THE EFFECT OF A NUTRITIONAL PROGRAM ON MUSCLE STRENGTH AND SOME PHYSICAL MEASUREMENTS OF THE QUADRUPLE OF KADHIMIYA SPORTS CLUB FOR WEIGHTLIFTING

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ABSTRACT

Preparing the nutritional program in conjunction with the training curriculum is very important for the development of maximum strength. Continuing the nutritional program calculated for calories for a period of three leads to a reduction in the circumference of the abdomen and a reduction in the proportion of its fat. The calculated calorie food program leads to maintaining the circumference of the thigh muscle and also leads to reducing the fat of the thigh muscle. The diet program with known calories leads to a reduction in body weight by reducing the percentage of body fat with an increase in maximum muscular strength.

Keywords: program, food, muscle strength, kadhimiya club, weightlifting

1. INTRODUCTION

The supply body Rosig idealism Veh is crucial, and as especially to Rafii weightlifting professional, the correct diet can make a big difference in this sport as a difference sometimes between gold and silver less than 1 kg of body weight because it is one of the activities of groups Weight, which lifters compete according to their weight. Unlike the bodybuilders, the muscle building block for Yassin goal Rafii weightlifting professional, especially since the lifters need to stay within the weight categories Yeh hinted specified for them, as well as they need Wen’s system diet healthy helps to accelerate the healing and recovery after training module high - intensity, and this in turn is reflected on the fitness necessary elements and required to perform Alrfat regular in the sport of weightlifting to its fullest potential. There is a lot of scientific research that came out of medicine and science in sports and exercise, that diet can (improve adaptation to resistance training) by providing the main energy substrates at the right times In short, if you eat the right things, your body will work better. (Durguerian, 2015) that food greatly controls the size and quantity of weight that the weightlifter can lift through the training unit for the effectiveness of weightlifting because it is the main source of energy, and it also contributes to accelerating the recovery process and this is what makes the benefit of the training unit positively from the intensity and frequency of weight. Hence the importance of this study in knowing the effect of healthy food whose calories are calculated on muscle strength and some physical measurements of the national team quad. The researcher noticed that the weightlifters do not adhere to the types of healthy food, which is supposed to be their approved diet during the public or private preparation before the international championships, and because the effectiveness of weightlifting is one of the sports weight categories, in which one kilogram separates between gold and silver, Therefore, the researcher decided to delve into this field to find out the effect of healthy food with known and calculated calories on muscle strength and some physical measurements to the weightlifting quadrant.

Research objective

- Preparing a calorie-calculated diet plan for the Kadhimiya Sports Club quad for weightlifting.
- Identifying the effect of the nutritional approach on the muscular strength of the Kadhimiya Sports Club quadrant for weightlifting.
- Identifying the effect of the nutritional approach prepared by the researcher on the total weight of the quadrant, the circumference of the abdomen, the thigh muscle and the percentage of their fats in the Quadrant of Al-Kadhimiya Sports Club for weightlifting.
Researcher's homework
- There are statistically significant differences between the pre and post tests to test the muscular strength of the quadriceps muscle.
- There are statistically significant differences between the pre and post tests in the total weight of the quarter, the circumference of the abdomen, the thigh muscle, and the percentage of their fat for the two quarters.

Method and tools
The researcher adopted the experimental method with one group, and with two tests, before and after, as it is appropriate to solve the research problem and to obtain accurate data and information that is documented. The selection of all lifters as a sample for the research, and thus the research sample became 100% representative of the community.

Research tools
- A complete legal iron set, which consists of a 20 kg legal shaft with discs weighing 25, 20, 15, 10, 5, 2.5, 2, 1, 0.5 kg.
- Leg Press with various weights.
- Accurate and sensitive scale for measuring body weight.
- Accurate and sensitive scale for measuring food weight.
- A tape measure to measure the circumference of the abdomen and thigh muscle.
- Skin fold measurement device (Skin caliper) to measure the percentage of fat.

Field Research Procedures:
The ultimate leg strength test.

- Test name: Leg Press.
- Purpose of the test: To measure the maximum strength of the muscles of the legs.
- Used equipment’s:
  - Leg press machine, as shown in Figure (1).
  - Iron discs of different weights.

Figure (1)
3

2.66601

legs pusher (Leg Press)

Procedures:
Calculate the weight of the iron discs for each individual in the experimental group, in accordance with his physical ability.

