# Sri Lanka Food Composition Tables

Department of Nutrition Medical Research Institute 2021

Medical Research Institute Ministry of Health

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### SRI LANKA FOOD COMPOSITION TABLE

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### FOREWORD

Good nutrition throughout the lifecycle plays an important role in good health of the individuals. Not only the quantity of the food we eat, but also the quality of the food is vital in maintaining a healthy life.

A food composition database gives an exclusive summary on nutrient content and calorie content in a particular amount of different food items. The variety of food items commonly consumed by a country may differ from others and their nutrient content may vary depending on the area where they were cultivated, how they were processed and how they were prepared for consumption.

The Department of Nutrition, Medical Research Institute (MRI) in Colombo is the focal point of the Sri Lankan Food Composition Tables (SLFCT) and the database and is responsible for keeping it updated. This task was also identified in the National multisectoral action plan for prevention and control of non-communicable diseases. The Department of Nutrition of MRI has taken an extraordinary step to complete their task given by the Ministry of Health, Sri Lanka.

The latest SLFCT is useful in developing and implementing Food Based Dietary Guidelines to improve the population's diet. It can be used as an essential tool in behavioral modification of the population targeting the healthy food choices to control the lifestyle associated with Noncommunicable Diseases. The SLFCT can be further used to enhance the consumer awareness and popularisation of the locally available foods. The information is useful in developing healthy menus and diets at all levels.

I hope that all the relevant stakeholders will utilize this SLFCT and database in their fields of expertise to ensure the nutritional wellbeing of the general population.

**Dr. S.H. Munasinghe** Secretary Ministry of Health Sri Lanka

### MESSAGE FROM THE COUNTRY MANAGER, WORLD BANK

Good nutrition is the foundation of good health, and nutrition is a key contributor to human capital development. Despite commendable efforts in achieving and maintaining good health indicators, nutrition has remained a challenge for Sri Lanka. The country now faces a triple burden of nutrition, with undernutrition, overweight and micronutrient deficiencies growing as healthcare concerns. The prevalence of wasting and stunting in Sri Lanka have remained largely stagnant over the last decade while overweight and obesity have emerged as major health threats, especially for adults.

With changing disease patterns and a growing burden of non-communicable diseases (NCD), Sri Lanka has much to gain from focused nutrition interventions. It is in this context that the World Bank funded Primary Healthcare Systems Strengthening Project (PSSP) has supported the Ministry of Health to update Sri Lanka's Food Composition Tables (SLFCT). This task, which was identified as a priority under the National Multi-Sectoral Action Plan for the Prevention and Control of Non-Communicable Diseases, is an important step towards nutrition improvement. The objective of the PSSP is to increase the utilization and quality of primary health care services, with an emphasis on the detection and management of NCDs in high-risk population groups, and this activity, which will support better nutrition practices will contribute to the achievement of this objective.

I am happy to see the completed SLFCT book, and I would like to take this opportunity to acknowledge the hard work put in by the Department of Nutrition of the Medical Research Institute, Sri Lanka in putting together this valuable compilation. I hope that this SLFCT will be used to streamline dietary practices among Sri Lankans, thereby contributing to an improved nutritional status in all parts of the country.

### Chiyo Kanda

World Bank's Country Manager for Maldives and Sri Lanka

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### ACKNOWLEDGMENTS

Let us pay our sincere gratitude to the Ministry of Health, Sri Lanka for all the support provided to complete the mission of development of the SLFCT database. We would like to thank Dr. Asela Gunawardena, Director General of Health Services, Sri Lanka and Dr. Anil Jasinghe, former Director General of Health Services, Sri Lanka for their immense support given throughout this project. Our deep appreciation goes to Dr. Sudath Dharmarathna, Deputy Director General - Laboratory Services, Dr. B. B. S. H. Beneragama, former Deputy Director General - Laboratory Services and Dr. H. S. R. Perera, Deputy Director General- Public Health Services (II) for the administrative and technical support given in making this effort a reality.

We would like to pay our special gratitude to the World Bank for identifying the importance of this project and for provision of financial support. Let us thank Dr. Deepika Attygalle, Senior Health Specialist, World Bank for stimulating us in many ways to initiate and to carry out this task without interruption. Furthermore, we would like to acknowledge Dr. Jayasundara Bandara, Project Director, Primary Health Care System Strengthening Project (PHSSP), World Bank for the support provided throughout to complete this activity on time.

We would like to thank the project review committee of the Ministry of Health chaired by The Director General of Health Services for their technical contribution to carry out this activity successfully. We are grateful to the procurement committee of the Ministry of Health, chaired by Dr. Sunil De Alwis, Additional Secretary (Medical Services) for their support in the process of procurement to complete the SLFCT without any interruption.

We acknowledge the photographs provided by The Director General of National Aquatic Resources Research and Development Agency, Audio/Visual Unit of Health Promotion Bureau, Photoworks.lk, http://www.lankanewspaper.com and Raspopova marina / unsplash.com

We would like to thank Dr. Prabath Amarasinghe, Acting Director and Dr. Jayaruwan Bandara, former Acting Director, MRI, Colombo for assisting us in many ways.

We are grateful to Dr. Ruth Charrondiere, former INFOODS Coordinator, Regional Office for Latin America and the Caribbean for all her support. We would like to pay our special acknowledgement to Dr. Kunchit Judprasong, Coordinator, ASEANFOODS for the training given to our staff on development of SLFCT and Dr. Nilmini Hemachandra, Programme Officer, WHO Sri Lanka for financial support. We truly appreciate Dr. R. Hemalatha, Director, National Institute of Nutrition (NIN), Hyderabad, India and her staff for providing us their technical support to complete SLFCT successfully even during COVID-19 pandemic situation. We would like to thank Prof. Nazma Shaheen from Institute of Nutrition and Food Science, University of Dhaka for sharing Bangladesh FCT with us.

Last but not least, let us thank all the vendors from islandwide for assisting our team during the food samples collection.

### OUTLINE OF THE SRI LANKA FOOD COMPOSITION TABLE

Food composition table is divided into four chapters:

- **CHAPTER 1** Introductory chapter, which provides background of the SLFCT, arrangement of the database, role of the MRI and other important players in developing the SLFCT.
- **CHAPTER 2** Overview of the processes and methods employed during data collection, compilation and the resulting publication of the tables.
- **CHAPTER 3** Overview of what the table entails and gives guidance on how to read and understand the values presented in the table.
- CHAPTER 4 Nutrient composition of commonly consumed Sri Lankan foods in a table format. In total, 324 food items were categorized into 12 food groups: Cereals and Cereal products; Roots and Tubers; Pulses; Vegetables; Fruits; Fish and Aquatic foods; Milk and Dairy products; Egg, Poultry and Meats; Nuts and Seeds; Oils and Fat; Condiments, Spices and Herbs and Beverages.

It also provides photographs of food items in the SLFCT for easy identification at the beginning of each section of food groups.

### **CHAPTER 1: INTRODUCTION**

The Ministry of Health Sri Lanka (MoHSL) has developed the Sri Lankan Food Composition Table (SLFCT), which includes the nutrient content of commonly consumed Sri Lankan food items. The Department of Nutrition, Medical Research Institute (MRI), is the custodian of the SLFCT and database. MRI is responsible for maintaining and updating the SLFCT.

First food composition table in Sri Lanka was published in 1979 by Dr. W.A.D Perera and his colleagues from the Department of Nutrition, MRI. Many important vitamins and minerals of food items were not included in that table. Some of these vitamins and minerals have been identified as disease preventing agents and elements needed for proper functioning of the metabolism. Since 1979, there has been a change in the food system in Sri Lanka due to new crops and breeding of improved crops. Updating the SLFCT was identified as a long-felt need by the MoHSL due to changes in lifestyle of Sri Lankans and advances in knowledge in the food system.

At present, Sri Lanka uses food composition data from other countries. However, the use of data from other sources is challenging, may be inaccurate due to variability in nutrition content due to geographical differences in food cultivation.

Updated Sri Lankan food composition database will address specific nutrition concerns and demands due to technological advances. SLFCT can be used in various ways by physicians, public health specialists, nutritionists, dietitians, food technologists, epidemiologists, food manufacturers, economists as well as researchers.

The accuracy and reliability of data was ensured in developing the SLFCT, with the use of INFOOD guidelines, standards and compilation methods.

Data of Household Income and Expenditure Survey (HIES) 2016 was used to identify key commonly consumed food items in Sri Lanka.

When selecting key food items to be included in SLFCT, prioritisation was done based on food consumption frequency, commonly consumed foods, food rich in nutrients of public health interest and market share of the food. Altogether 324 raw food entries are included in the current SLFCT.

Dr. T. Longvah, Global Vice Coordinator of INFOODS and Dr. R. Ananthan, SAARCFOODS Regional Coordinator provided technical support in training, collecting samples, analyzing and compilation of SLFCT.

SLFCT will be made available on the MRI website through an open access link. Prior authorization from the Department of Nutrition, MRI is required to access the master database. The MoHSL encourages all stakeholders, data generators, compilers, and end users to communicate their requests, recommendations and comments regarding the SLFCT to the Department of Nutrition, MRI.

### **CHAPTER 2: THE COMPILATION PROCESS**

The compilation process adopted INFOODS criteria for food identification, source of data, guidelines on component identifiers, data compilation, food nomenclature, interchange and quality evaluation to harmonise the food composition data<sup>1</sup>.

### 2.1 Food Identification

### 2.1.1 Food names

The food names are described by its most common English name, scientific name and illustrating photographs of the food samples with local names in two languages (Sinhala and Tamil), in order to provide accurate description. Scientific names were specified with the genus and species for identifying the food more precisely and for international interchange and use. Foods have been arranged according to the alphabetical order by English name for easy identification except fish and aquatic food, which were displayed by the category (Marine and Brackish water fish, Marine and Brackish water shellfish, Freshwater fish and shell fish, Dried fish) and arranged according to the alphabetical order by its English name under each category.

### 2.1.2 Food groups

Twelve food groups were identified by considering common characteristics of food items. Total number of foods in SLFCT by each food group is provided in Table 1.

Code	Food Groups	Number of Foods
SLA	Cereals and Cereal products	19
SLB	Roots and Tubers	13
SLC	Pulses	10
SLD	Vegetables	89
SLE	Fruits	54
SLF	Fish and Aquatic Food	59
SLG	Milk and Dairy products	14
SLH	Egg, Poultry and Meats	19
SLI	Nuts and Seeds	14
SLJ	Oils and Fat	12
SLK	Condiments, Spices and Herbs	19
SLL	Beverages	2

### Table 1: Food groups and codes in the SLFCT

### 2.1.3 Food codes

It is comprised of a unique six-character alphanumeric identification code. The alphabetic character reveals the food group (Table 1) and the numeric character represents the position of the food item within the food group. This allows convenient tracking of the data for each food throughout the food composition table.

### 2.2 Sources of data

### 2.2.1. Key food approach

Key foods in Sri Lanka were identified accounting per capita monthly food consumption data from the Household Income Expenditure Survey (HIES) 2016 adopting INFOODS methodology. Considering the public health significance of the nutrients in the country, those foods which contribute up to a cumulative, total of 75% of the nutrient intake from the diet for energy, protein, vitamin A and iron were selected as key foods. Table 2 presents priority foods that were identified under each food group for nutrient analysis.

SLA008Rice, keeri sambaSLE012Ceylon oliveSLA009Rice, kekulu redSLE021Guava, kilo peraSLA010Rice, kekulu whiteSLE029Mandarine, heennaranSLA011Rice, kadu whiteSLE031Mango, ripe, tarthakolombanSLA012Rice, sambaSLE032Mango, ripe, Tom EJCSLA013Rice, samba kekuluSLE039Passion fruit, seeded, yellowSLA014Vernicelli, riceSLF019Sailfish, Indo-PacificSLA016Water Illy seedsSLF020Sardinella, GoldstripeSLD041Lasia stalk, kohilaSLF021Sardinella, spottedSLD041Beans, long, redSLF024Scad, mackerelSLD011Beans, long, redSLF024Scad, yellow-stripeSLD025Canered leavesSLF037Tuna, YellowfinSLD044Golden leather fern fiddleheadSLF052Anchovy spratsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF054Maldives fishSLD045LeeksSLF055MarlinSLD046Horse purslaneSLF059Smooth belly sardinellaSLD057Malabar spinachSLF059Simooth belly sardinellaSLD054Lasia shoots, kohilaSLF059Smooth belly sardinellaSLD055LeeksSLI001Canola oilSLD056Plantain, ashSLI013Tropical Almond, KottambaSLD057Sessile joyweedSL006Olive oilSLD076Sessile joyweed<	Food code	English name	Food code	English name
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SLB004Lasia stalk, kohilaSLF021Sardinella, spottedSLD04AmbarellaSLF023Scad, mackerelSLD011Beans, long, redSLF024Scad, yellow-stripeSLD025Canereed leavesSLF034Tuna, FrigateSLD027Capsicum, localSLF037Tuna, YellowfinSLD030Cassava leavesSLF052Anchovy spratsSLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD056Plantain, ashSLI006Coconut, kernal, fresh, scrapedSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD055Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI003Coronut oilSLD075Sping gourdSLI003Coron oilSLD076Sessile joyweedSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI007Palm Olein oilSLD085Turkey berrySLI007Palm Olein oilSLD086Water spinachSLI007Palm Olein oilSLD074Sessile joyweedSLI007Palm Olein oilSLD075Sping gourdSLI007Palm Olein oilSLD086Water spinachSLI0	SLA014	Vermicelli, rice	SLF019	Sailfish, Indo-Pacific
SLD004AmbarellaSLF023Scad, mackerelSLD011Beans, long, redSLF024Scad, yellow-stripeSLD025Canereed leavesSLF034Tuna, FrigateSLD027Capsicum, localSLF037Tuna, YellowfinSLD030Cassava leavesSLF052Anchovy spratsSLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF055MarlinSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD054Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD055Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI002Coconut oilSLD075Sesile joyweedSLI003Corn oilSLD076Sessile joyweedSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI009Rice bran oilSLD086Water spinachSLI001Sesame oil	SLA016	Water lily seeds	SLF020	Sardinella, Goldstripe
SLD011Beans, long, redSLF024Scad, yellow-stripeSLD025Canereed leavesSLF034Tuna, FrigateSLD027Capsicum, localSLF037Tuna, YellowfinSLD030Cassava leavesSLF052Anchovy spratsSLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF059Smooth belly sardinellaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD054Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD055Plantain, ashSLI013Tropical Almond, KottambaSLD056Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI002Coconut oilSLD075Sessile joyweedSLI003Corn oilSLD076Sessile joyweedSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI007Palm Olein oilSLD086Water spinachSLI003Corn oilSLD079Spiny gourdSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLB004	Lasia stalk, kohila	SLF021	Sardinella, spotted
SLD025Canereed leavesSLF034Tuna, FrigateSLD027Capsicum, localSLF037Tuna, YellowfinSLD030Cassava leavesSLF052Anchovy spratsSLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF055MarlinSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD058Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD064Passion fruitSLI001Canola oilSLD055Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD076Sessile joyweedSLI003Corn oilSLD080Sweet leafSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI013Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD004	Ambarella	SLF023	Scad, mackerel
SLD027Capsicum, localSLF037Tuna, YellowfinSLD030Cassava leavesSLF052Anchovy spratsSLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF055MarlinSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD058Plantain, ashSLI006Coconut, kernal, fresh, scrapedSLD064Passion fruitSL001Canola oilSLD055Plantain, ash, peelsSL001Canola oilSLD071Pumpkin, commonSL002Coconut oilSLD079Spiny gourdSL006Olive oilSLD079Spiny gourdSL007Palm Olein oilSLD080Sweet leafSL007Palm Olein oilSLD085Turkey berrySL009Rice bran oilSLD086Water spinachSL010Sesame oilSLD087Winged beanSL012Sunflower oil	SLD011	Beans, long, red	SLF024	Scad, yellow-stripe
SLD030Cassava leavesSLF052Anchovy spratsSLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF055MarlinSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSL006Coconut, kernal, fresh, scrapedSLD066Plantain, ashSLI013Tropical Almond, KottambaSLD071Pumpkin, commonSLI002Coconut oilSLD079Spiny gourdSLI003Corn oilSLD079Spiny gourdSLI007Palm Olein oilSLD080Sweet leafSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI012Sunflower oil	SLD025	Canereed leaves	SLF034	Tuna, Frigate
SLD044Golden leather fern fiddleheadSLF053Baby shrimpsSLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF055MarlinSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI001Canola oilSLD071Pumpkin, commonSLI003Corn oilSLD076Sessile joyweedSLI006Olive oilSLD080Sweet leafSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD027	Capsicum, local	SLF037	Tuna, Yellowfin
SLD045Green milkweed climberSLF054Maldives fishSLD046Horse purslaneSLF055MarlinSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI013Tropical Almond, KottambaSLD071Pumpkin, commonSLI002Coconut oilSLD076Sessile joyweedSLI003Corn oilSLD079Spiny gourdSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD030	Cassava leaves	SLF052	Anchovy sprats
SLD046Horse purslaneSLF055MarlinSLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD055Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI002Coconut oilSLD076Sessile joyweedSLI006Olive oilSLD080Sweet leafSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD044	Golden leather fern fiddlehead	SLF053	Baby shrimps
SLD048Indian pennywortSLF056QueenfishSLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI002Coconut oilSLD076Sessile joyweedSLI003Corn oilSLD079Spiny gourdSLI007Palm Olein oilSLD080Sweet leafSLI009Rice bran oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD045	Green milkweed climber	SLF054	Maldives fish
SLD054Lasia shoots, kohilaSLF057SharkSLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI002Coconut oilSLD076Sessile joyweedSLI003Corn oilSLD079Spiny gourdSLI007Palm Olein oilSLD080Sweet leafSLI007Palm Olein oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD046	Horse purslane	SLF055	Marlin
SLD055LeeksSLF058Skipjack tunaSLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLJ001Canola oilSLD071Pumpkin, commonSLJ002Coconut oilSLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ007Palm Olein oilSLD080Sweet leafSLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD048	Indian pennywort	SLF056	Queenfish
SLD057Malabar spinachSLF059Smooth belly sardinellaSLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD055Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLJ001Canola oilSLD071Pumpkin, commonSLJ002Coconut oilSLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD054	Lasia shoots, kohila	SLF057	Shark
SLD059Mushroom, Oyster, whiteSLG004Curd, buffalo wholeSLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLJ002Coconut oilSLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ012Sunflower oil	SLD055	Leeks	SLF058	Skipjack tuna
SLD064Passion fruitSLI006Coconut, kernal, fresh, scrapedSLD065Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLI001Canola oilSLD071Pumpkin, commonSLI002Coconut oilSLD076Sessile joyweedSLI003Corn oilSLD079Spiny gourdSLI006Olive oilSLD080Sweet leafSLI007Palm Olein oilSLD085Turkey berrySLI009Rice bran oilSLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD057	Malabar spinach	SLF059	Smooth belly sardinella
SLD065Plantain, ashSLI013Tropical Almond, KottambaSLD066Plantain, ash, peelsSLJ001Canola oilSLD071Pumpkin, commonSLJ002Coconut oilSLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD059	Mushroom, Oyster, white	SLG004	Curd, buffalo whole
SLD066Plantain, ash, peelsSLJ001Canola oilSLD071Pumpkin, commonSLJ002Coconut oilSLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD064	Passion fruit	SLI006	Coconut, kernal, fresh, scraped
SLD071Pumpkin, commonSLJ002Coconut oilSLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD065	Plantain, ash	SLI013	Tropical Almond, Kottamba
SLD076Sessile joyweedSLJ003Corn oilSLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD066	Plantain, ash, peels	SLJ001	Canola oil
SLD079Spiny gourdSLJ006Olive oilSLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD071	Pumpkin, common	SLJ002	Coconut oil
SLD080Sweet leafSLJ007Palm Olein oilSLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD076	Sessile joyweed	SLJ003	Corn oil
SLD085Turkey berrySLJ009Rice bran oilSLD086Water spinachSLJ010Sesame oilSLD087Winged beanSLJ012Sunflower oil	SLD079	Spiny gourd	SLJ006	Olive oil
SLD086Water spinachSLI010Sesame oilSLD087Winged beanSLI012Sunflower oil	SLD080	Sweet leaf	SLJ007	Palm Olein oil
SLD087 Winged bean SLJ012 Sunflower oil	SLD085	Turkey berry	SLJ009	Rice bran oil
	SLD086	Water spinach	SLJ010	Sesame oil
SLE005 Banana, ripe, ambul SLK002 King coconut water	SLD087	Winged bean	SLJ012	Sunflower oil
	SLE005	Banana, ripe, ambul	SLK002	King coconut water

### Table 2: Prioritised key foods for analysis with food codes

### 2.2.2 National sampling plan for food analysis

A stratified sampling plan was developed for food sampling to obtain nationally representative estimates of the composition of key foods selected. All nine provinces in the country were included in the sample. Only one district was randomly selected from each of the province based on probability proportionate to the population size of districts (Table 3). Food sampling site was selected in each district based on following two factors;

- Food availability As Sri Lanka is a small country with a total area of 65,610 km<sup>2</sup>, all the cereals, legumes, vegetables and fruits grown all over the country and imported foods are drained to the main dedicated economic trade centers, main supermarket chains and the central market in Colombo.
- Crop diversification in different agro-ecological settings.

Province	District	Collection site
1. Western	Colombo	1. Central (manning) market in Colombo
		2. Arpico/ Keels super/ Laughs/ Cargills supermarkets
2. Southern	Galle	3. Galle central market
3. Central	Kandy	4. Kandy central market
4. Eastern	Ampara	5. Ampara central market
5. Northern	Jaffna	6. Jaffna central market
6. North Central	Anuradhapura	7. Anuradhapura central market
7. North Western	Kurunegala	8. Kurunegala central market
8. Uva	Badulla	9. Badulla central Market
9. Sabaragamuwa	Rathnapura	10. Ratnapura central market

### Table 3: Sample collection sites in each district and province

### Sample collection protocol

A detailed food sampling protocol for prioritised key foods was developed. This protocol included training of sample collectors, selecting centers of the nine provinces for food sampling, identification of foods with photographs, food collection, labelling of food (province/ food code/ sample number), packing and transport to the laboratory. Sampling was done by trained health officers from MRI who were trained on food sampling by Global Vice Coordinator of INFOODS and SAARCFOODS Regional Coordinator. Pretesting was done in the nearby markets during the training under the supervision of Global Vice Coordinator of INFOODS.

Specified amount of selected key food samples were collected from each collection site identified in Table 3. Altogether 10 food samples from each selected key foods were purchased and were transported to the MRI laboratory within the same day adopting transportation methods given in Table 4.

Food item	Transportation method
Cereals	Transparent Ziplock bags
Vegetables	Wrapped in white papers
Fish	- 4ºC Cool box
Dried fish	Transparent Ziplock bags
Egg, coconut	As purchased
Fruits	Ziplock bags with small holes for air circulation
Leafy vegetables	Wrapped in plantain leaves

# Table 4: Method of transportation of food samplesfrom the collection sites

### **Composite test samples**

In the MRI nutrition laboratory, 10 samples of each key food were pooled and an edible portion from each food was sorted. Then divided into 4 portions to obtain analytical samples. Two portions were stored at  $-80^{\circ}$ C at MRI nutrition laboratory and other two portions were packaged according to the type of the food and shipment requirements. Samples were transported by air within the same day to the laboratory in National Institute of Nutrition (NIN), Hyderabad, India for analysis. Oil samples were analyzed in the laboratory at the Department of Nutrition, MRI. The analytical results were reviewed by the technical team from Sri Lanka and INFOOD coordinators. Final analytical data were compiled into the INFOODS compilation tool.

