pupae)(b) Isoleucine content(46 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%) How many Percentage RDA per 1 of insect 6 matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Bombyx mori(spent pupae) (s) Isoleucine content(57 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Clanis bilineata (larvae)(t) Isoleucine content(28 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%) Percentage RDA per 1 of insect of matter	
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Galleria mellonella(larvae) (g) Isoleucine content(50 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Imbrasia epimethea(caterpillars)(u) Isoleucine content(29 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Imbrasia ertli(cateprillar)(d) Isoleucine content(36 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine				Imbrasia truncata(caterpillars)(u) Isoleucine content(24 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry Percentage of RDA per 100g of insect dry		

		matter for RDA(%)	matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			

Recommended Dietary Allowance for Isoleucine				Mellacosoma americanum Fab. meal(v) Isoleucine content(28 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

mg/100g)	Recommended Dietary Allowance for Isoleucine	Nudaurelia oyemensis(caterpillars)(u) Isoleucine content(26 mg/100g)
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Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recor	nmended Dieta	Omphia fuscidentalis(caterpillar)(b) Isoleucine content(34 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Samia ricinii(prepupae)(w) Isoleucine content(43 mg/100g)			
Ideal Weight	eal Weight Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Samia ricinii(pupae)(w) Isoleucine content(44 mg/100g)			
Ideal Weight	eal Weight Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Usta terpsichore(caterpillar) (d) Isoleucine content(109 mg/100g)			
Ideal Weight	deal Weight Age Males (mcg/day) Females (mcg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Isoleucin	esticus(meal)(v) e content(40 /100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years				

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Recomn	nended Dieta	Acheta domesticus(nymphs) (g) Isoleucine content(43 mg/100g)			
Ideal Weight Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Acheta domesticus(adult)(g) Isoleucine content(46 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		

Recomm	nended Dieta	Acheta testacea Walker(b) Isoleucine content(30 mg/100g)			
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Anabrus simplex meal(v) Isoleucine content(37 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8	years		
9-13	3 years		
14-1	18 years		
19 y and	years older		

Recommended Dietary Allowance for Isoleucine				Boopedon flaviventris(h) Isoleucine content(47 mg/100g)	
Ideal Weight	reight Age Males (mcg/day)		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomn	nended Dieta	Brachytrupes sp.(adults)(a) Isoleucine content(27 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recommended Dietary Allowance for Isoleucine				Melanoplus femurrubrum(a) Isoleucine content(27 mg/100g)	
Ideal Weight	reight Age Males (mcg/day) F		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recommended Dietary Allowance for Isoleucine			Patanga succinata L.(b) Isoleucine content(33 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)		Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		

Recomn	nended Dieta	Sphenarium histrio G.(a) Isoleucine content(53 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Recomm	ended Diet	Sphenarium purpurascens Ch.(a) Isoleucine content(42 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry

		matter for RDA(%)	matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			

Recomn	nended Dieta	Taeniopoda auricornis W. (a) Isoleucine content(41 mg/100g)			
Ideal Weight	eal Weight Age Males (mcg/day		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

Below is a list of the top several hundred sources of isoleucine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if

originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the isoleucine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

1. Egg, white, dried 4.581 g 2. Soy protein isolate 4.253 g 3. Egg, whole, dried 2.583 g 2.376 g 4. Tofu, dried-frozen (koyadofu) 5. Soy flour, defatted 2.281 g 6. Fish, whitefish, dried (Alaska Native) 2.260 g 7. Chorizo, pork and beef 2.206 g 8. Cheese, parmesan, shredded 2.202 g 9. Soy meal, defatted, raw 2.180 g 10. Seeds, sesame flour, low-fat 2.157 g 11. Smelt, dried (Alaska Native) 2.150 g 12. Milk, dry, nonfat, calcium reduced 2.148 g 13. Milk, buttermilk, dried 2.075 g 14. Meat extender 1.995 g 15. Soybeans, mature seeds, raw 1.971 g 16. Cheese, parmesan, grated 1.969 g 17. Egg Mix, USDA Commodity 1.938 g 18. Cheese, parmesan, hard 1.894 g 19. Peanut flour, defatted 1.836 g 20. Seeds, sesame flour, partially defatted 1.734 g 21. Egg, yolk, dried 1.732 g 22. Cheese, romano 1.685 g 23. Soy flour, full-fat, raw 1.675 g 1.615 g 24. Lupins, mature seeds, raw 25. Cheese, gruyere 1.612 g 26. Milk, dry, whole, with added vitamin D 1.592 g Mutton, cooked, roasted (Navajo) 27. 1.588 g 28. Cheese, caraway 1.563 g 29. Cheese, cheddar 1.546 g 30. Spices, parsley, dried 1.546 g 31. CRACKER BARREL, grilled sirloin steak 1.539 g 32. Cheese, swiss 1.537 g 33. Cheese, monterey 1.519 g 34. T.G.I. FRIDAY'S, classic sirloin steak 1.519 g 35. Cheese, tilsit 1.484 g 36. Cheese, colby 1.475 g 37. Winged beans, mature seeds, raw 1.468 g 38. Cheese, cheshire 1.451 g

Cheese, port de salut 1.446 g

39.

40. Restaurant, family style, sirloin steak 1.433 g 41. DENNY'S, top sirloin steak 1.401 g 42. Cheese, low fat, cheddar or colby 1.389 g 43. Cheese, low-sodium, cheddar or colby 1.389 g Cheese, fontina 44. Snacks, pork skins, plain 45. 1.382 g Snacks, pork skins, barbecue-flavor 1.373 g 46. 47. Game meat, goat, cooked, roasted 1.371 g 48. Pheasant, breast, meat only, raw 1.369 g 49. Beef, cured, breakfast strips, cooked 1.352 g 50. Seeds, watermelon seed kernels, dried 1.342 g 51. Pheasant, raw, meat only 1.324 g 52. Seeds, sesame flour, high-fat 1.324 g 53. Cheese, edam 1.308 g 54. Beef, cured, dried 1.308 g 55. Cheese, gouda 1.306 g 56. Papad 1.303 g 57. Mungo beans, mature seeds, raw 1.287 g Bratwurst, pork, cooked 58. 59. Turkey, fryer-roasters, breast, meat only, raw 1.279 g 60. APPLEBEE'S, 9 oz house sirloin steak 1.274 g 61. Cheese, goat, hard type 1.263 g 62. Snacks, soy chips or crisps, salted 1.262 g 63. Turkey, fryer-roasters, light meat, meat only, raw 1.257 g 64. Pheasant, leg, meat only, raw 1.247 g 65. Spices, fenugreek seed 1.241 g Quail, breast, meat only, raw 1.233 g 66. 1.229 g 67. Turkey, young hen, light meat, meat only, raw Pheasant, raw, meat and skin 1.228 g 68. 69. Cheese, mexican, queso asadero 1.225 g 70. Chicken, broilers or fryers, light meat, meat only, raw 1.225 g 71. Turkey, all classes, light meat, raw 1.225 g 72. Cheese, limburger 1.219 g 73. Chicken, stewing, light meat, meat only, raw 1.219 g Turkey, young tom, light meat, meat only, raw 74. 1.218 g75. Cheese, roquefort 1.217 g 76. Turkey, fryer-roasters, breast, meat and skin, raw 1.203 g 77. Peanut flour, low fat 1.188 g 78. Quail, meat only, raw 1.187 g 79. Squab, (pigeon), light meat without skin, raw 1.187 g Spices, mustard seed, ground 1.183 g 80. 81. Turkey, canned, meat only, with broth 1.183 g 82. Nuts, butternuts, dried 1.179 g 83. Pork, cured, breakfast strips, cooked 1.177 g 84. Chicken, roasting, light meat, meat only, raw 1.172 g 85. Beef, cured, corned beef, canned $1.170 \, g$

86. Turkey, fryer-roasters, wing, meat only, raw 1.169 g 87. Goose, domesticated, meat only, raw 1.168 g 88. Cheese, mozzarella, part skim milk 1.164 g 89. Turkey, fryer-roasters, meat only, raw 90. Chicken, broilers or fryers, wing, meat only, raw 1.160 g 91. Gelatins, dry powder, unsweetened 1.158 g 92. Guinea hen, meat and skin, raw 1.156 g 93. Turkey, fryer-roasters, light meat, meat and skin, raw 1.153 g 94. Luncheon meat, beef, thin sliced 1.151 g 95. Beef, cured, thin-sliced beef 1.151 g 96. Cheese, muenster 1.145 g 97. Hyacinth beans, mature seeds, raw 1.143 g 98. Fish, roe, mixed species, raw 1.142 g 99. Seeds, sunflower seed kernels, dried 1.139 g 100. Mothbeans, mature seeds, raw 1.138 g 101. Cheese, brick 1.137 g 102. Cheese, mozzarella, whole milk 1.135 g 103. Turkey, all classes, meat only, raw 1.132 g 104. Turkey, young hen, meat only, raw 1.132 g 105. Chicken, broilers or fryers, meat only, raw 1.130 g 106. Turkey, young tom, meat only, raw 1.129 g 107. Lima beans, large, mature seeds, raw 1.129 g 108. Ostrich, inside strip, raw 1.126 g 109. Cheese, blue 1.124 g 110. Chicken, stewing, meat only, raw 1.122 g 111. Turkey, fryer-roasters, meat and skin, raw 1.122 g 112. Beans, kidney, royal red, mature seeds, raw 1.118 g 113. Ostrich, outside strip, raw $1.110 \, \mathrm{g}$ 114. 1.104 g Turkey, young tom, breast, meat and skin, raw 115. Turkey, all classes, breast, meat and skin, raw 1.099 g 116. Cheese, provolone 1.091 g 117. Guinea hen, meat only, raw 1.090 g 118. Lamb, variety meats and by-products, spleen, raw 1.090 g 119. Chicken, broilers or fryers, drumstick, meat only, raw 1.087 g 120. Ostrich, outside leg, raw $1.086 \, \mathrm{g}$ 121. Chicken, canned, meat only, with broth $1.085 \, g$ 122. Pork, fresh, variety meats and by-products, liver, raw 1.085 g 123. Lima beans, thin seeded (baby), mature seeds, raw 1.085 g 124. Turkey, young hen, breast, meat and skin, raw 1.084 g 125. Salami, dry or hard, pork 1.084 g126. Salami, Italian, pork 1.084 g 127. Turkey, all classes, light meat, meat and skin, raw 1.083 g128. Turkey, young hen, light meat, meat and skin, raw 1.080 g 129. Turkey, young tom, light meat, meat and skin, raw 1.080 g

1.078 g

1.077 g

130.

131.

Lentils, pink, raw

Fish, tuna, fresh, yellowfin, raw

132. Cheese, mexican, queso chihuahua 1.076 g 133. Beans, kidney, california red, mature seeds, raw 1.076 g 134. Fish, tuna, fresh, bluefin, raw 1.075 g 135. Turkey, fryer-roasters, back, meat only, raw 1.074 g 136. Chicken, roasting, meat only, raw 1.073 g 137. Fish, whitefish, eggs (Alaska Native) 1.070 g 138. Game meat, moose, raw 1.068 g 139. Fish, yellowtail, mixed species, raw 1.066 g 140. Turkey, fryer-roasters, dark meat, meat only, raw 1.064 g 141. Ostrich, inside leg, raw 1.064 g 142. Chicken, broilers or fryers, breast, meat and skin, raw 1.063 g 143. Chicken, broilers or fryers, leg, meat only, raw 1.063 g 144. 1.060 g Chicken, broilers or fryers, dark meat, meat only, raw 145. Turkey, fryer-roasters, leg, meat only, raw 1.058 g 146. Chicken, cornish game hens, meat only, raw 1.058 g 147. Cheese, mexican, queso anejo 1.054 g148. Broadbeans (fava beans), mature seeds, raw 1.053 g 149. 1.049 g Ostrich, tenderloin, raw 150. Veal, leg (top round), separable lean only, raw $1.048 \; \mathrm{g}$ 151. Turkey, all classes, neck, meat only, raw 1.047 g 152. Ostrich, round, raw 1.045 g 153. Turkey, all classes, dark meat, raw 1.044 g 154. Turkey, young hen, dark meat, meat only, raw 1.044 g 155. Chicken, broilers or fryers, breast, meat only, raw 1.042 g 156. Turkey, young tom, dark meat, meat only, raw 1.042 g 157. Goat, raw 1.042 g 158. Beans, kidney, all types, mature seeds, raw 1.041 g 159. Chicken, stewing, dark meat, meat only, raw 1.040 g 160. Game meat, boar, wild, raw 1.039 g 161. Chicken, broilers or fryers, thigh, meat only, raw 1.038 g 162. Ostrich, tip trimmed, raw 1.038 g163. Ostrich, fan, raw 1.036 g164. Fish, caviar, black and red, granular 1.035 g 165. Game meat, rabbit, wild, raw 1.034 g 166. Chicken, broilers or fryers, back, meat only, raw 1.033 g167. Veal, leg (top round), separable lean and fat, raw 1.033 g168. Pork, fresh, loin, tenderloin, separable lean only, raw 1.031 g169. Beans, white, mature seeds, raw $1.031 \, \mathrm{g}$ 170. Ostrich, top loin, raw 1.030 g 171. Turkey, fryer-roasters, leg, meat and skin, raw 1.027 g172. Game meat, beaver, raw 1.027 g173. Turkey, all classes, meat and skin, raw 1.024 g174. Turkey, young tom, meat and skin, raw 1.024 g175. Ostrich, oyster, raw 1.024 g

1.024 g

176.

177.

Game meat, caribou, raw

Cheese, pasteurized process, pimento 1.023 g

178. Game meat, buffalo, water, raw 1.023 g179. Duck, wild, breast, meat only, raw 1.019 g 180. Beans, cranberry (roman), mature seeds, raw 1.017 g 181. Cheese, brie 1.015 g 182. Fish, tuna, fresh, skipjack, raw 1.014 g183. Peas, split, mature seeds, raw 1.014 g 184. Game meat, horse, raw 1.014 g185. Cheese food, pasteurized process, swiss 1.013 g 186. Quail, meat and skin, raw 1.013 g 187. Turkey, young hen, meat and skin, raw 1.013 g 188. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.011 g 189. Mung beans, mature seeds, raw 1.008 g 190. Pork, fresh, loin, whole, separable lean only, raw 191. Turkey, all classes, leg, meat and skin, raw 0.998 g 192. Crustaceans, spiny lobster, mixed species, raw 0.998 g193. Turkey, young tom, leg, meat and skin, raw 0.997 g 194. Fish, salmon, coho, wild, raw 0.996 g 195. Duck, domesticated, liver, raw 196. Turkey, young hen, leg, meat and skin, raw 0.995 g 197. Beans, kidney, red, mature seeds, raw 0.995 g 198. Veal, sirloin, separable lean only, raw 0.995 g 199. Veal, loin, separable lean only, raw 0.993 g 200. Chicken, roasting, dark meat, meat only, raw0.989 g 201. Yardlong beans, mature seeds, raw 0.989 g 202. Turkey, fryer-roasters, wing, meat and skin, raw $0.987 \, \mathrm{g}$ 203. Veal, shoulder, arm, separable lean only, raw 0.987 g204. Turkey, young tom, wing, meat and skin, raw $0.986 \, \mathrm{g}$ 205. Crustaceans, shrimp, mixed species, raw 206. Veal, rib, separable lean only, raw 0.984 g207. Fish, salmon, sockeye, raw 0.982 g 208. Fish, salmon, coho, farmed, raw 0.980 g209. 0.977 g Turkey, all classes, giblets, raw 210. Turkey, fryer-roasters, back, meat and skin, raw $0.977 \, \mathrm{g}$ 211. Bison, ground, grass-fed, raw 0.977 g 212. Beef, cured, pastrami 0.976 g Turkey, all classes, wing, meat and skin, raw0.975 g 213. 214. Beans, yellow, mature seeds, raw 0.972 g215. Bacon and beef sticks 0.971 g 216. Sausage, meatless 0.970 g217. Cowpeas, catjang, mature seeds, raw 0.969 g 218. Cheese, camembert 0.968 g 219. Fish, salmon, Atlantic, farmed, raw 0.968 g 220. Veal, variety meats and by-products, liver, raw 0.968 g221. Beef, variety meats and by-products, liver, raw 0.967 g222. Fish, shark, mixed species, raw 223. Veal, shoulder, blade, separable lean only, raw 0.967 g

- Nuts, walnuts, black, dried 0.966 gBeans, great northern, mature seeds, raw
- 226. Pork, ground, 96% lean / 4% fat, raw 0.964 g
- 227. Turkey, young hen, wing, meat and skin, raw 0.963 g
- 228. Fish, trout, rainbow, farmed, raw 0.962 g
- 229. Ostrich, ground, raw 0.961 g
- 230. Pork, fresh, leg (ham), whole, separable lean only, raw 0.959 g

0.965 g

- 231. Fish, halibut, Atlantic and Pacific, raw 0.959 g
- 232. Turkey, young tom, dark meat, meat and skin, raw 0.957 g
- 233. Fish, trout, mixed species, raw 0.957 g
- 234. Squab, (pigeon), meat only, raw 0.955 g
- 235. Chicken, capons, meat and skin, raw 0.954 g
- 236. Beans, black, mature seeds, raw 0.954 g
- 237. Veal, ground, raw 0.953 g
- 238. Beans, navy, mature seeds, raw 0.952 g
- 239. Veal, shoulder, arm, separable lean and fat, raw 0.952 g
- 240. Smoked link sausage, pork 0.951 g
- 241. Game meat, rabbit, domesticated, composite of cuts, raw 0.951 g
- 242. Turkey, all classes, dark meat, meat and skin, raw 0.950 g
- 243. Veal, shank (fore and hind), separable lean only, raw 0.950 g
- 244. Veal, shoulder, blade, separable lean and fat, raw 0.947 g
- 245. Fish, milkfish, raw 0.946 g
- 246. Emu, top loin, cooked, broiled 0.945 g
- 247. Sausage, Italian, turkey, smoked 0.945 g
- 248. Fish, snapper, mixed species, raw 0.945 g
- 249. Fish, trout, rainbow, wild, raw 0.944 g
- 250. Elk, free range, ground, raw (Shoshone Bannock) 0.944 g
- 251. Squab, (pigeon), meat and skin, raw 0.943 g
- 252. Fish, halibut, raw, with skin (Alaska Native) 0.943 g
- 253. Chicken roll, light meat 0.942 g
- 254. Duck, domesticated, meat only, raw 0.939 g
- 255. Veal, sirloin, separable lean and fat, raw 0.939 g
- 256. Beef, ground, 95% lean meat / 5% fat, raw 0.939 g
- 257. Fish, anchovy, european, raw 0.938 g
- 258. Beans, black turtle soup, mature seeds, raw 0.938 g
- 259. Turkey, young hen, dark meat, meat and skin, raw 0.936 g
- 260. Turkey roll, light meat 0.936 g
- 261. Fish, mackerel, king, raw 0.935 g
- 262. Beans, small white, mature seeds, raw 0.932 g
- 263. Fish, sheepshead, raw 0.931 g
- 264. Natto 0.931 g
- 265. Fish, tilapia, raw 0.930 g
- 266. Veal, loin, separable lean and fat, raw 0.930 g
- 267. Veal, rib, separable lean and fat, raw 0.929 g
- 268. Game meat, deer, ground, raw 0.929 g
- 269. Fish, salmon, chum, raw 0.928 g

270.	Chicken, capons, giblets, raw 0.927 g
271.	Chicken, broilers or fryers, neck, meat only, raw 0.926 g
272.	Fish, mackerel, Pacific and jack, mixed species, raw 0.925 g
273.	Beans, pink, mature seeds, raw 0.925 g
274.	Chicken, broilers or fryers, meat and skin, raw 0.924 g
275.	Fish, salmon, chinook, raw 0.924 g
276.	Fish, bluefish, raw 0.923 g
277.	Peanuts, spanish, raw 0.920 g
278.	Fish, salmon, pink, raw 0.919 g
279.	Pastrami, turkey 0.918 g
280.	Pork, fresh, shoulder, whole, separable lean only, raw 0.915 g
281.	Fish, salmon, Atlantic, wild, raw 0.914 g
282.	Game meat, elk, ground, raw 0.913 g
283.	Fish, swordfish, raw 0.912 g
284.	Entrees, crab cake 0.912 g
285.	Chicken, broilers or fryers, leg, meat and skin, raw 0.911 g
286.	Crustaceans, lobster, northern, raw 0.911 g
287.	Game meat, bison, separable lean only, raw 0.911 g
288.	Pork, fresh, loin, whole, separable lean and fat, raw 0.910 g
289.	Cheese food, cold pack, american 0.909 g
290.	Turkey roll, light and dark meat 0.909 g
291.	USDA Commodity, beef, canned 0.909 g
292.	Game meat, deer, raw 0.908 g
293.	Peanuts, all types, raw0.907 g
294.	Chicken, roasting, giblets, raw 0.903 g
295.	Pepperoni, pork, beef 0.901 g
296.	Game meat, bison, ground, raw 0.901 g
297.	Turkey, young tom, back, meat and skin, raw 0.900 g
298.	Fish, salmon, coho (silver), raw (Alaska Native) 0.900 g
299.	Chicken, broilers or fryers, giblets, raw 0.897 g
200	D14 61 14 1 41 0.007 -

Poultry food products, ground turkey, raw

Leucine:

300.

Recomi	mended Diet	Periplaneta americana(a) Leucine content(56 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

0.897 g

months			
1-3 yea	nrs		
4-8 yea	nrs		
9-13 ye	ears		
14-18 y	years		
19 year and old	rs Ier		
all ages	S		
all ages	3		

Recommended Dietary Allowance for Leucine				Periplaneta australasiae F.F.(a) Leucine content(57 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine	Holotrichia sp.(b) Leucine content(52 mg/100g)
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Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine				Oryctes rhinoceros (larvae) (c) Leucine content(53 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

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an ages		

Recommended Dietary Allowance for Leucine				Rhyncophorus phoenicis(larvae)(c) Leucine content(52 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine				Scicophorus acupunctatus(larvae)(d) Leucine content(78 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Leucine				Sphenarium histrio(d) Leucine content(87 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)		Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine	Sphenarium purpurascens(d) Leucine content(89 mg/100g)
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Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine				Tenebrio molitor(larvae)(f) Leucine content(82 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

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lan ages		

Recommended Dietary Allowance for Leucine				Tenebrio molitor(adults)(g) Leucine content(44 mg/100g)	
Ideal Weight	ght Age Ma		Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine				Zophobas morio(g) Leucine content(97 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Leucine				Ephydra hians(larvae)(h) Leucine content(74 mg/100g)	
Ideal Weight	Males (mcg/day		Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine			Musca domesticus(larvae) (h) Leucine content(56 mg/100g)		
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect
				matter for	dry matter

		RDA(%)	
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recomi	mended Diet	Musca domesticus(pupae)(j) Leucine content(53 mg/100g)			
Ideal Weight	Age	Males (mcg/day) Females (mcg/day)		grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	mended Diet	Agonoscelis pubescens(Thunberg)(k) Leucine content(23 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	mended Diet	Aspongubus viduatus F.(k) Leucine content(20 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		
all ages		
all ages		

Recom	mended Dieta	Hoplophorion monograma(h) Leucine content(77 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine				Krizousacorixa azteca J(eggs)(1) Leucine content(80 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recom	mended Diet	Apis mellifera(honeybee) (m) Leucine content(93 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Leucine				Adta mexicana(a) Leucine content(53 mg/100g)	
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	mended Diet	Bee brood(n) Leucine content(70 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomi	mended Diet	Brachygastra azteca(h) Leucine content(85 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	mended Diet	Liometopum apiculatum(d) Leucine content(76 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomi	mended Diet	Liometopum apicaultum H(eggs)(l) Leucine content(76 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	nended Diet	tary Allowance	e for Leucine	Leucine o	us apicalis(h) content(77
Ideal Weight	Age	Males	Females (mcg/day)	How many	Percentage of

	(mcg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
0-6 months	S		
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 year	S		
19 years and older			
all ages			
all ages			

Recomi	mended Diet	Polyrhachis vicina Roger(Zhejiang)(o) Leucine content(70 mg/100g)			
Ideal Weight Age		Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

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	011 0000			
	lan ages			

Recom	mended Diet	Polyrhachis vicina Roger(Guizhou)(o) Leucine content(70 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	mended Diet	Vespa sp.(hornet grub)(b) Leucine content(79 mg/100g)			
Ideal Weight	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Below is a list of the top several hundred sources of leucine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the leucine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Egg, white, dried 6.838 g
- 2. Soy protein isolate 6.783 g
- 3. Fish, whitefish, dried (Alaska Native) 4.110 g
- 4. Egg, whole, dried 4.046 g
- 5. Cheese, parmesan, shredded 4.013 g
- 6. Seeds, sesame flour, low-fat 3.841 g
- 7. Soy flour, defatted 3.828 g
- 8. Smelt, dried (Alaska Native) 3.820 g
- 9. Cheese, parmesan, grated 3.718 g
- 10. Soy meal, defatted, raw 3.660 g
- 11. Tofu, dried-frozen (koyadofu) 3.644 g
- 12. Milk, dry, nonfat, calcium reduced 3.478 g
- 13. Cheese, parmesan, hard 3.452 g
- 14. Peanut flour, defatted 3.384 g
- 15. Milk, buttermilk, dried 3.360 g
- 16. Snacks, pork skins, plain 3.322 g
- 17. Egg Mix, USDA Commodity 3.312 g
- 18. Soybeans, mature seeds, raw 3.309 g
- 19. Meat extender 3.263 g
- 20. Snacks, pork skins, barbecue-flavor 3.221 g
- 21. Cheese, gruyere 3.102 g
- 22. Seeds, sesame flour, partially defatted 3.088 g
- 23. Cheese, romano 3.071 g

24. Egg, yolk, dried 3.009 g 25. Cheese, swiss 2.959 g 26. Soy flour, full-fat, raw 2.812 g 27. Spices, parsley, dried 2.794 g 28. Mutton, cooked, roasted (Navajo) 2.764 g 29. Lupins, mature seeds, raw 2.743 g 30. Cheese, fontina 2.664 g 31. CRACKER BARREL, grilled sirloin steak 2.659 g 32. Cheese, goat, hard type 2.631 g 33. T.G.I. FRIDAY'S, classic sirloin steak 2.597 g 34. Milk, dry, whole, with added vitamin D 2.578 g 35. Cheese, edam 2.570 g 36. Cheese, gouda 2.564 g 37. Cheese, tilsit 2.548 g 38. Winged beans, mature seeds, raw 2.497 g 39. Cheese, port de salut 2.482 g 40. Restaurant, family style, sirloin steak 2.460 g 41. Gelatins, dry powder, unsweetened 2.454 g 42. DENNY'S, top sirloin steak 2.432 g 43. Cheese, caraway 2.412 g 44. Cheese, cheddar 2.385 g 45. Cheese, mozzarella, part skim milk 2.365 g 46. Seeds, sesame flour, high-fat 2.358 g 47. Cheese, monterey 2.344 g 48. Beef, cured, breakfast strips, cooked 2.299 g 49. Cheese, provolone 2.297 g 50. Beef, cured, dried 2.287 g51. Cheese, colby 2.275 g 52. Cheese, muenster 2.260 g 53. Game meat, goat, cooked, roasted 2.258 g 54. Cheese, brick 2.244 g 55. Cheese, cheshire 2.238 g 56. Nuts, butternuts, dried2.199 g 57. Bratwurst, pork, cooked 2.195 g 58. Peanut flour, low fat 2.191 g 59. APPLEBEE'S, 9 oz house sirloin steak 2.160 g 60. Seeds, watermelon seed kernels, dried 2.149 g 61. Cheese, low fat, cheddar or colby 2.145 g 62. Cheese, low-sodium, cheddar or colby 2.145 g 63. 2.140 g Snacks, soy chips or crisps, salted 64. Fish, caviar, black and red, granular 2.133 g 65. Cheese, mexican, queso asadero 2.123 g 66. Papad 2.115 g 67. Cheese, roquefort 2.114 g 68. Luncheon meat, beef, thin sliced 2.100 g

Beef, cured, thin-sliced beef 2.100 g

69.

70. Cheese, limburger 2.093 g71. Mungo beans, mature seeds, raw 2.089 g 72. Spices, mustard seed, ground 2.080 g 73. Pheasant, breast, meat only, raw 2.063 g 74. Hyacinth beans, mature seeds, raw 2.026 g75. Beans, kidney, royal red, mature seeds, raw 2.022 g 76. Cheese, mexican, queso anejo 2.017 g77. Cheese, mexican, queso chihuahua 2.017 g 78. Pork, cured, breakfast strips, cooked 2.015 g 79. Pheasant, raw, meat only 1.995 g 80. Beef, cured, corned beef, canned 1.990 g 81. Broadbeans (fava beans), mature seeds, raw 1.964 g 82. 1.960 g Turkey, fryer-roasters, breast, meat only, raw 83. Game meat, moose, raw 1.957 g 84. Cheese, pasteurized process, pimento 1.956 g 85. Fish, roe, mixed species, raw 1.956 g 86. Game meat, deer, raw 1.951 g 87. Beans, kidney, california red, mature seeds, raw 1.946 g 88. Cheese food, pasteurized process, swiss 89. Quail, breast, meat only, raw 1.938 g 90. Game meat, elk, raw 1.935 g 91. Cheese, brie 1.929 g 92. Turkey, fryer-roasters, light meat, meat only, raw 1.927 g 93. Ostrich, inside strip, raw 1.925 g 94. Goose, domesticated, meat only, raw 1.922 g 95. Cheese, blue 1.919 g 1.910 g 96. Beef, variety meats and by-products, liver, raw 97. Pork, fresh, variety meats and by-products, liver, raw 1.906 g 98. 1.905 g Veal, variety meats and by-products, liver, raw 99. Mollusks, whelk, unspecified, raw 1.903 g 100. Fish, tuna, fresh, yellowfin, raw 1.900 g 101. Ostrich, outside strip, raw 1.898 g 102. Game meat, beaver, raw 1.897 g 103. Fish, tuna, fresh, bluefin, raw 1.896 g 104. Game meat, antelope, raw 1.891 g 105. Turkey, young hen, light meat, meat only, raw 1.884 g 106. Beans, kidney, all types, mature seeds, raw 1.882 g 107. Fish, yellowtail, mixed species, raw 1.881 g Pheasant, leg, meat only, raw 1.879 g 108. 109. Turkey, all classes, light meat, raw 1.877 g 110. Pheasant, raw, meat and skin 1.870 g 111. Turkey, young tom, light meat, meat only, raw 1.867 g 112. Game meat, caribou, raw 1.867 g 113. Quail, meat only, raw 1.866 g 114. Squab, (pigeon), light meat without skin, raw 1.866 g

115.

Beans, white, mature seeds, raw

1.865 g

116. Yardlong beans, mature seeds, raw 1.864 g 117. Cheese, goat, semisoft type 1.861 g 118. Turkey, fryer-roasters, breast, meat and skin, raw 1.859 g 119. Ostrich, outside leg, raw 1.857 g 120. Lima beans, large, mature seeds, raw 1.850 g 121. Mung beans, mature seeds, raw 1.847 g 122. Cheese, camembert 1.840 g 123. Beans, cranberry (roman), mature seeds, raw 1.838 g 124. Turkey, canned, meat only, with broth 125. Cowpeas, catjang, mature seeds, raw 1.828 g 126. Cheese, mozzarella, whole milk 1.826 g 127. Ostrich, inside leg, raw 1.819 g 128. Elk, free range, ground, raw (Shoshone Bannock) 1.811 g 129. Lentils, pink, raw 1.809 g 130. Beans, kidney, red, mature seeds, raw 1.799 g 131. Ostrich, tenderloin, raw 1.793 g 132. Turkey, fryer-roasters, wing, meat only, raw 1.792 g 133. 1.790 g Turkey, fryer-roasters, light meat, meat and skin, raw 134. Fish, tuna, fresh, skipjack, raw 1.788 g 135. Ostrich, round, raw 1.787 g 136. Pork, fresh, loin, tenderloin, separable lean only, raw 1.784 g 137. Turkey, fryer-roasters, meat only, raw 138. Lima beans, thin seeded (baby), mature seeds, raw 1.778 g 139. Ostrich, tip trimmed, raw 1.775 g 140. Ostrich, fan, raw 141. Ostrich, top loin, raw 1.761 g 142. Peas, split, mature seeds, raw 1.760 g 143. Spices, fenugreek seed 1.757 g 144. Chicken, broilers or fryers, breast, meat only, raw 1.757 g 145. Fish, salmon, coho, wild, raw 1.757 g 146. Beans, yellow, mature seeds, raw 1.756 g 147. 1.755 g Game meat, buffalo, water, raw 148. Ostrich, oyster, raw 1.751 g 149. Game meat, boar, wild, raw 1.748 g 150. Beans, great northern, mature seeds, raw 1.745 g 151. Chicken, broilers or fryers, light meat, meat only, raw 1.741 g 152. Turkey, fryer-roasters, meat and skin, raw 1.739 g 153. Cheese food, cold pack, american 1.738 g 154. Bison, ground, grass-fed, raw 1.736 g 155. Turkey, all classes, meat only, raw 1.735 g 156. Turkey, young hen, meat only, raw 1.734 g 157. Chicken, stewing, light meat, meat only, raw 1.733 g 158. Bacon and beef sticks 1.732 g

Turkey, young tom, meat only, raw 1.731 g

1.729 g

Fish, salmon, sockeye, raw 1.731 g

Fish, salmon, coho, farmed, raw

159.

160.

161.

162. Beans, black, mature seeds, raw 1.725 g 163. Beans, navy, mature seeds, raw 1.723 g 164. Pork, fresh, loin, whole, separable lean only, raw 1.719 g 165. Goat, raw 1.716 g 166. Turkey, young tom, breast, meat and skin, raw 1.710 g 167. Chorizo, pork and beef 1.708 g 168. Beef, cured, pastrami 1.706 g 169. Fish, shark, mixed species, raw 1.705 g 170. 1.704 g Turkey, all classes, breast, meat and skin, raw 171. Game meat, rabbit, wild, raw 1.698 g 172. Beans, black turtle soup, mature seeds, raw 1.697 g 173. Fish, trout, rainbow, farmed, raw 1.696 g 174. Peanuts, spanish, raw 1.696 g 175. Game meat, horse, raw 1.696 g 176. Veal, leg (top round), separable lean only, raw 1.694 g 177. Guinea hen, meat and skin, raw 1.693 g 178. Smoked link sausage, pork 179. Fish, halibut, Atlantic and Pacific, raw 1.692 g 180. Duck, domesticated, liver, raw 1.691 g 181. Fish, trout, mixed species, raw 1.688 g 182. 1.685 g Beans, small white, mature seeds, raw 183. Nuts, walnuts, black, dried 1.684 g 184. Pork, ground, 96% lean / 4% fat, raw 1.683 g 185. Turkey, young hen, breast, meat and skin, raw 1.681 g 186. Turkey, all classes, light meat, meat and skin, raw 1.680 g 187. Game meat, bison, separable lean only, raw 1.679 g 188. Duck, wild, breast, meat only, raw 1.677 g 189. USDA Commodity, beef, canned 1.677 g 190. Turkey, young tom, light meat, meat and skin, raw 1.676 g 191. Turkey, young hen, light meat, meat and skin, raw 1.674 g 192. Beans, pink, mature seeds, raw 193. Peanuts, all types, raw1.672 g 194. Beef, ground, 95% lean meat / 5% fat, raw 1.671 g 195. Veal, leg (top round), separable lean and fat, raw 1.670 g 196. Fish, milkfish, raw 1.669 g 197. Beans, adzuki, mature seeds, raw 1.668 g 198. Fish, snapper, mixed species, raw 1.667 g 199. Chicken, roasting, light meat, meat only, raw 1.666 g 200. Lamb, variety meats and by-products, liver, raw 1.665 g 201. Fish, trout, rainbow, wild, raw 1.664 g 202. Seeds, sunflower seed kernels, dried 1.659 g 203. Fish, anchovy, european, raw 1.654 g 204. Chicken, broilers or fryers, wing, meat only, raw 1.649 g 205. Fish, mackerel, king, raw 1.648 g 206. Turkey, fryer-roasters, back, meat only, raw 1.646 g 207. 1.645 g Game meat, deer, ground, raw

208. Ostrich, ground, raw 1.643 g 209. Pork, fresh, leg (ham), whole, separable lean only, raw 1.643 g 210. Fish, sheepshead, raw 1.643 g 211. Fish, whitefish, eggs (Alaska Native) 1.640 g 212. Game meat, muskrat, raw 1.638 g 213. Fish, salmon, chum, raw 1.637 g 214. Crustaceans, spiny lobster, mixed species, raw 1.634 g 215. Peanuts, virginia, raw 1.633 g 216. Fish, mackerel, Pacific and jack, mixed species, raw 1.631 g 217. Turkey, fryer-roasters, dark meat, meat only, raw 218. Fish, salmon, chinook, raw 1.630 g 219. Fish, bluefish, raw 1.629 g 220. Peanuts, valencia, raw 1.627 g 221. Salami, dry or hard, pork 1.625 g 222. Salami, Italian, pork 1.625 g 223. Game meat, elk, ground, raw 1.622 g 224. Turkey, fryer-roasters, leg, meat only, raw 1.621 g 225. Fish, salmon, pink, raw 1.621 g 226. Beef, variety meats and by-products, spleen, raw 1.616 g 227. Fish, salmon, Atlantic, farmed, raw 1.615 g 228. Quail, meat and skin, raw 1.613 g 229. Fish, salmon, Atlantic, wild, raw 230. Crustaceans, shrimp, mixed species, raw 231. Fish, salmon, coho (silver), raw (Alaska Native) 1.610 g 232. Fish, swordfish, raw 1.609 g 233. Veal, sirloin, separable lean only, raw 1.608 g 234. Chicken, broilers or fryers, meat only, raw 1.605 g 235. Turkey, all classes, neck, meat only, raw 1.605 g 236. Emu, top loin, cooked, broiled 1.605 g 237. Veal, loin, separable lean only, raw 1.605 g 238. Fish, tilapia, raw 1.603 g 239. Game meat, bison, ground, raw 1.601 g 240. Turkey, all classes, dark meat, raw $1.600 \, \mathrm{g}$ 241. Turkey, young hen, dark meat, meat only, raw 1.599 g 242. Fish, halibut, raw, with skin (Alaska Native) 1.598 g 243. Cheese, goat, soft type 1.597 g 244. Turkey, young tom, dark meat, meat only, raw 1.597 g 245. Chicken, stewing, meat only, raw 1.595 g 246. Veal, shoulder, arm, separable lean only, raw 1.595 g 247. Veal, rib, separable lean only, raw 1.590 g 248. Turkey, young tom, meat and skin, raw 1.588 g 249. Turkey, all classes, meat and skin, raw 1.587 g 250. Sausage, meatless 1.587 g 251. Turkey, fryer-roasters, leg, meat and skin, raw 1.584 g

1.584 g

252.

253.

Corned beef loaf, jellied

Fish, pollock, Atlantic, raw 1.580 g

254. Chicken, canned, meat only, with broth 1.578 g 255. Fish, sunfish, pumpkin seed, raw 1.577 g 256. Fish, perch, mixed species, raw 1.576 g 257. Pepperoni, pork, beef 1.575 g 258. Fish, grouper, mixed species, raw 1.575 g 259. Fish, mullet, striped, raw 1.573 g 260. Pork, fresh, loin, whole, separable lean and fat, raw 1.572 g 261. Wheat germ, crude 1.571 g 262. 1.570 g Fish, burbot, raw 263. Turkey, young hen, meat and skin, raw 1.569 g 264. Pork, fresh, shoulder, whole, separable lean only, raw 1.568 g 265. Fish, mackerel, spanish, raw 1.568 g 266. Fish, pike, northern, raw 267. Turkey, all classes, giblets, raw 1.564 g 268. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.564 g 269. Veal, shoulder, blade, separable lean only, raw 270. Game meat, rabbit, domesticated, composite of cuts, raw 1.562 g 271. Beef, ground, 90% lean meat / 10% fat, raw 1.561 g 272. Turkey, fryer-roasters, wing, meat and skin, raw 273. Pork, fresh, variety meats and by-products, heart, raw 1.558 g 274. Beans, pinto, mature seeds, raw 1.558 g 275. Fish, pike, walleve, raw 276. Fish, whitefish, mixed species, raw 1.551 g 277. Guinea hen, meat only, raw 1.549 g 278. Pigeon peas (red gram), mature seeds, raw 1.549 g 279. 1.548 g Turkey, young tom, wing, meat and skin, raw 280. Chicken, broilers or fryers, drumstick, meat only, raw 1.545 g 281. Duck, domesticated, meat only, raw 1.544 g 282. Fish, cusk, raw 1.544 g 283. Fish, cisco, raw 1.543 g 284. Fish, ling, raw 1.543 g 285. Nuts, pistachio nuts, raw 1.542 g 286. Mothbeans, mature seeds, raw 1.541 g 287. Veal, ground, raw 1.540 g 288. Veal, shoulder, arm, separable lean and fat, raw 289. Turkey, all classes, leg, meat and skin, raw 1.537 g 290. Turkey, young tom, leg, meat and skin, raw 1.537 g 291. Fish, haddock, raw 1.537 g 292. Ham, sliced, extra lean 1.535 g 293. Chicken, broilers or fryers, breast, meat and skin, raw 1.534 g 294. Fish, scup, raw 1.534 g 295. Turkey, young hen, leg, meat and skin, raw 1.533 g 296. Fish, bass, fresh water, mixed species, raw 1.533 g 297. Veal, shank (fore and hind), separable lean only, raw 1.533 g 298. Fish, flatfish (flounder and sole species), raw 299. Turkey, all classes, wing, meat and skin, raw1.531 g

300. Veal, shoulder, blade, separable lean and fat, raw 1.531 g

Lysine:

Reco	mmended Die	Periplaneta americana L. (a) Lysine content(40 mg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recoi	nmended Die	Periplaneta australasiae F.F.(a) Lysine content(56 mg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years			
9-13 years			
14-18 years	S		
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Lysine				Holotrichia sp.(b) Lysine content(20 mg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Oryctes rhinoceros(c) Lysine content(44 mg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for	

		RDA(%)	
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Reco	mmended Die	Rhyncophorus phoenicis(larvae)(c) Lysine content(45 mg/100g)			
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Oryctes rhinoceros(c) Lysine content(44 mg/100g)	
Life Stage	Age	Males (mcg/day)	Females (mcg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recon	nmended Die	Sciphophorus acupunctatus(larvae)(d) Lysine content(54 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Sphenarium histrio(d) Lysine content(57 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine	Sphenarium purpurascens(d) Lysine content(57 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Bacammandad Hiafary A Hawanca far I yeina				<i>Tenebrio molitor</i> (larvae)(f) Lysine <i>content</i> (65 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

- 17		7		
	011 0000			
	lan ages			

Recommended Dietary Allowance for Lysine				Tenebrio molitor(adult)(g) Lysine content(44 mg/100g)	
Life Stage Age	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Reco	Recommended Dietary Allowance for Lysine			Sciphophorus acupunctatus(larvae)(d) Lysine content(54 mg/100g)	
Life Stage	Stage Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years	
14-18 years	
19 years and older	
all ages	
all ages	

Recommended Dietary Allowance for Lysine				Zophobas morio(g) Lysine content(52 mg/100g)	
Life Stage Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	Recommended Dietary Allowance for Lysine			Ephydra hians(larvae)(h) Lysine content(55 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

RACOMMANDAD HIATORY A HOWONCA TOR I VEINA				Musca domesticus(larvae)(i) Lysine content(82 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

	Recommended Dietary Allowance for Lysine	Musca domesticus(pupae)(j)	
1	recommended Dietary Amowance for Lysine	musea aomesticas (papae)(j)	

				Lysine content(52 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					
	all ages					
	all ages					

Reco	mmended Die	Agonoscelis pubescens(Thunberg)(k) Lysine content(6 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recommended Dietary Allowance for Lysine				Aspongubus viduatus F.(k) Lysine content(16 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Hoplophorion monograma(h) Lysine content(55 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years			
9-13 years			
14-18 years	S		
19 years and older			
all ages			
all ages			

Reco	mmended Diet	Krizousacorixa azteca J(eggs)(l) Lysine content(35 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Apis mellifera(honeybee) (m) Lysine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

		insect dry matter for RDA(%)	100g of insect dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Lysine				Atta mexicana(d) Lysine content(49 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Bee brood(n) Lysine content(62 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Brachygastra azteca(larvae) (h) Lysine content(61 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recommended Dietary Allowance for Lysine				Liometopum apiculatum(larvae)(d) Lysine content(58 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine			Liometopum apiculatum H(eggs)(l) Lysine content(55 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Parchartegus apicalis (h) Lysine content(58 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine	Polyrhachis vicina
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				Roger(Zhejiang)(o) Lysine content(44 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					
	all ages					
	all ages					

Recommended Dietary Allowance for Lysine				Polyrhachis vicina Roger(Guizhou)(o) Lysine content(55 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years				

and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Vespa sp.(hornet grub)(b) Lysine content(59 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine					s bellicosus(d) ut(54 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Aegiale Acentrocneme hesperiaris(h) Lysine content(66 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine			Anaphe venata(larvae, without hair)(p) Lysine content(9 mg/100g)		
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
0-6 r	months		
7-12 mon			
1-3 y	years		
4-8 y	years		
9-13	years		
14-1	8 years		
19 ye and o	ears older		
all ag	ges		
all aş	ges		

Recommended Dietary Allowance for Lysine				Ascalapha odorata(larave) (h) Lysine content(63 mg/100g)	
Life Stage	Age Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recommended Dietary Allowance for Lysine				Bombyx mori(larvae)(f) Lysine content(50 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Bombyx mori(pupae)(g) Lysine content(47 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Bombyx mori(spent pupae) (s) Lysine content(75 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine	Clanis bilineata(larvae)(t) Lysine content(34 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Galleria mellonella(larvae) (g) Lysine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

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Recommended Dietary Allowance for Lysine				Imbrasia epimethea(caterpillars)(u) Lysine content(74 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Imbrasia ertli(caterpillars) (d) Lysine content(39 mg/100g)	
Life Stage	ife Stage Age Males (mg/day) Females (r		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Mellacosoma americanumFab. meal(v) Lysine content(44 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Imbrasia truncata(cateprillars)(u) Lysine content(79 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

		insect dry matter for RDA(%)	100g of insect dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Reco	mmended Diet	Nudaurelia oyemensis(caterpillars)(u) Lysine content(80 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Omphisa fuscidentalis(caterpillars)(b) Lysine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Reco	mmended Die	Samia ricinii(prepupae)(w) Lysine content(65 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Samia ricinii(pupae)(w) Lysine content(65 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine			Usta terpsichore(caterpillars)(d) Lysine content(91 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Hietary Allowance for Lycine				Acheta domesticus(meal)(v) Lysine content(59 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine	Acheta domesticus(nymphs) (g) Lysine content(54 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recoi	mmended Diet	ary Allowan	ce for Lysine	Acheta domesticus(adults) (g) Lysine content(54 mg/100g)	
Life Stage Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

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Reco	mmended Diet	Acheta domestica L.(larvae) (a) Lysine content(56 mg/100g)		
Life Stage Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months			
	7-12 months			
	1-3 years			
	4-8 years			
	9-13 years			
	14-18 years			
	19 years and older			
	all ages			
	all ages			

Reco	Recommended Hietary Allowance for Lycine				Acheta testacea Walker(b) Lysine content(46 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					

9-13 years	
14-18 years	
19 years and older	
all ages	
all ages	

Recommended Dietary Allowance for Lysine				Anabrus simplex meal(v) Lysine content(54 mg/100g)	
Life Stage Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	Recommended Dietary Allowance for Lysine				Boopedon flaviventris(h) Lysine content(55 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Reco					Brachytrupes sp(adults)(a) Lysine content(60 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					
	all ages					
	all ages					

Recommended Dietary Allowance for Lysine	Melanoplus
recommended Dietary Infortance for Lysine	111Ctanopius

					femurrubrum(a) Lysine content(62 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					
	all ages					
	all ages					

Recommended Dietary Allowance for Lysine				Patanga succinata L.(b) Lysine content(36 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recommended Dietary Allowance for Lysine				Sphenarium histrio G.(b) Lysine content(57 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Lysine				Sphenarium purpurascens Ch.(a) Lysine content(57 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) How many Percentag RDA points and RDA points are dry matter for RDA(%)	
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Lysine				Taeniopoda auricornis W. (a) Lysine content(42 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Below is a list of the top several hundred sources of lysine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the lysine content of the relevant insects relative to foods he or

she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Egg, white, dried 5.515 g
- 2. Soy protein isolate 5.327 g
- 3. Fish, whitefish, dried (Alaska Native) 4.770 g
- 4. Egg Mix, USDA Commodity 3.909 g
- 5. Cheese, parmesan, shredded 3.843 g
- 6. Smelt, dried (Alaska Native) 3.690 g
- 7. Gelatins, dry powder, unsweetened 3.460 g
- 8. Egg, whole, dried 3.402 g
- 9. Cheese, parmesan, hard 3.306 g
- 10. Tofu, dried-frozen (koyadofu) 3.157 g
- 11. Soy flour, defatted 3.129 g
- 12. Mutton, cooked, roasted (Navajo) 2.999 g
- 13. Soy meal, defatted, raw 2.991 g
- 14. Cheese, parmesan, grated 2.980 g
- 15. CRACKER BARREL, grilled sirloin steak 2.949 g
- 16. Cheese, romano 2.941 g
- 17. Milk, dry, nonfat, calcium reduced 2.816 g
- 18. Snacks, pork skins, plain 2.783 g
- 19. Milk, buttermilk, dried 2.720 g
- 20. Egg, yolk, dried 2.718 g
- 21. Cheese, gruyere 2.710 g
- 22. Soybeans, mature seeds, raw 2.706 g
- 23. Snacks, pork skins, barbecue-flavor 2.698 g
- 24. T.G.I. FRIDAY'S, classic sirloin steak 2.664 g
- 25. Cheese, edam 2.660 g
- 26. Cheese, gouda 2.654 g
- 27. Cheese, provolone 2.646 g
- 28. Meat extender 2.596 g
- 29. Cheese, swiss 2.585 g
- 30. Cheese, mozzarella, part skim milk 2.464 g
- 31. Restaurant, family style, sirloin steak 2.462 g
- 32. Bratwurst, pork, cooked 2.460 g
- 33. Beef, cured, dried 2.429 g
- 34. Chorizo, pork and beef 2.414 g
- 35. Beef, cured, breakfast strips, cooked 2.399 g
- 36. Cheese, fontina 2.328 g
- 37. Turkey, fryer-roasters, breast, meat only, raw 2.318 g
- 38. Soy flour, full-fat, raw 2.298 g
- 39. Luncheon meat, beef, thin sliced 2.293 g
- 40. Beef, cured, thin-sliced beef 2.293 g
- 41. Turkey, fryer-roasters, light meat, meat only, raw 2.279 g
- 42. Game meat, beaver, raw 2.236 g

43. 2.230 g Pheasant, breast, meat only, raw 44. Turkey, young hen, light meat, meat only, raw 2.228 g APPLEBEE'S, 9 oz house sirloin steak 45. 2.226 g 46. Turkey, all classes, light meat, raw 2.220 g Turkey, young tom, light meat, meat only, raw 47. 2.208 g 48. Cheese, pasteurized process, pimento 2.196 g 49. Cheese, goat, hard type 2.191 g 50. Turkey, fryer-roasters, breast, meat and skin, raw 2.182 g 51. Cheese food, pasteurized process, swiss 2.175 g 52. Pheasant, raw, meat only 53. Pork, cured, breakfast strips, cooked 2.149 g 54. Fish, tuna, fresh, yellowfin, raw 2.147 g 55. Turkey, canned, meat only, with broth 2.143 g 56. Fish, tuna, fresh, bluefin, raw 2.142 g 57. Cheese, muenster 2.139 g 58. Winged beans, mature seeds, raw 2.136 g 59. Game meat, elk, raw 2.131 g 60. Fish, yellowtail, mixed species, raw 2.126 g 61. Cheese, brick 2.124 g Game meat, boar, wild, raw 2.120 g 62. 63. Turkey, fryer-roasters, wing, meat only, raw 2.119 g Turkey, fryer-roasters, meat only, raw 64. 2.103 g 65. Spices, parsley, dried 2.098 g 66. Cheese, caraway 2.095 g Turkey, fryer-roasters, light meat, meat and skin, raw 67. 2.094 g 68. Ostrich, inside strip, raw 2.092 g 69. Milk, dry, whole, with added vitamin D 2.087 g70. Beef, cured, corned beef, canned 2.076 g71. Cheese, cheddar 2.072 g72. Ostrich, outside strip, raw 2.063 g 73. Turkey, all classes, meat only, raw 2.051 g 74. Turkey, young hen, meat only, raw 2.051 g 75. Game meat, caribou, raw 2.049 g 76. Turkey, young tom, meat only, raw 2.047 g 77. Chicken, broilers or fryers, breast, meat only, raw 2.042 g 78. Cheese, tilsit 2.039 g 2.037 g 79. Cheese, monterey 80. Turkey, fryer-roasters, meat and skin, raw 2.036 g81. Pheasant, leg, meat only, raw 2.032 g DENNY'S, top sirloin steak 2.021 g 82. 2.020 g Fish, tuna, fresh, skipjack, raw 83. 84. Ostrich, outside leg, raw 2.019 g 85. Game meat, moose, raw 2.018 g 86. Game meat, goat, cooked, roasted

Pheasant, raw, meat and skin 2.015 g

Game meat, deer, raw 2.006 g

87.

88.

