

PRINTABLE SUGAR GLIDER NUTRIENT LIST FOR 1 TBS AMOUNTS OF FRUITS, VEGETABLES AND OTHER FOODS

CBO updated
8/21/2011

NUTRIENT VALUES FROM <http://www.nutritiondata.com> and other internet sources

Compiled by Candace B Otte updated 8/21/2011

		AMOUNT IN TBS	AMOUNT IN GRAMS	Ca (mg)	P (mg)	Ca :P	Protein (g)	Sugar (g)	Fat (g)	Fiber (g)	Iron (mg)
FRUITS & VEGETABLES											
Alfalfa Sprouts	Raw	1.00	2.06	0.66	1.44	0.46 :1	0.08	0.00	0.01	0.04	0.02
Apple (with Skin)	Raw	1.00	7.81	0.55	0.55	1.00 :1	0.01	0.81	0.01	0.19	0.01
Apple (without Skin)	Raw	1.00	10.69	0.43	0.75	0.57 :1	0.02	1.08	0.01	0.14	0.01
Applesauce - Unsweetened		1.00	15.25	0.61	0.76	0.80 :1	0.03	1.43	0.02	0.17	0.03
Applesauce - Unsweetened with Calcium		1.00	15.25	12.51	0.76	16.40 :1	0.03	1.43	0.02	0.17	0.03
Apricots	Raw	1.00	9.69	1.36	1.84	0.74 :1	0.14	0.90	0.04	0.19	0.04
Artichoke	Raw	1.00	15.25	8.59	17.54	0.49 :1	0.64	0.20	0.03	1.05	0.20
Asparagus (1 med (5..5" to 7")=16g)	Raw	1.00	8.38	2.01	4.36	0.46 :1	0.18	0.16	0.01	0.18	0.18
Avocado (Florida)	Raw	1.00	14.38	1.44	5.75	0.25 :1	0.32	0.35	1.45	0.81	0.03
Avocado (California)	Raw	1.00	14.38	1.87	7.76	0.24 :1	0.29	0.04	2.21	0.98	0.09
Banana	Raw	1.00	9.38	0.56	1.88	0.30 :1	0.09	1.15	0.03	0.24	0.03
Bean Sprouts - Mung Beans	Raw	1.00	6.50	0.85	3.51	0.24 :1	0.20	0.27	0.01	0.12	0.06
Beet Greens	Raw	1.00	2.38	2.78	0.97	2.85 :1	0.05	0.01	0.00	0.09	0.06
Beets	Raw	1.00	8.50	1.36	3.40	0.40 :1	0.14	0.58	0.02	0.24	0.07
Blackberries	Raw	1.00	7.69	2.46	1.61	1.52 :1	0.06	0.62	0.03	0.41	0.05
Blueberries	Raw	1.00	9.06	0.54	1.09	0.50 :1	0.06	1.00	0.03	0.24	0.03
Bok Choi	Raw/chopped	1.00	4.38	4.59	1.62	2.84 :1	0.07	0.05	0.01	0.04	0.04
Broccoli (florets)	Raw	1.00	4.44	2.13	2.93	0.73 :1	0.13	0.00	0.02	0.00	0.04
Broccoli (Spears)	Raw	1.00	5.69	2.67	3.75	0.71 :1	0.16	0.10	0.02	0.15	0.04
Brussels Sprouts	Raw	1.00	5.50	2.31	3.80	0.61 :1	0.19	0.12	0.02	0.21	0.08
Cabbage (Green)	Raw	1.00	5.56	2.23	1.45	1.54 :1	0.07	0.18	0.01	0.14	0.03
Cabbage (Red)	Raw	1.00	5.56	2.50	1.67	1.50 :1	0.08	0.21	0.01	0.12	0.04
Cantaloupe	Raw	1.00	11.06	1.22	1.88	0.65 :1	0.10	0.70	0.03	0.09	0.02
Carambola (Star Fruit)	Raw	1.00	8.56	0.34	1.37	0.25 :1	0.05	0.34	0.03	0.24	0.01
Carrots	Raw/chopped	1.00	8.00	2.64	2.80	0.94 :1	0.07	0.38	0.02	0.22	0.02
Carrots (baby, 1 med=10g)	Raw/chopped	1.00	8.00	2.56	2.24	1.14 :1	0.05	0.38	0.01	0.23	0.07
Casaba Melon	Raw	1.00	10.63	0.53	0.74	0.71 :1	0.10	0.60	0.01	0.10	0.03
Cauliflower	Raw	1.00	6.25	1.38	2.75	0.50 :1	0.13	0.15	0.01	0.16	0.03
Celery	Raw/chopped	1.00	6.31	2.53	1.52	1.67 :1	0.04	0.11	0.01	0.10	0.01
Cherries (Sweet)	Raw	1.00	9.69	1.45	1.84	0.79 :1	0.12	1.26	0.03	0.11	0.04
Chicory Greens	Raw/chopped	1.00	1.81	1.81	0.85	2.13 :1	0.03	0.01	0.01	0.07	0.02
Chinese Cabbage (bok-choi)	Raw/chopped	1.00	4.38	4.59	1.62	2.84 :1	0.07	0.05	0.01	0.04	0.04
Collard Greens	Raw/chopped	1.00	2.25	3.26	0.23	14.50 :1	0.06	0.01	0.01	0.08	0.00
Corn (Yellow or White)	Raw	1.00	9.63	0.19	8.57	0.02 :1	0.31	0.31	0.12	0.26	0.05
Crab Apples	Raw	1.00	6.88	1.24	1.03	1.20 :1	0.03	0.00	0.02	0.00	0.03
Cranberries	Raw/chopped	1.00	6.88	0.55	0.89	0.62 :1	0.03	0.28	0.01	0.32	0.02
Cucumber (with Skin)	Raw/slices	1.00	6.50	1.04	1.56	0.67 :1	0.05	0.11	0.01	0.03	0.02
Cucumber (without Skin)	Raw/chopped	1.00	8.31	1.16	1.75	0.67 :1	0.05	0.12	0.02	0.06	0.02
Currants (European Black)	Raw	1.00	7.00	3.85	4.13	0.93 :1	0.10	0.00	0.03	0.00	0.11
Currants (Red & White)	Raw	1.00	7.00	2.31	3.08	0.75 :1	0.10	0.52	0.01	0.30	0.07
Custard Apple	Raw	1.00	7.81	2.34	1.64	1.43 :1	0.13	0.00	0.05	0.19	0.05
Dandelion Greens	Raw/chopped	1.00	3.44	6.43	2.27	2.83 :1	0.09	0.02	0.02	0.12	0.11
Dates	Raw	1.00	11.13	3.56	4.45	0.80 :1	0.21	7.05	0.04	0.89	0.10
Eggplant	Raw	1.00	5.13	0.46	1.28	0.36 :1	0.05	0.12	0.01	0.17	0.01