### 2.2.3 Data from SLFCT1979

Most of the foods in SLFCT1979 were re-analysed and included in the SLFCT2021.

### 2.2.4 Data from Indian food composition table

Imported food items from India which were not analysed have been taken from Indian Food Composition Table developed in 2017.

Considering similar type of foods consumed by the South Indians and imported food items to Sri Lanka, Data from South Indian food composition database provided by the NIN was included in SLFCT. Those foods were analysed in 2017 while compiling the Indian food composition table.

### 2.2.5 Data from Bangladesh food composition table

Data related to nine milk / dairy products and one beverage were taken from the Bangladesh food composition table developed in 2013.

### 2.2.6 Data from Thai food composition table

Data related to three milk and dairy products were added from the Thai food composition table which was developed in 2015.

### 2.3 Food components

All component values are given per 100 g edible portion (EP) on fresh weight basis except amino acids. INFOODS component identifiers (Tagnames) were used to describe food components<sup>1</sup>. The values per nutrient have been standardised and are expressed in fixed two decimal points except for trace elements and no decimal points were added for values above 100. Table 5 provides the food components with their INFOODS component identifiers, method of analysis and unit of expression.

Table 5: Food components, INFOODS component identifiers (Tag names), methods of analysis
and unit of expression used in the SLFCT2021

Food Component	Tag names	Method of Analysis	Unit/food 100g
Proximate principle and dietary fi	bre		
Energy <sup>1,3</sup>	ENERC	Atwater conversion factors	kcal/kJ
Protein <sup>2,5</sup>	PROTCNT	Titrimetry by combustion/Kjeldahl/Mixed catalyst	g
Water <sup>4</sup>	WATER	Gravimetric using vacuum/Hot air oven	g
Total fat <sup>6</sup>	FATCE	Gravimetry; Ether extraction using Soxhlet apparatus	g
Available carbohydrate <sup>7,8,9</sup>	CHOAVLDF	Calculation by difference Trienzyme extraction and spectrophotometry	g
Total dietary fiber <sup>8</sup>	FIBTG	Enzymatic - gravimetric	g
Soluble dietary fiber <sup>8</sup>	FIBSOL	Enzymatic - gravimetric	g
Insoluble dietary fiber <sup>8</sup>	FIBINS	Enzymatic - gravimetric	g
Ash <sup>10</sup>	ASH	Gravimetric using Muffle furnace	g
Fat soluble vitamin	· ·		·
Vitamin A <sup>11,12</sup>	VITA	HPLC	μg
Retinol	RETOL		
Vitamin D2	ERGCAL	RP-HPLC-APCI-MS	μg
Vitamin D3 <sup>13</sup>	CHOCAL		
Total Vitamin E <sup>14,15</sup>	VITE		mg
α-Tochopherols <sup>16,17,18</sup>	ТОСРНА	HPLC	
$\beta$ -Tochopherols <sup>16,17,18</sup>	ТОСРНВ		
γ-Tochopherols <sup>16,17,18</sup>	TOCPHG		
$\delta$ -Tochopherols <sup>16,17,18</sup>	TOCPHD		
$\alpha$ -Tocotrienols <sup>16,17,18</sup>	TOCTRA		
$\beta$ -Tocotrienols <sup>16,17,18</sup>	TOCTRB		
γ-Tocotrienols <sup>16,17,18</sup>	TOCTRG		
δ-Tocotrienols <sup>16,17,18</sup>	TOCTRD		
Vitamin K1	VITK1	RP-HPLC-APCI-MS	μg
Vitamin K2 <sup>19</sup>	VITK2		
Water soluble vitamin			
Thiamin <sup>20,21</sup>	THIA	Fluorometry	mg

Riboflavin <sup>22,23</sup>	RIBF	Turbidometric-Microbiological mg assay		
Niacin <sup>24,25</sup>	NIA	Turbidometric-Microbiological mg assay		
Pantothenic acid <sup>26</sup>	PANTAC	RP-HPLC with UV detector mg		
Vitamin B6 <sup>27,28</sup>	VITB6C	HPLC- Fluorometric detection	mg	
Vitamin B9 <sup>29,30,31,32</sup>	FOLSUM	Trienzyme Extraction and U- HPLC-UV or Fluorescence Detection		
Vitamin C <sup>33,34</sup>	VITC	RP- HPLC	mg	
Major Mineral	·		·	
Calcium <sup>35,36,37</sup>	CA	Atomic Absorption Spectrophotometry (AAS)	mg	
Phosphorus <sup>38,39,40</sup>	Р	Colorimertry	mg	
Magnesium <sup>35,36,37</sup>	MG	AAS	mg	
Sodium <sup>35,36,37</sup>	NA	AAS-Emission mode	mg	
Potassium <sup>35,36,37</sup>	K	AAS	mg	
Trace element and Heavy m		· · · · · · · · · · · · · · · · · · ·		
Iron <sup>35,36,37</sup>	FE	AAS	ma	
Manganese <sup>35,36,37</sup>	FE MN	AAS	mg	
Copper <sup>35,36,37</sup>	CU	AAS	mg mg	
Zinc <sup>35,36,37</sup>	ZN	AAS	mg	
Aluminium <sup>35,36,37</sup>	Al	AAS	mg	
Selenium <sup>41</sup>	SE	AAS     m       Inductively Coupled Plasma     με       Mass Spectrometry (ICP-     MS)		
Cobalt <sup>41</sup>	СО	ICP-MS mg		
Molybdenum <sup>41</sup>	MO	ICP-MS	mg	
Chromium <sup>41</sup>	CR	ICP-MS m		
Nickel <sup>41</sup>	NI	ICP-MS m		
Lithium <sup>41</sup>	LI	ICP-MS m		
Lead <sup>41</sup>	PB	ICP-MS	mg	
Mercury <sup>41</sup>	HG	ICP-MS	μg	
Cadmium <sup>41</sup>	CD	ICP-MS	mg	
Arsenic <sup>41</sup>	AS	ICP-MS	μg	
Antimony <sup>41</sup>	SB	ICP-MS	μg	
Amino acid (per 100 g Prote	in)			
Tryptophan <sup>42,43,44</sup>	TRP	Amino Acid Analyzer-Ion g Exchange Chromatography (AAA-IEC)		
Aspartic Acid <sup>42,43,44</sup>	ASP	AAA-IEC	g	
Threonine <sup>42,43,44</sup>	THR	AAA-IEC	g	
Serine <sup>42,43,44</sup>	SER	AAA-IEC g		
Glutamic Acid <sup>42,43,44</sup>	GLU	AAA-IEC	g	
Proline <sup>42,43,44</sup>	PRO	AAA-IEC	g	
Glycine <sup>42,43,44</sup>	GLY	AAA-IEC	g	
Alanine <sup>42,43,44</sup>	ALA	AAA-IEC	g	
Cysteine <sup>42,43,44</sup>	CYS	AAA-IEC	g	
Valine <sup>42,43,44</sup>	VAL	AAA-IEC g		
Methionine <sup>42,43,44</sup>	MET	AAA-IEC	g	

Isoleucin <sup>42,43,44</sup>	ILE	AAA-IEC	g
Leucine <sup>23</sup>	LEU	AAA-IEC	g
Tyrosine <sup>42,43,44</sup>	TYR	AAA-IEC	g
Phenylalanine <sup>42,43,44</sup>	PHE	AAA-IEC	g
Histidine <sup>42,43,44</sup>	HIS	AAA-IEC	g
Lysine <sup>42,43,44</sup>	LYS	AAA-IEC	g
Arginine <sup>42,43,44</sup>	ARG	AAA-IEC	g
Fatty acids			0
Total Saturated Fatty Acids	FASAT		mg
Capric (C10:0) <sup>54,46,47</sup>	F10D0	Gas Chromatography with	mg
		Flame Ionization Detector	0
		(GC-FID)	
Lauric (C12:0) 54,46,47	F12D0	GC-FID	mg
Myristic (C14:0) 54,46,47	F14D0	GC-FID	mg
Palmitic (C16:0) 54,46,47	F16D0	GC-FID	mg
Stearic (C18:0) 54,46,47	F18D0	GC-FID	mg
Arachidic (C20:0) 54,46,47	F20D0	GC-FID	mg
Behenic (C22:0) <sup>54,46,47</sup>	F22D0	GC-FID	mg
Lignoceric (C24:0) 54,46,47	F24D0	GC-FID	mg
Mono Unsaturated Fatty Acids	FAMS	GC-FID	mg
Palmitoleic (C16:1n7) <sup>54,46,47</sup>	F16D1C	GC-FID	mg
Oleic (C18:1n9) 54,46,47	F18D1CN9	GC-FID	mg
Eicosaenoic(C20:1n9) 54,46,47	F20D1N9F	GC-FID	mg
Erucic (C22:1n9) 54,46,47	F22D1N9	GC-FID	mg
Nervonic(C24:1n9) <sup>54,46,47</sup>	F24D1C	GC-FID	mg
Poly Unsaturated Fatty Acids	FAPU	GC-FID	mg
Linoleic (C18:2n6) <sup>54,46,47</sup>	F18D2CN6	GC-FID	mg
A-Linolenic (C18:3n3) 54,46,47	F18D3N3	GC-FID	mg
Eicosadienoic (C20:2) <sup>54,46,47</sup>	F20D2	GC-FID	mg
Eicosatrienoic (C20:3n3) <sup>54,46,47</sup>	F20D3N3	GC-FID	mg
Arachidonic (C20:4n6) 54,46,47	F20D4N6	GC-FID	mg
Eicosapentaenoic (C20:5n3) <sup>54,46,47</sup>	F20D5N3	GC-FID	mg
Docosadienoic (C22:2) <sup>54,46,47</sup>	F22D2	GC-FID	mg
Docosahexaenoic (C22:6n3) <sup>54,46,47</sup>	F22D6N3	GC-FID	mg
Carbohydrates		- I	
Free sugars			g
Fructose <sup>48</sup>	FRUS	HPLC-RID	g
Glucose <sup>48</sup>	GLUS	HPLC-RID	g
Sucrose <sup>48</sup>	SUCS	HPLC-RID	g
Maltose <sup>48</sup>	MALS	HPLC-RID	g
Oligosaccharides		· ·	_
Raffinose <sup>49,50,51</sup>	RAFS	HPLC	g
Stachyose <sup>49,50,51</sup>	STAS	HPLC	g
Verbascose <sup>49,50,51</sup>	VERS	HPLC	g
Ajugose <sup>49,50,51</sup>		HPLC	g
Starch <sup>52</sup>			g
Phytosterol	I	1	0
Campesterol <sup>53</sup>	CAMT	Gas Chromatography (GC)	mg
Stigmasterol <sup>53</sup>	STGSTR	GC	mg
β-Sitosterol <sup>53</sup>	SITSTR	GC	mg

Carotine and Xanthophyl			
Lutein <sup>54</sup>	LUTN	HPLC	μg
Zeaxanthin <sup>54</sup>	ZEA	HPLC	μg
$\beta$ – Cryptoxanthin <sup>54</sup>	CRYPXB	HPLC	μg
$\beta$ – Carotene <sup>54</sup>	CARTB	HPLC	μg
Lycopene <sup>54</sup>	LYCPN	HPLC	μg
$\alpha$ – Carotene <sup>54</sup>	CARTA	HPLC	μg
Capsanthin <sup>54</sup>		HPLC	μg
$\gamma$ – Carotene <sup>54</sup>	CARTG	HPLC	μg
Violaxanthin <sup>54</sup>		HPLC	μg
Organic acids, Phytates			
Oxalic Acid (Total) <sup>55</sup>	OXALAC	Fast - HPLC	mg
Soluble Oxalic Acid <sup>55</sup>		Fast – HPLC	mg
Insoluble Oxalic Acid <sup>55</sup>		Fast - HPLC	mg
Tartaric Acid <sup>56,57,58</sup>	TARAC	HPLC	mg
Quinic Acid <sup>56,57,58</sup>		HPLC	mg
Mallic Acid <sup>56,57,58</sup>	MALAC	HPLC	mg
Succinic Acid <sup>56,57,58</sup>	SUCAC	HPLC	mg
Fumaric Acid <sup>56,57,58</sup>	FUMAC	HPLC	mg
Citric Acid <sup>56,57,58</sup>	CITAC	HPLC	mg
Phytate <sup>59</sup>		Ion Exchange and	mg
		Spectrophotometry	

### 2.4 Conversion factors

### 2.4.1 Proximates and related components

**Energy:** The metabolisable energy values of all foods are presented in both kilojoules (kJ) and kilocalories (kcal). These are calculated based on content of protein, fat, available carbohydrates, dietary fiber and alcohol by applying the energy conversion factors as given in Table 6.

Component	kJ/g	kcal/g
Protein	17	4
Fat	37	9
Available Carbohydrate	17	4
Fiber	8	2
Alcohol	29	7

## Table 6: Metabolisable energy conversion factorsGeneral Atwater factors1

Water: Water was measured as the loss of weight after drying the food sample to constant weight.

**Protein:** Total protein content is calculated by multiplying the total nitrogen values in the foods by the nitrogen conversion factors provided in Table 7.

Food	<b>Conversion Factor</b>
Barley and its flour, Oats	5.83
Rice and its flour	5.95
Wheat whole	5.83
Wheat bran	6.31
Refined wheat flour (Maida)	5.70
Almonds	5.18
Peanuts	5.46
Soybean	5.71
Cashew nuts, Pistachio nut	5.30
Egg whole	6.25
Meat and Fish	6.25
Milk and milk products	6.38
Food where specific factor is not listed	6.25

# Table 7: Nitrogen to protein conversion factors adapted from Jones(FAO/INFOODS, 2012)

**Total Fat and fatty acids:** Total fat value refers to total lipid including triglycerides, glycerol, phospholipids and sterols. Fatty acids were grouped into total saturated, total monounsaturated and total polyunsaturated fatty acids. Fatty acids are expressed as the actual quantity of fatty acids in mg per 100g of edible portion of food calculated using Sheppard conversion factors.

**Carbohydrates:** Available carbohydrate is sum up of total free sugars and total starch. Free sugars are individual monosaccharides (Galactose, Glucose and Fructose) and disaccharides (Sucrose, Lactose and Maltose). The values for available carbohydrates were obtained from the sum of individually analyzed values of these components. Table 8 provides the conversion factors used between carbohydrate weights and monosaccharide equivalents. The content of available carbohydrate is assumed to be zero for raw meat and fish.

No.	Carbohydrate	Equivalent after hydrolysis (g/100g)	Conversion to monosaccharide equivalent
1	Monosaccharides	100	No conversion
	e.g. Glucose		necessary
2	Disaccharides	105	× 1.05 or ÷ 0.95
	e.g. Sucrose, Lactose, Maltose		
3	Oligosaccharides		
	a. Raffinose (trisaccharide)	107	× 1.07 or ÷ 0.93
	b. Stachyose (tetrasaccharide)	108	× 1.08 or ÷ 0.93
	c. Verbascose (pentasaccharide)	109	× 1.09 or ÷ 0.92
4	Polysaccharides	110	× 1.10 or ÷ 0.90
	e.g. Starch		

### Table 8: Conversion of carbohydrate weights to monosaccharide equivalents

**Total Dietary Fiber:** Total dietary fiber is a mixture of soluble and insoluble polysaccharides, nondigestible polysaccharides, oligosaccharides, and a range of non-swellable more or less hydrophobic compounds such as lignin, cutin, suberin.

### 2.4.2. Fat-soluble vitamin

**Vitamin A:** Vitamin A was expressed as retinol and the active carotenoids ( $\beta$ -carotene,  $\alpha$ -carotene,  $\beta$ -cryptoxanthin,  $\gamma$ -carotene, lycopene, zeaxanthin, lutein). Total vitamin A activity expressed in  $\mu$ g/100g retinol equivalent (RE) = retinol + 1/6  $\beta$ -carotene + 1/12 other pro-vitamin A carotenoids.

**Vitamin D:** Vitamin D was calculated by summation of vitamin  $D_3$  (cholecalciferol), vitamin  $D_2$  (ergocalciferol) and five times of 25-hydroxycholecalciferol.

**Vitamin E**: Vitamin E was calculated by using the vitamin E activities of the active tocopherols and tocotrienols. Vitamin E =  $\alpha$ -tocopherol + 0.4  $\beta$ -tocopherol + 0.1  $\gamma$ -tocopherol+ 0.01  $\delta$ -tocopherol+ 0.3  $\alpha$ -tocotrienol + 0.05  $\beta$ -tocotrienol + 0.01  $\gamma$ -tocotrienol + 0.01  $\delta$ -tocotrienol.

**Vitamin K:** Vitamin K was calculated by summation of vitamin K1 (phylloquinone) and vitamin K2 (menaquinone).

### 2.4.3 Water-soluble vitamins

Niacin: Niacin was taken from preformed niacin.

**Vitamin B**<sub>6</sub>: Vitamin B<sub>6</sub> was calculated by summation of pyridoxal, pyridoxamine and pyridoxine.

**Total folates:** It includes mostly tetrahydrofolate, 5-methyltetrahydrofolate, 5-formyltetrahydrofolate, 10-formylfolic acid, 10-formyldihyrdofolate and folic acid.

Vitamin C: It includes L-ascorbic acid plus L-dehydro-ascorbic acid.

### **CHAPTER 3: UNDERSTANDING THE TABLE**

There are three main columns in the nutrient tables.

### 1. Column 1:

Alphanumerical code of the food group, followed by a three-digit food code number. e.g. SLD001: SL represents Sri Lanka; D represents the vegetable group; 001 represents the food item code.

### 2. Column 2:

Food item name. It is presented as English name and its variety, process state (if available), scientific name.

e.g. Rice, brown, raw (English name, variety, process state), Oryza sativa (scientific name).

### 3. Column 3 and onward:

List of nutrient values per 100g edible portion for (if available);

- Proximate principles and dietary fiber
- Fat soluble vitamins
- Water soluble vitamins
- Major Minerals
- Trace elements and heavy metals
- Amino acids (100g/protein)
- Fatty acids
- Starch and sugars
- Phytosterols
- Carotene and Xanthophils
- Organic acids, Phytates, Trypsin Inhibitors and Saponins
- (-) symbol in the table indicates below detectable limit.

ND indicates component not analysed.

NA indicates component not available from reference sources.

### **CHAPTER 4: NUTRIENT TABLES**

This chapter provides all the food composition nutrient values of food items listed in a table format and categorized into the following food groups:

GROUP A	Cereals and Cereal products
GROUP B	Roots and Tubers
GROUP C	Pulses
GROUP D	Vegetables
GROUP E	Fruits
GROUP F	Fish and Aquatic foods
GROUP G	Milk and Dairy products
GROUP H	Egg, Poultry and Meats
GROUP I	Nuts and Seeds
GROUP J	Oils and Fat
GROUP K	Condiments, Spices and Herbs
GROUP L	Beverages

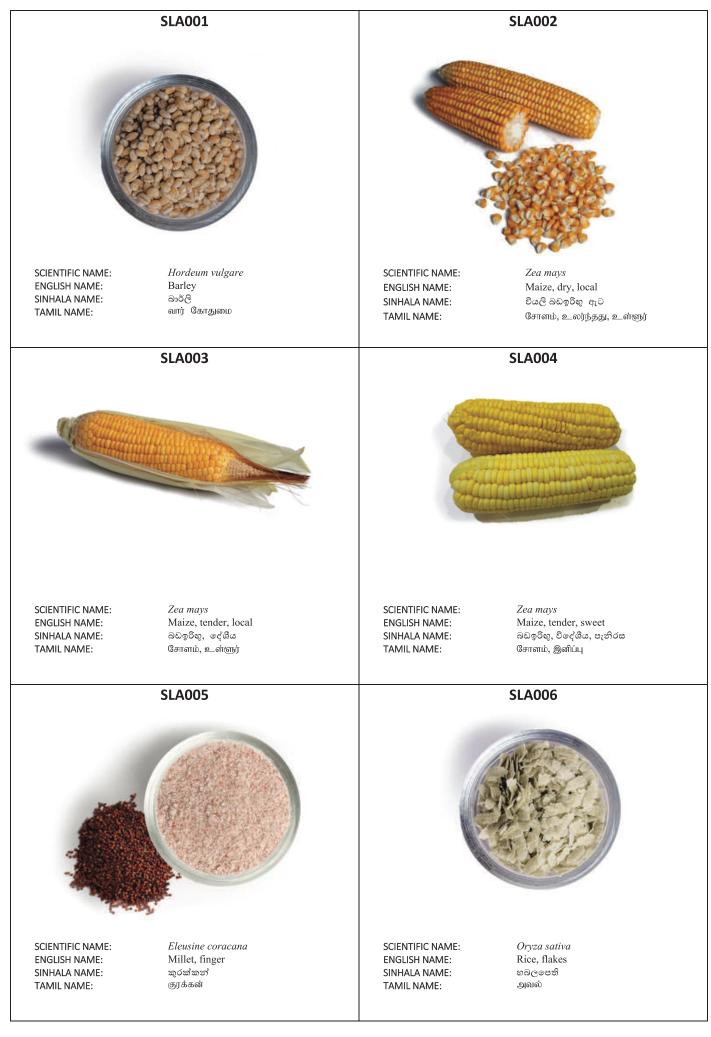
## Group A

# Cereals and cereal products

Being the foundation of human civilization cereals and millets has secured its place as the staple food group all around the world. They are rich in carbohydrates (60-70%), fats, proteins, vitamins and minerals. This group consists of rice, maize, wheat, millet etc.

SLFCT contains 19 cereals and millets commonly consumed in Sri Lanka.











