

Table S1: Nutritional Information of Foods

Food	Serving Size	Calories	Calories From Fat	Total Fat		Sodium		Potassium	
				g	dv	mg	dv	mg	dv
Apricots	100g	48		0.39		1		259	
Apples	(242 g/8 oz)	130	0	0	0	0	0	260	7
Asparagus	(93 g/3.3 oz)	20	0	0	0	0	0	230	7
Bananas	(126 g/4.5 oz)	110	0	0	0	0	0	450	13
Beets	100g	43		0.17		78		325	
Broccoli	(148 g/5.3 oz)	45	0	0.5	1	80	3	460	13
Brussel Sprouts	100g	43		0.3		25		389	
Cantaloupe	(134 g/4.8 oz)	50	0	0	0	20	1	240	7
Carrots	(78 g/2.8 oz)	30	0	0	0	60	3	250	7
Cauliflower	(99 g/3.5 oz)	25	0	0	0	30	1	270	8
Celery	(110 g/3.9 oz)	15	0	0	0	115	5	260	7
Cucumbers	(99 g/3.5 oz)	10	0	0	0	0	0	140	4
Tomatoes	(148 g/5.3 oz)	25	0	0	0	20	1	340	10
Eggplant	100g	25		0.18		2		229	
Green Onions	(25 g/0.9 oz)	10	0	0	0	10	0	70	2
Grapefruit	(154 g/5.5 oz)	60	0	0	0	0	0	160	5
Honeydew Melon	(134 g/4.8 oz)	50	0	0	0	30	1	210	6
Green Beans	(83 g/3.0 oz)	20	0	0	0	0	0	200	6
Kiwi	(148 g/5.3 oz)	90	10	1	2	0	0	450	13
Mango	100g	60		0.38		1		168	
Orange	(154 g/5.5 oz)	80	0	0	0	0	0	250	7
Papaya	100g	43		0.26		8		182	
Parsnips	100g	75		0.3		10		375	
Peach	(147 g/5.3 oz)	60	0	0.5	1	0	0	230	7
Pear	(166 g/5.9 oz)	100	0	0	0	0	0	190	5
Pineapple	(112 g/4 oz)	50	0	0	0	10	0	120	3
Plum	(151 g/5.4 oz)	70	0	0	0	0	0	230	7
Potato	(148 g/5.3 oz)	110	0	0	0	0	0	620	18
Radish	(85 g/3.0 oz)	10	0	0	0	55	2	190	5
Red Onions	(148 g/5.3 oz)	45	0	0	0	5	0	190	5
Romaine Lettuce	(85 g/3.0 oz)	15	0	0	0	35	1	170	5

Rutabaga	100g	37		0.16		12		305	
Strawberries	(147 g/5.3 oz)	50	0	0	0	0	0	170	5
Sweet Peppers	(148 g/5.3 oz)	25	0	0	0	40	2	220	6
Turnips	100g	28		0.1		67		191	
Watermelon	(280 g/10.0 oz)	80	0	0	0	0	0	270	8
Grapes	(126 g/4.5 oz)	90	0	0	0	15	1	240	7
Yam	(130 g/4.6 oz)	100	0	0	0	70	3	440	13

Information gathered from fda.gov and <https://fdc.nal.usda.gov/fdc-app.html#/food-search> (shaded)

Total Carbs g	dv	Dietary Fiber g	dv	Sugars g	Protein g	Vit A dv	Vit C dv	Calcium dv	Iron dv
11.1		2		9.24	1.4				
34	11	5		20	25	1	2	8	2
4	1	2		8	2	2	10	15	2
30	10	3		12	19	1	2	15	0
9.56		2.8		6.76	1.61				
8	3	3		12	2	4	6	220	6
8.95		3.8		2.2	3.38				
12	4	1		4	11	1	120	80	2
7	2	2		8	5	1	110	10	2
5	2	2		8	2	2	0	100	2
4	1	2		8	2	0	10	15	4
2	1	1		4	1	1	4	10	2
5	2	1		4	3	1	20	40	2
5.88		3		3.53	0.98				
2	1	1		4	1	0	2	8	2
15	5	2		8	11	1	35	100	4
12	4	1		4	11	1	2	45	2
5	2	3		12	2	1	4	10	4
20	7	4		16	13	1	2	240	4
15		1.6		13.7	0.82				
19	6	3		12	14	1	2	130	6
10.8		1.7		7.82	0.47				
18		4.9		4.8	1.2				
15	5	2		8	13	1	6	15	0
26	9	6		24	16	1	0	10	2
13	4	1		4	10	1	2	50	2
19	6	2		8	16	1	8	10	0
26	9	2		8	1	3	0	45	2
3	1	1		4	2	0	0	30	2
11	4	3		12	9	1	0	20	4
2	1	1		4	1	1	130	6	2

8.62		2.3		4.46	1.08				
11	4	2	8	8	1	0	160	2	2
6	2	2	8	4	1	4	190	2	4
6.43		1.8		3.8	0.9				
21	7	1	4	20	1	30	25	2	4
23	8	1	4	20	0	0	2	2	0
23	8	4	16	7	2	120	30	4	4