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PRINTABLE SUGAR GLIDER NUTRIENT LIST FOR 1 TBS AMOUNTS OF FRUITS, VEGETABLES AND OTHER FOODS

CBO updated
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		AMOUNT IN TBS	AMOUNT IN GRAMS	Ca (mg)	P (mg)	Ca :P	Protein (g)	Sugar (g)	Fat (g)	Fiber (g)	Iron (mg)
Endive	Raw/chopped	1.00	3.13	1.63	0.88	1.86 :1	0.04	0.01	0.01	0.10	0.03
Figs - fresh	Raw	1.00	7.06	2.47	0.99	2.50 :1	0.05	1.15	0.02	0.20	0.03
Figs - dried 1 fig = 8 g	Raw	1.00	9.31	15.09	6.24	2.42 :1	0.31	4.46	0.08	0.91	0.19
French Beans (mature beans)	Raw	1.00	11.50	21.39	34.96	0.61 :1	2.16	0.00	0.23	2.90	0.39
Garlic – TOXIC DO NOT USE		1.00									
Ginger Root (1" diameter)	Raw/slices	1.00	6.00	0.96	2.04	0.47 :1	0.11	0.10	0.04	0.12	0.04
Grapefruit (Pink & Red)	Sections w/ juice	1.00	14.38	3.16	2.59	1.22 :1	0.12	0.99	0.01	0.23	0.01
Grapefruit (white)	Sections w/ juice	1.00	14.38	1.73	1.15	1.50 :1	0.10	1.05	0.01	0.16	0.01
Grapes (European, Red or Green seedless)	10 grapes=49g	1.00	9.44	0.94	1.89	0.50 :1	0.07	1.46	0.02	0.08	0.04
Grapes, American (Slip Skin)	10 grapes=20g	1.00	5.75	0.81	0.58	1.40 :1	0.03	0.93	0.02	0.05	0.02
Green Beans (Snap Beans)	Raw	1.00	6.88	2.54	2.61	0.97 :1	0.12	0.10	0.01	0.23	0.07
Guava	Raw	1.00	10.31	1.86	4.13	0.45 :1	0.26	0.92	0.09	0.56	0.03
Honeydew Melon	Raw	1.00	11.06	0.66	1.11	0.60 :1	0.05	0.90	0.02	0.09	0.02
Java (Jambolian) Plum	Raw	1.00	8.44	1.60	1.43	1.12 :1	0.06	0.00	0.02	0.00	0.02
Kale	Raw/chopped	1.00	4.19	5.65	2.35	2.41 :1	0.14	0.00	0.03	0.08	0.07
Kiwi Fruit (Chinese Gooseberries)	Raw	1.00	11.06	2.88	4.43	0.65 :1	0.11	0.99	0.06	0.33	0.03
Kohlrabi	Raw	1.00	8.44	2.03	3.88	0.52 :1	0.14	0.22	0.01	0.30	0.03
Kumquat (1 Tbs = 1 fruit = 19 g)	Raw/NO SEED	1.00	19.00	11.78	3.61	3.26 :1	0.36	1.79	0.17	1.24	0.17
Leeks – TOXIC DO NOT USE		1.00									
Lemon raw with peel	Raw	1.00	11.25	6.86	1.69	4.07 :1	0.14	0.34	0.03	0.32	0.08
Lemon Peel use Small amounts of zest only	Raw/grated	1.00	6.00	8.04	0.72	11.17 :1	0.09	0.25	0.02	0.64	0.05
Lettuce (Iceberg)	Raw/chopped	1.00	4.50	0.81	0.90	0.90 :1	0.04	0.09	0.00	0.05	0.02