89. 2.003 g Turkey, young tom, breast, meat and skin, raw 90. Turkey, all classes, breast, meat and skin, raw 1.996 g 91. Cheese, port de salut 1.987 g 92. Fish, salmon, coho, wild, raw 1.985 g 93. Cheese, colby 1.978 g 94. Quail, breast, meat only, raw 1.977 g 95. Ostrich, inside leg, raw 1.977 g 96. Chicken, broilers or fryers, light meat, meat only, raw 1.971 g 97. Turkey, young hen, breast, meat and skin, raw 1.968 g 98. Turkey, all classes, light meat, meat and skin, raw 1.966 g Chicken, stewing, light meat, meat only, raw 1.962 g 99. 100. Turkey, young hen, light meat, meat and skin, raw 1.961 g 101. Turkey, young tom, light meat, meat and skin, raw 1.960 g 102. Fish, salmon, sockeye, raw 1.956 g 103. Fish, salmon, coho, farmed, raw 1.953 g 104. Cheese food, cold pack, american 1.951 g 105. Ostrich, tenderloin, raw 1.949 g 106. Goose, domesticated, meat only, raw 1.947 g 107. Turkey, fryer-roasters, back, meat only, raw 1.947 g 108. Cheese, cheshire 1.945 g 109. Pork, fresh, loin, tenderloin, separable lean only, raw 1.943 g 110. Ostrich, round, raw 1.942 g 111. Lupins, mature seeds, raw 1.933 g 112. Ostrich, tip trimmed, raw 1.929 g 113. Turkey, fryer-roasters, dark meat, meat only, raw 1.928 g 114. Pork, fresh, loin, whole, separable lean only, raw 1.927 g 115. Ostrich, fan, raw 1.926 g 116. Fish, shark, mixed species, raw 1.926 g 117. Turkey, fryer-roasters, leg, meat only, raw 1.918 g 118. Fish, trout, rainbow, farmed, raw 1.916 g 119. Ostrich, top loin, raw 1.914 g 120. Fish, halibut, Atlantic and Pacific, raw 1.911 g 121. Game meat, rabbit, wild, raw 1.908 g 122. Fish, trout, mixed species, raw 1.907 g 123. Quail, meat only, raw 1.905 g 124. Squab, (pigeon), light meat without skin, raw 1.905 g 125. Ostrich, oyster, raw 1.903 g 126. Turkey, all classes, neck, meat only, raw 1.898 g 127. Turkey, all classes, dark meat, raw 1.892 g 128. Guinea hen, meat and skin, raw 1.891 g 129. Turkey, young hen, dark meat, meat only, raw 1.891 g 130. Turkey, young tom, dark meat, meat only, raw 1.889 g 131. Chicken, roasting, light meat, meat only, raw 1.886 g 132. Fish, milkfish, raw 1.886 g 133. Fish, snapper, mixed species, raw 1.883 g 134. Fish, trout, rainbow, wild, raw 1.881 g

135. Salami, dry or hard, pork 1.878 g 136. Salami, Italian, pork 1.878 g 137. Bison, ground, grass-fed, raw 1.877 g 138. Peanut flour, defatted 1.874 g 139. Game meat, antelope, raw 1.871 g 140. Fish, salmon, Atlantic, farmed, raw 1.870 g 141. Fish, anchovy, european, raw 1.869 g 142. Cheese, low fat, cheddar or colby 1.866 g 143. 1.866 g Cheese, low-sodium, cheddar or colby 144. Chicken, broilers or fryers, wing, meat only, raw 1.866 g 145. Turkey, fryer-roasters, leg, meat and skin, raw 1.864 g 146. Fish, mackerel, king, raw 1.863 g 147. 1.858 g Turkey, young tom, meat and skin, raw 148. Turkey, all classes, meat and skin, raw 1.857 g 149. Fish, sheepshead, raw 1.856 g 150. Cheese, blue 1.852 g 151. Cheese, brie 1.851 g 152. Fish, salmon, chum, raw 1.849 g 153. Cheese, roquefort 1.848 g 154. Spices, mustard seed, ground 1.844 g 155. Fish, mackerel, Pacific and jack, mixed species, raw 1.843 g 156. Pork, fresh, leg (ham), whole, separable lean only, raw 157. Fish, salmon, chinook, raw 1.842 g 158. Fish, bluefish, raw 1.840 g 159. Turkey, young hen, meat and skin, raw 1.838 g160. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.834 g 161. Fish, caviar, black and red, granular 1.834 g 162. Fish, salmon, pink, raw 1.831 g 163. Bacon and beef sticks 1.824 g 164. Game meat, horse, raw 1.823 g 165. Fish, salmon, Atlantic, wild, raw 1.822 g 166. Fish, halibut, raw, with skin (Alaska Native) 1.820 g 167. Fish, sheefish, raw (Alaska Native) 1.820 g 168. Chicken, broilers or fryers, meat only, raw 1.818 g 169. Fish, swordfish, raw 1.818 g 170. Pork, ground, 96% lean / 4% fat, raw 1.815 g 171. Beef, cured, pastrami 1.812 g 172. Fish, tilapia, raw 1.810 g 173. Fish, salmon, coho (silver), raw (Alaska Native) 1.810 g 174. Turkey, all classes, leg, meat and skin, raw 1.809 g 175. Turkey, young tom, leg, meat and skin, raw 1.809 g 176. Chicken, stewing, meat only, raw 1.806 g 177. Turkey, young hen, leg, meat and skin, raw 1.804 g 178. 1.796 g Turkey, fryer-roasters, wing, meat and skin, raw 179. Turkey, young tom, wing, meat and skin, raw 1.794 g 180. 1.792 g

Crustaceans, spiny lobster, mixed species, raw

181. Fish, pollock, Atlantic, raw 1.786 g 182. Ostrich, ground, raw 1.785 g 183. Beef, ground, 95% lean meat / 5% fat, raw 1.785 g 184. Fish, sunfish, pumpkin seed, raw 1.782 g 185. Fish, perch, mixed species, raw 1.781 g 186. 1.779 g Fish, grouper, mixed species, raw 187. Game meat, elk, ground, raw 1.778 g 188. Fish, mullet, striped, raw 1.777 g 189. Turkey, fryer-roasters, back, meat and skin, raw 1.774 g 190. Fish, burbot, raw 1.774 g 191. Turkey, all classes, wing, meat and skin, raw1.773 g 192. Peas, split, mature seeds, raw 1.772 g 193. Fish, mackerel, spanish, raw 1.771 g 194. Fish, pike, northern, raw 1.768 g 195. Crustaceans, shrimp, mixed species, raw 1.768 g 196. Cheese, camembert 1.766 g 197. Pork, fresh, loin, whole, separable lean and fat, raw 1.766 g 198. Chicken, canned, meat only, with broth 1.764 g 199. Corned beef loaf, jellied 1.759 g 200. Pork, fresh, shoulder, whole, separable lean only, raw 1.758 g 201. Fish, pike, walleye, raw 1.758 g 202. Game meat, rabbit, domesticated, composite of cuts, raw 1.756 g 203. Game meat, deer, ground, raw 1.756 g 204. Guinea hen, meat only, raw 1.754 g 205. Veal, leg (top round), separable lean only, raw 1.754 g 206. Fish, whitefish, mixed species, raw 1.753 g 207. Chicken, broilers or fryers, drumstick, meat only, raw 1.750 g 208. Turkey, young hen, wing, meat and skin, raw 1.750 g 209. Smoked link sausage, pork 1.745 g 210. Fish, cisco, raw 1.744 g 211. Fish, cusk, raw 1.744 g 212. Fish, ling, raw 1.744 g 1.740 g 213. Lentils, pink, raw 214. Beans, kidney, royal red, mature seeds, raw 1.738 g 215. Turkey, young tom, dark meat, meat and skin, raw 1.736 g 216. Fish, haddock, raw 1.736 g 217. Fish, scup, raw 1.733 g 218. Fish, bass, fresh water, mixed species, raw 1.732 g 219. Game meat, bison, ground, raw 1.732 g 220. Fish, flatfish (flounder and sole species), raw 1.731 g 221. Veal, leg (top round), separable lean and fat, raw 1.729 g 222. Chicken, roasting, meat only, raw 1.727 g 223. Chicken, broilers or fryers, breast, meat and skin, raw 1.725 g 224. Turkey, all classes, dark meat, meat and skin, raw 1.724 g 225. Fish, rockfish, Pacific, mixed species, raw 1.722 g 226.

USDA Commodity, beef, canned

1.720 g

227. Emu, top loin, cooked, broiled 1.711 g 228. Fish, ocean perch, Atlantic, raw 1.711 g 229. Chicken, broilers or fryers, leg, meat only, raw 1.710 g 230. Fish, mackerel, Atlantic, raw 1.708 g 231. Chicken, broilers or fryers, dark meat, meat only, raw 1.706 g 232. Chicken, cornish game hens, meat only, raw 1.702 g 233. Fish, spot, raw 1.700 g 234. Duck, wild, breast, meat only, raw 1.699 g 235. Fish, dolphinfish, raw 1.699 g 236. Fish, roe, mixed species, raw 1.699 g 237. Turkey, young hen, dark meat, meat and skin, raw 1.698 g 238. Turkey roll, light meat 1.698 g 239. Fish, pompano, florida, raw 1.697 g 240. Papad 1.695 g Fish, eel, mixed species, raw 1.694 g 241. 242. Fish, sea bass, mixed species, raw 1.693 g 243. Sausage, Italian, turkey, smoked 1.692 g 244. Game meat, bison, separable lean only, raw 1.686 g 245. Spices, fenugreek seed 1.684 g 246. Fish, whiting, mixed species, raw 1.682 g 247. Snacks, soy chips or crisps, salted 1.681 g 248. Cheese, limburger 1.675 g 249. Chicken, stewing, dark meat, meat only, raw 1.674 g 250. Mungo beans, mature seeds, raw 1.674 g 251. Beans, kidney, california red, mature seeds, raw 1.673 g 252. Broadbeans (fava beans), mature seeds, raw 1.671 g 253. Chicken, broilers or fryers, thigh, meat only, raw 1.670 g 254. Veal, sirloin, separable lean only, raw 1.665 g 255. Mung beans, mature seeds, raw 1.664 g 256. Pastrami, turkey 1.662 g 257. Veal, loin, separable lean only, raw 1.662 g 258. Chicken, broilers or fryers, back, meat only, raw 1.661 g 259. Luxury loaf, pork 1.653 g 260. Pepperoni, pork, beef 1.652 g 261. Veal, shoulder, arm, separable lean only, raw 1.652 g 262. Fish, herring, Atlantic, raw 1.650 g 263. Turkey roll, light and dark meat 1.649 g 264. Pork, fresh, variety meats and by-products, liver, raw 1.649 g 265. Beef, cured, smoked, chopped beef 1.647 g 266. Yardlong beans, mature seeds, raw 1.646 g 267. Veal, rib, separable lean only, raw 1.646 g 268. Beef, ground, 90% lean meat / 10% fat, raw 1.646 g 269. Quail, meat and skin, raw 1.645 g 270. Fish, cod, Pacific, raw 1.644 g 271. Ham, sliced, extra lean 1.640 g 272.

Fish, carp, raw 1.638 g

272	Consists account laboration month and marry 1,626 a
273.	, , ,
274.	Turkey, young tom, back, meat and skin, raw 1.635 g
275.	, ,
276.	Fish, croaker, Atlantic, raw 1.633 g
277.	Hyacinth beans, mature seeds, raw 1.632 g
278.	Fish, bass, striped, raw 1.628 g
279.	Game meat, muskrat, raw 1.628 g
280.	Veal, variety meats and by-products, liver, raw 1.627 g
281.	Poultry food products, ground turkey, raw 1.626 g
282.	Fish, lingcod, raw 1.622 g
283.	Fish, smelt, rainbow, raw 1.619 g
284.	Beans, kidney, all types, mature seeds, raw 1.618 g
285.	Veal, shoulder, blade, separable lean only, raw 1.618 g
286.	Cowpeas, catjang, mature seeds, raw 1.614 g
287.	Fish, drum, freshwater, raw 1.611 g
288.	Crustaceans, crab, queen, raw 1.610 g
289.	Game meat, buffalo, water, raw 1.610 g
290.	Turkey breast meat 1.609 g
291.	Seeds, sesame flour, low-fat 1.608 g
292.	Beef sausage, fresh, cooked 1.607 g
293.	Beef, variety meats and by-products, liver, raw 1.607 g
294.	Fish, tilefish, raw 1.607 g
295.	Fish, wolffish, Atlantic, raw 1.607 g
296.	Beans, white, mature seeds, raw 1.603 g
297.	Fish, whitefish, eggs (Alaska Native) 1.600 g
298.	Veal, shoulder, arm, separable lean and fat, raw 1.594 g
299.	Veal, ground, raw 1.594 g
300.	
	,

Methionine:

Recommended Dietary Allowance for Methionine				Periplaneta americana L. (a) Methionine content(36 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years	
14-18 years	
19 years and older	
all ages	
all ages	

Recommended Dietary Allowance for Methionine				Periplaneta australasiae F.F.(a) Methionine content(24 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine			Periplaneta americana L. (a) Methionine content(36 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

		RDA(%)	
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recomi	nended Dietar	Oryctes rhinoceros(larvae) (c) Methionine content(20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomn	nended Dietar	Rhyncophorus phoenicis(larvae)(c) Methionine content(20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Sciphophorus acupunctatus(larvae)(d) Methionine content(20 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recomi	nended Dietar	Sphenarium histrio(d) Methionine content(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine			Sphenarium purpurascens(d) Methionine content(25 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

		RDA(%)	
0-6 month	S		
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 year	rs		
19 years and older			
all ages			
all ages			

Recomr	nended Dietar	Tenebrio molitor(larvae)(f) Methionine content(20 mg/100g)			
Life Stage	Age	Age Males (mg/day) Fema	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Tenebrio molitor(larvae)(g) Methionine content(13 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	nended Dietar	Zophobas morio(g) Methionine content(11 mg/100g)			
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine			Ephydra hians(larvae)(h) Methionine content(19 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine			Musca domesticus(larvae)(i) Methionine content(37 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine				Musca domesticus(pupae)(j) Methionine content(26 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine	Aspongubus viduatus F.(k)
	Methionine <i>content</i> (36

				mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomr	nended Dietar	Hoplophorion monograma(h) Methionine content(19 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomi	nended Dietar	Krizousacorixa azteca J(eggs)(l) Methionine content(29 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Apis mellifera(honeybee) (m) Methionine content(17 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomr	nended Dietar	Atta mexicana(d) Methionine content(19 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Bee brood(n) Methionine content(21 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

		insect dry matter for RDA(%)	100g of insect dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recomr	nended Dietar	Brachygastra azteca(h) Methionine content(14 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomr	nended Dietar	Liometopum apiculatum(d) Methionine content(36 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Liometopum apiculatum H(eggs)(1) Methionine content(45 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recomr	nended Dietar	Parachartegus apicalis(h) Methionine content(20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine			Polyrhachis vicina Roger(Zhejiang)(o) Methionine content(16 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	2 2,	

		RDA(%)	
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recomm	nended Dietar	Polyrhachis vicina Roger(Guizhou)(o) Methionine content(23 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	nended Dietar	Macrotermes bellicosus(d) Methionine content(8 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	nended Dietar	Aegiale Acentrocneme hesperiaris(h) Methionine content(47 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		
all ages		
all ages		

Recomi	nended Dietar	Ascalapha odorata(larvae) (h) Methionine content(23 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine			Bombyx mori(larvae)(f) Methionine content(13 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomr	nended Dietar	Bombyx mori(pupae)(r) Methionine content(14 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	nended Dietar	Clanis bilineata (larvae)(t) Methionine content(36 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomn	nended Dietar	Galleria mellonella (larvae) (g) Methionine content(16 mg/100g)			
Life Stage	Age	Males (mg/day) Females (How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recomr	nended Dietar	Imbrasia epimethea(caterpillar)(u) Methionine content(22 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine			Imbrasia truncata (caterpillars)(d) Methionine content(16 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomr	nended Dietar	Mellacosoma americanum Fab. Meal(v) Methionine content(12 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	nended Dietar	Nudaurealia oymensis(caterpillars)(u) Methionine content(22 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomr	nended Dietar	Samia ricinii(prepupae)(w) Methionine content(21 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recomr	nended Dietar	Samia ricinii(pupae)(w) Methionine content(23 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Usta terpsichore(caterpillars)(d) Methionine content(11 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for	Percentage of RDA per 100g of insect dry matter

		RDA(%)	
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recomr	nended Dietar	Acheta domesticus meal(v) Methionine content(17 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	mended Dietar	Acheta domesticus(nymphs) (g) Methionine content(13 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Acheta domesticus(adults) (g) Methionine content(15 mg/100g)	
Life Stage	Age Males (mg/day) Fe		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recomi	nended Dietar	Acheta domestica L.(larvae) (a) Methionine content(15 mg/100g)			
Life Stage Age		Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary Allowance for Methionine			Anabrus simplex meal(a) Methionine content(15 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomr	nended Dietar	Beepodeon flaviventris(h) Methionine content(18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionin	Brachytrupes sp.(adults)(a)
•	Methionine <i>content</i> (8

				mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					
	all ages					
	all ages					

Recomr	nended Dietar	Melanoplus ferrubrum(a) Methionine content(30 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomr	nended Dietar	Sphenarium histrio G.(a) Methionine content(20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine				Sphenarium purpurascens Ch.(a) Methionine content(25 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine				Taeniopoda auricornis W (a) Methionine content(19 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Below is a list of the top several hundred sources of methionine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing

is to allow the reader to get a sense of the methionine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

vv nat i	to done here is done for the other nutrients as wen.
1.	Egg, white, dried 2.790 g
2.	Fish, whitefish, dried (Alaska Native) 1.740 g
3.	Seeds, sesame flour, low-fat 1.656 g
4.	Egg, whole, dried 1.477 g
5.	Egg Mix, USDA Commodity 1.443 g
6.	Seeds, sesame flour, partially defatted 1.331 g
7.	Smelt, dried (Alaska Native) 1.240 g
8.	Soy protein isolate 1.130 g
9.	Cheese, parmesan, shredded 1.114 g
10.	Cheese, parmesan, grated 1.016 g
11.	Seeds, sesame flour, high-fat 1.016 g
12.	Nuts, brazilnuts, dried, unblanched 1.008 g
13.	Cheese, parmesan, hard 0.958 g
14.	Mutton, cooked, roasted (Navajo) 0.918 g
15.	Milk, dry, nonfat, calcium reduced 0.890 g
16.	Milk, buttermilk, dried 0.860 g
17.	Cheese, romano 0.852 g
18.	Egg, yolk, dried 0.849 g
19.	Seeds, watermelon seed kernels, dried 0.834 g
20.	Cheese, gruyere 0.822 g
21.	T.G.I. FRIDAY'S, classic sirloin steak 0.817 g
22.	Cheese, goat, hard type 0.813 g
23.	Fish, halibut, raw, with skin (Alaska Native) 0.799 g
24.	CRACKER BARREL, grilled sirloin steak 0.790 g
25.	Cheese, swiss 0.784 g
26.	Cheese, tilsit 0.754 g
27.	Beef, cured, dried 0.749 g
28.	DENNY'S, top sirloin steak 0.741 g
29.	Restaurant, family style, sirloin steak 0.740 g
30.	Cheese, port de salut 0.734 g
31.	Beef, cured, breakfast strips, cooked 0.726 g
32.	Game meat, goat, cooked, roasted 0.726 g
33.	Bratwurst, pork, cooked 0.724 g
34.	Cheese, edam 0.721 g
35.	Cheese, gouda 0.719 g
36.	Quail, breast, meat only, raw 0.716 g
37.	Turkey, fryer-roasters, breast, meat only, raw 0.712 g
38.	Pheasant, breast, meat only, raw 0.710 g
39.	Fish, salmon, coho (silver), raw (Alaska Native) 0.710 g
40.	Cheese, fontina 0.706 g

Turkey, fryer-roasters, light meat, meat only, raw

41.

0.700 g

42. Fish, tuna, fresh, yellowfin, raw 0.692 g43. Fish, tuna, fresh, bluefin, raw 0.690 g 44. Quail, meat only, raw 0.689 g 45. Squab, (pigeon), light meat without skin, raw 0.689 g 46. Cheese, provolone 0.686 gPheasant, raw, meat only 47. 0.686 g48. Turkey, young hen, light meat, meat only, raw 0.685 g49. Fish, yellowtail, mixed species, raw 0.685 g 50. Turkey, all classes, light meat, raw 0.682 g51. Luncheon meat, beef, thin sliced 0.679 g52. Beef, cured, thin-sliced beef 0.679 g 53. Turkey, young tom, light meat, meat only, raw 0.678 g54. Cheese, mozzarella, part skim milk 0.677 g 55. Turkey, fryer-roasters, breast, meat and skin, raw 0.673 g56. Ostrich, inside strip, raw 0.662 g57. Turkey, canned, meat only, with broth 0.661 g 58. Milk, dry, whole, with added vitamin D 0.660 g59. Cheese, caraway 0.659 g60. Ostrich, outside strip, raw 0.653 g61. Cheese, cheddar 0.652 g62. Turkey, fryer-roasters, wing, meat only, raw 0.651 g 63. Fish, tuna, fresh, skipjack, raw 64. Turkey, fryer-roasters, light meat, meat and skin, raw 0.647 g65. Pheasant, leg, meat only, raw 0.646 g 66. Turkey, fryer-roasters, meat only, raw 0.646 g67. Fish, caviar, black and red, granular 0.646 g 68. Pheasant, raw, meat and skin 0.643 g 69. Chicken, broilers or fryers, light meat, meat only, raw 0.642 g70. Cheese, monterey 0.641 g71. Peanut flour, defatted 0.641 g 72. Fish, salmon, coho, wild, raw 0.640 g 73. Chicken, stewing, light meat, meat only, raw 0.639 g 74. Ostrich, outside leg, raw 0.639 g75. Pork, cured, breakfast strips, cooked 0.639 g 76. Game meat, antelope, raw 0.637 g77. Soy flour, defatted Turkey, all classes, meat only, raw 78. 0.630 g79. Turkey, young hen, meat only, raw 0.630 g80. Fish, salmon, sockeye, raw 0.630 g 81. Fish, sheefish, raw (Alaska Native) 0.630 g 82. Turkey, fryer-roasters, meat and skin, raw 0.629 g 83. Turkey, young tom, meat only, raw 0.629 g 84. Beef, cured, corned beef, canned 0.629 g85. Fish, salmon, coho, farmed, raw 0.629 g86. Ostrich, inside leg, raw 87. Fish, salmon, Atlantic, farmed, raw 0.626 g

- 88. Egg, goose, whole, fresh, raw 0.624 g
- 89. Elk, free range, ground, raw (Shoshone Bannock) 0.623 g
- 90. Cheese, colby 0.622 g
- 91. Fish, shark, mixed species, raw 0.621 g
- 92. Cheese, limburger 0.619 g
- 93. Guinea hen, meat and skin, raw 0.618 g
- 94. Turkey, young tom, breast, meat and skin, raw 0.618 g
- 95. Fish, trout, rainbow, farmed, raw 0.618 g
- 96. APPLEBEE'S, 9 oz house sirloin steak 0.618 g
- 97. Ostrich, tenderloin, raw 0.617 g
- 98. Turkey, all classes, breast, meat and skin, raw 0.616 g
- 99. Fish, halibut, Atlantic and Pacific, raw 0.616 g
- 100. Goose, domesticated, meat only, raw 0.615 g
- 101. Ostrich, round, raw 0.615 g
- 102. Fish, trout, mixed species, raw 0.615 g
- 103. Chicken, roasting, light meat, meat only, raw 0.614 g
- 104. Tofu, dried-frozen (koyadofu) 0.613 g
- 105. Cheese, cheshire 0.612 g
- 106. Ostrich, tip trimmed, raw 0.611 g
- 107. Nuts, butternuts, dried0.611 g
- 108. Ostrich, fan, raw 0.610 g
- 109. Cheese, mexican, queso chihuahua 0.608 g
- 110. Chicken, broilers or fryers, wing, meat only, raw 0.608 g
- 111. Turkey, all classes, light meat, meat and skin, raw 0.608 g
- 112. Turkey, young hen, breast, meat and skin, raw 0.608 g
- 113. Fish, milkfish, raw 0.608 g
- 114. Fish, snapper, mixed species, raw 0.607 g
- 115. Turkey, young hen, light meat, meat and skin, raw 0.606 g
- 116. Turkey, young tom, light meat, meat and skin, raw 0.606 g
- 117. Ostrich, top loin, raw 0.606 g
- 118. Fish, trout, rainbow, wild, raw 0.606 g
- 119. Soy meal, defatted, raw 0.606 g
- 120. Gelatins, dry powder, unsweetened 0.606 g
- 121. Mollusks, whelk, unspecified, raw 0.603 g
- 122. Ostrich, oyster, raw 0.602 g
- 123. Fish, anchovy, european, raw 0.602 g
- 124. Fish, mackerel, king, raw 0.600 g
- 125. Turkey, fryer-roasters, back, meat only, raw 0.598 g
- 126. Fish, sheepshead, raw 0.598 g
- 127. Seeds, sesame butter, paste 0.597 g
- 128. Spices, parsley, dried 0.596 g
- 129. Smoked link sausage, pork 0.596 g
- 130. Fish, salmon, chum, raw 0.596 g
- 131. Fish, mackerel, Pacific and jack, mixed species, raw 0.594 g
- 132. Fish, salmon, chinook, raw 0.594 g
- 133. Cheese, mexican, queso asadero 0.593 g

134. Bacon and beef sticks 0.593 g 135. Fish, bluefish, raw 0.593 g 136. Fish, tilapia, raw 0.593 g137. Cheese, brie 0.592 g 138. Chicken, broilers or fryers, meat only, raw 0.592 g 139. Turkey, fryer-roasters, dark meat, meat only, raw 0.592 g 140. Quail, meat and skin, raw 0.591 g141. 0.590 g Fish, salmon, pink, raw 142. Turkey, fryer-roasters, leg, meat only, raw 143. Cheese, low fat, cheddar or colby 144. Cheese, low-sodium, cheddar or colby 0.588 g145. Chicken, stewing, meat only, raw 0.588 g146. Fish, salmon, Atlantic, wild, raw $0.587 \, \mathrm{g}$ 147. Seeds, sesame seeds, whole, dried $0.586 \, \mathrm{g}$ 148. Fish, swordfish, raw 0.586 g 149. Cheese, blue 0.584 g Turkey, all classes, neck, meat only, raw 150. 0.583 g151. Turkey, all classes, dark meat, raw 0.581 g 152. Turkey, young hen, dark meat, meat only, raw 0.581 g153. Turkey, young tom, dark meat, meat only, raw 0.580 g154. Crustaceans, spiny lobster, mixed species, raw 0.580 g155. Pork, fresh, loin, tenderloin, separable lean only, raw 0.577 g156. Egg, duck, whole, fresh, raw 0.576 g 157. Fish, pollock, Atlantic, raw 0.576 g 158. Cheese, goat, semisoft type 0.575 g 159. Turkey, all classes, meat and skin, raw 0.574 g160. Turkey, fryer-roasters, leg, meat and skin, raw $0.574 \, \mathrm{g}$ 161. Turkey, young tom, meat and skin, raw 0.574 g162. Chicken, canned, meat only, with broth 0.574 g163. Fish, grouper, mixed species, raw 0.574 g164. Fish, perch, mixed species, raw 0.574 g165. Fish, sunfish, pumpkin seed, raw 0.574 g166. Fish, mullet, striped, raw 0.573 g167. Cheese, pasteurized process, pimento 0.572 g 168. Fish, burbot, raw 0.572 g169. Crustaceans, shrimp, mixed species, raw 0.572 g170. Guinea hen, meat only, raw 0.571 g 171. Fish, mackerel, spanish, raw 0.571 g 172. Chicken, broilers or fryers, drumstick, meat only, raw $0.570 \, \mathrm{g}$ 173. Fish, pike, northern, raw 0.570 g174. Cheese, muenster 0.569 g175. Game meat, moose, raw 0.569 g176. Turkey, young hen, meat and skin, raw 0.568 g177. Cheese food, pasteurized process, swiss 0.567 g178. Pork, fresh, loin, whole, separable lean only, raw 0.567 g

Turkey, fryer-roasters, dark meat, meat and skin, raw

0.566 g

179.

180. Fish, pike, walleye, raw 0.566 g181. Game meat, deer, raw 0.566 g 182. Cheese, brick 0.565 g 183. Cheese, camembert 0.565 g 184. Ostrich, ground, raw 0.565 g 185. Fish, whitefish, mixed species, raw 0.565 g 186. Beef, ground, 95% lean meat / 5% fat, raw 0.565 g 187. Pork, ground, 96% lean / 4% fat, raw 0.564 g 188. Chicken, broilers or fryers, breast, meat and skin, raw 0.563 g189. Chicken, roasting, meat only, raw $0.563 \; \mathrm{g}$ 190. Fish, cisco, raw 0.562 g191. Fish, cusk, raw 0.562 g192. Fish, ling, raw 0.562 g 193. Veal, variety meats and by-products, liver, raw 0.562 g194. Turkey, fryer-roasters, wing, meat and skin, raw $0.560 \, \mathrm{g}$ 195. Seeds, sesame meal, partially defatted 196. Fish, haddock, raw $0.560 \, \mathrm{g}$ 197. Fish, whitefish, eggs (Alaska Native) 0.560 g 198. Fish, scup, raw 0.559 g199. Cheese, roquefort 0.558 g200. Beef, cured, pastrami 0.558 g Fish, bass, fresh water, mixed species, raw 0.558 g 201. 202. Fish, flatfish (flounder and sole species), raw 0.558 g203. Chicken, broilers or fryers, leg, meat only, raw 0.557 g204. Turkey, all classes, leg, meat and skin, raw 0.557 g 205. Turkey, young tom, leg, meat and skin, raw 0.557 g 0.557 g 206. Turkey, young tom, wing, meat and skin, raw 207. Chicken, broilers or fryers, dark meat, meat only, raw 0.556 g208. Turkey, young hen, leg, meat and skin, raw 0.556 g 209. Chicken, cornish game hens, meat only, raw 0.555 g 210. Fish, rockfish, Pacific, mixed species, raw 0.555 g 211. Squab, (pigeon), meat only, raw 0.554 g212. Fish, roe, mixed species, raw 0.553 g 213. Chicken, broilers or fryers, breast, meat only, raw 0.552 g214. Squab, (pigeon), meat and skin, raw 0.552 g 215. Goat, raw 0.552 g216. Turkey, all classes, wing, meat and skin, raw0.551 g 217. Emu, top loin, cooked, broiled $0.551 \, \mathrm{g}$ 218. Fish, mackerel, Atlantic, raw 0.551 g 219. Fish, ocean perch, Atlantic, raw $0.551 \, \mathrm{g}$ 220. Game meat, elk, raw 0.551 g 221. Turkey, fryer-roasters, back, meat and skin, raw 0.550 g222. Fish, dolphinfish, raw 0.548 g 223. Fish, spot, raw 0.548 g 224. Fish, pompano, florida, raw 0.547 g

Soybeans, mature seeds, raw 0.547 g

225.

- 226. Bison, ground, grass-fed, raw 0.547 g 227. Fish, eel, mixed species, raw 0.546 g 228. Fish, sea bass, mixed species, raw 0.546 g229. Game meat, beaver, raw $0.546 \, \mathrm{g}$ 230. Chicken, stewing, dark meat, meat only, raw 0.545 g 231. Game meat, rabbit, wild, raw 0.545 g 232. Chicken, broilers or fryers, thigh, meat only, raw 0.544 g233. Turkey, young hen, wing, meat and skin, raw 0.544 g234. Beef, variety meats and by-products, liver, raw 0.543 g235. 0.542 gPork, fresh, leg (ham), whole, separable lean only, raw 236. Fish, whiting, mixed species, raw 0.542 g237. Cheese, mexican, queso anejo $0.541 \, \mathrm{g}$ 238. Chicken, broilers or fryers, back, meat only, raw $0.541 \; \mathrm{g}$ 239. Duck, wild, breast, meat only, raw 0.537 g240. Turkey, young tom, dark meat, meat and skin, raw 0.536 g 241. Game meat, elk, ground, raw 0.534 g 242. Turkey, all classes, dark meat, meat and skin, raw 0.533 g 243. Fish, herring, Atlantic, raw 0.532 g 244. Pork, fresh, variety meats and by-products, liver, raw 0.530 g245. Fish, cod, Pacific, raw0.530 g 246. Game meat, boar, wild, raw 0.530 g 247. Crustaceans, lobster, northern, raw 0.529 g 248. Fish, carp, raw 0.528 g 249. Fish, cod, Atlantic, raw 0.527 g250. Fish, croaker, Atlantic, raw 0.526 g251. Fish, roughy, orange, raw 0.526 g252. Turkey, young hen, dark meat, meat and skin, raw 0.525 g 253. Turkey roll, light meat 0.525 g254. Fish, bass, striped, raw 0.525 g255. Sausage, Italian, turkey, smoked 0.523 g256. Fish, lingcod, raw 0.523 g257. Fish, smelt, rainbow, raw 0.522 g258. Crustaceans, crab, queen, raw 0.521 g 259. Meat extender 0.520 g 260. Chicken, roasting, dark meat, meat only, raw0.519 g 261. Fish, drum, freshwater, raw 0.519 g 262. Pork, fresh, shoulder, whole, separable lean only, raw 0.518 g263. Fish, tilefish, raw 0.518 g264. Fish, wolffish, Atlantic, raw 0.518 g 265. Cheese, mozzarella, whole milk 0.515 g
 - 269. Game meat, bison, separable lean only, raw 0.513 g 270. Entrees, crab cake 0.513 g

Crustaceans, crab, alaska king, raw 0.515 g

Pork, fresh, loin, whole, separable lean and fat, raw 0.514 g

271. Pastrami, turkey 0.512 g

Fish, surimi 0.515 g

266.

267.

268.

272.	Fish, butterfish, raw 0.512 g
273.	Ham, sliced, extra lean 0.511 g
274.	Pepperoni, pork, beef 0.511 g
275.	Game meat, buffalo, water, raw 0.511 g
276.	Turkey roll, light and dark meat 0.510 g
277.	Cheese food, cold pack, american 0.509 g
278.	Fish, pollock, walleye, raw 0.509 g
279.	Crustaceans, crab, blue, raw 0.508 g
280.	Chicken, capons, meat and skin, raw 0.507 g
281.	Turkey, young tom, back, meat and skin, raw 0.507 g
282.	Chicken roll, light meat 0.507 g
283.	Corned beef loaf, jellied 0.506 g
284.	Game meat, caribou, raw 0.506 g
285.	Game meat, bison, ground, raw 0.505 g
286.	Game meat, deer, ground, raw 0.505 g
287.	Spices, poppy seed 0.502 g
288.	Game meat, rabbit, domesticated, composite of cuts, raw 0.502 g
289.	Fish, shad, american, raw 0.501 g
290.	Poultry food products, ground turkey, raw 0.500 g
291.	Beef, ground, 90% lean meat / 10% fat, raw 0.500 g
292.	Veal, leg (top round), separable lean only, raw 0.497 g
293.	Fish, seatrout, mixed species, raw 0.496 g
294.	Fish, sucker, white, raw 0.496 g
295.	Turkey, all classes, back, meat and skin, raw 0.495 g
296.	Turkey breast meat 0.495 g
297.	USDA Commodity, beef, canned 0.495 g
298.	Cheese, goat, soft type 0.494 g
299.	Duck, domesticated, meat only, raw 0.494 g
300.	Seeds, sunflower seed kernels, dried 0.494 g

Methionine + Cysteine:

Recommended Dietary Allowance for Methionine + Cysteine				Periplaneta americana L. (a) Methionine + Cysteine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months	-			
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine + Cysteine				Periplaneta australasiae F.F.(a) Methionine + Cysteine content(27 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Holotrichia sp.(b) Methionine + Cysteine content(45 mg/100g)	
Life Stage	Life Stage Age Males (mg/day) Females (mg/day)		Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect

		matter for RDA(%)	dry matter
0-6 month	ıs		
7-12 months			
1-3 years			
4-8 years			
9-13 years	S		
14-18 yea	rs		
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Methionine + Cysteine				Oryctes rhinoceros(larvae). (c) Methionine + Cysteine content(40 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Γ	Recommended Dietary Allowance for Methionine +	Rhyncophorus	
Ш	recommended Dietary Timowance for Medinonine	Knyncophorus	

	C	phoenicis(larvae)(c) Methionine + Cysteine content(40 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary (Periplaneta americana L. (a) Methionine + Cysteine content(56 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years				

and older		
all ages		
all ages		

Recomm	ended Dietary C	Scicphophorus acupunctatus(larvae)(d) Methionine + Cysteine content(27 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Sphenarium histrio(d) Methionine + Cysteine content(20 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary C	Sphenarium purpurascens(d) Methionine + Cysteine content(43 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Tenebrio molitor(larvae)(f) Methionine + Cysteine content(31 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect

		matter for RDA(%)	dry matter
0-6 month	ıs		
7-12 months			
1-3 years			
4-8 years			
9-13 years	S		
14-18 yea	rs		
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Methionine + Cysteine				Tenebrio molitor(adults).(a) Methionine + Cysteine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

	(Methionine + Cysteine content(18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary (Musca domesticus(larvae)(i) Methionine + Cysteine content(43 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomm	ended Dietary (Musca domesticus(pupae)(j) Methionine + Cysteine content(30 mg/100g)			
Life Stage Age		e Males (mg/day) Fema	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Agonoscelis pubescens(Thunberg)(k) Methionine + Cysteine content(7 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years			
9-13 years			
14-18 years	S		
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Methionine + Cysteine				Aspongubus viduatus F.(k) Methionine + Cysteine content(56 mg/100g)	
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine			Atta mexicana(d) Methionine + Cysteine content(34 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine + Cysteine				Bee brood(n) Methionine + Cysteine <i>content</i> (43 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine +	Polyrhachis vicina
Cysteine	Roger(Zhejiang)(o)
	Methionine + Cysteine

				content(23 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary C	Polyrhachis vicina Roger(Guizhou)(o) Methionine + Cysteine content(31 mg/100g)			
Life Stage	Males (mg/day) Females (mg/day)			How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recommended Dietary Allowance for Methionine + Cysteine				Vespa sp.(hornet grub)(b) Methionine + Cysteine content(21 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Macrotermes bellicosus(d) Methionine + Cysteine content(26 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recommended Dietary Allowance for Methionine + Cysteine				Bombyx mori(larvae)(f) Methionine + Cysteine content(22 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommo	ended Dietary	Bombyx mori(pupae)(q) Methionine + Cysteine content(48 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 yea	ars		
4-8 yea	ars		
9-13 ye	ears		
14-18	years		
19 year and old	rs der		
all age	S		
all age	S		

Recommended Dietary Allowance for Methionine + Cysteine				Bombyx mori(spent pupae) (s) Methionine + Cysteine content(60 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Diet	Clanis bilineata(larvae)(t) Methionine + Cysteine content(60 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect

		matter for RDA(%)	dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Methionine + Cysteine				Galleria mellonella(larvae) (g) Methionine + Cysteine content(23 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary C	Imbrasia epimethea(caterpillar)(d) Methionine + Cysteine content(41 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary C	Imbrasia ertli(caterpillars) (d) Methionine + Cysteine content(29 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine + Cysteine				Mellacosoma americanum Fab. meal(v) Methionine + Cysteine content(19 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine			Nudaurelia oymensis(caterpillars)(a) Methionine + Cysteine content(43 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months			
1-3 yea	rs		
4-8 yea	rs		
9-13 ye	ears		
14-18 y	vears		
19 year and old	rs ler		
all ages	3		
all ages	3		

Recommended Dietary Allowance for Methionine + Cysteine				Omphisa fuscidentalis(caterpillars)(u) Methionine + Cysteine content(42 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine	Samia ricinii(prepupae)(w) Methionine + Cysteine content(26 mg/100g)
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Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Samia ricinii(pupae)(w) Methionine + Cysteine content(28 mg/100g)	
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

11 0000		
ll all ages		
an ages		

Recommended Dietary Allowance for Methionine + Cysteine				Usta Terpsichore(caterpillars)(d) Methionine + Cysteine content(24 mg/100g)	
Life Stage Age		Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Acheta domesticus meal(v) Methionine + Cysteine content(26 mg/100g)	
Life Stage	Stage Age Males (mg/day) Females (mg/day		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				

9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Methionine + Cysteine				Acheta domesticus (nymphs)(g) Methionine + Cysteine content(21 mg/100g)	
Life Stage	age Age Males (mg/day) Females (mg/day)		grams of	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine			Acheta domesticus (adults) (g) Methionine + Cysteine content(8 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary C	Acheta domestica L. (larvae)(a) Methionine + Cysteine content(36 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine +	Acheta testacea Walker(b)
Cysteine	Methionine + Cysteine

				content(31 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Anabrus simplex meal(v) Methionine + Cysteine content(28 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomm	ended Dietary C	Boopedon flaviventris(a) Methionine + Cysteine content(38 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Brachytrupes sp.(adults)(a) Methionine + Cysteine content(22 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Melanoplus ferrubrum(a) Methionine + Cysteine content(41 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine			Patanga succinata L.(b) Methionine + Cysteine content(21 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry	Percentage of RDA per 100g of insect

		matter for RDA(%)	dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Methionine + Cysteine				Sphenarium histrio G.(a) Methionine + Cysteine content(33 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Sphenarium purpurascens Ch.(a) Methionine + Cysteine content(43 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Methionine + Cysteine				Taeniopoda auricornis W. (a) Methionine + Cysteine content(30 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Cysteine:

Recommended Dietary Allowance for Cysteine				Periplaneta americana L. (a) Cysteine content(20 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Periplaneta australasiae F.F.(a) Cysteine content(3 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Oryctes rhinoceros(larvae) (c) Cysteine content(20 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Sciphophorus acupunctatus(larvae)(d) Cysteine content(27 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Sphenarium histrio(d) Cysteine content(13 mg/100g)	
Life Stage	Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recon	ımended Dieta	Sphenarium purpurascens(d) Cysteine content(13 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine			Tenebrio molitor(larvae)(f) Cysteine content(11 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recom	ımended Dieta	Tenebrio molitor(adults)(g) Cysteine content(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recon	ımended Dieta	Zophobas morio(g) Cysteine content(8 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	ımended Dieta	Musca domesticus(larvae)(i) Cysteine content(7 mg/100g)			
Life Stage	Age Males (mg/day) Females (mg/day		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Agonoscelis pubescens(Thunberg)(k) Cysteine content(5 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine			Aspongubus viduatus F.(k) Cysteine content(21 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Atta mexicana(d) Cysteine content(15 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine	Bee brood(n) Cysteine
Recommended Dictary Anowance for Cysteme	Bee brood(ii) Cysteme

				content(2	1 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Liometopum apiculatum(d) Cysteine content(14 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recommended Dietary Allowance for Cysteine			Polyrhachis vicina Roger(Zhejiang)(o) Cysteine content(7 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine			Polyrhachis vicina Roger(Guizhou)(o) Cysteine content(7 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine			Macrotermes bellicosus(d) Cysteine content(19 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine	Bombyx mori(larvae)(f)
	Cysteine <i>content</i> (9

				mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-12 months					
	1-3 years					
	4-8 years					
	9-13 years					
	14-18 years					
	19 years and older					
	all ages					
	all ages					

Recommended Dietary Allowance for Cysteine			Bombyx mori(pupae)(q) Cysteine content(14 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recon	ımended Dieta	Bombyx mori(spent pupae) (s) Cysteine content(14 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	nmended Dieta	Clanis bilineata(larvae)(t) Cysteine content(26 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Galleria mellonella(larvae) (g) Cysteine content(8 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

	Imbrasia
Recommended Dietary Allowance for Cysteine	epimethea(caterpillars)(u)
Recommended Dictary Anowance for Cysteme	Cysteine <i>content</i> (19
	mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recon	ımended Dieta	Imbrasia ertli(caterpillars) (d) Cysteine content(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

011 0000		
lan ages		

Recon	nmended Dieta	Imbrasia truncata(caterpillars)(u) Cysteine content(17 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	nmended Diet	Mellacosoma americanum Fab. Meal(v) Cysteine content(7 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Nudaurealia oyemensis(caterpillars)(b) Cysteine content(20 mg/100g)	
Life Stage Age Males (mg/day) Females (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine	Samia ricinii (prepupae)(w) Cysteine content(5
	mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	ımended Dieta	Samia ricinii (pupae)(w) Cysteine content(5 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

11		
all ages		

Recommended Dietary Allowance for Cysteine				Usta Terpsichore(caterpillars)(d) Cysteine content(13 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Acheta domesticus(meal)(v) Cysteine content(9 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Acheta domesticus(nymphs) (g) Cysteine content(8 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomi	mended Diet	ary Allowance	e for Cysteine	(f) Cysteine	esticus(adults) e content(10 100g)
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
0-6 mon	ths		
7-12 months			
1-3 years	S		
4-8 years	S		
9-13 yea	rs		
14-18 ye	ears		
19 years and olde			
all ages			
all ages			

Recommended Dietary Allowance for Cysteine				Acheta domestica L. (larvae)(a) Cysteine content(21 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

11		
all ages		

Recommended Dietary Allowance for Cysteine				Anabrus simplex meal(meal)(v) Cysteine content(13 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recom	nmended Diet	Boopedon flaviventris(a) Cysteine content(20 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) Percentag RDA per 100g of in dry matter for RDA(%)	
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Cysteine				Brachytrupes sp. (adults)(a) Cysteine content(14 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Melanoplus femurrubrum(a) Cysteine content(12 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of	Percentage of RDA per

		insect dry matter for RDA(%)	100g of insect dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recommended Dietary Allowance for Cysteine				Sphenarium histrio G.(a) Cysteine content(18 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Sphenarium purpurascens Ch. (a) Cysteine content(18 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Cysteine				Taeniopoda auricornis W. (a) Cysteine content(11 mg/100g)	
Life Stage	Age Males (mg/day) Femal		Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years		
19 years and older		
all ages		
all ages		

Below is a list of the top several hundred sources of cysteine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the cystine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Egg, white, dried 2.102 g
- 2. Egg, whole, dried 1.099 g
- 3. Soy protein isolate 1.046 g
- 4. Seeds, sesame flour, low-fat 1.012 g
- 5. Seeds, sesame flour, partially defatted 0.814 g
- 6. Soy flour, defatted 0.757 g
- 7. Soy meal, defatted, raw 0.724 g
- 8. Spices, mustard seed, ground 0.680 g
- 9. Peanut flour, defatted 0.669 g
- 10. Tofu, dried-frozen (koyadofu) 0.663 g
- 11. Soybeans, mature seeds, raw 0.655 g
- 12. Meat extender 0.627 g
- 13. Seeds, sesame flour, high-fat 0.621 g
- 14. Egg, yolk, dried 0.614 g
- 15. Oat bran, raw 0.576 g
- 16. Soy flour, full-fat, raw 0.556 g
- 17. Winged beans, mature seeds, raw 0.545 g
- 18. Beef, variety meats and by-products, spleen, raw 0.530 g
- 19. Snacks, pork skins, plain 0.529 g
- 20. Egg Mix, USDA Commodity 0.523 g
- 21. Snacks, pork skins, barbecue-flavor 0.514 g
- 22. Fish, whitefish, dried (Alaska Native) 0.500 g
- 23. Nuts, butternuts, dried 0.484 g
- 24. Nuts, walnuts, black, dried 0.462 g
- 25. Smelt, dried (Alaska Native) 0.460 g
- 26. Wheat germ, crude 0.458 g

0.404 g

- 27. Seeds, sunflower seed kernels, dried 0.451 g 28. Fish, caviar, black and red, granular 0.449 g 29. Lupins, mature seeds, raw 0.446 g30. Seeds, watermelon seed kernels, dried 0.438 g31. Peanut flour, low fat 0.433 g 32. Snacks, soy chips or crisps, salted 0.427 g33. Oats 0.408 g 34. Pork, fresh, variety meats and by-products, liver, raw 35. Wheat, hard red spring 0.404 g36. Beef, cured, breakfast strips, cooked 0.401 g 37. Quail, breast, meat only, raw 0.394 g 38. Nuts, cashew nuts, raw 0.393 g39. Fish, roe, mixed species, raw 0.389 g 40. Noodles, egg, spinach, dry, enriched 0.386 g 41. Quail, meat only, raw 0.380 g 42. Squab, (pigeon), light meat without skin, raw 0.380 g43. Beef, variety meats and by-products, liver, raw 0.376 gPeas, split, mature seeds, raw 0.373 g 44. 45. Veal, variety meats and by-products, liver, raw 0.372 g
 - 46. Beef, cured, dried 0.371 g
 - 47. Wheat bran, crude 0.371 g
 - 48. Spices, fenugreek seed 0.369 g
 - 49. Spaghetti, spinach, dry 0.369 g
 - 50. Nuts, brazilnuts, dried, unblanched 0.367 g
- 51. Seeds, sesame butter, paste 0.365 g
- 52. Macaroni, vegetable, dry, enriched 0.363 g
- 53. Seeds, chia seeds, dried 0.361 g
- 54. Couscous, dry 0.360 g
- 55. Seeds, sesame seeds, whole, dried 0.358 g
- 56. Semolina, enriched 0.358 g
- 57. Semolina, unenriched 0.358 g
- 58. Nuts, pistachio nuts, raw 0.355 g
- 59. Fish, halibut, raw, with skin (Alaska Native) 0.355 g
- 60. Goose, domesticated, meat only, raw 0.349 g
- 61. Bratwurst, pork, cooked 0.349 g
- 62. Mutton, cooked, roasted (Navajo) 0.348 g
- 63. Beef, cured, corned beef, canned 0.347 g
- 64. Seeds, sesame meal, partially defatted 0.342 g
- 65. Quail, meat and skin, raw 0.340 g
- 66. Seeds, flaxseed 0.340 g
- 67. Peanuts, spanish, raw 0.335 g
- 68. Lentils, sprouted, raw 0.334 g
- 69. Broadbeans (fava beans), mature seeds, raw 0.334 g
- 70. Luncheon meat, beef, thin sliced 0.333 g
- 71. Beef, cured, thin-sliced beef 0.333 g
- 72. Peanuts, all types, raw0.331 g

73. Spelt, uncooked $0.330 \, g$ 74. Spices, caraway seed 0.329 g 75. Milk, dry, nonfat, calcium reduced 0.328 g 76. Liver cheese, pork 0.328 g77. T.G.I. FRIDAY'S, classic sirloin steak 0.328 g78. Lentils, pink, raw 0.327 g79. Egg, turkey, whole, fresh, raw 0.326 g80. 0.326 g Game meat, buffalo, water, raw 81. Peanuts, virginia, raw 0.323 g 82. Game meat, goat, cooked, roasted 0.323 g83. Peanuts, valencia, raw 0.322 g 84. Wheat, hard red winter 0.322 g 85. Pheasant, breast, meat only, raw 0.320 g86. Squab, (pigeon), meat and skin, raw 0.320 g 87. Noodles, japanese, somen, dry 0.320 g88. 0.317 g Milk, buttermilk, dried 89. Rice bran, crude 0.317 g 90. Wheat flour, whole-grain 0.317 gGuinea hen, meat and skin, raw 91. 92. Egg, quail, whole, fresh, raw 0.311 g 93. Seeds, safflower seed kernels, dried 0.311 g 94. Egg, goose, whole, fresh, raw 0.309 g 95. Pheasant, raw, meat only 0.309 g96. Pork, fresh, variety meats and by-products, heart, raw 0.309 g97. Kamut, uncooked 0.309 g98. Crackers, matzo, whole-wheat 0.308 g99. Fast foods, egg, scrambled 0.307 g100. Macaroni, whole-wheat, dry 0.306 g 101. Spaghetti, whole-wheat, dry 0.306 g 102. Duck, wild, breast, meat only, raw 0.305 g103. Pheasant, raw, meat and skin 0.305 g 104. Squab, (pigeon), meat only, raw 0.305 g105. Sausage, meatless 0.305 g106. Cheese, gruyere 0.304 g107. Snacks, granola bars, hard, plain 0.304 g108. Wheat, soft red winter 0.300 g 109. CRACKER BARREL, grilled sirloin steak 0.300 g 110. Cereals, farina, unenriched, dry 0.299 g 111. Game meat, horse, raw 112. Noodles, egg, dry, enriched 0.299 g 113. Noodles, egg, dry, unenriched 0.299 g114. Restaurant, family style, sirloin steak 0.299 g 115. Spices, parsley, dried 0.298 g 116. Spices, poppy seed 0.297 g117. Chicken, broilers or fryers, light meat, meat only, raw 0.297 g118. Chicken, canned, meat only, with broth 0.297 g

119. Chicken, stewing, light meat, meat only, raw 0.296 g 120. Pork, cured, breakfast strips, cooked 0.296 g 121. Egg, whole, cooked, fried 0.294 g122. Egg, whole, cooked, hard-boiled 0.292 g 123. Pheasant, leg, meat only, raw 0.291 g 124. Ham, sliced, extra lean 0.291 g125. Snacks, beef sticks, smoked 0.291 g 126. Cheese, swiss 0.290 g 127. Salami, dry or hard, pork 0.289 g128. Salami, Italian, pork 0.289 g 129. Cereals ready-to-eat, granola, homemade 0.289 g130. Nuts, pine nuts, dried 0.289 g 131. Egg, white, raw, fresh 0.287 g 132. APPLEBEE'S, 9 oz house sirloin steak 0.287 g133. Wheat, durum 0.286 g 134. Snacks, pita chips, salted 0.286 g135. Snacks, bagel chips 0.286 g 136. Egg, duck, whole, fresh, raw 0.285 g 137. Bulgur, dry 0.285 g138. Chicken, roasting, light meat, meat only, raw 0.284 g139. Crackers, melba toast, wheat 0.284 g 140. Cereals ready-to-eat, Ralston TASTEEOS 0.283 g 141. Chicken, broilers or fryers, wing, meat only, raw 0.281 g142. Duck, domesticated, meat only, raw 0.281 g 143. Luncheon sausage, pork and beef 0.281 g144. Snacks, granola bars, hard, peanut 0.280 g145. DENNY'S, top sirloin steak 0.280 g 146. Hyacinth beans, mature seeds, raw 0.279 g 147. Game meat, boar, wild, raw 0.279 g 148. Egg, volk, raw, frozen 0.278 g 149. Bread crumbs, dry, grated, plain 0.278 g150. 0.277 gEgg, whole, raw, frozen 151. Nuts, hazelnuts or filberts $0.277 \, \mathrm{g}$ 152. Beef, cured, pastrami 0.277 g 153. Turkey, fryer-roasters, skin only, raw0.276 g 154. Chorizo, pork and beef 0.276 g155. Beans, kidney, royal red, mature seeds, raw 0.276 g 156. Barley, hulled 0.276 g 157. Triticale 0.275 g158. Cheese, parmesan, shredded 0.274 g 159. Chicken, broilers or fryers, meat only, raw 0.274 g 160. Chicken, broilers or fryers, breast, meat and skin, raw 0.274 g161. Game meat, rabbit, wild, raw 0.274 g 162. Pork, fresh, loin, whole, separable lean only, raw 0.273 g

0.272 g

0.272 g

163.