Description of performance: The tester sits on the device chair and raises his legs up and supports them on the slide, and the foot is skewed outward at an angle of approximately 30°, and pushes it upwards using the feet. The device mostly includes safety brackets that prevent the player from being obstructed under the weights, and the player will remove these brackets by hand, and then bend the knees completely and push them upward at an angle slanted forward while maintaining the specifications of the initial position and the push and focus in the foot on the heel is more From combs and for once and with maximum strength.

Scoring: The best result out of three attempts is scored with the highest possible weight.

Body Weight Measurement :(Debra, 2019)

Purpose of the test: Measuring body weight in kg.

Used equipments:
Very accurate electronic scale.

Description of performance: The tester climbs on the scale after removing his shoes and clothes and stays only with shorts and climbs on the scale, and the reading is in fines.

Take 3 consecutive weight readings, then record the average of the third readings

Measuring the ocean:
Measuring tapes: Choosing the appropriate tape measure for anthropometric measurements depends on 5 important criteria: :

The cross - section of the measuring tape shall not be bendable.
The tape grading units are cm And mmmon both sides . - The tape must include a score (0) before the start of the ranking

It must be made of a solid material that cannot be elongated.

Not less than one meter in length.

Abdominal circumference (waist) (Malia, 2021) Abdominal circumference is the best indicator of the amount of fat in the body

An additional adjuster can be used to help position the tape in the horizontal plane . The main position of the examinee is from a standing position on the feet. The arms are on the sides and the feet are attached. It is measured by wrapping the measuring tape at the level of the maximum frontal protrusion of the abdomen. The measurement is taken with a tape after the exhalation process at the level of the navel, without tension or pressure on the tissues..

Waist circumference is measured with a tape measure. Visceral fat) with visceral grease, non-stretch cloth, making sure that the tape is in a horizontal position along the waistline.

Thigh circumference:

Perimeter of the thigh is of particular importance can be used to predict the elements that consists of which the body Kalnsbhb fat, stands Screened and be the distance between the feet Hawwa me (CM 20) and the body weight distributed them evenly, and is measured by the length of the femur from the highest point near the detailed basin and OotI point Closer to the knee joint and this length is divided by (2) and at this point we wrap the measuring tape around the circumference of the thigh and take the reading. (Sarah, 2020)

Sk infold thickness measurement:

To measure the thickness of flexure devices skin for many and multiple depending on their cost, accuracy and material made from them, there is a measure of the cheap price that does not cost more than ten dollars, and made of reinforced plastic, and in return there are high measure of accuracy, dedicated to scientific research, which often exceeds the price a few hundred dollars. But the most popular and most accurate device is a type of device(Harpenden), This is the kind used by the researcher in the measurement, known as the pressure of the jaws of each device Harbndn of 10 g m / mm 2 on the full range of movement of the jaws of the device. It must be noted that some inexpensive devices may give inaccurate readings with frequent use, due to the effect of pressure on the jaws of the device. The advantage of a Harbndn scale for the rest of the hardware in the grip and in the staging, where Inh T. Wei Harbndn device gradations a major amount of one mm, and other sub - amount of part - mm (0.2 mm). [(] Sarah, 2020)

There are some measurement conditions, including:

1 J was first to determine the anatomical area of the site you want to measure the thickness of the skin fold has quite clearly.

2 The examiner, using one of his hands, places the index finger and thumb on the skin of the examinee, the distance between them is about 6-8 cm

3 The examiner then pulls the skin by bringing the index finger and thumb closer together, and then lifts the skin fold away from the muscle about 2-3 cm

4 With the other hand, the examiner places the jaws of the device on the skin fold (about 1 cm away from the thumb and forefinger)

5 Fish is read directly from the device after about 2 -3 seconds of the device and the stability of the index .
6 The measurement is repeated over the same place two more times, then the average of the three readings is taken (in some cases, when one of the readings is far from the other two, the average of the two readings is taken).

7 If the indicator continues to drop after each attempt, you must stop measuring at this area and return to it again.

8 When you finish taking the reading, you should avoid pulling the jaws of the device directly from above the skin. Rather, the jaws of the device are compressed and then gently removed from the body, so as not to scratch the skin.

The exploratory experiment: It is a preliminary study conducted by the researcher on a small sample (two quadrants) to ensure the validity of the tests, and to identify the errors encountered in order to avoid them. On the organizational aspects of the tests, and know the obstacles that may appear.

Tribal tests: was conducted tribal tests for the research group experimental daily 12/26/2020 at three o'clock and half pm, in the hall of Kadhimiya and Sports Club, has been conducting tests of all of the maximum strength test of the muscles of the legs to the lifters as well as measuring the weight lifters and also measure circumference waist and muscle Quartet and finally measure the skin folds to the abdomen and thigh. The researcher sought to write down all the circumstances during these tests in terms of time, place, method of work, the assistant work team, and the method of implementing the sequence of tests in order to create the same or similar conditions when conducting post tests.