Lettuce (Loose Leaf)	Raw/chopped	1.00	2.25	0.81	0.65	1.24 :1	0.03	0.02	0.00	0.03	0.02
Lettuce (Romaine)	Raw/chopped	1.00	2.94	0.97	0.88	1.10 :1	0.04	0.04	0.01	0.06	0.03
Lettuce(Butter Head, Boston or Bibb)	Raw/chopped	1.00	3.44	1.20	1.13	1.06 :1	0.04	0.03	0.01	0.04	0.04
Baby Lima Beans – Cooked, limited amounts	Cooked	1.00	10.25	3.59	10.66	0.34 :1	0.78	1.96	0.04	0.62	0.23
Lime	Raw	1.00	8.13	2.68	1.46	1.83 :1	0.06	0.14	0.02	0.23	0.05
Longan Fruit 1 fruit with out seed = 3g	seed removed	1.00	14.00	0.14	2.94	0.05 :1	0.18	2.12	0.01	0.15	0.01
Longan Fruit - Dried	dried	1.00	14.00	6.30	27.44	0.23 :1	0.69	10.36	0.06	0.00	0.76
Loquats	Raw	1.00	9.31	1.49	2.51	0.59 :1	0.04	0.97	0.02	0.16	0.03
Mango	Raw	1.00	10.31	1.03	1.13	0.91 :1	0.05	1.55	0.03	0.19	0.01
MIXED VEGETABLES (corn, peas, carrots, green beans)	frozen- raw	1.00	14.00	3.50	8.26	0.42 :1	0.46	1.26	0.07	0.56	0.13
Mulberries	Raw	1.00	8.75	3.41	3.33	1.03 :1	0.12	0.71	0.03	0.15	0.17
Mushrooms (White)	Raw	1.00	4.38	0.13	3.76	0.03 :1	0.14	0.07	0.01	0.04	0.02
Mustard Greens	Raw/chopped	1.00	3.50	3.61	1.51	2.40 :1	0.09	0.06	0.01	0.12	0.05
Mustard Spinach	Raw/chopped	1.00	9.38	19.69	2.63	7.50 :1	0.21	0.00	0.03	0.26	0.14
Nectarine	Raw	1.00	10.63	0.53	1.70	0.31 :1	0.10	0.84	0.03	0.18	0.03
Okra	Raw	1.00	10.00	7.70	3.20	2.41 :1	0.19	0.24	0.02	0.25	0.08
Onions – TOXIC DO NOT USE		1.00									
Orange (Navel)	Raw	1.00	8.13	3.25	1.54	2.11 :1	0.08	0.69	0.00	0.18	0.01
Orange (Valencia)	Raw	1.00	8.13	3.25	1.38	2.35 :1	0.08	0.86	0.02	0.20	0.01
Orange Peel use Small amts of Zest Only	Raw/grated	1.00	6.00	9.66	1.26	7.67 :1	0.09	0.00	0.01	0.64	0.05
Papaya	Raw	1.00	8.75	2.10	0.44	4.80 :1	0.05	0.52	0.01	0.16	0.01
Parsley	Raw/chopped	1.00	3.75	5.18	2.18	2.38 :1	0.11	0.03	0.03	0.12	0.23
Parsley Flakes (dried) 1 TBS = 2 g	dried	1.00	2.00	29.36	7.02	4.18 :1	0.45	0.15	0.09	0.61	1.96
Parsnips	Raw	1.00	8.31	2.99	5.90	0.51 :1	0.10	0.40	0.02	0.41	0.05
Passion Fruit (Purple)	Raw	1.00	14.75	1.77	10.03	0.18 :1	0.32	0.86	0.10	1.53	0.24
Peach	Raw	1.00	10.63	0.53	1.28	0.42 :1	0.07	0.84	0.01	0.21	0.03

