

Nutritional Content of Insects and Other High Protein Foods

(per 100 gram serving)

Food Item	Protein (g)	Fat (g)	Calories (kcal)	Omega 3 fatty acids (g)	Iron (mg)
Whole Cricket Powder (All Things Bugs LLC) (House Cricket) (dry weight)	63	19	447	0.25	5.9
Differential Grasshopper (raw wet) <i>Melanoplus differentialis</i>	26	2.3	140	0.70	2.87
Banded Cricket (raw wet) <i>Gryllodes sigillatus</i>	19	8.6	171	0.122	2.1
Caribbean Fruit Fly Pupae (raw wet) <i>Anastrepha suspensa</i>	16	7.6	152	0.154	47.4
House Cricket (raw wet) * <i>Acheta domesticus</i>	20.5	6.8	140.2	0.06	1.93
Yellow Mealworm (raw wet) * <i>Tenebrio molitor</i>	18.7	13.4	205.6	0.14	2.06
Superworm (raw wet) * <i>Zophobas morio</i>	19.7	17.7	242.3	0.11	1.65
Beef ^a (wet weight)	25.6	18.7	278	0.009	2.4
Milk Powder ^b (dry weight)	26.3	26.7	496	0	0.47
Chicken ^c (wet weight)	39	7.4	190	0.05	1.2

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.)

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