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Table

(All values are expressed per 100g edible portion)

Food	Food Name	Energy	gy	Moisture	Protein	<b>Total Fat</b>	Carbohyd	Total	Soluble	Insoluble	Ash
code							-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	g	g	g	g	g	g	g	g
<b>SLA001</b>	Barley ( <i>Hordeum vulgare</i> )	313	1311	10.07	11.40	1.18	60.90	15.48	4.74	10.74	0.97
SLA002	Maize, dry, local ( <i>Zea mays</i> )	338	1415	8.97	8.47	4.58	64.43	12.35	0.81	11.53	1.20
<b>SLA003</b>	Maize, tender, local ( <i>Zea mays)</i>	119	500	68.39	3.01	1.23	23.54	3.46	0.39	3.07	0.37
<b>SLA004</b>	Maize, tender, sweet (Zea mays)	94	394	74.51	3.86	1.43	15.92	3.93	0.64	3.29	0.36
SLA005	Millet, finger ( <i>Eleusine coracana</i> )	322	1348	10.43	7.11	1.77	67.45	11.16	1.91	9.24	2.08
<b>SLA006</b>	Rice, flakes (Oryza sativa)	350	1467	10.46	7.29	1.17	76.08	3.93	0.80	3.13	1.06
SLA007	Rice, kaluhinati ( <i>Oryza sativa</i> )	348	1474	9.32	9.88	1.90	72.28	5.21	0.94	4.27	1.42
<b>SLA008</b>	Rice, keeri samba <i>(Oryza sativa)</i>	368	1564	7.82	8.47	1.84	79.41	1.17	0.24	0.94	1.30
<b>SLA009</b>	Rice, kekulu, red ( <i>Oryza sativa</i> )	366	1552	7.92	8.64	2.12	77.59	3.18	0.98	2.21	0.57
<b>SLA010</b>	Rice, kekulu, white <i>(Oryza sativa)</i>	361	1534	9.29	9.88	1.52	76.67	2.36	0.79	1.57	0.30
<b>SLA011</b>	Rice, nadu, white (Oryza sativa)	366	1555	7.84	7.76	1.48	80.11	2.45	0.76	1.69	0.37
SLA012	Rice, samba <i>(Oryza sativa)</i>	369	1567	7.51	6.86	2.45	79.53	3.24	0.94	2.30	0.43
<b>SLA013</b>	Rice, samba kekulu <i>(Oryza sativa)</i>	355	1507	8.54	8.81	1.53	76.12	4.42	0.86	3.57	0.59
<b>SLA014</b>	Vermicelli, rice <i>(Triticum aestivum)</i>	365	1549	7.58	7.29	1.13	80.97	2.68	0.85	1.83	0.36
<b>SLA015</b>	Vermicelli, wheat (Triticum aestivum)	332	1391	9.18	9.31	0.42	70.69	9.81	1.98	7.84	0.59
<b>SLA016</b>	Water lily seeds ( <i>Nymphaea cereals</i> )	349	1482	7.67	9.84	2.22	71.89	6.96	1.34	5.63	1.43
<b>SLA017</b>	Wheat, flour, atta (Triticum aestivum)	319	1336	11.44	10.25	1.40	64.19	11.54	2.29	9.26	1.18
SLA018	Wheat, flour, refined ( <i>Triticum aestivum</i> )	355	1488	10.11	10.42	0.73	75.25	2.99	0.62	2.37	0.51
<b>SLA019</b>	Wheat, semolina <i>(Triticum aestivum)</i>	332	1393	9.10	10.85	0.72	68.83	9.57	1.44	8.13	0.94

# **Table 2. FAT SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	A nimstiV (39 - stnəlsviup3 lonit99)	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	ß - Tocopherols	γ - Τοcopherols	s - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		bн	bп	рц	вш	вш	вш	вш	вш	вш	шg
<b>SLA001</b>	Barley (Hordeum vulgare)	NA	NA	1.98	0.01	0.01	NA	NA	NA	NA	NA
<b>SLA002</b>	Maize, dry, local ( <i>Zea mays)</i>	42.41	32.60	2.68	0.30	0.13	NA	1.53	0.36	0.05	NA
<b>SLA003</b>	Maize, tender, local ( <i>Zea mays)</i>	7.91	46.96	2.04	0.0	0.05	NA	0.36	0.04	NA	NA
<b>SLA004</b>	Maize, tender, sweet (Zea mays)	11.52	15.48	2.26	0.09	0.06	NA	0.26	0.02	NA	NA
SLA005	Millet, finger ( <i>Eleusine coracana</i> )	0.22	41.82	3.25	0.15	0.08	NA	0.72	NA	NA	NA
<b>SLA006</b>	Rice, flakes (Oryza sativa)	NA	NA	0.95	0.06	0.06	NA	NA	NA	NA	NA
SLA007	Rice, kaluhinati <i>(Oryza sativa)</i>	ı	ND	2.75	0.07	0.06	ı	0.03	I	0.04	0.06
<b>SLA008</b>	Rice, keeri samba <i>(Oryza sativa)</i>	ı	ND	2.56	0.08	0.06	I	0.03	I	0.06	0.04
SLA009	Rice, kekulu, red (Oryza sativa)	ı	ND	2.67	0.09	0.07	ı	0.03	I	0.05	0.05
SLA010	Rice, kekulu, white ( <i>Oryza sativa)</i>	ı	ΟN	2.85	0.08	0.06	ı	0.03	ı	0.04	0.06
SLA011	Rice, nadu, white ( <i>Oryza sativa</i> )	Ţ	ND	2.91	0.08	0.06	I	0.03	ļ	0.04	0.04
SLA012	Rice, samba ( <i>Oryza sativa</i> )	ı	ND	2.23	0.08	0.06	T	0.03	I	0.04	0.06
<b>SLA013</b>	Rice, samba kekulu <i>(Oryza sativa)</i>	ı	ND	2.52	0.09	0.07	I	0.03	I	0.05	0.05
<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	ı	ND	1.64	0.01	0.01	I	I	I	I	ı
SLA015	Vermicelli, wheat (Triticum aestivum)	0.33	4.19	1.35	0.03	0.02	NA	NA	NA	0.02	NA
<b>SLA016</b>	Water lily seeds (Nymphaea cereals)	ı	ND	2.84	0.07	0.07	ı	ı	0.03	I	ı
SLA017	Wheat, flour, atta (Triticum aestivum)	0.37	10.31	1.68	0.38	0.33	0.05	NA	NA	0.11	NA
SLA018	Wheat, flour, refined ( <i>Triticum aestivum</i> )	0.49	5.67	0.95	0.06	0.05	NA	NA	NA	0.03	NA
SLA019	Wheat, semolina (Triticum aestivum)	0.24	7.09	1.40	0.20	0.14	0.10	NA	NA	0.06	NA

# Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic	Total vitamin	Total Folate	Total Ascorbic
code		(B1)	(B2)	(B3)	acid (B5)	(B6)	(B9)	Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		mg	тд	вш	тд	тд	бґ	шg
<b>SLA001</b>	Barley ( <i>Hordeum vulgare</i> )	0.28	0.19	2.74	0.15	0.32	26.47	NA
<b>SLA002</b>	Maize, dry, local ( <i>Zea mays)</i>	0.33	0.08	2.64	0.35	0.35	28.30	NA
<b>SLA003</b>	Maize, tender, local (Zea mays)	0.14	0.11	1.13	0.43	0.44	65.34	4.07
<b>SLA004</b>	Maize, tender, sweet (Zea mays)	0.10	0.14	1.13	0.34	0.31	64.26	6.73
SLA005	Millet, finger ( <i>Eleusine coracana</i> )	0.39	0.17	1.34	0.15	0.04	30.80	NA
<b>SLA006</b>	Rice, flakes (Oryza sativa)	0.14	0.04	1.70	0.43	0.02	8.61	NA
<b>SLA007</b>	Rice, kaluhinati ( <i>Oryza sativa)</i>	ND	0.08	0.45	0.65	0.43	9.04	ı
<b>SLA008</b>	Rice, keeri samba ( <i>Oryza sativa</i> )	ND	0.03	1.57	0.57	0.13	12.29	ı
<b>SLA009</b>	Rice, kekulu, red ( <i>Oryza sativa)</i>	ND	0.05	1.50	0.65	0.10	8.39	ı
SLA010	Rice, kekulu, white <i>(Oryza sativa)</i>	ND	0.03	0.89	0.52	0.09	10.67	
<b>SLA011</b>	Rice, nadu, white (Oryza sativa)	ND	0.03	1.21	0.52	0.12	9.35	ı
<b>SLA012</b>	Rice, samba ( <i>Oryza sativa</i> )	ND	0.05	1.76	0.64	0.13	12.79	
<b>SLA013</b>	Rice, samba kekulu ( <i>Oryza sativa</i> )	ND	0.03	1.44	0.54	0.09	8.11	ı
<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	ND	0.03	0.48	0.56	0.07	6.54	ı
<b>SLA015</b>	Vermicelli, wheat (Triticum aestivum)	0.13	0.01	0.89	0.60	0.03	15.55	NA
SLA016	Water lily seeds (Nymphaea cereals)	ND	0.18	1.81	0.59	0.89	7.58	
SLA017	Wheat, flour, atta (Triticum aestivum)	0.38	0.15	2.34	0.91	0.27	27.14	NA
SLA018	Wheat, flour, refined ( <i>Triticum aestivum</i> )	0.17	0.06	0.71	0.83	0.08	18.18	NA
SLA019	Wheat, semolina ( <i>Triticum aestivum</i> )	0.26	0.04	1.13	0.78	0.11	23.19	NA

# **Table 4. MAJOR MINERALS**

(All values are expressed per 100g edible portion)

Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
code						
		CA	Ъ	MG	NA	К
		mg	mg	mg	mg	mg
<b>SLA001</b>	Barley (Hordeum vulgare)	26.52	224	57.44	6.71	261
<b>SLA002</b>	Maize, dry, local ( <i>Zea mays)</i>	9.20	268	139	4.61	288
<b>SLA003</b>	Maize, tender, local (Zea mays)	5.10	182	41.11	2.31	183
<b>SLA004</b>	Maize, tender, sweet ( <i>Zea mays)</i>	6.52	111	34.71	2.19	298
<b>SLA005</b>	Millet, finger ( <i>Eleusine coracana</i> )	419	246	148	4.72	418
SLA006	Rice, flakes ( <i>Oryza sativa</i> )	11.10	214	98.29	2.48	148
<b>SLA007</b>	Rice, kaluhinati ( <i>Oryza sativa)</i>	10.85	243	35.55	7.63	149
SLA008	Rice, keeri samba <i>(Oryza sativa)</i>	6.57	163	22.18	2.09	155
SLA009	Rice, kekulu, red (Oryza sativa)	4.73	195	31.70	1.61	169
SLA010	Rice, kekulu, white <i>(Oryza sativa)</i>	6.94	150	26.29	1.55	87.92
SLA011	Rice, nadu, white <i>(Oryza sativa)</i>	4.57	119	20.10	3.00	147
<b>SLA012</b>	Rice, samba ( <i>Oryza sativa</i> )	8.71	192	37.26	2.16	154
SLA013	Rice, samba kekulu ( <i>Oryza sativa</i> )	9.28	147	30.48	1.53	149
<b>SLA014</b>	Vermicelli, rice <i>(Triticum aestivum)</i>	1.74	95.94	23.67	17.83	61.98
<b>SLA015</b>	Vermicelli, wheat (Triticum aestivum)	21.89	97.00	38.71	3.75	160
SLA016	Water lily seeds (Nymphaea cereals)	27.99	180	55.12	0.68	162
SLA017	Wheat, flour, atta (Triticum aestivum)	22.09	116	27.32	1.13	140
SLA018	Wheat, flour, refined ( <i>Triticum aestivum</i> )	26.78	106	41.80	2.00	290
SLA019	Wheat, semolina ( <i>Triticum aestivum)</i>	21.89	97.00	38.71	3.75	160

Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Field         Material         Molybact           Malze, dry, local (Zee morys)         Malze, dry, local (Zee morys)         Molybact         Molybact           Malze, dry, local (Zee morys)         Malze, dry, local (Zee morys)         Mol         Zin         Sele         Mol           Malze, tender, local (Zee morys)         0.70         0.36         0.77         1.35         1.03         0.03           Malze, tender, local (Zee morys)         0.70         0.36         0.74         1.35         1.03         0.03           Malze, tender, local (Zee morys)         0.70         0.36         0.74         1.97         10.99         0.03           Malze, tender, local (Zee morys)         0.70         0.36         0.74         1.97         10.93         0.03           Malze, tender, local (Zee morys)         0.70         0.36         0.74         1.97         10.93         0.03           Malze, tender, local (Zee morys)         0.74         0.73         1.35         0.01         0.01         0.01           Milet, finger (Eleusine coraccond)         5.21         1.01         0.22         1.41         0.68         0.03         0.04           Rice, kekulu, white (Oryza sativa)         0.88         0.24         1.710         0.01	Food code	Food Name		əs					աոս	u			ա			I		/
FE         MN         CU         ZN         SF         CO         MO           Maize, Inder $mg$ <th></th> <th></th> <th>lron</th> <th>ansgneM</th> <th>Copper</th> <th>Sniz</th> <th>muinələ2</th> <th>tledoD</th> <th>əbdyloM</th> <th>uimord)</th> <th>Nickel</th> <th>muidtiJ</th> <th>ninimulA</th> <th>реәү</th> <th>Mercury</th> <th>nuimbeJ</th> <th>Arsenic</th> <th>nomitnA</th>			lron	ansgneM	Copper	Sniz	muinələ2	tledoD	əbdyloM	uimord)	Nickel	muidtiJ	ninimulA	реәү	Mercury	nuimbeJ	Arsenic	nomitnA
mgmgmgmgmgmgmgmgmgmgmgBarley (Hordeum vulgare)1.631.25 $0.77$ 1.35 $1.7.99$ $0.042$ $0.035$ Maize, dry, local (Zea mays)2.03 $0.68$ $0.24$ $1.97$ $10.98$ $0.003$ $0.035$ Maize, tender, local (Zea mays) $0.70$ $0.36$ $0.14$ $0.92$ $2.64$ $0.001$ $0.013$ Maize, tender, local (Zea mays) $0.76$ $0.32$ $0.14$ $0.68$ $3.75$ $NA$ $0.072$ Milet, finger (Eleusine coracana) $4.78$ $2.05$ $0.24$ $1.02$ $0.010$ $0.039$ Rice, flakes (Oryza sativa) $0.47$ $0.32$ $0.14$ $0.68$ $0.010$ $0.035$ Rice, keulu, white (Oryza sativa) $0.18$ $1.09$ $0.24$ $1.106$ $0.010$ $0.035$ Rice, keulu, white (Oryza sativa) $0.18$ $1.09$ $0.17$ $1.84$ $8.32$ $0.010$ $0.035$ Rice, keulu, white (Oryza sativa) $0.18$ $0.019$ $0.02$ $0.019$ $0.016$ $0.026$ $0.026$ Rice, keulu, white (Oryza sativa) $0.12$ $0.12$ $1.26$ $0.012$ $0.026$ $0.026$ Rice, keulu, white (Oryza sativa) $0.12$ $0.12$ $0.12$ $0.12$ $0.016$ $0.026$ Rice, keulu, white (Oryza sativa) $0.12$ $0.28$ $0.14$ $0.026$ $0.026$ $0.026$ Rice, keulu, white (Oryza sativa) $0.28$ $0.24$ $0.26$ $0.026$ $0.026$			FE	MN	cU	ZN	SE	СО	MO	CR	N	П	AL	PB	ЫG	CD	AS	SB
Barley (Hordeum vulgare)         1.63         1.25         0.77         1.35         1.79         0.042         0.023           Maize, dry, local (Zea mays)         0.01         0.013         0.014         0.02         0.035         0.013           Maize, tender, local (Zea mays)         0.70         0.36         0.14         0.92         2.64         0.001         0.013           Maize, tender, sweet (Zea mays)         0.70         0.35         0.14         0.92         2.64         0.01         0.013           Maize, tender, sweet (Zea mays)         0.46         0.32         0.14         0.68         3.75         NA         0.07           Millet, finger (Eleusine coracana)         4.78         2.05         0.54         2.47         20.35         0.017         0.01         0.035           Rice, kelulu, red ( <i>Oryza sativa</i> )         5.21         1.01         0.22         1.12         NA         0.001         0.035           Rice, kekulu, white ( <i>Oryza sativa</i> )         0.18         0.60         0.19         1.87         7.10         0.003         0.055           Rice, samba ( <i>Oryza sativa</i> )         0.18         1.69         0.32         1.49         1.106         0.010         0.025           Rice, kekulu			шg	тg	тд	тg	рg	тg	шg	тд	тд	шg	шg	тд	рд	тg	bп	bп
Maize, dry, local (Zea mays)2.03 $0.68$ $0.24$ $1.97$ $10.98$ $0.008$ $0.035$ Maize, tender, local (Zea mays) $0.70$ $0.36$ $0.14$ $0.92$ $2.64$ $0.001$ $0.017$ Maize, tender, sweet (Zea mays) $0.70$ $0.36$ $0.14$ $0.92$ $2.64$ $0.017$ $0.017$ Maize, tender, sweet (Zea mays) $0.70$ $0.36$ $0.32$ $0.14$ $0.92$ $2.64$ $0.017$ $0.017$ Millet, finger (Eleusine coracana) $4.78$ $2.05$ $0.54$ $2.47$ $20.35$ $0.017$ $0.017$ Rice, flakes (Dryza sativa) $0.18$ $1.09$ $0.22$ $1.12$ $NA$ $0.010$ $0.039$ Rice, kekulu, white (Dryza sativa) $0.18$ $1.09$ $0.17$ $1.87$ $7.10$ $0.009$ $0.053$ Rice, samba (Dryza sativa) $0.88$ $1.09$ $0.17$ $1.84$ $8.32$ $0.004$ $0.063$ Rice, samba (Dryza sativa) $0.88$ $1.09$ $0.17$ $1.84$ $8.32$ $0.004$ $0.053$ Rice, samba (Dryza sativa) $0.88$ $1.09$ $0.17$ $1.84$ $8.32$ $0.004$ $0.063$ Rice, samba kekulu (Dryza sativa) $0.88$ $0.17$ $1.84$ $8.32$ $0.004$ $0.053$ Rice, samba kekulu (Dryza sativa) $0.92$ $0.79$ $0.14$ $1.70$ $0.192$ $0.164$ Rice, samba kekulu (Dryza sativa) $0.92$ $0.79$ $0.14$ $1.70$ $0.13$ $0.04$ $0.053$ Rice, samba kekulu (Dryza sat	<b>SLA001</b>	Barley (Hordeum vulgare)	1.63	1.25	0.77	1.35	17.99	0.042	0.023	0.034	NA	NA	NA	NA	2.46	NA	NA	NA
Maize, tender, local (Zea mays) $0.70$ $0.36$ $0.14$ $0.92$ $2.64$ $0.001$ $0.013$ Maize, tender, sweet (Zea mays) $0.46$ $0.32$ $0.14$ $0.68$ $3.75$ $NA$ $0.007$ Millet, finger (Eleusine coracana) $4.78$ $2.05$ $0.54$ $2.47$ $20.35$ $0.017$ $0.017$ Rice, flakes ( $Oryza sativa$ ) $7.78$ $2.34$ $1.59$ $0.22$ $1.12$ $NA$ $0.002$ $0.039$ Rice, flakes ( $Oryza sativa$ ) $5.21$ $1.01$ $0.22$ $1.12$ $NA$ $0.010$ $0.039$ Rice, kekulu, white ( $Oryza sativa$ ) $0.18$ $0.60$ $0.19$ $1.87$ $7.10$ $0.092$ $0.053$ Rice, kekulu, white ( $Oryza sativa$ ) $0.88$ $1.09$ $0.17$ $1.84$ $8.32$ $0.004$ $0.063$ Rice, samba ( $Oryza sativa$ ) $0.88$ $1.09$ $0.17$ $1.84$ $8.32$ $0.004$ $0.063$ Rice, samba ( $Oryza sativa$ ) $0.88$ $1.09$ $0.17$ $1.84$ $8.32$ $0.004$ $0.063$ Rice, samba kekulu ( $Oryza sativa$ ) $0.64$ $0.92$ $0.68$ $0.17$ $1.20$ $8.40$ $0.003$ $0.046$ Rice, samba kekulu ( $Oryza sativa$ ) $0.52$ $0.14$ $0.72$ $8.40$ $0.003$ $0.046$ Rice, samba kekulu ( $Oryza sativa$ ) $0.64$ $0.92$ $0.72$ $1.107$ $0.132$ $0.056$ Rice, samba kekulu ( $Oryza sativa$ ) $0.52$ $0.79$ $0.79$ $0.79$ $0.070$ $0.070$ Ri	SLA002	Maize, dry, local ( <i>Zea mays</i> )	2.03	0.68	0.24	1.97	10.98	0.008	0.035	0.014	0.047	NA	2.59	NA	1.37	NA	NA	NA
Maize, tender, sweet (Zea mays)         0.46         0.32         0.14         0.68         3.75         NA         0.007           Nillet, finger (Eleusine coracana)         4.78         2.05         0.54         2.47         20.35         0.017         0.017           Rice, flakes ( <i>Oryza sativa</i> )         5.21         1.01         0.22         1.12         NA         0.010         0.039           Rice, flakes ( <i>Oryza sativa</i> )         5.21         1.01         0.22         1.12         NA         0.010         0.039           Rice, kelulu, red ( <i>Oryza sativa</i> )         0.18         1.09         0.17         1.87         7.10         0.003         0.053           Rice, kekulu, white ( <i>Oryza sativa</i> )         0.64         0.63         0.17         1.87         7.10         0.003         0.053           Rice, samba ( <i>Oryza sativa</i> )         1.22         0.68         0.17         1.84         8.32         0.010         0.053           Rice, samba ( <i>Oryza sativa</i> )         1.22         0.68         0.17         1.750         8.49         0.064           Rice, samba kekulu ( <i>Oryza sativa</i> )         1.18         8.93         0.010         0.053         0.055           Rice, samba kekulu ( <i>Oryza sativa</i> )         0.59 <t< th=""><th>SLA003</th><th>Maize, tender, local (Zea mays)</th><th>0.70</th><th>0.36</th><th>0.14</th><th>0.92</th><th>2.64</th><th>0.001</th><th>0.013</th><th>0.003</th><th>0.014</th><th>NA</th><th>0.12</th><th>0.001</th><th>NA</th><th>NA</th><th>NA</th><th>NA</th></t<>	SLA003	Maize, tender, local (Zea mays)	0.70	0.36	0.14	0.92	2.64	0.001	0.013	0.003	0.014	NA	0.12	0.001	NA	NA	NA	NA
Millet, finger ( <i>Fleusine coracana</i> ) $4.78$ $2.05$ $0.54$ $2.47$ $20.35$ $0.017$ $0.017$ Rice, flakes ( <i>Oryza sativa</i> ) $5.21$ $1.01$ $0.22$ $1.12$ $NA$ $0.010$ $0.039$ Rice, kaluhinati ( <i>Oryza sativa</i> ) $5.21$ $1.01$ $0.22$ $1.12$ $NA$ $0.010$ $0.039$ Rice, kaluhinati ( <i>Oryza sativa</i> ) $0.18$ $0.60$ $0.19$ $1.87$ $7.10$ $0.009$ $0.053$ Rice, kekulu, white ( <i>Oryza sativa</i> ) $0.18$ $1.09$ $0.17$ $1.87$ $7.10$ $0.008$ $0.053$ Rice, kekulu, white ( <i>Oryza sativa</i> ) $1.22$ $0.66$ $0.17$ $1.87$ $8.40$ $0.008$ $0.053$ Rice, samba ( <i>Oryza sativa</i> ) $1.22$ $0.68$ $0.17$ $1.84$ $8.32$ $0.010$ $0.053$ Rice, samba ( <i>Nrya sativa</i> ) $1.22$ $0.64$ $0.46$ $0.32$ $1.61$ $8.40$ $0.008$ $0.056$ Rice, samba kekulu ( <i>Oryza sativa</i> ) $1.18$ $0.93$ $0.35$ $1.49$ $11.07$ $0.132$ $0.058$ Rice, samba kekulu ( <i>Oryza sativa</i> ) $1.18$ $0.93$ $0.72$ $0.14$ $1.07$ $0.132$ $0.010$ $0.058$ Rice, samba kekulu ( <i>Oryza sativa</i> ) $1.26$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.010$ $0.058$ Rice, samba kekulu ( <i>Oryza sativa</i> ) $1.18$ $0.93$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ $0.72$ </th <th>SLA004</th> <th>Maize, tender, sweet (Zea mays)</th> <th>0.46</th> <th>0.32</th> <th>0.14</th> <th>0.68</th> <th>3.75</th> <th>NA</th> <th>0.007</th> <th>0.003</th> <th>0.005</th> <th>NA</th> <th>0.12</th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th>	SLA004	Maize, tender, sweet (Zea mays)	0.46	0.32	0.14	0.68	3.75	NA	0.007	0.003	0.005	NA	0.12	NA	NA	NA	NA	NA
Rice, flakes ( $Oryza sativa$ )5.211.010.221.12NA0.0100.039Rice, kaluhinati ( $Oryza sativa$ )2.341.590.282.1411.060.0100.072Rice, kerulu, red ( $Oryza sativa$ )0.180.600.191.877.100.0090.053Rice, kekulu, white ( $Oryza sativa$ )0.181.090.171.848.320.0010.053Rice, kekulu, white ( $Oryza sativa$ )0.581.090.171.848.320.0040.055Rice, samba ( $Oryza sativa$ )1.220.640.460.171.508.400.0020.055Rice, samba ( $Oryza sativa$ )1.120.640.460.321.618.930.0100.055Rice, samba kulu ( $Oryza sativa$ )1.180.930.351.4911.070.1320.055Rice, samba kekulu ( $Oryza sativa$ )1.180.930.351.4911.070.1320.055Rice, samba kekulu ( $Oryza sativa$ )1.360.750.461.708.180.0030.064Vermicelli, rice ( $Triticum aestivum$ )1.360.750.421.2714.080.0030.064Vermicelli, vice ( $Triticum aestivum$ )1.360.750.421.2714.080.0030.064Vermicelli, vice ( $Triticum aestivum$ )1.360.750.421.2714.080.0030.064Vermicelli, vice ( $Triticum aestivum$ )1.360.720.790.9215.300.	SLA005	Millet, finger ( <i>Eleusine coracana</i> )	4.78	2.05	0.54	2.47	20.35	0.017	0.017	0.016	0.107	0.001	3.03	NA	5.84	NA	NA	NA
Rice, kaluhinati ( $Oryza sativa$ )2.341.590.282.1411.060.0100.072Rice, keeri samba ( $Oryza sativa$ )0.180.600.191.877.100.0090.053Rice, kekulu, red ( $Oryza sativa$ )0.180.600.191.877.100.0090.053Rice, kekulu, white ( $Oryza sativa$ )0.881.090.171.848.320.0040.060Rice, kekulu, white ( $Oryza sativa$ )1.220.640.460.321.618.930.0100.055Rice, samba kekulu ( $Oryza sativa$ )1.180.930.351.4911.070.1320.055Rice, samba kekulu ( $Oryza sativa$ )1.180.930.351.4911.070.1320.055Rice, samba kekulu ( $Oryza sativa$ )1.360.750.790.141.708.180.055Vermicelli, rice ( $Triticum aestivum$ )1.360.750.421.2714.080.030.064Vermicelli, wheat ( $Triticum aestivum$ )1.360.750.421.2714.080.030.064Wheat, flour, refined ( $Triticum aestivum$ )1.360.750.463.100.0120.012Wheat, flour, refined ( $Triticum aestivum$ )1.930.690.9190.910.010.012Wheat, flour, refined ( $Triticum aestivum$ )1.930.690.910.910.010.012Wheat, flour, refined ( $Triticum aestivum$ )1.930.690.910.910.010.01<	SLA006	Rice, flakes (Oryza sativa)	5.21	1.01	0.22	1.12	NA	0.010	0.039	0.072	0.059	0.002	2.87	0.005	NA	0.001	NA	NA
Rice, keeri samba ( $0ryza sativa$ )       0.18       0.60       0.19       1.87       7.10       0.009       0.053         Rice, kekulu, red ( $0ryza sativa$ )       0.88       1.09       0.17       1.84       8.32       0.004       0.060         Rice, kekulu, white ( $0ryza sativa$ )       0.88       1.09       0.17       1.84       8.32       0.004       0.060         Rice, kekulu, white ( $0ryza sativa$ )       1.22       0.68       0.17       1.50       8.40       0.008       0.055         Rice, samba kekulu ( $0ryza sativa$ )       0.64       0.46       0.32       1.61       8.93       0.010       0.051         Rice, samba kekulu ( $0ryza sativa$ )       1.18       0.93       0.35       1.49       11.07       0.132       0.055         Vermicelli, rice ( $Triticum aestivum$ )       1.36       0.75       0.42       1.27       14.08       0.033       0.064         Vermicelli, wheat ( $Triticum aestivum$ )       1.72       0.79       0.17       1.70       8.18       0.003       0.055         Vermicelli, wheat ( $Triticum aestivum$ )       1.72       0.42       1.27       14.08       0.03       0.064         Vermicelli, wheat ( $Triticum aestivum$ )       1.72       0.79       0.75 <t< th=""><th>SLA007</th><td>Rice, kaluhinati <i>(Oryza sativa)</i></td><td>2.34</td><td>1.59</td><td>0.28</td><td>2.14</td><td>11.06</td><td>0.010</td><td>0.072</td><td>0.006</td><td>0.005</td><td>0.005</td><td>0.45</td><td>0.005</td><td>7.44</td><td>0.072</td><td>7.25</td><td>0.28</td></t<>	SLA007	Rice, kaluhinati <i>(Oryza sativa)</i>	2.34	1.59	0.28	2.14	11.06	0.010	0.072	0.006	0.005	0.005	0.45	0.005	7.44	0.072	7.25	0.28
Rice, kekulu, red ( $Oryza sativa$ )       0.88       1.09       0.17       1.84       8.32       0.004       0.060         Rice, kekulu, white ( $Oryza sativa$ )       1.22       0.68       0.17       1.50       8.40       0.008       0.055         Rice, nadu, white ( $Oryza sativa$ )       1.22       0.64       0.46       0.32       1.61       8.93       0.010       0.051         Rice, samba ( $Oryza sativa$ )       0.64       0.93       0.35       1.61       8.93       0.010       0.051         Rice, samba kekulu ( $Oryza sativa$ )       1.18       0.93       0.35       1.49       11.07       0.132       0.055         Vermicelli, rice ( $Triticum aestivum$ )       1.36       0.75       0.74       1.70       8.18       0.003       0.064         Vermicelli, wheat ( $Triticum aestivum$ )       1.36       0.75       0.42       1.27       14.08       0.003       0.064         Wheat, flour, atta ( $Triticum aestivum$ )       1.72       0.49       0.003       0.04       0.065         Wheat, flour, refined ( $Triticum aestivum$ )       3.81       2.90       0.92       0.91       0.01       0.004       0.066         Wheat, flour, refined ( $Triticum aestivum$ )       1.93       0.69       0.91	<b>SLA008</b>	Rice, keeri samba <i>(Oryza sativa)</i>	0.18	0.60	0.19	1.87	7.10	0.009	0.053	0.007	0.003	0.001	0.65	0.003	8.67	0.011	3.66	0.16
Rice, kekulu, white ( <i>Oryza sativa</i> )       1.22       0.68       0.17       1.50       8.40       0.008       0.055         Rice, nadu, white ( <i>Oryza sativa</i> )       0.64       0.46       0.32       1.61       8.93       0.010       0.051         Rice, samba ( <i>Oryza sativa</i> )       0.64       0.46       0.32       1.61       8.93       0.010       0.051         Rice, samba ( <i>Oryza sativa</i> )       1.18       0.93       0.35       1.49       11.07       0.132       0.055         Vermicelli, rice ( <i>Triticum aestivum</i> )       1.36       0.75       0.79       0.14       1.70       8.18       0.003       0.064         Vermicelli, vheat ( <i>Triticum aestivum</i> )       1.36       0.75       0.72       0.20       0.92       15.7       14.08       0.003       0.064         Water lily seeds ( <i>Nymphaea cereals</i> )       1.72       0.78       0.20       0.92       15.30       0.002       0.017         Wheat, flour, atta ( <i>Triticum aestivum</i> )       1.72       1.93       0.88       2.05       5.14       0.120       0.064         Wheat, flour, atta ( <i>Triticum aestivum</i> )       3.81       2.90       0.65       0.010       0.003       0.017         Wheat, flour, refined ( <i>Triticum aestivum</i> ) <td< th=""><th>SLA009</th><td>Rice, kekulu, red (Oryza sativa)</td><td>0.88</td><td>1.09</td><td>0.17</td><td>1.84</td><td>8.32</td><td>0.004</td><td>0.060</td><td>0.009</td><td>0.033</td><td>0.002</td><td>0.68</td><td>0.006</td><td>4.19</td><td>0.009</td><td>2.10</td><td>0.15</td></td<>	SLA009	Rice, kekulu, red (Oryza sativa)	0.88	1.09	0.17	1.84	8.32	0.004	0.060	0.009	0.033	0.002	0.68	0.006	4.19	0.009	2.10	0.15
Rice, nadu, white ( $Oryza sativa$ )         0.64         0.46         0.32         1.61         8.93         0.010         0.051           Rice, samba ( $Oryza sativa$ )         1.18         0.93         0.35         1.49         11.07         0.132         0.055           Rice, samba kekulu ( $Oryza sativa$ )         1.18         0.93         0.35         1.49         11.07         0.132         0.055           Vermicelli, rice ( $Triticum aestivum$ )         1.36         0.75         0.14         1.70         8.18         0.003         0.064           Vermicelli, wheat ( $Triticum aestivum$ )         1.72         0.79         0.14         1.70         8.18         0.003         0.064           Water lily seeds ( $Nymphaea cereals$ )         1.72         0.78         0.20         0.92         15.30         0.002         0.017           Wheat, flour, atta ( $Triticum aestivum$ )         1.72         0.78         0.28         2.05         5.14         0.120         0.005           Wheat, flour, atta ( $Triticum aestivum$ )         1.72         0.78         2.05         0.010         0.002         0.017           Wheat, flour, refined ( $Triticum aestivum$ )         3.81         2.90         0.64         0.02         0.010         0.008	<b>SLA010</b>	Rice, kekulu, white <i>(Oryza sativa)</i>	1.22	0.68	0.17	1.50	8.40	0.008	0.055	0.008	0.038	0.002	1.02	0.005	4.86	0.002	3.74	0.13
Rice, samba (Oryza sativa)       1.18       0.93       0.35       1.49       11.07       0.132       0.055         Rice, samba kekulu (Oryza sativa)       0.92       0.79       0.14       1.70       8.18       0.009       0.046         Vermicelli, rice (Triticum aestivum)       1.36       0.75       0.42       1.27       14.08       0.003       0.064         Vermicelli, wheat (Triticum aestivum)       1.72       0.78       0.20       0.92       15.30       0.003       0.064         Wheat, flour, atta (Triticum aestivum)       1.72       0.78       0.20       0.92       15.30       0.002       0.017         Wheat, flour, refined (Triticum aestivum)       1.72       1.93       0.88       2.05       5.14       0.120       0.066         Wheat, flour, refined (Triticum aestivum)       3.81       2.90       0.46       3.10       60.32       0.010       0.008         Wheat, flour, refined (Triticum aestivum)       1.93       0.69       0.19       0.46       3.10       60.32       0.010       0.008         Wheat, flour, refined (Triticum aestivum)       1.93       0.69       0.19       0.91       0.010       0.008	SLA011	Rice, nadu, white (Oryza sativa)	0.64	0.46	0.32	1.61	8.93	0.010	0.051	0.006	0.050	0.001	0.94	0.005	7.47	0.007	1.88	0.21
Rice, samba kekulu ( <i>Oryza sativa</i> )         0.92         0.79         0.14         1.70         8.18         0.009         0.046           Vermicelli, rice ( <i>Triticum aestivum</i> )         1.36         0.75         0.42         1.27         14.08         0.003         0.064           Vermicelli, wheat ( <i>Triticum aestivum</i> )         1.72         0.78         0.20         0.92         15.30         0.003         0.064           Water lily seeds ( <i>Nymphaea cereals</i> )         1.72         1.93         0.88         2.05         5.14         0.120         0.005           Wheat, flour, refined ( <i>Triticum aestivum</i> )         3.81         2.90         0.46         3.10         60.32         0.016           Wheat, flour, refined ( <i>Triticum aestivum</i> )         1.93         0.69         0.19         0.100         0.008           Wheat, envire         1.77         0.46         3.10         60.32         0.010         0.008	SLA012	Rice, samba <i>(Oryza sativa)</i>	1.18	0.93	0.35	1.49	11.07	0.132	0.055	0.007	0.075	0.001	0.31	0.006	3.84	0.005	6.67	0.30
Vermicelli, rice (Triticum aestivum)         1.36         0.75         0.42         1.27         14.08         0.003         0.064           Vermicelli, wheat (Triticum aestivum)         1.72         0.78         0.20         0.92         15.30         0.002         0.017           Water lily seeds (Nymphaea cereals)         4.22         1.93         0.88         2.05         5.14         0.120         0.006           Wheat, flour, atta (Triticum aestivum)         3.81         2.90         0.46         3.10         60.32         0.010         0.008           Wheat, flour, refined (Triticum aestivum)         1.93         0.69         0.19         0.91         NA         0.01         0.002         0.008           Wheat, semoling (Triticum aestivum)         1.93         0.69         0.19         0.91         NA         0.01         0.012	<b>SLA013</b>	Rice, samba kekulu <i>(Oryza sativa)</i>	0.92	0.79	0.14	1.70	8.18	0.009	0.046	0.006	0.039	0.001	0.99	0.003	8.28	0.006	3.85	0.21
Vermicelli, wheat ( <i>Triticum aestivum</i> )         1.72         0.78         0.20         0.92         15.30         0.002         0.017           Water lily seeds ( <i>Nymphaea cereals</i> )         4.22         1.93         0.88         2.05         5.14         0.120         0.006           Wheat, flour, atta ( <i>Triticum aestivum</i> )         3.81         2.90         0.46         3.10         60.32         0.010         0.008           Wheat, flour, refined ( <i>Triticum aestivum</i> )         1.93         0.69         0.19         0.91         NA         0.01         0.008           Wheat, emolina ( <i>Triticum aestivum</i> )         3.44         1.87         0.47         7.48         0.01         0.012         0.012	<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	1.36	0.75	0.42	1.27	14.08	0.003	0.064	0.008	0.035	0.001	0.60	0.040	6.34	0.028	10.45	0.51
Water lily seeds (Nymphaca cereals)         4.22         1.93         0.88         2.05         5.14         0.120         0.006           Wheat, flour, atta ( <i>Triticum aestivum</i> )         3.81         2.90         0.46         3.10         60.32         0.010         0.008           Wheat, flour, refined ( <i>Triticum aestivum</i> )         1.93         0.69         0.19         0.91         NA           Wheat, semolina ( <i>Triticum aestivum</i> )         3.44         1.87         0.47         7.48         0.014         0.012	SLA015	Vermicelli, wheat (Triticum aestivum)	1.72	0.78	0.20	0.92	15.30	0.002	0.017	0.001	0.010	NA	1.31	NA	NA	NA	NA	NA
Wheat, flour, atta ( <i>Triticum aestivum</i> )         3.81         2.90         0.46         3.10         60.32         0.010         0.008           Wheat, flour, refined ( <i>Triticum aestivum</i> )         1.93         0.69         0.19         0.91         NA         0.001         0.012           Wheat sempling ( <i>Triticum aestivum</i> )         3.44         1.87         0.47         7.48         7.64         0.004         0.001	<b>SLA016</b>	Water lily seeds (Nymphaea cereals)	4.22	1.93	0.88	2.05	5.14	0.120	0.006	0.005	0.226	0.003	0.45	0.013	1.52	0.001	4.40	0.52
Wheat, flour, refined (Triticum aestivum)         1.93         0.69         0.19         0.91         NA         0.001         0.012           Wheat compliand (Triticum acctivum)         3.44         1.87         0.42         2.48         2.64         0.004         0.007	SLA017	Wheat, flour, atta ( <i>Triticum aestivum</i> )	3.81	2.90	0.46	3.10	60.32	0.010	0.008	0.001	0.027	NA	1.52	0.010	NA	0.001	NA	NA
Wheat comolina (Triticium acctiuum) 3 44 1 87 0 42 2 48 2 64 0 004 0 007	<b>SLA018</b>	Wheat, flour, refined (Triticum aestivum)	1.93	0.69	0.19	0.91	NA	0.001	0.012	0.008	0.010	NA	0.81	0.001	NA	NA	NA	NA
	SLA019	Wheat, semolina (Triticum aestivum)	3.44	1.87	0.42	2.48	2.64	0.004	0.007	0.003	0.019	NA	0.66	NA	1.27	0.002	NA	NA

# **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein)

Food	Food Name																		
code		Tryptophan	biɔA ɔiナıɕqɛA	əninoərhT	Serine	biɔA ɔimɛtulÐ	Proline	Glycine	əninslA	əniətzγϽ	ənileV	əninoidtəM	əniouəlosl	əuiɔnəJ	Tyrosine	əninslslynədq	ənibitziH	əuisyJ	aninigıA
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	SIH	۲۸S	ARG
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
<b>SLA001</b>	Barley ( <i>Hordeum vulgare</i> )	1.25	5.86	3.39	4.43	25.80	9.55	3.65	3.60	2.23	4.48	1.83	3.01	6.58	3.14	4.85	1.92	3.42	5.35
<b>SLA002</b>	Maize, dry, local ( <i>Zea mays)</i>	0.62	6.15	3.21	3.69	18.10	7.73	3.34	7.00	1.42	6.14	1.94	3.33	11.90	3.53	4.72	2.92	2.88	4.25
<b>SLA003</b>	Maize, tender, local ( <i>Zea mays)</i>	0.50	8.46	3.42	5.96	19.90	8.35	3.67	10.00	1.25	4.13	1.79	3.66	11.50	3.41	5.21	2.75	2.24	3.34
<b>SLA004</b>	Maize, tender, sweet ( <i>Zea mays</i> )	0.70	7.50	3.02	5.45	19.40	8.68	4.43	7.61	1.26	3.78	1.79	3.34	10.90	2.93	2.76	1.91	2.25	3.53
SLA005	Millet, finger ( <i>Eleusine coracana</i> )	0.46	6.13	3.31	3.97	19.60	4.83	3.23	5.57	1.29	5.77	2.42	3.86	8.16	4.19	6.66	2.62	2.47	3.84
<b>SLA006</b>	Rice, flakes (Oryza sativa)	1.16	8.89	3.34	3.97	18.60	4.19	4.39	5.86	1.50	6.54	2.59	4.35	8.06	4.26	5.33	2.20	3.42	7.73
<b>SLA007</b>	Rice, kaluhinati <i>(Oryza sativa)</i>	1.37	8.67	3.47	5.06	18.95	4.46	4.64	5.81	1.52	5.11	2.13	4.14	7.93	5.27	5.88	2.67	3.27	8.34
<b>SLA008</b>	Rice, keeri samba <i>(Oryza sativa)</i>	1.13 1	10.20	4.14	6.03	18.50	5.75	5.03	6.12	1.50	4.07	2.15	2.89	7.62	4.31	5.00	2.21	3.80	8.23
<b>SLA009</b>	Rice, kekulu, red ( <i>Oryza sativa)</i>	1.01 1	10.10	3.52	6.03	19.18	4.39	5.14	6.26	1.68	4.36	2.04	2.87	7.68	4.04	4.67	1.96	3.41	8.02
SLA010	Rice, kekulu, white <i>(Oryza sativa)</i>	0.95	9.93	3.33	5.88	19.44	5.63	5.01	6.20	1.66	4.28	2.19	3.00	7.81	3.78	5.04	2.03	3.55	8.14
<b>SLA011</b>	Rice, nadu, white (Oryza sativa)	1.06	9.72	3.48	5.97	18.84	5.62	5.07	6.11	1.77	4.23	1.79	3.82	8.13	3.93	4.81	2.21	3.62	7.92
SLA012	Rice, samba ( <i>Oryza sativa</i> )	1.15	9.77	3.66	5.93	18.63	5.32	4.93	6.03	1.59	3.93	2.09	4.12	7.59	3.84	4.80	2.14	3.68	8.26
<b>SLA013</b>	Rice, samba kekulu <i>(Oryza sativa)</i>	1.19	9.85	3.69	6.11	18.77	5.78	4.89	5.95	1.57	4.02	2.29	2.85	7.50	4.19	5.00	2.07	3.57	8.09
SLA014	Vermicelli, rice (Triticum aestivum)	1.10	8.59	3.43	4.82	18.63	4.51	4.39	5.54	1.49	5.78	2.03	4.37	8.09	5.08	5.85	2.43	3.23	7.81
<b>SLA015</b>	Vermicelli, wheat (Triticum aestivum)	1.08	4.67	2.12	5.57	32.10	9.75	4.38	3.62	1.82	3.45	1.19	1.34	5.75	2.32	4.37	1.70	1.85	3.30
<b>SLA016</b>	Water lily seeds (Nymphaea cereals)	1.07	7.21	3.48	6.49	18.91	2.51	3.13	5.68	1.30	5.32	2.06	4.58	8.63	4.40	5.49	2.96	3.60	10.51
SLA017	Wheat, flour, atta (Triticum aestivum)	1.00	4.98	2.68	4.72	27.70	9.56	3.65	3.41	2.27	5.11	1.89	3.68	6.05	2.17	5.20	2.16	2.49	4.40
SLA018	Wheat, flour, refined (Triticum aestivum)	1.20	4.16	2.38	4.51	33.40	10.40	3.61	3.25	1.91	4.40	1.76	3.54	6.74	2.66	4.56	2.03	2.32	4.06
<b>SLA019</b>	Wheat, semolina (Triticum aestivum)	0.90	5.19	2.88	4.86	31.60	9.61	3.56	3.50	1.80	4.63	1.65	3.60	6.85	3.11	5.03	2.40	2.44	4.43
I																			

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

					Saturated Fatty Acids	ated <u>Acids</u>					Mono Fa	Mono Unsaturated Fatty Acids	rated s		Poly   Fa	Poly Unsaturated Fatty Acids	ated s
		letoT	Capric (C10:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	(C24:0) Lignoceric	lstoT	Palmitoleic (C16:1n7)	Oleic) (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	lstoT	Linoleic (C18:2n6)	A-Linolenic) (218:3n3)
		FASAT	F10D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		тg	шg	шg	тg	тg	тg	тg	mg	тg	тд	шg	шg	тg	шg	шg	вш
SLA001	Barley (Hordeum vulgare)	233			209	23.90	1	1		93.10	1	93.10		,	593	569	23.90
SLA002	Maize, dry, local (Zea mays)	408			358	42.50	7.17		ı	710		703	6.95	ı	1603	1558	44.80
SLA003	Maize, tender, local (Zea mays)	104	1		92.80	9.25	2.06		ı	144	ı	142	1.89		355	344	11.30
<b>SLA004</b>	Maize, tender, sweet (Zea mays)	122	ı	ľ		13.90	2.90	ı	ı	175	ı	173	1.91	ı	290	283	7.34
SLA005	Millet, finger <i>(Eleusine coracana)</i>	297	,	,		23.50		ı	,	595	,	595	ī	,	455	368	87.20
<b>SLA006</b>	Rice, flakes (Oryza sativa)	305	ı	ľ		26.30	ı		ı	421	ı	421	ı	ı	608	584	23.80
SLA007	Rice, kaluhinati ( <i>Oryza sativa</i> )	452	ı	12.64		43.11	9.48	4.01	6.86	606	'	606	ı	ı	556	548	7.76
<b>SLA008</b>	Rice, keeri samba ( <i>Oryza sativa</i> )	626	ı	29.80		39.23	11.38		,	393	ı	393	ı		544	532	12.25
SLA009	Rice, kekulu, red ( <i>Oryza sativa</i> )	551		21.22		51.77	13.40	4.89	9.35	583	10.77	564	ı		663	645	17.62
<b>SLA010</b>	Rice, kekulu, white <i>(Oryza sativa)</i>	470	ı	21.27		45.21	8.98	9.15	11.70	323	ı	323	ı	ı	499	484	15.32
SLA011	Rice, nadu, white <i>(Oryza sativa)</i>	512	,	34.03		47.93	12.13		ı	312	ı	312	ı	ı	434	413	20.70
<b>SLA012</b>	Rice, samba ( <i>Oryza sativa</i> )	672	ı	26.37		52.11	10.10	7.13	7.50	601	ı	601	ı	ı	806	792	13.93
SLA013	Rice, samba kekulu <i>(Oryza sativa)</i>	470		19.02		40.86	9.35		ı	338	·	338	ı		489	479	10.35
<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	290	ı	19.58		19.46	ı		ı	215	ı	215	·	ı	455	433	22.25
<b>SLA015</b>	Vermicelli, wheat ( <i>Triticum aestivum)</i>	62.20		ı		5.31	ı		·	33.80		33.80	ı	·	208	196	11.90
<b>SLA016</b>	Water lily seeds (Nymphaea cereals)	599	ı	17.34		83.56	17.71	18.15	19.33	395	ı	378	17.37	ı	893	877	16.73
SLA017	Wheat, flour, atta (Triticum aestivum)	202	ı	·		14.40	ı	ı	ı	151	ı	151	ı	ı	745	701	44.20
<b>SLA018</b>	Wheat, flour, refined (Triticum aestivum)	96.10	ı	ľ	88.90	7.21	ı	ı	ı	52.00	ı	52.00	ı	,	354	336	18.80
SLA019	Wheat, semolina (Triticum aestivum)	85.20	ı	'	78.80	6.40	ı	'	ı	70.30	ı	70.30	·	ı	327	309	17.80