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		AMOUNT IN TBS	AMOUNT IN GRAMS	Ca (mg)	P (mg)	Ca :P	Protein (g)	Sugar (g)	Fat (g)	Fiber (g)	Iron (mg)
Pear	Raw	1.00	10.31	1.13	1.13	1.00 :1	0.04	1.19	0.04	0.25	0.02
Peas (Green) - Frozen	frozen- raw	1.00	8.38	1.84	6.87	0.27 :1	0.44	0.42	0.03	0.38	0.13
Peas (Green) - Fresh	Raw	1.00	9.06	2.27	9.79	0.23 :1	0.49	0.52	0.04	0.46	0.14
Peas & Carrots - Frozen	frozen- raw	1.00	8.75	2.36	5.25	0.45 :1	0.30	0.68	0.04	0.30	0.10
Peppers (Sweet Green)	Raw	1.00	9.31	0.93	1.86	0.50 :1	0.08	0.22	0.02	0.16	0.03
Peppers (Sweet Red)	Raw	1.00	9.31	0.65	2.42	0.27 :1	0.09	0.39	0.03	0.20	0.04
Peppers (Sweet Yellow)	Raw	1.00	9.31	1.02	2.24	0.46 :1	0.09	0.50	0.02	0.08	0.05
Pineapple	Raw	1.00	9.69	1.26	0.78	1.63 :1	0.05	0.95	0.01	0.14	0.03
Plantain	Raw	1.00	9.25	0.28	3.15	0.09 :1	0.12	1.39	0.04	0.21	0.06
Plum	Raw	1.00	10.31	0.62	1.65	0.38 :1	0.07	1.02	0.03	0.14	0.02
Pomegranate Seeds & Juice Sacs	Raw	1.00	10.88	1.09	3.91	0.28 :1	0.19	1.49	0.13	0.44	0.04
Potato (White no skin)	Baked	1.00	7.63	0.38	3.81	0.10 :1	0.15	0.13	0.01	0.11	0.03
Prickly Pear	Raw	1.00	9.31	5.22	2.24	2.33 :1	0.07	0.56	0.05	0.34	0.03
Prunes (Dried Plums)	dried	1.00	10.88	4.68	7.50	0.62 :1	0.24	4.14	0.04	0.77	0.10
Pummelo	Raw	1.00	11.88	0.48	2.02	0.24 :1	0.09	1.02	0.00	0.12	0.01
Pumpkin	Raw	1.00	7.25	1.52	3.19	0.48 :1	0.07	0.10	0.01	0.04	0.06
Radish	Raw	1.00	7.25	1.81	1.45	1.25 :1	0.05	0.14	0.01	0.12	0.03
Raspberries	Raw	1.00	7.69	1.69	0.92	1.83 :1	0.07	0.34	0.05	0.50	0.05
Rhubarb – TOXIC DO NOT USE		1.00									
Rutabaga	Raw	1.00	8.75	4.11	5.08	0.81 :1	0.11	0.49	0.02	0.22	0.04
Sapodilla	Raw	1.00	15.06	3.16	1.81	1.75 :1	0.06	2.21	0.17	0.80	0.12
Sapote (Mammy Apple/Mamey)	Raw	1.00	14.00	5.46	3.92	1.39 :1	0.29	4.37	0.08	0.36	0.14
Sesame Seeds 1 TBS = 9 g		1.00	9.00	87.75	56.61	1.6 :1	1.59	0.03	4.47	1.06	1.31
Soursop	Raw	1.00	14.06	1.97	3.80	0.52 :1	0.14	1.90	0.04	0.46	0.08
