



Red Mountain Spa

Choose your own adventure.

Comparison of 100 Gram Samples (Approx. 2 Cups) of 4 Lettuce Types¹

	Daily Value ²	N.A.S. Recommendation, Women ³	N.A.S. Recommendation, Men ⁴	Iceberg Lettuce	Butterhead Lettuce	Romaine Lettuce	Looseleaf Lettuce
CALORIES & KEY NUTRIENTS							
Calories				12	13	14	18
Protein, g				1.01	1.29	1.62	1.3
Carbohydrate, g				2.09	2.32	2.37	3.5
Fat, g				0.19	0.22	0.2	0.3
Saturated Fat, g				0.025	0.029	0.026	0.039
Monounsaturated Fat, g				0.007	0.008	0.008	0.12
Polyunsaturated Fat, g				0.1	0.117	0.106	0.159
Cholesterol, mg				0	0	0	0
Phytosterols, mg				10			38
Fiber, g				1.4	1	1.7	1.9
Water, g				95.89	95.58	94.91	94
VITAMINS							
Vitamin A, IU	5000 IU			330	970	2600	1900
Vitamin B-1 (Thiamin), mcg	1500	1500	1500	46	60	100	50
Vitamin B-2 (Riboflavin), mcg	1700	1700	1700	30	60	100	80
Vitamin B-3 (Niacin), mg	20	20	20	0.187	0.3	0.5	0.4
Pantothenic Acid, mg	10			0.046	0.18	0.17	0.2
Vitamin B-6 (Pyridoxine), mcg	2000	2000	2000	40	50	47	55
Vitamin Bc (Folate), mcg	400	400	400	56	73.3	135.7	49.8
Vitamin B-12 (Cyanocobalamin), mcg	6	6	6	0	0	0	0
Vitamin C (Ascorbic Acid), mg	60	75	90	3.9	8	24	18
Vitamin D (Calciferol), IU	400	400	400				
Vitamin E (Tocopherols), mg	30	30	30	0.28	0.44	0.44	0.44
Vitamin K (Naphthoquinone), mcg		90	120				
MINERALS							
Ash, g				0.48	0.59	0.9	0.9
Calcium, mg	1000			19	32	36	68
Chromium, mcg	120	35	35				
Copper, mcg	2000	900	900	28	23	37	44
Iodine, mcg	150						
Iron, mg	18			0.5	0.3	1.1	1.4
Magnesium, mg	400	100	100	9	13	6	11
Manganese, mg				0.151	0.133	0.636	0.75
Molybdenum, mcg	75						
Phosphorus, mg	1000			20	23	45	25
Potassium, mg				158	257	290	264
Selenium, mcg	70	55	55	0.2	0.2	0.2	0.2
Sodium, mg				9	5	8	9
Zinc, mg	15	11	11	0.22	0.17	0.25	0.29

(Continued on the Next Page)

AMINO ACIDS

Nutrient / Food Component	Daily Value ²	N.A.S. Recommendation, Women ³	N.A.S. Recommendation, Men ⁴	Iceberg Lettuce	Butterhead Lettuce	Romaine Lettuce	Looseleaf Lettuce
Alanine, g				0.05	0.055	0.07	0.056
Arginine, g				0.063	0.07	0.088	0.071
Aspartic Acid, g				0.127	0.141	0.177	0.142
Cystine, g				0.014	0.015	0.019	0.016
Glutamic Acid, g				0.162	0.18	0.227	0.182
Glycine, g				0.051	0.057	0.071	0.057
Histidine, g				0.02	0.022	0.028	0.022
Isoleucine, g				0.075	0.083	0.105	0.084
Leucine, g				0.07	0.078	0.098	0.079
Lysine, g				0.075	0.084	0.105	0.084
Methionine, g				0.014	0.016	0.02	0.016
Phenylalanine, g				0.049	0.054	0.068	0.055
Proline, g				0.043	0.048	0.06	0.048
Serine, g				0.035	0.039	0.049	0.039
Threonine, g				0.053	0.059	0.074	0.059
Tyrosine, g				0.029	0.032	0.04	0.032
Tryptophan, g				0.008	0.009	0.012	0.009
Valine, g				0.062	0.069	0.087	0.07

FATTY ACIDS

FA 4:0 Butyric Acid, g	0	0	0	0
FA 6:0 Caproic Acid, g	0	0	0	0
FA 8:0 Caprylic Acid, g	0	0	0	0
FA 10:0 Capric Acid, g	0	0	0	0
FA 12:0 Lauric Acid, g	0	0	0	0
FA 14:0 Myristic Acid, g	0	0	0	0
FA 14:1 Myristoleic Acid, g				
FA 15:0 Pentadecanoic Acid, g				
FA 16:0 Palmitic Acid	0.022	0.026	0.023	0.035
FA 16:1 Palmitoleic Acid, g	0.002	0.002	0.002	0.003
FA 17:0 Heptadecanoic Acid, g				
FA 18:0 Stearic Acid, g	0.003	0.003	0.003	0.004
FA 18:1 Oleic Acid, g	0.006	0.006	0.006	0.009
FA 18:2 Linoleic Acid, g	0.029	0.034	0.031	0.047
FA 18:3 Linolenic Acid, g	0.071	0.083	0.075	0.113
FA 18:4 Moroctic Acid, g	0	0	0	0
FA 20:0 Arachidic Acid, g				
FA 20:1 Gadoleic Acid, g	0	0	0	0
FA 20:4 Arachidonic Acid, g	0	0	0	0
FA 20:5 Timnodonic Acid, g	0	0	0	0
FA 22:0 Behenic Acid, g				
FA 22:1 Erucic Acid, g	0	0	0	0
FA 22:5 Clupanodonic Acid, g	0	0	0	0
FA 22:6 Docosahexaenoic Acid, g	0	0	0	0
FA 24:0 Tetracosanoic Acid, g				
Omega-3 Fatty Acids, g	0.071	0.083	0.075	0.113
Omega-6 Fatty Acids, g	0.029	0.034	0.031	0.047

¹ US Department of Agriculture, Agricultural Research Service. 2002. USDA Nutrient Database for Standard Reference, Release 15. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>.
² *Daily Values* are the minimum recommended daily intakes as promulgated by the U. S. Food and Drug Administration. *Percent Daily Values* appear on food labels and supplement labels such as multi-vitamin/mineral products.
^{3,4} National Academy of Sciences minimum recommendations for women and men. They are usually updated every 5 years. FDA's *Daily Values* are usually adaptations of the National Academy's recommendations.