Nutritional Content of Insects and Other High Protein Foods
(per 100 gram serving)

**Whole Cricket Powder**
*House Cricket (raw wet)*  
*Acheta domesticus*
- 63 g Protein
- 19 g Fat
- 447 kcal per 100 gram serving
- 0.25 g Omega 3 fatty acids
- 5.9 mg Iron

**Differential Grasshopper**
*(raw wet)*  
*Melanoplus differentialis*
- 26 g Protein
- 2.3 g Fat
- 140 kcal per 100 gram serving
- 0.25 g Omega 3 fatty acids
- 5.9 mg Iron

**Banded Cricket**
*(raw wet)*  
*Gryllodes sigillatus*
- 19 g Protein
- 8.6 g Fat
- 171 kcal per 100 gram serving
- 0.122 g Omega 3 fatty acids
- 2.1 mg Iron

**Caribbean Fruit Fly pupae**
*(raw wet)*  
*Anastrepha suspensa*
- 16 g Protein
- 7.6 g Fat
- 152 kcal per 100 gram serving
- 0.154 g Omega 3 fatty acids
- 47.4 mg Iron

*All Insect data from All Things Bugs LLC.*  
a-c Current USDA National Nutrient Database for Standard Reference (Beef a = ground, 75% lean meat / 25% fat, patty, cooked, broiled; Milk b = dry, whole, without added vitamin D (USDA); Chicken c = Chicken, broilers or fryers, meat only, roasted.)

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Nutritional Content of Insects and Other High Protein Foods
(per 100 gram serving)

Beef\(^a\) (wet weight)
- 25.6 g Protein
- 18.7 g Fat
- 278 kcal per 100 gram serving
- 0.009 g Omega 3 fatty acids
- 2.4 mg Iron

Milk Powder\(^b\) (dry weight)
- 26.3 g Protein
- 26.7 g Fat
- 496 kcal per 100 gram serving
- 0 g Omega 3 fatty acids
- 0.47 mg Iron

Chicken\(^c\) (wet weight)
- 39 g Protein
- 7.4 g Fat
- 190 kcal per 100 gram serving
- 0.05 g Omega 3 fatty acids
- 1.2 mg Iron

All Insect data from All Things Bugs LLC. \(^a-c\) Current USDA National Nutrient Database for Standard Reference (Beef \(^a\) = ground, 75% lean meat / 25% fat, patty, cooked, broiled; Milk \(^b\) = dry, whole, without added vitamin D (USDA); Chicken \(^c\) = Chicken, broilers or fryers, meat only, roasted.)

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# Nutritional Content of Insects and Other High Protein Foods

*(per 100 gram serving)*

<table>
<thead>
<tr>
<th>Insect</th>
<th>Source</th>
<th>Protein (g)</th>
<th>Fat (g)</th>
<th>Omega 3 fatty acids (g)</th>
<th>Iron (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yellow Mealworm (raw wet)</td>
<td>Tenebrio molitor</td>
<td>18.7</td>
<td>13.4</td>
<td>0.14</td>
<td>2.06</td>
</tr>
<tr>
<td></td>
<td></td>
<td>205.6 kcal</td>
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</tr>
<tr>
<td>Superworm (raw wet)</td>
<td>Zophobas morio</td>
<td>19.7</td>
<td>17.7</td>
<td>0.11</td>
<td>1.65</td>
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<td></td>
<td></td>
<td>242.3 kcal</td>
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</tr>
<tr>
<td>House Cricket (raw wet)</td>
<td>Acheta domesticus</td>
<td>20.5</td>
<td>6.8</td>
<td>0.06</td>
<td>1.93</td>
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<tr>
<td></td>
<td></td>
<td>140.2 kcal</td>
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</tr>
</tbody>
</table>

**SOURCE for these data:**

www.allthingsbugs.com