INSECT NUTRITIONAL VALUE CHART

Insect (per 100 g)	Protein (g)	Fats (g)	Carbohydrates (g)	Calcium (mg)	Iron (mg)
Crickets	12.9	5.5	5.1	75.8	9.5
Small Grasshoppers	20.6	6.1	3.9	35.2	5.0
Giant Water Beetles	19.8	8.3	2.1	43.5	13.6
Red Ants	13.9	3.5	2.9	47.8	5.7
Silkworm Pupae	9.6	5.6	2.3	41.7	1.8
Termites	14.2	n/a	n/a	0.050	35.5
Weevils	6.7	n/a	n/a	0.186	13.1

G. Davenport, Wilderness Survival, Stackpole Books (p. 161)

Figure G-1 Nutritional Value

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