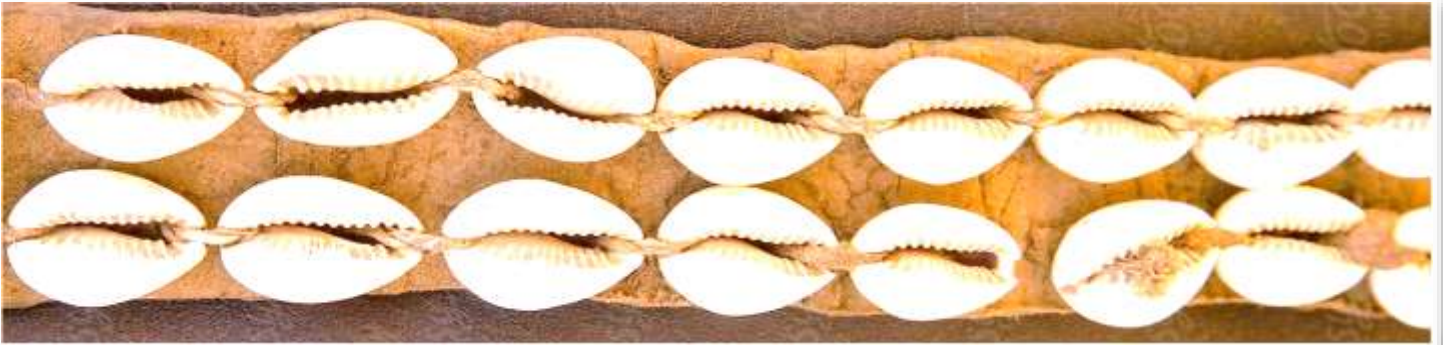




Habesha

Nutrition Food Menu



NUTRITION INFORMATION

Fruits Vitamins							
Type	Carbonhydrate	Vitamin A	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Folate
Apples	50.6 g	41.8	4.4 mg		0.1 mg	0.7 mcg	3.8 mcg
Burro/Baby Bananas	51.4 g	144 IU	19.6 mg		0.2 mg	1.1 mg	20.0 mcg
Berries (except Cranberry)							
Cantaloupe							
Cherries							
currants							
Dates	75.0 g	149 IU				2.7 mcg	15.0 mcg
Figs	19.2 g	142 IU	2.0 mg		0.1 mg	4.7 mcg	6.0 mcg
Grapes (seeded)	18.1 g	66.0 IU	10.8 mg		0.2 mg	14.6 mcg	2.0 mcg
Limes (key Limes or Kaffir)	7.1 g	33.5 IU	19.5 mg				5.4 mcg
Mango							
Melons							
Orange (sour or seville)							
papayas (non GMO)							
Peaches							
Pears							
Plums							
Prickly Pears							

Alkaline Vegetables vitamins							
Type	Carbonhydrate	Vitamin A	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Folate
Ethiopian Amaranth	4.02 g	2917 IU	43.3 mg			1140 mcg	85 mcg
Avocado	8.5 g	146 IU	10.0 mg		2.1 mg	21.0 mcg	81.0 mcg
Maitake Mushroom	6.97 g			1123.00 IU			29.0 mcg
Kale	10.0 g	15376 IU	120 mg			817 mcg	29.0 mcg

Alkaline Vegetables Minerals								
Type	protein	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
Ethiopian Amaranth	2.5 g	215 mg	2.3 mg	55 mg	50 mg	611 mg	20 mg	0.90 mg
Avocado								
Bell Peppers								
Chayote								
Cucumbers								
Dandelion greens								
Garbanzo beans								
Green banana								
Kale	3.3 g	135 mg	1.7 mg	34.0 mg	56.0 mg	447 mg	43.0 mg	0.4 mg
Lettuce								
Mushroom								
Nopales								
Okra								
Olives								
Red Onions								
Sea Vegetables								
String Beans								
Squash	1.2 g	15.0 mg	0.4 mg	17.0 mg	38.0 mg	262 mg	10.0 mg	0.3 mg
Pokeweed salad								
Hijiki/nori								
Tomato								
Turnip Greens								
Zucchini	1.2 g	15.0 mg	0.4 mg	17.0 mg	38.0 mg	262 mg	10.0 mg	0.3 mg
Watercress								
Gardenpress								
Taro Greens	5.0 g	107 mg	2.3 mg	45.0 mg	60.0 mg	648 mg	3.0 mg	0.4 mg

Alkaline meat replacement Minerals								
Type	protein	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
Lentil	9.0 g	19.0 mg	3.3 mg	36.0 mg	180 mg	369 mg	2.0 mg	1.3 mg
Maitake Mushroom	1.94 g	1.00 mg	0.30 mg	10.00 mg	74.00 mg	204.00 mg	1.00 mg	0.75 mg
Oyster Mushroom	7.0 g	45.0 mg	6.7 mg	47.0 mg	135 mg	156 mg	211 mg	90.8 mg
Quinoa Patty	4.4 g	17.0 mg	1.5 mg	64.0 mg	152 mg	172 mg	7.0 mg	1.1 mg
Walnut patty	15.2 g	98.0 mg	2.9 mg	158 mg	346 mg	441 mg	2.0 mg	3.1 mg
Seaweed tuna	3.0 g	150 mg	2.2 mg	107 mg	80.0 mg	50.0 mg	872 mg	0.4 mg
Kelp tuna	1.7 g	168 mg	2.8 mg	121 mg	42.0 mg	89.0 mg	233 mg	1.2 mg
Wakame patty	3.0 g	150 mg	2.2 mg	107 mg	80.0 mg	50.0 mg	872 mg	0.4 mg
Sea Moss	1.51 g	72 mg	8.9 mg	144 mg	157 mg	63.0 mg	61 mg	1.95 mg
Arame patty	12.4 g	221 mg	3.49 mg	91.8 mg	381 mg	833 mg	1000 mg	3 mg