Soy Bean (Green)	Raw	1.00	16.00	31.52	31.04	1.02 :1	2.08	1.10	1.09	0.67	0.58
Soy Bean (Sprouts)	Raw	1.00	4.38	2.93	7.18	0.41 :1	0.57	0.37	0.29	0.05	0.09
Spinach	Raw	1.00	3.75	3.71	1.84	2.02 :1	0.11	0.02	0.02	0.08	0.10
Spring Mix Salad	Raw	1.00	2.69	1.26	0.54	2.35 :1	0.06	0.09	0.00	0.06	0.01
Squash (Acorn)	Raw	1.00	8.75	2.89	3.15	0.92 :1	0.07	0.19	0.01	0.13	0.06
Squash (Butternut)	Raw	1.00	8.75	4.20	2.89	1.45 :1	0.09	0.19	0.01	0.18	0.06
Squash (Hubbard)	Raw	1.00	7.25	1.02	1.52	0.67 :1	0.15	0.16	0.04	0.11	0.03
Squash (Spaghetti)	Raw	1.00	6.31	1.45	0.76	1.92 :1	0.04	0.14	0.04	0.09	0.02
Squash (Summer, All Variety)	Raw	1.00	7.06	1.06	2.68	0.39 :1	0.08	0.16	0.01	0.08	0.03
Squash (Winter, All Varieties)	Raw	1.00	7.25	2.03	1.67	1.22 :1	0.07	0.16	0.01	0.11	0.04
Squash (Zucchini with skin)	Raw	1.00	7.75	1.16	2.95	0.39 :1	0.09	0.13	0.02	0.09	0.03
Strawberries	Raw/slices	1.00	10.38	1.66	2.49	0.67 :1	0.07	0.51	0.03	0.21	0.04
Sugar Snap / Snow Peas (10 pods=34 g)	Raw/chopped	1.00	6.13	2.63	3.25	0.81 :1	0.17	0.25	0.01	0.16	0.13
Sugar Apple (Sweetsop)	Raw/mashed	1.00	15.63	3.75	5.00	0.75 :1	0.33	3.00	0.05	0.69	0.09
Sweet Potato	Baked	1.00	12.50	4.75	6.75	0.70 :1	0.25	0.81	0.03	0.41	0.09
Swiss Chard	Raw	1.00	2.25	0.41	0.37	1.11 :1	0.01	0.01	0.00	0.01	0.04
Tamarind	Raw	1.00	7.50	5.55	8.48	0.65 :1	0.21	4.31	0.05	0.38	0.21
Tangerine/Mandarin Orange	Raw	1.00	12.19	4.51	2.44	1.85 :1	0.10	1.29	0.04	0.22	0.02
Tomato (Green)	Raw/chopped	1.00	11.25	1.46	3.15	0.46 :1	0.14	0.45	0.02	0.12	0.06
Tomato (Red)	Raw/chopped	1.00	11.25	1.13	2.70	0.42 :1	0.10	0.29	0.02	0.14	0.03
Turnip	Raw	1.00	8.13	2.44	2.19	1.11 :1	0.07	3.09	0.01	0.15	0.02
Turnip Greens	Raw/chopped	1.00	3.44	6.53	1.44	4.52 :1	0.05	0.03	0.01	0.11	0.04
Watercress	Raw/chopped	1.00	2.13	2.55	1.28	2.00 :1	0.05	0.00	0.00	0.01	0.00
Watermelon	Raw/diced	1.00	9.50	0.67	1.05	0.64 :1	0.06	0.59	0.02	0.04	0.02
Yams	raw/cubed	1.00	9.38	1.59	5.16	0.31 :1	0.14	0.05	0.02	0.38	0.05