Nutritional program: After obtaining the official approvals from the Central Weightlifting Federation, as well as the approval of the coach and his assistant team for Al-Kadhimiya Sports Club for weightlifting and reviewing the nutritional program prepared by the researcher. The approval was obtained to conduct a research experiment on the Quadrant of Al-Kadhimiya Sports Club due to its importance, the researcher applied the nutritional program Prepared on 12/28/2020 for a period of three months, and the sample trained by four training units per week. Calories are an important component of any sports diet, and not eating enough calories will jeopardize your training efforts, according to "Journal of the International Society of Sports Nutrition," recommend ISSN Athletes who engage in high-volume, high-intensity training, such as weightlifting, may need to consume between 23 and 36 calories per pound of body weight (pound = 0.4536Kg) every day, that is equal to between 3600 and 7200 calories for Rafi Weights, according to the weight of the athlete and the duration of training[1] IWF,2021). The diets were distributed by the researcher by the researcher as three main meals and two auxiliary meals regularly and they contain the main nutrients during the day because this distribution is of special importance about training as the training units are relatively long time (two hours). The human body uses only about 60% of calories for normal metabolic processes at rest, and that the amount of calories the body burns during rest is called the basal metabolic rate (BMRTThe higher the fat-free muscle mass, the higher the basic metabolic rate of the athlete, in order to build a leaner muscular body, and 30% of the energy (calories) is used for physical activity, while 10% is used in the digestion process, and therefore the body's ability to burn increases. Calories around the clock This is why you can burn more calories by eating smaller meals more often.[1] Kelly, 2021), and since (1) gram of protein contains (4) calories as well as (1) gram of carbohydrates contains (4) calories and (1) gram of fat contains (9) calories, the researcher relied on the equation The following is to calculate calories (Susan, 2016):

Individual requirements = basic energy requirements + additional energy requirements

1- The basic requirements by which we mean is for each individual, athlete or non-athlete, who needs (1.3) calories per kilogram of body weight per hour of one day.

1.3 x 24 hours x 70,600 kg = 2203 calories needed per day.

B - The additional requirements that the athlete needs (8.5) calories

For every kilogram of body weight per hour of training, let's complete the calculation of the caloric needs of the above quadrant. If the weight of the quarter is 70,600, the equation will become as follows:
8.5 x 70,600 x 2 hours of training = 1200 calories

The extra that the quarter needs, and accordingly:

Daily energy = basic energy + additional energy

= 2203 + 1200

= 3403 calories per day

The ratio of the basic food elements to the body weight is:

(60%) carbohydrates, (25%) fats, (15%) proteins

Therefore, (60%) of carbohydrates are equal to the above quadrant (2042) calories, we divide the result by (4), which are calories per gram of carbohydrates, so the result is (511) grams of carbohydrates.

(25%) fat equals (851) we divide the result by (9) to equal (95) grams of fat

(15%) proteins equal to (510) we divide the result by (4) to equal (128) grams of proteins.

So, this quad who weighs (70,600) kg needs (511) grams of carbohydrates, (95) grams of fat, and (128) grams of proteins, and these are additional requirements in addition to the basic requirements that were mentioned previously, which the quadrant needs during Training days, and thus the calorie needs of the other (five) sample members were calculated.

Posttest: After the completion of the prescribed period, a three-month special training Barabain The researcher conducted a meta-test on 03/27/2021 at three o'clock in the afternoon and a half, in the hall of Kadhimia and Sports Club, tests were carried out all of the maximum strength test for the muscles of the two men to Lifters As well as measuring the weight of the lifters, as well as measuring the circumference of the waist and the quadriceps muscle, and finally measuring the skin folds to the abdomen. The researcher sought to apply all conditions during these tests in terms of time, place, method of work, assistant work team, method of implementation, sequence of tests in order to create the same or similar conditions when conducting pre-tests in order to be accurate when conducting post-tests.

Statistical means:
The researcher used the statistical bag (SPSS) To process the data, use the following laws.

- Arithmetic mean.
- Standard deviation.
- Test (t) for non-independent (correlated) samples.
- Simple correlation coefficient (Pearson).

Presentation, analysis and discussion of the results: The researcher presented the results of the tribal and remote measurements of the research sample, by displaying the arithmetic means and standard deviations in an illustrative table after performing the necessary statistical operations for them, in order to facilitate the observation of the results, as well as making a comparison between the tribal and remote tests through the analysis and interpretation of the results of each Measurements to know the reality of the differences and their statistical implications, according to the exact scientific perspective, in order to achieve the research objectives and hypotheses.