Nuts & Seeds								
Type	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	
Brazil Nuts								
Hemp Seed								
Hazelnuts								
Pine Nuts								
Raw Almonds								
Almond Butter								
Raw Sesame seeds								
Raw sesame Tahini butter								
Walnuts								
Chia seeds								

Oils							
Type	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
Olive Oil (Do not cook)							
Grapeseed oil							
Sesame oil							
Hempseed oil							
Avocado							
Sunflower oil							

Spice - Seasonings							
Type	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
Berbere							
Mitmita							
Tikur Azmud							
Kundo							
Ird							
Tossegen							
Bessobela							
Bay Leaf							
Cayenne/African Bird Pepper							
Cilantro							
Cloves							
Culantro							
Coriander							
Cumin							
Dill							
Habanero							
Marjoram							
Onion Powder							
Oregano							
Parsley							
Powdered Granulated seaweed							
Pure Sea Salt							
Sage							
Sweet Basil							
Tarragon							
Ginger							

Alkaline Grains									
Type	Protein	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc	Carbonhydrates
Teff	13.3 g	180 mg	7.6 mg	184 mg	429 mg	427 mg	12.0 mg	3.6 mg	73.1 g
Amaranth	13.6 g	159 mg	7.6 mg	248 mg	557 mg	508 mg	4.0 mg	2.9 mg	65.7g
Black Rice	7.50 g	33 mg	1.80 mg	143 mg	264 mg	268 mg	4 mg	2.02 mg	34 g
Fonio	8.05 g	180 mg	8.48 mg	460 mg	170 mg	140 mg	17 mg	3.6 mg	79 g
Kamut	14.7 g	24.0 mg	4.4 mg	134 mg	386 mg	446 mg	6.0 mg	3.7 mg	70.4 g
Spelt	14.6 g	27.0 mg	4.4 mg	136 mg	401 mg	388 mg	8.0 mg	3.3 mg	71.4 g
Quinoa	14.1 g	47.0 mg	4.6 mg	197 mg	457 mg	563 mg	5.0 mg	3.1 mg	64.2 g
Wild Rice	14.7 g	21.0 mg	2.0 mg	177 mg	433 mg	427 mg	7.0 mg	6.0 mg	74.9 g
Barley	9.9 g	29.0 mg	2.5mg	79.0 mg	221 mg	280 mg	9.0 mg	2.1 mg	77.7 g
Sorghum	11.3 g	28.0 mg	4.4 mg	165.0 mg	287 mg	350 mg	6.0 mg	1.67 mg	74.6 g

All Natural Herbal Teas							
Type	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
Moringa							
Kimen							
Kuti							
Anis							
Chamomile							
Elderberry							
Fennel							
Ginger							
Lemongrass							
Red Raspberry							
Sorghum							
Cloves							
Hibiscus (Sorrel)							

Sweeteners							
Type	Calcium	Iron	Magnesium	Phosphorus	Potassium	Sodium	Zinc
100% Pure Agave Syrup							
100% Pure Maple Syrup							
Date sugar							
Coconut sugar							

AVOID

GMO/SEEDLESS FRUITS

UN-NATURAL ACID FOODS

ALWAYS

Read Ingredients before Purchasing

Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 600mg	6%
INGREDIENTS: Benzene, n-Butane, ethanedi, ethyl benzene, n-hexane, methyl-tertiary butyl ether, tertiary-amyl methyl ether, toluene, 1,2,4-trimethylbenzene	

INGREDIENTS: Pea Protein Isolate, Expeller Pressed Canola Oil, Refined Coconut Oil, Water, Yeast Extract, Maltodextrin, Natural Flavors, Gum Arabic, Sunflower Oil, Gum, Succinic Acid, Acetic Acid, Non-GMO Modified Food Starch, Cellulose From ~~Maize~~, Inulin, Potassium Citrate, Potato Starch, Beet Juice Extract (for color), Ascorbic Acid (to maintain color), Annatto Extract (for color), Citrus fruit Extract (to maintain quality), Vegetable Glycerin.
Contains: Coconut Oil.

WHAT NOT TO EAT...

Yeast

Carrots & Cauliflower

No celery

Pineapple

White Rice

Butter

White Sugar or Brown Sugar

Table Salt

No garlic

Oatmeal or Rice

Soda, Hot Chocolate, Coffee

White bread

Red 40

High fructose corn syrup

Absolutely No Milk, No Cheese, No Eggs, or Meats!!!

No Tofu or Soy

Herban Pleasure Vegan Foods

908-884-6528