164.

Egg, whole, raw, fresh

Chicken, liver, all classes, raw

165. Chicken, stewing, meat only, raw 0.272 g166. Crackers, rusk toast 0.272 g 167. Egg, whole, cooked, poached 0.271 g 168. Nuts, hickorynuts, dried 0.271 g169. Duck, wild, meat and skin, raw 0.269 g 170. Yardlong beans, mature seeds, raw 0.269 g 171. Wheat flour, white, bread, enriched 0.269 g 172. Wheat flours, bread, unenriched 0.269 g173. Crackers, matzo, egg 0.268 g 174. Noodles, japanese, soba, dry 0.268 g 175. Turkey, canned, meat only, with broth 0.266 g176. Chicken roll, light meat 0.266 g177. Beans, kidney, california red, mature seeds, raw $0.265 \, \mathrm{g}$ 178. Crackers, melba toast, plain 0.265 g 179. Egg, yolk, raw, fresh 0.264 g 180. Chicken, broilers or fryers, drumstick, meat only, raw 0.264 g181. Guinea hen, meat only, raw 0.264 g 182. Cowpeas, catjang, mature seeds, raw 0.263 g 183. Bacon and beef sticks 0.262 g 184. Lamb, variety meats and by-products, lungs, raw 0.262 g185. Bread sticks, plain 0.262 g186. Cheese, fontina 0.261 g187. Pork, fresh, leg (ham), whole, separable lean only, raw $0.261 \, \mathrm{g}$ 188. Croutons, plain 0.261 g189. Chicken, roasting, meat only, raw $0.260 \, \mathrm{g}$ 190. Chicken, broilers or fryers, leg, meat only, raw 0.258 g191. Turkey, all classes, giblets, raw 0.258 g192. 0.257 g Chicken, broilers or fryers, dark meat, meat only, raw 193. Turkey, fryer-roasters, breast, meat and skin, raw 0.257 g194. Game meat, deer, raw 0.257 g 195. Turkey, fryer-roasters, breast, meat only, raw 0.256 g196. Chicken, cornish game hens, meat only, raw 0.256 g 197. Beans, kidney, all types, mature seeds, raw 0.256 g 198. Cheese, edam 0.255 g 199. Chicken, broilers or fryers, wing, meat and skin, raw $0.255 \, \mathrm{g}$ 200. Turkey, fryer-roasters, light meat, meat and skin, raw 0.255 g201. Ham and cheese spread 0.255 g202. Macaroni, dry, enriched 0.255 g203. Spaghetti, dry, enriched 0.255 g204. Spaghetti, dry, unenriched 0.255 g 205. Macaroni, dry, unenriched 0.255 g206. Cheese, gouda 0.254 g 207. Egg, white, raw, frozen 0.254 g208. Beans, white, mature seeds, raw 0.254 g209. Snacks, oriental mix, rice-based 0.254 g210. Whey, sweet, dried 0.253 g

211. Spices, garlic powder 0.253 g 212. Bagels, oat bran 0.253 g213. Chicken, broilers or fryers, thigh, meat only, raw 214. Chicken, stewing, dark meat, meat only, raw 0.252 g 215. Duck, domesticated, liver, raw 0.252 g216. Game meat, rabbit, domesticated, composite of cuts, raw 0.252 g 217. Snacks, pretzels, hard, whole-wheat 0.252 g 218. Chicken, capons, meat and skin, raw 0.251 g 219. Turkey, fryer-roasters, light meat, meat only, raw $0.251 \, \mathrm{g}$ 220. Fish, tuna, fresh, yellowfin, raw $0.251 \, \mathrm{g}$ 221. Beans, cranberry (roman), mature seeds, raw 0.251 g 222. Chicken, broilers or fryers, back, meat only, raw 0.250 g223. Fish, tuna, fresh, bluefin, raw 0.250 g 224. Pigeon peas (red gram), mature seeds, raw 0.250 g 225. Fish, salmon, coho (silver), raw (Alaska Native) 0.250 g226. Elk, free range, ground, raw (Shoshone Bannock) 0.250 g227. Chicken, broilers or fryers, meat and skin, raw 0.249 g228. Pork, fresh, shoulder, whole, separable lean only, raw 0.249 g229. Beef, variety meats and by-products, lungs, raw 0.249 g230. Braunschweiger (a liver sausage), pork 0.248 g231. Smoked link sausage, pork 0.248 g232. Pork, fresh, loin, whole, separable lean and fat, raw 0.248 g 233. Fish, yellowtail, mixed species, raw 0.248 g 234. Goose, domesticated, meat and skin, raw 0.247 g235. Turkey, fryer-roasters, wing, meat and skin, raw 0.247 g236. Bread, protein (includes gluten) 0.247 g237. Turkey, fryer-roasters, meat and skin, raw $0.246 \, \mathrm{g}$ 238. Turkey, young hen, light meat, meat only, raw 0.246 g239. New england brand sausage, pork, beef 0.246 g240. Egg, whole, cooked, scrambled 241. Turkey, all classes, light meat, raw 0.245 g242. Beans, kidney, red, mature seeds, raw 0.245 g243. Goat, raw 0.245 g244. Turkey, young tom, light meat, meat only, raw 0.244 g245. Pork, ground, 96% lean / 4% fat, raw 0.244 g 246. Milk, dry, whole, with added vitamin D 247. Chicken, capons, giblets, raw 0.243 g 248. Ostrich, inside strip, raw 0.243 g249. Pork, fresh, loin, tenderloin, separable lean only, raw 0.242 g250. Chicken, broilers or fryers, leg, meat and skin, raw 0.241 g 251. Chicken, roasting, giblets, raw 0.241 g252. Turkey, young tom, breast, meat and skin, raw 0.241 g253. Bison, ground, grass-fed, raw 0.241 g 254. Chicken, roasting, dark meat, meat only, raw0.240 g 255. Turkey, all classes, breast, meat and skin, raw 0.240 g

0.240 g

256.

Ostrich, outside strip, raw

257.	Veal, leg (top round), separable lean only, raw 0.240 g
258.	Turkey, young tom, light meat, meat and skin, raw 0.239 g
259.	Beef, cured, smoked, chopped beef 0.239 g
260.	Beans, yellow, mature seeds, raw 0.239 g
261.	Cocoa, dry powder, unsweetened 0.239 g
262.	Chicken, broilers or fryers, giblets, raw 0.238 g
263.	Chicken, stewing, giblets, raw 0.238 g
264.	Turkey, all classes, light meat, meat and skin, raw 0.238 g
265.	Corned beef loaf, jellied 0.238 g
266.	Cereals, CREAM OF WHEAT, instant, dry 0.238 g
267.	Beans, great northern, mature seeds, raw 0.238 g
268.	Tofu, fried 0.238 g
269.	Turkey, young hen, breast, meat and skin, raw 0.237 g
270.	Turkey, young tom, wing, meat and skin, raw 0.237 g
271.	Chicken spread 0.237 g
272.	Lima beans, large, mature seeds, raw 0.237 g
273.	Veal, leg (top round), separable lean and fat, raw 0.237 g
274.	Papad 0.237 g
275.	Turkey, young hen, light meat, meat and skin, raw 0.236 g
276.	Fish, tuna, fresh, skipjack, raw 0.236 g
277.	Teff, uncooked 0.236 g
278.	Cheese, parmesan, hard 0.235 g
279.	Ostrich, outside leg, raw 0.235 g
280.	Ham and cheese loaf or roll 0.235 g
281.	Pork, fresh, variety meats and by-products, tongue, raw 0.235 g
282.	Beans, black, mature seeds, raw 0.235 g
283.	Bread crumbs, dry, grated, seasoned 0.235 g
284.	Noodles, chinese, chow mein 0.235 g
285.	Chicken, stewing, meat and skin, raw0.234 g
286.	Turkey, all classes, wing, meat and skin, raw0.234 g
287.	Turkey, fryer-roasters, wing, meat only, raw 0.234 g
288.	Mungo beans, mature seeds, raw 0.234 g
289.	Bread, oat bran 0.234 g
290.	Turkey, fryer-roasters, meat only, raw 0.232 g
291.	Fish, salmon, coho, wild, raw 0.232 g
292.	Barley flour or meal 0.232 g
293.	Chicken, broilers or fryers, thigh, meat and skin, raw 0.231 g
294.	Crustaceans, spiny lobster, mixed species, raw 0.231 g
295.	Beans, black turtle soup, mature seeds, raw 0.231 g
296.	Bagels, egg 0.231 g
297.	Snacks, granola bars, hard, almond 0.231 g
298.	Entrees, crab cake 0.231 g
299.	Chicken, roasting, meat and skin, raw 0.230 g
300.	Turkey, young hen, wing, meat and skin, raw 0.230 g

Phenylalanine:

Recomm	ended Dietary	Periplaneta americana (a) Phenylalanine content(31 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Periplaneta australasiae F.F.(a) Phenylalanine content(56 mg/100g)			
Life Stage	Stage Age Males (mg/day) Females (mg/day)			How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recomm	ended Dietary	Oryctes rhinoceros (larvae) (c) Phenylalanine content(46 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				(larvae)(c) P	rus phoenicis henylalanine 3 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Sciphophorus apunctatus (larvae)(d) Phenylalanine content(46 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Sphenarium histrio(d) Phenylalanine content(44 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommo	ended Dietary	Tenebrio molitor (larvae)(f) Phenylalanine content(44 mg/100g)			
Life Stage	Age Males (mg/day)		Females (mg/day)	How many grams of insect dry matter for RDA(%) Percentage RDA pe 100g of insect dry matter for RDA(%)	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Tenebrio molitor (adults)(g) Phenylalanine content(35 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine			Zophobas morio(g) Phenylalanine content(35 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Phenylalanine				Ephydra hians (larvae)(h) Phenylalanine content(54 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

	7
Recommended Dietary Allowance for Phenylalanine	Musca domesticus (larvae)
	(i) Phenylalanine

				content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				Musca domesticus (pupae) (j) Phenylalanine content(42 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomm	ended Dietary	Agonoscelis pubescens (Thunberg)(k) Phenylalanine content(18 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine			Aspongubus viduatus F.(k) Phenylalanine content(11 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

moi	nths		
1-3	years		
4-8	years		
9-1	3 years		
14-	18 years		
19 and	years l older		
all :	ages		
all a	ages		

Recomm	ended Dietary	Hoplophorion monograma(h) Phenylalanine content(47 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine	Krizousacorixa azteca J
	(eggs)(1) Phenylalanine

			content(62 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Apis mellifera (honeybee) (m) Phenylalanine content(39 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomm	ended Dietary	Atta mexicana(d) Phenylalanine content(41 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomme	ended Dietary	Bee brood (n) Phenylalanine content(35 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Brachygastra azteca(h) Phenylalanine content(41 mg/100g)			
Life Stage	ife Stage Age		Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine			Liometopum apiculatum(d) Phenylalanine content(39 mg/100g)		
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
0-6 months			
7-12 months			
1-3 years			
4-8 years			
9-13 years			
14-18 years			
19 years and older			
all ages			
all ages			

Recomm	ended Dietary	Liometopum apiculatum H (eggs)(l) Phenylalanine content(66 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

11		
all ages		

Recomm	ended Dietary	Parachartegus apicalis(h) Phenylalanine content(43 mg/100g)			
Life Stage	Age Males (mg/day) Females		Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomme	nded Dietary	Roger(Zh Phenylalani	his vicina nejiang)(0) ne content(33 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				

1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Polyrhachis vicina Roger(Guizhou)(o) Phenylalanine content(35 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Macrotermes bellicosus(d) Phenylalanine content(44
mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	hesper Phenylalani	rentrocneme riaris(h) ne content(51 100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomm	ended Dietary	Anaphe venata (larvae, without hair)(p) Phenylalanine content(21 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine			Ascalapha odorata (larvae) (h) Phenylalanine content(95 mg/100g)		
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months			
1-3 years	3		
4-8 years	3		
9-13 year	rs		
14-18 ye	ars		
19 years and older	r		
all ages			
all ages			

Recomm	ended Dietary	Bombyx mori (larvae)(f) Phenylalanine content(28 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine	Bombyx mori (pupae)(q) Phenylalanine content(46
	mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				Bombyx mori (spent pupae) (s) Phenylalanine content(51 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

1,1		
all ages		
an ages		

Recommended Dietary Allowance for Phenylalanine				Clanis bilineata (larvae)(g) Phenylalanine content(38 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				Galleria mellonella (larvae) (g) Phenylalanine content(38 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				

4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Phenylalanine				Imbrasia epimethea (caterpillars)(u) Phenylalanine content(65 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine			Imbrasia ertli (caterpillars) (d) Phenylalanine content(17 mg/100g)		
Life Stage	Age	Males	Females (mg/day)	How many	Percentage of

	(mg/day)	grams of insect dry matter for RDA(%)	RDA per 100g of insect dry matter
0-6 mon	ths		
7-12 months			
1-3 years	S		
4-8 years	S		
9-13 yea	rs		
14-18 ye	ears		
19 years and olde			
all ages			
all ages			

Recommended Dietary Allowance for Phenylalanine				Imbrasia truncate (caterpillars)(u) Phenylalanine content(62 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				

11		
all ages		

Recommended Dietary Allowance for Phenylalanine				Mellacosoma americanum Fab. meal(v) Phenylalanine content(29 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				(caterpi Phenylalani	n oyemensis illars)(u) ne content(59 100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12				

months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recommended Dietary Allowance for Phenylalanine				Samia ricinii (prepupae)(w) Phenylalanine content(52 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine	Samia ricinii (pupae)(w) Phenylalanine content(52
	mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Usta terpsichore (caterpillars)(d) Phenylalanine content(56 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%) How many Percentage RDA percentag	
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				

14-18 years	
19 years and older	
all ages	
all ages	

Recomm	ended Dietary	Acheta domesticus meal(v) Phenylalanine content(34 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				Acheta domesticus (nymphs)(g) Phenylalanine content(28 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter

0-6 months		
7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Acheta domesticus (adults) (g) Phenylalanine content(32 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Acheta domesticus L. (larvae)(a) Phenylalanine content(33 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recomm	ended Dietary	Anabrus simplex meal(v) Phenylalanine content(33 mg/100g)			
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				

19 years and older		
all ages		
all ages		

Recomm	ended Dietary	Boopedon flaviventris(h) Phenylalanine content(41 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				Brachytrupes sp.(adults)(a) Phenylalanine content(24 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				

7-12 months		
1-3 years		
4-8 years		
9-13 years		
14-18 years		
19 years and older		
all ages		
all ages		

				Melanoplus ferrubrum(a) Phenylalanine content(23 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylal	anine Sphenarium histrio G.(a)
	Phenylalanine content(117

	mg/100g)			100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Recommended Dietary Allowance for Phenylalanine				Ch.(a) Pho	purpurascens enylalanine 7 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				

all ages		
all ages		

Recomm	ended Dietary	Taeniopoda auricornis W. (a) Phenylalanine content(51 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-12 months				
	1-3 years				
	4-8 years				
	9-13 years				
	14-18 years				
	19 years and older				
	all ages				
	all ages				

Below is a list of the top several hundred sources of phenylalanine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the phenylalanine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Egg, white, dried 4.736 g
- 2. Soy protein isolate 4.593 g
- 3. Peanut flour, defatted 2.705 g

- 4. Seeds, sesame flour, low-fat 2.658 g 5. Egg, whole, dried 2.515 g 6. Soy flour, defatted 2.453 g 7. Soy meal, defatted, raw 2.346 g Fish, whitefish, dried (Alaska Native) 8. 2.340 g Tofu, dried-frozen (koyadofu) 9. 2.334 g Cheese, parmesan, shredded 2.234 g 10. 11. Meat extender 2.182 g 12. Seeds, sesame flour, partially defatted 2.138 g 13. Soybeans, mature seeds, raw 2.122 g 14. Cheese, parmesan, grated 2.081 g15. Seeds, watermelon seed kernels, dried 2.031 g 16. Smelt, dried (Alaska Native) 2.010 g 17. Snacks, pork skins, plain 1.940 g 18. Cheese, parmesan, hard 1.922 g 19. Egg Mix, USDA Commodity 1.903 g 20. Snacks, pork skins, barbecue-flavor 1.877 g 21. Pigeon peas (red gram), mature seeds, raw 1.858 g 22. Soy flour, full-fat, raw 1.802 g 23. Peanut flour, low fat 1.752 g 24. Cheese, gruyere 1.743 g 25. Gelatins, dry powder, unsweetened 1.737 g 26. Milk, dry, nonfat, calcium reduced 1.714 g27. Spices, parsley, dried 1.712 g 28. Cheese, romano 1.710 g 29. Cheese, swiss 1.662 g Milk, buttermilk, dried 30. 1.656 g 31. Seeds, sesame flour, high-fat 1.632 g 32. Cheese, fontina 1.497 g 33. Papad 1.491 g Mungo beans, mature seeds, raw 34. 1.473 g 35. Egg, yolk, dried 1.463 g 36. Mung beans, mature seeds, raw 1.443 g 37. Nuts, butternuts, dried 1.442 g 38. Lupins, mature seeds, raw 1.435 g 39. Cheese, edam 1.434 g 40. Cheese, gouda 1.431 g Winged beans, mature seeds, raw 41. 1.429 g 42. Yardlong beans, mature seeds, raw 1.421 g 43. Mutton, cooked, roasted (Navajo) 1.399 g 44. Cowpeas, catiang, mature seeds, raw 1.393 g
- Cheese, tilsit 1.358 g 48. Peanuts, spanish, raw 1.356 g

45.

46.

47.

49. Peanuts, all types, raw1.337 g

Snacks, soy chips or crisps, salted

Beans, kidney, royal red, mature seeds, raw 1.370 g

1.371 g

50. Cheese, caraway 1.326 g 51. Cheese, port de salut 1.323 g 52. Beans, kidney, california red, mature seeds, raw 1.318 g 53. Cheese, cheddar 1.311 g CRACKER BARREL, grilled sirloin steak 1.309 g 54. 55. Peanuts, virginia, raw 1.306 g 56. Peanuts, valencia, raw 1.300 g 57. T.G.I. FRIDAY'S, classic sirloin steak 1.297 g 58. Cheese, monterey 1.289 g 59. Cheese, provolone 1.287 g 60. Beans, kidney, all types, mature seeds, raw 1.275 g 61. Milk, dry, whole, with added vitamin D 1.271 g 62. Cheese, mozzarella, part skim milk 1.266 g 63. Beans, white, mature seeds, raw 1.263 g 64. Cheese, colby 1.251 g Beans, cranberry (roman), mature seeds, raw 1.245 g 65. 66. Cheese, muenster 1.240 g 67. Lima beans, large, mature seeds, raw 1.236 g 68. Cheese, brick 1.231 g 69. Cheese, cheshire 1.231 g 70. Lentils, pink, raw 1.230 g 71. Restaurant, family style, sirloin steak 1.223 g 72. DENNY'S, top sirloin steak 1.221 g 73. Beans, kidney, red, mature seeds, raw 1.218 g 74. Cheese, goat, hard type 1.215 g 75. Hyacinth beans, mature seeds, raw 1.204 g Cheese, mexican, queso asadero 76. 1.190 g 77. Beans, vellow, mature seeds, raw 1.190 g 78. Lima beans, thin seeded (baby), mature seeds, raw 1.188 g 79. Peanut butter, chunk style, with salt 1.185 g 80. Beans, great northern, mature seeds, raw 81. Peanut butter, smooth style, with salt 1.180 g 82. Cheese, low fat, cheddar or colby 1.179 g 83. Cheese, low-sodium, cheddar or colby 1.179 g 84. Spices, mustard seed, ground 1.173 g 85. Seeds, sunflower seed kernels, dried 1.169 g 86. Beans, black, mature seeds, raw 1.168 g 87. Cheese, brie 1.158 g 88. Beans, navy, mature seeds, raw 1.158 g 89. Chorizo, pork and beef 1.149 g Beans, black turtle soup, mature seeds, raw 1.149 g 90. 91. Beans, small white, mature seeds, raw 1.141 g 92. Beef, cured, dried 1.135 g 93. Beans, pink, mature seeds, raw 94. Peas, split, mature seeds, raw 1.132 g

Beef, cured, breakfast strips, cooked 1.127 g

95.

96. Cheese, pasteurized process, pimento 1.124 g 97. Nuts, almonds 1.120 g 98. Cheese, mexican, queso anejo 1.119 g 99. Cheese, limburger 1.116 g 100. Pork, cured, breakfast strips, cooked 1.116 g 101. Cheese food, pasteurized process, swiss 1.113 g 102. Cheese, camembert 1.105 g 103. Broadbeans (fava beans), mature seeds, raw 1.103 g 104. Beans, pinto, mature seeds, raw 1.095 g 105. Nuts, walnuts, black, dried 106. Veal, variety meats and by-products, liver, raw 1.094 g 107. Bratwurst, pork, cooked 1.092 g 108. Fish, roe, mixed species, raw 1.092 g 109. Spices, fenugreek seed 1.089 g 110. Cheese, blue 1.087 g 111. Beef, variety meats and by-products, liver, raw 1.084 gFish, caviar, black and red, granular 1.071 g 112. 113. 1.070 gAPPLEBEE'S, 9 oz house sirloin steak 114. Sausage, meatless 1.061 g 115. Nuts, pistachio nuts, raw 1.054 g116. Luncheon meat, beef, thin sliced 1.052 g 117. Beef, cured, thin-sliced beef 1.052 g 118. Beans, adzuki, mature seeds, raw 1.052 g119. Pork, fresh, variety meats and by-products, liver, raw 1.047 g 120. Cheese, mexican, queso chihuahua 1.037 g 121. Seeds, chia seeds, dried 1.028 g 122. Mothbeans, mature seeds, raw 1.028 g123. Cheese, roquefort 1.023 g124. Spearmint, dried 1.017 g125. Beans, french, mature seeds, raw 1.017 g126. Cheese, mozzarella, whole milk 1.011 g 127. 1.006 g Game meat, caribou, raw 0.999 g 128. Cheese food, cold pack, american 129. Quail, breast, meat only, raw 0.980 g 130. Ostrich, inside strip, raw 0.978 g131. Game meat, beaver, raw 0.977 g132. Turkey, fryer-roasters, breast, meat only, raw 0.976 g133. Beef, cured, corned beef, canned 0.975 g134. Snacks, oriental mix, rice-based 0.972 g135. Ostrich, outside strip, raw 0.964 g136. Game meat, moose, raw 0.961 g137. Turkey, fryer-roasters, light meat, meat only, raw 0.960 g138. Seeds, sesame butter, paste 0.959 g139. Seeds, flaxseed $0.957 \, g$ 140. Goose, domesticated, meat only, raw 0.954 g 141. Pheasant, breast, meat only, raw 0.951 g

142. Nuts, cashew nuts, raw $0.951 \, \mathrm{g}$ 143. Quail, meat only, raw 0.944 g 144. Squab, (pigeon), light meat without skin, raw 0.944 g145. 0.944 gOstrich, outside leg, raw 146. Natto 0.941 g 147. Game meat, goat, cooked, roasted 0.941 g148. Cocoa, dry powder, unsweetened 0.941 g149. Salami, dry or hard, pork 0.940 g150. Salami, Italian, pork 0.940 g 151. Seeds, sesame seeds, whole, dried 0.940 g152. Turkey, young hen, light meat, meat only, raw 0.938 g153. Game meat, deer, raw 0.937 g 154. Turkey, all classes, light meat, raw 0.935 g 155. Turkey, fryer-roasters, breast, meat and skin, raw 0.933 g156. Duck, domesticated, liver, raw 0.932 g157. Turkey, young tom, light meat, meat only, raw 0.930 g158. Wheat germ, crude 0.928 g159. Ostrich, inside leg, raw 0.924 g160. Turkey, canned, meat only, with broth 0.922 g161. Chicken, broilers or fryers, light meat, meat only, raw 0.921 g162. Pheasant, raw, meat only 0.920 g163. Chicken, stewing, light meat, meat only, raw0.916 g 164. Fish, tuna, fresh, yellowfin, raw 0.913 g165. 0.911 g Ostrich, tenderloin, raw 166. Fish, tuna, fresh, bluefin, raw 0.911 g 167. Egg, goose, whole, fresh, raw 0.910 g 168. Game meat, elk, raw 0.910 g 169. Lamb, variety meats and by-products, liver, raw 0.910 g170. Fish, salmon, coho (silver), raw (Alaska Native) $0.910 \, \mathrm{g}$ 171. Ostrich, round, raw 0.908 g 172. Oat bran, raw 0.908 g 173. Guinea hen, meat and skin, raw 0.906 g174. Fish, yellowtail, mixed species, raw 0.904 g 175. Turkey, fryer-roasters, light meat, meat and skin, raw 0.902 g176. Ostrich, tip trimmed, raw 0.902 g177. Ostrich, fan, raw $0.900 \, g$ 178. Fish, whitefish, eggs (Alaska Native) 0.900 g 179. Seeds, sesame meal, partially defatted 0.899 g180. Pork, ground, 96% lean / 4% fat, raw 0.898 g 181. Game meat, rabbit, wild, raw 0.895 g 182. Oats 0.895 g 183. Ostrich, top loin, raw 0.894 g 184. Tempeh 0.893 g185. Turkey, fryer-roasters, wing, meat only, raw 0.892 g 186. Ostrich, oyster, raw 0.889 g 187. Turkey, fryer-roasters, meat only, raw 0.886 g

188. Game meat, antelope, raw $0.886 \, \mathrm{g}$ 189. 0.881 gChicken, roasting, light meat, meat only, raw 190. Turkey, all classes, giblets, raw $0.881 \, \mathrm{g}$ 191. Pork, fresh, loin, tenderloin, separable lean only, raw 0.881 g192. Game meat, horse, raw 0.879 g193. Elk, free range, ground, raw (Shoshone Bannock) 0.879 g 194. Pheasant, raw, meat and skin 0.876 g 195. Turkey, fryer-roasters, meat and skin, raw 196. Chicken, broilers or fryers, wing, meat only, raw 0.872 g197. Crustaceans, spiny lobster, mixed species, raw 0.870 g198. Bacon and beef sticks 0.868 g 199. Spices, caraway seed 0.867 g 200. Pheasant, leg, meat only, raw 0.867 g 201. Turkey, all classes, meat only, raw 0.864 g202. Turkey, young hen, meat only, raw 0.864 g 203. Turkey, young tom, meat only, raw 0.862 g 204. Turkey, young tom, breast, meat and skin, raw 0.860 g205. Game meat, boar, wild, raw 0.860 g 206. Cheese, goat, semisoft type 0.859 g 207. Fish, tuna, fresh, skipjack, raw 0.859 g208. 0.859 g Veal, leg (top round), separable lean only, raw 209. Bison, ground, grass-fed, raw 0.859 g 210. Crustaceans, shrimp, mixed species, raw 211. Chicken, broilers or fryers, breast, meat only, raw 0.857 g212. Turkey, all classes, breast, meat and skin, raw $0.857 \, \mathrm{g}$ 213. Game meat, muskrat, raw $0.857 \, \mathrm{g}$ 214. Pork, fresh, loin, whole, separable lean only, raw $0.855 \, \mathrm{g}$ 215. Fish, sheefish, raw (Alaska Native) 0.850 g 216. Chicken, broilers or fryers, meat only, raw 0.849 g 217. Smoked link sausage, pork 0.848 g218. USDA Commodity, beef, canned 219. Beef, cured, pastrami 0.847 g 220. Veal, leg (top round), separable lean and fat, raw 0.847 g221. Turkey, all classes, light meat, meat and skin, raw 0.846 g222. Turkey, young hen, breast, meat and skin, raw 0.846 g223. Turkey, young tom, light meat, meat and skin, raw 0.845 g 224. Fish, salmon, Atlantic, farmed, raw 0.845 g 225. Chicken, stewing, meat only, raw 0.844 g226. Fish, salmon, coho, wild, raw 0.844 g 227. Turkey, young hen, light meat, meat and skin, raw 0.842 g 228. Chicken, canned, meat only, with broth 0.842 g229. APPLEBEE'S, mozzarella sticks 0.842 g230. Chicken, capons, giblets, raw 0.841 g 231. Egg, duck, whole, fresh, raw 0.840 g 232. Tofu, fried 0.837 g233. Ham, sliced, extra lean 0.836 g

234. Ostrich, ground, raw 0.834 g 235. Duck, wild, breast, meat only, raw 0.832 g236. Fish, salmon, sockeye, raw 0.832 g 237. Fish, salmon, coho, farmed, raw 0.830 g238. Emu, top loin, cooked, broiled 0.829 g239. T.G.I. FRIDAY'S, fried mozzarella 0.827 g 240. Quail, meat and skin, raw 0.826 g241. Chicken, liver, all classes, raw 0.824 g242. Mollusks, whelk, unspecified, raw 0.824 g243. Game meat, rabbit, domesticated, composite of cuts, raw 0.823 g244. Beef, ground, 95% lean meat / 5% fat, raw 0.823 g 245. Game meat, squirrel, raw 0.822 g246. Fish, halibut, raw, with skin (Alaska Native) 0.821 g 247. Turkey, fryer-roasters, back, meat only, raw 0.820 g 248. Blood sausage 0.820 g 249. Guinea hen, meat only, raw 0.819 g 250. Fish, shark, mixed species, raw 0.819 g251. Pork, fresh, leg (ham), whole, separable lean only, raw 0.818 g252. Game meat, deer, ground, raw 0.818 g253. Chicken, broilers or fryers, drumstick, meat only, raw $0.817 \, \mathrm{g}$ 254. Game meat, buffalo, water, raw $0.817 \, \mathrm{g}$ 255. Chicken, broilers or fryers, breast, meat and skin, raw $0.816 \, \mathrm{g}$ 256. Goose, liver, raw $0.815 \, \mathrm{g}$ 257. Fish, trout, rainbow, farmed, raw 0.815 g 258. Veal, sirloin, separable lean only, raw $0.815 \, \mathrm{g}$ 259. Veal, loin, separable lean only, raw 0.814 g Fish, halibut, Atlantic and Pacific, raw 260. $0.813 \, \mathrm{g}$ 261. Entrees, crab cake 0.813 g262. Turkey, fryer-roasters, dark meat, meat only, raw 0.812 g 263. Fish, trout, mixed species, raw 264. Chicken, broilers or fryers, giblets, raw $0.810 \, \mathrm{g}$ 265. Chicken, roasting, giblets, raw $0.810 \, \mathrm{g}$ 266. Corned beef loaf, jellied $0.810 \, \mathrm{g}$ 267. Fish, tilapia, raw 0.810 g268. Veal, shoulder, arm, separable lean only, raw 0.809 g269. Game meat, bison, separable lean only, raw 0.809 g 270. Chicken, roasting, meat only, raw 0.807 g271. 0.807 gChicken, stewing, giblets, raw 272. Turkey, fryer-roasters, leg, meat only, raw 0.807 g 273. Seeds, safflower seed kernels, dried 0.806 g 274. Veal, rib, separable lean only, raw $0.806 \, \mathrm{g}$ 275. Fish, milkfish, raw 0.802 g276. Fish, snapper, mixed species, raw $0.801 \, \mathrm{g}$ 277. Snacks, beef sticks, smoked 0.801 g 278. Turkey, young tom, meat and skin, raw 0.800 g

Chicken, broilers or fryers, leg, meat only, raw

 $0.799 \, g$

279.

280.	Turkey, all classes, meat and skin, raw 0.799 g
281.	Turkey, all classes, neck, meat only, raw 0.799 g
282.	Fish, trout, rainbow, wild, raw 0.799 g
283.	Turkey, fryer-roasters, wing, meat and skin, raw 0.798 g
284.	Chicken, broilers or fryers, dark meat, meat only, raw 0.797 g
285.	Seeds, breadfruit seeds, raw 0.797 g
286.	Game meat, elk, ground, raw 0.797 g
287.	Turkey, all classes, dark meat, raw 0.796 g
288.	Turkey, young hen, dark meat, meat only, raw 0.796 g
289.	Turkey, young tom, dark meat, meat only, raw 0.795 g
290.	Chicken, cornish game hens, meat only, raw 0.795 g
291.	Beef, ground, 90% lean meat / 10% fat, raw 0.795 g
292.	Fish, anchovy, european, raw 0.794 g
293.	Crustaceans, lobster, northern, raw 0.794 g
294.	Turkey, fryer-roasters, leg, meat and skin, raw 0.793 g
295.	Veal, shoulder, blade, separable lean only, raw 0.793 g
296.	Game meat, bison, ground, raw 0.793 g
297.	Fish, mackerel, king, raw 0.792 g
298.	Turkey, young hen, meat and skin, raw 0.790 g
299.	Turkey, young tom, wing, meat and skin, raw 0.789 g
300.	Fish, sheepshead, raw 0.789 g

Tyrosine:

Recoi	Recommended Dietary Allowance for Tyrosine				Periplaneta americana L. (a) Tyrosine content(69 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter	
	0-6 months					
	7-18 years					
	19 years and older					
	EAR for Pregnancy(all ages)					
	RDA for Pregnancy(all ages)					
	EAR for					

Lactation(all ages)		
RDA for Lactation(all ages)		

Recommended Dietary Allowance for Tyrosine				Periplaneta australasiae F.F.(a) Tyrosine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Oryctes rhinoceros (larvae) (c) Tyrosine content(31 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dieta	Rhyncophorus phoenicis (larvae)(c) Tyrosine content(29 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				

EAR for Pregnancy(all ages)	
RDA for Pregnancy(all ages)	
EAR for Lactation(all ages)	
RDA for Lactation(all ages)	

Recoi	nmended Dietar	Sciphophorus acupunctatus (larvae)(d) Tyrosine content(64 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dietai	Sphenarium histrio (d) Tyrosine content(73 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Sphenarium purpurascens(d) Tyrosine content(63 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recommended Dietary Allowance for Tyrosine				Tenebrio molitor (larvae)(f) Tyrosine content(80 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dietai	Tenebrio molitor (adults) (g) Tyrosine content(33 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Zophobas morio(g) Tyrosine content(70 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recor	nmended Dietai	Ephydra hians (larvae)(h) Tyrosine content(51 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dietai	Musca domesticus (larvae) (i) Tyrosine content(71 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Musca domesticus (pupae) (j) Tyrosine content(48 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recoi	nmended Dietar	Agonoscelis pubescens (Thunberg)(k) Tyrosine content(9 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recoi	nmended Dietai	Aspongubus viduatus F.(k) Tyrosine content(17 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				monograma	phorion a(h) Tyrosine 0 mg/100g)
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recoi	nmended Dietai	Apis mellifera (honeybee) (m) Tyrosine content(37 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Atta mexicana(h) Tyrosine content(47 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recon	nmended Dieta	Bee brood(n) Tyrosine content(44 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				

EAR for Pregnancy(all ages)	
RDA for Pregnancy(all ages)	
EAR for Lactation(all ages)	
RDA for Lactation(all ages)	

Recor	nmended Dietar	Liometopum apiculatum(d) Tyrosine content(68 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recoi	nmended Dietai	Parachartegus apicalis(h) Tyrosine content(71 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Polyrhachis vicina Roger (Zhejiang)(o) Tyrosine content(53 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recommended Dietary Allowance for Tyrosine				Polyrhachis vicina Roger (Guizhou)(o) Tyrosine content(53 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Macrotermes bellicosus(d) Tyrosine content(30 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Aegiale Acentrocneme hesperiaris)(h) Tyrosine content(63 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recommended Dietary Allowance for Tyrosine				Anaphe venata (larvae, without hair)(h) Tyrosine content(25 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Ascalapha odorata (larvae) (h) Tyrosine content(44 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recon	nmended Dieta	Bombyx mori (larvae)(f) Tyrosine content(34 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recommended Dietary Allowance for Tyrosine				Bombyx mori (pupae)(q) Tyrosine content(56 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Bombyx mori (spent pupae) (s) Tyrosine content(54 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recon	nmended Dieta	Clanis bilineata (larvae)(g) Tyrosine content(34 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recommended Dietary Allowance for Tyrosine				Galleria mellonella (larvae)(g) Tyrosine content(62 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Imbrasia epimethea(caterpillars)(u) Tyrosine content(75 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Imbrasia ertli (caterpillars) (d) Tyrosine content(13 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				

19 years and older	
EAR for Pregnancy(all ages)	
RDA for Pregnancy(all ages)	
EAR for Lactation(all ages)	
RDA for Lactation(all ages)	

Recommended Dietary Allowance for Tyrosine				Imbrasia trunrcata (caterpillars)(u) Tyrosine content(77 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all				

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o coc)				
ages)				
	_			

Recoi	nmended Dietai	Mellacosoma americanum Fab, meal(v) Tyrosine content(34 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary A	Allowance for Tyrosine
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Nudaurelia oyemensis (caterpillars)(u) **Tyrosine** content(76 mg/100g)

Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dietai	Samia ricinii (prepupae)(w) Tyrosine content(63 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				

RDA for Pregnancy(all ages)	
EAR for Lactation(all ages)	
RDA for Lactation(all ages)	

Recoi	nmended Dietar	Samia ricinii (prepupae)(w) Tyrosine content(64 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

	Recommended Dietary Allowance for Tyrosine	Usta Terpsichore
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		(caterpillars)(d) Tyrosine content(33 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dieta	Acheta domesticus (meal) (v) Tyrosine content(53 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for				

Pregnancy(all ages)	
RDA for Pregnancy(all ages)	
EAR for Lactation(all ages)	
RDA for Lactation(all ages)	

Recoi	nmended Dietai	Acheta domesticus (nymphs)(g) Tyrosine content(55 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	nmended Dietai	Acheta domesticus (adults) (g) Tyrosine content(49 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recon	nmended Dieta	(larvae)(a	omestica L. a) Tyrosine 3 mg/100g)		
Life Stage	Age	Males (mg/day) Females (mg/day)		How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				

EAR for Pregnancy(all ages)	
RDA for Pregnancy(all ages)	
EAR for Lactation(all ages)	
RDA for Lactation(all ages)	

Recoi	nmended Dietar	Anabrus simplex meal Tyrosine content(47 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recor	mmended Dietai	Boopedon flaviventris(h) Tyrosine content(74 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recommended Dietary Allowance for Tyrosine				Brachytrupes sp. (adults)(s) Tyrosine content(93 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recoi	mmended Dietai	Melanoplus femurrubrum(a) Tyrosine content(56 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Recoi	nmended Dietai	Sphenarium histrio G.(a) Tyrosine content(73 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

				Sphenarium purpurascens Ch.(a) Tyrosine content(63 mg/100g)	
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and				

older		
EAR for Pregnancy(all ages)		
RDA for Pregnancy(all ages)		
EAR for Lactation(all ages)		
RDA for Lactation(all ages)		

Recoi	mmended Dietai	Taeniopoda auricornis W. (s) Tyrosine content(76 mg/100g)			
Life Stage	Age	Males (mg/day)	Females (mg/day)	grams of	Percentage of RDA per 100g of insect dry matter
	0-6 months				
	7-18 years				
	19 years and older				
	EAR for Pregnancy(all ages)				
	RDA for Pregnancy(all ages)				
	EAR for Lactation(all ages)				
	RDA for Lactation(all ages)				

Below is a list of the top several hundred sources of tyrosine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the tyrosine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

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1.
       Soy protein isolate
                             3.222 g
2.
       Egg, white, dried
                             3.153 g
3.
                                    2.328 g
       Cheese, parmesan, grated
4.
       Cheese, parmesan, shredded 2.319 g
5.
       Peanut flour, defatted 2.122 g
6.
       Seeds, sesame flour, low-fat 2.100 g
7.
       Cheese, parmesan, hard
                                    1.995 g
8.
       Egg, whole, dried
                             1.932 g
9.
       Soy flour, defatted
                             1.778 g
       Cheese, gruyere
10.
                             1.776 g
11.
       Cheese, romano
                             1.775 g
12.
       Fish, whitefish, dried (Alaska Native)
                                                   1.740 g
13.
       Milk, dry, nonfat, calcium reduced 1.714 g
       Soy meal, defatted, raw
14.
                                     1.700 g
15.
       Cheese, swiss 1.693 g
       Seeds, sesame flour, partially defatted
16.
                                                   1.689 g
17.
       Milk, buttermilk, dried
                                     1.656 g
18.
       Tofu, dried-frozen (koyadofu)
                                            1.604 g
19.
       Smelt, dried (Alaska Native) 1.570 g
20.
       Soybeans, mature seeds, raw 1.539 g
21.
       Cheese, fontina
                             1.524 g
22.
       Egg, volk, dried
                             1.523 g
23.
                             1.520 g
       Cheese, provolone
24.
       Cheese, tilsit 1.458 g
25.
       Cheese, edam 1.457 g
26.
       Winged beans, mature seeds, raw
                                            1.457 g
27.
       Cheese, gouda 1.454 g
28.
       Meat extender 1.428 g
29.
       Cheese, port de salut 1.420 g
30.
       Cheese, mozzarella, part skim milk 1.403 g
31.
       Peanut flour, low fat 1.374 g
32.
       Lupins, mature seeds, raw
                                     1.360 g
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1.306 g

33.

34.

Soy flour, full-fat, raw

Cheese, blue 1.295 g

35. Seeds, sesame flour, high-fat 1.289 g 36. Milk, dry, whole, with added vitamin D 1.271 g 37. Egg Mix, USDA Commodity 1.262 g 38. Cheese, caraway 1.216 g 39. Cheese, pasteurized process, pimento 1.211 g 40. Snacks, pork skins, plain 1.205 g 41. Cheese, cheddar 1.202 g 42. Cheese, brie 1.200 g 43. Cheese food, pasteurized process, swiss 1.199 g 44. Cheese, limburger 1.197 g 45. Cheese, goat, hard type 1.191 g 46. Cheese, mexican, queso anejo 1.190 g 47. Snacks, pork skins, barbecue-flavor 1.186 g 48. Cheese, monterey 1.182 g 49. Mutton, cooked, roasted (Navajo) 1.162 g 50. Spices, parsley, dried 1.159 g 51. Cheese, colby 1.147 g 52. Cheese, camembert 1.145 g 53. Cheese, cheshire 1.128 g 54. Cheese, muenster 1.123 g 55. T.G.I. FRIDAY'S, classic sirloin steak 1.123 g 56. Fish, roe, mixed species, raw 1.121 g 57. Cheese, brick 1.115 g 58. CRACKER BARREL, grilled sirloin steak 1.090 g 59. 1.080 g Cheese, low fat, cheddar or colby 60. Cheese, low-sodium, cheddar or colby 1.080 g61. Cheese food, cold pack, american 1.076 g 62. Peanuts, spanish, raw 1.063 g 63. Cheese, mexican, queso asadero 1.061 g 64. Peanuts, all types, raw1.049 g 65. Quail, breast, meat only, raw 1.048 g Cheese, mozzarella, whole milk 66. 1.043 g 67. Restaurant, family style, sirloin steak 1.036 g 68. Snacks, soy chips or crisps, salted 1.028 g69. Peanuts, virginia, raw 1.024 g 70. Beef, cured, breakfast strips, cooked 1.022 g 71. Peanuts, valencia, raw 1.020 g 72. Cheese, mexican, queso chihuahua 1.019 g 73. Seeds, watermelon seed kernels, dried 1.016 g 74. Cheese, roquefort 1.012 g75. Quail, meat only, raw 1.010 g 76. Squab, (pigeon), light meat without skin, raw 1.010 g77. DENNY'S, top sirloin steak 0.991 g 78. Nuts, butternuts, dried 0.977 g 79.

Turkey, fryer-roasters, breast, meat only, raw

Fish, caviar, black and red, granular 0.968 g

80.

0.972 g

81. Turkey, fryer-roasters, light meat, meat only, raw $0.956 \, \mathrm{g}$ 82. Bratwurst, pork, cooked 0.953 g83. APPLEBEE'S, 9 oz house sirloin steak 0.940 g84. Turkey, young hen, light meat, meat only, raw 0.934 g85. Turkey, all classes, light meat, raw 0.931 g 86. Turkey, young tom, light meat, meat only, raw 0.926 g87. Beef, cured, dried 0.916 g88. Turkey, fryer-roasters, breast, meat and skin, raw 0.911 g89. Turkey, canned, meat only, with broth 90. Pork, ground, 96% lean / 4% fat, raw 0.893 g 91. Turkey, fryer-roasters, wing, meat only, raw 0.889 g 92. Beef, cured, corned beef, canned 0.884 g93. Turkey, fryer-roasters, meat only, raw 0.882 g94. Turkey, fryer-roasters, light meat, meat and skin, raw 0.872 g95. Goose, domesticated, meat only, raw 0.866 g 96. Turkey, all classes, meat only, raw Turkey, young hen, meat only, raw 97. 0.860 g98. Turkey, young tom, meat only, raw 0.858 g99. 0.853 gHyacinth beans, mature seeds, raw Luncheon meat, beef, thin sliced 100. 0.850 g101. Beef, cured, thin-sliced beef 0.850 g 102. Ouail, meat and skin, raw 0.849 g103. Turkey, fryer-roasters, meat and skin, raw 0.849 g 104. Pork, cured, breakfast strips, cooked 0.843 g 105. Cheese, goat, semisoft type 0.842 g 106. Turkey, young tom, breast, meat and skin, raw 0.836 g107. Game meat, goat, cooked, roasted 108. Turkey, all classes, breast, meat and skin, raw 0.832 g109. Broadbeans (fava beans), mature seeds, raw 0.827 g 110. Game meat, elk, raw 0.822 g 111. Turkey, all classes, light meat, meat and skin, raw 0.820 g112. Turkey, young hen, breast, meat and skin, raw 0.820 g113. Game meat, moose, raw 0.819 g114. Turkey, young hen, light meat, meat and skin, raw 0.818 g 115. Peanut butter, chunk style, with salt 0.818 g 116. Game meat, buffalo, water, raw 0.818 g117. Turkey, young tom, light meat, meat and skin, raw 0.817 g 118. Turkey, fryer-roasters, back, meat only, raw 0.816 g 119. Peanut butter, smooth style, with salt 0.814 g 120. Squab, (pigeon), meat only, raw 0.812 g121. Game meat, deer, raw 0.812 g 122. Spices, mustard seed, ground 0.809 g 123. Turkey, fryer-roasters, dark meat, meat only, raw 0.808 g124. Beef, variety meats and by-products, liver, raw 0.807 g125. Turkey, fryer-roasters, leg, meat only, raw 0.804 g 126. Pheasant, breast, meat only, raw $0.799 \, g$

127. 0.797 gPork, fresh, loin, tenderloin, separable lean only, raw 128. Turkey, all classes, neck, meat only, raw 129. Turkey, all classes, dark meat, raw 0.793 g 130. Turkey, young hen, dark meat, meat only, raw 0.793 g131. Veal, variety meats and by-products, liver, raw 0.793 g132. Papad 0.793 g 133. Turkey, young tom, dark meat, meat only, raw 0.792 g134. Squab, (pigeon), meat and skin, raw 0.789 g 135. Fish, tuna, fresh, yellowfin, raw 0.789 g136. Fish, tuna, fresh, bluefin, raw 0.787 g 137. Yardlong beans, mature seeds, raw 0.786 g 138. Chicken, broilers or fryers, light meat, meat only, raw 0.783 g139. Mungo beans, mature seeds, raw 0.783 g140. Fish, yellowtail, mixed species, raw 0.781 g 141. Chicken, stewing, light meat, meat only, raw 0.780 g 142. Turkey, fryer-roasters, leg, meat and skin, raw 0.779 g143. Game meat, antelope, raw 0.776 g144. Game meat, rabbit, wild, raw 0.776 g 145. Turkey, all classes, meat and skin, raw 0.775 g146. Turkey, young tom, meat and skin, raw 0.775 g147. Pheasant, raw, meat only 0.773 g148. Cowpeas, catiang, mature seeds, raw 0.771 g 149. Ostrich, inside strip, raw 0.770 g150. Turkey, young hen, meat and skin, raw 0.767 g151. Game meat, boar, wild, raw 0.767 g 152. Chicken, broilers or fryers, breast, meat only, raw 0.765 g 153. Turkey, fryer-roasters, dark meat, meat and skin, raw 0.765 g154. Spices, fenugreek seed 0.764 g155. Pork, ground, 84% lean / 16% fat, raw 0.762 g156. Ostrich, outside strip, raw 0.760 g157. Fish, whitefish, eggs (Alaska Native) 0.760 g 158. Cheese fondue 0.759 g 159. Mollusks, whelk, unspecified, raw 160. Fish, salmon, Atlantic, farmed, raw 0.759 g 161. Lima beans, large, mature seeds, raw 0.759 g 162. Turkey, all classes, leg, meat and skin, raw 0.757 g 163. Seeds, sesame butter, paste $0.757 \, \mathrm{g}$ 164. Duck, wild, breast, meat only, raw 0.756 g 165. Turkey, young tom, leg, meat and skin, raw 0.756 g 166. Turkey, young hen, leg, meat and skin, raw 0.755 g 167. Elk, free range, ground, raw (Shoshone Bannock) 0.752 g 168. Game meat, beaver, raw 0.750 g169. Chicken, roasting, light meat, meat only, raw 0.749 g170. Guinea hen, meat and skin, raw $0.748 \, g$ 171. Chorizo, pork and beef 0.748 g172. Pork, fresh, loin, whole, separable lean only, raw 0.747 g

173. Turkey, young tom, wing, meat and skin, raw 0.743 g174. Ostrich, outside leg, raw 175. Seeds, sesame seeds, whole, dried 0.743 g176. Fish, tuna, fresh, skipjack, raw 0.743 g177. Snacks, oriental mix, rice-based 0.743 g178. Chicken, broilers or fryers, wing, meat only, raw 0.742 g179. Turkey, fryer-roasters, wing, meat and skin, raw 0.742 g180. Game meat, caribou, raw 0.742 g181. Nuts, walnuts, black, dried 0.740 g182. Turkey, fryer-roasters, back, meat and skin, raw 0.737 g183. Cocoa, dry powder, unsweetened $0.735 \, g$ 184. Turkey, all classes, wing, meat and skin, raw0.734 g 185. OSCAR MAYER, Ham and Cheese Loaf 186. Fish, salmon, coho, wild, raw 0.730 g 187. Pork, fresh, variety meats and by-products, liver, raw 0.729 g188. Lima beans, thin seeded (baby), mature seeds, raw 0.729 g 189. Pheasant, leg, meat only, raw 0.728 g 190. Ostrich, inside leg, raw 191. Spices, poppy seed 0.727 g192. Lamb, variety meats and by-products, liver, raw 0.727 g193. Turkey, young hen, wing, meat and skin, raw 0.725 g194. Pheasant, raw, meat and skin 0.724 g 195. Turkey, young tom, dark meat, meat and skin, raw 0.724 g 196. 0.724 gUSDA Commodity, beef, canned 197. Cheese, goat, soft type 198. Chicken, broilers or fryers, meat only, raw 0.722 g 199. 0.720 gFish, salmon, coho (silver), raw (Alaska Native) 200. 0.719 gTurkey, all classes, dark meat, meat and skin, raw 201. Fish, salmon, sockeye, raw 0.719 g 202. Chicken, stewing, meat only, raw 0.718 g203. Ostrich, tenderloin, raw 0.718 g204. Fish, salmon, coho, farmed, raw 0.718 g205. Sausage, Italian, turkey, smoked $0.717 \, \mathrm{g}$ 206. Ostrich, round, raw 0.715 g 207. Pork, fresh, leg (ham), whole, separable lean only, raw $0.714 \, \mathrm{g}$ 208. Mung beans, mature seeds, raw $0.714 \, g$ 209. Game meat, rabbit, domesticated, composite of cuts, raw 0.714 g210. Beans, kidney, royal red, mature seeds, raw 0.713 g 211. Ostrich, tip trimmed, raw 0.711 g212. Peas, split, mature seeds, raw 0.711 g 213. Bacon and beef sticks 0.710 g 214. Seeds, sesame meal, partially defatted 0.710 g215. Ostrich, fan, raw 0.709 g216. Turkey, young hen, dark meat, meat and skin, raw 0.708 g 217. Turkey roll, light meat 0.708 g0.708 g218. Fish, shark, mixed species, raw

- 219. Ostrich, top loin, raw 0.705 g
- 220. Fish, trout, rainbow, farmed, raw 0.704 g
- 221. Wheat germ, crude 0.704 g
- 222. Fish, halibut, Atlantic and Pacific, raw 0.703 g
- 223. Ostrich, oyster, raw 0.701 g
- 224. Fish, trout, mixed species, raw 0.701 g
- 225. Chicken, canned, meat only, with broth 0.699 g
- 226. Smoked link sausage, pork 0.699 g
- 227. Fish, halibut, raw, with skin (Alaska Native) 0.699 g
- 228. Guinea hen, meat only, raw 0.697 g
- 229. Duck, domesticated, meat only, raw 0.696 g
- 230. Chicken, broilers or fryers, drumstick, meat only, raw 0.695 g
- 231. Game meat, bison, separable lean only, raw 0.695 g
- 232. Pastrami, turkey 0.694 g
- 233. Sausage, meatless 0.694 g
- 234. Fish, milkfish, raw 0.693 g
- 235. Fish, snapper, mixed species, raw 0.692 g
- 236. Fish, trout, rainbow, wild, raw 0.691 g
- 237. Egg, yolk, raw, frozen 0.689 g
- 238. Bison, ground, grass-fed, raw 0.688 g
- 239. Turkey roll, light and dark meat 0.687 g
- 240. Fish, anchovy, european, raw 0.687 g
- 241. Chicken, roasting, meat only, raw 0.686 g
- 242. Salami, dry or hard, pork 0.686 g
- 243. Salami, Italian, pork 0.686 g
- 244. Beef, variety meats and by-products, pancreas, raw 0.686 g
- 245. Beans, kidney, california red, mature seeds, raw 0.686 g
- 246. Fish, mackerel, king, raw 0.685 g
- 247. Crustaceans, spiny lobster, mixed species, raw 0.685 g
- 248. Chicken, broilers or fryers, breast, meat and skin, raw 0.684 g
- 249. Beef, cured, pastrami 0.683 g
- 250. Poultry food products, ground turkey, raw 0.682 g
- 251. Fish, sheepshead, raw 0.682 g
- 252. Pork, fresh, shoulder, whole, separable lean only, raw 0.681 g
- 253. Chicken, broilers or fryers, leg, meat only, raw 0.680 g
- 254. Fish, salmon, chum, raw 0.680 g
- 255. Fish, tilapia, raw 0.680 g
- 256. Game meat, elk, ground, raw 0.680 g
- 257. Fish, sheefish, raw (Alaska Native) 0.680 g
- 258. Turkey, young tom, back, meat and skin, raw 0.679 g
- 259. Veal, leg (top round), separable lean only, raw 0.679 g
- 260. Egg, yolk, raw, fresh 0.678 g
- 261. Chicken, broilers or fryers, dark meat, meat only, raw 0.678 g
- 262. Fish, mackerel, Pacific and jack, mixed species, raw 0.678 g
- 263. Fish, salmon, chinook, raw 0.677 g
- 264. Chicken, cornish game hens, meat only, raw 0.676 g

265. Pork, fresh, loin, whole, separable lean and fat, raw 0.676 g 266. Fish, bluefish, raw 0.676 g267. Crustaceans, shrimp, mixed species, raw 0.676 g268. Game meat, deer, ground, raw 0.676 gTurkey breast meat 0.675 g 269. 270. Beef, ground, 95% lean meat / 5% fat, raw 0.674 g 271. Fish, salmon, pink, raw $0.673 \; \mathrm{g}$ 272. 0.670 gFish, salmon, Atlantic, wild, raw 273. Game meat, horse, raw 0.670 g274. Veal, leg (top round), separable lean and fat, raw 0.669 g275. Cheese, feta 0.668 g 276. Fish, swordfish, raw 0.668 g 277. Oat bran, raw 0.668 g 278. Lentils, pink, raw $0.667 \, \mathrm{g}$ 279. Ham and cheese spread 0.666 g280. Seeds, sunflower seed kernels, dried 0.666 g 281. Chicken, stewing, dark meat, meat only, raw 0.665 g 282. Egg, goose, whole, fresh, raw 0.664 g 283. Chicken, broilers or fryers, thigh, meat only, raw 284. Beans, kidney, all types, mature seeds, raw 0.664 g 285. Tempeh 0.664 g286. Pepperoni, pork, beef 0.661 g 287. Cheese, cottage, lowfat, 1% milkfat 0.660 g 288. Chicken, broilers or fryers, back, meat only, raw 0.660 g289. Duck, domesticated, liver, raw 0.660 g290. Turkey, all classes, back, meat and skin, raw 0.660 g 291. Turkey ham, cured turkey thigh meat 0.660 g 292. Beans, white, mature seeds, raw 0.658 g293. Ostrich, ground, raw 0.657 g 294. Fish, pollock, Atlantic, raw 0.656 g 295. Fish, perch, mixed species, raw $0.655 \, \mathrm{g}$ 296. Fish, sunfish, pumpkin seed, raw 0.655 g297. Fish, grouper, mixed species, raw $0.654 \, \mathrm{g}$ 298. Chicken, liver, all classes, raw 0.653 g299. Fish, mullet, striped, raw 0.653 g

0.652 g

Threonine:

Fish, burbot, raw

300.

