| **Crops** | **Calories** per 100 grams |
| --- | --- |
| Artichoke | 47 |
| Asparagus | 20 |
| Barley | 354 |
| Broccoli | 34 |
| Cabbage | 25 |
| Carrots | 41 |
| Cauliflower | 27 |
| Celery | 16 |
| Corn | 86 |
| Cucumber | 10 |
| Eggplants | 25 |
| Leek | 61 |
| Lettuce | 15 |
| Okra | 33 |
| Onions | 40 |
| Oatmeal | 68 |
| Peppers | 40 |
| Potatoes | 77 |
| Pumpkin | 26 |
| Rice | 130 |
| Tomatoes | 17 |
| Wheat | 340 |
| Zucchini | 17 |