Table (1)
It shows the means, standard deviations, mean difference, standard deviation, and the value of (t) calculated and the significance of the differences between the results of the pre and post tests in the indicators (maximum strength, abdominal circumference, thigh circumference, abdominal fold thickness, thigh fold thickness, body weight) under consideration.

<table>
<thead>
<tr>
<th>indicator</th>
<th>measuring unit</th>
<th>pretest</th>
<th>posttest</th>
<th>NS</th>
<th>p</th>
<th>Values( t)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maximum strength</td>
<td>kg</td>
<td>330.0000</td>
<td>36.8781 8</td>
<td>346.000</td>
<td>0</td>
<td>36.3923</td>
</tr>
<tr>
<td>Abdominal circumference</td>
<td>poison</td>
<td>99.8333</td>
<td>8.08497</td>
<td>97.0000</td>
<td>7.56307</td>
<td>2.83333</td>
</tr>
<tr>
<td>Thigh circumference</td>
<td>poison</td>
<td>66.3333</td>
<td>4.08248</td>
<td>67.0000</td>
<td>3.63318</td>
<td>0.66666</td>
</tr>
<tr>
<td>Abdominal fold thickness</td>
<td>mm</td>
<td>16.8167</td>
<td>1.06097</td>
<td>16.1167</td>
<td>1.18989</td>
<td>0.70000</td>
</tr>
<tr>
<td>Thigh fold thickness</td>
<td>mm</td>
<td>16.8500</td>
<td>1.18279</td>
<td>16.2500</td>
<td>1.19958</td>
<td>0.60000</td>
</tr>
</tbody>
</table>

Significant at error level ≤ (0.05) to a degree of freedom =5

Discussing the results of the pre and post tests for the two indicators (maximum strength, abdominal circumference, thigh circumference, abdominal fold thickness, thigh fold thickness, body weight) under consideration:

Can be seen through the table (1) that there is significant among the differences tests pre and post in the index (muscle strength for maximum muscle men) under study, the researcher believes that the food program prepared by H which was synchronous with the training program prepared by the trainer and which contained On the natural protein with calculated proportions, as well as carbohydrates and fats, which were its main source of food and avoiding eating randomly, and the food intake had a clear effect on muscle strength, as scientific sources stated that eating protein helps after strength training in weightlifting to restore Muscle tissues that were subjected to stress during this exercise, and over time, the nutritional program leads and gives its effectiveness in developing muscle strength. [(Jay R., 2006) . We note from Table (1) that the (abdominal circumference) indicator has significant differences between the pre and post tests, and this was based on the calculated healthy food calories, that is, the percentage of carbohydrates and fats in it depended on the weight of the quarter and the training period, and this led to the significant differences To the abdominal circumference, carbohydrates, fats and protein work together to keep the body performing at its best. The goal of proper protein intake is to consume adequate amounts throughout the day, with additional doses after exercise. It helps protein intake after exercise force in the sport of weightlifting to restore muscle tissue exposed to stress during this exercise, and over time builds this combination of (carbohydrates, fat, protein) calorie calculated force and the mass of the ideal body fat - free excess body need instead From resorting to supplements, and through the nutritional program prepared by the researcher, we were able to obtain the majority of protein from foods that benefited the body of the weightlifter, as well as the vitamins and minerals that come with those foods, and the protein was chosen from healthy proteins such as lean red meat, poultry, fish, and fish products. Low-fat dairy and eggs, along with the good fats from olives, olive oil, fish, and almonds. Choose low-glycemic carbs 30 minutes before your workout, with a small amount of simple carbs before your workout. During exercise, it is very useful for obtaining the necessary energy during training. The carbohydrate portion was about 50 grams of carbohydrates per day. Immediately after the completion of the training has a significant impact on the morale of the above indicators, then eating another meal rich in carbohydrates after one to two hours in the other meals, and since the training was at three thirty in the afternoon, the intake of carbohydrates calculated as calories varied between the training session and the meal Dinner is to compensate the body for the energy lost during training to avoid demolitions that occur as a result of high-intensity training, and this is what led to significant differences in the maximum strength index, abdominal circumference, abdominal fold thickness, thigh fold thickness, and body weight . The
results of the leg circumference showed that the differences between the pre and post test were not significant, and if we looked at Table (1), we would find that there is a clear difference between the arithmetic circles between the pre and post tests, but it did not rise to the moral, and the researcher attributes to the insignificance of the differences because the percentage of fat in the thigh muscle decreased and the strength Its maximum increased if there was muscle hypertrophy at the expense of the fats it possesses, but it did not rise to morale, as well as to the shortness of the nutritional program that lasted for three months and needed a longer period to obtain the desired results, in addition to the small number of the sample, which led to the lack of improvement of the scale These differences, which are basically minor differences, but highly influential.