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Yellow Snap Beans	Raw	1.00	6.88	2.54	2.61	0.97 :1	0.12		0.01	0.23	0.07

OTHER FOODS

Honey		1.00	21.19	1.27	0.85	1.5 :1	0.06	17.39	0.00	0.04	0.08
Maple Syrup		1.00	20.13	13.48	0.40	33.5 :1	0.00	11.97	0.04	0.00	0.24
Yogurt - Low Fat Plain		1.00	15.31	28.02	22.05	1.3 :1	0.80	1.07	0.23	0.00	0.02
Yogurt - Low Fat with Fruit		1.00	15.31	25.88	20.37	1.3 :1	0.75	0.00	0.21	0.00	0.02
Yogurt - Low Fat Vanilla		1.00	15.31	26.18	20.67	1.3 :1	0.75	2.11	0.20	0.00	0.02
Apple Juice (gerber)	4 oz bottle=125g	1.00	15.63	0.63	0.78	0.8 :1	0.00	1.67	0.02	0.02	0.09
Apple Juice (baby) with Calcium	4 oz bottle = 112g	1.00	14.00	17.78	1.12	15.9 :1	0.01	1.26	0.01	0.06	0.03
Mixed Fruit Juice (Gerber)	4 oz bottle = 125g	1.00	15.63	1.25	0.78	1.6 :1	0.02	1.33	0.02	0.02	0.05
Mixed Fruit Juice w/Yogurt (Gerber)	4 oz bottle=126g	1.00	15.75	12.76	9.45	1.4 :1	0.38	1.70	0.13	0.06	0.03
Banana Juice w/Yogurt (Gerber)	4 oz bottle=126g	1.00	16.00	12.64	10.40	1.2 :1	0.40	2.13	0.13	0.06	0.03
Calcium Fortified OJ Frozen Concentrate	concentrate	1.00	15.50	87.58	73.32	1.2 :1	1.05	5.80	0.03	0.12	0.03
Calcium Fortified OJ - Chilled (from Concentrate)		1.00	15.56	31.28	1.71	18.3 :1	0.12	1.54	0.00	0.03	0.03
Orange Juice - Chilled (from Concentrate)		1.00	15.56	1.56	1.71	0.9 :1	0.12	1.59	0.02	0.03	0.03
Apple Juice (unsweetened with Ascorbic Acid)		1.00	15.50	1.24	1.09	1.1 :1	0.02	1.49	0.02	0.03	0.02
White Grape 100% Juice		1.00	15.81	1.74	2.21	0.8 :1	0.06	2.25	0.02	0.03	0.05
Cranberry 100% Juice unsweetened		1.00	15.81	1.27	2.06	0.6 :1	0.06	1.91	0.02	0.02	0.05
Cranapple Juice		1.00	15.31	0.46	0.31	1.5 :1	0.00	2.22	0.02	0.00	0.02
Pomegranate Juice		1.00	15.56	1.71	1.71	1.0 :1	0.03	1.98	0.05	0.02	0.02
Papaya Nectar	canned	1.00	15.63	1.56	0.16	10.0 :1	0.03	2.17	0.03	0.09	0.05
Mango Nectar	canned	1.00	15.69	2.67	0.31	8.5 :1	0.02	1.95	0.02	0.05	0.06
Bolthouse Farms Green Goodness Juice	Phos. Unknown	1.00	15.00	1.20	0.00		0.12	1.62	0.00	0.06	0.16
Lakewood Organic Lean Green Juice Blend		1.00	15.00	2.50	1.67	1.5 :1	0.08	2.00	0.00	0.13	0.10
Naked Juice Green Machine	Phos. unknown	1.00	15.00	1.25	0.00		0.12	1.68	0.00	0.00	0.04
Odwalla Green Machine Superfood	Phos. Unknown	1.00	15.00	1.25	0.00		0.00	1.75	0.00	0.00	0.04