

Moringa Nutrient Charts

Analysis of vitamin, mineral, and amino acid content of Moringa pods, fresh (raw) leaves and dried leaf powder per 100 grams (3.5 oz.) of edible portion.

Nutrient Information	Pods	Leaves	Leaf Powder
Calories	26	92	205
Protein (g)	2.5	6.7	27.1
Fat (g)	0.1	1.7	2.3
Carbohydrate (g)	3.7	13.4	38.2
Fiber (g)	4.8	0.9	19.2
Calcium (mg)	30	440	2003
Copper (mg)	3.1	1.1	0.57
Iron (mg)	5.3	7	28.2
Potassium (mg)	259	259	1324
Magnesium (mg)	24	24	368
Phosphorus (mg)	110	70	204

(Chart from The Miracle Tree, by Lowell J. Fuglie, 2001, pp. 103-104.)

Nutrient Information	Pods	Leaves	Leaf Powder
Sulfur (mg)	137	137	870
Selenium (mg)	0	0	0.09
Zinc (mg)	0	0	3.29
Oxalic Acid (mg)	10	101	1600
Vitamin A (mg)	0.11	6.8	18.9
Vitamin B (mg)	423	423	0
Vitamin B ₁ (mg)	0.05	0.21	2.64
Vitamin B ₂ (mg)	0.07	0.05	20.5
Vitamin B ₃ (mg)	0.2	0.8	8.2
Vitamin C (mg)	120	220	17.3
Vitamin E (mg)	0	0	113

(Chart from The Miracle Tree, by Lowell J. Fuglie, 2001, pp. 103-104.)

Amino Acids* (mg)	RDA for 2-yr old**	Pods	Leaves	Leaf Powder
Arginine***	159	90	402	1325
Histidine	274	27.5	141	613
Isoleucine	403	110	422	825
Leucine	949	163	623	1950
Lysine	832	37.5	288	1325
Methionine	351	35	134	350
Phenylalanine	897	108	429	1388
Threonine	481	98	328	1188
Tryptophan	169	20	127	425
Valine	494	135	476	1063

(Chart from The Miracle Tree, by Lowell J. Fuglie, 2001, p. 112.)

Percentage of the recommended daily allowance (RDA) of various nutrients supplied to a nursing mother and a 1-3 year old child by moringa leaf powder (2 tablespoons 3 times per day for a nursing mother; 1 tablespoon 3 times per day for a 1-3 year old child).		
RDA (%)		
Nutrition Component Supplied	Parent	Child
Protein	21	42
Calcium	84	125
Magnesium	54	61
Potassium	22	41
Iron	94	71
Vitamin A	143	272
Vitamin C	9	22

(Chart courtesy of ECHO Technical Note, The Moringa Tree by Dr. Martin L. Price, 2007.)

*Amino acids make the specific proteins required by the body's specialized tissues. With the lack of any one amino acid, production of the needed proteins cannot occur. Although the body is able to make most of the amino acids it needs, several are not made in sufficient quantities and must be obtained from the person's diet. These are called essential amino acids. All of the essential amino acids can be found in moringa leaves and pods. Arginine and histidine are especially important for infants who are unable to synthesize sufficient protein for their growth requirements (Fuglie, 2001, p. 112).

**Based on World Health Organization/Food & Agriculture Organization (U.N.) recommendations, assuming a 30 lb. body weight.

***Arginine is a non-essential amino acid, all others in the chart are essential.