**Table 8. STARCH AND SUGARS** 

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Available         Available <t< th=""><th></th><th></th><th></th><th></th><th></th><th>Free sugars</th><th></th><th></th><th>Oligosac</th><th>Oligosaccharides</th><th>Total</th></t<>						Free sugars			Oligosac	Oligosaccharides	Total
FRUS         FLUS         GLUS         MALS         SUCS         No $gg$			Available CHO	lstoT	Fructose	esoonle	əsotlaM	Sucrose	əsoniftsЯ	əsoyhəst2	Starch
g $g$					FRUS	GLUS	MALS	SUCS	RAFS	STAS	STARCH
Barley (Hordeum vulgare)         76.70         0.07         NA         0.07         NA         NA           Maize, drvy local (Zea mays)         62.31         1.62         0.17         0.80         NA         0.03           Maize, etholer, local (Zea mays)         62.31         1.670         1.46         0.25         0.88         NA         0.03           Maize, etholer, local (Zea mays)         16.70         1.46         0.25         0.88         NA         0.13         0.03           Maize, tender, sucal (Zea mays)         65.51         0.32         NA         0.11         NA         0.13         0.13           Niller, finger (Elswine concorad)         67.51         0.28         NA         0.11         NA         0.13         0.13           Rice, kaluhinati (Oryza sativa)         67.51         0.28         NA         0.11         NA         0.13         0.13           Rice, keulu, white (Oryza sativa)         77.50         0.14         0.01         0.01         0.01         0.01         0.01           Rice, keulu, white (Oryza sativa)         77.29         0.14         0.01         0.01         0.01         0.01         0.01           Rice, seamba (Oryza sativa)         77.29         0.16			g	g	g	g	g	g	g	g	g
Maize, dry, local (Zea mays)         62.31         1.62         0.17         0.80         NA         0.65           Maize, tender, local (Zea mays)         16.70         1.46         0.25         0.88         NA         0.33           Maize, tender, local (Zea mays)         15.70         1.46         0.25         0.88         NA         0.33           Maize, tender, sweet (Zea mays)         12.64         4.68         0.32         0.89         0.99         NA         0.13           Miller, finger (Fleusine coracand)         63.74         0.32         NA         0.11         NA         0.13           Rice, flakes ( <i>Oryza sativa</i> )         77.51         0.28         NA         0.01         0.01         0.01           Rice, kekulu, white ( <i>Oryza sativa</i> )         75.67         0.14         0.01         0.01         -         0.12           Rice, kekulu, white ( <i>Oryza sativa</i> )         75.67         0.18         0.01         0.01         0.01         0.01           Rice, kekulu, white ( <i>Oryza sativa</i> )         75.67         0.18         0.01         0.01         0.01         0.01           Rice, kekulu, white ( <i>Oryza sativa</i> )         73.16         0.18         0.01         0.01         0.01         0.01	SLA001	Barley (Hordeum vulgare)	76.70	0.07	NA	0.07	NA	NA	0.04	0.01	76.63
Maize, tender, local (Zea mays)         16.70         1.46         0.25         0.88         NA         0.33           Maize, tender, sweet (Zea mays)         12.64         4.68         0.32         0.89         0.99         NA         2.80           Millet, finger (Eleusine coracand)         63.74         0.32         NA         0.11         NA         2.30           Rice, flakes ( <i>Oryza sativa</i> )         63.74         0.28         NA         0.11         NA         0.13           Rice, kelulu, red ( <i>Oryza sativa</i> )         70.766         0.18         0.01         0.09         0.02         0.05           Rice, kekulu, red ( <i>Oryza sativa</i> )         75.67         0.18         0.01         0.01         0.01         0.01           Rice, kekulu, white ( <i>Oryza sativa</i> )         75.67         0.18         0.01         0.01         0.01         0.01           Rice, kekulu, white ( <i>Oryza sativa</i> )         75.67         0.18         0.01         0.01         0.01         0.01           Rice, kekulu, white ( <i>Oryza sativa</i> )         75.67         0.18         0.01         0.02         0.01         0.01           Rice, samba ( <i>Oryza sativa</i> )         74.71         0.08         0.16         0.06         0.01         0.01	<b>SLA002</b>	Maize, dry, local ( <i>Zea mays)</i>	62.31	1.62	0.17	0.80	NA	0.65	NA	NA	60.69
Maize, tender, sweet (Zea mays)12.644.680.890.99NA2.80Millet, finger (Fleusine coracand) $63.74$ 0.32NA0.19NA0.13Rice, flakes ( <i>Oryza sativa</i> ) $67.51$ 0.22NA0.11NA0.17Rice, kelulinati ( <i>Oryza sativa</i> ) $67.51$ 0.28NA0.11NA0.12Rice, kelulinati ( <i>Oryza sativa</i> ) $67.51$ 0.280.010.090.020.05Rice, keeri samba ( <i>Oryza sativa</i> ) $76.20$ 0.140.010.010.010.01Rice, kekulu, white ( <i>Oryza sativa</i> ) $74.71$ 0.08 $-$ 0.010.010.01Rice, kekulu, white ( <i>Oryza sativa</i> ) $74.71$ 0.08 $-$ 0.010.010.01Rice, samba dovid sativa) $74.77$ 0.0180.010.010.010.01Rice, samba dovid sativa) $74.77$ 0.018 $-$ 0.050.010.01Rice, samba dovid sativa) $74.77$ 0.018 $-$ 0.050.010.01Rice, samba dovid satival $74.77$ 0.018 $-$ 0.020.020.02Rice, samba dovid satival $74.77$ 0.018 $-$ 0.050.020.02Rice, samba dovid satival $74.77$ 0.018 $-$ 0.050.010.01Rice, samba dovid satival $74.77$ 0.018 $-$ 0.050.020.02Vernicelli, wheat (Triticum aestivum) $75.53$ 1.680.660.030.01<	SLA003	Maize, tender, local ( <i>Zea mays)</i>	16.70	1.46	0.25	0.88	NA	0.33	NA	NA	15.24
Millet, finger ( <i>Elusine coracana</i> ) $63.74$ $0.32$ $NA$ $0.19$ $NA$ $0.13$ Rice, flakes ( <i>Oryza sativa</i> ) $67.51$ $0.28$ $NA$ $0.11$ $NA$ $0.17$ Rice, kaluhinati ( <i>Oryza sativa</i> ) $67.51$ $0.28$ $NA$ $0.11$ $NA$ $0.17$ Rice, keulu, red ( <i>Oryza sativa</i> ) $70.76$ $0.18$ $0.01$ $0.00$ $0.02$ $0.05$ Rice, keulu, white ( <i>Oryza sativa</i> ) $75.67$ $0.18$ $0.01$ $0.01$ $0.01$ $0.01$ $0.01$ Rice, keulu, white ( <i>Oryza sativa</i> ) $75.67$ $0.18$ $0.01$ $0.02$ $0.02$ $0.03$ Rice, samba ( <i>Oryza sativa</i> ) $74.71$ $0.08$ $0.01$ $0.01$ $0.01$ $0.01$ $0.01$ Rice, samba ( <i>Oryza sativa</i> ) $74.71$ $0.08$ $0.01$ $0.02$ $0.01$ $0.01$ $0.01$ Rice, samba ( <i>Oryza sativa</i> ) $74.71$ $0.08$ $0.11$ $ 0.02$ $0.01$ $0.01$ Rice, samba ( <i>Oryza sativa</i> ) $74.77$ $0.10$ $ 0.02$ $0.01$ $0.01$ $0.01$ Rice, samba ( <i>Nrymbac activa</i> ) $74.77$ $0.10$ $ 0.06$ $0.01$ $0.02$ $0.02$ Rice, samba ( <i>Nrymbac activa</i> ) $74.77$ $0.10$ $ 0.06$ $0.01$ $0.02$ $0.02$ Rice, samba ( <i>Nrymbac activa</i> ) $74.77$ $0.10$ $ 0.06$ $0.01$ $0.02$ $0.02$ Vermicelli, wheat ( <i>Triticum aestivum</i> ) $79.24$ $0.08$ $ 0.04$ $0.03$	<b>SLA004</b>	Maize, tender, sweet (Zea mays)	12.64	4.68	0.89	0.99	NA	2.80	NA	NA	7.96
Rice, flakes ( $Oryza sativa$ ) $67.51$ $0.28$ $NA$ $0.11$ $NA$ $0.17$ Rice, kaluhinati ( $Oryza sativa$ ) $70.76$ $0.18$ $0.01$ $0.09$ $0.02$ $0.05$ Rice, kerulu, white ( $Oryza sativa$ ) $76.20$ $0.14$ $0.01$ $0.01$ $ 0.12$ Rice, kekulu, white ( $Oryza sativa$ ) $75.67$ $0.18$ $0.01$ $0.01$ $ 0.12$ Rice, kekulu, white ( $Oryza sativa$ ) $75.67$ $0.18$ $0.01$ $0.01$ $ 0.01$ Rice, samba ( $Oryza sativa$ ) $74.71$ $0.08$ $ 0.06$ $0.01$ $0.01$ Rice, samba ( $Oryza sativa$ ) $77.29$ $0.11$ $ 0.06$ $0.01$ $0.01$ Rice, samba ( $Oryza sativa$ ) $77.29$ $0.16$ $ 0.06$ $0.01$ $0.01$ Rice, samba kekulu ( $Oryza sativa$ ) $77.29$ $0.16$ $ 0.06$ $0.01$ $0.08$ Rice, samba kekulu ( $Oryza sativa$ ) $77.29$ $0.16$ $ 0.06$ $0.01$ $0.02$ Rice, samba kekulu ( $Oryza sativa$ ) $77.29$ $0.16$ $ 0.06$ $0.01$ $0.08$ Rice, samba kekulu ( $Oryza sativa$ ) $77.29$ $0.16$ $ 0.06$ $0.01$ $0.08$ Rice, samba kekulu ( $Oryza sativa$ ) $77.29$ $0.16$ $ 0.06$ $0.01$ $0.08$ Neticelli, iree ( $Triticum aestivum$ ) $79.24$ $0.08$ $ 0.06$ $0.01$ $0.01$ Vermicelli, wheat ( $Triticum aestivum$ ) $55.53$ $1.68$ <t< th=""><th><b>SLA005</b></th><th>Millet, finger <i>(Eleusine coracana)</i></th><th>63.74</th><th>0.32</th><th>NA</th><th>0.19</th><th>NA</th><th>0.13</th><th>0.02</th><th>NA</th><th>63.42</th></t<>	<b>SLA005</b>	Millet, finger <i>(Eleusine coracana)</i>	63.74	0.32	NA	0.19	NA	0.13	0.02	NA	63.42
Rice, kaluhinati ( $Dryza sativa$ ) $70.76$ $0.18$ $0.01$ $0.09$ $0.02$ $0.05$ $0.05$ Rice, kerti samba ( $Dryza sativa$ ) $76.20$ $0.14$ $0.01$ $0.01$ $ 0.12$ $0.12$ Rice, kekulu, white ( $Dryza sativa$ ) $75.67$ $0.18$ $0.01$ $0.01$ $ 0.01$ $0.01$ Rice, kekulu, white ( $Dryza sativa$ ) $75.67$ $0.18$ $0.01$ $0.01$ $ 0.01$ $0.03$ Rice, kekulu, white ( $Dryza sativa$ ) $74.71$ $0.08$ $ 0.06$ $0.01$ $0.01$ $0.01$ Rice, samba ( $Dryza sativa$ ) $74.71$ $0.08$ $ 0.06$ $0.01$ $0.01$ $0.01$ Rice, samba ( $Dryza sativa$ ) $74.71$ $0.08$ $ 0.06$ $0.01$ $0.01$ $0.01$ Rice, samba ( $Dryza sativa$ ) $74.77$ $0.16$ $ 0.02$ $0.01$ $0.01$ $0.01$ Rice, samba ( $Dryza sativa$ ) $74.77$ $0.16$ $ 0.02$ $0.01$ $0.01$ $0.01$ Vermicelli, vice ( $Triticum aestivum$ ) $74.77$ $0.10$ $ 0.02$ $0.02$ $0.02$ Vermicelli, wheat ( $Triticum aestivum$ ) $79.24$ $0.08$ $ 0.06$ $0.03$ $0.01$ Vermicelli, wheat ( $Triticum aestivum$ ) $55.53$ $1.68$ $0.06$ $0.03$ $ 0.01$ Wheat, flour, refined ( $Triticum aestivum$ ) $77.46$ $0.05$ $0.74$ $0.03$ $ 0.01$ Wheat, flour, refined ( $Triticum aestivum$ ) $72.55$ <td< th=""><th><b>SLA006</b></th><th>Rice, flakes (Oryza sativa)</th><th>67.51</th><th>0.28</th><th>NA</th><th>0.11</th><th>NA</th><th>0.17</th><th>NA</th><th>NA</th><th>67.23</th></td<>	<b>SLA006</b>	Rice, flakes (Oryza sativa)	67.51	0.28	NA	0.11	NA	0.17	NA	NA	67.23
Rice, keer i samba ( $0$ ryza sativa)76.200.140.010.01-0.120.12Rice, kekulu, red ( $0$ ryza sativa)75.670.180.010.080.060.030.03Rice, kekulu, white ( $0$ ryza sativa)74.710.080.010.060.010.010.01Rice, samba ( $0$ ryza sativa)74.710.08-0.060.010.010.01Rice, samba ( $0$ ryza sativa)77.290.11-0.020.010.030.08Rice, samba kekulu ( $0$ ryza sativa)77.290.160.10-0.050.030.08Rice, samba kekulu ( $0$ ryza sativa)77.290.160.10-0.050.030.08Vermicelli, rice ( $T$ riticum aestivum)79.240.08-0.060.030.010.01Vermicelli, vheat ( $T$ riticum aestivum)55.531.680.620.030.030.01Wheat, flour, atta ( $T$ riticum aestivum)57.511.850.620.030.010.01Wheat, flour, refined ( $T$ riticum aestivum)57.511.830.620.030.010.01Wheat, flour, refined ( $T$ riticum aestivum)72.951.830.620.030.010.01Nheat, flour, refined ( $T$ riticum aestivum)72.951.830.620.030.010.01Nheat, flour, refined ( $T$ riticum aestivum)72.951.830.620.030.010.01Nheat, flour, refined ( $T$ riticum aestivum)72.95 <td< th=""><th>SLA007</th><th>Rice, kaluhinati <i>(Oryza sativa)</i></th><th>70.76</th><th>0.18</th><th>0.01</th><th>0.09</th><th>0.02</th><th>0.05</th><th>ND</th><th>ND</th><th>70.58</th></td<>	SLA007	Rice, kaluhinati <i>(Oryza sativa)</i>	70.76	0.18	0.01	0.09	0.02	0.05	ND	ND	70.58
Rice, kekulu, red ( $Oryza sativa$ )75.670.180.010.080.060.030.03Rice, kekulu, white ( $Oryza sativa$ )74.710.08-0.060.010.010.01Rice, nadu, white ( $Oryza sativa$ )74.710.08-0.060.010.010.08Rice, nadu, white ( $Oryza sativa$ )78.160.11-0.060.010.080.08Rice, samba ( $Oryza sativa$ )77.290.160.160.070.030.08Rice, samba kekulu ( $Oryza sativa$ )74.770.10-0.060.030.08Vermicelli, rice ( $Triticum aestivum$ )79.240.10-0.060.030.01Vermicelli, wheat ( $Triticum aestivum$ )55.531.680.620.030.010.01Water lily seeds ( $Nymphaea cereals$ )70.460.05-0.030.010.01Wheat, flour, refined ( $Triticum aestivum$ )57.511.850.740.030.010.01Wheat, flour, refined ( $Triticum aestivum$ )72.951.830.620.030.010.01Nheat, flour, refined ( $Triticum aestivum$ )72.951.830.620.030.010.01Nheat, flour, refined ( $Triticum aestivum$ )72.951.830.620.030.01Nheat, flour, refined ( $Triticum aestivum$ )72.951.830.77NA0.01	<b>SLA008</b>	Rice, keeri samba ( <i>Oryza sativa)</i>	76.20	0.14	0.01	0.01	I	0.12	ND	ND	76.06
Rice, kekulu, white ( $Oryza sativa$ )74.710.08-0.060.010.010.01Rice, nadu, white ( $Oryza sativa$ )78.160.11-0.020.010.08Rice, samba ( $Oryza sativa$ )77.290.160.100.030.08Rice, samba kekulu ( $Oryza sativa$ )77.290.16-0.050.030.08Vermicelli, rice ( $Triticum aestivum$ )79.240.10-0.060.020.020.01Vermicelli, wheat ( $Triticum aestivum$ )79.240.08-0.060.030.020.01Varter lily seeds ( $Nymphaea cereals$ )70.460.08-0.030.01V48Wheat, flour, atta ( $Triticum aestivum$ )57.511.850.740.83NA0.28Wheat, flour, refined ( $Triticum aestivum$ )77.951.830.620.33NA0.01	SLA009	Rice, kekulu, red <i>(Oryza sativa)</i>	75.67	0.18	0.01	0.08	0.06	0.03	ND	ND	75.49
Rice, nadu, white (Oryza sativa)         78.16         0.11         -         0.02         0.01         0.08           Rice, samba (Oryza sativa)         77.29         0.16         -         0.05         0.03         0.08           Rice, samba kekulu (Oryza sativa)         77.29         0.16         -         0.05         0.03         0.08           Rice, samba kekulu (Oryza sativa)         74.77         0.10         -         0.06         0.02         0.03         0.08           Vermicelli, rice (Triticum aestivum)         79.24         0.08         -         0.06         0.02         0.01         0.02           Vermicelli, wheat (Triticum aestivum)         79.24         0.08         -         0.04         0.03         0.01           Vermicelli, wheat, flour, atta (Triticum aestivum)         55.53         1.68         0.62         0.33         0.48           Wheat, flour, atta (Triticum aestivum)         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined (Triticum aestivum)         72.95         1.83         0.62         0.33         0.44         0.44	SLA010	Rice, kekulu, white <i>(Oryza sativa)</i>	74.71	0.08	I	0.06	0.01	0.01	ND	ND	74.63
Rice, samba (Oryza sativa)         77.29         0.16         -         0.05         0.03         0.08           Rice, samba kekulu (Oryza sativa)         74.77         0.10         -         0.05         0.03         0.08         1           Vermicelli, rice (Triticum aestivum)         79.24         0.08         -         0.06         0.02         0.02         0.02           Vermicelli, wheat (Triticum aestivum)         79.24         0.08         -         0.06         0.03         0.01           Vermicelli, wheat (Triticum aestivum)         55.53         1.68         0.62         0.78         NA         0.48           Water lily seeds (Nymphace cereals)         70.46         0.05         -         0.03         0.10           Wheat, flour, atta (Triticum aestivum)         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined (Triticum aestivum)         72.95         1.83         0.62         0.77         NA         0.28	SLA011	Rice, nadu, white ( <i>Oryza sativa</i> )	78.16	0.11	ı	0.02	0.01	0.08	ND	ND	78.05
Rice, samba kekulu ( <i>Oryza sativa</i> )         74.77         0.10         -         0.06         0.02         0.02         0.02         Nature           Vermicelli, rice ( <i>Triticum aestivum</i> )         79.24         0.08         -         0.04         0.03         0.01           Vermicelli, wheat ( <i>Triticum aestivum</i> )         55.53         1.68         0.62         0.38         0.48           Water lily seeds ( <i>Nymphaea cereals</i> )         70.46         0.05         -         0.03         0.14           Wheat, flour, atta ( <i>Triticum aestivum</i> )         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined ( <i>Triticum aestivum</i> )         57.51         1.85         0.74         0.83         NA         0.28	SLA012	Rice, samba ( <i>Oryza sativa</i> )	77.29	0.16	I	0.05	0.03	0.08	ND	ND	77.13
Vermicelli, rice (Triticum aestivum)         79.24         0.08         -         0.04         0.03         0.01           Vermicelli, wheat (Triticum aestivum)         55.53         1.68         0.62         0.58         NA         0.48           Water lily seeds (Nymphaea cereals)         70.46         0.05         -         0.03         0.01           Wheat, flour, atta (Triticum aestivum)         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined (Triticum aestivum)         77.95         1.83         0.62         0.83         NA         0.28	SLA013	Rice, samba kekulu <i>(Oryza sativa)</i>	74.77	0.10	I	0.06	0.02	0.02	ND	ND	74.67
Vermicelli, wheat ( <i>Triticum aestivum</i> )         55.53         1.68         0.62         0.58         NA         0.48           Water lily seeds ( <i>Nymphaea cereals</i> )         70.46         0.05         -         0.03         -         0.01           Wheat, flour, atta ( <i>Triticum aestivum</i> )         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined ( <i>Triticum aestivum</i> )         72.95         1.83         0.62         0.77         NA         0.28	<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	79.24	0.08	ı	0.04	0.03	0.01	ND	ND	79.15
Water lily seeds (Nymphaca cereals)         70.46         0.05         -         0.03         -         0.01           Wheat, flour, atta (Triticum aestivum)         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined (Triticum aestivum)         72.95         1.83         0.62         0.77         NA         0.44	SLA015	Vermicelli, wheat ( <i>Triticum aestivum</i> )	55.53	1.68	0.62	0.58	NA	0.48	NA	NA	53.85
Wheat, flour, atta ( <i>Triticum aestivum</i> )         57.51         1.85         0.74         0.83         NA         0.28           Wheat, flour, refined ( <i>Triticum aestivum</i> )         72.95         1.83         0.62         0.77         NA         0.44	SLA016	Water lily seeds (Nymphaea cereals)	70.46	0.05	ı	0.03	ı	0.01	ND	ND	70.41
Wheat, flour, refined (Triticum aestivum)         72.95         1.83         0.62         0.77         NA         0.44	SLA017	Wheat, flour, atta ( <i>Triticum aestivum</i> )	57.51	1.85	0.74	0.83	NA	0.28	0.52	0.03	55.66
	<b>SLA018</b>	Wheat, flour, refined ( <i>Triticum aestivum</i> )	72.95	1.83	0.62	0.77	NA	0.44	0.36	NA	71.12
0.52 NA 0.48	SLA019	Wheat, semolina (Triticum aestivum)	54.08	1.59	0.59	0.52	NA	0.48	0.33	0.06	52.49

## Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion; ND indicates component not analysed)