Below is a list of the top several hundred sources of threonine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the threonine content of the relevant insects

relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Egg, white, dried 3.685 g
- 2. Soy protein isolate 3.137 g
- 3. Fish, whitefish, dried (Alaska Native) 2.470 g
- 4. Smelt, dried (Alaska Native) 2.390 g
- 5. Egg, whole, dried 2.273 g
- 6. Seeds, sesame flour, low-fat 2.081 g
- 7. Soy flour, defatted 2.042 g
- 8. Tofu, dried-frozen (koyadofu) 1.956 g
- 9. Soy meal, defatted, raw 1.952 g
- 10. Snacks, pork skins, plain 1.823 g
- 11. Egg, yolk, dried 1.819 g
- 12. Peanut flour, defatted 1.788 g
- 13. Soybeans, mature seeds, raw 1.766 g
- 14. Snacks, pork skins, barbecue-flavor 1.765 g
- 15. Seeds, sesame flour, partially defatted 1.674 g
- 16. Meat extender 1.615 g
- 17. Milk, dry, nonfat, calcium reduced 1.603 g
- 18. Milk, buttermilk, dried 1.548 g
- 19. Cheese, parmesan, shredded 1.531 g
- 20. Soy flour, full-fat, raw 1.500 g
- 21. Gelatins, dry powder, unsweetened 1.475 g
- 22. Chorizo, pork and beef 1.473 g
- 23. Cheese, parmesan, grated 1.455 g
- 24. CRACKER BARREL, grilled sirloin steak 1.449 g
- 25. T.G.I. FRIDAY'S, classic sirloin steak 1.432 g
- 26. Egg Mix, USDA Commodity 1.411 g
- 27. Mutton, cooked, roasted (Navajo) 1.403 g
- 28. DENNY'S, top sirloin steak 1.371 g
- 29. Restaurant, family style, sirloin steak 1.363 g
- 30. Lupins, mature seeds, raw 1.331 g
- 31. Cheese, parmesan, hard 1.317 g
- 32. Game meat, goat, cooked, roasted 1.290 g
- 33. Seeds, sesame flour, high-fat 1.278 g
- 34. Fish, caviar, black and red, granular 1.263 g
- 35. Bratwurst, pork, cooked 1.249 g
- 36. Pheasant, breast, meat only, raw 1.220 g
- 37. APPLEBEE'S, 9 oz house sirloin steak 1.200 g
- 38. Spices, parsley, dried 1.193 g
- 39. Milk, dry, whole, with added vitamin D 1.188 g
- 40. Beef, cured, breakfast strips, cooked 1.182 g
- 41. Pheasant, raw, meat only 1.180 g
- 42. Winged beans, mature seeds, raw 1.179 g

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43.
       Luncheon meat, beef, thin sliced
                                             1.178 g
44.
       Beef, cured, thin-sliced beef 1.178 g
45.
       Cheese, romano
                              1.171 g
46.
       Peanut flour, low fat 1.158 g
       Beef, cured, dried
47.
                              1.148 g
                                     1.139 g
48.
       Cheese, goat, hard type
49.
       Quail, breast, meat only, raw 1.131 g
50.
       Snacks, soy chips or crisps, salted
                                             1.125 g
51.
       Pheasant, leg, meat only, raw 1.112 g
52.
       Pork, cured, breakfast strips, cooked 1.112 g
53.
       Seeds, watermelon seed kernels, dried
                                                    1.112 g
54.
       Pheasant, raw, meat and skin 1.108 g
55.
       Turkey, fryer-roasters, breast, meat only, raw
                                                            1.094 g
56.
       Quail, meat only, raw 1.090 g
       Squab, (pigeon), light meat without skin, raw
57.
                                                            1.090 g
58.
       Cheese, gruyere
                              1.089 g
59.
       Game meat, deer, raw 1.080 g
60.
       Turkey, fryer-roasters, light meat, meat only, raw
                                                            1.076 g
61.
       Mollusks, whelk, unspecified, raw 1.068 g
62.
       Beans, kidney, royal red, mature seeds, raw 1.066 g
63.
       Turkey, young hen, light meat, meat only, raw
                                                            1.052 g
64.
       Turkey, all classes, light meat, raw 1.048 g
65.
       Turkey, fryer-roasters, breast, meat and skin, raw
                                                            1.042 g
66.
       Turkey, young tom, light meat, meat only, raw
                                                            1.042 g
67.
       Ostrich, inside strip, raw
                                     1.039 g
68.
       Cheese, swiss 1.038 g
69.
       Game meat, antelope, raw
                                     1.035 g
70.
       Turkey, canned, meat only, with broth
                                                    1.029 g
71.
       Beans, kidney, california red, mature seeds, raw
                                                            1.026 g
72.
       Ostrich, outside strip, raw
                                     1.025 g
73.
       Fish, tuna, fresh, yellowfin, raw
                                             1.025 g
74.
       Beef, cured, corned beef, canned
                                             1.023 g
75.
       Fish, tuna, fresh, bluefin, raw 1.023 g
76.
       Game meat, moose, raw
                                     1.021 g
77.
       Fish, roe, mixed species, raw 1.017 g
78.
       Fish, yellowtail, mixed species, raw 1.015 g
79.
       Salami, dry or hard, pork
                                     1.012 g
80.
       Salami, Italian, pork 1.012 g
              Game meat, boar, wild, raw 1.012 g
82.
       Fish, whitefish, eggs (Alaska Native) 1.010 g
83.
       Turkey, fryer-roasters, light meat, meat and skin, raw
                                                                   1.006 \, \mathrm{g}
84.
       Ostrich, outside leg, raw
                                     1.003 g
85.
       Turkey, fryer-roasters, wing, meat only, raw 1.000 g
86.
       Game meat, elk, raw 0.999 g
87.
       Turkey, fryer-roasters, meat only, raw
                                                    0.993 g
88.
       Beans, kidney, all types, mature seeds, raw 0.992 g
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89. Cheese, mozzarella, whole milk 0.983 g90. Beans, white, mature seeds, raw 0.983 g91. Cheese, provolone 0.982 g92. Ostrich, inside leg, raw 0.982 g93. Goat, raw 0.981 g94. Chicken, broilers or fryers, light meat, meat only, raw 0.980 g95. Pork, fresh, loin, whole, separable lean only, raw 96. Turkey, fryer-roasters, meat and skin, raw 0.977 g97. Game meat, buffalo, water, raw 0.976 g98. Chicken, stewing, light meat, meat only, raw0.975 g 99. Game meat, rabbit, wild, raw 0.975 g 100. Goose, domesticated, meat only, raw 0.972 g 101. Fish, salmon, coho (silver), raw (Alaska Native) 0.970 g102. Beans, cranberry (roman), mature seeds, raw 0.969 g 103. Turkey, all classes, meat only, raw 0.968 g 104. Turkey, young hen, meat only, raw 0.968 g 105. Ostrich, tenderloin, raw 0.968 g106. Wheat germ, crude 0.968 g107. 0.967 gGame meat, caribou, raw 108. Turkey, young tom, meat only, raw 0.966 g 109. Cheese, roquefort 0.965 g110. Ostrich, round, raw 0.965 g111. Fish, tuna, fresh, skipjack, raw 0.964 g0.963 g 112. Guinea hen, meat and skin, raw 113. Turkey, young tom, breast, meat and skin, raw 0.960 g114. Bacon and beef sticks 0.959 g 115. Game meat, horse, raw 0.959 g 116. Ostrich, tip trimmed, raw 0.958 g117. Turkey, all classes, breast, meat and skin, raw 0.957 g 118. Ostrich, fan, raw 0.957 g119. Fish, halibut, raw, with skin (Alaska Native) 0.954 g 120. Chicken, broilers or fryers, breast, meat only, raw 0.952 g 121. Ostrich, top loin, raw 0.951 g 122. Fish, tilapia, raw $0.950 \, g$ 123. Fish, salmon, coho, wild, raw 0.948 g 124. Beans, kidney, red, mature seeds, raw 0.948 g125. Quail, meat and skin, raw 0.945 g 126. Ostrich, oyster, raw 0.945 g 127. Turkey, all classes, light meat, meat and skin, raw 0.944 g128. Turkey, young hen, breast, meat and skin, raw 0.944 g129. Turkey, young tom, light meat, meat and skin, raw 0.942 g 130. Turkey, young hen, light meat, meat and skin, raw 0.940 g 131. Pork, fresh, loin, tenderloin, separable lean only, raw 0.940 g132. Nuts, butternuts, dried 0.940 g

Fish, sheefish, raw (Alaska Native) 0.940 g

Chicken, roasting, light meat, meat only, raw

0.938 g

133.

134.

- 135. Cheese, fontina 0.935 g
- 136. Pork, fresh, leg (ham), whole, separable lean only, raw 0.935 g
- 137. Fish, salmon, sockeye, raw 0.934 g
- 138. Cheese, edam 0.932 g
- 139. Fish, salmon, coho, farmed, raw 0.932 g
- 140. Cheese, gouda 0.930 g
- 141. Veal, leg (top round), separable lean only, raw 0.930 g
- 142. Smoked link sausage, pork 0.929 g
- 143. Chicken, broilers or fryers, wing, meat only, raw 0.928 g
- 144. Seeds, sunflower seed kernels, dried 0.928 g
- 145. Broadbeans (fava beans), mature seeds, raw 0.928 g
- 146. Lima beans, large, mature seeds, raw 0.927 g
- 147. Beans, yellow, mature seeds, raw 0.926 g
- 148. Yardlong beans, mature seeds, raw 0.926 g
- 149. Hyacinth beans, mature seeds, raw 0.925 g
- 150. Cheese, mozzarella, part skim milk 0.924 g
- 151. Fish, shark, mixed species, raw 0.920 g
- 152. Beans, great northern, mature seeds, raw 0.920 g
- 153. Turkey, fryer-roasters, back, meat only, raw 0.919 g
- 154. Bison, ground, grass-fed, raw 0.918 g
- 155. Veal, leg (top round), separable lean and fat, raw 0.916 g
- 156. Game meat, beaver, raw 0.916 g
- 157. Fish, trout, rainbow, farmed, raw 0.915 g
- 158. Fish, halibut, Atlantic and Pacific, raw 0.912 g
- 159. Fish, trout, mixed species, raw 0.911 g
- 160. Turkey, fryer-roasters, dark meat, meat only, raw 0.910 g
- 161. Pork, fresh, variety meats and by-products, liver, raw 0.910 g
- 162. Beans, black, mature seeds, raw 0.909 g
- 163. Cowpeas, catjang, mature seeds, raw 0.908 g
- 164. Turkey, fryer-roasters, leg, meat only, raw 0.905 g
- 165. Chicken, broilers or fryers, meat only, raw 0.904 g
- 166. Fish, milkfish, raw 0.900 g
- 167. Cheese, tilsit 0.899 g
- 168. Fish, snapper, mixed species, raw 0.899 g
- 169. Spices, fenugreek seed 0.898 g
- 170. Chicken, stewing, meat only, raw 0.898 g
- 171. Fish, trout, rainbow, wild, raw 0.898 g
- 172. Game meat, rabbit, domesticated, composite of cuts, raw 0.897 g
- 173. Cheese, caraway 0.896 g
- 174. Turkey, all classes, neck, meat only, raw 0.896 g
- 175. Peanuts, spanish, raw 0.896 g
- 176. Chicken, canned, meat only, with broth 0.895 g
- 177. Pork, ground, 96% lean / 4% fat, raw 0.895 g
- 178. Lentils, pink, raw 0.895 g
- 179. Corned beef loaf, jellied 0.894 g
- 180. Beans, black turtle soup, mature seeds, raw 0.894 g

- 181. Turkey, all classes, dark meat, raw 0.893 g 182. Turkey, young hen, dark meat, meat only, raw 0.893 g183. 0.893 g Pork, fresh, shoulder, whole, separable lean only, raw 184. Turkey, young tom, meat and skin, raw 185. Turkey, young tom, dark meat, meat only, raw 0.892 g186. Fish, anchovy, european, raw 0.892 g 187. Turkey, all classes, meat and skin, raw 0.891 g188. Pork, fresh, loin, whole, separable lean and fat, raw 0.891 g 189. Lima beans, thin seeded (baby), mature seeds, raw 0.891 g 190. Game meat, bison, separable lean only, raw 0.890 g 191. Fish, mackerel, king, raw 0.889 g192. Cheese, muenster 0.888 g193. Beans, small white, mature seeds, raw 0.888 g194. Turkey, fryer-roasters, leg, meat and skin, raw 0.887 g195. Ostrich, ground, raw 0.887 g 196. Cheese, cheddar 0.886 g197. Fish, sheepshead, raw 0.886 g 198. Papad 0.886 g 199. Squab, (pigeon), meat and skin, raw 0.884 g 200. Turkey, fryer-roasters, wing, meat and skin, raw 0.884 g201. Fish, salmon, chum, raw 0.883 g202. Peanuts, all types, raw0.883 g 203. Cheese, brick 0.882 g 204. Beans, pink, mature seeds, raw 0.882 g205. Veal, sirloin, separable lean only, raw 0.882 g206. Lamb, variety meats and by-products, liver, raw 0.882 g207. Turkey, young hen, meat and skin, raw 0.881 g208. Veal, loin, separable lean only, raw 0.881 g 209. Fish, mackerel, Pacific and jack, mixed species, raw 0.880 g 210. Luxury loaf, pork 0.879 g211. Fish, salmon, chinook, raw 0.879 g 212. Turkey, fryer-roasters, dark meat, meat and skin, raw 0.878 g213. Fish, bluefish, raw 0.878 g214. Turkey, all classes, giblets, raw 0.877 g215. Cheese, port de salut 0.876 g 216. Squab, (pigeon), meat only, raw $0.876 \, \mathrm{g}$ 217. Veal, shoulder, arm, separable lean only, raw 0.876 g218. Turkey, young tom, wing, meat and skin, raw 0.875 g219. Mungo beans, mature seeds, raw 0.875 g220. Fish, salmon, pink, raw 221. Game meat, elk, ground, raw 0.874 g 222. Veal, rib, separable lean only, raw 0.873 g 223. Veal, variety meats and by-products, liver, raw 0.873 g
- 225. Peas, split, mature seeds, raw 0.872 g 226. Cheese, monterey 0.871 g

Guinea hen, meat only, raw 0.872 g

224.

227. Chicken, broilers or fryers, drumstick, meat only, raw 0.870 g228. Fish, salmon, Atlantic, wild, raw 229. Chicken, broilers or fryers, breast, meat and skin, raw 0.869 g230. Pepperoni, pork, beef 0.869 g 231. Beef, variety meats and by-products, liver, raw 0.869 g232. Fish, swordfish, raw 0.868 g 233. Turkey, all classes, wing, meat and skin, raw0.866 g 234. Peanuts, virginia, raw 0.863 g 235. Turkey, all classes, leg, meat and skin, raw 0.861 g 236. Turkey, young tom, leg, meat and skin, raw 0.861 g 237. Ham, sliced, extra lean 0.860 g238. Fish, salmon, Atlantic, farmed, raw 0.860 g 239. Chicken, roasting, meat only, raw 0.859 g240. Turkey, fryer-roasters, back, meat and skin, raw 0.859 g241. Peanuts, valencia, raw0.859 g 242. Turkey, young hen, leg, meat and skin, raw 0.858 g 243. Veal, shoulder, blade, separable lean only, raw $0.858 \, \mathrm{g}$ 244. USDA Commodity, beef, canned 245. Beef, cured, pastrami 0.857 g 246. Turkey, young hen, wing, meat and skin, raw 0.854 g247. Game meat, muskrat, raw 0.854 g248. Fish, pollock, Atlantic, raw 0.852 g249. Chicken, broilers or fryers, leg, meat only, raw 0.850 g250. Fish, perch, mixed species, raw $0.850 \, \mathrm{g}$ 251. Fish, sunfish, pumpkin seed, raw 0.850 g252. Fish, grouper, mixed species, raw 0.849 g253. Chicken, broilers or fryers, dark meat, meat only, raw 0.848 g254. Duck, wild, breast, meat only, raw 0.848 g255. Fish, mullet, striped, raw 0.848 g256. Fish, burbot, raw 257. Game meat, bison, ground, raw 0.847 g258. Chicken, cornish game hens, meat only, raw 0.846 g 259. Beef, cured, smoked, chopped beef 0.846 g 260. Fish, mackerel, spanish, raw 0.846 g 261. Beef, ground, 95% lean meat / 5% fat, raw 0.846 g 262. Cheese, colby 0.845 g 263. Veal, shoulder, arm, separable lean and fat, raw 0.845 g264. Veal, ground, raw 0.845 g265. Fish, pike, northern, raw 0.844 g266. Veal, shank (fore and hind), separable lean only, raw $0.842 \, \mathrm{g}$ 267. Veal, shoulder, blade, separable lean and fat, raw 0.840 g268. Fish, pike, walleye, raw 0.839 g269. Spices, mustard seed, ground 0.838 g 270. Fish, whitefish, mixed species, raw 0.837 g 271. Crustaceans, spiny lobster, mixed species, raw 0.834 g272. 0.833 gDuck, domesticated, liver, raw

273. Emu, top loin, cooked, broiled 0.833 g274. Fish, cusk, raw 0.833 g275. Veal, sirloin, separable lean and fat, raw 0.833 g276. Cheese, cheshire 0.832 g277. Chicken, stewing, dark meat, meat only, raw 0.832 g 278. Turkey, young tom, dark meat, meat and skin, raw 0.832 g 279. Beef, rib, shortribs, separable lean only, choice, raw 0.832 g 280. Fish, cisco, raw 0.832 g281. Fish, ling, raw 0.832 g 282. Snacks, beef sticks, smoked 0.832 g 283. Chicken, broilers or fryers, thigh, meat only, raw 0.830 g284. Fish, haddock, raw 0.829 g285. Fish, bass, fresh water, mixed species, raw 0.827 g 286. Fish, scup, raw 0.827 g287. Chicken, broilers or fryers, back, meat only, raw 0.826 g288. Chicken, capons, giblets, raw 0.826 g 289. Turkey, all classes, dark meat, meat and skin, raw 0.826 g290. Fish, flatfish (flounder and sole species), raw 0.826 g291. Chicken, roasting, giblets, raw 292. Veal, loin, separable lean and fat, raw 0.825 g293. Elk, free range, ground, raw (Shoshone Bannock) 0.825 g 294. Veal, rib, separable lean and fat, raw 0.824 g 295. Egg, yolk, raw, frozen 0.823 g 296. Fish, rockfish, Pacific, mixed species, raw 0.822 g297. Crustaceans, shrimp, mixed species, raw 0.822 g298. Cheese, mexican, queso chihuahua 0.818 g

 $0.817 \, \mathrm{g}$

Tryptophan:

299.

300.

Below is a list of the top several hundred sources of tryptophan in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the tryptophan content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

0.818 g

- 1. Soy protein isolate 1.116 g
- 2. Seeds, sesame flour, low-fat 1.097 g

Game meat, deer, ground, raw

Whey, sweet, dried

- 3. Egg, white, dried 0.999 g
- 4. Seeds, sesame flour, partially defatted 0.882 g

- 5. Winged beans, mature seeds, raw 0.762 g6. Tofu, dried-frozen (koyadofu) 0.747 g 7. Seeds, chia seeds, dried 0.721 g8. Soy flour, defatted 0.683 g9. Seeds, sesame flour, high-fat 0.674 g 10. Soy meal, defatted, raw 0.653 gSoybeans, mature seeds, raw 0.591 g 11. 12. Fish, whitefish, dried (Alaska Native) 0.580 g13. Egg, whole, dried 0.576 g14. Meat extender 0.574 g 15. Cheese, parmesan, shredded 0.560 g 16. Cheese, parmesan, grated 0.518 g0.515 g17. Cheese, mozzarella, whole milk 18. Smelt, dried (Alaska Native) 0.510 g 19. Peanut flour, defatted 0.507 g 20. Soy flour, full-fat, raw 0.502 g
- 21. Milk, dry, nonfat, calcium reduced 0.501 g
- 22. Milk, buttermilk, dried 0.484 g
- 23. Cheese, parmesan, hard 0.482 g
- 24. Spices, parsley, dried 0.475 g
- 25. Cheese, romano 0.429 g
- 26. Cheese, gruyere 0.421 g
- 27. Game meat, elk, raw 0.414 g
- 28. T.G.I. FRIDAY'S, classic sirloin steak 0.410 g
- 29. Game meat, goat, cooked, roasted 0.403 g
- 30. Cheese, swiss 0.401 g
- 31. Egg, yolk, dried 0.400 g
- 32. Egg Mix, USDA Commodity 0.400 g
- 33. Seeds, sesame butter, paste 0.396 g
- 34. Spices, fenugreek seed 0.391 g
- 35. Seeds, watermelon seed kernels, dried 0.390 g
- 36. CRACKER BARREL, grilled sirloin steak 0.390 g
- 37. Seeds, sesame seeds, whole, dried 0.388 g
- 38. Restaurant, family style, sirloin steak 0.380 g
- 39. DENNY'S, top sirloin steak 0.380 g
- 40. Snacks, soy chips or crisps, salted 0.376 g
- 41. Ham and cheese spread 0.372 g
- 42. Milk, dry, whole, with added vitamin D 0.371 g
- 43. Seeds, sesame meal, partially defatted 0.371 g
- 44. Nuts, butternuts, dried 0.366 g
- 45. Cheese, fontina 0.361 g
- 46. Quail, breast, meat only, raw 0.354 g
- 47. Cheese, edam 0.352 g
- 48. Cheese, gouda 0.352 g
- 49. Cheese, tilsit 0.352 g
- 50. Seeds, sunflower seed kernels, dried 0.348 g

- 51. Game meat, caribou, raw52. Bratwurst, pork, cooked0.348 g0.347 g
- 53. Cheese, provolone 0.345 g
- 54. Cheese, port de salut 0.343 g
- 55. Quail, meat only, raw 0.341 g
- 56. Squab, (pigeon), light meat without skin, raw 0.341 g
- 57. APPLEBEE'S, 9 oz house sirloin steak 0.340 g
- 58. Cheese, mozzarella, part skim milk 0.339 g
- 59. Pheasant, breast, meat only, raw 0.339 g
- 60. Oat bran, raw 0.335 g
- 61. Fish, salmon, coho (silver), raw (Alaska Native) 0.330 g
- 62. Pheasant, raw, meat only 0.328 g
- 63. Peanut flour, low fat 0.328 g
- 64. Cheese, muenster 0.327 g
- 65. Cheese, brick 0.324 g
- 66. Cheese, caraway 0.324 g
- 67. Cheese, pasteurized process, pimento 0.323 g
- 68. Fish, caviar, black and red, granular 0.323 g
- 69. Cheese, brie 0.322 g
- 70. Cheese, goat, hard type 0.321 g
- 71. Cheese, cheddar 0.320 g
- 72. Cheese food, pasteurized process, swiss 0.319 g
- 73. Nuts, walnuts, black, dried 0.318 g
- 74. Goose, domesticated, meat only, raw 0.317 g
- 75. Wheat germ, crude 0.317 g
- 76. Cheese, monterey 0.315 g
- 77. Cheese, blue 0.312 g
- 78. Fish, halibut, raw, with skin (Alaska Native) 0.311 g
- 79. Pheasant, leg, meat only, raw 0.309 g
- 80. Mollusks, whelk, unspecified, raw 0.309 g
- 81. Cheese, camembert 0.307 g
- 82. Spearmint, dried 0.306 g
- 83. Goat, raw 0.306 g
- 84. Cheese, colby 0.305 g
- 85. Pheasant, raw, meat and skin 0.304 g
- 86. Cheese, roquefort 0.303 g
- 87. Pork, fresh, variety meats and by-products, liver, raw 0.301 g
- 88. Cheese, cheshire 0.300 g
- 89. Beans, kidney, royal red, mature seeds, raw 0.300 g
- 90. Yardlong beans, mature seeds, raw 0.300 g
- 91. Seeds, flaxseed 0.297 g
- 92. Cowpeas, catjang, mature seeds, raw 0.294 g
- 93. Fish, roe, mixed species, raw 0.293 g
- 94. Cocoa, dry powder, unsweetened 0.293 g
- 95. Cheese, limburger 0.289 g
- 96. Beans, kidney, california red, mature seeds, raw 0.289 g

97. Lupins, mature seeds, raw 0.289 g98. Game meat, boar, wild, raw 0.289 g99. Quail, meat and skin, raw 0.288 g100. Game meat, rabbit, wild, raw 0.288 g 101. Cheese food, cold pack, american 102. Nuts, cashew nuts, raw 0.287 g103. Crustaceans, spiny lobster, mixed species, raw 0.287 g104. Cheese, low fat, cheddar or colby 0.286 g105. Cheese, low-sodium, cheddar or colby 0.286 g106. Beef, cured, breakfast strips, cooked 0.285 g 107. Crustaceans, shrimp, mixed species, raw 0.283 g108. Egg, goose, whole, fresh, raw 0.282 g 109. Wheat bran, crude 0.282 g110. Fish, whitefish, eggs (Alaska Native) 0.280 g 111. Turkey, fryer-roasters, breast, meat only, raw 0.279 g112. Beans, kidney, all types, mature seeds, raw 0.279 g 113. Sausage, meatless 0.279 g114. 0.278 gChorizo, pork and beef 115. Pork, cured, breakfast strips, cooked 0.278 g 116. Beans, white, mature seeds, raw 0.277 g117. Duck, wild, breast, meat only, raw 0.276 g118. Turkey, fryer-roasters, light meat, meat only, raw 0.275 g119. Peas, split, mature seeds, raw 0.275 g 120. Squab, (pigeon), meat only, raw 0.274 g121. Veal, variety meats and by-products, liver, raw $0.274 \, \mathrm{g}$ 122. Beans, cranberry (roman), mature seeds, raw 0.273 g 123. Pork, fresh, loin, whole, separable lean only, raw 0.272 g124. Pork, ground, 96% lean / 4% fat, raw 0.272 g 125. Chicken, broilers or fryers, light meat, meat only, raw 0.271 g126. Nuts, pistachio nuts, raw 0.271 g127. Chicken, stewing, light meat, meat only, raw 0.270 g 128. Cheese, mexican, queso asadero 0.269 g129. Turkey, young hen, light meat, meat only, raw 0.269 g130. Squab, (pigeon), meat and skin, raw 0.268 g 131. Turkey, all classes, light meat, raw 0.268 g 132. Tofu. fried $0.268 \, \mathrm{g}$ 133. Chicken, broilers or fryers, breast, meat only, raw 0.267 g134. Beans, kidney, red, mature seeds, raw 0.267 g135. Turkey, young tom, light meat, meat only, raw 0.266 g136. Papad 0.266 g 137. Game meat, horse, raw $0.265 \, \mathrm{g}$ 138. Game meat, rabbit, domesticated, composite of cuts, raw 0.265 g139. Duck, domesticated, liver, raw 0.264 g140. Turkey, fryer-roasters, breast, meat and skin, raw 0.264 g141. Beef, variety meats and by-products, liver, raw 0.263 g

142.

Mungo beans, mature seeds, raw

0.263 g

143. Fish, tuna, fresh, yellowfin, raw 0.262 g144. Crustaceans, lobster, northern, raw 0.262 g145. Turkey, canned, meat only, with broth 0.261 g146. Fish, tuna, fresh, bluefin, raw 0.261 g 147. Egg, duck, whole, fresh, raw 0.260 g 148. Pork, fresh, leg (ham), whole, separable lean only, raw 0.260 g149. Beans, yellow, mature seeds, raw 0.260 g150. Mung beans, mature seeds, raw 0.260 g151. 0.259 g Chicken, roasting, light meat, meat only, raw 152. Guinea hen, meat and skin, raw 0.259 g Fish, yellowtail, mixed species, raw 0.259 g 153. 154. Beans, great northern, mature seeds, raw 155. Crustaceans, crab, queen, raw 0.258 g 156. Entrees, crab cake 0.258 g157. Chicken, broilers or fryers, wing, meat only, raw 0.257 g158. Mutton, cooked, roasted (Navajo) 0.257 g159. Spices, mustard seed, ground 0.256 g 160. 0.256 gBeans, black, mature seeds, raw 161. Turkey, fryer-roasters, wing, meat only, raw 0.255 g 162. Crustaceans, crab, alaska king, raw 0.255 g 163. Duck, domesticated, meat only, raw 0.254 g 164. Turkey, fryer-roasters, meat only, raw 165. Turkey, fryer-roasters, light meat, meat and skin, raw 0.254 g166. Lima beans, large, mature seeds, raw 0.254 g 167. Peanuts, spanish, raw 0.254 g 168. Spices, fennel seed 0.253 g169. Salami, dry or hard, pork 0.253 g170. Salami, Italian, pork 0.253 g 171. Winged bean tuber, raw 0.252 g172. Beans, black turtle soup, mature seeds, raw 0.252 g 173. Crustaceans, crab, blue, raw 0.251 g 174. Chicken, broilers or fryers, meat only, raw 0.250 g175. Beans, small white, mature seeds, raw $0.250 \, \mathrm{g}$ 176. Peanuts, all types, raw0.250 g 177. Game meat, buffalo, water, raw 0.249 g178. Chicken, stewing, meat only, raw 0.248 g179. Pork, fresh, shoulder, whole, separable lean only, raw 0.248 g180. Beans, pink, mature seeds, raw 0.248 g181. Turkey, all classes, meat only, raw 0.247 g 182. Turkey, fryer-roasters, meat and skin, raw 0.247 g 183. Turkey, young hen, meat only, raw 0.247 g184. Turkey, young tom, meat only, raw 0.247 g185. Beef, cured, corned beef, canned 0.247 g186. Beans, navy, mature seeds, raw 0.247 g187. Broadbeans (fava beans), mature seeds, raw 0.247 g 188. Fish, tuna, fresh, skipjack, raw 0.246 g

189. Tofu, raw, firm, prepared with calcium sulfate 0.246 g190. Peanuts, virginia, raw 0.245 g 191. Spices, caraway seed 0.244 g 192. Pork, fresh, loin, whole, separable lean and fat, raw 0.244 g 193. Lima beans, thin seeded (baby), mature seeds, raw 0.244 g 194. Peanuts, valencia, raw 0.244 g 195. Turkey, young tom, breast, meat and skin, raw 0.243 g196. Chicken, canned, meat only, with broth 0.243 g197. Turkey, all classes, breast, meat and skin, raw 0.242 g198. Fish, salmon, coho, wild, raw 0.242 g 199. Crustaceans, crab, dungeness, raw 0.242 g 200. Whey, acid, dried 0.241 g201. Chicken, broilers or fryers, drumstick, meat only, raw $0.241 \, \mathrm{g}$ 202. Guinea hen, meat only, raw 0.241 g 203. Turkey, all classes, light meat, meat and skin, raw 0.239 g204. Turkey, young hen, breast, meat and skin, raw 0.239 g205. Fish, salmon, sockeye, raw 0.239 g206. Turkey, young hen, light meat, meat and skin, raw 0.238 g 207. Turkey, young tom, light meat, meat and skin, raw 0.238 g 208. Fish, salmon, coho, farmed, raw 0.238 g209. Chicken, broilers or fryers, breast, meat and skin, raw 0.237 g210. Chicken, roasting, meat only, raw 0.237 g211. Duck, wild, meat and skin, raw 0.237 g212. Beans, pinto, mature seeds, raw 0.237 g213. Lamb, variety meats and by-products, liver, raw $0.236 \, \mathrm{g}$ 214. Chicken, broilers or fryers, dark meat, meat only, raw 0.235 g215. Chicken, broilers or fryers, leg, meat only, raw 0.235 g216. Turkey, fryer-roasters, back, meat only, raw 0.235 g 217. Fish, shark, mixed species, raw 0.235 g218. Chicken, cornish game hens, meat only, raw 0.234 g 219. USDA Commodity, beef, canned 0.234 g220. Fish, trout, rainbow, farmed, raw 0.234 g221. Oats 0.234 g 222. Fish, halibut, Atlantic and Pacific, raw 0.233 g223. Fish, trout, mixed species, raw 0.233 g224. Turkey, fryer-roasters, dark meat, meat only, raw 0.232 g 225. Ham, sliced, extra lean 0.232 g226. Pork, ground, 84% lean / 16% fat, raw 0.232 g227. Turkey, fryer-roasters, leg, meat only, raw 0.231 g228. KENTUCKY FRIED CHICKEN, Popcorn Chicken 0.231 g 229. Chicken, broilers or fryers, thigh, meat only, raw 230. Chicken, stewing, dark meat, meat only, raw 0.230 g 231. Goose, liver, raw 0.230 g232. Pepperoni, pork, beef 0.230 g 233. Fish, milkfish, raw 0.230 g234. Fish, snapper, mixed species, raw 0.230 g

235. Turkey, all classes, neck, meat only, raw 0.229 g236. Luncheon meat, beef, thin sliced 237. Beef, cured, thin-sliced beef 0.229 g 238. Fish, trout, rainbow, wild, raw 0.229 g239. Chicken, broilers or fryers, back, meat only, raw 0.228 g240. Turkey, all classes, dark meat, raw 0.228 g 241. Turkey, young hen, dark meat, meat only, raw 0.228 g242. Turkey, young tom, dark meat, meat only, raw 0.228 g243. Fish, anchovy, european, raw 0.228 g 244. Peanut butter, chunk style, with salt 0.228 g 245. Cheese, goat, semisoft type 0.227 g 246. Fish, mackerel, king, raw 0.227 g247. Peanut butter, smooth style, with salt 0.227 g 248. Turkey, all classes, meat and skin, raw 0.226 g249. Turkey, young tom, meat and skin, raw 0.226 g250. OSCAR MAYER, Ham and Cheese Loaf 0.226 g251. Fish, salmon, chum, raw 0.226 g252. Fish, sheepshead, raw 0.226 g 253. Turkey, all classes, giblets, raw 0.225 g254. Turkey, fryer-roasters, leg, meat and skin, raw 0.225 g255. Fish, mackerel, Pacific and jack, mixed species, raw 0.225 g 256. Fish, salmon, chinook, raw 0.225 g 257. Fish, bluefish, raw 0.224 g258. Turkey, young hen, meat and skin, raw 0.223 g259. Fish, salmon, pink, raw 0.223 g260. Beans, french, mature seeds, raw 0.223 gNatto 0.223 g 261. 262. Lentils, pink, raw 0.223 g263. Turkey, fryer-roasters, dark meat, meat and skin, raw 0.222 g264. Fish, salmon, Atlantic, wild, raw 0.222 g265. Fish, swordfish, raw 0.222 g 266. Crustaceans, crayfish, mixed species, wild, raw 0.222 g267. Spices, basil, dried 0.221 g268. Turkey, fryer-roasters, wing, meat and skin, raw 0.220 g269. Pork, fresh, loin, tenderloin, separable lean only, raw $0.220 \, \mathrm{g}$ 270. Egg, turkey, whole, fresh, raw 271. Chicken, roasting, dark meat, meat only, raw0.219 g 272. Turkey, all classes, leg, meat and skin, raw 0.219 g 273. Turkey, young tom, leg, meat and skin, raw 0.219 g 274. Turkey, young tom, wing, meat and skin, raw 0.219 g275. Turkey, young hen, leg, meat and skin, raw 0.218 g 276. Fish, pollock, Atlantic, raw 0.218 g 277. Chicken, capons, giblets, raw 0.217 g 278. Turkey, all classes, wing, meat and skin, raw0.217 g 279. Fish, grouper, mixed species, raw 0.217 g 280. Fish, mullet, striped, raw 0.217 g

281. Fish, perch, mixed species, raw 0.217 g282. Fish, sunfish, pumpkin seed, raw 0.217 g283. Turkey, fryer-roasters, back, meat and skin, raw 0.216 g284. Smoked link sausage, pork 0.216 g 285. Fish, burbot, raw 286. Fish, mackerel, spanish, raw 0.216 g 287. Fish, pike, northern, raw 0.216 g288. T.G.I. FRIDAY'S, fried mozzarella 0.216 g 289. Cheese, mexican, queso anejo 0.215 g290. Luxury loaf, pork 0.215 g291. Veal, leg (top round), separable lean only, raw 0.215 g292. Turkey, young hen, wing, meat and skin, raw 0.214 g293. Pork, fresh, ground, raw 0.214 g294. Nuts, almonds 0.214 g 295. Fish, pike, walleye, raw 0.214 g296. Fish, whitefish, mixed species, raw 0.214 g 297. Chicken, capons, meat and skin, raw 0.213 g 298. Beef, rib, shortribs, separable lean only, choice, raw 0.213 g 299. Fish, cisco, raw 0.213 g300. Fish, cusk, raw 0.213 g

Valine:

12.

Below is a list of the top several hundred sources of valine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the valine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

2.418 g

1. Egg, white, dried 5.164 g 2. Soy protein isolate 4.098 g 3. Egg, whole, dried 2.886 g 4. Cheese, parmesan, shredded 2.853 g 5. Seeds, sesame flour, low-fat 2.800 g 6. CRACKER BARREL, grilled sirloin steak 2.749 g 7. Smelt, dried (Alaska Native) 2.660 g 8. Fish, whitefish, dried (Alaska Native) 2.610 g 9. Cheese, parmesan, grated 2.524 g 10. Cheese, parmesan, hard 2.454 g 11. Snacks, pork skins, plain 2.421 g

Tofu, dried-frozen (koyadofu)

13. Milk, dry, nonfat, calcium reduced 2.376 g 14. Soy flour, defatted 2.346 g Snacks, pork skins, barbecue-flavor 2.334 g 15. 16. Egg Mix, USDA Commodity 2.313 g 17. Milk, buttermilk, dried 2.296 g 18. Seeds, sesame flour, partially defatted 2.252 g 19. Cheese, gruyere 2.243 g 20. Soy meal, defatted, raw 2.243 g 21. Peanut flour, defatted 2.189 g 22. Cheese, romano 2.183 g 23. Cheese, swiss 2.139 g 24. Meat extender 2.115 g 25. Cheese, goat, hard type 2.100 g26. Gelatins, dry powder, unsweetened 2.081 g 27. Soybeans, mature seeds, raw 2.029 g 28. Spices, parsley, dried 2.021 g 29. Cheese, fontina 1.926 g Egg, yolk, dried 30. 1.907 g 31. Cheese, edam 1.810 g 32. Cheese, gouda 1.806 g 33. Restaurant, family style, sirloin steak 1.776 g 34. Milk, dry, whole, with added vitamin D 35. Cheese, tilsit 1.752 g 36. Soy flour, full-fat, raw 1.724 g 37. Seeds, sesame flour, high-fat 1.719 g 38. Cheese, port de salut 1.707 g 39. Cheese, caraway 1.682 g 40. Mutton, cooked, roasted (Navajo) 1.678 g 41. Cheese, cheddar 1.663 g 42. Cheese, provolone 1.640 g 43. Cheese, monterey 1.635 g 44. Cheese, roquefort 1.614 g 45. Cheese, colby 1.586 g 46. T.G.I. FRIDAY'S, classic sirloin steak 1.583 g 47. Cheese, cheshire 1.560 g 48. Cheese, blue 1.556 g 49. Seeds, watermelon seed kernels, dried 1.556 g 50. Nuts, butternuts, dried 1.541 g 51. Winged beans, mature seeds, raw 1.530 g 52. Cheese, mozzarella, part skim milk 1.517 g 53. Lupins, mature seeds, raw 54. Spices, mustard seed, ground 1.509 g 1.496 g 55. Cheese, low fat, cheddar or colby 1.496 g 56. Cheese, low-sodium, cheddar or colby 57. DENNY'S, top sirloin steak 1.491 g 58. Cheese, goat, semisoft type 1.485 g

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59.
       Bratwurst, pork, cooked
                                     1.484 g
60.
       Cheese, muenster
                             1.482 g
       DENNY'S, mozzarella cheese sticks 1.481 g
61.
62.
       Cheese, brick 1.472 g
63.
       Game meat, goat, cooked, roasted
                                            1.452 g
64.
       Cheese, limburger
                             1.439 g
65.
       Papad 1.434 g
66.
       Cheese, mexican, queso asadero
                                            1.426 g
67.
       Beef, cured, dried
                             1.426 g
68.
       Peanut flour, low fat 1.418 g
69.
       Mungo beans, mature seeds, raw
                                            1.416 g
70.
       Pork, cured, breakfast strips, cooked 1.394 g
71.
       Beef, cured, breakfast strips, cooked 1.377 g
72.
                                            1.349 g
       Pheasant, breast, meat only, raw
73.
       Cheese, brie 1.340 g
74.
       Cheese, mexican, queso anejo
                                            1.338 g
75.
       Snacks, soy chips or crisps, salted
                                            1.337 g
76.
       APPLEBEE'S, 9 oz house sirloin steak
                                                    1.329 g
77.
       Cheese, pasteurized process, pimento 1.325 g
78.
       Beans, kidney, royal red, mature seeds, raw 1.325 g
79.
       Cheese, mozzarella, whole milk
                                            1.322 g
80.
       Pork, fresh, variety meats and by-products, liver, raw
                                                                  1.321 g
81.
       Seeds, sunflower seed kernels, dried 1.315 g
82.
       Cheese food, pasteurized process, swiss
                                                    1.313 g
83.
       Turkey, fryer-roasters, breast, meat only, raw
                                                           1.307 g
84.
       Fish, roe, mixed species, raw 1.307 g
85.
       Pheasant, raw, meat only
                                     1.305 g
       Luncheon meat, beef, thin sliced
86.
                                            1.291 g
87.
       Beef, cured, thin-sliced beef 1.291 g
88.
       Lima beans, large, mature seeds, raw 1.291 g
89.
       Turkey, fryer-roasters, light meat, meat only, raw
                                                           1.285 g
90.
       Fish, whitefish, eggs (Alaska Native) 1.280 g
91.
       Cheese, camembert 1.279 g
92.
       Beans, kidney, california red, mature seeds, raw
                                                           1.275 g
93.
       Cheese, goat, soft type
                                     1.274 g
94.
       Nuts, walnuts, black, dried
                                     1.271 g
                                                           1.268 g
95.
       Veal, variety meats and by-products, liver, raw
96.
       Cheese, mexican, queso chihuahua 1.266 g
97.
       Fish, caviar, black and red, granular 1.263 g
98.
       Beef, variety meats and by-products, liver, raw
                                                           1.260 g
99.
       Turkey, young hen, light meat, meat only, raw
                                                           1.256 g
100.
       Turkey, all classes, light meat, raw 1.251 g
101.
       Turkey, fryer-roasters, breast, meat and skin, raw
                                                           1.244 g
102.
       Turkey, young tom, light meat, meat only, raw
                                                           1.244 g
103.
       Beans, navy, mature seeds, raw
                                            1.241 g
104.
       Lima beans, thin seeded (baby), mature seeds, raw 1.240 g
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105. Hyacinth beans, mature seeds, raw 1.239 g 106. Lentils, pink, raw 1.238 g 107. Mung beans, mature seeds, raw 1.237 g 108. Beans, kidney, all types, mature seeds, raw 1.233 g 109. Pheasant, raw, meat and skin 1.230 g 110. Nuts, pistachio nuts, raw 1.230 g 111. Pheasant, leg, meat only, raw 1.229 g 112. 1.228 g Turkey, canned, meat only, with broth 113. Quail, breast, meat only, raw 1.225 g 114. Beans, white, mature seeds, raw 1.222 g 115. Game meat, moose, raw 1.210 g 116. Beans, cranberry (roman), mature seeds, raw 1.205 g 117. Fish, tuna, fresh, yellowfin, raw 1.204 g 118. Fish, tuna, fresh, bluefin, raw 1.202 g 119. Turkey, fryer-roasters, light meat, meat and skin, raw 1.200 g 120. Wheat germ, crude 1.198 g 121. Turkey, fryer-roasters, wing, meat only, raw 1.195 g 122. Beef, cured, corned beef, canned 1.192 g 123. Fish, yellowtail, mixed species, raw 1.192 g 124. Goose, domesticated, meat only, raw 1.190 g 125. Turkey, fryer-roasters, meat only, raw 1.186 g 126. Duck, domesticated, liver, raw 1.181 g 127. Quail, meat only, raw 1.180 g 128. Squab, (pigeon), light meat without skin, raw 1.180 g 129. Beans, kidney, red, mature seeds, raw 1.179 g 130. Cheese food, cold pack, american 1.177 g 131. Cocoa, dry powder, unsweetened 1.177 g 132. Veal, leg (top round), separable lean only, raw 1.176 g 133. Ostrich, inside strip, raw 1.170 g 134. Turkey, fryer-roasters, meat and skin, raw 1.165 g 135. Pork, fresh, loin, whole, separable lean only, raw 136. Broadbeans (fava beans), mature seeds, raw 1.161 g 137. Yardlong beans, mature seeds, raw 1.160 g 138. Peas, split, mature seeds, raw 1.159 g 139. Veal, leg (top round), separable lean and fat, raw 1.159 g 140. Turkey, all classes, meat only, raw 1.156 g 141. Turkey, young hen, meat only, raw 1.156 g 142. Turkey, young tom, meat only, raw 1.154 g 143. Ostrich, outside strip, raw 1.154 g 144. Game meat, boar, wild, raw 1.153 g 145. Chicken, broilers or fryers, light meat, meat only, raw 1.151 g 146. Beans, yellow, mature seeds, raw 1.151 g 147. Chicken, stewing, light meat, meat only, raw 1.145 g 148. Turkey, young tom, breast, meat and skin, raw 1.145 g 149. Beans, great northern, mature seeds, raw 150. Turkey, all classes, breast, meat and skin, raw 1.141 g

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151.
       Cowpeas, catjang, mature seeds, raw 1.137 g
152.
       Fish, tuna, fresh, skipjack, raw
                                             1.133 g
153.
       Guinea hen, meat and skin, raw
                                             1.132 g
154.
       Beans, black, mature seeds, raw
                                             1.130 g
155.
       Ostrich, outside leg, raw
156.
       Turkey, all classes, light meat, meat and skin, raw
                                                           1.126 g
157.
       Turkey, young hen, breast, meat and skin, raw
                                                            1.126 g
158.
       Turkey, young tom, light meat, meat and skin, raw
                                                           1.124 g
159.
                                                           1.123 g
       Lamb, variety meats and by-products, spleen, raw
160.
       Lamb, variety meats and by-products, liver, raw
                                                            1.122 g
161.
       Turkey, young hen, light meat, meat and skin, raw
                                                           1.121 g
162.
       Spices, dill seed
                             1.120 g
163.
       Salami, dry or hard, pork
                                     1.120 g
164.
       Salami, Italian, pork 1.120 g
165.
       Veal, sirloin, separable lean only, raw
                                                    1.116 g
166.
       Veal, loin, separable lean only, raw 1.115 g
167.
       Fish, salmon, coho, wild, raw 1.114 g
168.
       Beans, black turtle soup, mature seeds, raw 1.112 g
169.
       Pork, fresh, leg (ham), whole, separable lean only, raw
                                                                   1.111 g
170.
       Veal, shoulder, arm, separable lean only, raw
                                                            1.108 g
171.
       Game meat, horse, raw
                                     1.108 g
172.
       Game meat, rabbit, wild, raw 1.108 g
173.
       Fish, salmon, Atlantic, farmed, raw 1.107 g
174.
       Ostrich, inside leg, raw
                                     1.106 g
175.
       Beans, small white, mature seeds, raw
                                                    1.104~\rm{g}
176.
       Veal, rib, separable lean only, raw 1.104 g
177.
       Goat, raw
                      1.103 g
178.
       Spices, fenugreek seed
                                     1.102 g
179.
       Chicken, roasting, light meat, meat only, raw
                                                            1.101 g
180.
       Beef, variety meats and by-products, spleen, raw
                                                            1.101 g
181.
       Chicken, broilers or fryers, breast, meat only, raw
                                                            1.099 g
182.
       Turkey, fryer-roasters, back, meat only, raw 1.097 g
183.
       Fish, salmon, sockeye, raw 1.097 g
184.
       Peanuts, spanish, raw 1.097 g
185.
       Fish, salmon, coho, farmed, raw
                                             1.096 g
186.
       Beans, pink, mature seeds, raw
                                             1.096 g
187.
       Spices, poppy seed
                             1.095 g
188.
       Pork, fresh, loin, tenderloin, separable lean only, raw
                                                                   1.095 g
189.
       Nuts, cashew nuts, raw
                                     1.094 g
190.
       Chicken, broilers or fryers, wing, meat only, raw
                                                            1.090 g
191.
       Ostrich, tenderloin, raw
                                     1.090 g
192.
       Bison, ground, grass-fed, raw 1.089 g
193.
       Turkey, fryer-roasters, dark meat, meat only, raw
                                                            1.087 g
194.
       Ostrich, round, raw
                             1.086 g
195.
       Veal, shoulder, blade, separable lean only, raw
                                                            1.085 g
196.
       Game meat, buffalo, water, raw
                                             1.084 g
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- 197. Bacon and beef sticks 1.083 g 198. Peanuts, all types, raw1.082 g 199. Turkey, fryer-roasters, leg, meat only, raw 1.081 g 200. Fish, shark, mixed species, raw 1.081 g201. Ostrich, tip trimmed, raw 202. Ostrich, fan, raw 1.077 g 203. Fish, trout, rainbow, farmed, raw 1.075 g 204. Game meat, deer, raw 1.073 g 205. Seeds, flaxseed 1.072 g 206. Fish, halibut, Atlantic and Pacific, raw 1.072 g 207. Turkey, all classes, neck, meat only, raw 1.070 g 208. Ostrich, top loin, raw 1.070 g 209. Fish, trout, mixed species, raw $1.070 \, \mathrm{g}$ 210. Veal, shoulder, arm, separable lean and fat, raw 1.069 g 211. Veal, ground, raw 1.069 g 212. Smoked link sausage, pork 1.068 g 213. Turkey, all classes, dark meat, raw 1.067 g214. Turkey, young hen, dark meat, meat only, raw 1.066 g 215. Cheese, feta 1.065 g 216. Turkey, young tom, dark meat, meat only, raw 1.065 g 217. Beef, cured, pastrami 1.065 g 218. Turkey, young tom, meat and skin, raw 1.064 g219. Ostrich, oyster, raw 1.064 g 220. Pork, fresh, loin, whole, separable lean and fat, raw 1.064 g 221. Veal, shank (fore and hind), separable lean only, raw 1.064 g 222. Turkey, all classes, meat and skin, raw 1.063 g 223. Veal, shoulder, blade, separable lean and fat, raw 1.063 g 224. Game meat, caribou, raw 1.063 g 225. Chicken, broilers or fryers, meat only, raw 1.061 g 226. Pork, ground, 96% lean / 4% fat, raw 1.061 g 227. Pork, fresh, shoulder, whole, separable lean only, raw 1.060 g 228. Turkey, fryer-roasters, leg, meat and skin, raw 1.059 g 229. Fish, milkfish, raw 1.058 g230. Peanuts, virginia, raw 1.057 g 231. Fish, snapper, mixed species, raw 1.056 g 232. Fish, trout, rainbow, wild, raw 1.055 g 233. Chicken, stewing, meat only, raw 1.054 g234. Veal, sirloin, separable lean and fat, raw 1.054 g 235. Turkey, fryer-roasters, wing, meat and skin, raw 1.053 g236. Turkey, young hen, meat and skin, raw 1.052 g237. Chicken, canned, meat only, with broth 1.052 g 238. Peanuts, valencia, raw 1.052 g
 - 241. Beef, ground, 95% lean meat / 5% fat, raw 1.050 g

1.051 g

1.050 g

Seeds, chia seeds, dried

Game meat, deer, ground, raw

239.

242. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.048 g 243. Fish, anchovy, european, raw 1.048 g 244. Turkey, all classes, giblets, raw 1.046 g 245. Fish, mackerel, king, raw 1.045 g 246. Veal, loin, separable lean and fat, raw 1.044 g 247. Turkey, young tom, wing, meat and skin, raw 1.043 g 248. Veal, rib, separable lean and fat, raw 1.042 g 249. Fish, sheepshead, raw 1.041 g 250. Duck, wild, breast, meat only, raw 251. Spices, caraway seed 1.037 g 252. Fish, salmon, chum, raw 1.037 g 253. Mollusks, whelk, unspecified, raw 1.037 g 254. Fish, mackerel, Pacific and jack, mixed species, raw 1.034 g 255. Quail, meat and skin, raw 1.033 g 256. Fish, salmon, chinook, raw 1.033 g 257. Goose, liver, raw 1.032 g258. Fish, bluefish, raw 1.032 g259. Fish, halibut, raw, with skin (Alaska Native) 1.032 g 260. Turkey, all classes, wing, meat and skin, raw1.031 g 261. Fish, salmon, coho (silver), raw (Alaska Native) 1.030 g 262. Sausage, meatless 1.029 g 263. Turkey, all classes, leg, meat and skin, raw 1.028 g 264. Turkey, young tom, leg, meat and skin, raw 1.028 g 265. USDA Commodity, beef, canned 1.028 g266. Fish, salmon, pink, raw 1.027 g267. Turkey, fryer-roasters, back, meat and skin, raw 1.025 g 268. Seeds, safflower seed kernels, dried 1.025 g 269. Guinea hen, meat only, raw 1.024 g 270. Turkey, young hen, leg, meat and skin, raw 1.024 g 271. Beans, adzuki, mature seeds, raw 1.023 g272. Fish, salmon, Atlantic, wild, raw 1.022 g 273. Chicken, broilers or fryers, drumstick, meat only, raw 1.021 g274. Elk, free range, ground, raw (Shoshone Bannock) 1.021 g 275. 1.020 gChicken, broilers or fryers, breast, meat and skin, raw 276. Blood sausage 1.020 g 277. Fish, swordfish, raw 1.020 g 278. Game meat, rabbit, domesticated, composite of cuts, raw 1.019 g 279. Turkey, young hen, wing, meat and skin, raw 1.018 g 280. Natto 1.018 g 281. Ham and cheese spread 1.014 g282. Seeds, sesame butter, paste 1.010 g283. Game meat, elk, ground, raw 1.010 g 284. Chicken, roasting, meat only, raw 1.008 g285. Chicken, capons, giblets, raw 1.007 g 286. Game meat, bison, ground, raw 287. Fish, pollock, Atlantic, raw 1.002 g

- 288. Fish, sheefish, raw (Alaska Native) 1.000 g
- 289. Chicken, broilers or fryers, leg, meat only, raw 0.999 g
- 290. Fish, perch, mixed species, raw 0.999 g
- 291. Fish, sunfish, pumpkin seed, raw 0.999 g
- 292. Chicken, liver, all classes, raw 0.998 g
- 293. Ostrich, ground, raw 0.998 g
- 294. Fish, grouper, mixed species, raw 0.998 g
- 295. Beans, pinto, mature seeds, raw 0.998 g
- 296. Fish, mullet, striped, raw 0.997 g
- 297. Chicken, broilers or fryers, dark meat, meat only, raw 0.996 g
- 298. Spearmint, dried 0.995 g
- 299. Fish, burbot, raw 0.995 g
- 300. Game meat, antelope, raw 0.995 g

Arginine:

Below is a list of the top several hundred sources of arginine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the arginine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Seeds, sesame flour, low-fat 7.436 g
- 2. Soy protein isolate 6.670 g
- 3. Gelatins, dry powder, unsweetened 6.616 g
- 4. Peanut flour, defatted 6.243 g
- 5. Seeds, sesame flour, partially defatted 5.979 g
- 6. Seeds, watermelon seed kernels, dried 4.897 g
- 7. Nuts, butternuts, dried4.862 g
- 8. Snacks, pork skins, plain 4.841 g
- 9. Seeds, sesame flour, high-fat 4.565 g
- 10. Snacks, pork skins, barbecue-flavor 4.547 g
- 11. Egg, white, dried 4.412 g
- 12. Peanut flour, low fat 4.042 g
- 13. Lupins, mature seeds, raw 3.877 g
- 14. Soy flour, defatted 3.647 g
- 15. Nuts, walnuts, black, dried 3.618 g
- 16. Fish, whitefish, dried (Alaska Native) 3.610 g
- 17. Soy meal, defatted, raw 3.487 g
- 18. Spices, garlic powder 3.365 g
- 19. Tofu, dried-frozen (koyadofu) 3.190 g

- 20. Soybeans, mature seeds, raw 3.153 g
- 21. Peanuts, spanish, raw 3.128 g
- 22. Meat extender 3.123 g
- 23. Smelt, dried (Alaska Native) 3.100 g
- 24. Peanuts, all types, raw3.085 g
- 25. Peanuts, virginia, raw 3.013 g
- 26. Peanuts, valencia, raw 3.001 g
- 27. Egg, whole, dried 2.841 g
- 28. Peanut butter, chunk style, with salt 2.731 g
- 29. Peanut butter, smooth style, with salt 2.719 g
- 30. Seeds, sesame butter, paste 2.682 g
- 31. Soy flour, full-fat, raw 2.679 g
- 32. Seeds, sesame seeds, whole, dried 2.630 g
- 33. Seeds, sesame meal, partially defatted 2.515 g
- 34. Mollusks, whelk, unspecified, raw 2.468 g
- 35. Spices, fenugreek seed 2.465 g
- 36. Nuts, almonds 2.446 g
- 37. Egg, yolk, dried 2.444 g
- 38. Nuts, pine nuts, dried 2.413 g
- 39. Broadbeans (fava beans), mature seeds, raw 2.411 g
- 40. Seeds, sunflower seed kernels, dried 2.403 g
- 41. Egg Mix, USDA Commodity 2.387 g
- 42. Nuts, walnuts, english 2.278 g
- 43. Nuts, pine nuts, pinyon, dried 2.251 g
- 44. Nuts, hazelnuts or filberts 2.211 g
- 45. Peas, split, mature seeds, raw 2.188 g
- 46. Mutton, cooked, roasted (Navajo) 2.178 g
- 47. Nuts, brazilnuts, dried, unblanched 2.148 g
- 48. T.G.I. FRIDAY'S, classic sirloin steak 2.146 g
- 49. CRACKER BARREL, grilled sirloin steak 2.129 g
- 50. Nuts, cashew nuts, raw 2.123 g
- 51. Snacks, oriental mix, rice-based 2.103 g
- 52. Nuts, hickorynuts, dried 2.086 g
- 53. Snacks, soy chips or crisps, salted 2.069 g
- 54. Nuts, pistachio nuts, raw 2.012 g
- 55. Restaurant, family style, sirloin steak 2.011 g
- 56. Game meat, goat, cooked, roasted 1.989 g
- 57. Seeds, chia seeds, dried 1.983 g
- 58. DENNY'S, top sirloin steak 1.981 g
- 59. Spices, onion powder 1.950 g
- 60. Spices, poppy seed 1.945 g
- 61. Spices, mustard seed, ground 1.933 g
- 62. Beef, cured, breakfast strips, cooked 1.933 g
- 63. Lentils, pink, raw 1.928 g
- 64. Seeds, flaxseed 1.925 g
- 65. Luncheon meat, beef, thin sliced 1.898 g

66. Beef, cured, thin-sliced beef 1.898 g 67. Winged beans, mature seeds, raw 1.886 g 68. Wheat germ, crude 1.867 g 69. Beef, cured, dried 1.859 g 70. Crustaceans, spiny lobster, mixed species, raw 1.799 g 71. APPLEBEE'S, 9 oz house sirloin steak 1.790 g 72. Crustaceans, shrimp, mixed species, raw 1.775 g 73. Pork, cured, breakfast strips, cooked 1.769 g 74. Spices, parsley, dried 1.756 g 75. Hyacinth beans, mature seeds, raw 1.755 g 76. Seeds, safflower seed kernels, dried 1.749 g 77. Turkey, fryer-roasters, breast, meat only, raw 1.716 g 78. Bratwurst, pork, cooked 1.700 g 79. Chorizo, pork and beef 1.693 g 80. Turkey, fryer-roasters, light meat, meat only, raw 1.687 g 81. Yardlong beans, mature seeds, raw 1.685 g 82. Beef, cured, corned beef, canned 1.673 g 83. Mung beans, mature seeds, raw 1.672 g Turkey, fryer-roasters, breast, meat and skin, raw 84. 1.669 g 85. Turkey, canned, meat only, with broth 1.663 g 86. Papad 1.662 g Game meat, deer, raw 1.653 g 87. 88. Cowpeas, catjang, mature seeds, raw 1.652 g 89. Turkey, young hen, light meat, meat only, raw 1.649 g 90. Turkey, all classes, light meat, raw 1.643 g 91. Crustaceans, lobster, northern, raw 1.642 g 92. Mungo beans, mature seeds, raw 1.642 g 93. Turkey, young tom, light meat, meat only, raw 1.634 g 94. Turkey, fryer-roasters, light meat, meat and skin, raw 1.628 g 95. Ostrich, inside strip, raw 1.620 g 96. Crustaceans, crab, queen, raw 1.616 g 97. Ostrich, outside strip, raw 1.598 g 98. Crustaceans, crab, alaska king, raw 1.598 g 99. Fish, caviar, black and red, granular 1.590 g 100. Corned beef loaf, jellied 1.587 g 101. Crustaceans, crab, blue, raw 1.577 g 102. Turkey, fryer-roasters, meat and skin, raw 1.576 g 103. Game meat, elk, raw 1.575 g 104. Turkey, fryer-roasters, wing, meat only, raw 1.569 g Beans, kidney, royal red, mature seeds, raw 1.568 g 105. 106. Cheese, parmesan, grated 1.567 g 107. Ostrich, outside leg, raw 1.563 g 108. Turkey, fryer-roasters, meat only, raw 1.557 g 109. Turkey, young tom, breast, meat and skin, raw 1.545 g 110. Turkey, all classes, breast, meat and skin, raw 1.541 g 111. Entrees, crab cake 1.539 g

112. Cheese, parmesan, shredded 1.531 g 113. Ostrich, inside leg, raw 1.531 g 114. Turkey, young tom, light meat, meat and skin, raw 1.526 g 115. Turkey, all classes, light meat, meat and skin, raw 1.525 g 116. Turkey, young hen, breast, meat and skin, raw 1.523 g 117. Snacks, beef sticks, smoked 1.522 g 118. Crustaceans, crab, dungeness, raw 1.521 g 119. Snacks, trail mix, regular 1.520 g 120. Sausage, meatless 1.519 g 121. Turkey, all classes, meat only, raw 1.518 g 122. Turkey, young hen, meat only, raw 1.518 g 123. Bacon and beef sticks 1.516 g 124. Nuts, pilinuts, dried 1.516 g 125. Turkey, young tom, meat only, raw 1.515 g 126. Turkey, young hen, light meat, meat and skin, raw 1.514 g 127. Goat, raw 1.512 g 128. Ostrich, tenderloin, raw 1.509 g 129. Beans, kidney, california red, mature seeds, raw 1.509 g 130. 1.504 g Ostrich, round, raw 131. Ostrich, tip trimmed, raw 1.494 g 132. Game meat, boar, wild, raw 1.493 g 133. Ostrich, fan, raw 1.492 g 134. Turkey, fryer-roasters, wing, meat and skin, raw 1.490 g 135. Pheasant, breast, meat only, raw 1.482 g 136. Ostrich, top loin, raw 1.482 g 137. Game meat, beaver, raw 1.478 g 138. 1.476 g Guinea hen, meat and skin, raw 139. Ostrich, oyster, raw 1.474 g 140. Game meat, antelope, raw 1.473 g 141. Beans, kidney, all types, mature seeds, raw 1.460 g 142. Turkey, young tom, wing, meat and skin, raw 1.455 g 143. Smoked link sausage, pork 1.454 g 144. Goose, domesticated, meat only, raw 1.452 g 145. Beans, white, mature seeds, raw 1.446 g 146. Turkey, young tom, meat and skin, raw 147. Turkey, fryer-roasters, back, meat only, raw 1.441 g 148. Turkey, all classes, meat and skin, raw 1.439 g 149. Turkey, all classes, wing, meat and skin, raw1.438 g 150. Game meat, moose, raw 1.438 g 151. Chicken, broilers or fryers, breast, meat only, raw 1.436 g 152. Pheasant, raw, meat only 1.433 g 153. Pork, pickled pork hocks 1.433 g 154. Quail, breast, meat only, raw 1.432 g 155. Turkey, fryer-roasters, dark meat, meat only, raw 156. Beans, cranberry (roman), mature seeds, raw 1.426 g

Turkey, young hen, meat and skin, raw

1.421 g

158. Turkey, fryer-roasters, leg, meat only, raw 1.420 g 159. Turkey, young hen, wing, meat and skin, raw 1.417 g 160. Pheasant, raw, meat and skin 1.412 g 161. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.412 g 162. Turkey, fryer-roasters, leg, meat and skin, raw 1.412 g 163. Turkey, fryer-roasters, back, meat and skin, raw 1.409 g 164. Turkey, all classes, neck, meat only, raw 165. Nuts, macadamia nuts, raw 1.402 g 166. Game meat, horse, raw $1.401 \, g$ 167. Turkey, all classes, dark meat, raw 1.400 g 168. Turkey, young hen, dark meat, meat only, raw 1.400 g 169. Chicken, broilers or fryers, light meat, meat only, raw 1.399 g 170. Fish, tuna, fresh, yellowfin, raw 1.399 g 171. 1.398 g Turkey, young tom, dark meat, meat only, raw 172. Veal, variety meats and by-products, liver, raw 1.397 g 173. USDA Commodity, beef, canned 1.396 g 174. Fish, tuna, fresh, bluefin, raw 1.396 g 175. Beans, kidney, red, mature seeds, raw 176. Pork, fresh, loin, tenderloin, separable lean only, raw 1.394 g 177. Chicken, stewing, light meat, meat only, raw 1.393 g 178. Crustaceans, crayfish, mixed species, wild, raw 1.393 g 179. Beef, cured, pastrami 1.390 g 180. Fish, yellowtail, mixed species, raw 1.385 g 181. Ostrich, ground, raw 1.383 g 182. Quail, meat only, raw 1.379 g 183. Squab, (pigeon), light meat without skin, raw 1.379 g 184. Bison, ground, grass-fed, raw 1.377 g 185. Pork, ground, 96% lean / 4% fat, raw 1.376 g 186. Salami, dry or hard, pork 1.373 g 187. Salami, Italian, pork 1.373 g Turkey, all classes, leg, meat and skin, raw 1.370 g 188. 189. Turkey, young tom, leg, meat and skin, raw 1.370 g 190. Cereals ready-to-eat, granola, homemade 1.367 g 191. Turkey, young hen, leg, meat and skin, raw 1.364 g 192. Beef, cured, smoked, chopped beef 1.363 g 193. Beans, yellow, mature seeds, raw 1.362 g 194. Elk, free range, ground, raw (Shoshone Bannock) 1.361 g 195. Beef, ground, 95% lean meat / 5% fat, raw 1.356 g 196. Chicken, canned, meat only, with broth 1.355 g 197. Beans, great northern, mature seeds, raw 1.353 g 198. Pheasant, leg, meat only, raw 1.350 g 199. Game meat, caribou, raw 1.346 g 200. Game meat, rabbit, wild, raw 1.346 g 201. Beef, ground, 90% lean meat / 10% fat, raw 1.345 g 202. Turkey, young tom, dark meat, meat and skin, raw 1.341 g 203. Chicken, roasting, light meat, meat only, raw 1.339 g

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204.
       Beans, black, mature seeds, raw
                                            1.337 g
205.
                                                           1.332 g
       Turkey, all classes, dark meat, meat and skin, raw
206.
       Pork, fresh, loin, whole, separable lean only, raw
                                                           1.332 g
207.
       Chicken, broilers or fryers, wing, meat only, raw
                                                           1.325 g
208.
       Turkey roll, light meat
                                     1.319 g
209.
       Cheese, parmesan, hard
                                     1.317 g
210.
       Pork, fresh, variety meats and by-products, liver, raw
                                                                   1.317 g
211.
       Beef, cured, luncheon meat, jellied
                                           1.316 g
212.
       Fish, tuna, fresh, skipjack, raw
                                            1.316 g
213.
       Beans, black turtle soup, mature seeds, raw 1.316 g
214.
       Lima beans, large, mature seeds, raw 1.315 g
215.
       Turkey, young hen, dark meat, meat and skin, raw 1.314 g
216.
       Turkey, young tom, back, meat and skin, raw
                                                           1.311 g
217.
       Fish, sheefish, raw (Alaska Native) 1.310 g
218.
       Emu, top loin, cooked, broiled
                                            1.308 g
219.
       Beans, small white, mature seeds, raw
                                                    1.307 g
220.
       Game meat, elk, ground, raw 1.302 g
221.
       Pigeon peas (red gram), mature seeds, raw
                                                   1.299 g
222.
       Pepperoni, pork, beef 1.298 g
223.
       Beans, pink, mature seeds, raw
                                            1.298 g
224.
       Crustaceans, crayfish, mixed species, farmed, raw 1.295 g
225.
       Fish, salmon, coho, wild, raw 1.294 g
226.
       Sausage, Italian, turkey, smoked
                                            1.293 g
                                            1.292 g
227.
       Game meat, deer, ground, raw
228.
       Chicken, broilers or fryers, meat only, raw 1.290 g
229.
       Pastrami, turkey
                             1.290 g
230.
       Chicken, broilers or fryers, breast, meat and skin, raw
                                                                   1.289 g
231.
       Turkey, all classes, back, meat and skin, raw 1.288 g
232.
       Turkey, all classes, giblets, raw
                                            1.286 g
233.
       Milk, dry, nonfat, calcium reduced
                                            1.285 g
234.
       Beans, adzuki, mature seeds, raw
                                            1.284 g
235.
       Chicken, stewing, meat only, raw
                                            1.282 g
236.
       Game meat, bison, separable lean only, raw 1.282 g
237.
       Turkey, fryer-roasters, skin only, raw 1.280 g
238.
       Falafel, home-prepared
                                     1.280 g
239.
       Quail, meat and skin, raw
                                     1.279 g
240.
       Turkey roll, light and dark meat
                                            1.279 g
241.
       Oat bran, raw 1.279 g
       Fish, roe, mixed species, raw 1.278 g
242.
243.
       Game meat, buffalo, water, raw
                                            1.278 g
244.
       Fish, tilapia, raw
                             1.277 g
245.
       Fish, salmon, sockeye, raw 1.275 g
246.
       Pork, fresh, leg (ham), whole, separable lean only, raw
                                                                   1.273 g
247.
       Fish, salmon, coho, farmed, raw
                                            1.273 g
248.
       Game meat, bison, ground, raw
                                            1.271 g
249.
       Duck, wild, breast, meat only, raw
                                            1.267 g
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250. Lima beans, thin seeded (baby), mature seeds, raw 1.264 g 251. Spices, dill seed 1.263 g 252. Ham, sliced, extra lean 1.257 g 253. Fish, shark, mixed species, raw 1.255 g 254. Spices, caraway seed 1.252 g 255. Tempeh 1.252 g 256. Veal, leg (top round), separable lean only, raw 1.252 g 257. 1.249 g Turkey, young hen, back, meat and skin, raw 258. Fish, trout, rainbow, farmed, raw 259. Chicken roll, light meat 260. Mollusks, abalone, mixed species, raw 1.248 g 261. Guinea hen, meat only, raw 1.245 g 262. Pork, fresh, loin, whole, separable lean and fat, raw 1.245 g 263. Fish, halibut, Atlantic and Pacific, raw 1.245 g 264. Fish, trout, mixed species, raw 1.243 g 265. Milk, buttermilk, dried 1.242 g 266. Chicken, broilers or fryers, drumstick, meat only, raw 1.242 g 267. Beef, variety meats and by-products, liver, raw 268. Game meat, rabbit, domesticated, composite of cuts, raw 269. Veal, leg (top round), separable lean and fat, raw 1.234 g 270. Fish, milkfish, raw 1.229 g 271. Chicken, roasting, giblets, raw 1.227 g 272. Fish, snapper, mixed species, raw 1.227 g 273. Chicken, roasting, meat only, raw 1.226 g 274. Fish, trout, rainbow, wild, raw 1.225 g 275. Turkey ham, cured turkey thigh meat 1.224 g 276. Mollusks, scallop, mixed species, raw 1.224 g 277. Fish, salmon, Atlantic, farmed, raw 1.221 g 278. Fish, anchovy, european, raw 1.217 g 279. Pork, fresh, shoulder, whole, separable lean only, raw 1.215 g 280. Chicken, broilers or fryers, leg, meat only, raw $1.214 \, g$ 281. Fish, mackerel, king, raw 1.214 g 282. Chicken, broilers or fryers, dark meat, meat only, raw 1.211 g 283. Squab, (pigeon), meat and skin, raw 1.210 g 284. Fish, sheepshead, raw 1.210 g 285. Fish, halibut, raw, with skin (Alaska Native) 1.210 g 286. Chicken, cornish game hens, meat only, raw 1.209 g 287. Beef sausage, fresh, cooked 1.209 g 288. Beef, ground, 85% lean meat / 15% fat, raw 1.207 g 289. Fish, salmon, chum, raw 1.205 g 290. Poultry food products, ground turkey, raw 1.204 g 291. Beef, rib, shortribs, separable lean only, choice, raw 1.204 g 292. Chicken, capons, giblets, raw 1.203 g 293. New england brand sausage, pork, beef 294. Fish, mackerel, Pacific and jack, mixed species, raw 1.201 g 295. Fish, salmon, chinook, raw 1.200 g

- 296. Fish, bluefish, raw 1.199 g
- 297. Chicken, stewing, giblets, raw 1.198 g
- 298. Chicken, broilers or fryers, giblets, raw 1.194 g
- 299. Chicken, broilers or fryers, wing, meat and skin, raw 1.193 g
- 300. Fish, salmon, pink, raw 1.193 g

Serine:

Below is a list of the top several hundred sources of serine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the serine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Egg, white, dried 5.593 g
- 2. Soy protein isolate 4.593 g
- 3. Egg, whole, dried 3.523 g
- 4. Egg, yolk, dried 2.926 g
- 5. Egg Mix, USDA Commodity 2.735 g
- 6. Seeds, sesame flour, low-fat 2.734 g
- 7. Soy flour, defatted 2.725 g
- 8. Soy meal, defatted, raw 2.605 g
- 9. Gelatins, dry powder, unsweetened 2.605 g
- 10. Snacks, pork skins, plain 2.597 g
- 11. Peanut flour, defatted 2.572 g
- 12. Snacks, pork skins, barbecue-flavor 2.484 g
- 13. Smelt, dried (Alaska Native) 2.450 g
- 14. Cheese, parmesan, shredded 2.404 g
- 15. Soybeans, mature seeds, raw 2.357 g
- 16. Fish, whitefish, dried (Alaska Native) 2.340 g
- 17. Cheese, parmesan, grated 2.292 g
- 18. Tofu, dried-frozen (koyadofu) 2.259 g
- 19. Meat extender 2.235 g
- 20. Seeds, sesame flour, partially defatted 2.198 g
- 21. Cheese, parmesan, hard 2.068 g
- 22. Soy flour, full-fat, raw 2.002 g
- 23. Milk, dry, nonfat, calcium reduced 1.931 g
- 24. Fish, caviar, black and red, granular 1.897 g
- 25. Lupins, mature seeds, raw 1.869 g
- 26. Milk, buttermilk, dried 1.866 g
- 27. Cheese, romano 1.840 g

- 28. Cheese, roquefort 1.772 g
- 29. Cheese, gruyere 1.719 g
- 30. Seeds, sesame flour, high-fat 1.679 g
- 31. Peanut flour, low fat 1.665 g
- 32. Cheese, swiss 1.640 g
- 33. Nuts, butternuts, dried 1.640 g
- 34. Cheese, edam 1.547 g
- 35. Cheese, gouda 1.544 g
- 36. Seeds, watermelon seed kernels, dried 1.508 g
- 37. Snacks, soy chips or crisps, salted 1.503 g
- 38. Cheese, fontina 1.477 g
- 39. Cheese, caraway 1.472 g
- 40. Cheese, provolone 1.471 g
- 41. Peanut butter, chunk style, with salt 1.461 g
- 42. Cheese, cheddar 1.456 g
- 43. Peanut butter, smooth style, with salt 1.455 g
- 44. Milk, dry, whole, with added vitamin D 1.432 g
- 45. Cheese, monterey 1.431 g
- 46. Lima beans, large, mature seeds, raw 1.428 g
- 47. Cheese, mozzarella, part skim milk 1.415 g
- 48. Cheese, tilsit 1.393 g
- 49. Cheese, colby 1.389 g
- 50. Beans, kidney, royal red, mature seeds, raw 1.378 g
- 51. Lima beans, thin seeded (baby), mature seeds, raw 1.372 g
- 52. Cheese, cheshire 1.366 g
- 53. Cheese, port de salut 1.357 g
- 54. Papad 1.344 g
- 55. Mutton, cooked, roasted (Navajo) 1.332 g
- 56. Mungo beans, mature seeds, raw 1.327 g
- 57. Egg, volk, raw, fresh 1.326 g
- 58. Beans, kidney, california red, mature seeds, raw 1.326 g
- 59. Egg, yolk, raw, frozen 1.324 g
- 60. Hyacinth beans, mature seeds, raw 1.315 g
- 61. Cheese, low fat, cheddar or colby 1.309 g
- 62. Cheese, low-sodium, cheddar or colby 1.309 g
- 63. Cheese, muenster 1.299 g
- 64. Cheese, brick 1.289 g
- 65. Peanuts, spanish, raw 1.289 g
- 66. Beans, kidney, all types, mature seeds, raw 1.282 g
- 67. Beans, white, mature seeds, raw 1.271 g
- 68. Peanuts, all types, raw1.271 g
- 69. Beef, cured, breakfast strips, cooked 1.262 g
- 70. Beans, cranberry (roman), mature seeds, raw 1.253 g
- 71. Peanuts, virginia, raw 1.241 g
- 72. Peanuts, valencia, raw 1.236 g
- 73. Winged beans, mature seeds, raw 1.235 g

74. Beans, kidney, red, mature seeds, raw 1.226 g 75. Nuts, walnuts, black, dried 1.225 g 76. Yardlong beans, mature seeds, raw 1.218 g 77. Nuts, pistachio nuts, raw 1.216 g 78. Spices, fenugreek seed 1.215 g 79. CRACKER BARREL, grilled sirloin steak 1.209 g 80. Beans, vellow, mature seeds, raw 1.197 g 81. Broadbeans (fava beans), mature seeds, raw 1.195 g 82. Cowpeas, catiang, mature seeds, raw 1.194 g 83. Beans, great northern, mature seeds, raw 1.189 g 84. Beans, navy, mature seeds, raw 1.180 g 85. Fish, whitefish, eggs (Alaska Native) 1.180 g 86. Mung beans, mature seeds, raw 1.176 g 87. Beans, black, mature seeds, raw 1.175 g 88. Cheese, goat, hard type 1.172 g 89. Beans, pinto, mature seeds, raw 1.171 g 90. Cheese, feta 1.169 g 91. Cheese, mexican, queso asadero 1.169 g 92. Cheese, brie 1.168 g 93. T.G.I. FRIDAY'S, classic sirloin steak 1.167 g 94. Cheese, mexican, queso anejo 1.160 g 95. Spices, parsley, dried 1.159 g 96. Pork, fresh, variety meats and by-products, liver, raw 1.157 g 97. Beans, black turtle soup, mature seeds, raw 1.156 g 98. DENNY'S, top sirloin steak 1.151 g 99. Lentils, pink, raw 1.150 g 100. Beans, small white, mature seeds, raw 1.148 g 101. Amaranth, uncooked 1.148 g 102. Luncheon meat, beef, thin sliced 1.147 g 103. Beef, cured, thin-sliced beef 1.147 g 104. Cheese, limburger 1.144 g 105. Beans, pink, mature seeds, raw 1.140 g 106. Beef, cured, dried 1.132 g 107. Bratwurst, pork, cooked 1.130 g 108. Restaurant, family style, sirloin steak 1.122 g 109. Natto 1.121 g 110. Cheese, blue 1.120 g 111. Cheese, mexican, queso chihuahua 1.115 g 112. Cheese, camembert 1.114 g 113. Mollusks, whelk, unspecified, raw $1.110 \, \mathrm{g}$ 114. Quail, breast, meat only, raw 1.103 g 115. Wheat germ, crude 1.102 g 116. Turkey, fryer-roasters, breast, meat only, raw 1.094 g 117. Beef, cured, corned beef, canned 1.092 g 118. Pork, cured, breakfast strips, cooked 1.089 g 119. Sausage, meatless $1.087 \, g$

120. Peas, split, mature seeds, raw 1.080 g 121. Nuts, cashew nuts, raw 1.079 g 122. Turkey, fryer-roasters, light meat, meat only, raw 1.076 g 123. Seeds, sunflower seed kernels, dried 1.075 g 124. Cheese, pasteurized process, pimento 1.068 g 125. Quail, meat only, raw 1.062 g 126. Squab, (pigeon), light meat without skin, raw 1.062 g 127. 1.058 gCheese food, pasteurized process, swiss 128. Turkey, young hen, light meat, meat only, raw 1.052 g 129. Egg, whole, cooked, fried $1.050 \, \mathrm{g}$ 130. Turkey, fryer-roasters, breast, meat and skin, raw 1.050 g 131. Pheasant, breast, meat only, raw 1.049 g 132. Turkey, all classes, light meat, raw 1.048 g133. Egg, goose, whole, fresh, raw 1.043 g 134. Turkey, young tom, light meat, meat only, raw 1.042 g 135. Egg, turkey, whole, fresh, raw 1.040 g 136. Turkey, canned, meat only, with broth 1.040 g137. Pigeon peas (red gram), mature seeds, raw 1.028 g 138. Beans, french, mature seeds, raw $1.023 \, \mathrm{g}$ 139. Tempeh 1.019 g Turkey, fryer-roasters, light meat, meat and skin, raw 140. 1.018 g141. Pheasant, raw, meat only 1.014 g142. Seeds, chia seeds, dried 1.011 g 143. Game meat, elk, raw 1.002 g 144. Fast foods, egg, scrambled 1.002 g145. Turkey, fryer-roasters, wing, meat only, raw 1.000 g 146. Turkey, fryer-roasters, meat only, raw 0.993 g147. Chorizo, pork and beef 0.993 g148. Egg, quail, whole, fresh, raw 0.992 g 149. Turkey, fryer-roasters, meat and skin, raw 0.987 g150. Seeds, sesame butter, paste 0.986 g 151. 0.985 g Elk, free range, ground, raw (Shoshone Bannock) 152. Veal, variety meats and by-products, liver, raw $0.981 \, \mathrm{g}$ 153. Goose, domesticated, meat only, raw 0.979 g 154. Beans, adzuki, mature seeds, raw $0.976 \, \mathrm{g}$ 155. Fish, roe, mixed species, raw 0.975 g 156. Game meat, deer, raw 0.974 g 157. Pheasant, raw, meat and skin 0.972 g 158. Egg, whole, raw, fresh 0.971 g159. Seeds, flaxseed 0.970 g160. Egg, whole, cooked, poached 0.969 g 161. Turkey, young tom, breast, meat and skin, raw 0.969 g 162. Turkey, all classes, meat only, raw 0.968 g163. Turkey, young hen, meat only, raw 0.968 g164. Seeds, sesame seeds, whole, dried 0.967 g165. 0.966 gTurkey, all classes, breast, meat and skin, raw

166. Turkey, young tom, meat only, raw 0.966 g 167. Game meat, rabbit, wild, raw 0.966 g 168. APPLEBEE'S, 9 oz house sirloin steak 0.964 g169. Egg, duck, whole, fresh, raw 0.963 g 170. Pheasant, leg, meat only, raw 0.955 g 171. Turkey, all classes, light meat, meat and skin, raw 0.954 g172. Turkey, young hen, breast, meat and skin, raw 0.954 g173. Fish, tuna, fresh, yellowfin, raw 0.954 g174. Turkey, young tom, light meat, meat and skin, raw 0.953 g 175. Spices, poppy seed 0.952 gFish, tuna, fresh, bluefin, raw 0.952 g 176. 177. Cheese food, cold pack, american 0.949 g 178. Turkey, young hen, light meat, meat and skin, raw 0.949 g 179. Ostrich, inside strip, raw 0.948 g180. Nuts, almonds 0.948 g 181. Spices, caraway seed 0.946 g 182. Game meat, antelope, raw 0.946 g183. Fish, yellowtail, mixed species, raw 0.944 g 184. Bacon and beef sticks 0.942 g 185. Quail, meat and skin, raw 0.937 g186. Egg, whole, cooked, hard-boiled 0.936 g187. Ostrich, outside strip, raw 0.935 g188. Nuts, walnuts, english 0.934 g 189. Snacks, oriental mix, rice-based 0.929 g 190. Seeds, sesame meal, partially defatted 0.925 g191. Turkey, fryer-roasters, back, meat only, raw 0.919 g 192. Smoked link sausage, pork 0.919 g193. Corned beef loaf, jellied 0.916 g194. Ostrich, outside leg, raw 0.915 g195. Turkey, fryer-roasters, dark meat, meat only, raw 0.910 g196. Fish, halibut, raw, with skin (Alaska Native) 0.910 g 197. Turkey, fryer-roasters, wing, meat and skin, raw 0.908 g198. Pork, fresh, loin, tenderloin, separable lean only, raw 0.906 g199. Turkey, fryer-roasters, leg, meat only, raw 0.905 g 200. Beef, variety meats and by-products, liver, raw 0.905 g201. Salami, dry or hard, pork $0.903 \, g$ 202. Salami, Italian, pork 0.903 g 203. Turkey, young tom, meat and skin, raw 0.902 g204. Turkey, all classes, meat and skin, raw 0.901 g205. Spices, fennel seed $0.900 \, \mathrm{g}$ 0.898 g206. Fish, tuna, fresh, skipjack, raw 207. Turkey, all classes, neck, meat only, raw 0.896 g208. Ostrich, inside leg, raw 0.896 g

Fish, salmon, Atlantic, farmed, raw 0.896 g

Turkey, young tom, wing, meat and skin, raw

Snacks, beef sticks, smoked 0.894 g

0.895 g

209.

210.

212. Turkey, all classes, dark meat, raw 0.893 g 213. Turkey, young hen, dark meat, meat only, raw 0.893 g214. Turkey, fryer-roasters, leg, meat and skin, raw 0.892 g215. Turkey, young tom, dark meat, meat only, raw 0.892 g216. Turkey, young hen, meat and skin, raw 217. Oat bran, raw 0.890 g 218. Egg, whole, raw, frozen 0.889 g219. Game meat, rabbit, domesticated, composite of cuts, raw 0.889 g220. Turkey, fryer-roasters, dark meat, meat and skin, raw 0.886 g221. Turkey, all classes, wing, meat and skin, raw0.885 g 222. Pork, fresh, loin, whole, separable lean only, raw 223. Game meat, boar, wild, raw 0.884 g 224. Ostrich, tenderloin, raw 225. Fish, salmon, coho, wild, raw 0.882 g 226. Ostrich, round, raw 0.880 g 227. Squab, (pigeon), meat and skin, raw 0.878 g 228. Lamb, variety meats and by-products, liver, raw 0.878 g229. Game meat, buffalo, water, raw 230. Turkey, fryer-roasters, back, meat and skin, raw 0.874 g231. Ostrich, tip trimmed, raw 0.874 g232. Ostrich, fan, raw 0.873 g233. Turkey, young hen, wing, meat and skin, raw 0.872 g234. Fish, salmon, sockeye, raw 0.869 g 235. USDA Commodity, beef, canned 0.868 g236. Fish, salmon, coho, farmed, raw 0.868 g237. Ostrich, top loin, raw 0.867 g 238. Turkey, all classes, leg, meat and skin, raw 0.866 g 239. Turkey, young tom, leg, meat and skin, raw 0.866 g 240. Turkey, young hen, leg, meat and skin, raw 0.863 g 241. Ostrich, ovster, raw 0.862 g 242. Formulated bar, POWER BAR, chocolate $0.860 \, \mathrm{g}$ 243. T.G.I. FRIDAY'S, fried mozzarella 0.859 g 244. Fish, shark, mixed species, raw $0.856 \, \mathrm{g}$ 245. Duck, wild, breast, meat only, raw 0.854 g246. Squab, (pigeon), meat only, raw 0.854 g247. Fish, trout, rainbow, farmed, raw $0.851 \, \mathrm{g}$ 248. Fish, sheefish, raw (Alaska Native) 0.850 g 249. Fish, halibut, Atlantic and Pacific, raw 0.849 g250. Fish, trout, mixed species, raw 0.847 g251. Pork, fresh, leg (ham), whole, separable lean only, raw $0.846 \, \mathrm{g}$ 252. Pork, ground, 96% lean / 4% fat, raw 0.846 g 253. Cocoa, dry powder, unsweetened $0.846 \, \mathrm{g}$ 254. Beef, cured, pastrami 0.845 g 255. 0.843 gTurkey, all classes, giblets, raw 256. Bison, ground, grass-fed, raw 0.842 g

Turkey, young tom, dark meat, meat and skin, raw 0.841 g

258. Fish, salmon, coho (silver), raw (Alaska Native) $0.840 \; \mathrm{g}$ 259. Fish, milkfish, raw 0.838 g260. Beef, ground, 95% lean meat / 5% fat, raw 0.838 g 261. Fish, snapper, mixed species, raw 0.837 g262. Fish, trout, rainbow, wild, raw 0.836 g263. Turkey, all classes, dark meat, meat and skin, raw 0.835 g 264. Nuts, pine nuts, dried 0.835 g 265. Sausage, Italian, turkey, smoked $0.832 \, \mathrm{g}$ 266. Fish, anchovy, european, raw 0.830 g 267. Cheese, goat, semisoft type 0.829 g 268. Guinea hen, meat and skin, raw 0.829 g269. Fish, mackerel, king, raw 0.827 g270. 0.826 gLuxury loaf, pork 271. Turkey roll, light meat 0.825 g272. Fish, sheepshead, raw 0.825 g 273. Beef, cured, smoked, chopped beef 0.824 g 274. Turkey, young hen, dark meat, meat and skin, raw 0.823 g 275. Game meat, bison, separable lean only, raw 0.823 g 276. Beef, ground, 90% lean meat / 10% fat, raw 0.823 g 277. Fish, salmon, chum, raw 0.822 g278. Fish, mackerel, Pacific and jack, mixed species, raw 0.819 g 279. Egg, whole, cooked, omelet 0.818 g 280. Fish, bluefish, raw 0.818 g281. Fish, salmon, chinook, raw 0.818 g282. Game meat, horse, raw $0.817 \, \mathrm{g}$ 283. Beef, variety meats and by-products, lungs, raw $0.816 \, \mathrm{g}$ 284. Pork, fresh, loin, whole, separable lean and fat, raw 0.815 g 285. Fish, salmon, pink, raw 0.813 g286. Fish, tilapia, raw $0.813 \; \mathrm{g}$ 287. Pork, fresh, variety meats and by-products, heart, raw 0.812 g288. Seeds, safflower seed kernels, dried 0.812 g 289. 0.811 g Crustaceans, spiny lobster, mixed species, raw 290. Chicken, broilers or fryers, breast, meat only, raw 0.810 g291. Turkey, young tom, back, meat and skin, raw 0.810 g292. Ostrich, ground, raw 0.809 g 293. Fish, salmon, Atlantic, wild, raw 0.809 gTofu, fried 294. 0.809 g295. Fish, swordfish, raw 0.808 g 296. Pork, fresh, shoulder, whole, separable lean only, raw 0.807 g 297. Egg, whole, cooked, scrambled 0.806 g298. Duck, domesticated, liver, raw $0.806 \, \mathrm{g}$ 299. Ham and cheese spread 0.806 g

0.806 g

Proline:

Pastrami, turkey

Below is a list of the top several hundred sources of proline in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the proline content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Gelatins, dry powder, unsweetened 12.295 g 2. Snacks, pork skins, plain 7.262 g 3. Snacks, pork skins, barbecue-flavor 6.769 g
- 4. Soy protein isolate 4.960 g
- 5. Cheese, parmesan, shredded 4.860 g
- 6. Cheese, parmesan, grated 4.622 g
- 7. Cheese, parmesan, hard 4.180 g
- 8. Cheese, gruyere 3.869 g
- 9. Cheese, romano 3.718 g
- 10. Cheese, goat, hard type 3.693 g
- 11. Cheese, swiss 3.690 g
- 12. Milk, dry, nonfat, calcium reduced 3.439 g
- 13. Cheese, fontina 3.323 g
- 14. Milk, buttermilk, dried 3.322 g
- 15. Cheese, edam 3.251 g
- 16. Cheese, gouda 3.245 g
- 17. Egg, white, dried 3.153 g
- 18. Fish, whitefish, dried (Alaska Native) 2.980 g
- 19. Cheese, tilsit 2.969 g
- 20. Cheese, port de salut 2.892 g
- 21. Cheese, caraway 2.838 g
- 22. Spices, mustard seed, ground 2.810 g
- 23. Cheese, cheddar 2.806 g
- 24. Cheese, provolone 2.766 g
- 25. Cheese, monterey 2.759 g 26.
- Spices, poppy seed 2.754 g 2.750 g
- 27. Soy flour, defatted
- 28. Cheese, colby 2.678 g
- 29. Cheese, cheshire 2.634 g
- 30. Soy meal, defatted, raw 2.629 g 31. Cheese, goat, semisoft type 2.612 g
- 32. Cheese, muenster 2.594 g
- 33. Tofu, dried-frozen (koyadofu) 2.586 g
- 34. Cheese, brick 2.575 g
- 35. Milk, dry, whole, with added vitamin D 2.549 g
- 36. Cheese, low fat, cheddar or colby 2.526 g

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37.
                                                   2.526 g
       Cheese, low-sodium, cheddar or colby
38.
       Cheese, mozzarella, part skim milk 2.498 g
39.
       Cheese, brie 2.459 g
40.
       Cheese, limburger
                             2.439 g
       Cheese, mexican, queso asadero
41.
                                            2.403 g
42.
       Soybeans, mature seeds, raw 2.379 g
43.
       Smelt, dried (Alaska Native) 2.360 g
44.
                                            2.351 g
       Cheese, mozzarella, whole milk
45.
       Cheese, camembert 2.346 g
46.
       Peanut flour, defatted 2.304 g
47.
       Meat extender 2.296 g
48.
       Seeds, sesame flour, low-fat 2.289 g
49.
       Beef, cured, breakfast strips, cooked 2.254 g
50.
       Cheese, pasteurized process, pimento 2.251 g
51.
       Cheese, mexican, queso chihuahua 2.249 g
52.
       Cheese, goat, soft type
                                    2.241 g
53.
       Cheese food, pasteurized process, swiss
                                                   2.230 g
54.
       Lasagna, Cheese, frozen, prepared
                                            2.180 g
55.
       Cheese, mexican, queso anejo
                                            2.151 g
56.
       Cheese, blue 2.100 g
                             2.089 g
57.
       Cheese, roquefort
58.
       Soy flour, full-fat, raw
                                    2.020 g
59.
       Spices, parsley, dried 2.010 g
                                    2.005 g
60.
       Pork, pickled pork hocks
61.
       Cheese food, cold pack, american
                                            2.000 g
62.
       Egg Mix, USDA Commodity 1.953 g
63.
       Beef, cured, corned beef, canned
                                            1.951 g
64.
       Winged beans, mature seeds, raw
                                            1.924 g
65.
       Egg, whole, dried
                             1.886 g
       Seeds, sesame flour, partially defatted
66.
                                                   1.841 g
       Spices, oregano, dried 1.712 g
67.
                                    1.680 g
68.
       Wheat, hard red spring
69.
       APPLEBEE'S, mozzarella sticks
                                            1.660 g
70.
       Beef, variety meats and by-products, lungs, raw
                                                          1.659 g
71.
       Cheese fondue 1.656 g
72.
       Spelt, uncooked
                             1.625 g
73.
       Snacks, bagel chips
                             1.624 g
74.
       Kamut, uncooked
                             1.594 g
75.
       Snacks, pita chips, salted
                                    1.576 g
76.
       Macaroni, dry, enriched
                                    1.569 g
77.
       Spaghetti, dry, enriched
                                    1.569 g
78.
       Spaghetti, dry, unenriched
                                    1.569 g
79.
       Macaroni, dry, unenriched
                                    1.569 g
80.
       Macaroni, whole-wheat, dry 1.561 g
81.
       Spaghetti, whole-wheat, dry 1.561 g
82.
       Turkey, fryer-roasters, skin only, raw 1.548 g
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83. Noodles, egg, dry, enriched 1.544 g 84. Noodles, egg, dry, unenriched 1.544 g 85. Pork, cured, breakfast strips, cooked 1.538 g 86. Luncheon meat, beef, thin sliced 1.529 g 87. Beef, cured, thin-sliced beef 1.529 g Pork, fresh, variety meats and by-products, tail, raw 1.509 g 88. 89. Corned beef loaf, jellied 1.503 g 90. DENNY'S, mozzarella cheese sticks 1.501 g 91. Snacks, soy chips or crisps, salted 1.500 g 92. Bread crumbs, dry, grated, seasoned 1.497 g 93. Peanut flour, low fat 1.492 g 94. Barley, hulled 1.484 g 95. Lupins, mature seeds, raw 1.476 g 96. Snacks, beef sticks, smoked 1.463 g 97. Wheat, durum 1.459 g 98. Cheese, cottage, lowfat, 1% milkfat 1.435 g 99. Egg, volk, dried 1.430 g 100. Spaghetti, spinach, dry 1.424 g 101. Wheat flour, whole-grain 1.422 g 102. Mutton, cooked, roasted (Navajo) 1.411 g 103. Wheat flour, white, bread, enriched 1.409 g 104. Wheat flours, bread, unenriched 105. Seeds, sesame flour, high-fat 1.406 g 106. Couscous, dry 1.404 g 107. Natto 1.403 g 108. Macaroni, vegetable, dry, enriched 1.401 g 109. Semolina, enriched 1.395 g 110. Semolina, unenriched 1.395 g 111. Peanut butter, chunk style, with salt 1.389 g 112. Cheese, cottage, with vegetables 1.385 g 113. Peanut butter, smooth style, with salt 1.383 g 114. Cheese, feta 1.378 g 115. Beef, cured, dried 1.370 g 116. Noodles, egg, spinach, dry, enriched 1.370 g 117. Bread crumbs, dry, grated, plain 1.366 g 118. Crackers, melba toast, plain 1.366 g 119. Crackers, melba toast, wheat 1.366 g 120. Ham and cheese spread 1.356 g 121. Spices, garlic powder 1.354 g 122. T.G.I. FRIDAY'S, fried mozzarella 1.352 g 123. Crackers, matzo, whole-wheat 1.351 g 124. Bread sticks, plain 1.350 g 125. Croutons, plain 1.345 g 126. BURGER KING, Hamburger 1.345 g 127. Salami, dry or hard, pork 1.336 g

Salami, Italian, pork 1.336 g

- 129. Soup, chicken noodle, dry, mix 1.312 g 130. Cheese, cottage, lowfat, 2% milkfat 1.308 g 131. Soup, ramen noodle, beef flavor, dry 1.297 g 132. T.G.I. FRIDAY'S, classic sirloin steak 133. Cereals, CREAM OF WHEAT, instant, dry 1.289 g 134. Wheat, hard red winter 1.289 g 135. CRACKER BARREL, grilled sirloin steak 1.279 g 136. Bulgur, dry 1.275 g 137. Gelatin desserts, dry mix 1.256 g 138. PIZZA HUT 12" Cheese Pizza, Thick Crust 1.253 g 139. Chorizo, pork and beef 1.252 g 140. Seeds, watermelon seed kernels, dried 1.251 g 141. Crackers, matzo, egg 1.251 g 142. Noodles, japanese, somen, dry 1.249 g 143. Veal, variety meats and by-products, liver, raw 1.248 g 144. Barley flour or meal 1.247 g 145. Beef, cured, luncheon meat, jellied 1.246 g 146. Chicken, broilers or fryers, skin only, raw 147. Pastrami, beef, 98% fat-free 1.242 g 148. PIZZA HUT 14" Cheese Pizza, Thick Crust 1.242 g 149. Soup, ramen noodle, chicken flavor, dry 1.239 g 150. Nuts, butternuts, dried 1.236 g 151. Turkey, young tom, skin only, raw 1.235 g 152. Ostrich, inside strip, raw 1.235 g 153. Wheat germ, crude 1.231 g 154. Cheese, cottage, creamed, with fruit 1.230 g 155. Formulated bar, POWER BAR, chocolate 1.230 g 156. Bread, protein (includes gluten) 1.222 g 157. Pork, cured, feet, pickled 1.220 g 158. Ostrich, outside strip, raw 1.218 g Popovers, dry mix, enriched 1.216 g 159. 160. Popovers, dry mix, unenriched 1.216 g 161. Restaurant, family style, sirloin steak 1.202 g 162. Fish, caviar, black and red, granular 1.200 g 163. Snacks, pretzels, hard, plain, salted 1.199 g 164. Spices, fenugreek seed 1.198 g 165. Ostrich, outside leg, raw 1.192 g 166. Bread stuffing, bread, dry mix 1.192 g 167. Fish, roe, mixed species, raw 1.189 g 168. Bagels, egg 1.189 g
- 172. Fast foods, ham and cheese sandwich1.184 g

Turkey, all classes, skin only, raw

1.185 g

Bacon and beef sticks 1.188 g

173. Game meat, deer, raw 1.183 g

Triticale

169.

170.

171.

