








## Baobab Nutrition Matrix

20 gram comparison

figures highlighted in red indicate top 3 ranking foods in that nutrition category

[www.baobabfoods.com](http://www.baobabfoods.com)

		Antioxidant ORAC value	Total Fiber	Soluble Fiber	Vitamin C	Calcium	Iron	Potassium	Magnesium	Sodium	Fat
Baobab pulp		28,000	10g	7.5g	24mg	64mg	1.2mg	430mg	29.6mg	0.04mg	0.06mg
Acai pulp		2,620	2.g	3.8g	trace	52mg	0.88mg	186mg	35mg	15.2mg	0.9mg
Pomegranate fresh		2,100	0.098g	0.02g	trace	5.6mg	0.17mg	133mg	6.9mg	1.6mg	0.23mg
Goji berry fresh		2,500	3.2g		5.8mg	22.5mg	1.68mg	226mg	21.8mg	4.8mg	0.2mg
Blueberries fresh		1,310	1.68g	0.48g	4.4mg	1.8mg	0.08mg	22.8mg	0.1mg	0.2mg	0.07mg
Cranberries fresh		2,000	0.84g		2.7mg	1.6mg	0.05mg	17mg	0.07mg	0.4mg	0.03mg
Avocado fresh		380	0.04g	0.34g	trace	4.8mg	0.22mg	104mg	11.6mg	2.8mg	2.9mg
Coconut water			0	0	0.48mg	0.24mg	0.1mg	50mg	5mg	21mg	0.04mg