Food	Food Name	Campesterol	Stigmasterol	β-Sitosterol
code			STGSTR	STGSTR
		mg	mg	mg
<b>SLA001</b>	Barley (Hordeum vulgare)	6.11	1.12	42.60
SLA002	Maize, dry, local <i>(Zea mays)</i>	12.22	4.28	89.23
SLA003	Maize, tender, local (Zea mays)	5.89	2.84	43.55
<b>SLA004</b>	Maize, tender, sweet ( <i>Zea mays)</i>	5.57	2.64	41.48
SLA005	Millet, finger ( <i>Eleusine coracana)</i>	5.66	2.51	54.43
<b>SLA006</b>	Rice, flakes (Oryza sativa)	3.93	2.15	20.33
SLA007	Rice, kaluhinati <i>(Oryza sativa)</i>	ND	ND	ND
<b>SLA008</b>	Rice, keeri samba <i>(Oryza sativa)</i>	ND	ND	ND
SLA009	Rice, kekulu, red (Oryza sativa)	ND	ND	ND
SLA010	Rice, kakulu, white <i>(Oryza sativa)</i>	ND	ND	ND
SLA011	Rice, nadu, white <i>(Oryza sativa)</i>	ND	ND	ND
<b>SLA012</b>	Rice, samba <i>(Oryza sativa)</i>	ND	ND	ND
SLA013	Rice, samba kekulu (Oryza sativa)	ND	ND	ND
<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	ND	ND	ND
<b>SLA015</b>	Vermicelli, wheat (Triticum aestivum)	2.68	0.39	22.72
SLA016	Water lily seeds ( <i>Nymphaea cereals</i> )	ND	ND	ND
SLA017	Wheat, flour, atta (Triticum aestivum)	6.56	0.74	37.65
SLA018	Wheat, flour, refined ( <i>Triticum aestivum</i> )	3.72	0.50	24.18
SLA019	Wheat, semolina ( <i>Triticum aestivum</i> )	10.69	1.32	53.23

**Table 10. CAROTENE AND XANTHOPHYLS** 

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

codeLUTNAdolBarley (Hordeum vulgare)µgSLA001Barley (Hordeum vulgare)3.56SLA002Maize, dry, local (Zea mays)3.56SLA003Maize, tender, local (Zea mays)221SLA004Maize, tender, sweet (Zea mays)154SLA005Millet, finger (Eleusine coracand)144SLA006Rice, filakes (Dryza sativa)22.89SLA007Rice, keluhinati (Oryza sativa)22.89SLA008Rice, keluhinati (Oryza sativa)1.42SLA009Rice, kekulu, red (Oryza sativa)1.42SLA009Rice, kekulu, red (Oryza sativa)1.42SLA010Rice, kekulu, vhite (Oryza sativa)-SLA010Rice, samba (Oryza sativa)-SLA011Rice, samba (Oryza sativa)-SLA012Rice, samba (Oryza sativa)-SLA013Rice, samba (Oryza sativa)-SLA014Vermicelli, rice (Triticum aestivum)-SLA015Water lily seeds (Nymphaca cereals)-SLA016Water lily seeds (Nymphaca cereals)-SLA017Wheat, flour, refined (Triticum aestivum)3.155SLA018Wheat, flour, refined (Triticum aestivum)3.165	Lutein	Zeaxanthin	β - Cryptoxanthin	β - Carotene
Barley (Hordeum vulgare) Maize, dry, local (Zea mays) Maize, tender, local (Zea mays) Maize, tender, sweet (Zea mays) Millet, finger (Eleusine coracana) Rice, flakes (Oryza sativa) Rice, keulu, red (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, samba (Oryza sativa) Rice, samba kekulu (Oryza sativa) Vermicelli, rice (Triticum aestivum) Water lily seeds (Nymphaea cereals) Wheat, flour, atta (Triticum aestivum) Wheat, flour, refined (Triticum aestivum)	LUTN	ZEA	CRYPXB	CARTB
Barley (Hordeum vulgare) Maize, dry, local (Zea mays) Maize, tender, local (Zea mays) Maize, tender, local (Zea mays) Millet, finger (Fleusine coracana) Rice, falkes (Oryza sativa) Rice, keeulu, red (Oryza sativa) Rice, keeulu, white (Oryza sativa) Rice, keeulu, white (Oryza sativa) Rice, samba keulu (Oryza sativa) Rice, samba foryza sativa) Rice, samba keulu (Oryza sativa)	рд	нд	пд	рд
Maize, dry, local (Zea mays) Maize, tender, local (Zea mays) Maize, tender, sweet (Zea mays) Millet, finger (Eleusine coracana) Rice, fakes (Oryza sativa) Rice, kekulu, red (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, samba doryza sativa) Rice, samba kekulu (Oryza sativa) Vermicelli, vheat (Triticum aestivum) Wheat, flour, atta (Triticum aestivum) Wheat, flour, refined (Triticum aestivum)	3.56	1.64	NA	NA
Maize, tender, local (Zea mays) Maize, tender, sweet (Zea mays) Millet, finger (Eleusine coracana) Rice, falkes (Oryza sativa) Rice, kekulu, red (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, samba (Oryza sativa) Rice, samba (Oryza sativa) Rice, samba kekulu (Oryza sativa) Wheat, flour, atta (Triticum aestivum) Wheat, flour, refined (Triticum aestivum) Wheat, flour, refined (Triticum aestivum)	221	68.60	115	197
Maize, tender, sweet (Zea mays) Millet, finger (Eleusine coracana) Rice, fakes (Oryza sativa) Rice, kekulu, red (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, kekulu, white (Oryza sativa) Rice, samba kekulu (Oryza sativa) Wheat, flour, atta (Triticum aestivum) Wheat, flour, refined (Triticum aestivum) Wheat, flour, refined (Triticum aestivum)		26.54	31.81	31.58
Millet, finger ( <i>Eleusine coracana</i> ) Rice, flakes ( <i>Oryza sativa</i> ) Rice, kelulninati ( <i>Oryza sativa</i> ) Rice, kekulu, vhite ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		24.12	51.82	43.21
Rice, flakes ( <i>Oryza sativa</i> ) Rice, kaluhinati ( <i>Oryza sativa</i> ) Rice, keeri samba ( <i>Oryza sativa</i> ) Rice, kekulu, red ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		1.59	NA	1.34
Rice, kaluhinati ( <i>Oryza sativa</i> ) Rice, keeri samba ( <i>Oryza sativa</i> ) Rice, kekulu, red ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )	1.42	NA	NA	NA
Rice, keeri samba ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )	ı	I	I	I
Rice, kekulu, red ( <i>Oryza sativa</i> ) Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, aadu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		I	T	I
Rice, kekulu, white ( <i>Oryza sativa</i> ) Rice, nadu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		ı	·	ı
Rice, nadu, white ( <i>Oryza sativa</i> ) Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		ı	·	ı
Rice, samba ( <i>Oryza sativa</i> ) Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		ı		ı
Rice, samba kekulu ( <i>Oryza sativa</i> ) Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		·		
Vermicelli, rice ( <i>Triticum aestivum</i> ) Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )	a) -	ı		ı
Vermicelli, wheat ( <i>Triticum aestivum</i> ) Water lily seeds ( <i>Nymphaea cereals</i> ) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )	- ( <i>u</i> r	I		ı
Water lily seeds (Nymphaea cereals) Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )		0.63	NA	2.01
Wheat, flour, atta ( <i>Triticum aestivum</i> ) Wheat, flour, refined ( <i>Triticum aestivum</i> )	eals) -	I	I	I
Wheat, flour, refined ( <i>Triticum aestivum</i> )		0.75	NA	2.26
		2.25	NA	2.97
SLA019 Wheat, semolina ( <i>Triticum aestivum</i> ) 21.56		2.03	NA	1.45

# Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

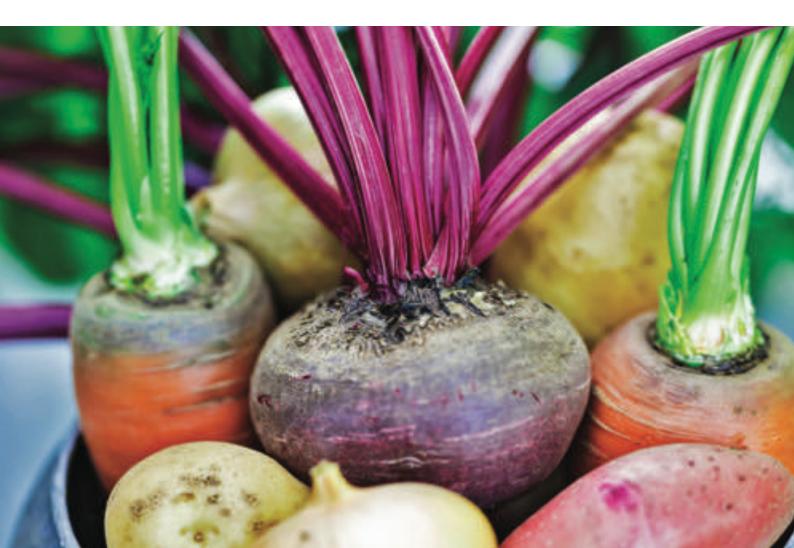
ValuationOvaliatesOvaliatesSolubbleBarley (Hordeum uugare)Maise, dry, local (Zee moys)Maise, dry, local (Zee moys)Ree, elekul	Food	Food Name								F				 
Image in the problem of the problem o	code	5		Oxalates		р			þ	bioA :	þi			otidi
matrix         TARAC         TARAC         SUCAC           marce         marce         marce         SUCAC         marce         SUCAC           Marce         drave         marce         marce         Marce         SUCAC         Marce           Marce         drave         marce         marce         marce         marce         SUCAC         Marce           Marce         drave         marce         marce         marce         marce         marce         Marce         SUCAC         Marce           Marce         tender         veet         2can moys)         15.97         13.36         2.01         0.94         0.93         1.50         Marce           Marce         tender         veet         2can moys)         1.155         8.03         1.24         0.03         1.22         0.25         0.25           Milet, finger (Flexine         marce         1.155         8.04         1.33         0.04         1.39         0.26           Rice, kerulu, red ( <i>Oryza sativa</i> )         9.91         8.75         1.16         NA         0.43         1.35         NA           Rice, kerulu, red ( <i>Oryza sativa</i> )         10.38         8.26         1.117         ND         ND			letoT	əldulo2	əldulozni	Tartaric Aci	Quinic Acid	biɔA ɔillɕM	ioA oinioou2	oitinoɔA-ɛiϽ	ioA oinemu7	Phytate	Trypsin Inhi Unit	Trypsin Inhi Activity
mg         mg<				OXALAC		TARAC		MALAC	SUCAC		FUMAC			
Barley (Hordeum vulgare)9.648.031.611.330.650.770.111.20Maize, dry, local (Zea mays)15.9713.962.010.940.840.931.50NAMaize, tender, local (Zea mays)3.312.211.104.351.830.731.220.29Maize, tender, local (Zea mays)3.312.211.104.351.830.731.220.29Maize, tender, sweet (Zea mays)1.621.180.442.244.560.641.900.26Millet, finger (Fleusine coracana)11.558.692.861.86NDNDNDNDNDRice, kaluhi ati (Oryza sativa)9.918.751.16NDNDNDNDNDNDRice, kekulu, red (Oryza sativa)9.918.751.16NDNDNDNDNDNDRice, kekulu, white (Oryza sativa)10.387.492.89NDNDNDNDNDNDRice, kekulu, white (Oryza sativa)10.658.512.14NDNDNDNDNDNDRice, samba (Oryza sativa)10.658.512.141.35NDNDNDNDNDNDNDRice, samba (Oryza sativa)10.658.512.14NDNDNDNDNDNDNDRice, samba (Oryza sativa)10.658.512.14NDNDNDNDNDNDND<			шg	шg	mg	вш	тg	тg	mg	mg	тg	тg	тg	mg
Maize, drv, local (Zea mays)15.9713.962.010.9.40.840.931.50NAMaize, tender, local (Zea mays)3.312.211.104.351.830.731.220.29Maize, tender, local (Zea mays)3.312.211.104.351.830.731.120.26Millet, finger (Fleusine coracana)1.621.180.442.244.560.641.900.26Nillet, finger (Fleusine coracana)11.1558.692.86NANA0.942.71NARice, flakes (Oryza sativa)9.918.751.16NDNDNDNDNDRice, kekulu, white (Oryza sativa)9.918.742.89NDNDNDNDNDRice, kekulu, white (Oryza sativa)9.918.241.17NDNDNDNDNDRice, samba (Oryza sativa)9.918.742.89NDNDNDNDNDRice, samba (Oryza sativa)9.918.742.89NDNDNDNDNDRice, samba (Oryza sativa)9.918.742.89NDNDNDNDNDRice, samba (Oryza sativa)9.918.741.35NDNDNDNDNDRice, samba (Oryza sativa)9.911.741.35NDNDNDNDNDRice, samba (Oryza sativa)9.911.741.350.75NDNDNDNDRic	SLA001	Barley (Hordeum vulgare)	9.64	8.03	1.61	1.33	0.65	0.77	0.11	1.20	NA	391	21.26	3.13
Maize, tender, local (Zea mays)         3.31         2.21         1.10         4.35         1.83         0.73         1.22         0.29           Maize, tender, sweet (Zea mays)         1.62         1.18         0.44         2.24         4.56         0.64         1.90         0.26           Millet, finger (Eleusine coracana)         48.33         40.11         8.22         1.31         NA         0.94         2.71         NA           Rice, flakes ( <i>Oryza sativa</i> )         11.55         8.69         2.86         NA         NA         0.48         1.35         NA           Rice, keeri samba ( <i>Oryza sativa</i> )         9.91         8.75         1.16         ND	<b>SLA002</b>	Maize, dry, local (Zea mays)	15.97	13.96	2.01	0.94	0.84	0.93	1.50	NA	0.66	624	25.89	3.06
Maize, tender, sweet (Zea mays)         1.62         1.18         0.44         2.24         4.56         0.64         1.90         0.26           Nillet, finger (Fleusine coracana)         48.33         40.11         8.22         1.31         NA         0.94         2.71         NA           Rice, flakes ( <i>Oryza sativa</i> )         11.55         8.69         2.86         NA         NA         0.94         2.71         NA           Rice, flakes ( <i>Oryza sativa</i> )         9.81         8.25         1.16         ND         ND         ND         ND         ND         ND         ND         ND         ND           Rice, keulu, white ( <i>Oryza sativa</i> )         9.91         8.75         1.16         ND         ND <th><b>SLA003</b></th> <td>Maize, tender, local (Zea mays)</td> <td>3.31</td> <td>2.21</td> <td>1.10</td> <td>4.35</td> <td>1.83</td> <td>0.73</td> <td>1.22</td> <td>0.29</td> <td>0.46</td> <td>142</td> <td>8.62</td> <td>1.79</td>	<b>SLA003</b>	Maize, tender, local (Zea mays)	3.31	2.21	1.10	4.35	1.83	0.73	1.22	0.29	0.46	142	8.62	1.79
Millet, finger ( <i>Elesine coracana</i> )48.3340.118.221.31NA0.942.71NARice, flakes ( <i>Oyza sativa</i> )11.558.692.86NDNDNDNDNDRice, kluhinati ( <i>Oryza sativa</i> )9.818.751.16NDNDNDNDNDRice, keulu veit ( <i>Oryza sativa</i> )9.918.751.16NDNDNDNDNDRice, keulu veit ( <i>Oryza sativa</i> )9.918.751.16NDNDNDNDNDRice, keulu veit ( <i>Oryza sativa</i> )9.918.751.16NDNDNDNDNDRice, keulu vhite ( <i>Oryza sativa</i> )9.918.752.14NDNDNDNDNDRice, keulu vhite ( <i>Oryza sativa</i> )10.588.512.14NDNDNDNDNDRice, samba ( <i>Oryza sativa</i> )10.658.512.14NDNDNDNDNDRice, samba ( <i>Oryza sativa</i> )9.528.171.350.19NDNDNDNDRice, samba keulu ( <i>Oryza sativa</i> )10.949.191.78NDNDNDNDNDRice, samba keulu ( <i>Oryza sativa</i> )10.942.110.850.020.024.18Rice, samba keulu ( <i>Oryza sativa</i> )10.941.370.950.020.030.154.18Rice, samba keulu ( <i>Oryza sativa</i> )2.061.210.85NDNDNDNDNDVermicelli	<b>SLA004</b>	Maize, tender, sweet (Zea mays)	1.62	1.18	0.44	2.24	4.56	0.64	1.90	0.26	0.78	225	4.26	1.10
Rice, flakes (Oryza sativa)         11.55         8.69         2.86         NA         NA         0.48         1.35         NA           Rice, kaluhinati (Oryza sativa)         9.81         8.26         1.56         ND	<b>SLA005</b>	Millet, finger ( <i>Eleusine coracana)</i>	48.33	40.11	8.22	1.31	NA	0.94	2.71	NA	0.24	302	30.42	4.28
Rice, kaluhinati ( $Oryza sativa$ )9.818.261.56NDNDNDNDNDNDNDRice, kekulu, virte ( $Oryza sativa$ )9.918.751.16NDNDNDNDNDNDRice, kekulu, white ( $Oryza sativa$ )9.418.241.17NDNDNDNDNDNDRice, kekulu, white ( $Oryza sativa$ )9.418.241.17NDNDNDNDNDNDRice, kekulu, white ( $Oryza sativa$ )10.387.492.89NDNDNDNDNDNDRice, samba ( $Oryza sativa$ )10.658.512.14NDNDNDNDNDNDRice, samba ( $Oryza sativa$ )9.528.171.35NDNDNDNDNDNDRice, samba kolu ( $Oryza sativa$ )9.528.171.35NDNDNDNDNDNDRice, samba kolu ( $Oryza sativa$ )10.949.191.78NDNDNDNDNDNDVermicelli, rice ( $Triticum aestivum$ )2.061.210.850.780.780.154.18Vermicelli, vheat ( $Triticum aestivum$ )2.01613.376.790.582.280.030.154.18Vheat, flour, refined ( $Triticum aestivum$ )52.7729.332.2841.315.450.021.36NDWheat, flour, refined ( $Triticum aestivum$ )19.8211.228.601.091.031.031	<b>SLA006</b>	Rice, flakes (Oryza sativa)	11.55	8.69	2.86	NA	NA	0.48	1.35	NA	1.28	482	24.84	3.41
Rice, keeri samba (Oryza sativa)         9.91         8.75         1.16         ND         ND <th><b>SLA007</b></th> <td>Rice, kaluhinati (<i>Oryza sativa)</i></td> <td>9.81</td> <td>8.26</td> <td>1.56</td> <td>ND</td> <td>DN</td> <td>ND</td> <td>ND</td> <td>ND</td> <td>ND</td> <td>615</td> <td>ND</td> <td>DN</td>	<b>SLA007</b>	Rice, kaluhinati ( <i>Oryza sativa)</i>	9.81	8.26	1.56	ND	DN	ND	ND	ND	ND	615	ND	DN
Rice, kekulu, white ( <i>Oryza sativa</i> )         9.41         8.24         1.17         ND         ND<	<b>SLA008</b>	Rice, keeri samba ( <i>Oryza sativa</i> )	9.91	8.75	1.16	ND	ND	ND	ND	ND	ND	155	ND	ND
Rice, kekulu, white ( <i>Oryza sativa</i> )10.387.492.89NDNDNDNDNDNDNDRice, nadu, white ( <i>Oryza sativa</i> )10.658.512.14NDNDNDNDNDNDNDRice, samba ( <i>Oryza sativa</i> )9.528.171.35NDNDNDNDNDNDNDRice, samba kekulu ( <i>Oryza sativa</i> )9.528.171.35NDNDNDNDNDNDNDVermicelli, rice ( <i>Triticum aestivum</i> )2.061.210.85NDNDNDNDNDNDNDVermicelli, wheat ( <i>Triticum aestivum</i> )2.01613.376.790.582.280.030.154.18Whater lity seeds ( <i>Nymphaea cereals</i> )1.711.310.39NDNDNDNDNDNDWheat, flour, atta ( <i>Triticum aestivum</i> )52.7729.9322.841.315.450.021.36NDWheat, flour, refined ( <i>Triticum aestivum</i> )19.8211.228.601.093.120.031.36ND	SLA009	Rice, kekulu, red ( <i>Oryza sativa)</i>	9.41	8.24	1.17	ND	ND	ND	ND	ND	ND	479	ND	ND
Rice, nadu, white (Oryza sativa)         10.65         8.51         2.14         ND         ND <th><b>SLA010</b></th> <td>Rice, kekulu, white <i>(Oryza sativa)</i></td> <td>10.38</td> <td>7.49</td> <td>2.89</td> <td>ND</td> <td>ND</td> <td>ND</td> <td>ND</td> <td>ND</td> <td>ND</td> <td>166</td> <td>ND</td> <td>ND</td>	<b>SLA010</b>	Rice, kekulu, white <i>(Oryza sativa)</i>	10.38	7.49	2.89	ND	ND	ND	ND	ND	ND	166	ND	ND
Rice, samba (Oryza sativa)         9.52         8.17         1.35         ND	SLA011	Rice, nadu, white <i>(Oryza sativa)</i>	10.65	8.51	2.14	ND	ND	ND	ND	ND	ND	108	ND	ND
Rice, samba kekulu ( <i>Oryza sativa</i> )         10.94         9.19         1.78         ND         ND<	<b>SLA012</b>	Rice, samba ( <i>Oryza sativa</i> )	9.52	8.17	1.35	ND	ND	ND	ND	ND	ND	329	ND	ND
Vernicelli, rice (Triticum aestivum)         2.06         1.21         0.85         ND         ND<	SLA013	Rice, samba kekulu <i>(Oryza sativa)</i>	10.94	9.19	1.78	ND	ND	ND	ND	ND	ND	230	ND	ND
Vermicelli, wheat ( <i>Triticum aestivum</i> )         20.16         13.37         6.79         0.58         2.28         0.03         0.15         4.18           Water lily seeds ( <i>Nymphaea cereals</i> )         1.71         1.31         0.39         ND	<b>SLA014</b>	Vermicelli, rice (Triticum aestivum)	2.06	1.21	0.85	ND	ND	ND	ND	ND	ND	101	ND	ND
Water lily seeds (Nymphaca cereals)         1.71         1.31         0.39         ND         ND </th <th><b>SLA015</b></th> <td>Vermicelli, wheat (Triticum aestivum)</td> <td>20.16</td> <td>13.37</td> <td>6.79</td> <td>0.58</td> <td>2.28</td> <td>0.03</td> <td>0.15</td> <td>4.18</td> <td>1.26</td> <td>161</td> <td>20.21</td> <td>2.17</td>	<b>SLA015</b>	Vermicelli, wheat (Triticum aestivum)	20.16	13.37	6.79	0.58	2.28	0.03	0.15	4.18	1.26	161	20.21	2.17
Wheat, flour, atta ( <i>Triticum aestivum</i> )         52.77         29.93         22.84         1.31         5.45         0.02         1.36         NA           Wheat, flour, refined ( <i>Triticum aestivum</i> )         19.82         11.22         8.60         1.09         3.12         0.03         1.03         NA	<b>SLA016</b>	Water lily seeds (Nymphaea cereals)	1.71	1.31	0.39	ND	ND	ND	ND	ND	ND	208	ND	ND
Wheat, flour, refined (Triticum aestivum)         19.82         11.22         8.60         1.09         3.12         0.03         1.03         NA	SLA017	Wheat, flour, atta ( <i>Triticum aestivum</i> )	52.77	29.93	22.84	1.31	5.45	0.02	1.36	NA	1.58	614	35.68	3.48
	<b>SLA018</b>	Wheat, flour, refined (Triticum aestivum)	19.82	11.22	8.60	1.09	3.12	0.03	1.03	NA	1.16	142	29.79	2.86
23.61 6.54 1.03 5.16 0.03 1.09 NA	SLA019	Wheat, semolina <i>(Triticum aestivum)</i>	30.15	23.61	6.54	1.03	5.16	0.03	1.09	NA	1.04	547	49.68	4.58