174. Seeds, sunflower seed kernels, dried 1.182 g

1.184 g

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175.
       Mollusks, whelk, unspecified, raw
                                           1.182 g
176.
       Papad 1.181 g
177.
       Cheese, gjetost
                             1.180 g
178.
       Emu, top loin, cooked, broiled
                                           1.178 g
179.
       Barley, pearled, raw 1.178 g
180.
       Crackers, matzo, plain1.177 g
181.
       BURGER KING, Cheeseburger
                                           1.170 g
182.
       Ostrich, inside leg, raw
                                    1.167 g
183.
       OSCAR MAYER, Ham and Cheese Loaf 1.167 g
184.
       Mungo beans, mature seeds, raw
                                           1.166 g
185.
       Wheat, soft red winter 1.166 g
186.
       Cereals, farina, unenriched, dry
                                           1.165 g
187.
                           1.163 g
       Croutons, seasoned
188.
       Guinea hen, meat and skin, raw
                                           1.162 g
189.
       Hyacinth beans, mature seeds, raw
                                           1.162 g
190.
       Peanuts, spanish, raw 1.154 g
191.
       Ostrich, tenderloin, raw
                                    1.151 g
192.
       Fish, sheefish, raw (Alaska Native) 1.150 g
193.
       Ostrich, round, raw 1.146 g
194.
       Pork, fresh, variety meats and by-products, liver, raw
                                                                 1.146 g
195.
       Snacks, pretzels, hard, whole-wheat 1.140 g
196.
       Ostrich, tip trimmed, raw
                                    1.139 g
197.
       Peanuts, all types, raw1.138 g
198.
       Ostrich, fan, raw
                             1.137 g
199.
       Ostrich, top loin, raw 1.130 g
200.
       BURGER KING, Original Chicken Sandwich
                                                         1.130 g
201.
       Rolls, dinner, rye
                             1.125 g
202.
       Beef, ground, 90% lean meat / 10% fat, raw 1.125 g
203.
       Ostrich, oyster, raw
                             1.123 g
204.
       Barley malt flour
                             1.123 g
205.
       APPLEBEE'S, 9 oz house sirloin steak
                                                  1.122 g
206.
       Smoked link sausage, pork 1.121 g
207.
       Turkey, fryer-roasters, wing, meat and skin, raw
                                                         1.119 g
208.
       Goose, domesticated, meat only, raw 1.117 g
209.
       Beans, navy, mature seeds, raw
                                           1.117 g
210.
       Sausage, meatless
                             1.116 g
211.
       Peanuts, virginia, raw 1.112 g
212.
       DENNY'S, top sirloin steak 1.111 g
213.
       Crackers, cheese, regular
                                    1.110 g
214.
       Crackers, cheese, low sodium 1.110 g
215.
       Beef, variety meats and by-products, spleen, raw
                                                         1.107 g
216.
       Peanuts, valencia, raw 1.107 g
217.
       Rolls, hard (includes kaiser) 1.105 g
218.
       Turkey, young hen, skin only, raw 1.100 g
219.
       Fish, whitefish, eggs (Alaska Native) 1.100 g
220.
       Bratwurst, pork, cooked
                                    1.099 g
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- 221. Mortadella, beef, pork 1.099 g 222. Broadbeans (fava beans), mature seeds, raw 1.099 g 223. Beef, cured, smoked, chopped beef 1.098 g 224. Turkey, canned, meat only, with broth 1.096 g 225. Mung beans, mature seeds, raw 1.095 g 226. Yardlong beans, mature seeds, raw 1.094 g 227. Cracker meal 1.087 g 228. Turkey, fryer-roasters, light meat, meat and skin, raw 1.083 g 229. Salami, cooked, beef 1.083 g 230. Bagels, oat bran $1.082~\rm{g}$ 231. Bagels, cinnamon-raisin 1.080 g 232. Cheese, ricotta, part skim milk 1.078 g 233. Beans, kidney, royal red, mature seeds, raw 1.074 g 234. Turkey, fryer-roasters, breast, meat and skin, raw 1.073 g 235. Beans, pinto, mature seeds, raw 1.072 g236. Cowpeas, catiang, mature seeds, raw 1.072 g 237. Cheese, ricotta, whole milk 1.066 g 238. Lamb, variety meats and by-products, lungs, raw 1.066 g 239. Game meat, rabbit, wild, raw 1.065 g 240. Beef, cured, corned beef, brisket, raw 1.057 g 241. Bread, oat bran 1.055 g 242. Ostrich, ground, raw 1.054 g 243. Crackers, rusk toast 1.052 g 244. Turkey, young tom, wing, meat and skin, raw 1.050 g245. Snacks, popcorn, air-popped 1.048 g 246. Bread, pita, whole-wheat 1.046 g 247. Lentils, pink, raw 1.042 g248. Chicken, canned, meat only, with broth 1.040 g249. Turkey, all classes, wing, meat and skin, raw1.039 g 250. Turkey, fryer-roasters, meat and skin, raw 1.039 g251. Cheese substitute, mozzarella 1.036 g 252. Bison, ground, grass-fed, raw 1.036 g 253. Rolls, pumpernickel 1.036 g 254. Pork, ground, 96% lean / 4% fat, raw 1.035 g 255. Beans, kidney, california red, mature seeds, raw 1.034 g256. Nuts, almonds 1.032 g Tempeh 257. 1.030 g 258. Rolls, hamburger or hotdog, mixed-grain 1.030 g259. Cheese, neufchatel 1.027 g260. Chicken, broilers or fryers, wing, meat and skin, raw 1.025 g 261. Chicken roll, light meat 1.025 g 262. Game meat, antelope, raw 1.025 g263. Turkey, fryer-roasters, breast, meat only, raw 1.023 g
- 265. Cheese sauce, prepared from recipe 1.021 g266. Turkey, young hen, wing, meat and skin, raw 1.020 g

Beef, cured, pastrami 1.022 g

267.	Turkey, young tom, light meat, meat and skin, raw 1.017 g
268.	Bread stuffing, cornbread, dry mix 1.017 g
269.	Beef, cured, sausage, cooked, smoked 1.016 g
270.	Peas, split, mature seeds, raw 1.014 g
271.	Turkey, young tom, breast, meat and skin, raw 1.012 g
272.	Bread, pita, white, enriched 1.012 g
273.	Bread, pita, white, unenriched 1.012 g
274.	Turkey, all classes, breast, meat and skin, raw 1.011 g
275.	Turkey, all classes, light meat, meat and skin, raw 1.009 g
276.	Turkey, fryer-roasters, light meat, meat only, raw 1.006 g
277.	Turkey, young hen, breast, meat and skin, raw 1.004 g
278.	Bread, italian 1.004 g
279.	Crackers, whole-wheat 1.004 g
280.	Blood sausage 1.000 g
281.	Beans, kidney, all types, mature seeds, raw 1.000 g
282.	Beef, ground, 95% lean meat / 5% fat, raw 0.996 g
283.	Pate, liver, not specified, canned 0.995 g
284.	Pate, truffle flavor 0.995 g
285.	Pork, fresh, variety meats and by-products, spleen, raw 0.995 g
286.	Game meat, horse, raw 0.994 g
287.	Turkey, young hen, light meat, meat and skin, raw 0.993 g
288.	Game meat, elk, raw 0.992 g
289.	USDA Commodity, beef, canned 0.991 g
290.	Beans, white, mature seeds, raw 0.990 g
291.	BURGER KING, WHOPPER, no cheese 0.990 g
292.	Turkey, all classes, giblets, raw 0.984 g
293.	Turkey, young hen, light meat, meat only, raw 0.984 g
294.	Bread, reduced-calorie, wheat 0.982 g
295.	Oat bran, raw 0.982 g
296.	Turkey, all classes, light meat, raw 0.980 g
297.	Game meat, rabbit, domesticated, composite of cuts, raw 0.980 g
298.	Tortillas, ready-to-bake or -fry, flour 0.979 g
299.	Turkey, fryer-roasters, back, meat and skin, raw 0.978 g

Beans, cranberry (roman), mature seeds, raw 0.976 g

Alanine:

300.

Below is a list of the top several hundred sources of alanine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the alanine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption

can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

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1.
       Gelatins, dry powder, unsweetened 8.009 g
2.
       Snacks, pork skins, plain
                                     5.811 g
3.
       Snacks, pork skins, barbecue-flavor 5.472 g
4.
       Egg, white, dried
                             4.684 g
5.
       Fish, whitefish, dried (Alaska Native)
                                                    3.780 g
6.
       Soy protein isolate
                             3.589 g
7.
       Smelt, dried (Alaska Native) 3.520 g
8.
       Egg, whole, dried
                             2.636 g
9.
       Seeds, sesame flour, low-fat 2.620 g
       Beef, cured, breakfast strips, cooked 2.254 g
10.
11.
       Soy flour, defatted
                             2.215 g
12.
       Soy meal, defatted, raw
                                     2.117 g
13.
       Seeds, sesame flour, partially defatted
                                                    2.107 g
14.
       Peanut flour, defatted 2.075 g
15.
       Tofu, dried-frozen (koyadofu)
                                            1.965 g
16.
       Mutton, cooked, roasted (Navajo)
                                            1.964 g
17.
       Beef, cured, corned beef, canned
                                            1.951 g
18.
       Soybeans, mature seeds, raw 1.915 g
19.
       Luncheon meat, beef, thin sliced
                                            1.857 g
20.
       Beef, cured, thin-sliced beef 1.857 g
21.
       CRACKER BARREL, grilled sirloin steak 1.829 g
22.
       T.G.I. FRIDAY'S, classic sirloin steak
                                                    1.827 g
23.
       Spices, parsley, dried 1.778 g
24.
       Egg, yolk, dried
                              1.759 g
25.
       Meat extender 1.755 g
26.
       Beef, cured, dried
                             1.748 g
27.
       Egg Mix, USDA Commodity 1.726 g
28.
       Restaurant, family style, sirloin steak 1.724 g
29.
       DENNY'S, top sirloin steak 1.721 g
30.
       Fish, caviar, black and red, granular 1.653 g
31.
       Fish, whitefish, eggs (Alaska Native) 1.640 g
32.
       Soy flour, full-fat, raw
                                     1.627 g
33.
       Pork, cured, breakfast strips, cooked 1.621 g
34.
       Seeds, sesame flour, high-fat 1.609 g
35.
       Bratwurst, pork, cooked
                                     1.594 g
36.
       Corned beef loaf, jellied
                                     1.576 g
37.
       Pork, pickled pork hocks
                                     1.566 g
38.
       Chorizo, pork and beef
                                     1.560 g
39.
       Mollusks, whelk, unspecified, raw 1.556 g
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Turkey, fryer-roasters, breast, meat only, raw

1.520 g

APPLEBEE'S, 9 oz house sirloin steak

Turkey, canned, meat only, with broth

Ostrich, inside strip, raw

1.523 g

1.522 g

1.503 g

40.

41.

42.

44. Turkey, fryer-roasters, breast, meat and skin, raw 1.502 g 45. Ostrich, outside strip, raw 1.499 g Turkey, fryer-roasters, light meat, meat only, raw 46. 1.497 g 47. Seeds, watermelon seed kernels, dried 1.492 g 48. Bacon and beef sticks 1.480 g 49. Wheat germ, crude 1.477 g 50. Turkey, fryer-roasters, light meat, meat and skin, raw 1.475 g 51. Pheasant, breast, meat only, raw 1.470 g 52. Snacks, beef sticks, smoked 1.470 g 53. Ostrich, outside leg, raw 54. Turkey, young hen, light meat, meat only, raw 1.464 g 55. Turkey, all classes, light meat, raw 1.458 g Turkey, young tom, light meat, meat only, raw 56. 1.450 g 57. Goose, domesticated, meat only, raw 1.441 g 58. Game meat, elk, raw 1.441 g 59. Ostrich, inside leg, raw 60. Game meat, deer, raw 1.433 g 61. Fish, roe, mixed species, raw 1.428 g 62. Turkey, fryer-roasters, meat and skin, raw 1.425 g 63. Pheasant, raw, meat only 1.422 g 64. Smoked link sausage, pork 1.419 g 65. Beef, variety meats and by-products, spleen, raw 1.417 g 66. Ostrich, tenderloin, raw 1.416 g 67. Fish, tuna, fresh, yellowfin, raw 1.414 g 68. Ostrich, round, raw 1.411 g 69. Fish, tuna, fresh, bluefin, raw 1.411 g Pheasant, raw, meat and skin 1.410 g 70. 71. Ostrich, tip trimmed, raw 1.402 g 72. Fish, yellowtail, mixed species, raw 1.400 g 73. Fish, sheefish, raw (Alaska Native) 1.400 g 74. Ostrich, fan, raw 1.399 g 75. Turkey, young tom, breast, meat and skin, raw 1.396 g 76. Quail, breast, meat only, raw 1.392 g 77. Turkey, all classes, breast, meat and skin, raw 1.392 g 78. Turkey, fryer-roasters, wing, meat only, raw 1.392 g 79. Ostrich, top loin, raw 1.390 g 80. Turkey, fryer-roasters, wing, meat and skin, raw 1.384 g 81. Turkey, young tom, light meat, meat and skin, raw 1.383 g 82. Ostrich, oyster, raw 1.383 g Turkey, fryer-roasters, meat only, raw 83. 1.382 g Turkey, all classes, light meat, meat and skin, raw 84. 1.380 g 85. Guinea hen, meat and skin, raw 1.378 g 86. Turkey, young hen, breast, meat and skin, raw 1.378 g 87. Nuts, butternuts, dried 1.372 g 88. Turkey, young hen, light meat, meat and skin, raw 1.368 g 89. Veal, variety meats and by-products, liver, raw 1.356 g

90. Turkey, all classes, meat only, raw 1.348 g 91. Turkey, young hen, meat only, raw 1.348 g 92. Bison, ground, grass-fed, raw 1.348 g 93. Turkey, fryer-roasters, skin only, raw1.346 g 94. Turkey, young tom, meat only, raw 1.345 g 95. Peanut flour, low fat 1.343 g 96. Quail, meat only, raw 1.341 g 97. Squab, (pigeon), light meat without skin, raw 1.341 g 98. Turkey, young tom, wing, meat and skin, raw 1.340 g 99. Pheasant, leg, meat only, raw 1.339 g 100. Salami, dry or hard, pork 1.336 g 101. Salami, Italian, pork 1.336 g 102. Beef, cured, smoked, chopped beef 1.334 g 103. Fish, tuna, fresh, skipjack, raw 1.331 g 104. Turkey, all classes, wing, meat and skin, raw1.325 g 105. Game meat, rabbit, wild, raw 1.315 g 106. Beef, cured, luncheon meat, jellied 1.307 g 107. Fish, salmon, coho, wild, raw 1.307 g 108. Turkey, young hen, wing, meat and skin, raw 1.305 g 109. Turkey, young tom, meat and skin, raw 1.305 g 110. Game meat, antelope, raw 1.304 g 111. Beef, cured, pastrami 1.303 g 112. Beef, ground, 90% lean meat / 10% fat, raw 1.303 g 113. Turkey, all classes, meat and skin, raw 1.302 g 114. Ostrich, ground, raw 1.297 g 115. Beef, ground, 95% lean meat / 5% fat, raw 116. Lupins, mature seeds, raw 1.296 g 1.290 g 117. Fish, salmon, coho (silver), raw (Alaska Native) 118. Turkey, fryer-roasters, back, meat and skin, raw 1.288 g 119. Fish, salmon, sockeye, raw 1.288 g 120. Elk, free range, ground, raw (Shoshone Bannock) 1.288 g 121. Fish, salmon, coho, farmed, raw 1.286 g 122. Turkey, young hen, meat and skin, raw 1.285 g 123. Game meat, moose, raw 1.281 g 124. Turkey, fryer-roasters, back, meat only, raw 1.279 g 125. Pork, fresh, variety meats and by-products, tail, raw 1.278 g 126. Pork, fresh, variety meats and by-products, liver, raw 1.276 g 127. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.274 g 128. Game meat, boar, wild, raw 1.273 g 129. Fish, salmon, Atlantic, farmed, raw 1.271 g 130. Fish, shark, mixed species, raw 1.269 g 131. Turkey, fryer-roasters, dark meat, meat only, raw 1.267 g 132. Chicken, broilers or fryers, light meat, meat only, raw 1.266 g 133. Veal, leg (top round), separable lean only, raw 1.266 g 1.265 g

Turkey, fryer-roasters, leg, meat and skin, raw

1.263 g

Snacks, soy chips or crisps, salted

134.

136. Fish, trout, rainbow, farmed, raw 1.262 g 137. Game meat, deer, ground, raw 1.262 g 138. Chicken, stewing, light meat, meat only, raw 1.260 g 139. Quail, meat and skin, raw 1.260 g 140. Turkey, fryer-roasters, leg, meat only, raw 1.260 g 141. Fish, halibut, Atlantic and Pacific, raw 1.259 g 142. Duck, wild, breast, meat only, raw 1.258 g 143. Chicken, canned, meat only, with broth 1.258 g 144. Beef sausage, fresh, cooked 1.257 g 145. Fish, trout, mixed species, raw 1.256 g 146. USDA Commodity, beef, canned 1.254 g 147. Pork, fresh, loin, whole, separable lean only, raw 1.248 g 148. Veal, leg (top round), separable lean and fat, raw 1.248 g 149. Turkey, all classes, neck, meat only, raw 150. Turkey, all classes, dark meat, raw 1.243 g 151. Turkey, young hen, dark meat, meat only, raw 1.243 g 152. Pork, ground, 96% lean / 4% fat, raw 1.243 g 153. Game meat, bison, ground, raw 154. Pastrami, beef, 98% fat-free 1.242 g 155. Fish, milkfish, raw 1.242 g 156. Turkey, young tom, dark meat, meat only, raw 1.241 g 157. Fish, snapper, mixed species, raw 1.240 g 158. Chicken, broilers or fryers, breast, meat only, raw 1.239 g 159. 1.239 g Fish, trout, rainbow, wild, raw 160. Fish, anchovy, european, raw 1.231 g 161. Pork, fresh, loin, tenderloin, separable lean only, raw 1.230 g 162. Turkey, young tom, leg, meat and skin, raw 1.229 g 163. Turkey, all classes, leg, meat and skin, raw 1.228 g 164. Game meat, bison, separable lean only, raw 1.228 g 165. Game meat, horse, raw 1.228 g166. Fish, mackerel, king, raw 1.227 g 167. Milk, dry, nonfat, calcium reduced 1.224 g Turkey, young hen, leg, meat and skin, raw 1.222 g 168. 169. Fish, sheepshead, raw 1.222 g 170. Fish, tilapia, raw 1.220 g 171. Cheese, parmesan, shredded 1.218 g 172. Fish, salmon, chum, raw 1.218 g 173. Fish, mackerel, Pacific and jack, mixed species, raw 1.214 g 174. Game meat, elk, ground, raw 1.214 g 175. Fish, salmon, chinook, raw 1.213 g 176. Turkey, young tom, dark meat, meat and skin, raw 1.212 g 177. Fish, bluefish, raw 1.212 g 178. Chicken, roasting, light meat, meat only, raw 1.211 g 179. Game meat, caribou, raw 1.211 g 180. Game meat, rabbit, domesticated, composite of cuts, raw 181. Fish, salmon, pink, raw 1.206 g

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182.
       Turkey, all classes, dark meat, meat and skin, raw
                                                           1.204 g
183.
       Turkey, young tom, back, meat and skin, raw
                                                           1.202 g
184.
       Veal, sirloin, separable lean only, raw
                                                    1.201 g
185.
       Fish, salmon, Atlantic, wild, raw
186.
       Chicken, broilers or fryers, wing, meat only, raw
                                                           1.199 g
187.
       Veal, loin, separable lean only, raw 1.199 g
188.
       Fish, swordfish, raw 1.198 g
189.
       Turkey roll, light meat
                                     1.195 g
190.
       Squab, (pigeon), meat and skin, raw 1.194 g
191.
       Pork, fresh, leg (ham), whole, separable lean only, raw
                                                                   1.193 g
192.
       Veal, shoulder, arm, separable lean only, raw
                                                           1.192 g
193.
       Turkey, young hen, dark meat, meat and skin, raw 1.188 g
194.
       Veal, rib, separable lean only, raw
                                            1.188 g
195.
       Chicken, broilers or fryers, breast, meat and skin, raw
                                                                   1.187 g
196.
       Fish, halibut, raw, with skin (Alaska Native) 1.187 g
197.
       Turkey, all classes, back, meat and skin, raw 1.185 g
198.
       Milk, buttermilk, dried
                                     1.183 g
199.
       Chicken roll, light meat
                                     1.178 g
200.
       Pepperoni, pork, beef 1.178 g
201.
       Fish, pollock, Atlantic, raw 1.176 g
202.
       Spices, mustard seed, ground 1.173 g
203.
       Fish, perch, mixed species, raw
                                             1.173 g
204.
       Fish, sunfish, pumpkin seed, raw
                                             1.173 g
205.
       Fish, grouper, mixed species, raw
                                             1.172 g
206.
       Sausage, Italian, turkey, smoked
                                             1.171 g
207.
       Fish, mullet, striped, raw
208.
       Fish, burbot, raw
                              1.168 g
209.
       Veal, shoulder, blade, separable lean only, raw
                                                           1.168 g
210.
       Chicken, broilers or fryers, meat only, raw 1.167 g
211.
       Fish, mackerel, spanish, raw 1.167 g
212.
       Pastrami, turkey
                              1.166 g
213.
       Crustaceans, spiny lobster, mixed species, raw
                                                           1.166 g
214.
       Fish, pike, northern, raw
                                     1.165 g
215.
       Beef, variety meats and by-products, liver, raw
                                                           1.164 g
216.
       Cheese, parmesan, grated
                                     1.163 g
217.
       Beef, ground, 85% lean meat / 15% fat, raw 1.161 g
218.
       Chicken, stewing, meat only, raw
                                             1.160 g
219.
       Beans, adzuki, mature seeds, raw
                                             1.160 g
220.
       Duck, domesticated, meat only, raw 1.158 g
221.
       Turkey roll, light and dark meat
                                             1.158 g
222.
       Pork, fresh, loin, whole, separable lean and fat, raw 1.158 g
223.
       Fish, pike, walleye, raw
                                     1.157 g
224.
       Turkey, young hen, back, meat and skin, raw
                                                           1.155 g
225.
       Pork, fresh, variety meats and by-products, spleen, raw
                                                                   1.154 g
226.
       Fish, whitefish, mixed species, raw 1.154 g
227.
       Crustaceans, shrimp, mixed species, raw
                                                    1.151 g
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228. Veal, ground, raw 1.151 g 229. Veal, shoulder, arm, separable lean and fat, raw 1.150 g 230. Mortadella, beef, pork 1.149 g 231. Beef, rib, shortribs, separable lean only, choice, raw 1.149 g 232. Fish, cusk, raw 1.149 g 233. Fish, cisco, raw 1.148 g 234. Fish, ling, raw 1.148 g 235. Veal, shank (fore and hind), separable lean only, raw 1.148 g 236. Veal, shoulder, blade, separable lean and fat, raw 237. Fish, haddock, raw 1.143 g 238. Ham, sliced, extra lean 1.142 g 239. Fish, scup, raw 1.142 g 240. Fish, bass, fresh water, mixed species, raw 1.140 g 241. Fish, flatfish (flounder and sole species), raw 1.140 g 242. Pork, fresh, shoulder, whole, separable lean only, raw 1.139 g 243. Chicken, broilers or fryers, wing, meat and skin, raw 1.138 g 244. Fish, rockfish, Pacific, mixed species, raw 245. Veal, sirloin, separable lean and fat, raw 1.134 g 246. Emu, top loin, cooked, broiled 247. Guinea hen, meat only, raw 1.126 g 248. Fish, ocean perch, Atlantic, raw 1.126 g 249. Fish, mackerel, Atlantic, raw 1.125 g 250. Chicken, broilers or fryers, drumstick, meat only, raw 1.124 g 251. Veal, loin, separable lean and fat, raw 1.124 g 252. Veal, rib, separable lean and fat, raw 1.121 g 253. Fish, spot, raw 1.120 g 254. Duck, wild, meat and skin, raw 1.119 g 255. Fish, dolphinfish, raw 1.119 g 256. Seeds, sunflower seed kernels, dried 1.117 g 257. Fish, pompano, florida, raw 1.117 g 258. Game meat, beaver, raw 259. Fish, eel, mixed species, raw 1.115 g 260. Fish, sea bass, mixed species, raw 1.115 g 261. Lamb, variety meats and by-products, spleen, raw 1.112 g 262. Chicken, roasting, meat only, raw 1.109 g 263. Yardlong beans, mature seeds, raw 1.109 g 264. Pork, fresh, variety meats and by-products, heart, raw 1.108 g 265. Fish, whiting, mixed species, raw 1.108 g266. Turkey ham, cured turkey thigh meat 1.106 g 267. Chicken, broilers or fryers, leg, meat only, raw 1.098 g 268. Chicken, broilers or fryers, dark meat, meat only, raw 1.096 g 269. Game meat, muskrat, raw 1.096 g 270. Lima beans, large, mature seeds, raw 1.095 g 271. Chicken, capons, meat and skin, raw 1.094 g

Beef, ground, 80% lean meat / 20% fat, raw 1.094 g

Chicken, cornish game hens, meat only, raw 1.093 g

272.

- 274. Papad 1.090 g
- 275. Chicken, broilers or fryers, meat and skin, raw 1.089 g
- 276. Duck, domesticated, liver, raw 1.088 g
- 277. Cowpeas, catjang, mature seeds, raw 1.088 g
- 278. Fish, herring, Atlantic, raw 1.086 g
- 279. Salami, cooked, beef 1.083 g
- 280. Fish, cod, Pacific, raw1.083 g
- 281. Beef, carcass, separable lean and fat, select, raw 1.082 g
- 282. Chicken, broilers or fryers, skin only, raw 1.081 g
- 283. Peas, split, mature seeds, raw 1.080 g
- 284. Squab, (pigeon), meat only, raw 1.078 g
- 285. Fish, carp, raw 1.078 g
- 286. Fish, cod, Atlantic, raw 1.077 g
- 287. Mungo beans, mature seeds, raw 1.077 g
- 288. Chicken, stewing, dark meat, meat only, raw 1.075 g
- 289. Fish, croaker, Atlantic, raw 1.075 g
- 290. Turkey, young tom, skin only, raw 1.074 g
- 291. Beef, carcass, separable lean and fat, choice, raw 1.074 g
- 292. Luxury loaf, pork 1.073 g
- 293. Chicken, broilers or fryers, thigh, meat only, raw 1.072 g
- 294. Fish, bass, striped, raw 1.072 g
- 295. Broadbeans (fava beans), mature seeds, raw 1.070 g
- 296. Fish, lingcod, raw 1.068 g
- 297. Chicken, broilers or fryers, back, meat only, raw 1.067 g
- 298. Poultry food products, ground turkey, raw 1.067 g
- 299. Hyacinth beans, mature seeds, raw 1.067 g
- 300. Veal, variety meats and by-products, heart, raw 1.067 g

Glycine:

Below is a list of the top several hundred sources of glycine in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the glycine content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Gelatins, dry powder, unsweetened 19.049 g
- 2. Snacks, pork skins, plain 11.917 g
- 3. Snacks, pork skins, barbecue-flavor 11.036 g
- 4. Fish, whitefish, dried (Alaska Native) 4.370 g
- 5. Soy protein isolate 3.603 g

6. Seeds, sesame flour, low-fat 3.434 g 7. Pork, pickled pork hocks 3.343 g 8. Smelt, dried (Alaska Native) 3.280 g 9. Peanut flour, defatted 3.145 g 10. Egg, white, dried 2.842 g Seeds, sesame flour, partially defatted 11. 2.761 g 12. Turkey, fryer-roasters, skin only, raw2.647 g 13. Beef, cured, breakfast strips, cooked 2.614 g 14. Pork, fresh, variety meats and by-products, tail, raw 2.361 g 15. Beef, cured, corned beef, canned 2.263 g 2.174 g 16. Soy flour, defatted 17. Corned beef loaf, jellied 2.170 g 18. Snacks, beef sticks, smoked 2.160 g 19. Chicken, broilers or fryers, skin only, raw 2.127 g 20. Turkey, young tom, skin only, raw 2.112 g 21. Seeds, sesame flour, high-fat 2.108 g 22. Luncheon meat, beef, thin sliced 2.087 g 23. Beef, cured, thin-sliced beef 2.087 g 24. Soy meal, defatted, raw 2.078 g25. Pork, cured, breakfast strips, cooked 2.071 g 26. Peanut flour, low fat 2.037 g 27. Pork, cured, feet, pickled 28. Turkey, all classes, skin only, raw 2.027 g 1.947 g 29. Gelatin desserts, dry mix 30. Turkey, young hen, skin only, raw 1.881 g 31. Soybeans, mature seeds, raw 1.880 g 32. Tofu, dried-frozen (koyadofu) 1.872 g 33. Beef, cured, luncheon meat, jellied 1.800 g 34. Spices, parsley, dried 1.756 g 35. Beef, cured, dried 1.750 g 36. Veal, variety meats and by-products, liver, raw 1.739 g 37. Chorizo, pork and beef 1.730 g 38. Meat extender 1.688 g 39. Seeds, watermelon seed kernels, dried 1.663 g 40. Mutton, cooked, roasted (Navajo) 1.651 g 41. Bacon and beef sticks 1.641 g 42. Amaranth, uncooked 1.636 g 43. Soy flour, full-fat, raw 1.597 g 44. Egg, whole, dried 1.591 g 45. Spices, mustard seed, ground 1.587 g 46. Ostrich, inside strip, raw 1.584 g

47.

48.

49.

50.

51.

Peanuts, spanish, raw 1.576 g

Ostrich, outside strip, raw

Smoked link sausage, pork

Guinea hen, meat and skin, raw

Turkey, fryer-roasters, wing, meat and skin, raw

1.572 g

1.562 g

1.561 g

1.570 g

52. Peanuts, all types, raw 1.554 g 53. Salami, dry or hard, pork 1.553 g 54. Salami, Italian, pork 1.553 g 55. Quail, meat and skin, raw 1.542 g 56. Lupins, mature seeds, raw 1.539 g Beef, ground, 90% lean meat / 10% fat, raw 1.534 g 57. 58. Ostrich, outside leg, raw 1.528 g 59. Chicken, broilers or fryers, neck, meat and skin, raw1.521 g 60. Peanuts, virginia, raw 1.518 g 61. Peanuts, valencia, raw 1.512 g 62. Nuts, butternuts, dried 1.508 g 63. Fish, sheefish, raw (Alaska Native) 1.500 g 64. Beef, cured, smoked, chopped beef 1.499 g 65. Quail, breast, meat only, raw 1.497 g 66. Ostrich, inside leg, raw 1.497 g Mollusks, whelk, unspecified, raw 1.495 g 67. 68. Squab, (pigeon), meat and skin, raw 1.491 g 69. DENNY'S, top sirloin steak 1.491 g Chicken, broilers or fryers, wing, meat and skin, raw 70. 1.475 g 71. Ostrich, tenderloin, raw 1.475 g 72. Ostrich, round, raw 1.470 g 73. Nuts, almonds 1.469 g 74. T.G.I. FRIDAY'S, classic sirloin steak 1.469 g 75. Ostrich, tip trimmed, raw 1.461 g 76. Seeds, sunflower seed kernels, dried 1.461 g 77. Ostrich, fan, raw 1.458 g 78. Ostrich, top loin, raw 1.448 g 79. Quail, meat only, raw 1.442 g 80. Squab, (pigeon), light meat without skin, raw 1.442 g 1.440 g 81. Turkey, young tom, wing, meat and skin, raw 82. Ostrich, oyster, raw 1.440 g 83. Pastrami, beef, 98% fat-free 1.440 g 84. Chicken roll, light meat 1.431 g 85. CRACKER BARREL, grilled sirloin steak 1.429 g 86. Turkey, all classes, wing, meat and skin, raw1.425 g 87. Wheat germ, crude 1.424 g Turkey, canned, meat only, with broth 88. 1.422 g 89. Peanut butter, chunk style, with salt 1.417 g 90. Peanut butter, smooth style, with salt 1.411 g 91. Lamb, variety meats and by-products, lungs, raw 1.409 g Turkey, fryer-roasters, light meat, meat and skin, raw 92. 1.407 g 93. Turkey, young hen, wing, meat and skin, raw 1.395 g 94. Restaurant, family style, sirloin steak 1.393 g 95. Chicken, canned, meat only, with broth 1.389 g

96.

97.

Pate, liver, not specified, canned

1.363 g

Pate, truffle flavor

1.363 g

98. Luncheon meat, beef, loaved 1.361 g 99. Turkey, fryer-roasters, breast, meat and skin, raw 1.359 g 100. Ostrich, ground, raw 1.351 g 101. Turkey, fryer-roasters, meat and skin, raw 102. Spices, caraway seed 1.322 g 103. Turkey, young tom, light meat, meat and skin, raw 1.322 g 104. Mortadella, beef, pork 1.318 g 105. Bison, ground, grass-fed, raw 1.313 g 106. Spices, fenugreek seed 1.306 g 107. Turkey, all classes, light meat, meat and skin, raw 1.306 g 108. Turkey, fryer-roasters, back, meat and skin, raw 1.306 g 109. Beef, cured, pastrami 1.306 g 110. 1.299 g Turkey, all classes, breast, meat and skin, raw 111. Turkey, young tom, breast, meat and skin, raw 1.299 g 112. Bratwurst, pork, cooked 1.299 g 113. Egg Mix, USDA Commodity 1.295 g Turkey, young hen, breast, meat and skin, raw 114. 1.294 g 115. Beef, ground, 95% lean meat / 5% fat, raw 1.293 g 116. Beef sausage, fresh, cooked 1.280 g 117. Turkey, young hen, light meat, meat and skin, raw 1.277 g 118. Goose, domesticated, meat only, raw 1.274 g 119. Turkey, young hen, back, meat and skin, raw 1.269 g 120. Turkey, all classes, back, meat and skin, raw 1.263 g 121. Salami, cooked, beef 1.256 g 122. Turkey, young tom, back, meat and skin, raw 1.252 g 123. Beef, ground, 85% lean meat / 15% fat, raw 1.251 g 124. Seeds, flaxseed 1.248 g 125. Crustaceans, spiny lobster, mixed species, raw 1.242 g 126. 1.239 g Pork, fresh, variety meats and by-products, liver, raw 127. Seeds, sesame butter, paste 1.239 g 128. Turkey, young tom, meat and skin, raw 1.236 g 129. Pheasant, raw, meat and skin 1.231 g 130. Beef, ground, 80% lean meat / 20% fat, raw 1.230 g 131. Chicken, broilers or fryers, breast, meat and skin, raw 1.228 g 132. Turkey, all classes, meat and skin, raw 1.227 g 133. Beef, cured, corned beef, brisket, raw 1.226 g 134. Crustaceans, shrimp, mixed species, raw 1.225 g 135. Chicken, broilers or fryers, meat and skin, raw 1.223 g 136. Turkey, fryer-roasters, breast, meat only, raw 1.220 g 137. Seeds, sesame seeds, whole, dried 1.215 g 138. Snacks, soy chips or crisps, salted 1.214 g 139. Game meat, bison, ground, raw 1.211 g 140. Beef, ground, 75% lean meat / 25% fat, raw 1.208 g 141. Pork, fresh, variety meats and by-products, tongue, raw 1.205 g 142. Turkey, young hen, meat and skin, raw 1.204 g 143. Luncheon sausage, pork and beef 1.203 g

144. Turkey, fryer-roasters, light meat, meat only, raw 1.199 g 145. Salami, pork, beef, less sodium 146. Nuts, walnuts, black, dried 1.189 g 147. APPLEBEE'S, 9 oz house sirloin steak 148. Beef, ground, 70% lean meat / 30% fat, raw 1.187 g 149. Game meat, rabbit, wild, raw 1.183 g 150. Chicken, capons, meat and skin, raw 1.181 g 151. Game meat, deer, ground, raw 1.181 g 152. Pork, ground, 96% lean / 4% fat, raw 1.179 g 153. USDA Commodity, beef, canned 1.178 g 154. Beef, cured, sausage, cooked, smoked 1.178 g 155. Turkey, fryer-roasters, dark meat, meat and skin, raw 1.175 g 156. Game meat, deer, raw 1.175 g 157. Turkey, young hen, light meat, meat only, raw 1.173 g 158. Turkey, all classes, light meat, raw 1.169 g 159. Chicken spread 1.166 g 160. Beef, variety meats and by-products, liver, raw 1.164 g 161. Turkey, young tom, light meat, meat only, raw 1.162 g 162. Seeds, sesame meal, partially defatted 163. Beef sausage, pre-cooked 1.161 g 164. Squab, (pigeon), meat only, raw 1.159 g 165. Chicken, broilers or fryers, leg, meat and skin, raw 1.144 g 166. Pork, fresh, variety meats and by-products, spleen, raw 1.143 g 167. Chicken, cornish game hens, meat and skin, raw 1.141 g 168. Chicken, broilers or fryers, light meat, meat only, raw 1.140 g 169. Winged beans, mature seeds, raw 1.140 g 170. Chicken, broilers or fryers, thigh, meat and skin, raw 1.137 g 171. Turkey roll, light meat 1.135 g 172. Chicken, stewing, light meat, meat only, raw 1.134 g 173. Crustaceans, lobster, northern, raw 1.134 g 174. Chicken, roasting, meat and skin, raw 175. Turkey, young tom, dark meat, meat and skin, raw 1.130 g 176. Chicken, stewing, meat and skin, raw1.126 g 177. Turkey, all classes, dark meat, meat and skin, raw 1.125 g 178. Fish, tuna, fresh, yellowfin, raw 179. Fish, tuna, fresh, bluefin, raw 1.120 g 180. Lamb, variety meats and by-products, spleen, raw 1.117 g 181. Crustaceans, crab, queen, raw 1.116 g 182. Turkey, fryer-roasters, wing, meat only, raw 1.115 g 183. Turkey, young hen, dark meat, meat and skin, raw 1.115 g 184. Duck, wild, breast, meat only, raw 1.112 g 185. Fish, vellowtail, mixed species, raw 1.111 g 186. Spices, fennel seed 1.107 g 187. Turkey, fryer-roasters, meat only, raw 188. Beef, variety meats and by-products, spleen, raw 1.107 g 189. Game meat, elk, ground, raw 1.107 g

190. 1.106 g Turkey, fryer-roasters, leg, meat and skin, raw 191. Pastrami, turkey 1.103 g 192. Crustaceans, crab, alaska king, raw 1.103 g193. Liver sausage, liverwurst, pork 1.096 g 194. Liverwurst spread 1.096 g 195. Sausage, Italian, turkey, smoked 1.095 g 196. Broadbeans (fava beans), mature seeds, raw 1.095 g 197. Turkey roll, light and dark meat 1.094 g 198. Veal, leg (top round), separable lean only, raw 1.094 g 199. Peas, split, mature seeds, raw 1.092 g 200. Chicken, broilers or fryers, back, meat and skin, raw1.091 g 201. Chicken, roasting, light meat, meat only, raw 1.090 g 202. Crustaceans, crab, blue, raw 1.089 g 203. Game meat, rabbit, domesticated, composite of cuts, raw 1.089 g 204. Duck, domesticated, liver, raw 1.088 g 205. Snacks, oriental mix, rice-based 1.081 g 206. Pheasant, breast, meat only, raw 1.080 g 207. Luncheon meat, pork, canned 1.080 g 208. Chicken, broilers or fryers, wing, meat only, raw 1.079 g 209. Turkey, all classes, meat only, raw 1.079 g 210. Turkey, young hen, meat only, raw 1.079 g 211. Veal, leg (top round), separable lean and fat, raw 1.078 g212. Turkey, young tom, meat only, raw 1.077 g 213. Bologna, pork 1.077 g Turkey, young tom, leg, meat and skin, raw 1.076 g 214. 215. Pepperoni, pork, beef 1.073 g 216. Turkey, all classes, giblets, raw 1.070 gTurkey, all classes, leg, meat and skin, raw 1.070 g 217. 218. Mollusks, abalone, mixed species, raw 1.070 g 219. Duck, wild, meat and skin, raw 1.066 g 220. Papad 1.066 g 221. Beef, carcass, separable lean and fat, select, raw 1.064 g 222. Pork sausage, pre-cooked $1.062~\rm{g}$ 223. Beef, carcass, separable lean and fat, choice, raw 1.061 g 224. Turkey, young hen, leg, meat and skin, raw 1.060 g 225. Entrees, crab cake 1.059 g226. Egg, yolk, dried 1.058 g 227. Fish, tuna, fresh, skipjack, raw 1.056 g 228. Mungo beans, mature seeds, raw 1.053 g 229. Chicken, broilers or fryers, meat only, raw 1.051 g 230. Crustaceans, crab, dungeness, raw 1.050 g231. Mollusks, scallop, mixed species, raw 1.050 g232. Chicken, stewing, meat only, raw 1.044 g 233. Pheasant, raw, meat only $1.044 \, g$ 234. Beef, cured, breakfast strips, raw or unheated 1.044 g235. Fish, tilapia, raw 1.043 g

- 236. Knackwurst, knockwurst, pork, beef 1.039 g
- 237. Beef, rib, shortribs, separable lean only, choice, raw 1.039 g
- 238. Game meat, bison, separable lean only, raw 1.039 g
- 239. Fish, salmon, coho, wild, raw 1.038 g
- 240. Veal, sirloin, separable lean only, raw 1.038 g
- 241. Turkey ham, cured turkey thigh meat 1.037 g
- 242. Veal, loin, separable lean only, raw 1.036 g
- 243. Oven-roasted chicken breast roll 1.034 g
- 244. Game meat, horse, raw 1.033 g
- 245. Buckwheat 1.031 g
- 246. Brotwurst, pork, beef, link 1.030 g
- 247. Veal, shoulder, arm, separable lean only, raw 1.030 g
- 248. Hyacinth beans, mature seeds, raw 1.028 g
- 249. Pork, fresh, variety meats and by-products, lungs, raw 1.027 g
- 250. Veal, rib, separable lean only, raw 1.026 g
- 251. Turkey, fryer-roasters, back, meat only, raw 1.025 g
- 252. Duck, domesticated, meat only, raw 1.024 g
- 253. Frankfurter, chicken 1.024 g
- 254. Fish, salmon, sockeye, raw 1.022 g
- 255. Lamb, variety meats and by-products, tongue, raw 1.022 g
- 256. Fish, salmon, coho, farmed, raw 1.021 g
- 257. Pork, fresh, loin, whole, separable lean and fat, raw 1.019 g
- 258. Pork, fresh, loin, whole, separable lean only, raw 1.017 g
- 259. Chicken, capons, giblets, raw 1.016 g
- 260. Mollusks, cuttlefish, mixed species, raw 1.016 g
- 261. Turkey, fryer-roasters, dark meat, meat only, raw 1.015 g
- 262. Guinea hen, meat only, raw 1.014 g
- 263. Lentils, pink, raw 1.014 g
- 264. Game meat, muskrat, raw 1.013 g
- 265. Elk, free range, ground, raw (Shoshone Bannock) 1.013 g
- 266. Chicken, broilers or fryers, drumstick, meat only, raw 1.012 g
- 267. Seeds, safflower seed kernels, dried 1.010 g
- 268. Turkey, fryer-roasters, leg, meat only, raw 1.009 g
- 269. Veal, shoulder, blade, separable lean only, raw 1.009 g
- 270. Veal, variety meats and by-products, tongue, raw 1.008 g
- 271. Fish, shark, mixed species, raw 1.007 g
- 272. Ham, sliced, extra lean 1.006 g
- 273. Goose, domesticated, meat and skin, raw 1.005 g
- 274. Pork, ground, 84% lean / 16% fat, raw 1.005 g
- 275. Game meat, antelope, raw 1.005 g
- 276. Yardlong beans, mature seeds, raw 1.004 g
- 277. Sandwiches and burgers, steak sandwich 1.003 g
- 278. Fish, trout, rainbow, farmed, raw 1.002 g
- 279. Turkey, all classes, neck, meat only, raw 0.999 g
- 280. Fish, halibut, Atlantic and Pacific, raw 0.999 g
- 281. Chicken, roasting, meat only, raw 0.998 g

- 282. Fish, trout, mixed species, raw 0.997 g
- 283. Turkey, all classes, dark meat, raw 0.996 g
- 284. Turkey, young hen, dark meat, meat only, raw 0.995 g
- 285. Turkey, young tom, dark meat, meat only, raw 0.994 g
- 286. Veal, shoulder, arm, separable lean and fat, raw 0.994 g
- 287. Veal, ground, raw 0.994 g
- 288. Polish sausage, pork 0.992 g
- 289. Sausage, Polish, beef with chicken, hot 0.992 g
- 290. Chicken, roasting, giblets, raw 0.991 g
- 291. Veal, shank (fore and hind), separable lean only, raw 0.990 g
- 292. Chicken, broilers or fryers, leg, meat only, raw 0.989 g
- 293. Beans, kidney, royal red, mature seeds, raw 0.989 g
- 294. Veal, shoulder, blade, separable lean and fat, raw 0.988 g
- 295. Chicken, broilers or fryers, dark meat, meat only, raw 0.986 g
- 296. Fish, milkfish, raw 0.986 g
- 297. Chicken, broilers or fryers, giblets, raw 0.985 g
- 298. Luncheon meat, pork, beef 0.985 g
- 299. Cowpeas, catjang, mature seeds, raw 0.985 g
- 300. Lamb, variety meats and by-products, liver, raw 0.985 g

Glutamic Acid:

Below is a list of the top several hundred sources of glutamic acid in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the glutamic acid content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Soy protein isolate 17.452 g
- 2. Seeds, sesame flour, low-fat 11.182 g
- 3. Peanut flour, defatted 10.908 g
- 4. Egg, white, dried 10.770 g
- 5. Cheese, parmesan, shredded 9.543 g
- 6. Soy flour, defatted 9.106 g
- 7. Seeds, sesame flour, partially defatted 8.991 g
- 8. Gelatins, dry powder, unsweetened 8.753 g
- 9. Soy meal, defatted, raw 8.705 g
- 10. Cheese, parmesan, grated 8.696 g
- 11. Lupins, mature seeds, raw 8.686 g
- 12. Meat extender 8.668 g
- 13. Tofu, dried-frozen (koyadofu) 8.287 g
- 14. Cheese, parmesan, hard 8.209 g

15. Fish, whitefish, dried (Alaska Native) 8.100 g 16. Soybeans, mature seeds, raw 7.874 g 7.625 g 17. Snacks, pork skins, plain 18. Milk, dry, nonfat, calcium reduced 7.434 g 7.302 g19. Cheese, romano 20. Snacks, pork skins, barbecue-flavor 7.302 g 21. Milk, buttermilk, dried 7.183 g 22. Peanut flour, low fat 7.063 g 23. Seeds, sesame flour, high-fat 6.865 g 24. Nuts, almonds 6.810 g 25. Soy flour, full-fat, raw 6.689 g 26. Smelt, dried (Alaska Native) 6.660 g 27. Cheese, provolone 6.235 g 28. Egg, whole, dried 6.190 g 29. Cheese, caraway 6.160 g 30. Cheese, edam 6.150 g 31. Cheese, gouda 6.137 g 32. Cheese, cheddar 6.092 g 33. Nuts, butternuts, dried6.084 g 34. Cheese, monterey 5.990 g 35. Cheese, gruyere 5.981 g 36. Cheese, colby 5.813 g 37. 5.718 g Cheese, cheshire 38. Cheese, swiss 5.704 g Seeds, watermelon seed kernels, dried 39. 5.699 g 40. Cheese, goat, hard type 5.688 g 41. Cheese, mozzarella, part skim milk 5.677 g 42. Seeds, sunflower seed kernels, dried 5.579 g 43. Cheese, muenster 5.555 g 44. Cheese, brick 5.515 g 45. Milk, dry, whole, with added vitamin D 5.512 g 46. Cheese, tilsit 5.490 g 5.480 g 47. Cheese, low fat, cheddar or colby 48. Cheese, low-sodium, cheddar or colby 5.480 g 49. Peanuts, spanish, raw 5.465 g 50. Peanuts, all types, raw5.390 g 51. Cheese, port de salut 5.349 g 52. Spices, mustard seed, ground 5.265 g 53. Peanuts, virginia, raw 5.265 g 54. Peanuts, valencia, raw 5.243 g 55. Tomatoes, sun-dried 5.202 g 56. Cheese, blue 5.179 g 57. Mutton, cooked, roasted (Navajo) 5.167 g 58. Tomato powder 5.163 g 59. Nuts, walnuts, black, dried 5.152 g 60. Cheese, fontina 5.136 g

- Beef, cured, breakfast strips, cooked 5.098 g
 Macaroni, whole-wheat, dry 5.073 g
 Spaghetti, whole-wheat, dry 5.073 g
- 64. Cheese, mexican, queso asadero 5.072 g 65. Snacks, soy chips or crisps, salted 5.057 g
- 66. Pigeon peas (red gram), mature seeds, raw 5.031 g
- 67. Peanut butter, chunk style, with salt 5.023 g
- 68. Peanut butter, smooth style, with salt 5.001 g
- 69. Soup, ramen noodle, chicken flavor, dry 4.971 g
- 70. Wheat, hard red spring 4.946 g
- 71. CRACKER BARREL, grilled sirloin steak 4.878 g
- 72. Kamut, uncooked 4.839 g
- 73. T.G.I. FRIDAY'S, classic sirloin steak 4.829 g
- 74. Snacks, bagel chips 4.820 g
- 75. Cheese, mexican, queso anejo 4.769 g
- 76. Wheat, durum 4.743 g
- 77. Spaghetti, spinach, dry 4.726 g
- 78. Egg Mix, USDA Commodity 4.695 g
- 79. Spelt, uncooked 4.651 g
- 80. Macaroni, vegetable, dry, enriched 4.649 g
- 81. Snacks, pita chips, salted 4.609 g
- 82. Yardlong beans, mature seeds, raw 4.608 g
- 83. Restaurant, family style, sirloin steak 4.603 g
- 84. Couscous, dry 4.600 g
- 85. Macaroni, dry, enriched 4.596 g
- 86. Spaghetti, dry, enriched 4.596 g
- 87. Spaghetti, dry, unenriched 4.596 g
- 88. Macaroni, dry, unenriched 4.596 g
- 89. Cheese, pasteurized process, pimento4.592 g
- 90. Noodles, egg, dry, enriched 4.580 g
- 91. Noodles, egg, dry, unenriched 4.580 g
- 92. DENNY'S, top sirloin steak 4.573 g
- 93. Semolina, enriched 4.571 g
- 94. Semolina, unenriched 4.571 g
- 95. Cheese food, pasteurized process, swiss 4.549 g
- 96. Cowpeas, catjang, mature seeds, raw 4.518 g
- 97. Cheese, limburger 4.510 g
- 98. Nuts, cashew nuts, raw 4.506 g
- 99. Cheese, mexican, queso chihuahua 4.503 g
- 100. Noodles, egg, spinach, dry, enriched 4.476 g
- 101. Cheese, mozzarella, whole milk 4.458 g
- 102. Broadbeans (fava beans), mature seeds, raw 4.437 g
- 103. Beef, cured, corned beef, canned 4.413 g
- 104. Cheese, brie 4.387 g
- 105. Egg, yolk, dried 4.340 g
- 106. Wheat flour, whole-grain 4.325 g

107. Beef, cured, dried 4.316 g 108. 4.299 g Spices, poppy seed 109. Bread crumbs, dry, grated, seasoned 4.290 g 110. Bratwurst, pork, cooked 4.282 g 111. Mung beans, mature seeds, raw 4.264 g 112. 4.215 g Sausage, meatless 113. Wheat flour, white, bread, enriched 4.198 g 114. Wheat flours, bread, unenriched 4.198 g 115. Peas, split, mature seeds, raw 4.196 g 116. Cheese, camembert 4.187 g 117. Papad 4.178 g 118. APPLEBEE'S, 9 oz house sirloin steak 4.127 g 119. Mungo beans, mature seeds, raw 4.126 g 120. Bread crumbs, dry, grated, plain 4.123 g 121. Crackers, melba toast, wheat 4.122 g 122. Crackers, matzo, whole-wheat 4.112 g 123. Snacks, oriental mix, rice-based 4.109 g 124. 4.092 g Noodles, japanese, somen, dry 125. Crackers, melba toast, plain 4.086 g 126. Cheese food, cold pack, american 4.080 g 127. Soup, ramen noodle, beef flavor, dry 4.069 g 128. Luncheon meat, beef, thin sliced 4.052 g 129. Beef, cured, thin-sliced beef 4.052 g 130. Seeds, flaxseed 4.039 g 131. Seeds, sesame butter, paste 4.033 g 132. Bread sticks, plain 4.026 g 133. Croutons, plain 4.024 g 134. Cheese, goat, semisoft type 4.022 g 135. Turkey, fryer-roasters, breast, meat only, raw 4.015 g 136. Winged beans, mature seeds, raw 4.010 g 137. Triticale 4.006 g 138. Wheat, hard red winter 3.998 g 139. Wheat germ, crude 3.995 g 140. 3.988 g Spices, fenugreek seed 141. Pork, cured, breakfast strips, cooked 3.974 g 142. Seeds, sesame seeds, whole, dried 3.955 g 143. Turkey, fryer-roasters, light meat, meat only, raw 3.946 g 144. Cereals, CREAM OF WHEAT, instant, dry 3.928 g 145. T.G.I. FRIDAY'S, fried mozzarella 3.908 g 146. Soup, chicken noodle, dry, mix 3.884 g 147. Hyacinth beans, mature seeds, raw 3.880 g 148. Bulgur, dry 3.878 g 149. Lentils, pink, raw 3.868 g 150. Beans, kidney, royal red, mature seeds, raw 3.862 g

Turkey, young hen, light meat, meat only, raw

Turkey, all classes, light meat, raw 3.844 g

3.859 g

151.

152.

153. Salami, dry or hard, pork 3.829 g 154. Salami, Italian, pork 3.829 g 155. Turkey, young tom, light meat, meat only, raw 3.823 g 156. Cereals, farina, unenriched, dry 157. Turkey, fryer-roasters, breast, meat and skin, raw 3.813 g 158. Nuts, pistachio nuts, raw 3.790 g 159. Seeds, sesame meal, partially defatted 3.782 g 160. KENTUCKY FRIED CHICKEN, Popcorn Chicken 3.772 g 161. Turkey, canned, meat only, with broth 3.765 g 162. Oat bran, raw 3.748 g 163. Beans, kidney, california red, mature seeds, raw 3.717 g 164. 3.712 g Oats 165. Nuts, hazelnuts or filberts 3.710 g 166. Seeds, safflower seed kernels, dried 3.699 g 3.689 g 167. Bread, protein (includes gluten) 168. Spices, parsley, dried 3.688 g 169. APPLEBEE'S, mozzarella sticks 3.678 g 170. Turkey, fryer-roasters, light meat, meat and skin, raw 3.675 g 171. Cheese, roquefort 3.670 g 172. Turkey, fryer-roasters, wing, meat only, raw 3.670 g 173. Mollusks, whelk, unspecified, raw 3.669 g 174. Crackers, matzo, egg 3.666 g 175. Wheat, soft red winter 3.663 g 176. Spices, garlic powder 3.658 g 177. Game meat, elk, raw 3.651 g 178. Snacks, pretzels, hard, plain, salted 3.647 g 179. Turkey, fryer-roasters, meat only, raw 180. Fish, caviar, black and red, granular 3.633 g 181. Ostrich, inside strip, raw 3.632 g 182. Pheasant, breast, meat only, raw 3.603 g 183. Game meat, moose, raw 3.602 g 184. Beans, kidney, all types, mature seeds, raw 3.595 g 185. Ostrich, outside strip, raw 3.581 g 186. Turkey, fryer-roasters, meat and skin, raw 3.569 g 187. Chorizo, pork and beef 3.566 g 188. Popovers, dry mix, enriched 3.565 g 189. Popovers, dry mix, unenriched 3.565 g 190. Beans, white, mature seeds, raw 3.561 g 191. Goose, domesticated, meat only, raw 3.560 g 192. Turkey, all classes, meat only, raw 3.552 g 193. Turkey, young hen, meat only, raw 3.552 g 194. Game meat, caribou, raw 3.551 g 195. Bagels, egg 3.548 g 196. Turkey, young tom, meat only, raw 3.544 g 197. Crustaceans, spiny lobster, mixed species, raw 3.512 g

Beans, cranberry (roman), mature seeds, raw 3.511 g

198.

