

07/04/03

NUTRITIONAL VALUE AND COMPOSITION COMPARED TO RECOMMENDED ENERGY ALLOWANCE

All values are for 100 grams of uncooked product

	REA* for Infants 0- 1 yrs.	REA* for Children 1- 10 yrs.	REA* for Females 11- 18 yrs.	REA* for Males 11- 18 yrs.	REA* for Females 19-51+ yrs.	REA* for Males 51+ yrs.	REA* Range for persons 1-51+ yrs.	Small Red Beans	Pinto Beans	Navy Beans	Black Beans	All Kidney Beans, including Dark and Light Red Kidney Beans	Great Northern Beans	Pink Beans	Blackeye Beans
<i>Total Dietary Fiber (g)</i>								9,000	24,400	24,400	15,200	24,900	20,200	12,700	10,600
<i>Fat</i>															
<i>Saturated (g)</i>															
<i>Monounsaturated (g)</i>															
<i>Polyunsaturated (g)</i>															
<i>Cholesterol (mg)</i>															
Energy (kcal)	650-850	1300-2000	2200	2500-3000	2200	2300-2900	1,300-2,500	350,000	340,000	335,000	341,000	333,000	339,000	343,000	336,000
Protein (g)	13-14	16-28	44-46	45-59	46-50	58-63	16-63	22,000	20,900	22,300	21,600	23,600	21,900	21,000	23,500
Vitamin A (IU)	1249	1332-2331	2664	3330	2664	3330	1,332-3,330	0,000	5,000	4,000	17,000	8,000	3,000	0,000	50,000
Vitamin C (mg)	30-35	40-45	50-60	50-60	60	60	40-60	0,000	7,300	3,000	0,000	4,500	5,300	0,000	1,500
Thiamin (mg)	.3-.4	.7-1.0	1,1	1.3-1.5	1.0-1.1	1.2-1.5	0.7-1.5	0,700	0,600	0,645	0,800	0,500	0,700	0,800	0,900
Riboflavin (mg)	.4-.5	.8-1.2	1,3	1.5-1.8	1.2-1.3	1.4-1.7	0.8-1.8	0,200	0,200	0,232	0,193	0,200	0,200	0,200	0,200
Niacin (mg)		9-13	15	17-20	13-15	15-19	9-20	2,200	1,400	2,063	1,955	2,100	2,000	1,900	2,100
Vitamin B6 (mg)		1.0-1.4	1.4-1.5	1.7-2	1,6	2	1.0-2.0	0,300	0,400	0,437	0,286	0,400	0,400	0,500	0,400
Folate (mcg)		50-100	150-180	150-200	180	200	50-200	0,300	506,300	369,700	444,300	394,100	482,000	463,200	632,600
Iron (mg)			10 15	12	36814	10	10-15	7,000	5,900	6,440	5,020	8,200	5,500	6,800	8,300
Zinc (mg)			12	15	12	15	12-15	3,000	2,560	2,540	3,600	2,800	2,300	2,600	3,400
Selenium (mcg)			45-50	40-50	55	70	45-70	0,000	18,500	11,000	3,200	3,200	12,900	13,000	9,000
Calcium (mg)		800 1300	1300	1000-1200	1000-1200	800-1,300	150,000	121,000	155,000	123,000	143,000	175,000	130,000	110,000	
Phosphorus (mg)		800 1250	1250	700	700	700-1,250	450,000	418,000	443,000	352,000	407,000	447,000	415,000	424,000	
Magnesium (mg)		80-170	240-360	240-410	310-320	420	80-420	200,000	159,000	173,000	171,000	140,000	189,000	182,000	184,000
Total Lipid (g)								1.0	1.1	1.28	1.42	.8	1.1	1.1	1.3
Carbohydrate (g)								62,000	63,400	60,650	62,370	60	62,400	64,200	60,000
Ash (g)								0,000	3,600	3,370	3,600	3,8	3,900	3,700	3,200
Potassium (mg)								1,450,000	1,328,000	1,140,000	1,483,000	1406	1,387,000	1,464,000	1,112,000
Sodium (mg)								18,000	10,000	14,000	5,000	24	14,000	8,000	16,000
Copper (mg)								7,000	0,800	0,879	0,841	0,8	0,800	0,800	0,800
Manganese (mg)								0,800	1,100	1,309	1,060	1	1,400	1,400	1,500
Pantothenic acid (mg)								0,800	0,800	0,680	0,899	0,8	1,100	1,000	1,500
Vitamin E (mg-ATE)								0,000	0,200	0,000	0,000	0	0,000	0,100	0,000
Vitamin D (IU)								0,000	0,000	0,000	0,000	0	0,000	0,000	0,000
Iodine (mcg)								0,000	0,000	0,000	0,000	0	0,000	0,000	0,000

* Recommended Energy Allowance (REA) expressed in kcal/day

Source: USAID Commodity Reference Guide, Annex III www.usaid.gov/hum_response/crg/annex-3.htm

07/04/03

NUTRITIONAL VALUE AND COMPOSITION COMPARED TO RECOMMENDED ENERGY ALLOWANCE

All values are for 100 grams of uncooked product

Average for 8 Major Classes
of Dry Beans

<i>Total Dietary Fiber (g)</i>	17,675
<i>Fat</i>	
<i>Saturated (g)</i>	0,000
<i>Monounsaturated (g)</i>	0,000
<i>Polyunsaturated (g)</i>	0,000
<i>Cholesterol (mg)</i>	0,000
Energy (kcal)	339,625
Protein (g)	22,100
Vitamin A (IU)	10,875
Vitamin C (mg)	2,700
Thiamin (mg)	0,706
Riboflavin (mg)	0,203
Niacin (mg)	1,965
Vitamin B6 (mg)	0,390
Folate (mcg)	411,563
Iron (mg)	6,645
Zinc (mg)	2,850
Selenium (mcg)	8,850
Calcium (mg)	138,375
Phosphorus (mg)	419,500
Magnesium (mg)	174,750
Total Lipid (g)	1,138
Carbohydrate (g)	61,878
Ash (g)	3,146
Potassium (mg)	1.346,250
Sodium (mg)	13,625
Copper (mg)	1,590
Manganese (mg)	1,196
Pantothenic acid (mg)	0,947
Vitamin E (mg-ATE)	0,038
Vitamin D (IU)	0,000
Iodine (mcg)	0,000

* Recommended Energy Allowance (REA) expressed in kcal/day

Source: USAID Commodity Reference Guide, Annex III www.usaid.gov/hum_response/crg/annex-3.htm