

FRUITS.

	Protein per cent.	Fat per cent.	Carboby- drate per cent.	Ash per cent.	Water per cent.	Heat value per lb.
Apple	0.4	0.5	14.2	0.3	84.6	290
Fig (dried).....	4.3	0.3	74.2	2.4	18.8	1475
Strawberry	1.0	0.6	7.4	0.6	90.4	180
Banana	1.3	0.6	22.0	0.8	75.3	460
Canned fruit	1.1	0.1	21.1	0.5	77.2	415
Fruit jelly	0.0	0.0	78.3	0.7	21.0	1455
Grapes	1.3	1.6	19.2	0.5	77.4	450
Raisins	2.6	3.3	76.1	3.4	14.6	1608
Grape juice	0.2	0.0	7.4	0.2	92.2	150

NUTS.

Walnut	16.6	63.4	16.1	1.4	2.5	2985
Chestnut	10.7	7.0	74.2	2.2	8.9	1875
Peanut	25.8	38.6	22.4	2.0	9.2	2500
Peanut butter	29.3	46.5	17.1	5.0	2.1	2925
Cocoonut desiccated..	6.3	57.4	31.5	1.3	3.5	3125