II. CONCLUSIONS

1- The preparation of the food program coincided with a very important training platform for the development of maximum power.

2- To hold the food program calculated calories for three leads to reduce abdominal circumference and reduce the proportion of fat are.

3- The calculated calorie food program leads to maintaining the circumference of the thigh muscle and also leads to reducing the fat of the thigh muscle.

4- The diet program with known calories leads to a reduction in body weight by reducing the percentage of body fat with an increase in maximum muscular strength.

Recommendations
- Conducting similar research to other indicators and to the same non-athletic individuals.
- Increasing the duration of the diet program to several more months.
- Develop a diet program for non-athletes who suffer from obesity with manipulation of the proportions (carbohydrates, proteins, fats) for the purpose of losing weight.

REFERENCES
1. Durguerian, Bougard, Weight Loss, Performance and Psychological Related States in High-level Weightlifters, June,08 2015.
3. Debra Rose Wilson, Ph.D., MSN, RN, IBCLC, AHN-BC, CHT - Written by Scott Frothingham, When Is the Best Time to Weigh Yourself and Why, on September 26, 2019

Supplement No. (1)

The food that was used in the nutritional program with calories and percentage of protein, carbohydrates and fats (approximately) per (100) grams

<table>
<thead>
<tr>
<th>Food name per 100 grams</th>
<th>calories</th>
<th>protein</th>
<th>carbohydrate</th>
<th>Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sharh meat (beef)</td>
<td>250</td>
<td>25</td>
<td>_</td>
<td>13</td>
</tr>
<tr>
<td>Chicken breast</td>
<td>165</td>
<td>30</td>
<td>_</td>
<td>4</td>
</tr>
<tr>
<td>Tuna</td>
<td>128</td>
<td>23.62</td>
<td>_</td>
<td>2.97</td>
</tr>
<tr>
<td>salmon</td>
<td>117</td>
<td>18</td>
<td>_</td>
<td>4.3</td>
</tr>
<tr>
<td>full fat milk</td>
<td>60</td>
<td>3</td>
<td>5</td>
<td>3</td>
</tr>
<tr>
<td>triangle cheese</td>
<td>349</td>
<td>7.55</td>
<td>2.66</td>
<td>34.87</td>
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<tr>
<td>Fat free yogurt</td>
<td>56</td>
<td>5.73</td>
<td>7.68</td>
<td>0.18</td>
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<tr>
<td>oats</td>
<td>347</td>
<td>14</td>
<td>57</td>
<td>7</td>
</tr>
<tr>
<td>boiled white rice</td>
<td>129</td>
<td>2.66</td>
<td>27.9</td>
<td>0.28</td>
</tr>
<tr>
<td>Parboiled basmati rice</td>
<td>120</td>
<td>3.52</td>
<td>25.08</td>
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<tr>
<td>Whole brown bread</td>
<td>266</td>
<td>9</td>
<td>55</td>
<td>2.6</td>
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<td>Fat</td>
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<td>-----------------</td>
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<td>--------------</td>
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<td>275</td>
<td>7.64</td>
<td>50.61</td>
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<td>1.81</td>
<td>19.52</td>
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</tr>
<tr>
<td>Bee's honey</td>
<td>304</td>
<td>0.3</td>
<td>82.4</td>
<td>_</td>
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<tr>
<td>olive oil</td>
<td>884</td>
<td>_</td>
<td>_</td>
<td>100</td>
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<tr>
<td>olive</td>
<td>115</td>
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<td>11</td>
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<td>21.26</td>
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<td>74</td>
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<td>0.93</td>
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<td>6.03</td>
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<td>14</td>
<td>0.69</td>
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<td>0.17</td>
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<td>26</td>
<td>7</td>
<td>1</td>
<td>0.2</td>
</tr>
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<td>okra</td>
<td>33</td>
<td>1.9</td>
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<td>31</td>
<td>1.8</td>
<td>7</td>
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<td>cowpea</td>
<td>90</td>
<td>3</td>
<td>19</td>
<td>0.4</td>
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<td>333</td>
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<td>60</td>
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</tr>
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<td>cauliflower</td>
<td>25</td>
<td>1.98</td>
<td>5.3</td>
<td>0.1</td>
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