

**The nutritional value of insects.**

<b>Insect</b>	<b>Water</b>	<b>Raw protein</b>	<b>Fats</b>	<b>Fibres</b>	<b>Raw ash</b>
<b>Amount per 100 g</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>	<b>g</b>
Pinkies Topinsect	69.6	15.4	11.3	n/a	1.6
Buffalo worms Topinsect	72.5	17.6	7.7	n/a	1.0
Mealworm larvae Topinsect	60.0	22.4	5.2	2.7	2.1
Wax moth larvae Topinsect	58.5	14.0	23.7	3.3	0.5
Adult house cricket Topinsect	69.2	20.0	6.6	3.1	1.1
Grasshoppers Topinsect	64.3	20.5	11.7	n/a	1.1
Red runners Topinsect	57.0	28.7	10.9	n/a	2.4
Autumn fly or housefly pupae	59.0	19.2	4.7	6.3	11.8
Housefly pupae	61.0	23.9	3.6	6.9	4.6
Phorid fly	68.9	19.6	3.8	n/a	1.7
Fruit fly	74.2	19.4	3.0	n/a	1.8
Mealworm beetle	63.7	23.0	5.1	7.1	1.2
Morio worms larvae	61.0	20.5	13.7	2.9	1.3
Termites (worker)	75.3	16.3	0.6	6.7	1.1
Black soldier fly larvae	67.8	16.0	11.0	2.4	2.8
<b>Other food by comparison</b>					
Apple	83.0	0.3	0.0	2.3	n/a
Cauliflower	90.0	2.0	0.0	2.9	n/a
Whole milk	87.0	3.3	3.5	0.0	n/a
Cod	81.0	16.6	0.6	0.0	n/a
Lean veal	72	19.5	6.5	0	n/a
Chicken	70	19.2	9.3	0	n/a
Analyses conducted on the total raw weight - n/a = not available or unknown			© copyright ®Topinsect		