

Caloric Productivity	Yield	%	Adjusted	Protein	Fat	Carbs	Fiber	Time	Protein	Fat	Carbs	Calories	Protein	Fat	Carbs	Calories
Crop type	kg/ha-crop		kg/ha-crop	percent	percent	percent	percent	mo/crop	kg/ha-yr	kg/ha-yr	kg/ha-yr	kcal/m ² -yr	kg/ha-crop	kg/ha-crop	kg/ha-crop	kcal/m ² -crop
Chufa (tigernut) high	14000	0.80	11200	5.00%	30.00%	47.00%	4.30%	4	1680	10080	14347	15,113	560	3360	4782	5038
Chufa (tigernut) med	11000	0.80	8800	5.00%	30.00%	47.00%	4.30%	4	1320	7920	11273	11,875	440	2640	3758	3958
Pumpkin seed+flesh	100000	0.72	72200				0.00%	4	4095	3447	12911	9,628	1365	1149	4304	3210
Chufa (tigernut) low	8000	0.80	6400	5.00%	30.00%	47.00%	4.30%	4	960	5760	8198	8,636	320	1920	2733	2879
Rice (Nerica) high	7941	0.75	5956	10.70%	0.66%	79.95%	1.30%	3	2549	157	18737	8,377	637	39	4684	2094
Duckweed PC high	30000	1.00	30000	35.00%	5.00%	34.00%	10.95%	12	10500	1500	6915	8,066	10500	1500	6915	8066
Tomato green PC	80279	0.95	76265	1.20%	0.20%	5.10%	1.10%	2.5	4393	732	14643	8,014	915	153	3051	1670
Daikon PC high	139000	1.00	139000	0.60%	0.10%	4.10%	1.60%	3	3336	556	13900	7,162	834	139	3475	1790
Maize (corn) high	10339	0.80	8271	6.93%	3.86%	76.85%	7.30%	5	1376	766	13806	6,553	573	319	5753	2730
Maize QPM high	10339	0.80	8271	6.93%	3.86%	76.85%	7.30%	5	1376	766	13806	6,553	573	319	5753	2730
Sugar beet PC	53148	0.90	47833	1.61%	0.17%	17.30%	2.80%	6	1540	163	13872	6,108	770	81	6936	3054
Rice (paddy) high	7941	0.75	5956	7.13%	0.66%	79.95%	1.30%	4	1274	118	14053	6,036	425	39	4684	2012
Sugar beet	53148	0.145	7706	0.00%	0.00%	100.00%	0.00%	6	0	0	15413	5,965	0	0	7706	2982
Pumpkin flesh high	100000	0.70	70000	1.00%	0.10%	6.50%	0.50%	4	2100	210	12600	5,875	700	70	4200	1958
Mushroom PC	300000	0.90	270000	2.18%	0.34%	3.26%	1.00%	12	5886	918	6102	5,451	5886	918	6102	5451
Onions	56071	0.90	50464	1.10%	0.10%	9.34%	1.70%	4	1665	151	11566	5,254	555	50	3855	1751
Yams high	40000	0.86	34400	1.53%	0.17%	27.88%	4.10%	8	789	88	12270	5,132	526	58	8180	3421
Tomato PC	80279	0.95	76265	0.88%	0.20%	3.89%	1.20%	3	2685	610	8206	4,754	671	153	2052	1189
Rutabagas	44000	0.85	37400	1.08%	0.20%	8.62%	2.30%	3	1616	299	9455	4,549	404	75	2364	1137
Peanut (groundnut)	3824	0.70	2677	25.80%	49.24%	16.13%	8.50%	4	2072	3954	613	4,534	691	1318	204	1511
Leeks PC	41471	0.80	33177	1.50%	0.30%	14.15%	1.80%	5	1194	239	9834	4,479	498	100	4097	1866
Camelina high	2240	1.00	2240	27.00%	34.00%	30.00%	9.60%	3	2419	3046	1828	4,337	605	762	457	1084
Carrots PC high	56000	0.80	44800	0.93%	0.24%	9.58%	2.80%	4	1250	323	9112	4,295	417	108	3037	1432
Potato	28000	0.75	21000	2.02%	0.09%	17.47%	2.20%	4	1273	57	9620	4,266	424	19	3207	1422
Jerusalem artichoke	20000	1.00	20000	2.00%	0.01%	17.44%	1.60%	4	1200	6	9504	4,148	400	2	3168	1383
Kale PC high	40000	1.00	40000	3.30%	0.70%	10.01%	2.00%	6	2640	560	6408	3,997	1320	280	3204	1998
Swiss chard PC	60000	0.92	55200	1.80%	0.20%	3.74%	1.60%	3	3974	442	4725	3,757	994	110	1181	939
Pumpkin seed high	4000	0.55	2200	30.23%	49.05%	10.71%	6.00%	4	1995	3237	311	3,754	665	1079	104	1251
Sorghum grain	4355	0.85	3702	11.30%	3.30%	74.63%	6.30%	4	1255	366	7588	3,746	418	122	2529	1249
Parsnips	25000	0.85	21250	1.20%	0.30%	17.99%	4.90%	4	765	191	8345	3,695	255	64	2782	1232
Soybeans	2958	1.00	2958	36.49%	19.94%	30.16%	9.30%	4	3238	1769	1851	3,534	1079	590	617	1178

The above Chart lists the top crops for production of kilocalories from protein, fat, and carbohydrates combined, per square meter of land, per year: **kcal/m²-year**.

PC stands for Protein Concentrate.

High, med, low indicate different crop yields.

QPM is Quality Protein Maize.

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For a full explanation of the above Chart, see the article, "Comparison of Potential Staple Crops" at:

<http://www.gardeningplaces.com/articles/>

See also my blog, Hunger Math at:

<http://hungermath.wordpress.com/>

and my book:

Hunger Math: world hunger by the numbers by Ronald L. Conte Jr.