199. Turkey, young tom, breast, meat and skin, raw 3.509 g 200. Crackers, matzo, plain3.509 g 201. Ostrich, outside leg, raw 3.504 g 202. Turkey, all classes, breast, meat and skin, raw 3.497 g 203. Game meat, rabbit, wild, raw 3.496 g 204. Fish, tuna, fresh, yellowfin, raw 3.489 g 205. Bread stuffing, bread, dry mix 3.488 g 206. Pheasant, raw, meat only 3.484 g 207. Fish, tuna, fresh, bluefin, raw 3.482 g 208. Chicken, broilers or fryers, light meat, meat only, raw 3.474 g209. Crustaceans, shrimp, mixed species, raw 210. Chicken, stewing, light meat, meat only, raw 3.459 g 211. Fish, yellowtail, mixed species, raw 3.455 g 212. DENNY'S, mozzarella cheese sticks 3.453 g 213. Cheese, goat, soft type 3.452 g 214. Turkey, young hen, breast, meat and skin, raw 3.451 g 215. Turkey, all classes, light meat, meat and skin, raw 3.449 g 216. Turkey, young tom, light meat, meat and skin, raw 3.442 g 217. Beans, kidney, red, mature seeds, raw 218. Game meat, beaver, raw 3.436 g 219. Turkey, young hen, light meat, meat and skin, raw 3.435 g 220. Ostrich, inside leg, raw 3.432 g 221. PIZZA HUT 14" Cheese Pizza, Thick Crust 3.432 g 222. Snacks, pretzels, hard, whole-wheat 3.414 g 223. Guinea hen, meat and skin, raw 3.407 g 224. Ostrich, tenderloin, raw 3.383 g 225. Bacon and beef sticks 3.383 g 226. Croutons, seasoned 3.378 g 227. Turkey, fryer-roasters, back, meat only, raw 3.371 g 228. Ostrich, round, raw 3.371 g 229. Veal, leg (top round), separable lean only, raw 3.366 g 230. Game meat, antelope, raw 3.365 g 231. Beans, yellow, mature seeds, raw 3.355 g 232. Pork, fresh, loin, whole, separable lean only, raw 3.354 g 233. Ostrich, tip trimmed, raw 3.349 g 234. Teff, uncooked 3.349 g 235. Pork, fresh, loin, tenderloin, separable lean only, raw 3.344 g 236. Ostrich, fan, raw 3.343 g 237. Game meat, boar, wild, raw 3.341 g 238. Elk, free range, ground, raw (Shoshone Bannock) 3.341 g 239. Turkey, fryer-roasters, dark meat, meat only, raw 3.338 g 240. Natto 3.337 g 241. Game meat, deer, raw 3.336 g 242. Beans, great northern, mature seeds, raw 3.333 g 243. Smoked link sausage, pork 3.327 g

244. Chicken, roasting, light meat, meat only, raw 3.325 g 245. PIZZA HUT 12" Cheese Pizza, Thick Crust 3.323 g 246. Ostrich, top loin, raw 3.322 g 247. Turkey, fryer-roasters, leg, meat only, raw 3.321 g 248. Veal, leg (top round), separable lean and fat, raw 249. Bagels, oat bran 3.318 g 250. Rolls, hard (includes kaiser) 3.314 g 251. Pheasant, raw, meat and skin 3.309 g 252. Ostrich, oyster, raw 3.303 g 253. Bison, ground, grass-fed, raw 3.296 g 254. Beans, black, mature seeds, raw 3.294 g 255. Entrees, crab cake 3.294 g 256. Tempeh 3.292 g 257. Chicken, broilers or fryers, wing, meat only, raw 3.290 g 258. Turkey, all classes, neck, meat only, raw 3.286 g 259. Fish, tuna, fresh, skipjack, raw 260. Pheasant, leg, meat only, raw 3.282 g 261. Turkey, all classes, dark meat, raw 3.276 g 262. 3.275 g Turkey, young hen, dark meat, meat only, raw 263. Turkey, young tom, dark meat, meat only, raw 3.271 g 264. Barley, hulled 3.261 g 265. Turkey, young tom, meat and skin, raw 3.260 g 266. Turkey, all classes, meat and skin, raw 3.258 g 267. 3.248 g Turkey, fryer-roasters, leg, meat and skin, raw 268. Beef, ground, 95% lean meat / 5% fat, raw 269. Cracker meal 3.241 g 270. Beans, black turtle soup, mature seeds, raw 3.240 g 271. Bagels, cinnamon-raisin 3.240 g 272. Rolls, dinner, rye 3.231 g 273. Fish, salmon, coho, wild, raw 3.227 g 274. Turkey, young hen, meat and skin, raw 3.222 g 275. Beef, cured, pastrami 3.221 g 276. Beans, small white, mature seeds, raw 3.218 g 277. 3.217 g USDA Commodity, beef, canned 278. Game meat, rabbit, domesticated, composite of cuts, raw 3.217 g279. Fish, tilapia, raw 3.213 g 280. Turkey, fryer-roasters, wing, meat and skin, raw 3.212 g 281. Turkey, fryer-roasters, dark meat, meat and skin, raw 3.211 g 282. Crustaceans, lobster, northern, raw 3.207 g 283. 3.206 g Pork, fresh, leg (ham), whole, separable lean only, raw 284. Chicken, broilers or fryers, meat only, raw 285. Beans, pink, mature seeds, raw 3.195 g 286. Veal, sirloin, separable lean only, raw 3.195 g 287. Crackers, rusk toast 3.192 g 288. Cereals ready-to-eat, granola, homemade 3.191 g 289. Veal, loin, separable lean only, raw 3.190 g

- 290. Turkey, young tom, wing, meat and skin, raw 3.187 g
- 291. Chicken, stewing, meat only, raw 3.184 g
- 292. Fish, salmon, sockeye, raw 3.180 g
- 293. Fish, salmon, coho, farmed, raw 3.175 g
- 294. Fish, halibut, raw, with skin (Alaska Native) 3.174 g
- 295. Chicken, canned, meat only, with broth 3.173 g
- 296. Veal, shoulder, arm, separable lean only, raw 3.170 g
- 297. Spices, caraway seed 3.169 g
- 298. Corned beef loaf, jellied 3.167 g
- 299. Bread, oat bran 3.162 g
- 300. Veal, rib, separable lean only, raw 3.159 g

Fatty Acids

C20:5 n3:

Below is a list of the top several hundred sources of C20:5 n3 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the C20:5 n3 content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Fish oil, menhaden 13.168 g
- Fish oil, salmon 13.023 g
- 3. Fish oil, sardine 10.137 g
- 4. Fish oil, cod liver 6.898 g
- 5. Fish oil, herring 6.273 a
- 6. Oil, spotted seal (Alaska Native) 3.930 g
- 7. Oil, beluga, whale (Alaska Native) 2.800 g
- 8. Fish, caviar, black and red, granular 2.741 g
- 9. Fish, mackerel, salted 1.619 g
- 10. Fish, shad, american, raw 1.086 g
- 11. Fish, salmon, chinook, raw 1.008 g
- 12. Fish, roe, mixed species, raw 0.983 g
- 13. Fish, herring, Pacific, raw 0.969 g
- 14. Smelt, dried (Alaska Native) 0.910 g
- 15. Fish, mackerel, Atlantic, raw 0.898 g
- 16. Fish, salmon, Atlantic, farmed, raw 0.862 g
- 17. Fish, herring, Atlantic, raw 0.709 g

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18.
       Fish, sablefish, raw 0.677 g
19.
       Fish, anchovy, european, raw
                                          0.538 g
20.
       Fish, halibut, Greenland, raw
                                          0.526 \, \mathrm{g}
21.
       Fish, salmon, sockeye, raw
                                          0.519 q
22.
       Fish, mackerel, Pacific and jack, mixed species, raw
23.
       Fish, salmon, coho (silver), raw (Alaska Native) 0.491 g
24.
       Fish, salmon, king (chinook), raw (Alaska Native)
                                                               0.440 q
25.
       Mollusks, oyster, Pacific, raw
                                          0.438 g
26.
       Fish, salmon, coho, wild, raw
                                          0.429 q
27.
       Fish, whitefish, dried (Alaska Native)
                                                 0.420 g
28.
       Fish, salmon, pink, raw
                                   0.419 \, \mathrm{g}
29.
       Fish, salmon, coho, farmed, raw 0.385 g
30.
       Fish, mackerel, spanish, raw
                                          0.329 \, \mathrm{g}
31.
       Fish, salmon, Atlantic, wild, raw
                                          0.321 g
32.
       Fish, whitefish, mixed species, raw
                                                 0.317 g
33.
       Fish, shark, mixed species, raw 0.316 g
34.
       Fish, wolffish, Atlantic, raw 0.307 q
35.
       Fish, tuna, fresh, bluefin, raw
                                          0.283 \, g
       Egg, whole, dried
36.
                          0.278 q
37.
       Fish, smelt, rainbow, raw 0.275 g
38.
       Mollusks, oyster, eastern, wild, raw
                                                 0.268 \, \mathrm{g}
39.
       Crustaceans, spiny lobster, mixed species, raw 0.265 q
40.
       Fish, trout, rainbow, farmed, raw 0.260 g
41.
       Crustaceans, crab, queen, raw
                                          0.259 \, q
42.
       Crustaceans, shrimp, mixed species, raw
                                                        0.258 g
43.
       Fish, bluefish, raw 0.252 g
44.
       Fish, bass, fresh water, mixed species, raw
                                                        0.238 g
45.
       Fish, carp, raw
                            0.238 a
       Fish, salmon, chum, raw 0.233 g
46.
                                          0.230 g
47.
       Fish, drum, freshwater, raw
48.
       Fish, whitefish, eggs (Alaska Native)
                                                 0.225 g
49.
       Fish, spot, raw
                            0.220 \, q
50.
       Crustaceans, crab, dungeness, raw
                                                 0.219 g
51.
       Fish, mullet, striped, raw 0.217 g
52.
       Fish, halibut, raw, with skin (Alaska Native)
                                                        0.217 g
53.
       Mollusks, oyster, eastern, canned 0.211 g
54.
       Egg, yolk, dried
                            0.203 \, q
55.
       Fish, trout, mixed species, raw
                                          0.202 \, \mathrm{g}
56.
       Fish, sturgeon, mixed species, raw
                                                 0.194 g
57.
       Fish, sucker, white, raw
                                   0.190 g
                                          0.188 g
58.
       Mollusks, mussel, blue, raw
59.
       Mollusks, oyster, eastern, farmed, raw 0.188 g
60.
       Seaweed, wakame, raw
                                   0.186 g
                                          0.175 g
61.
       Fish, pompano, florida, raw
62.
       Fish, sheefish, raw (Alaska Native)
                                                 0.170 g
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63.

Crustaceans, crab, blue, raw

0.170 g

64. Fish, bass, striped, raw $0.169 \, \mathrm{g}$ 65. Fish, trout, rainbow, wild, raw 0.167 g 66. Fish, seatrout, mixed species, raw $0.165 \, \mathrm{g}$ 67. Fish, sea bass, mixed species, raw 0.161 g 68. Fish, surimi 0.157 g Fish, pollock, walleye, raw 0.150 g 69. 70. Mollusks, squid, mixed species, raw 0.146 g 71. Fish, rockfish, Pacific, mixed species, raw 0.141 g 72. Fish, sheepshead, raw $0.138 \, q$ 73. Fish, mackerel, king, raw 0.136 g 74. Fish, catfish, channel, wild, raw 0.130 g 75. Fish, croaker, Atlantic, raw 0.123 g 76. Mollusks, snail, raw 0.119 g 77. Crustaceans, crayfish, mixed species, farmed, raw 0.117 g 78. Fish, swordfish, raw 0.108 g 79. Crustaceans, crayfish, mixed species, wild, raw0.104 g 80. Fish, cisco, raw 0.095 g81. Fish broth 0.095 g82. Fish, whiting, mixed species, raw 0.093 g 83. Fish, flatfish (flounder and sole species), raw 0.093 g 84. Mollusks, scallop, mixed species, raw 0.090 g85. Egg, whole, raw, frozen p 880.0 86. Fish, pike, walleye, raw $0.086 \, \mathrm{g}$ 87. Soup, shark fin, restaurant-prepared 0.086 g88. Fish, tilefish, raw $0.085 \, q$ 89. Fish, eel, mixed species, raw 0.084 g90. Fish, ocean perch, Atlantic, raw $0.080 \, q$ 91. Seaweed, laver, raw $0.080 \, a$ 92. Fish, cod, Pacific, raw $0.080 \, q$ 93. Fish, perch, mixed species, raw 0.079 g 94. Mollusks, octopus, common, raw 0.076 g 95. Fish, tuna, fresh, skipjack, raw $0.071 \, q$ 96. Fish, pollock, Atlantic, raw 0.071 g 97. Fish, halibut, Atlantic and Pacific, raw 0.071 g98. Fish, burbot, raw 0.070 g99. Mollusks, clam, mixed species, raw 0.069 g 100. Fish, catfish, channel, farmed, raw 0.067 g101. Fish, cod, Atlantic, raw 0.064 a102. Fish, haddock, raw 0.059 q 103. Fish, snapper, mixed species, raw $0.051 \, q$ 104. Game meat, raccoon, cooked, roasted 0.051 g 105. Veal, variety meats and by-products, kidneys, raw $0.050 \, q$ 106. Lamb, variety meats and by-products, kidneys, raw 0.050 g

Mollusks, abalone, mixed species, raw 0.049 g

Mollusks, conch, baked or broiled 0.048 g

Seaweed, irishmoss, raw 0.046 g

107.

108.

109.

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110. APPLEBEE'S, Double Crunch Shrimp
                                               0.042 a
                                                             0.040 g
111. Lamb, variety meats and by-products, heart, raw
112. Mollusks, cuttlefish, mixed species, raw 0.039 g
113. Fish, sunfish, pumpkin seed, raw 0.037 g
114. Fish, tuna, fresh, yellowfin, raw
115. DENNY'S, golden fried shrimp
                                        0.036 \, \mathrm{g}
116.
      Soup, stock, fish, home-prepared 0.035 g
117. Egg, yolk, raw, frozen
                                 0.034 g
118. Fish, pike, northern, raw
                                 0.033 \, q
119. Snacks, yucca (cassava) chips, salted 0.033 g
120. Caribou, hind quarter meat, raw (Alaska Native)
                                                             0.030 g
121. Veal, variety meats and by-products, heart, raw0.030 g
122. Snacks, plantain chips, salted
                                        0.028 g
123. Fish, grouper, mixed species, raw0.027 g
124. Turtle, green, raw 0.023 g
125. Chicken, broilers or fryers, neck, meat only, raw
                                                             0.020 \, \mathrm{g}
126. Fish, dolphinfish, raw
                                 0.020 g
127. Chicken, broilers or fryers, neck, meat and skin, raw
                                                            0.020 \, \mathrm{g}
128. Chicken, broilers or fryers, back, meat only, raw
                                                             0.020 g
129. Chicken, stewing, dark meat, meat only, raw
                                                      0.020 g
130. Chicken, broilers or fryers, skin only, raw
                                                      0.020 \, \mathrm{g}
131. Seeds, sunflower seed kernels, dried
                                               0.014 g
132. Oven-roasted chicken breast roll 0.014 g
133. Chicken, feet, boiled
                                 0.014 q
134. Fish, tuna salad
                           0.014 \, q
135. Frog legs, raw
                           0.014 g
136. Crackers, rusk toast 0.013 g
137. USDA Commodity, Peanut Butter, smooth
                                                      0.012 g
138. Quail, cooked, total edible 0.012 g
139. Egg, yolk, raw, fresh
                                 0.011 \, q
140. Ostrich, inside strip, raw
                                 0.011 \, \mathrm{g}
141. POPEYES, Coleslaw
                                 0.011 \, q
142. Chicken, canned, no broth 0.011 g
143. Chicken, broilers or fryers, giblets, raw 0.010 g
144. Chicken, capons, giblets, raw
                                        0.010 q
145. Guinea hen, meat and skin, raw 0.010 g
146. Guinea hen, meat only, raw
                                        0.010 \, q
147. Chicken, broilers or fryers, meat only, raw
                                                      0.010 g
148.
      Chicken, stewing, meat and skin, raw
149. Chicken, stewing, meat only, raw 0.010 g
150. Chicken, capons, meat and skin, raw
                                               0.010 \, \mathrm{g}
151. Quail, meat and skin, raw 0.010 g
152. Quail, meat only, raw
                                 0.010 \, \mathrm{g}
153. Beef, carcass, separable lean and fat, select, raw
                                                             0.010 \, q
154.
      Beef, carcass, separable lean and fat, choice, raw
                                                             0.010 g
155.
      Chicken, cornish game hens, meat only, raw 0.010 g
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156. Pork, fresh, variety meats and by-products, lungs, raw 0.010 g
157. DENNY'S, top sirloin steak 0.010 g
                                        0.010 g
158. Quail, breast, meat only, raw
159. Squab, (pigeon), meat and skin, raw
160. Chicken, broilers or fryers, meat and skin, raw 0.010 g
161.
     Squab, (pigeon), meat only, raw 0.010 g
162.
      Squab, (pigeon), light meat without skin, raw 0.010 g
163. Chicken, canned, meat only, with broth 0.010 g
164.
      Chicken, cornish game hens, meat and skin, raw
                                                            0.010 g
165.
      Chicken, broilers or fryers, leg, meat only, raw 0.010 g
166.
      Chicken, broilers or fryers, thigh, meat and skin, raw 0.010 g
167.
      Chicken, broilers or fryers, drumstick, meat only, raw 0.010 g
168.
      Chicken, broilers or fryers, leg, meat and skin, raw
                                                            0.010 \, \mathrm{g}
169. Chicken, broilers or fryers, thigh, meat only, raw
                                                            0.010 g
170. Chicken, roasting, giblets, raw
                                        0.010 g
171. Chicken, broilers or fryers, back, meat and skin, raw 0.010 g
172.
      Chicken, broilers or fryers, dark meat, meat only, raw 0.010 g
173. Chicken, roasting, dark meat, meat only, raw 0.010 g
174.
      Chicken, broilers or fryers, light meat, meat only, raw 0.010 g
175.
      Chicken, roasting, meat only, raw 0.010 g
176. Chicken, broilers or fryers, wing, meat and skin, raw
177.
      Chicken, broilers or fryers, breast, meat and skin, raw 0.010 g
178. Chicken, broilers or fryers, wing, meat only, raw
                                                            0.010 \, \mathrm{g}
179. Chicken, roasting, meat and skin, raw
                                              0.010 \, q
180.
      Ostrich, outside strip, raw 0.008 g
181. Cookies, vanilla wafers, lower fat 0.008 g
182. T.G.I. FRIDAY'S, classic sirloin steak
                                              0.008 \, q
183. Rolls, dinner, egg 0.008 g
184.
      Chicken, ground, raw
                                 0.008 g
185.
      Seaweed, agar, raw 0.008 g
186. Jellyfish, dried, salted
                                 0.007 \, \mathrm{g}
187. Restaurant, family style, sirloin steak
                                              0.007 g
      Cereals ready-to-eat, Ralston TASTEEOS
188.
                                                     0.007 g
189. Pork, ground, 72% lean / 28% fat, raw
                                              0.007 \, q
190. Fish, tilapia, raw
                          0.007 g
191.
      CRACKER BARREL, grilled sirloin steak 0.006 g
192. Fast foods, coleslaw
                                 0.006 q
193. APPLEBEE'S, 9 oz house sirloin steak 0.006 g
194.
      Dove, cooked (includes squab)
195.
                                              0.005 g
      Salad dressing, caesar, low calorie
196. Egg, whole, cooked, hard-boiled 0.005 g
197.
      Pork, ground, 84% lean / 16% fat, raw
                                              0.005 \, q
198. Egg rolls, pork, refrigerated, heated
                                              0.005 g
                                              0.004 g
199. Waffles, plain, frozen, ready-to-heat
200.
      DENNY'S, mozzarella cheese sticks
                                              0.004 g
201.
      Whale, beluga, meat, raw (Alaska Native)
                                                     0.004 g
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202. APPLEBEE'S, mozzarella sticks 0.004 g
203.
      T.G.I. FRIDAY'S, fried mozzarella 0.004 g
204. USDA Commodity, beef patties with VPP, frozen, raw 0.004 g
205. Fish, roughy, orange, raw 0.004 g
206. Mollusks, whelk, unspecified, raw 0.004 g
207. Dulce de Leche
                          0.004 g
208. Emu, full rump, raw 0.004 g
209. Egg, whole, cooked, poached
                                       0.004 g
210. Egg, whole, cooked, fried 0.004 g
211. Seaweed, kelp, raw 0.004 g
212. Egg, whole, raw, fresh
                                0.004 g
213. Frankfurter, chicken 0.003 g
214. Danish pastry, cinnamon, enriched
                                             0.003 g
215. Pork, ground, 96% lean / 4% fat, raw
                                             0.003 g
216. Edamame, frozen, prepared
                                       0.003 g
217. Danish pastry, cinnamon, unenriched
                                             0.003 g
218. Egg, whole, cooked, scrambled
                                       0.003 q
219. Egg, whole, cooked, omelet
                                       0.003 \, \mathrm{g}
220. Ice creams, vanilla 0.003 g
221.
      Snacks, bagel chips 0.003 g
222. Cookies, chocolate wafers 0.003 g
223. Croissants, butter 0.003 g
224. Beef, grass-fed, strip steaks, lean only, raw
                                                    0.002 g
225. Fast foods, biscuit, with egg
                                       0.002 q
226. Chicken, broilers or fryers, breast, meat only, raw
                                                          0.002 g
227. Emu, inside drum, raw
                                0.002 g
228. Snacks, RALSTON PURINA, CHEX MIX
                                                    0.002 g
229. Croissants, cheese 0.002 g
230. Sweet rolls, cheese 0.001 g
231. Corn pudding, home prepared
                                       0.001 \, q
232. Sauce, fish, ready-to-serve 0.001 g
233. Sauce, oyster, ready-to-serve
                                       0.001 \, q
234. Soup, chicken noodle, dry, mix
                                       0.001 \, \mathrm{g}
235. Eggs, scrambled, frozen mixture 0.001 g
236. Pie, pecan, prepared from recipe 0.001 g
237.
      Croissants, apple 0.001 g
238. Chocolate, dark, 45- 59% cacao solids 0.001 g
239. Fast foods, chicken tenders
                                       0.001 a
240.
      Pie, egg custard, commercially prepared 0.001 g
241.
      Waffles, plain, prepared from recipe
                                             0.001\,\mathrm{q}
242.
      Muffins, corn, dry mix, prepared 0.001 g
243. French toast, frozen, ready-to-heat
                                             0.001 \, q
244.
      Crackers, wheat, reduced fat
                                       0.001 g
245. Crackers, wheat, regular 0.001 g
246.
      Crackers, milk
                          0.001 g
247. Cake, sponge, prepared from recipe
                                             0.001 \, \mathrm{g}
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- 248. Cake, sponge, commercially prepared 0.001 g
- 249. Coffeecake, cheese 0.001 g
- 250. Bread, egg 0.001 g
- 251. Bread, cornbread, dry mix, prepared 0.001 g
- 252. Beef, grass-fed, ground, raw 0.001 g
- 253. Snacks, pita chips, salted 0.001 g
- 254. KENTUCKY FRIED CHICKEN, Popcorn Chicken 0.001 g
- 255. Crackers, matzo, egg 0.001 g
- 256. Cookies, raisin, soft-type 0.001 g
- 257. LEAN POCKETS, Ham N Cheddar 0.001 g
- 258. Lean Pockets, Meatballs & Mozzarella 0.001 g
- 259. Cookies, oatmeal, refrigerated dough 0.001 g
- 260. Cookies, brownies, prepared from recipe 0.001 g
- 261. Potato pancakes 0.001 g

Gamma-linolenic acid (C18:3 n6)

Below is a list of the top several hundred sources of C18:3 n6 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the C20:5 n3 content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Nuts, pine nuts, dried 0.052 g
- 2. Beef sausage, fresh, cooked 0.050 g
- 3. NABISCO, NABISCO RITZ Crackers 0.039 g
- 4. Bologna, chicken, pork 0.033 g
- 5. Crackers, standard snack-type, regular 0.032 g
- 6. Bologna, chicken, turkey, pork 0.032 g
- 7. Frankfurter, chicken 0.030 g
- 8. POPEYES, Coleslaw 0.027 g
- 9. Mutton, cooked, roasted (Navajo) 0.025 g
- 10. Fast foods, coleslaw 0.024 g
- 11. Egg Mix, USDA Commodity 0.022 g
- 12. KENTUCKY FRIED CHICKEN, Coleslaw 0.020 g
- 13. Fish, salmon, Atlantic, farmed, raw 0.020 g
- 14. Crackers, wheat, regular 0.020 g
- 15. Beef, ground, 70% lean meat / 30% fat, raw 0.019 g

16. Pork, fresh, separable fat, raw 0.019 a 17. Cream, sour, cultured $0.018 \, q$ 18. Nuts, brazilnuts, dried, unblanched 0.017 g19. Beef, ground, 75% lean meat / 25% fat, raw 0.017 g20. Beef, ground, 80% lean meat / 20% fat, raw 0.015 g21. Avocados, raw, all commercial varieties 0.015 g 22. Avocados, raw, California 0.015 g 23. Chicken, ground, raw 0.014 g24. Pork, fresh, enhanced, composite of separable fat, raw 0.014 g25. Crackers, wheat, reduced fat 0.013 g26. Crackers, whole-wheat 0.012 a27. Beef, ground, 85% lean meat / 15% fat, raw 0.012 g28. Turkey sausage, fresh, raw 0.010 a 29. Beef, ground, 90% lean meat / 10% fat, raw 0.010 g30. Kiwifruit, gold, raw 0.009 g 31. McDONALD'S, Chicken McNUGGETS 0.009 g 32. Beef, variety meats and by-products, liver, raw 0.009 g 33. Beef, ground, 95% lean meat / 5% fat. raw 34. Stew, mutton, corn, squash (Navajo) 35. Veal, variety meats and by-products, liver, raw 0.008 g 36. Stew, dumpling with mutton (Navajo) 0.007 g37. Stew, steamed corn (Navajo) 0.007 g38. Chicken, liver, all classes, raw $0.006\,a$ 39. KENTUCKY FRIED CHICKEN, Popcorn Chicken 0.006 q40. Beef, variety meats and by-products, kidneys, raw 0.006 g41. Turkey, heart, all classes, raw $0.005 \, \mathrm{g}$ 42. Game meat, elk, ground, raw $0.005 \, q$ 43. Beef, variety meats and by-products, heart, raw 0.005 g44. Peanut butter with omega-3, creamy $0.005 \, q$ 45. Frybread, made with lard (Navajo) 0.004 g46. Chicken roll, light meat 0.004 a47. Beef, variety meats and by-products, tripe, raw 0.004 g 48. T.G.I. FRIDAY'S, fried mozzarella 0.003 g 49. Chicken, broilers or fryers, breast, meat only, raw 0.003 q50. Chicken, gizzard, all classes, raw 0.003 g 51. Fast foods, chicken tenders $0.003 \, a$ 52. BURGER KING, Vanilla Shake 0.003 q53. DENNY'S, mozzarella cheese sticks 0.003 g54. Stew, hominy with mutton (Navajo) 0.002 q55. APPLEBEE'S, 9 oz house sirloin steak 0.002 g 56. APPLEBEE'S, mozzarella sticks 0.002 g 57. T.G.I. FRIDAY'S, classic sirloin steak 0.002 q58. Restaurant, family style, sirloin steak 0.002 g59. CRACKER BARREL, grilled sirloin steak 0.002 g 60. Dulce de Leche 0.002 g61. DENNY'S, top sirloin steak 0.002 g

- 62. Raisins, seedless 0.001 g
- 63. Bread, pan dulce, sweet yeast bread 0.001 g
- 64. LEAN POCKETS, Ham N Cheddar 0.001 g
- 65. Refried beans, canned, vegetarian 0.001 g
- 66. Lean Pockets, Meatballs & Mozzarella 0.001 g

C20:4 n6

Below is a list of the top sources of C20:4 n6 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the C20:4 n6 content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Fish, salmon, coho (silver), raw (Alaska Native) 0.670 g
- 2. WENDY'S, Jr. Hamburger, with cheese 0.020 g
- 3. WENDY'S, Jr. Hamburger, without cheese 0.012 g

C20:3 n6

Below is a list of the top sources of C20:3 n6 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the C20:3 n6 content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. DENNY'S, top sirloin steak 0.023 g
- 2. Restaurant, family style, sirloin steak 0.020 g

- 3. T.G.I. FRIDAY'S, classic sirloin steak 0.020 g
- 4. CRACKER BARREL, grilled sirloin steak 0.019 g
- 5. APPLEBEE'S, 9 oz house sirloin steak 0.016 g
- 6. Fast foods, chicken tenders 0.014 g
- 7. KENTUCKY FRIED CHICKEN, Popcorn Chicken 0.011 g
- 8. BURGER KING, Vanilla Shake 0.011 g
- 9. DENNY'S, mozzarella cheese sticks 0.011 g
- 10. T.G.I. FRIDAY'S, fried mozzarella 0.010 g
- 11. Chicken, broilers or fryers, breast, meat only, raw 0.010 g
- 12. POPEYES, Coleslaw 0.010 g
- 13. APPLEBEE'S, mozzarella sticks 0.009 g
- 14. Fast foods, coleslaw 0.006 g
- 15. Dulce de Leche 0.005 g
- 16. Lean Pockets, Meatballs & Mozzarella 0.005 g
- 17. LEAN POCKETS, Ham N Cheddar 0.004 g
- 18. CRACKER BARREL, steak fries 0.003 g
- 19. NABISCO, NABISCO RITZ Crackers 0.003 g
- 20. Peanut butter with omega-3, creamy 0.003 g
- 21. T.G.I. FRIDAY'S, French fries 0.002 g
- 22. DENNY'S, golden fried shrimp 0.002 g
- 23. DENNY'S, French fries 0.002 g
- 24. Bread, pan dulce, sweet yeast bread 0.002 g
- 25. Crackers, standard snack-type, regular 0.002 g

- 26. APPLEBEE'S, French fries 0.002 g
- 27. Crackers, wheat, regular 0.002 g
- 28. Restaurant, family style, French fries 0.002 g
- 29. Soup, egg drop, Chinese restaurant 0.001 g
- 30. Snacks, RALSTON PURINA, CHEX MIX 0.001 g
- 31. APPLEBEE'S, Double Crunch Shrimp 0.001 g

C18:2 n6 - http://www.iom.edu/Global/News %20Announcements/~/media/C5CD2DD7840544979A549EC47E56A02B.ashx

Below is a list of the top sources of C18:2 n6 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the C18:2 n6 content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Oil, soybean, salad or cooking 50.418 g
- 2. McDONALD'S, Creamy Ranch Sauce 24.752 g
- 3. Oil, corn and canola 22.981 g
- 4. Oil, canola 18.640 g
- 5. Salad dressing, mayonnaise, light15.791 g
- McDONALD'S, Peanuts (for Sundaes) 13.979 g
- 7. Nuts, almonds 12.055 g
- 8. Crackers, standard snack-type, regular 11.480 g

- 9. Snacks, plantain chips, salted 11.480 g
- 10. NABISCO, NABISCO RITZ Crackers 9.562 g
- 11. Pork, bacon, rendered fat, cooked 9.426 g
- 12. KENTUCKY FRIED CHICKEN, Popcorn Chicken 9.288 g
- 13. Pork, fresh, separable fat, raw 8.943 g
- 14. APPLEBEE'S, Double Crunch Shrimp 8.458 g
- 15. Crackers, wheat, regular 8.026 g
- 16. McDONALD'S, Spicy Buffalo Sauce 7.414 g
- 17. DENNY'S, golden fried shrimp 7.250 g
- 18. Snacks, yucca (cassava) chips, salted 6.709 g
- 19. Pork, fresh, enhanced, composite of separable fat, raw 6.592 g
- 20. T.G.I. FRIDAY'S, French fries 6.550 g
- 21. DENNY'S, French fries 6.474 g
- 22. Fast foods, chicken tenders 6.231 g
- 23. Crackers, wheat, reduced fat 6.146 g
- 24. Restaurant, family style, French fries 6.104 g
- 25. Crackers, whole-wheat 6.063 g
- 26. POPEYES, Coleslaw 5.686 g
- 27. McDONALD'S, Chicken McNUGGETS 5.452 g
- 28. APPLEBEE'S, French fries 5.289 g
- 29. Fast foods, coleslaw 4.979 g
- 30. DENNY'S, mozzarella cheese sticks 4.693 g
- 31. T.G.I. FRIDAY'S, fried mozzarella 4.532 g

- 32. McDONALD'S, Hash Browns 4.513 g
- 33. POPEYES, Biscuit 4.334 g
- 34. Pork, cured, bacon, raw 4.292 g
- 35. KENTUCKY FRIED CHICKEN, Coleslaw 4.277 g
- 36. CRACKER BARREL, steak fries 4.238 g
- 37. McDONALD'S, French Fries 4.230 g
- 38. McDONALD'S, Sausage Patty 4.225 g
- 39. APPLEBEE'S, mozzarella sticks 3.994 g
- 40. Snacks, RALSTON PURINA, CHEX MIX 3.845 g
- 41. Peanut butter with omega-3, creamy 3.817 g
- 42. Salad dressing, buttermilk, lite 3.626 g
- 43. Frankfurter, turkey 3.494 g
- 44. Frankfurter, chicken 3.370 g
- 45. Pork, ground, 72% lean / 28% fat, raw 3.336 g
- 46. Smoked link sausage, pork 3.185 g
- 47. Pork, fresh, spareribs, separable lean and fat, raw 3.146 g
- 48. McDONALD'S, Hot Mustard Sauce 2.937 g
- 49. Pepperoni, pork, beef 2.796 g
- 50. BURGER KING, WHOPPER, no cheese 2.757 g
- 51. McDONALD'S, Hotcakes (plain) 2.638 g
- 52. BURGER KING, DOUBLE WHOPPER, no cheese 2.606 g
- 53. McDONALD'S, Tangy Honey Mustard Sauce 2.284 g
- 54. Butter, salted 2.166 g

- 55. Butter, without salt 2.166 g
- 56. McDONALD'S, Biscuit, large size 2.028 g
- 57. McDONALD'S, Biscuit, regular size 2.025 g
- 58. Snacks, pita chips, salted 2.003 g
- 59. Snacks, bagel chips 1.971 g
- 60. Pork, ground, 84% lean / 16% fat, raw 1.918 g
- 61. McDONALD'S, Warm Cinnamon Roll 1.856 g
- 62. Edamame, frozen, prepared 1.789 g
- 63. McDONALD'S, McDONALDLAND Cookies 1.352 g
- 64. McDONALD'S, Deluxe Warm Cinnamon Roll 1.340 g
- 65. Chicken, ground, raw 1.303 g
- 66. Lean Pockets, Meatballs & Mozzarella 1.261 g
- 67. BURGER KING, Cheeseburger 1.258 g
- 68. Bread, pan dulce, sweet yeast bread 1.210 g
- 69. Chocolate, dark, 70-85% cacao solids 1.208 g
- 70. LEAN POCKETS, Ham N Cheddar 1.195 g
- 71. Chocolate, dark, 60-69% cacao solids 1.091 g
- 72. Pork, pickled pork hocks 0.986 g
- 73. WENDY'S, Jr. Hamburger, with cheese 0.963 g
- 74. Chocolate, dark, 45- 59% cacao solids 0.947 g
- 75. WENDY'S, Jr. Hamburger, without cheese 0.943 g
- 76. Restaurant, Chinese, fried rice 0.837 g
- 77. Pork, cured, feet, pickled 0.638 g

- 78. Formulated bar, POWER BAR, chocolate 0.561 g
- 79. Veal, variety meats and by-products, liver, raw 0.517 g
- 80. Pork, ground, 96% lean / 4% fat, raw 0.499 g
- 81. Chicken, liver, all classes, raw 0.475 g
- 82. Corn, sweet, yellow, raw 0.468 g
- 83. McDONALD'S, Sweet 'N Sour Sauce 0.444 g
- 84. Mushrooms, morel, raw 0.436 g
- 85. Mustard, prepared, yellow 0.435 g
- 86. DENNY'S, top sirloin steak 0.428 g
- 87. CRACKER BARREL, grilled sirloin steak 0.427 g
- 88. McDONALD'S, Barbeque Sauce 0.420 g
- 89. Restaurant, family style, sirloin steak 0.386 g
- 90. APPLEBEE'S, 9 oz house sirloin steak 0.355 g
- 91. McDONALD'S, Baked Apple Pie 0.341 g
- 92. T.G.I. FRIDAY'S, classic sirloin steak 0.335 g
- 93. Chicken roll, light meat 0.334 g
- 94. Beef, variety meats and by-products, liver, raw 0.299 g
- 95. Chicken, broilers or fryers, breast, meat only, raw 0.296 g
- 96. Pork, fresh, loin, tenderloin, separable lean only, raw 0.292 g
- 97. Refried beans, canned, vegetarian 0.291 g
- 98. Soup, hot and sour, Chinese restaurant 0.273 g
- 99. BURGER KING, Vanilla Shake 0.255 g
- 100. Turkey roll, light meat 0.225 g

- 101. Ham, sliced, extra lean 0.183 g
- 102. Beef, grass-fed, ground, raw 0.181 g
- 103. Refried beans, canned, fat-free 0.134 g
- 104. Dulce de Leche 0.131 g
- 105. Mushrooms, portabella, raw 0.117 g
- 106. Soup, egg drop, Chinese restaurant 0.112 g
- 107. McDONALD'S, Low Fat Caramel Sauce 0.099 g
- 108. Fish, salmon, coho (silver), raw (Alaska Native) 0.089 g
- 109. Elk, free range, ground, raw (Shoshone Bannock) 0.068 g
- 110. Soup, wonton, Chinese restaurant 0.065 g
- 111. Luncheon meat, beef, thin sliced 0.054 g
- 112. Beef, grass-fed, strip steaks, lean only, raw 0.041 g
- 113. Squash, summer, crookneck and straightneck, raw 0.039 g
- 114. Squash, summer, zucchini, includes skin, raw 0.030 g
- 115. Cherimoya, raw 0.028 g
- 116. Cauliflower, raw 0.006 g

Alpha-linolenic acid(C18:3 n3)

Source: http://www.iom.edu/Global/News

%20Announcements/~/media/C5CD2DD7840544979A549EC47E56A02B.ashx

Below is a list of the top sources of C18:3 n3 in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the C18:3 n3 content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or

even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Oil, canola 9.137 g
- 2. Oil, soybean, salad or cooking 6.789 g
- 3. Oil, corn and canola 5.798 g
- 4. McDONALD'S, Creamy Ranch Sauce 3.235 g
- 5. Peanut butter with omega-3, creamy 2.928 g
- 6. Nuts, walnuts, black, dried 2.006 g
- 7. Salad dressing, mayonnaise, light1.918 g
- 8. NABISCO, NABISCO RITZ Crackers 1.193 g
- 9. Crackers, wheat, regular 1.127 g
- 10. APPLEBEE'S, Double Crunch Shrimp 1.028 g
- 11. McDONALD'S, Spicy Buffalo Sauce 0.962 g
- 12. Crackers, standard snack-type, regular 0.894 g
- 13. DENNY'S, golden fried shrimp 0.893 g
- 14. DENNY'S, French fries 0.882 g
- 15. T.G.I. FRIDAY'S, French fries 0.858 g
- 16. Crackers, wheat, reduced fat 0.853 g
- 17. Spices, parsley, dried 0.845 g
- 18. Crackers, whole-wheat 0.831 g
- 19. Restaurant, family style, French fries 0.819 g
- 20. APPLEBEE'S, French fries 0.715 g
- 21. Spices, oregano, dried 0.621 g
- 22. DENNY'S, mozzarella cheese sticks 0.601 g

- 23. KENTUCKY FRIED CHICKEN, Popcorn Chicken 0.577 g
- 24. KENTUCKY FRIED CHICKEN, Coleslaw 0.566 g
- 25. T.G.I. FRIDAY'S, fried mozzarella 0.547 g
- 26. Beans, navy, mature seeds, raw 0.538 g
- 27. Salad dressing, buttermilk, lite 0.527 g
- 28. Snacks, RALSTON PURINA, CHEX MIX 0.526 g
- 29. BURGER KING, Chicken WHOPPER Sandwich 0.523 g
- 30. CRACKER BARREL, steak fries 0.506 g
- 31. APPLEBEE'S, mozzarella sticks 0.492 g
- 32. Pork, bacon, rendered fat, cooked 0.476 g
- 33. BURGER KING, WHOPPER, with cheese 0.469 g
- 34. Mustard, prepared, yellow 0.458 g
- 35. POPEYES, Biscuit 0.429 g
- 36. McDONALD'S, Hot Mustard Sauce 0.427 g
- 37. Pork, fresh, separable fat, raw 0.427 g
- 38. McDONALD'S, Tangy Honey Mustard Sauce 0.381 g
- 39. McDONALD'S, Hash Browns 0.378 g
- 40. Edamame, frozen, prepared 0.358 g
- 41. McDONALD'S, French Fries 0.355 g
- 42. Fast foods, chicken tenders 0.343 g
- 43. Frankfurter, chicken 0.326 g
- 44. McDONALD'S, Hotcakes (plain) 0.321 g
- 45. Butter, without salt 0.315 g

- 46. Butter, salted 0.315 g
- 47. Pork, fresh, enhanced, composite of separable fat, raw 0.315 g
- 48. BURGER KING, DOUBLE WHOPPER, no cheese 0.315 g
- 49. PIZZA HUT 12" Cheese Pizza, Thick Crust 0.304 g
- 50. McDONALD'S, Chicken McNUGGETS 0.298 g
- 51. Fast foods, coleslaw 0.279 g
- 52. BURGER KING, WHOPPER, no cheese 0.275 g
- 53. Spices, poppy seed 0.273 g
- 54. Bologna, chicken, turkey, pork 0.252 g
- 55. Snacks, tortilla chips, nacho cheese 0.237 g
- 56. Snacks, tortilla chips, ranch-flavor 0.235 g
- 57. Pork, cured, bacon, raw 0.213 g
- 58. Bologna, chicken, pork 0.205 g
- 59. Pork and turkey sausage, pre-cooked 0.201 g
- 60. McDONALD'S, Sausage Patty 0.197 g
- 61. Pork sausage, pre-cooked 0.195 g
- 62. Frankfurter, turkey 0.193 g
- 63. Pepperoni, pork, beef 0.187 g
- 64. Refried beans, canned, vegetarian 0.176 g
- 65. Cheese, cream 0.173 g
- 66. Smoked link sausage, pork 0.169 g
- 67. Pork, ground, 72% lean / 28% fat, raw 0.163 g
- 68. Cherimoya, raw 0.159 g

- 69. McDONALD'S, Biscuit, large size 0.157 g
- 70. McDONALD'S, Biscuit, regular size 0.156 g
- 71. Refried beans, canned, fat-free 0.153 g
- 72. Fish, salmon, Atlantic, farmed, raw 0.148 g
- 73. Pie crust, refrigerated, regular, baked 0.148 g
- 74. Mutton, cooked, roasted (Navajo) 0.147 g
- 75. Fast foods, french toast sticks 0.145 g
- 76. BURGER KING, French Toast Sticks 0.145 g
- 77. Egg Mix, USDA Commodity 0.143 g
- 78. Bread, wheat 0.135 g
- 79. Teff, uncooked 0.135 g
- 80. Pork sausage, fresh, raw 0.134 g
- 81. Turkey sausage, fresh, raw 0.133 g
- 82. Fast foods, miniature cinnamon rolls 0.128 g
- 83. Tostada shells, corn0.124 g
- 84. BURGER KING, Cheeseburger 0.123 g
- 85. WENDY'S, Jr. Hamburger, with cheese 0.122 g
- 86. BURGER KING, Hamburger 0.119 g
- 87. Lean Pockets, Meatballs & Mozzarella 0.117 g
- 88. Baking chocolate, unsweetened, squares 0.117 g
- 89. Cheese, neufchatel 0.117 g
- 90. LEAN POCKETS, Ham N Cheddar 0.115 g
- 91. Nuts, pine nuts, dried 0.112 g

- 92. Avocados, raw, California 0.111 g
- 93. Avocados, raw, all commercial varieties 0.111 g
- 94. Taco shells, baked 0.110 g
- 95. WENDY'S, Jr. Hamburger, without cheese 0.103 g
- 96. Snacks, pita chips, salted 0.099 g
- 97. Pork, ground, 84% lean / 16% fat, raw 0.094 g
- 98. Restaurant, Chinese, fried rice 0.091 g
- 99. Fish, salmon, coho (silver), raw (Alaska Native) 0.089 g
- 100. Chocolate, dark, 60-69% cacao solids 0.088 g
- 101. Chocolate, dark, 45-59% cacao solids 0.085 g
- 102. McDONALD'S, Warm Cinnamon Roll 0.084 g
- 103. Cream, sour, cultured 0.083 g
- 104. Bologna, beef 0.081 g
- 105. Pork, fresh, spareribs, separable lean and fat, raw 0.081 g
- 106. McDONALD'S, Deluxe Warm Cinnamon Roll 0.079 g
- 107. Snacks, plantain chips, salted 0.078 g
- 108. McDONALD'S, Barbeque Sauce 0.076 g
- 109. Frybread, made with lard (Apache) 0.075 g
- 110. Snacks, pretzels, hard, plain, salted 0.074 g
- 111. Beef, grass-fed, ground, raw 0.071 g
- 112. Pinon Nuts, roasted (Navajo) 0.070 g
- 113. Corn, dried (Navajo) 0.069 g
- 114. Kiwifruit, gold, raw 0.068 g

- 115. Beef sausage, pre-cooked 0.066 g
- 116. Bread, pan dulce, sweet yeast bread 0.066 g
- 117. Spelt, uncooked 0.065 g
- 118. Beef, ground, 70% lean meat / 30% fat, raw 0.065 g
- 119. McDONALD'S, Sweet 'N Sour Sauce 0.063 g
- 120. Squash, summer, zucchini, includes skin, raw 0.061 g
- 121. Cornmeal, blue (Navajo) 0.061 g
- 122. Cornmeal, yellow (Navajo) 0.060 g
- 123. Snacks, bagel chips 0.059 g
- 124. Beef, ground, 75% lean meat / 25% fat, raw 0.058 g
- 125. Noodles, egg, dry, enriched 0.058 g
- 126. Noodles, egg, dry, unenriched 0.058 g
- 127. Snacks, yucca (cassava) chips, salted 0.058 g
- 128. Chicken, ground, raw 0.057 g
- 129. McDONALD'S, McDONALDLAND Cookies 0.055 g
- 130. Cornmeal, white (Navajo) 0.054 g
- 131. Stew, mutton, corn, squash (Navajo) 0.054 g
- 132. Stew, dumpling with mutton (Navajo) 0.053 g
- 133. Beef, ground, 80% lean meat / 20% fat, raw 0.051 g
- 134. Frybread, made with lard (Navajo) 0.051 g
- 135. Beef sausage, fresh, cooked 0.050 g
- 136. Dulce de Leche 0.050 g
- 137. Kamut, uncooked 0.047 g

- 138. Stew, steamed corn (Navajo) 0.045 g
- 139. Turkey, liver, all classes, raw 0.044 g
- 140. Squash, summer, crookneck and straightneck, raw 0.043 g
- 141. Fish, tilapia, raw 0.043 g
- 142. Pork, fresh, variety meats and by-products, feet, raw 0.043 g
- 143. Beef, ground, 85% lean meat / 15% fat, raw 0.043 g
- 144. Pork, pickled pork hocks 0.042 g
- 145. Amaranth, uncooked 0.042 g
- 146. Beef, ground, 90% lean meat / 10% fat, raw 0.036 g
- 147. Turkey, heart, all classes, raw 0.035 g
- 148. POPEYES, Coleslaw 0.035 g
- 149. BURGER KING, Vanilla Shake 0.034 g
- 150. Chocolate, dark, 70-85% cacao solids 0.034 g
- 151. DENNY'S, top sirloin steak 0.034 g
- 152. Bread, kneel down (Navajo) 0.031 g
- 153. Soup, hot and sour, Chinese restaurant 0.030 g
- 154. Beef, ground, 95% lean meat / 5% fat, raw 0.029 g
- 155. Tamales (Navajo) 0.029 g
- 156. Pork, cured, feet, pickled 0.028 g
- 157. Veal, variety meats and by-products, liver, raw 0.028 g
- 158. Turkey, gizzard, all classes, raw 0.028 g
- 159. Restaurant, family style, sirloin steak 0.026 g
- 160. Potato puffs, frozen, oven-heated 0.025 g

- 161. Formulated bar, POWER BAR, chocolate 0.025 g
- 162. Pork, ground, 96% lean / 4% fat, raw 0.025 g
- 163. APPLEBEE'S, 9 oz house sirloin steak 0.025 g
- 164. Macaroni, dry, unenriched 0.024 g
- 165. Spaghetti, dry, enriched 0.024 g
- 166. Spaghetti, dry, unenriched 0.024 g
- 167. Elk, free range, ground, raw (Shoshone Bannock) 0.024 g
- 168. Macaroni, cooked, unenriched 0.024 g
- 169. Macaroni, dry, enriched 0.024 g
- 170. Macaroni, cooked, enriched 0.024 g
- 171. CRACKER BARREL, grilled sirloin steak 0.023 g
- 172. T.G.I. FRIDAY'S, classic sirloin steak 0.022 g
- 173. Stew, hominy with mutton (Navajo) 0.021 g
- 174. Potato puffs, frozen, unprepared 0.021 g
- 175. Nuts, brazilnuts, dried, unblanched 0.017 g
- 176. Chicken roll, light meat 0.017 g
- 177. Spices, onion powder 0.015 g
- 178. Beef, grass-fed, strip steaks, lean only, raw 0.015 g
- 179. Corn, sweet, yellow, raw 0.014 g
- 180. McDONALD'S, Low Fat Caramel Sauce 0.013 g
- 181. Fish, halibut, raw, with skin (Alaska Native) 0.012 g
- 182. Spices, garlic powder 0.012 g
- 183. Chicken, broilers or fryers, breast, meat only, raw 0.012 g

- 184. Spices, cinnamon, ground 0.011 g
- 185. Beef, variety meats and by-products, heart, raw 0.011 g
- 186. Turkey roll, light meat 0.011 g
- 187. Ham, sliced, extra lean 0.010 g
- 188. Chicken, gizzard, all classes, raw 0.009 g
- 189. Pork, fresh, loin, tenderloin, separable lean only, raw 0.008 g
- 190. Soup, egg drop, Chinese restaurant 0.007 g
- 191. Beef, variety meats and by-products, liver, raw 0.007 g
- 192. Beef, variety meats and by-products, tripe, raw 0.007 g
- 193. Chilchen (Red Berry Beverage) (Navajo)0.007 g
- 194. Beef, variety meats and by-products, kidneys, raw 0.007 g
- 195. Cauliflower, raw 0.007 g
- 196. Chicken, liver, all classes, raw 0.006 g
- 197. Nuts, almonds 0.006 g
- 198. Mush, blue corn with ash (Navajo) 0.006 g
- 199. Luncheon meat, beef, thin sliced 0.005 g
- 200. Soup, wonton, Chinese restaurant 0.004 g
- 201. Fish, roughy, orange, raw 0.003 g
- 202. Puddings, chocolate, ready-to-eat0.002 g
- 203. Mushrooms, morel, raw 0.001 g

Protein:

Source for Acceptable Macronutrient Distribution Range (AMDR) reference and RDAs: Institute of Medicine (IOM) Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. This report may be accessed via www.nap.edu

Recommended Dietary Allowance for Protein				(Drosophila melanogaster)) (f) Protein(/100g)	
Life Stage	Age	Males (grams/day)	Females (grams/day)	How many grams of insect dry matter for RDA(%)	Percentage of RDA per 100g of insect dry matter
Children	1-3 years	13	13		
Children	4-8 years	19	19		
Children	9-13 years	34	34		
Adolescents	14-18 years	52	46		
Adults	19+ years	56	46		

Below is a list of the top several hundred sources of protein in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the protein content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Gelatins, dry powder, unsweetened 85.60 g
- 2. Egg, white, dried 81.10 g
- 3. Soy protein isolate 80.69 g
- 4. Vital wheat gluten 75.16 g
- 5. Fish, whitefish, dried (Alaska Native) 62.44 g
- 6. Snacks, pork skins, plain 61.30 g
- 7. Snacks, pork skins, barbecue-flavor 57.90 g
- 8. Walrus, meat, dried (Alaska Native) 57.00 g
- 9. Smelt, dried (Alaska Native) 56.19 g
- 10. Egg substitute, powder 55.50 g
- 11. Peanut flour, defatted 52.20 g
- 12. Seeds, sesame flour, low-fat 50.14 g

13. Tofu, dried-frozen (koyadofu) 47.94 g 14. Egg, whole, dried 47.35 g 15. Soy flour, defatted 47.01 g 16. Sov flour, low-fat 45.51 q 17. Sov meal, defatted, raw 44.95 q 18. Cheese, parmesan, low sodium 41.60 g 19. Seeds, sesame flour, partially defatted 40.32 q 20. Parmesan cheese topping, fat free 40.00 g 21. Cheese, parmesan, grated 38.46 g 22. Meat extender 38.11 g 23. Cheese, parmesan, shredded 37.86 g 24. Soybeans, mature seeds, raw 36.49 g 25. Lupins, mature seeds, raw 36.17 g 26. Cheese, parmesan, hard 35.75 g 27. Egg Mix, USDA Commodity 35.60 q 28. Milk, dry, nonfat, calcium reduced 35.50 g 29. Sov flour, full-fat, raw 34.54 q 30. Milk, buttermilk, dried 34.30 g Egg, yolk, dried 31. 34.25 q 32. Peanut flour, low fat 33.80 g 33. Mutton, cooked, roasted (Navajo) 33.43 g 34. Snacks, beef jerky, chopped and formed 33.20 g 35. Pheasant, cooked, total edible 32.40 g 36. Bacon bits, meatless 32.00 q 37. Cheese, romano 31.80 q 38. Cheese, mozzarella, nonfat 31.70 g 39. 31.30 g Beef, cured, breakfast strips, cooked 40. Beef, cured, dried 31.10 a 41. Seeds, sesame flour, high-fat 30.78 q 42. T.G.I. FRIDAY'S, classic sirloin steak 30.61 g 43. Cheese, goat, hard type 30.52 g 44. Game meat, opossum, cooked, roasted 30.20 g 45. CRACKER BARREL, grilled sirloin steak 29.99 g 46. Cheese, gruvere 29.81 q 47. Winged beans, mature seeds, raw 29.65 g 48. Turkey bacon, cooked 29.60 a 49. Game meat, raccoon, cooked, roasted 29.20 g 50. Bacon and beef sticks 29.10 a 51. Emu, top loin, cooked, broiled 29.07 g 52. 28.95 g Pork, cured, breakfast strips, cooked 53. DENNY'S, top sirloin steak 28.90 g 54. Restaurant, family style, sirloin steak 28.78 q 55. Seal, ringed, meat (Alaska Native) 28.40 g 56. Seeds, watermelon seed kernels, dried 28.33 g 57.

