

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

Whole Cricket Powder

House Cricket (**raw wet**)

Acheta domesticus



447 kcal
per 100 gram serving

0.25 g Omega 3 fatty acids
5.9 mg Iron

Differential Grasshopper (**raw wet**)

Melanoplus differentialis



140 kcal
per 100 gram serving

0.25 g Omega 3 fatty acids
5.9 mg Iron

Banded Cricket (**raw wet**)

Gryllodes sigillatus

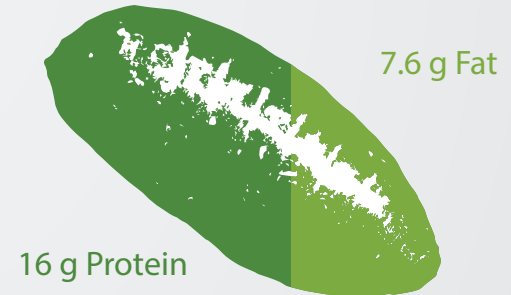


171 kcal
per 100 gram serving

0.122 g Omega 3 fatty acids
2.1 mg Iron

Caribbean Fruit Fly pupae (**raw wet**)

Anastrepha suspensa



152 kcal
per 100 gram serving

0.154 g Omega 3 fatty acids
47.4 mg Iron

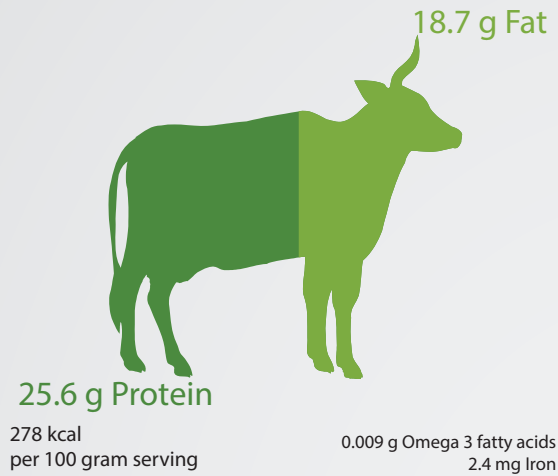
All Insect data from All Things Bugs LLC. a-c Current USDA National Nutrient Database for Standard Reference (Beef **a** = ground, 75% lean meat / 25% fat, patty, cooked, broiled; Milk **b** = dry, whole, without added vitamin D (USDA); Chicken **c** = Chicken, broilers or fryers, meat only, roasted.)



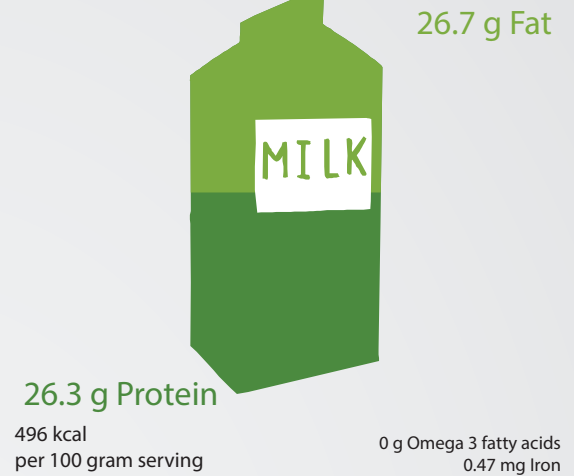
www.allthingsbugs.com

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

Beef^a (wet weight)



Milk Powder^b (dry weight)



Chicken^c (wet weight)



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.)



www.allthingsbugs.com

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

Yellow Mealworm (raw wet)

Tenebrio molitor



13.4 g Fat

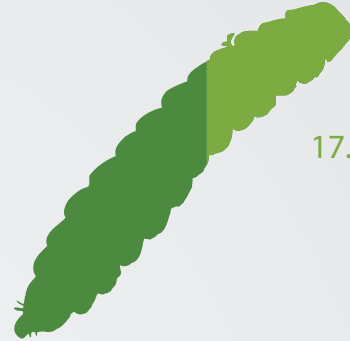
18.7 g Protein

205.6 kcal
per 100 gram serving

0.14 g Omega 3 fatty acids
2.06 mg Iron

Superworm (raw wet)

Zophobas morio



17.7 g Fat

19.7 g Protein

242.3 kcal
per 100 gram serving

0.11 g Omega 3 fatty acids
1.65 mg Iron

House Cricket (raw wet)

Acheta domesticus



6.8 g Fat

20.5 g Protein

140.2 kcal
per 100 gram serving

0.06 g Omega 3 fatty acids
1.93 mg Iron

SOURCE for these data:

FINKE MD. 2002. Complete nutrient composition of commercially raised invertebrates used as food for insectivores. *Zoo Biology* 21:269-285.



www.allthingsbugs.com