

## Elaine's Food List

Veggitables / Fruits	Potassium	calories	carbs	Ratio	Protein	Potassium	Vit D	calories	carbs	Starch	Potassium	calories	carbs
Cumcumber (2 cups)	295	32	4	8	Kefir					<b>Chickpeas</b>			
					Cheese: very good			80	0	Pinto Beans	672mg	167	30
					egg (1)		y	78	2	Kiney beans	good		
<b>Cooked Spinach (1 cup)</b>	839mg	41	6.8	6	<b>Wild salmon</b>	good	y			Porrige (1 cup)		145	80
Bok choy (1 cup)		20	3	7	Halibut	449				Corn ear		77	14
<b>Zucchini (1)</b>	573	33	5.8	6	<b>Avocado</b>	690		234	13	Sweet potato medium	good	115	27
四季豆		28	5	6	Yogurt (Green Mountain)	good	y	120	7	<b>Pumpkin 1 cup</b>		49	12
韭菜:		26	4.7	6						Quinoa			
Cauliflower (head)		132	24	6						beans black	good		
<b>Kale</b>	good	36	7	5	Lamb 3 oz			250	0	lentils	731mg		40
<b>Mushroom</b>	400				Beef 3 oz			247	0	<b>lima beans</b>	995	216	39
<b>Broccoli</b>	432	55	11	5	bone broth			39	3	<b>Oats</b>			
<b>Celery 1 stalk</b>		6.8	1.5	5	Sardines					wild rice			
Bitter melon 1 cup	good	24	5.4	4	Tofu					flaxseeds			
Tomato (2-3")		22	5	4	Edamame (1 cup shelled)			94	7	Chia seeds			
白萝卜: 100克		18	4.1	4						<b>芋头</b>		79	18
Baby Carrots (10)		35	8.2	4						<b>山药: 100克</b>	good	118	28
Bell peppers 1		32	7.6	4						藕:		74	17
<b>Kale+beet top+parsley drink</b>					Raspberry, black berries, strawberries			1	0.2				
					Lemon	good							
Asparagus (10 spikes)		40	10	4	<b>Blueberries (1/2 cup)</b>			40	10	Peanut butter			
<b>黑木耳</b>		25	7	4	Grapefruit	good				Olive			
<b>秋葵</b>					Dark chocolates	good				<b>Probiotics</b>			
<b>海带</b>					Pecans					Drinks			
					Macadamia								
Garlic 1		5	1		Raw almonds 10	good		69	3	Tea			
Red onions medium		41	10		Walnuts (1/4 cup)	good		200	3	Coffee		2	0
					Hemp, chia, flax seeds								
Musturd (1 tsp)		3	0.3		Sunflower Seeds					<b>Cinnemon 1 tsp</b>		6	2
<b>Olive oil</b>					Pumpkin seeds	good				apple cide vinegar			