Beef, cured, thin-sliced beef

McDONALD'S, Peanuts (for Sundaes) 28.04 g

58.

28.11 g

59. Yeast extract spread 27.80 a 60. Cheese, mozzarella, low sodium 27.50 g 61. Beef, cured, corned beef, canned 27.10 g 62. Game meat, goat, cooked, roasted 27.10 g 63. Cheese, swiss 26.93 q 64. Seal, bearded (Oogruk), meat, raw (Alaska Native) 26.70 g 65. Spices, parsley, dried 26.63 q 66. Snacks, soy chips or crisps, salted 26.50 g 67. Whale, beluga, meat, raw (Alaska Native) 26.50 g 68. Milk, dry, whole, with added vitamin D 26.32 g 69. Mollusks, conch, baked or broiled 26.30 g 70. Peanuts, spanish, raw 26.15 g 71. Broadbeans (fava beans), mature seeds, raw 26.12 g 72. Cereals ready-to-eat, KASHI GOLEAN 26.10 g 73. Spices, mustard seed, ground 26.08 g 74. OSCAR MAYER, Salami (hard) 25.90 g 75. Peanut butter, smooth, reduced fat 25.90 g 76. Sea lion, Steller, meat (Alaska Native) 25.85 g 77. Lentils, raw 25.80 g 78. Peanuts, all types, raw 25.80 g 79. APPLEBEE'S, 9 oz house sirloin steak 25.63 g 80. Cheese, fontina 25.60 q 81. Bear, polar, meat, raw (Alaska Native) 25.60 g 82. Cheese, provolone 25.58 g 83. Papad 25.56 g 84. Beans, kidney, royal red, mature seeds, raw 25.33 g Chicken, canned, no broth 25.30 g 85. 86. Mungo beans, mature seeds, raw 25.21 g 87. Peanuts, virginia, raw 25.19 g 88. Cheese, caraway 25.18 q 89. Quail, cooked, total edible 25.10 g 90. Peanuts, valencia, raw 25.09 q 91. Peanut butter, smooth style, with salt 25.09 g 92. Cheese, edam 24.99 q 93. Lentils, pink, raw 24.95 q 94. Cheese, gouda 24.94 g 24.90 g 95. Cheese, cheddar 96. Nuts, butternuts, dried 24.90 a 97. Peanut spread, reduced sugar 24.80 q 98. Cheese, Mexican, blend, reduced fat 24.69 q 99. Turkey, fryer-roasters, breast, meat only, raw 24.60 g 100. Fish, caviar, black and red, granular 24.60 q 101. Peas, split, mature seeds, raw 24.55 g 102. Cheese, monterey 24.48 g

103. Peanut butter with omega-3, creamy

104. Cheese, tilsit 24.41 g

24.47 g

105. Moose, liver, braised (Alaska Native) 24.38 a 106. Pheasant, breast, meat only, raw 24.37 g 107. Beans, kidney, california red, mature seeds, raw 24.37 g 108. Cheese, low fat, cheddar or colby 24.35 g 109. Cheese, low-sodium, cheddar or colby 24.35 g 110. Yardlong beans, mature seeds, raw 24.33 g 111. Cheese, mozzarella, part skim milk 24.26 q 112. Turkey, fryer-roasters, light meat, meat only, raw 24.18 g 113. Chorizo, pork and beef 24.10 q 114. Nuts, walnuts, black, dried 24.06 g 115. Peanut butter, chunk style, with salt 24.06 g 116. Game meat, beaver, raw 24.05 g 117. Peanut butter, reduced sodium 118. Hyacinth beans, mature seeds, raw 23.90 g 119. Dove, cooked (includes squab) 23.90 q 120. Mung beans, mature seeds, raw 23.86 g 121. Cowpeas, catjang, mature seeds, raw 122. Mollusks, whelk, unspecified, raw 23.84 g 123. Cheese, port de salut 23.78 q 124. Cheese, colby 23.76 q 125. Turkey, fryer-roasters, breast, meat and skin, raw 23.76 g 126. WORTHINGTON FriPats, frozen, unprepared 23.70 g 127. Ostrich, inside strip, raw 23.69 g 128. Turkey, canned, meat only, with broth 23.68 q 129. Turkey, young hen, light meat, meat only, raw 23.64 g 130. Chicken, meatless 23.64 g 131. Beans, kidney, all types, mature seeds, raw 23.58 g 132. Pheasant, raw, meat only 23.57 g 133. Turkey, all classes, light meat, raw 23.56 g 134. Turkey, young tom, light meat, meat only, raw 23.43 g 135. Cheese, muenster 23.41 g 136. Guinea hen, meat and skin, raw 23.40 g 137. Fish, tuna, fresh, yellowfin, raw 23.38 g 138. Cheese, cheshire 23.37 g 139. Ostrich, outside strip, raw 23.36 g 140. Beans, white, mature seeds, raw 23.36 g 141. Fish, tuna, fresh, bluefin, raw 23.33 q 142. Game meat, beefalo, composite of cuts, raw 23.30 g 143. Cheese, brick 23.24 g 144. Spices, chervil, dried 23.20 q 145. Chicken, broilers or fryers, light meat, meat only, raw 23.20 g 146. Pork, fresh, variety meats and by-products, feet, raw 23.16 g 147. Wheat germ, crude 23.15 g 148. Fish, yellowtail, mixed species, raw 149. Chicken, stewing, light meat, meat only, raw 23.10 g 150. Turkey, fryer-roasters, light meat, meat and skin, raw 23.09 g

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23.08 a
151. Emu, outside drum, raw
152. Beef, grass-fed, strip steaks, lean only, raw
                                                   23.07 g
153. Beans, cranberry (roman), mature seeds, raw 23.03 g
154. Spices, fenugreek seed
                               23.00 g
155. Fish sticks, meatless
                                23.00 g
156. Vegetarian fillets
                         23.00 g
157. Game meat, deer, raw
                               22.96 g
158. Game meat, elk, raw
                               22.95 g
159. Mothbeans, mature seeds, raw
                                      22.94 g
160. Corned beef loaf, jellied
                               22.90 g
161. Ostrich, outside leg, raw
                               22.86 g
162. Emu, full rump, raw 22.83 g
163. Emu, oyster, raw
                         22.81 g
164. Spices, tarragon, dried
                               22.77 g
165. Emu, ground, raw 22.77 g
166. Goose, domesticated, meat only, raw
                                            22.75 g
167. Pheasant, raw, meat and skin
                                      22.70 q
168. Owl, horned, flesh, raw (Alaska Native) 22.70 g
169. Sauce, cheese, dry, powder
                                      22.69 q
170. Pepperoni, pork, beef
                               22.68 g
171. Game meat, caribou, raw 22.63 g
172. Caribou, hind quarter meat, raw (Alaska Native)
                                                         22.63 q
173. Cheese, mexican, queso asadero 22.60 g
174. Quail, breast, meat only, raw
                                      22.59 q
175. Salami, dry or hard, pork 22.58 g
176. Fish, salmon, coho (silver), raw (Alaska Native) 22.56 g
177. Beans, kidney, red, mature seeds, raw 22.53 g
178. Emu, fan fillet, raw 22.50 g
179. Turkey, fryer-roasters, wing, meat only, raw
                                                   22.49 g
180. Cheese food, imitation
                               22.40 q
181. Ostrich, inside leg, raw
                               22.39 g
182. Chickpea flour (besan)
                               22.39 q
183. Game meat, antelope, raw 22.38 g
184. Turkey, fryer-roasters, meat and skin, raw
                                                   22.37 q
185. Beans, navy, mature seeds, raw 22.33 g
186.
      Turkey, fryer-roasters, meat only, raw
                                            22.32 g
187. Fish, roe, mixed species, raw
                                      22.32 g
188. Moose, meat, raw (Alaska Native)
                                            22.30 g
189. Emu, flat fillet, raw 22.25 g
190. Fish, sheefish, raw (Alaska Native)
                                            22.25 q
191. Game meat, moose, raw 22.24 g
192. Emu, inside drum, raw
                               22.22 g
193. Chicken, roasting, light meat, meat only, raw
                                                   22.20 g
                                      22.20 g
194. Pheasant, leg, meat only, raw
195.
      Cheese, mozzarella, whole milk 22.17 g
196.
      Cheese, pasteurized process, pimento 22.13 g
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197. Ostrich, tenderloin, raw
                                22.07 g
198. Fish, tuna, fresh, skipjack, raw
                                      22.00 g
199. Beans, yellow, mature seeds, raw22.00 g
200.
      Ostrich, round, raw 21.99 g
201. Chicken, broilers or fryers, wing, meat only, raw
                                                         21.97 g
202.
     Turkey, young tom, breast, meat and skin, raw 21.96 g
203.
      Spices, coriander leaf, dried
                                      21.93 q
204. USDA Commodity, Peanut Butter, smooth
                                                   21.93 g
205. Cheese food, pasteurized process, swiss
                                                   21.92 q
206.
      Turkey, all classes, breast, meat and skin, raw 21.89 g
207. Beans, great northern, mature seeds, raw
                                                   21.86 g
208. Ostrich, tip trimmed, raw
                              21.85 g
209. Ostrich, fan, raw
210. Beef, cured, pastrami
                                21.80 g
                                      21.79 g
211. Game meat, rabbit, wild, raw
212. Game meat, deer, ground, raw
                                      21.78 g
213.
      Turkey, all classes, meat only, raw
                                            21.77 g
214. Chicken, canned, meat only, with broth 21.77 g
215. Quail, meat only, raw
                                21.76 g
216.
      Squab, (pigeon), light meat without skin, raw
                                                   21.76 g
217. Turkey, young hen, meat only, raw
                                             21.76 g
218.
      Game meat, elk, ground, raw
                                      21.76 g
219.
      Turkey, young tom, meat only, raw
                                            21.72 g
220. Salami, Italian, pork 21.70 g
221. Pigeon peas (red gram), mature seeds, raw
                                                   21.70 q
222.
      Ostrich, top loin, raw
                                21.67 g
223. Turkey, all classes, light meat, meat and skin, raw
                                                         21.64 q
224. Turkey, young tom, light meat, meat and skin, raw
                                                         21.63 g
225.
     Turkey, young hen, breast, meat and skin, raw 21.62 g
226. Fish, salmon, coho, wild, raw
                                      21.62 q
227. Game meat, bison, separable lean only, raw
                                                   21.62 g
228. Beans, black, mature seeds, raw 21.60 g
229. Cheese, goat, semisoft type
                                      21.58 g
230. Cheese, mexican, gueso chihuahua
                                            21.56 q
231. Ostrich, oyster, raw 21.55 g
232.
      Cheese, roquefort 21.54 g
233. Turkey, young hen, light meat, meat and skin, raw
                                                         21.51 g
234. Game meat, boar, wild, raw
                                      21.51 g
235.
      Snacks, beef sticks, smoked
                                      21.50 q
236.
      Deer (venison), sitka, raw (Alaska Native)
                                                   21.50 q
237. Lima beans, large, mature seeds, raw 21.46 g
238.
      Cheese, mexican, queso anejo
                                      21.44 q
239. Pork, fresh, loin, whole, separable lean only, raw
                                                         21.43 g
240. Beans, pinto, mature seeds, raw 21.42 g
241.
      Beef, ground, 95% lean meat / 5% fat, raw
                                                   21.41 g
242.
      Cheese, blue 21.40 g
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- 243. Chicken, broilers or fryers, meat only, raw21.39 g244. Pork, fresh, variety meats and by-products, liver, raw21.39 g
- 245. Game meat, horse, raw 21.39 g
- 246. Fish, salmon, sockeye, raw 21.30 g
- LOMA LINDA Linketts, canned, unprepared 21.30 g
- 248. Veal, leg (top round), separable lean only, raw 21.28 g
- 249. Fish, salmon, coho, farmed, raw 21.27 g
- 250. Chicken, stewing, meat only, raw 21.26 g
- 251. Beans, black turtle soup, mature seeds, raw 21.25 g
- 252. Chicken, broilers or fryers, breast, meat only, raw 21.23 g
- 253. Game meat, squirrel, raw 21.23 g
- 254. Nuts, almonds 21.22 g
- 255. Beans, small white, mature seeds, raw 21.11 g
- 256. Pork, ground, 96% lean / 4% fat, raw 21.10 g
- 257. Walrus, liver, raw (Alaska Native) 21.00 g
- 258. Meatballs, meatless 21.00 g
- 259. Vegetarian meatloaf or patties 21.00 g
- 260. Fish, shark, mixed species, raw 20.98 g
- 261. Veal, leg (top round), separable lean and fat, raw 20.98 g
- 262. Beans, pink, mature seeds, raw 20.96 g
- 263. Pork, fresh, loin, tenderloin, separable lean only, raw 20.95 g
- 264. Fish, trout, rainbow, farmed, raw 20.87 g
- 265. Chicken, broilers or fryers, breast, meat and skin, raw 20.85 g
- 266. Turkey, fryer-roasters, wing, meat and skin, raw 20.85 g
- 267. Fish, halibut, Atlantic and Pacific, raw 20.81 g
- 268. Seeds, sunflower seed kernels, dried 20.78 g
- 269. Fish, trout, mixed species, raw 20.77 g
- 270. Game meat, muskrat, raw 20.76 g
- 271. Cheese, brie 20.75 g
- 272. OSCAR MAYER, Salami (Genoa)20.70 g
- 273. Turkey, fryer-roasters, back, meat only, raw 20.66 g
- 274. Guinea hen, meat only, raw 20.64 g
- 275. Lima beans, thin seeded (baby), mature seeds, raw 20.62 g
- 276. Crustaceans, spiny lobster, mixed species, raw 20.60 g
- 277. Goat, raw 20.60 g
- 278. Chicken, broilers or fryers, drumstick, meat only, raw 20.59 g
- 279. Fish, milkfish, raw 20.53 g
- 280. Fish, halibut, raw, with skin (Alaska Native) 20.53 g
- 281. USDA Commodity, beef, canned 20.52 g
- 282. Fish, snapper, mixed species, raw 20.51 g
- 283. Pork, fresh, leg (ham), whole, separable lean only, raw 20.48 g
- 284. Fish, trout, rainbow, wild, raw 20.48 g
- 285. Turkey, fryer-roasters, dark meat, meat only, raw 20.46 g
- 286. Turkey, young tom, meat and skin, raw 20.45 g
- 287. Turkey, young tom, wing, meat and skin, raw 20.45 g
- 288. Turkey, all classes, meat and skin, raw 20.42 g

- 289. Fish, salmon, Atlantic, farmed, raw 20.42 g
- 290. Game meat, buffalo, water, raw 20.39 g
- 291. Lamb, variety meats and by-products, liver, raw 20.38 g
- 292. Beef, variety meats and by-products, liver, raw 20.36 g
- 293. Turkey, fryer-roasters, leg, meat only, raw 20.35 g
- 294. Fish, anchovy, european, raw 20.35 g
- 295. Chicken, roasting, meat only, raw 20.33 g
- 296. Crustaceans, shrimp, mixed species, raw 20.31 g
- 297. Fish, mackerel, king, raw 20.28 g
- 298. Nuts, pistachio nuts, raw 20.27 g
- 299. Fish, salmon, king (chinook), raw (Alaska Native) 20.25 g
- 300. Bison, ground, grass-fed, raw 20.23 g

Fat:

Below is a list of the top several hundred sources of fat in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the fat content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Fat, beef tallow 100.00 g
- Lard 100.00 g
- 3. Oil, rice bran 100.00 g
- 4. Oil, wheat germ 100.00 g
- 5. Oil, peanut, salad or cooking 100.00 g
- 6. Oil, soybean, salad or cooking 100.00 g
- 7. Oil, coconut 100.00 g
- 8. Oil, olive, salad or cooking 100.00 g
- 9. Oil, palm 100.00 g
- 10. Oil, sesame, salad or cooking 100.00 g
- 11. Oil, cocoa butter 100.00 g
- 12. Oil, cottonseed, salad or cooking 100.00 g
- 13. Oil, sunflower, linoleic, (approx. 65%) 100.00 g
- 14. Vegetable oil, palm kernel 100.00 g
- 15. Oil, poppyseed 100.00 g
- 16. Oil, tomatoseed 100.00 g
- 17. Oil, teaseed 100.00 g
- 18. Oil, grapeseed 100.00 g

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19.
      Fat, mutton tallow 100.00 g
20.
      Oil, walnut
                    100.00 g
21.
      Oil, almond 100.00 g
22.
      Oil, apricot kernel 100.00 g
23.
      Oil, soybean lecithin 100.00 g
24.
      Oil, hazelnut 100.00 g
25.
      Oil, babassu 100.00 q
26.
      Oil, sheanut 100.00 g
27.
      Oil, cupu assu
                           100.00 q
28.
      Oil, nutmeg butter 100.00 g
29.
      Oil, ucuhuba butter 100.00 g
30.
      Oil, avocado 100.00 g
31.
      Oil, canola
                    100.00 g
32.
      Oil, mustard 100.00 g
33.
                    100.00 g
      Oil, oat
34.
      Fish oil, cod liver
                           100.00 g
35.
      Fish oil, herring
                           100.00 q
36.
      Fish oil, menhaden 100.00 g
37.
      Fish oil, salmon
                           100.00 q
38.
      Fish oil, sardine
                           100.00 g
39.
      Shortening, institutional, composite
                                                100.00 g
40.
      Oil, beluga, whale (Alaska Native)
                                                100.00 q
41.
      Oil, walrus (Alaska Native) 100.00 g
42.
      Oil, whale, bowhead (Alaska Native)
                                                100.00 g
43.
      Oil, flaxseed 100.00 g
44.
      Oil, corn and canola 100.00 g
45.
      Oil, corn, peanut, and olive 100.00 g
46.
      Fat, chicken 99.80 g
47.
      Fat, duck
                    99.80 q
48.
      Fat, turkey
                    99.80 q
49.
      Fat, goose
                    99.80 g
50.
      Animal fat, bacon grease 99.50 g
51.
      Pork, bacon, rendered fat, cooked
                                               99.50 g
52.
      Butter oil, anhydrous
                                  99.48 q
53.
      Oil, spotted seal (Alaska Native) 99.32 g
54.
      Beef, variety meats and by-products, suet, raw 94.00 g
55.
      Sea lion, Steller, fat (Alaska Native)
                                               94.00 q
56.
      Pork, fresh, backfat, raw 88.69 g
57.
      Caribou, bone marrow, raw (Alaska Native)
                                                      84.40 g
58.
      Butter, salted 81.11 q
      Butter, whipped, with salt 81.11 g
59.
60.
      Butter, without salt 81.11 g
61.
      Pork, cured, salt pork, raw 80.50 g
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62.

63.

64.

Nuts, pilinuts, dried 79.55 a

Oil, PAM cooking spray, original 78.69 g

77.80 a

Mayonnaise dressing, no cholesterol

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65.
      Nuts, macadamia nuts, raw
                                        75.77 g
66.
      Nuts, pecans 71.97 g
67.
      Pork, fresh, separable fat, raw
                                        70.99 g
68.
      Beef, retail cuts, separable fat, raw
                                               70.89 g
69.
      Salad dressing, french, home recipe
                                               70.20 q
70.
      Pork, fresh, variety meats and by-products, jowl, raw 69.61 g
71.
      Lamb, Australian, imported, fresh, separable fat, raw 68.87 g
72.
      Nuts, pine nuts, dried
                                 68.37 g
73.
      Chicken, broilers or fryers, separable fat, raw 67.95 g
74.
      Nuts, brazilnuts, dried, unblanched
                                              66.43 g
75.
      Nuts, walnuts, english
                                 65.21 g
76.
      Nuts, hickorynuts, dried
                                 64.37 g
77.
      Pork, oriental style, dehydrated 62.40 g
78.
      Willow, leaves in oil (Alaska Native)
                                               61.00 g
79.
                                        60.98 g
      Nuts, pine nuts, pinyon, dried
80.
      Nuts, hazelnuts or filberts 60.75 g
81.
      Nuts, walnuts, black, dried 59.00 g
82.
      Nuts, butternuts, dried
                                 56.98 g
83.
                          55.80 g
      Egg, yolk, dried
84.
      Butter, light, stick, with salt 55.10 q
85.
      Butter, light, stick, without salt
                                        55.10 g
86.
      Peanut spread, reduced sugar
                                        54.89 q
87.
      Peanut butter with omega-3, creamy
                                               54.17 g
88.
      Salad dressing, KRAFT Ranch Dressing 53.70 g
89.
      Veal, breast, separable fat, cooked
                                               53.35 g
90.
      Pork, fresh, belly, raw
                                 53.01 g
91.
      McDONALD'S, Peanuts (for Sundaes) 52.91 g
92.
      Pork, fresh, enhanced, composite of separable fat, raw
                                                                   52.33 g
93.
      Baking chocolate, unsweetened, squares
                                                     52.31 g
94.
      McDONALD'S, Creamy Ranch Sauce
                                               52.03 q
95.
      Seeds, sunflower seed kernels, dried
                                               51.46 g
96.
                                        50.87 g
      Seeds, sesame butter, paste
97.
      Peanut butter, smooth style, with salt
                                               50.39 g
98.
      Nuts, beechnuts, dried
                                 50.00 a
99.
      Peanut butter, chunk style, with salt
                                              49.94 q
100.
      Peanut butter, reduced sodium
101. Seeds, sesame seeds, whole, dried
                                               49.67 g
102. Peanuts, spanish, raw
                                 49.60 a
103.
      Snacks, beef sticks, smoked
                                        49.60 q
104. USDA Commodity, Peanut Butter, smooth
                                                     49.54 q
105. Nuts, almonds
                          49.42 g
106. Peanuts, all types, raw
                                 49.24 q
107. Peanuts, virginia, raw
                                 48.75 g
108. Seeds, sesame meal, partially defatted 48.00 g
109.
      Baking chocolate, unsweetened, liquid
                                              47.70 g
110.
      Peanuts, valencia, raw
                                 47.58 g
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111. Seeds, watermelon seed kernels, dried 47.37 g
112. Nuts, pistachio nuts, raw
                               45.39 g
113. Pork, cured, bacon, raw
                               45.04 g
114. Bacon and beef sticks
                               44.20 q
115. Pepperoni, pork, beef
                               43.98 g
116. Nuts, cashew nuts, raw
                               43.85 g
117. Pate, goose liver, smoked, canned
                                            43.84 g
118. Salad dressing, green goddess, regular 43.33 g
119. Chocolate, dark, 70-85% cacao solids
                                            42.63 g
120. Seeds, flaxseed
                         42.16 g
121. Spices, poppy seed 41.56 g
122. Egg, whole, dried 40.95 g
123. Turkey, young hen, skin only, raw 40.62 g
124. Dessert topping, powdered 39.92 g
125. McDONALD'S, Sausage Patty
                                      39.58 q
126. Duck, domesticated, meat and skin, raw 39.34 g
127. Beef, cured, breakfast strips, raw or unheated 38.80 g
128. Seeds, safflower seed kernels, dried
                                            38.45 g
129. Chocolate, dark, 60-69% cacao solids
                                            38.31 g
130. Chorizo, pork and beef
                               38.27 g
131. Puff pastry, frozen, ready-to-bake 38.10 g
132. Beef sausage, pre-cooked 37.57 g
133. Pork, cured, breakfast strips, raw or unheated 37.16 g
134. Seeds, sesame flour, high-fat
                                      37.10 q
135. Cream, fluid, heavy whipping
                                      37.00 g
136. Salami, Italian, pork 37.00 g
137. Turkey, all classes, skin only, raw 36.91 g
138. Pork, cured, breakfast strips, cooked
                                            36.70 g
139. Snacks, potato chips, plain, salted
                                            36.40 g
140. Sauce, alfredo mix, dry
                               36.35 q
141. Spices, nutmeg, ground
                               36.31 g
142. Pork and beef sausage, fresh, cooked
                                            36.25 q
143. Spices, mustard seed, ground
                                      36.24 g
144. Cheese, goat, hard type
                               35.59 g
145. Cream substitute, powdered
                                      35.48 q
146. Pork, fresh, carcass, separable lean and fat, raw
                                                         35.07 g
147. Pork sausage, pre-cooked 35.04 g
148. Salad dressing, bacon and tomato
                                            35.00 g
149.
      Snacks, potato chips, plain, unsalted
                                            34.60 g
150. Turkey, young tom, skin only, raw 34.56 g
151. Egg Mix, USDA Commodity
                                      34.50 g
152. Blood sausage
                         34.50 q
153. Beef, cured, breakfast strips, cooked
                                            34.40 g
154. Snacks, potato sticks
                               34.40 q
155.
     Cheese, cream
                         34.24 g
156. Pinon Nuts, roasted (Navajo)
                                      34.08 g
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157. Peanut butter, smooth, reduced fat 34.00 g 158. Salami, dry or hard, pork 33.72 g 159. Goose, domesticated, meat and skin, raw 33.62 g 160. Snacks, banana chips 33.60 q 161. Pork, fresh, variety meats and by-products, tail, raw 33.50 q 162. Nuts, coconut meat, raw 33.49 g 163. Salad dressing, coleslaw 33.40 g 164. OSCAR MAYER, Salami (Genoa)33.30 g 165. Snacks, popcorn, cheese-flavor 33.20 g 166. Cheese, cheddar 33.14 g 167. Salad dressing, mayonnaise, light33.09 g 168. Cheese, low-sodium, cheddar or colby 32.62 g 169. Snacks, potato chips, barbecue-flavor 32.40 a 170. Spices, mace, ground 32.38 q 171. Chicken, broilers or fryers, skin only, raw 32.35 g 172. Cheese, gruyere 32.34 g 173. Luncheon meat, pork, beef32.16 g 174. Cheese, colby 32.11 g 175. Snacks, pork skins, barbecue-flavor 31.80 g 176. Mayonnaise, made with tofu 31.79 g 177. Bratwurst, veal, cooked 31.70 g 178. Pie crust, standard-type, dry mix 31.40 g 179. Caribou, eye, raw (Alaska Native) 31.40 g 180. Sausage, Italian, pork, raw 31.33 g 181. Snacks, pork skins, plain 31.30 g 182. Chocolate, dark, 45-59% cacao solids 31.28 g 183. Cheese, pasteurized process, pimento 31.20 g 184. Cheese, fontina 31.14 g 185. Cream, fluid, light whipping 30.91 g 186. Pork, cured, ham, patties, grilled 30.85 g 187. Noodles, chinese, chow mein 30.76 g 188. Seeds, chia seeds, dried 30.75 g 189. Cheese, roquefort 30.64 g 190. Pork and turkey sausage, pre-cooked 30.64 q 191. Bologna, chicken, pork 30.61 q 192. Cheese, cheshire 30.60 g 193. Salami, pork, beef, less sodium 30.50 g 194. Tofu, dried-frozen (koyadofu) 30.34 g 195. Luncheon meat, pork, canned 30.30 g 196. Cheese, monterey 30.28 g 197. OSCAR MAYER, Wieners (beef franks) 30.26 g 198. Nuts, acorn flour, full fat 30.17 q 199. Cheese, muenster 30.04 g 200. Beef, ground, 70% lean meat / 30% fat, raw 30.00 q 201. Cheese, parmesan, low sodium 29.99 g 202. Cheese, mexican, queso anejo 29.98 a

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203. OSCAR MAYER, Wieners (pork, turkey) 29.90 g
204. Cheese, goat, semisoft type
                                     29.84 g
205. Chocolate-flavored hazelnut spread
                                           29.73 g
206. Cheese, brick
                        29.68 q
207. Cheese, mexican, queso chihuahua
                                           29.68 g
208. Snacks, plantain chips, salted
                                     29.59 g
209. Frankfurter, beef
                        29.57 g
210. Bacon, meatless
                        29.52 g
211. Cheese, gjetost
                        29.51 g
212. Snacks, trail mix, regular 29.40 g
213. Cheese, caraway
                        29.20 g
214. Bratwurst, pork, cooked
                               29.18 g
215. OSCAR MAYER, Bologna (beef) 29.10 g
216. Cookies, brownies, prepared from recipe
                                                 29.10 g
217. Cheesefurter, cheese smokie, pork, beef
                                                 29.00 g
218. Cheese, blue 28.74 g
219. Chicken, broilers or fryers, back, meat and skin, raw 28.74 g
220. Polish sausage, pork
                               28.72 g
221. OSCAR MAYER, Salami (hard) 28.70 g
222. Pie crust, refrigerated, regular, baked
                                           28.69 g
223. Cheese, parmesan, grated 28.61 g
224. Cheese spread, cream cheese base
                                           28.60 q
225. Frankfurter, low sodium
                               28.51 g
226. Braunschweiger (a liver sausage), pork 28.50 g
227. Liver sausage, liverwurst, pork
                                     28.50 q
228. Pate, truffle flavor 28.50 g
229. Beef, bologna, reduced sodium 28.40 g
230. Cheese, mexican, queso asadero 28.26 g
231. Smoked link sausage, pork
                                     28.23 g
232. Cheese, port de salut
                               28.20 q
233. Bologna, beef
                        28.19 g
234. Pork, cured, ham, patties, unheated
                                           28.19 q
235. Pate, liver, not specified, canned 28.00 g
236. Pork, ground, 72% lean / 28% fat, raw
                                           28.00 q
237. Beef sausage, fresh, cooked
                                     27.98 g
238. Turkey bacon, cooked
                               27.90 g
239. Cheese, edam
                        27.80 q
240. Cheese, swiss
                        27.80 g
241. Brotwurst, pork, beef, link 27.80 g
242. Nuts, almond paste 27.74 g
243. Knackwurst, knockwurst, pork, beef
                                           27.70 g
244. Cheese, brie 27.68 g
245. Cheese, gouda
                        27.44 g
246. Cheese, parmesan, shredded
                                     27.34 q
247.
      OSCAR MAYER, Smokie Links Sausage
                                                 27.30 g
248. Cheese, limburger 27.25 g
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249. Snacks, potato chips, cheese-flavor 27.20 g 250. OSCAR MAYER, Smokies (cheese) 27.10 g 251. Fast foods, danish pastry, cheese 27.06 g 252. Cheese, romano 26.94 q 253. Beef, cured, sausage, cooked, smoked 26.91 g 254. Milk, dry, whole, with added vitamin D 26.71 g 255. OSCAR MAYER, Smokies (beef) 26.65 g 256. Cheese, provolone 26.62 g 257. McDONALD'S, NEWMAN'S OWN Ranch Dressing 26.57 g 258. Sausage, Polish, pork and beef, smoked 26.56 g 259. Egg, yolk, raw, fresh 26.54 g 260. Pork sausage, fresh, raw 26.53 g 261. Bratwurst, beef and pork, smoked 26.34 g 262. Chicken, broilers or fryers, neck, meat and skin, raw 26.24 g 263. Luncheon meat, beef, loaved 26.20 g 264. Salad dressing, russian dressing 26.18 g 265. Bologna, chicken, turkey, pork 26.18 q 266. Snacks, tortilla chips, nacho cheese 26.07 g Cheese, tilsit 25.98 g 268. Snacks, yucca (cassava) chips, salted 25.91 g 269. Bacon bits, meatless 25.90 g 270. Bockwurst, pork, veal, raw 25.87 g 271. Cheese, parmesan, hard 25.83 g 272. Crackers, standard snack-type, regular 25.83 g 273. Frankfurter, meat 25.76 g 274. HORMEL WRANGLER Beef Franks 25.69 g 275. Egg, yolk, raw, frozen 25.60 q 276. Liver cheese, pork 25.60 g 277. Snacks, beef jerky, chopped and formed 25.60 g 278. Snacks, oriental mix, rice-based 25.58 g 279. Snacks, granola bars, hard, almond 25.50 g 280. Liverwurst spread 25.45 g 281. Sauce, cheese, dry, powder 25.44 g 282. McDONALD'S, Sausage Biscuit 25.40 g 283. Mortadella, beef, pork 25.39 q 284. Dessert topping, semi solid, frozen 25.31 g 285. Crackers, cheese, regular 25.30 g 286. Crackers, cheese, low sodium 25.30 a 287. Spices, celery seed 25.27 g 288. Keikitos (muffins), Latino bakery item 25.24 q 289. Cookies, chocolate chip, dry mix 25.20 g 290. Fish, mackerel, salted 25.10 q 291. Beef, ground, 75% lean meat / 25% fat, raw 25.00 g 292. Snacks, taro chips 24.90 g 293. Snacks, sweet potato chips 24.70 g 294. Snacks, tortilla chips, ranch-flavor24.63 g

- 295. POPEYES, Biscuit 24.53 g
- 296. Cheese food, cold pack, american 24.46 g
- 297. Fast foods, biscuit, with sausage 24.42 g
- 298. BURGER KING, Hash Brown Rounds 24.35 g
- 299. Cheese, camembert 24.26 g
- 300. Snacks, tortilla chips, taco-flavor 24.20 g

Energy:

Below is a list of the top several hundred sources of energy in food based on the USDA (US Department of Agriculture) National Nutrient Database Release 22 (SR22) per 100g. The list is modified to include the aforementioned insects, which are listed in bolded brackets in order to indicate the numerical placing they would have in the list if originally included in it by the US Department of Agriculture. The purpose of the listing is to allow the reader to get a sense of the energy content of the relevant insects relative to foods he or she is more accustomed to consuming, in order to see how readily insect consumption can supplement or even replace their ordinary sources of the nutrient. What is done here is done for the other nutrients as well.

- 1. Fat, beef tallow 902 kcal
- 2. Lard 902 kcal
- 3. Fat. mutton tallow 902 kcal
- 4. Fish oil, cod liver 902 kcal
- 5. Fish oil, herring 902 kcal
- 6. Fish oil, menhaden 902 kcal
- 7. Fish oil, salmon 902 kcal
- 8. Fish oil, sardine 902 kcal
- 9. Fat, chicken 900 kcal
- 10. Fat, turkey 900 kcal
- 11. Fat, goose 900 kcal
- 12. Oil, beluga, whale (Alaska Native) 900 kcal
- 13. Oil, walrus (Alaska Native) 900 kcal

- 14. Oil, whale, bowhead (Alaska Native) 900 kcal
- 15. Pork, bacon, rendered fat, cooked 898 kcal
- 16. Animal fat, bacon grease 897 kcal
- 17. Shortening, institutional, composite 894 kcal
- 18. Oil, spotted seal (Alaska Native) 894 kcal
- 19. Oil, rice bran 884 kcal
- 20. Oil, wheat germ 884 kcal
- 21. Oil, peanut, salad or cooking 884 kcal
- 22. Oil, soybean, salad or cooking 884 kcal
- 23. Oil, olive, salad or cooking 884 kcal
- 24. Oil, palm 884 kcal
- 25. Oil, sesame, salad or cooking 884 kcal
- 26. Oil, cocoa butter 884 kcal
- 27. Oil, cottonseed, salad or cooking 884 kcal
- 28. Oil, sunflower, linoleic, (approx. 65%) 884 kcal
- 29. Oil, poppyseed 884 kcal
- 30. Oil, tomatoseed 884 kcal
- 31. Oil, teaseed 884 kcal
- 32. Oil, grapeseed 884 kcal
- 33. Oil, walnut 884 kcal
- 34. Oil, almond 884 kcal
- 35. Oil, apricot kernel 884 kcal
- 36. Oil, hazelnut 884 kcal

- 37. Oil, babassu 884 kcal
- 38. Oil, sheanut 884 kcal
- 39. Oil, cupu assu 884 kcal
- 40. Oil, nutmeg butter 884 kcal
- 41. Oil, ucuhuba butter 884 kcal
- 42. Oil, avocado 884 kcal
- 43. Oil, canola 884 kcal
- 44. Oil, mustard 884 kcal
- 45. Oil, oat 884 kcal
- 46. Oil, flaxseed 884 kcal
- 47. Oil, corn and canola 884 kcal
- 48. Oil, corn, peanut, and olive 884 kcal
- 49. Fat, duck 882 kcal
- 50. Butter oil, anhydrous 876 kcal
- 51. Oil, coconut 862 kcal
- 52. Vegetable oil, palm kernel 862 kcal
- 53. Beef, variety meats and by-products, suet, raw 854 kcal
- 54. Sea lion, Steller, fat (Alaska Native) 850 kcal
- 55. Pork, fresh, backfat, raw 812 kcal
- 56. Oil, PAM cooking spray, original 792 kcal
- 57. Caribou, bone marrow, raw (Alaska Native) 786 kcal
- 58. Oil, soybean lecithin 763 kcal
- 59. Pork, cured, salt pork, raw 748 kcal

- 60. Nuts, pilinuts, dried 719 kcal
- 61. Nuts, macadamia nuts, raw 718 kcal
- 62. Butter, salted 717 kcal
- 63. Butter, whipped, with salt 717 kcal
- 64. Butter, without salt 717 kcal
- 65. Nuts, pecans 691 kcal
- 66. Mayonnaise dressing, no cholesterol 688 kcal
- 67. Beef, retail cuts, separable fat, raw 674 kcal
- 68. Nuts, pine nuts, dried 673 kcal
- 69. Egg, yolk, dried 666 kcal
- 70. Pork, fresh, separable fat, raw 665 kcal
- 71. Nuts, hickorynuts, dried 657 kcal
- 72. Nuts, brazilnuts, dried, unblanched 656 kcal
- 73. Pork, fresh, variety meats and by-products, jowl, raw 655 kcal
- 74. Nuts, walnuts, english 654 kcal
- 75. Peanut spread, reduced sugar 650 kcal
- 76. Lamb, Australian, imported, fresh, separable fat, raw 648 kcal
- 77. McDONALD'S, Peanuts (for Sundaes) 640 kcal
- 78. Peanut butter, reduced sodium 632 kcal
- 79. Salad dressing, french, home recipe 631 kcal
- 80. Chicken, broilers or fryers, separable fat, raw 629 kcal
- 81. Nuts, pine nuts, pinyon, dried 629 kcal
- 82. Nuts, hazelnuts or filberts 628 kcal

- 83. Nuts, walnuts, black, dried 618 kcal
- 84. Pork, oriental style, dehydrated 615 kcal
- 85. Nuts, butternuts, dried 612 kcal
- 86. Peanut butter with omega-3, creamy 608 kcal
- 87. Chocolate, dark, 70-85% cacao solids 598 kcal
- 88. Egg, whole, dried 594 kcal
- 89. Willow, leaves in oil (Alaska Native) 592 kcal
- 90. Peanut butter, chunk style, with salt 589 kcal
- 91. Peanut butter, smooth style, with salt 588 kcal
- 92. USDA Commodity, Peanut Butter, smooth 588 kcal
- 93. Seeds, sesame butter, paste 586 kcal
- 94. Seeds, sunflower seed kernels, dried 584 kcal
- 95. Chocolate, dark, 60-69% cacao solids 579 kcal
- 96. Dessert topping, powdered 577 kcal
- 97. Nuts, beechnuts, dried 576 kcal
- 98. Nuts, almonds 575 kcal
- 99. Seeds, sesame seeds, whole, dried 573 kcal
- 100. Peanuts, spanish, raw 570 kcal
- 101. Peanuts, valencia, raw 570 kcal
- 102. Seeds, sesame meal, partially defatted 567 kcal
- 103. Peanuts, all types, raw 567 kcal
- 104. Peanuts, virginia, raw 563 kcal
- 105. Nuts, pistachio nuts, raw 562 kcal

- 106. Seeds, watermelon seed kernels, dried 557 kcal
- 107. Nuts, cashew nuts, raw 553 kcal
- 108. Puff pastry, frozen, ready-to-bake 551 kcal
- 109. Snacks, beef sticks, smoked 550 kcal
- 110. Egg Mix, USDA Commodity 549 kcal
- 111. Chocolate, dark, 45-59% cacao solids 546 kcal
- 112. Cream substitute, powdered 545 kcal
- 113. Snacks, pork skins, plain 544 kcal
- 114. Snacks, potato chips, plain, salted 542 kcal
- 115. Chocolate-flavored hazelnut spread 541 kcal
- 116. Pinon Nuts, roasted (Navajo) 541 kcal
- 117. Snacks, pork skins, barbecue-flavor 538 kcal
- 118. Snacks, potato chips, plain, unsalted 536 kcal
- 119. Sauce, alfredo mix, dry 535 kcal
- 120. Seeds, flaxseed 534 kcal
- 121. Snacks, plantain chips, salted 531 kcal
- 122. Noodles, chinese, chow mein 527 kcal
- 123. Seeds, sesame flour, high-fat 526 kcal
- 124. Snacks, popcorn, cheese-flavor 526 kcal
- 125. Spices, nutmeg, ground 525 kcal
- 126. Spices, poppy seed 525 kcal
- 127. Snacks, potato sticks 522 kcal
- 128. Veal, breast, separable fat, cooked 521 kcal

- 129. Peanut butter, smooth, reduced fat 520 kcal
- 130. Snacks, banana chips 519 kcal
- 131. Pork, fresh, belly, raw 518 kcal
- 132. Pie crust, standard-type, dry mix 518 kcal
- 133. Bacon and beef sticks 517 kcal
- 134. Seeds, safflower seed kernels, dried 517 kcal
- 135. Snacks, yucca (cassava) chips, salted 515 kcal
- 136. Snacks, tortilla chips, nacho cheese 514 kcal
- 137. Salad dressing, KRAFT Ranch Dressing 510 kcal
- 138. Butter, light, stick, with salt 509 kcal
- 139. Spices, mustard seed, ground 508 kcal
- 140. Pork, fresh, enhanced, composite of separable fat, raw 508 kcal
- 141. Pie crust, refrigerated, regular, baked 506 kcal
- 142. Snacks, oriental mix, rice-based 506 kcal
- 143. Crackers, standard snack-type, regular 504 kcal
- 144. Crackers, cheese, regular 503 kcal
- 145. Crackers, cheese, low sodium 503 kcal
- 146. Nuts, acorn flour, full fat 501 kcal
- 147. Snacks, tortilla chips, ranch-flavor501 kcal
- 148. Baking chocolate, unsweetened, squares 501 kcal
- 149. Butter, light, stick, without salt 499 kcal
- 150. Cream substitute, flavored, powdered 498 kcal
- 151. Snacks, taro chips 498 kcal

- 152. Cookies, chocolate chip, dry mix 497 kcal
- 153. Milk, dry, whole, with added vitamin D 496 kcal
- 154. Snacks, potato chips, cheese-flavor 496 kcal
- 155. Snacks, sweet potato chips 496 kcal
- 156. Snacks, granola bars, hard, almond 495 kcal
- 157. Pepperoni, pork, beef 494 kcal
- 158. NABISCO, NABISCO RITZ Crackers 492 kcal
- 159. Snacks, potato chips, barbecue-flavor 491 kcal
- 160. Seeds, chia seeds, dried 490 kcal
- 161. Cereals ready-to-eat, granola, homemade 489 kcal
- 162. Potato chips, without salt, reduced fat 487 kcal
- 163. Tofu, dried-frozen (koyadofu) 480 kcal
- 164. Snacks, tortilla chips, taco-flavor 480 kcal
- 165. Snacks, granola bars, hard, peanut 479 kcal
- 166. Bacon bits, meatless 476 kcal
- 167. Spices, mace, ground 475 kcal
- 168. Tostada shells, corn474 kcal
- 169. Cookies, vanilla wafers, higher fat473 kcal
- 170. Crackers, wheat, low salt 473 kcal
- 171. Baking chocolate, unsweetened, liquid 472 kcal
- 172. Snacks, granola bars, hard, plain 471 kcal
- 173. Snacks, potato chips, reduced fat 471 kcal
- 174. McDONALD'S, Creamy Ranch Sauce 468 kcal

- 175. Taco shells, baked 467 kcal
- 176. Keikitos (muffins), Latino bakery item 467 kcal
- 177. Cheese, gjetost 466 kcal
- 178. Cookies, brownies, prepared from recipe 466 kcal
- 179. Croutons, seasoned465 kcal
- 180. Pate, goose liver, smoked, canned 462 kcal
- 181. Cookies, oatmeal, dry mix 462 kcal
- 182. Snacks, trail mix, regular 462 kcal
- 183. Pork, cured, breakfast strips, cooked 459 kcal
- 184. Pork, cured, bacon, raw 458 kcal
- 185. Nuts, almond paste 458 kcal
- 186. Snacks, pita chips, salted 457 kcal
- 187. Crackers, wheat, regular 456 kcal
- 188. Chorizo, pork and beef 455 kcal
- 189. Crackers, milk 455 kcal
- 190. Cheese, goat, hard type 452 kcal
- 191. Snacks, granola bites, mixed flavors 451 kcal
- 192. Snacks, bagel chips 451 kcal
- 193. Cheese, parmesan, low sodium 451 kcal
- 194. Beef, cured, breakfast strips, cooked 449 kcal
- 195. Sauce, cheese, dry, powder 448 kcal
- 196. Toppings, nuts in syrup 448 kcal
- 197. McDONALD'S, McDONALDLAND Cookies 447 kcal

- 198. Soup, cream of vegetable, dry, powder 446 kcal
- 199. Soybeans, mature seeds, raw 446 kcal
- 200. Snacks, KRAFT, CORNNUTS, plain 446 kcal
- 201. Fast foods, cookies, animal crackers 446 kcal
- 202. Egg substitute, powder 444 kcal
- 203. Crackers, wheat, reduced fat 444 kcal
- 204. Cookies, vanilla wafers, lower fat 441 kcal
- 205. Sauce, cheese sauce mix, dry 438 kcal
- 206. Snacks, cornnuts, nacho-flavor 438 kcal
- 207. Soup, ramen noodle, chicken flavor, dry 437 kcal
- 208. Cake, gingerbread, dry mix 437 kcal
- 209. Soup, ramen noodle, any flavor, dry 436 kcal
- 210. Soup, ramen noodle, beef flavor, dry 436 kcal
- 211. Soy flour, full-fat, raw 436 kcal
- 212. Cookies, sugar, refrigerated dough 436 kcal
- 213. Snacks, cornnuts, barbecue-flavor 436 kcal
- 214. Cookies, brownies, dry mix, regular 434 kcal
- 215. Cookies, chocolate wafers 433 kcal
- 216. Frostings, coconut-nut, ready-to-eat 433 kcal
- 217. Cheese, parmesan, grated 431 kcal
- 218. Cereals ready-to-eat, UNCLE SAM CEREAL 431 kcal
- 219. ARCHWAY Home Style Cookies, Dutch Cocoa 431 kcal
- 220. Cookies, molasses 430 kcal

- 221. Popcorn, microwave, low fat and sodium429 kcal
- 222. Malted drink mix, natural, powder 428 kcal
- 223. Peanut flour, low fat 428 kcal
- 224. Biscuits, plain or buttermilk, dry mix 428 kcal
- 225. Cake, chocolate, dry mix, regular 428 kcal
- 226. Crackers, whole-wheat 427 kcal
- 227. Salad dressing, green goddess, regular 427 kcal
- 228. Zwieback 426 kcal
- 229. Cake, white, dry mix, regular 426 kcal
- 230. Baking chocolate, mexican, squares 426 kcal
- 231. Salami, Italian, pork 425 kcal
- 232. Cookies, oatmeal, refrigerated dough 424 kcal
- 233. NABISCO, NABISCO GRAHAMS Crackers 424 kcal
- 234. Snacks, RALSTON PURINA, CHEX MIX 424 kcal
- 235. Snacks, popcorn, microwave, low fat 424 kcal
- 236. Cake, yellow, dry mix, pudding-type 423 kcal
- 237. Fast foods, cookies, chocolate chip 423 kcal
- 238. ARCHWAY Home Style Cookies, Oatmeal 421 kcal
- 239. Turkey, young hen, skin only, raw 417 kcal
- 240. Ice cream cones, cake or wafer-type 417 kcal
- 241. Cake, marble, dry mix, pudding-type 416 kcal
- 242. Cookies, gingersnaps 416 kcal
- 243. Cheese, parmesan, shredded 415 kcal

244. Cake, carrot, dry mix, pudding-type 415 kcal 245. Croissants, cheese 414 kcal 246. Cheese, gruyere 413 kcal 247. Milk and cereal bar 413 kcal 248. Bread sticks, plain 412 kcal 249. Doughnuts, french crullers, glazed 412 kcal 250. Pie, pecan, prepared from recipe 412 kcal 251. Toaster pastries, brown-sugar-cinnamon412 kcal 252. Malted drink mix, chocolate, powder 411 kcal 253. ARCHWAY Home Style Cookies, Sugar 411 kcal 254. Egg custards, dry mix 410 kcal 255. Frostings, vanilla, creamy, dry mix 410 kcal 256. Gravy, instant turkey, dry 409 kcal 257. Rice and Wheat cereal bar 409 kcal 258. 409 kcal Winged beans, mature seeds, raw 259. POPEYES, Biscuit 408 kcal 260. Salami, dry or hard, pork 407 kcal 261. Crackers, rusk toast 407 kcal 262. Croutons, plain 407 kcal 263. Pie, pecan, commercially prepared 407 kcal 264. Artificial Blueberry Muffin Mix,dry 407 kcal

Snacks, beef jerky, chopped and formed 407 kcal

Snacks, trail mix, tropical 407 kcal

265.

266.

- 267. Cereals ready-to-eat, KELLOGG, SMORZ 406 kcal
- 268. Beef, cured, breakfast strips, raw or unheated 406 kcal
- 269. Croissants, butter 406 kcal
- 270. Beef sausage, pre-cooked 405 kcal
- 271. Cereals ready-to-eat, POST, ALPHA-BITS 405 kcal
- 272. Cereals ready-to-eat, WAFFELOS 405 kcal
- 273. Fast foods, brownie 405 kcal
- 274. McDONALD'S, Sausage Patty 405 kcal
- 275. Duck, domesticated, meat and skin, raw 404 kcal
- 276. Cake, yellow, dry mix, light 404 kcal
- 277. Oat flour, partially debranned 404 kcal
- 278. Cheese, cheddar 403 kcal
- 279. Danish pastry, cinnamon, enriched 403 kcal
- 280. Danish pastry, cinnamon, unenriched 403 kcal
- 281. ARCHWAY Home Style Cookies, Molasses 403 kcal
- 282. Fast foods, miniature cinnamon rolls 403 kcal
- 283. Snacks, NUTRI-GRAIN FRUIT AND NUT BAR 403 kcal
- 284. Ice cream cones, sugar, rolled-type 402 kcal
- 285. Cookies, raisin, soft-type 401 kcal
- 286. USDA Commodity, Bakery, Flour Mix 400 kcal
- 287. Sugar, turbinado 399 kcal
- 288. Cheese, low-sodium, cheddar or colby 398 kcal
- 289. Cereals ready-to-eat, Ralston TASTEEOS 398 kcal

- 290. Cocoa mix, powder 398 kcal
- 291. McDONALD'S, Warm Cinnamon Roll 398 kcal
- 292. Cornmeal, blue (Navajo) 398 kcal
- 293. Cornmeal, white (Navajo) 398 kcal
- 294. Fast foods, danish pastry, cinnamon 397 kcal
- 295. Pork and beef sausage, fresh, cooked 396 kcal
- 296. Salami, pork, beef, less sodium 396 kcal
- 297. Cake, chocolate, dry mix, pudding-type 396 kcal
- 298. Muffins, wheat bran, dry mix 396 kcal
- 299. Bread crumbs, dry, grated, plain 395 kcal
- 300. Crackers, matzo, plain 395 kcal

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This bibliography is taken from "Nutritional composition and safety aspects of edible insects" by Birgit A. Rumpold and Oliver K. Schluter

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1) Protein/Fat/Fiber/NFE/Calories Section - 1 [14], 2 [12]; 3 [1]; 4 [11]; 5 [13]; 6 [19]; 7

[17]; 8 [18], 9 [15], 10 [28]; 11 [26]; 12 [29]; 13 [8]; 14 [16]; 15 [47]; 16 [40]; 17

[23]; 18 [53]; 19 [54]; 20 [10]; 21 [22]; 22 [55]; 23 [56], 24 [9]; 25 [30]; 26 [2]; 27

[57]; 28 [58]; 29 [21]; 30 [59]; 31 [60]; 32 [46]; 33 [61]; 34 [62]; 35 [63]; 36 [64]; 37

[65].

- **2) Vitamins section** a) [78], b) [14], c) [12], d) [30], e) [16], f) [40], g) [55], h) [56], i) [57], j) [21], k) [62], l) [65], m) [77], n) [41].
- 3) Minerals section a) [12], b) [18], c) [30], d) [28], e) [16], f) [40], g) [23], h) [54], i) [15], j) [55], k) [56], l) [39], m) [9], n) [57], o) [58], p) [21], q) [60], r) [46], s) [59], t) [62], u) [61], v) [63], w) [14], x) [65], y) [77], z) [41].
- **4) Fatty acids section** a) [70], b) [71], c) [13], d) [72], e) [33], f) [73], g) [17], h) [30], i)

[28], j) [74], k) [23], l) [53], m) [54], n) [56], o) [32], p) [9], q) [17], r) [57], s) [75], t) [67], u) [21], v) [59], w) [62], x) [61], y) [76], z) [65].

- **5) Amino acids section** a) [14], b) [33], c) [19], d) [30], e) [28], f) [47], g) [16], h) [66], i) [23], j) [53], k) [54], l) [10], m) [22], n) [55], o) [9], p) [58], q) [67], r) [68], s) [21], t) [69], u) [62], v) [20], w) [63], x) [25].
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