

# 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*

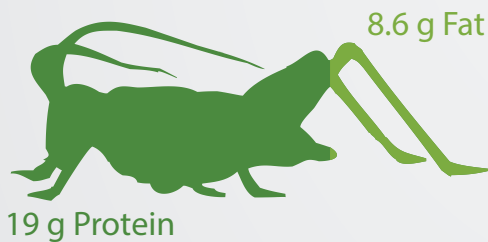


140 kcal  
per 100 gram serving

0.25 g Omega 3 fatty acids  
5.9 mg Iron

## Banded Cricket (**raw wet**)

*Gryllodes sigillatus*

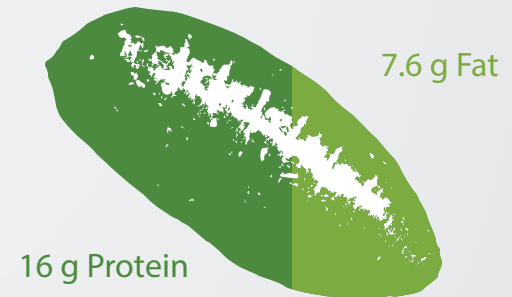


171 kcal  
per 100 gram serving

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

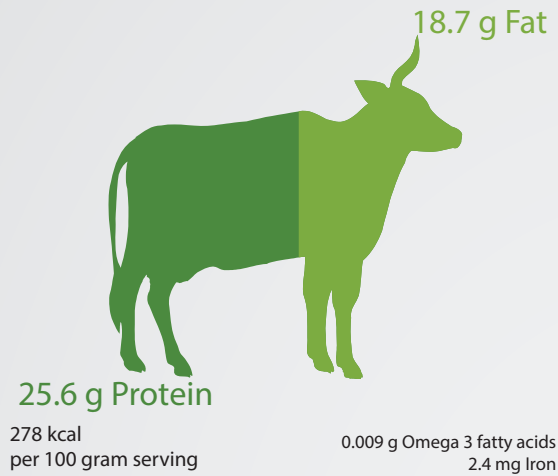
**All Insect data from All Things Bugs LLC.** a-c Current USDA National Nutrient Database for Standard Reference (Beef **a** = ground, 75% lean meat / 25% fat, patty, cooked, broiled; Milk **b** = dry, whole, without added vitamin D (USDA); Chicken **c** = Chicken, broilers or fryers, meat only, roasted.)



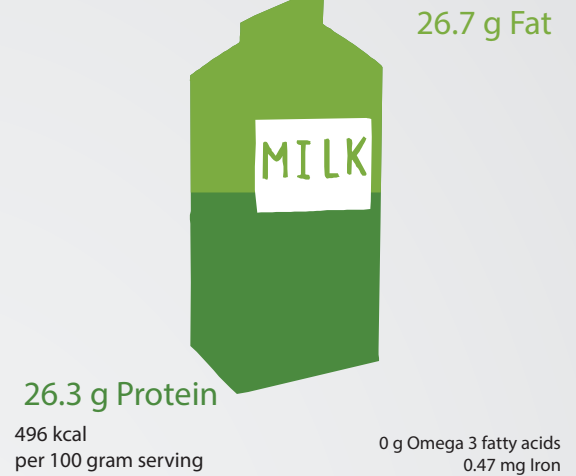
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## Beef<sup>a</sup> (wet weight)



## Milk Powder<sup>b</sup> (dry weight)



## Chicken<sup>c</sup> (wet weight)



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(per 100 gram serving)

## Yellow Mealworm (raw wet)

*Tenebrio molitor*



18.7 g Protein

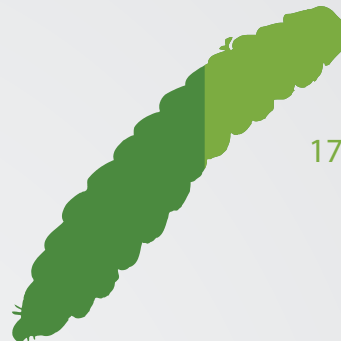
205.6 kcal  
per 100 gram serving

0.14 g Omega 3 fatty acids  
2.06 mg Iron

13.4 g Fat

## Superworm (raw wet)

*Zophobas morio*



19.7 g Protein

242.3 kcal  
per 100 gram serving

0.11 g Omega 3 fatty acids  
1.65 mg Iron

17.7 g Fat

## House Cricket (raw wet)

*Acheta domesticus*



20.5 g Protein

140.2 kcal  
per 100 gram serving

0.06 g Omega 3 fatty acids  
1.93 mg Iron

6.8 g Fat

### SOURCE for these data:

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



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