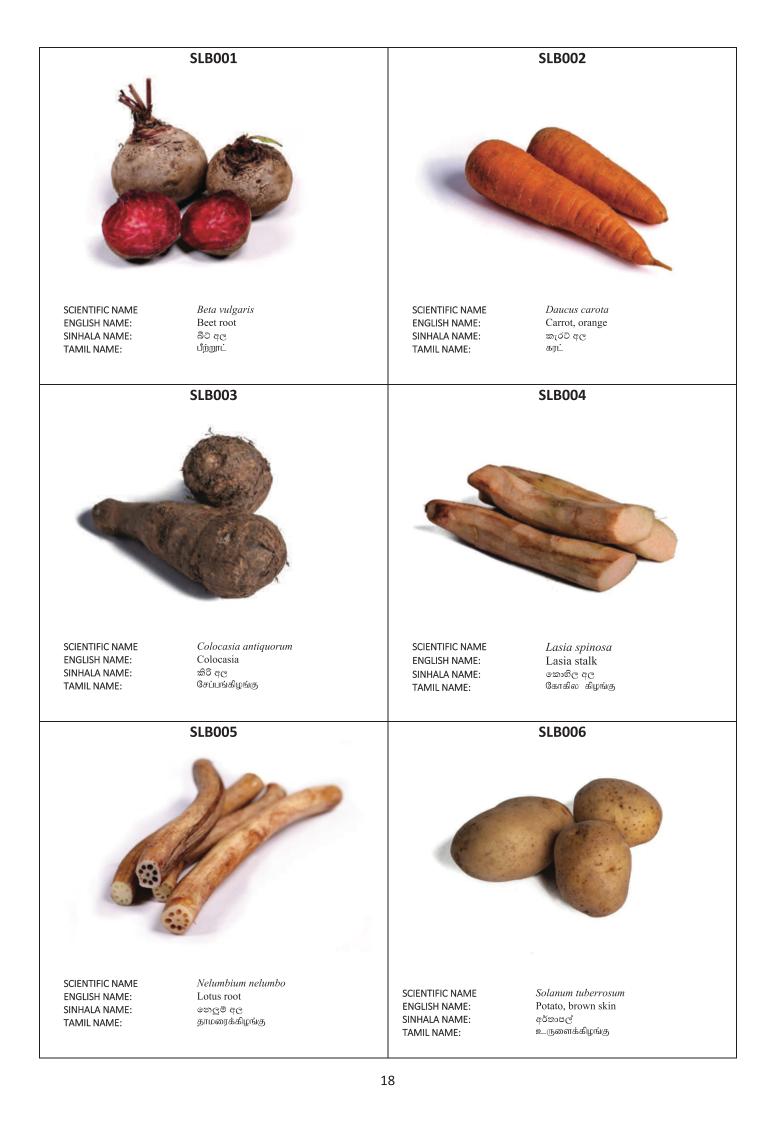
### Group B

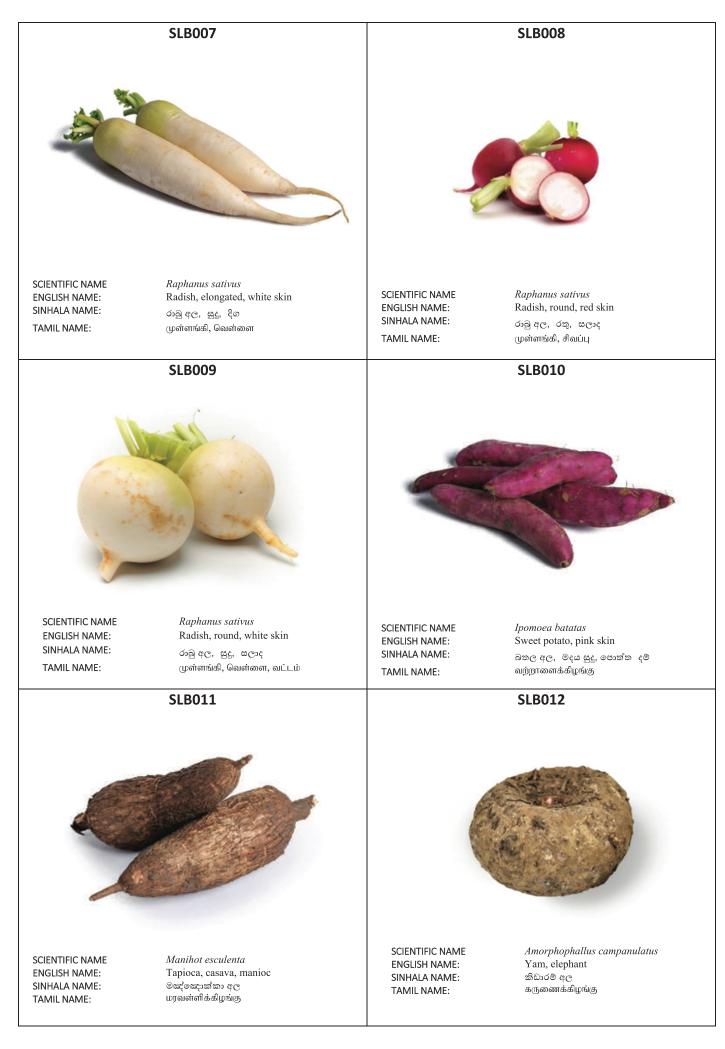
### **Roots and Tubers**

Roots and tubers are being used by human for thousand years and known as buried treasures. These geophytes store energy in starch form in the roots and root bases. Despite low in protein content, they are a rich source of some minerals and vitamins. This group consists of root vegetables such as beet, carrot, radish, turnip as well as tubers such as potato, sweet potato and yam.

SLFCT contains 12 commonly consumed roots and tubers in Sri Lanka.









## Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Eood	Eood Name	Enerav	Moictura	Drotain	Total Eat	Carbohud	Total	Soluble	Incolubia	Ach
code		LIICIBY				-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal kJ	g	g	g	g	g	g	g	g
SLB001	Beet root ( <i>Beta vulgaris</i> )	31 133	87.79	2.12	0.15	5.01	3.46	0.80	2.65	1.48
SLB002	Carrot, orange (Daucus carota)	30 128	88.24	0.85	0.45	5.04	4.39	1.47	2.92	1.03
SLB003	Colocasia ( <i>Colocasia antiquorum</i> )	87 366	73.35	3.96	0.15	16.95	3.26	0.66	2.60	2.34
SLB004	Lasia stalk ( <i>Lasia spinosa</i> )	27 115	89.42	0.64	0.16	5.53	3.13	0.58	2.55	1.13
SLB005	Lotus root (Nelumbium nelumbo)	79 332	76.26	1.94	0.93	14.67	4.70	1.84	2.86	1.50
SLB006	Potato, brown skin, (Solanum tuberrosum)	71 299	80.38	1.67	0.25	15.09	1.72	0.62	1.10	06.0
SLB007	Radish, elongated, white skin ( <i>Raphanus sativus)</i>	35 150	88.34	0.76	0.12	7.44	2.57	0.74	1.83	0.78
SLB008	Radish, round, red skin ( <i>Raphanus sativus</i> )	31 130	89.68	0.89	0.16	6.07	2.29	0.73	1.56	0.91
SLB009	Radish, round, white skin ( <i>Raphanus sativus</i> )	29 122	89.91	0.75	0.11	5.87	2.56	0.69	1.88	0.79
SLB010	Sweet potato, pink skin <i>(Ipomoea batatas)</i>	108 452	69.58	1.27	0.33	23.93	3.94	1.41	2.53	0.95
SLB011	Tapioca ( <i>Manihot esculenta</i> )	78 328	75.33	0.92	0.19	17.58	4.75	0.81	3.94	1.24
SLB012	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	84 354	74.55	2.22	0.15	17.83	4.14	0.93	3.21	1.12
SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	103 432	69.15	3.20	0.30	20.89	4.70	1.40	3.30	1.77

## **Table 2. FAT SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

VITAVITDEQVITAVITE $\mu g$ $\mu g$ $\mu g$ $\mu g$ $\mu g$ Beet root (Beta vulgaris)1.520.162.920.09Carrot, orange (Daucus carota)1.2401.1818.300.22Colocasia (Colocasia antiquorum)1.190.282.540.36Lasia stalk (Lasia spinosa)1.72ND6.300.08Lasia stalk (Icasia spinosa)1.72ND6.300.08Lotus root (Nelumbium nelumbo)NA0.2744.450.73Potato, brown skin, (Solanum tuberrosum)NA0.192.500.01Radish, round, red skin (Raphanus sativus)NA0.062.450.01Radish, round, white skin (Raphanus sativus)NA0.062.450.01Sweet potato, pink skin (Ipomoea batatas)1.851.643.500.01Tapioca (Manihot esculenta)NA0.13NA0.030.01Yam, elephant (Amorphophallus campanulatus)32.041.030.030.01Yam, elephant (Amorphophallus campanulatus)32.041.090.130.13Xan, elephant (Amorphophallus campanulatus)XA0.13NA0.130.13	Food code	Food Name	A nimstiV (39 - stnəlsviup3 lonitəЯ)	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	ß - Tocopherols	γ - Τοcopherols	s - Tocopherols	α -Tocotrienols	slon9irto2oT - γ
$\mu g$ $\mu g$ $\mu g$ $\mu g$ $m g$ Beet root (Beta vulgaris)1.520.162.920.09Beet root (Beta vulgaris)1.520.162.920.09Carrot, orange (Daucus carota)1.191.1818.300.22Colocasia (Colocasia antiquorum)1.190.282.540.36Lasia stalk (Lasia spinosa)1.72ND6.300.08Lotus root (Nelumbium nelumbo)NA0.2744.450.73Potato, brown skin, (Solanum tuberrosum)NA0.192.500.01Radish, elongated, white skin (Raphanus sativus)NA0.062.450.01Radish, round, red skin (Raphanus sativus)NA0.062.450.01Sweet potato, pink skin (Ipomoea batatas)1.851.643.500.01Tapioca (Manihot esculenta)NA0.03NA0.010.04Yam, elephant (Amorphophallus campanulatus)32.041.092.500.01Yam, elephant (Amorphophallus campanulatus)32.041.092.500.01Yan, elephant (Amorphophallus campanulatus)21.040.130.010.01			VITA	VITDEQ	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
Beet root (Beta vulgaris)         1.52         0.16         2.92         0.09           Carrot, orange (Daucus carota)         1.40         1.18         18.30         0.22           Carrot, orange (Daucus carota)         1.19         1.8.30         0.22           Colocasia antiquorum)         1.19         0.28         2.54         0.36           Lasia stalk (Lasia spinosa)         1.72         ND         6.30         0.08           Lasia stalk (Lasia spinosa)         1.72         ND         6.30         0.08           Lasia stalk (Lasia spinosa)         1.72         ND         6.30         0.08           Lasia stalk (Lasia spinosa)         NA         0.27         44.45         0.73           Potato, brown skin, (Solanum tuberrosum)         NA         0.19         2.50         0.01           Radish, round, white skin (Raphanus sativus)         NA         0.06         2.45         0.01           Radish, round, white skin (Raphanus sativus)         NA         0.03         2.60         0.01           Sweet potato, pink skin (Ipomoea batatas)         1.85         1.64         3.50         0.01           Sweet potato, pink skin (Ipomoea batatas)         NA         0.03         0.17         0.17           Yam, ele			бrl	bн	brl	тд	bu	тд	вш	bш	рт	тg
Carrot, orange (Daucus carota)       1240       1.18       18.30       0.22         Colocasia (Colocasia antiquorum)       1.19       0.28       2.54       0.36         Lasia stalk (Lasia spinosa)       1.72       ND       6.30       0.08         Lotus root (Nelumbium nelumbo)       NA       0.27       44.45       0.73         Potato, brown skin, (Solanum tuberrosum)       NA       0.19       2.50       0.05         Radish, elongated, white skin (Raphanus sativus)       NA       0.19       2.45       0.01         Radish, round, white skin (Raphanus sativus)       NA       0.06       2.45       0.01         Radish, round, white skin (Raphanus sativus)       NA       0.06       2.45       0.01         Sweet potato, pink skin (Ipomoea batatas)       1.85       1.64       3.50       0.01         Sweet potato, pink skin (Ipomoea batatas)       1.85       1.64       3.50       0.01         Yam, elephant (Amorphophallus campanulatus)       32.04       1.03       NA       0.17	SLB001	Beet root ( <i>Beta vulgaris</i> )	1.52	0.16	2.92	0.0	0.0	NA	NA	NA	NA	NA
Colocasia (Colocasia antiquorum)         1.19         0.28         2.54         0.36           Lasia stalk ( <i>Lasia spinosa</i> )         1.72         ND         6.30         0.08           Lasia stalk ( <i>Lasia spinosa</i> )         1.72         ND         6.30         0.08           Lotus root ( <i>Nelumbium nelumbo</i> )         NA         0.27         44.45         0.73           Potato, brown skin, ( <i>Solanum tuberrosum</i> )         NA         0.19         2.50         0.05           Radish, elongated, white skin ( <i>Raphanus sativus</i> )         NA         0.19         2.45         0.01           Radish, round, red skin ( <i>Raphanus sativus</i> )         NA         0.06         2.45         0.01           Radish, round, white skin ( <i>Ipomoea batatus</i> )         NA         0.06         2.45         0.01           Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         1.85         1.64         3.50         0.01           Tapioca ( <i>Manihot esculenta</i> )         NA         0.13         NA         0.01         1.03           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         32.04         1.09         5.52         0.34	SLB002	Carrot, orange (Daucus carota)	1240	1.18	18.30	0.22	0.19	NA	0.18	NA	0.03	NA
Lasia stalk ( <i>Lasia spinosa</i> )       1.72       ND       6.30       0.08         Lotus root ( <i>Nelumbium nelumbo</i> )       NA       0.27       44.45       0.73         Potato, brown skin, ( <i>Solanum tuberrosum</i> )       NA       0.19       2.50       0.05         Radish, elongated, white skin ( <i>Raphanus sativus</i> )       NA       0.19       2.50       0.05         Radish, round, red skin ( <i>Raphanus sativus</i> )       NA       0.06       2.45       0.01         Radish, round, white skin ( <i>Raphanus sativus</i> )       NA       0.06       2.45       0.01         Sweet potato, pink skin ( <i>Ipomoea batatas</i> )       NA       0.03       NA       0.00       0.01         Sweet potato, pink skin ( <i>Ipomoea batatas</i> )       1.85       1.64       3.50       0.01         Tapioca ( <i>Manihot esculenta</i> )       NA       0.13       NA       0.01         Yam, elephant ( <i>Amorphophallus campanulatus</i> )       32.04       1.09       5.52       0.34	SLB003	Colocasia ( <i>Colocasia antiquorum</i> )	1.19	0.28	2.54	0.36	0.35	NA	0.09	0.12	NA	NA
Lotus root (Nelumbium nelumbo)         NA         0.27         44.45         0.73           Potato, brown skin, (Solanum tuberrosum)         NA         0.19         2.50         0.05           Radish, elongated, white skin (Raphanus sativus)         NA         0.19         2.50         0.01           Radish, round, red skin (Raphanus sativus)         NA         0.06         2.45         0.01           Radish, round, white skin (Raphanus sativus)         0.20         0.05         2.60         0.01           Sweet potato, pink skin (Ipomoea batatas)         1.85         1.64         3.50         0.01           Tapioca (Manihot esculenta)         NA         0.13         NA         0.01           Yam, elephant (Amorphophallus campanulatus)         32.04         1.09         5.52         0.34	SLB004	Lasia stalk ( <i>Lasia spinosa</i> )	1.72	ND	6.30	0.08	I	0.07	0.54	0.21	I	ı
Potato, brown skin, (Solanum tuberrosum)NA0.192.500.05Radish, elongated, white skin (Raphanus sativus)NA0.062.450.01Radish, round, red skin (Raphanus sativus)0.200.052.600.01Radish, round, white skin (Raphanus sativus)NA0.03NA0.052.600.01Sweet potato, pink skin (Ipomoea batatas)1.851.643.500.011.01Tapioca (Manihot esculenta)NA0.13NA0.011.7Yam, elephant (Amorphophallus campanulatus)32.041.095.520.34	SLB005	Lotus root (Nelumbium nelumbo)	NA	0.27	44.45	0.73	0.73	NA	NA	NA	NA	NA
Radish, elongated, white skin (Raphanus sativus)NA0.062.450.01Radish, round, red skin (Raphanus sativus)0.200.052.600.01Radish, round, white skin (Raphanus sativus)NA0.03NA0.03Sweet potato, pink skin (Ipomoea batatas)1.851.643.500.01Tapioca (Manihot esculenta)NA0.13NA0.03Yam, elephant (Amorphophallus campanulatus)32.041.095.520.34	SLB006	Potato, brown skin, (Solanum tuberrosum)	NA	0.19	2.50	0.05	0.05	NA	NA	NA	NA	NA
Radish, round, red skin (Raphanus sativus)0.200.052.600.01Radish, round, white skin (Raphanus sativus)NA0.03NA0.00Sweet potato, pink skin (Ipomoea batatas)1.851.643.500.01Tapioca (Manihot esculenta)NA0.13NA0.17Yam, elephant (Amorphophallus campanulatus)32.041.095.520.34	SLB007	Radish, elongated, white skin (Raphanus sativus)	NA	0.06	2.45	0.01	0.01	NA	NA	NA	NA	NA
Radish, round, white skin (Raphanus sativus)NA0.03NA0.00Sweet potato, pink skin (Ipomoea batatas)1.851.643.500.01Tapioca (Manihot esculenta)NA0.13NA0.17Yam, elephant (Amorphophallus campanulatus)32.041.095.520.34	SLB008	Radish, round, red skin (Raphanus sativus)	0.20	0.05	2.60	0.01	0.01	NA	NA	NA	NA	NA
Sweet potato, pink skin ( <i>lpomoea batatas</i> )1.851.643.500.01Tapioca ( <i>Manihot esculenta</i> )NA0.13NA0.17Yam, elephant ( <i>Amorphophallus campanulatus</i> )32.041.095.520.34	SLB009	Radish, round, white skin ( <i>Raphanus sativus)</i>	NA	0.03	NA	0.00	NA	NA	NA	NA	NA	NA
Tapioca (Manihot esculenta)         NA         0.13         NA         0.17           Yam, elephant (Amorphophallus campanulatus)         32.04         1.09         5.52         0.34	SLB010	Sweet potato, pink skin (Ipomoea batatas)	1.85	1.64	3.50	0.01	0.01	NA	NA	NA	NA	NA
Yam, elephant (Amorphophallus campanulatus) 32.04 1.09 5.52 0.34	SLB011	Tapioca (Manihot esculenta)	NA	0.13	NA	0.17	0.17	NA	NA	NA	NA	NA
	SLB012	Yam, elephant (Amorphophallus campanulatus)	32.04	1.09	5.52	0.34	0.05	0.68	NA	NA	0.05	0.18
Yam, wild (Dioscorea Dioscoreaalata L) 33.14 1.22 NA 0.49	SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	33.14	1.22	NA	0.49	0.39	0.22	NA	NA	0.03	0.15

## **Table 3. WATER SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; ND indicates component not analysed)

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic	Total	Biotin	Total	Total
code		(B1)	(B2)	(B3)	acid	vitamin	(B7)	Folate (B9)	Ascorbic
					(B5)	(B6)			Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
		вш	тд	вш	тд	тд	Ы	бґ	вш
SLB001	Beet root ( <i>Beta vulgaris</i> )	0.01	0.01	0.21	0.25	0.09	2.53	108	4.51
SLB002	Carrot, orange (Daucus carota)	0.04	0.03	0.22	0.29	0.10	1.37	24.71	5.93
SLB003	Colocasia ( <i>Colocasia antiquorum</i> )	0.07	0.03	0.49	0.11	0.16	3.50	20.17	2.71
SLB004	Lasia stalk ( <i>Lasia spinosa)</i>	ND	0.01	0.83	0.27	0.14	ND	4.64	1.67
SLB005	Lotus root (Nelumbium nelumbo)	0.07	0.05	0.43	0.20	0.19	2.85	26.49	26.63
SLB006	Potato, brown skin, (Solanum tuberrosum)	0.06	0.01	0.82	0.37	0.09	1.36	14.31	20.50
SLB007	Radish, elongated, white skin (Raphanus sativus)	0.03	0.02	0.30	0.17	0.08	2.55	21.02	29.76
SLB008	Radish, round, red skin <i>(Raphanus sativus)</i>	0.03	0.02	0.30	0.18	0.07	2.92	24.59	15.69
SLB009	Radish, round, white skin <i>(Raphanus sativus)</i>	0.04	0.02	0.28	0.11	0.09	2.54	18.09	12.13
SLB010	Sweet potato, pink skin (Ipomoea batatas)	0.06	0.04	0.69	0.56	0.09	5.71	14.44	22.20
SLB011	Tapioca (Manihot esculenta)	0.07	0.02	0.44	0.20	0.10	1.95	25.31	19.08
SLB012	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	0.04	0.05	0.73	0.26	0.19	4.60	19.54	17.25
SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	0.10	0.01	0.73	0.23	0.22	4.10	22.19	13.03

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(All values are expressed per 100g edible portion)

code         c/         p         MG         M         K <i>R</i> B001         Betr oot ( <i>Beta vulgaris</i> ) <i>a b m</i>	Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
CAPMGNA $mg$ $mg$ $mg$ $mg$ $mg$ Beet root ( <i>Beta vulgaris</i> ) $mg$ $mg$ $mg$ $mg$ Carrot, orange ( <i>Daucus carota</i> ) $20.29$ $41.51$ $34.88$ $70.11$ Carrot, orange ( <i>Daucus carota</i> ) $27.65$ $33.63$ $11.70$ $51.78$ Cartot, orange ( <i>Daucus carota</i> ) $27.65$ $33.63$ $11.70$ $51.78$ Cartot, orange ( <i>Daucus carota</i> ) $27.65$ $33.63$ $11.70$ $51.78$ Lasia stalk ( <i>Lasia spinosa</i> ) $30.79$ $96.77$ $41.52$ $3.69$ Lasia stalk ( <i>Jasia spinosa</i> ) $37.71$ $74.30$ $56.58$ $26.63$ Porato, brown kilm elumbo) $37.71$ $74.30$ $25.68$ $26.63$ Porato, brown kilm e skin ( <i>Rapharus sativus</i> ) $32.74$ $33.40$ $19.86$ $21.79$ Radish, round, red skin ( <i>Rapharus sativus</i> ) $35.76$ $28.27$ $23.22$ $32.27$ Radish, round, kilm e skin ( <i>Rapharus sativus</i> ) $35.76$ $28.27$ $22.225$ $22.904$ Sweet potato, pink skin ( <i>Rapharus sativus</i> ) $35.64$ $34.04$ $13.56$ $21.79$ Sweet potato, pink skin ( <i>Rapharus sativus</i> ) $35.76$ $28.27$ $22.225$ $22.04$ Sweet potato, pink skin ( <i>Rapharus sativus</i> ) $35.64$ $34.04$ $23.73$ $10.76$ Sweet potato, pink skin ( <i>Rapharus sativus</i> ) $35.64$ $34.04$ $21.79$ Since (Manuflot sculerata) $28.93$ $24.02$ $26.58$ $20.94$ Sweet potato, pink skin ( <i>Rapharus sati</i>	code						
mg         mg         mg         mg         mg           Beet root (Beta vulgaris)         20.29         41.51         34.88         70.11           Carrot, orange (Dacues carota)         27.65         33.63         11.70         51.78           Carrot, orange (Dacues carota)         27.55         33.63         11.70         51.78           Colocasia (Colocasia antiquorum)         27.33         10.31         33.95         16.39           Lasia stalk (Lasia spinosa)         52.33         10.31         33.95         16.39           Lasia stalk (Lasia spinosa)         57.37         10.31         33.95         16.39           Lotus root (Nelumbium nelumbo)         37.71         74.30         26.58         20.63           Potato, brown skin, (Solanum tuberrosum)         9.83         74.30         23.84         4.08           Radish, round, red skin (Raphanus sativus)         33.40         25.03         19.86         20.63           Radish, round, white skin (Raphanus sativus)         35.64         27.97         22.25         32.77           Radish, round, white skin (Raphanus sativus)         35.64         26.68         20.63         20.63           Radish, round, white skin (Raphanus sativus)         35.64         27.25         22.25 <th></th> <th></th> <th>CA</th> <th>Ь</th> <th>MG</th> <th>NA</th> <th>К</th>			CA	Ь	MG	NA	К
Beet root ( <i>Beta vulgaris</i> )         20.29         41.51         34.88         70.11           Carrot, orange ( <i>Daucus carota</i> )         27.65         33.63         11.70         51.78           Carrot, orange ( <i>Daucus carota</i> )         27.65         33.63         11.70         51.78           Colocasia antiquorum)         27.65         33.63         11.70         51.78           Colocasia ( <i>Colocasia antiquorum</i> )         52.33         10.31         33.95         16.39           Lasia stalk ( <i>Lasia spinosa</i> )         57.33         10.31         33.95         16.39           Lotus root ( <i>Neumbium nelumbo</i> )         37.71         57.97         23.84         4.08           Radish, elongated, white skin ( <i>Raphanus sativus</i> )         3.240         25.03         19.86         21.79           Radish, round, red skin ( <i>Raphanus sativus</i> )         35.76         28.27         23.24         4.08           Radish, round, red skin ( <i>Raphanus sativus</i> )         35.76         28.27         22.25         20.63           Radish, round, red skin ( <i>Raphanus sativus</i> )         35.76         28.27         23.27         23.27           Radish, round, wisk skin ( <i>Ipomoea batatas</i> )         38.93         74.00         23.73         20.46           Sweet (Manib visk skin ( <i>Ipomoea batatas</i> ) <th></th> <th></th> <th>mg</th> <th>шд</th> <th>bm</th> <th>вш</th> <th>mg</th>			mg	шд	bm	вш	mg
Carrot, orange (Daucus carota) $27.65$ $33.63$ $11.70$ $51.78$ Colocasia antiquorum) $30.79$ $96.77$ $41.52$ $51.78$ Colocasia antiquorum) $30.79$ $96.77$ $41.52$ $3.69$ Lasia stalk (Lasia spinosa) $52.33$ $10.31$ $3.3.95$ $16.39$ Lasia stalk (Lasia spinosa) $37.71$ $74.30$ $26.58$ $3.69$ Lotus root (Nelumbium nelumbo) $3.771$ $74.30$ $26.58$ $20.63$ Potato, brown skin, (Solanum tuberrosum) $9.83$ $57.97$ $23.84$ $4.08$ Radish, elongated, white skin (Raphanus sativus) $32.40$ $25.03$ $19.86$ $21.79$ Radish, round, white skin (Raphanus sativus) $35.76$ $28.27$ $22.25$ $32.27$ Radish, round, white skin (Ipomoea batatas) $35.64$ $34.04$ $13.56$ $20.06$ Sweet potato, pink skin (Ipomoea batatas) $28.93$ $37.60$ $21.05$ $29.04$ Tapioca (Manihot esculenta) $19.78$ $47.22$ $28.85$ $10.75$ Yam, wild (Discorea Discoreadata L) $40.99$ $67.17$ $28.98$ $10.76$	SLB001	Beet root (Beta vulgaris)	20.29	41.51	34.88	70.11	298
Colocasia (Colocasia antiquorum)         30.79         96.77         41.52         3.69           Lasia stalk (Lasia spinosa)         52.33         10.31         33.95         16.39           Lasia stalk (Lasia spinosa)         57.33         10.31         33.95         16.39           Lotus root (Nelumbium nelumbo)         37.71         74.30         26.58         20.63           Potato, brown skin, (Solanum tuberrosum)         9.83         57.97         23.84         4.08           Radish, elongated, white skin (Raphanus sativus)         32.40         25.03         19.86         21.79           Radish, round, white skin (Raphanus sativus)         35.64         34.04         13.56         19.46           Sweet potato, pink skin (Ipomoea batatas)         19.78         34.04         13.56         29.04           Tapioca (Manihot esculenta)         19.78         44.90         23.73         10.75           Yam, elephant (Amorphophallus campanulatus)         38.36         47.22         28.85         16.83           Yam, wild (Dioscorea alata L)         40.99         53.73         16.83         16.83	SLB002	Carrot, orange (Daucus carota)	27.65	33.63	11.70	51.78	250
Lasia stalk ( <i>Lasia spinosa</i> )       52.33       10.31       33.95       16.39         Lotus root ( <i>Nelumbium nelumbo</i> )       37.71       74.30       26.58       16.39         Lotus root ( <i>Nelumbium nelumbo</i> )       37.71       74.30       26.58       20.63         Potato, brown skin, ( <i>Solanum tuberrosum</i> )       9.83       57.97       28.40       20.63         Radish, round, red skin ( <i>Raphanus sativus</i> )       32.40       23.84       4.08         Radish, round, red skin ( <i>Raphanus sativus</i> )       35.76       28.27       21.79         Radish, round, white skin ( <i>Raphanus sativus</i> )       35.64       34.04       13.56       32.27         Sweet potato, pink skin ( <i>Ipomoea batatas</i> )       28.93       37.60       21.05       29.04         Tapioca ( <i>Manihot esculenta</i> )       19.78       44.90       23.73       20.64         Yam, elephant ( <i>Amorphophallus campanulatus</i> )       38.36       47.22       28.85       10.75         Yam, wild ( <i>Dioscorea olisocorealata L</i> )       40.99       67.17       28.98       10.76	SLB003	Colocasia ( <i>Colocasia antiquorum</i> )	30.79	96.77	41.52	3.69	511
Lotus root (Nelumbium nelumbo)         37.71         74.30         26.58         20.63           Potato, brown skin, (Solanum tuberrosum)         9.83         57.97         23.84         4.08           Potato, brown skin, (Solanum tuberrosum)         9.83         57.97         23.84         4.08           Radish, elongated, white skin (Raphanus sativus)         3.5.40         25.03         19.86         21.79           Radish, round, red skin (Raphanus sativus)         35.76         28.27         22.25         32.27           Radish, round, white skin (Ipomoea batatas)         35.64         34.04         13.56         19.46           Sweet potato, pink skin (Ipomoea batatas)         28.93         37.60         21.05         29.04           Tapioca (Manihot esculenta)         19.78         44.90         23.73         10.75           Yam, elephant (Amorphophallus campanulatus)         38.36         47.20         28.85         16.83           Yam, wild (Dioscorea Dioscorealata L)         40.99         67.17         28.98         10.75	<b>SLB004</b>	Lasia stalk ( <i>Lasia spinosa</i> )	52.33	10.31	33.95	16.39	560
Potato, brown skin, (Solanum tuberrosum)         9.83         57.97         23.84         4.08           Radish, elongated, white skin (Rapharus sativus)         32.40         25.03         19.86         21.79           Radish, round, red skin (Rapharus sativus)         35.76         25.03         19.86         21.79           Radish, round, red skin (Rapharus sativus)         35.64         34.04         13.56         19.46           Sweet potato, pink skin (Ipomoea batatas)         35.64         34.04         13.56         19.46           Sweet potato, pink skin (Ipomoea batatas)         28.93         37.60         21.05         29.04           Tapioca (Manihot esculenta)         19.78         44.90         23.73         10.75         29.04           Yam, elephant (Amorphophallus campanulatus)         38.36         47.20         28.85         16.73           Yam, wild (Dioscorea Dioscorealata L)         40.99         67.17         28.98         12.74	SLB005	Lotus root (Nelumbium nelumbo)	37.71	74.30	26.58	20.63	611
Radish, elongated, white skin ( <i>Raphanus sativus</i> )         32.40         25.03         19.86         21.79           Radish, round, red skin ( <i>Raphanus sativus</i> )         35.76         28.27         32.27           Radish, round, white skin ( <i>Raphanus sativus</i> )         35.64         34.04         13.56         32.27           Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         28.93         37.60         21.05         29.04           Tapioca ( <i>Manihot esculenta</i> )         19.78         44.90         23.73         10.75           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         38.36         47.22         28.85         16.83           Yam, wild ( <i>Dioscorea Dioscorealata</i> L)         40.99         67.17         28.98         12.74	SLB006	Potato, brown skin, ( <i>Solanum tuberrosum</i> )	9.83	57.97	23.84	4.08	541
Radish, round, red skin ( <i>Raphanus sativus</i> )         35.76         28.27         32.27           Radish, round, white skin ( <i>Raphanus sativus</i> )         35.64         24.04         13.56         19.46           Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         28.93         37.60         21.05         29.04           Tapioca ( <i>Manihot esculenta</i> )         19.78         44.90         23.73         10.75         29.04           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         38.36         47.22         28.85         16.83         16.83           Yam, wild ( <i>Dioscorea Dioscorealata</i> L)         40.99         67.17         28.98         12.74         12.74	SLB007	Radish, elongated, white skin ( <i>Raphanus sativus)</i>	32.40	25.03	19.86	21.79	248
Radish, round, white skin ( <i>Raphanus sativus</i> )         35.64         34.04         13.56         19.46           Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         28.93         37.60         21.05         29.04           Tapioca ( <i>Manihot esculenta</i> )         19.78         44.90         23.73         10.75           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         38.36         47.22         28.85         16.83           Yam, wild ( <i>Dioscorea diata</i> L)         40.99         67.17         28.98         12.74	SLB008	Radish, round, red skin ( <i>Raphanus sativus)</i>	35.76	28.27	22.25	32.27	308
Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         28.93         37.60         21.05         29.04           Tapioca ( <i>Manihot esculenta</i> )         19.78         44.90         23.73         10.75           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         38.36         47.22         28.85         16.83           Yam, wild ( <i>Dioscorea diata L</i> )         40.99         67.17         28.98         12.74	SLB009	Radish, round, white skin ( <i>Raphanus sativus)</i>	35.64	34.04	13.56	19.46	298
Tapioca (Manihot esculenta)         19.78         44.90         23.73         10.75           Yam, elephant (Amorphophallus campanulatus)         38.36         47.22         28.85         16.83           Yam, wild (Dioscorea Dioscoreaalata L)         40.99         67.17         28.98         12.74	SLB010	Sweet potato, pink skin (Ipomoea batatas)	28.93	37.60	21.05	29.04	329
Yam, elephant (Amorphophallus campanulatus)38.3647.2228.8516.83Yam, wild (Dioscorea Dioscorea alata L)40.9967.1728.9812.74	SLB011	Tapioca ( <i>Manihot esculenta</i> )	19.78	44.90	23.73	10.75	276
Yam, wild ( <i>Dioscorea Dioscoreaalata L</i> ) 40.99 67.17 28.98 12.74	SLB012	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	38.36	47.22	28.85	16.83	633
	SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	40.99	67.17	28.98	12.74	740

## Table 5. TRACE ELEMENTS AND HEAVY METALS

FE         MN         CU         ZN         SE         CO         MO         CR         MI           mg         mg<	Food code	Food Name	u	อรอนยุชิน	ober	c	muina	tlec	աոսəpqʎյ	unimo.	kel	աոյւ	muinim	p	rcury	2in9
FeNNCUZNSECOMOCRNI $mg$ Beet root (Beta vulgaris) $0.77$ $0.52$ $0.13$ $0.29$ $0.22$ $0.002$ $0.002$ $0.008$ $0.008$ Carrot, orange (Dacus carota) $0.77$ $0.59$ $0.34$ $0.06$ $0.22$ $0.002$ $0.002$ $0.003$ $0.008$ Colocasia (Colocasia antiquorum) $0.60$ $0.32$ $0.29$ $0.24$ $0.34$ $0.003$ $0.001$ $0.002$ Lasia stalk (Lasia spinosa) $0.61$ $4.19$ $0.22$ $0.23$ $0.24$ $0.03$ $0.001$ $0.001$ $0.002$ Lasia stalk (Lasia spinosa) $0.61$ $4.19$ $0.22$ $0.23$ $0.24$ $0.03$ $0.001$ $0.001$ $0.002$ Lasia stalk (Lasia spinosa) $0.61$ $4.19$ $0.22$ $0.23$ $0.24$ $0.02$ $0.001$ $0.001$ $0.001$ Lotus root (Neumbium nelumbo) $3.34$ $1.40$ $0.22$ $0.34$ $0.002$ $0.001$ $0.002$ $0.002$ Radish, round, white skin (Raphanus sativus) $0.46$ $0.12$ $0.08$ $0.02$ $0.02$ $0.002$ $0.001$ $0.002$ Radish, round, white skin (Raphanus sativus) $0.14$ $0.02$ $0.014$ $0.002$ $0.002$ $0.002$ $0.002$ Sweet potato, pink skin (poroee datats) $0.38$ $0.012$ $0.012$ $0.002$ $0.002$ $0.002$ <th></th> <th></th> <th>Iroi</th> <th>вM</th> <th>loJ</th> <th>uiZ</th> <th>ləS</th> <th>loD</th> <th>οM</th> <th>ч</th> <th>эiN</th> <th>1tiJ</th> <th>nIA</th> <th>БэJ</th> <th>θM</th> <th>Ars</th>			Iroi	вM	loJ	uiZ	ləS	loD	οM	ч	эiN	1tiJ	nIA	БэJ	θM	Ars
mg <th></th> <th></th> <th>FE</th> <th>MN</th> <th>сIJ</th> <th>ZN</th> <th>SE</th> <th>co</th> <th>MO</th> <th>CR</th> <th>N</th> <th>П</th> <th>AL</th> <th>PB</th> <th>ЫG</th> <th>AS</th>			FE	MN	сIJ	ZN	SE	co	MO	CR	N	П	AL	PB	ЫG	AS
Beet root (Beta vulgaris) $0.77$ $0.52$ $0.13$ $0.22$ $0.002$ $0.002$ $0.008$ $0.008$ Carrot, orange (Daucus carota) $0.59$ $0.34$ $0.06$ $0.25$ $0.15$ $NA$ $0.003$ $0.003$ $0.003$ Colocasia antiquorum) $0.50$ $0.32$ $0.32$ $0.29$ $0.42$ $0.34$ $0.003$ $0.001$ $0.002$ Lasia stalk (Lasia spinosa) $0.61$ $4.19$ $0.60$ $0.32$ $0.29$ $0.42$ $0.34$ $0.003$ $0.001$ $0.002$ Lasia stalk (Lasia spinosa) $0.61$ $4.19$ $0.61$ $4.19$ $0.22$ $0.34$ $0.03$ $0.001$ $0.007$ $0.002$ Lasia stalk (Lasia spinosa) $0.61$ $4.19$ $0.61$ $4.19$ $0.22$ $0.34$ $4.61$ $0.002$ $0.001$ $0.007$ Lotus root (Nelumbium nelumbo) $3.34$ $1.40$ $0.22$ $0.35$ $4.61$ $0.004$ $0.002$ $0.002$ $0.003$ Radish, round, red skin (Rapharus sativus) $0.18$ $0.02$ $0.017$ $0.09$ $0.014$ $0.002$ $0.002$ Radish, round, white skin (Rapharus sativus) $0.18$ $0.02$ $0.11$ $0.014$ $0.002$ $0.002$ $0.003$ Radish, round, white skin (Rapharus sativus) $0.38$ $0.19$ $0.02$ $0.11$ $0.001$ $0.002$ $0.002$ Radish, round, white skin (Rapharus sativus) $0.38$ $0.19$ $0.02$ $0.14$ $0.002$ $0.002$ $0.003$ Radish, round, white skin (Rapharus sati			шg	шg	шg	тg	рд	шg	шg	шg	шg	шg	шg	тg	hд	bп
Carrot, orange (Daucus carota) $0.59$ $0.34$ $0.06$ $0.25$ $0.15$ $NA$ $0.003$ <t< th=""><th>SLB001</th><th>Beet root (<i>Beta vulgaris</i>)</th><th>0.77</th><th>0.52</th><th>0.13</th><th>0.29</th><th>0.22</th><th>0.002</th><th>0.002</th><th>0.008</th><th>0.008</th><th>0.001</th><th>0.35</th><th>NA</th><th>NA</th><th>NA</th></t<>	SLB001	Beet root ( <i>Beta vulgaris</i> )	0.77	0.52	0.13	0.29	0.22	0.002	0.002	0.008	0.008	0.001	0.35	NA	NA	NA
Colocasia (Colocasia antiquorum) $0.60$ $0.32$ $0.29$ $0.42$ $0.34$ $0.005$ $0.061$ $0.010$ $0.029$ Lasia stalk (Lasia spinosa) $0.61$ $0.61$ $4.19$ $0.05$ $1.62$ $14.20$ $0.009$ $0.001$ $0.007$ $0.065$ Lotus root (Nelumbium nelumbo) $3.34$ $1.40$ $0.22$ $0.35$ $4.61$ $0.009$ $0.001$ $0.007$ $0.005$ Potato, brown skin (Solanum tuberrosum) $0.46$ $0.12$ $0.08$ $0.29$ $0.28$ $0.004$ $0.002$ $0.028$ $0.023$ Radish, round, white skin (Raphanus sativus) $0.146$ $0.12$ $0.02$ $0.17$ $0.09$ $0.014$ $0.002$ $0.001$ $0.001$ Radish, round, white skin (Raphanus sativus) $0.18$ $0.08$ $0.02$ $0.17$ $0.09$ $0.014$ $0.002$ $0.003$ Radish, round, white skin (Raphanus sativus) $0.12$ $0.08$ $0.02$ $0.13$ $0.14$ $0.02$ $0.014$ $0.002$ $0.003$ Radish, round, white skin (Raphanus sativus) $0.32$ $0.18$ $0.02$ $0.18$ $0.02$ $0.014$ $0.002$ $0.003$ Radish, round, white skin (Raphanus sativus) $0.32$ $0.19$ $0.02$ $0.18$ $0.02$ $0.014$ $0.003$ $0.002$ Sweet potato, pink skin (Ipomoea batatas) $0.51$ $0.20$ $0.14$ $0.02$ $0.001$ $0.002$ $0.002$ Tapioca (Manihot esculenta) $0.95$ $0.29$ $0.14$ $0.02$ $0.002$ $0.002$ $0.00$	SLB002	Carrot, orange (Daucus carota)	0.59	0.34	0.06	0.25	0.15	NA	0.003	0.003	0.008	ΝA	0.52	NA	ΝA	NA
Lasia stalk ( <i>Lasia spinosa</i> )       0.61       4.19       0.05       1.62       14.20       0.009       0.001       0.07       0.065         Lotus root ( <i>Nelumbium nelumbo</i> )       3.34       1.40       0.22       0.35       4.61       0.004       0.02       0.03       0.001       0.003         Potato, brown skin ( <i>Solanum tuberrosum</i> )       0.46       0.12       0.08       0.29       0.28       0.004       0.002       0.03       0.001       0.003         Radish, elongated, white skin ( <i>Raphanus sativus</i> )       0.18       0.08       0.02       0.17       0.09       NA       0.014       0.002       0.003       0.003         Radish, round, white skin ( <i>Raphanus sativus</i> )       0.18       0.08       0.03       0.17       0.09       NA       0.014       0.003       0.003         Radish, round, white skin ( <i>Raphanus sativus</i> )       0.18       0.03       0.13       0.13       0.14       NA       0.016       0.003       0.003         Radish, round, white skin ( <i>Raphanus sativus</i> )       0.38       0.19       0.05       0.18       0.16       0.11       0.001       0.003       0.003         Sweet potato, pink skin ( <i>Ipomoea batatas</i> )       0.51       0.20       0.14       NA       0.001	SLB003	Colocasia (Colocasia antiquorum)	0.60	0.32	0.29	0.42	0.34	0.003	0.061	0.010	0.029	0.002	1.03	NA	NA	NA
Lotus root (Nelumbium nelumbo)         3.34         1.40         0.22         0.35         4.61         0.002         0.028         0.023           Potato, brown skin (Solanum tuberrosum)         0.46         0.12         0.08         0.29         0.28         0.002         0.028         0.033           Radish, elongated, white skin (Raphanus sativus)         0.18         0.08         0.02         0.17         0.09         NA         0.014         0.002         0.03           Radish, round, red skin (Raphanus sativus)         0.18         0.08         0.03         0.17         0.09         NA         0.014         0.002         0.03         0.005           Radish, round, white skin (Raphanus sativus)         0.18         0.03         0.19         0.03         0.13         0.014         0.002         0.003         0.003           Sweet potato, pink skin (Ipomoea batatas)         0.51         0.20         0.14         NA         0.01         0.003         0.005         0.005         0.005         0.005         0.005         0.005         0.005         0.005         0.005         0.005         0.005         0.016         0.005         0.016         0.005         0.005         0.005         0.005         0.005         0.005         0.005<	SLB004	Lasia stalk ( <i>Lasia spinosa)</i>	0.61	4.19	0.05	1.62	14.20	0.009	0.001	0.007	0.006	0.002	0.17	0.004	0.71	1.70
Potato, brown skin (Solanum tuberrosum)         0.46         0.12         0.08         0.29         0.28         0.004         0.003         0.01         0.007           Radish, elongated, white skin (Rapharus sativus)         0.18         0.08         0.02         0.17         0.09         NA         0.014         0.002         0.006           Radish, round, red skin (Rapharus sativus)         0.18         0.03         0.13         0.13         0.13         0.014         0.003         0.003         0.005           Radish, round, white skin (Rapharus sativus)         0.38         0.19         0.03         0.13         0.14         0.03         0.004         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.004         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.003         0.004         0.003 <t< th=""><th>SLB005</th><th>Lotus root (Nelumbium nelumbo)</th><th>3.34</th><th>1.40</th><th>0.22</th><th>0.35</th><th>4.61</th><th>0.004</th><th>0.002</th><th>0.028</th><th>0.023</th><th>0.006</th><th>5.91</th><th>0.001</th><th>NA</th><th>3.89</th></t<>	SLB005	Lotus root (Nelumbium nelumbo)	3.34	1.40	0.22	0.35	4.61	0.004	0.002	0.028	0.023	0.006	5.91	0.001	NA	3.89
Radish, elongated, white skin ( <i>Raphanus sativus</i> )         0.18         0.08         0.02         0.17         0.09         NA         0.014         0.002         0.006           Radish, round, red skin ( <i>Raphanus sativus</i> )         0.42         0.08         0.03         0.18         0.22         NA         0.014         0.002         0.005           Radish, round, white skin ( <i>Raphanus sativus</i> )         0.42         0.08         0.03         0.18         0.22         NA         0.016         0.03         0.03           Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         0.51         0.20         0.15         0.14         NA         0.001         0.005         0.005         0.005           Tapioca ( <i>Manihot esculenta</i> )         0.95         0.20         0.18         0.22         NA         0.001         0.005         0.005         0.005           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         1.31         0.29         0.18         0.26         0.51         0.004         NA         0.004         0.014	SLB006	Potato, brown skin (Solanum tuberrosum)	0.46	0.12	0.08	0.29	0.28	0.004	0.003	0.001	0.007	NA	0.06	NA	0.29	NA
Radish, round, red skin ( <i>Raphanus sativus</i> )       0.42       0.08       0.03       0.18       0.22       NA       0.016       0.03       0.03         Radish, round, white skin ( <i>Raphanus sativus</i> )       0.38       0.19       0.05       0.16       0.11       0.001       0.003       0.003       0.003         Sweet potato, pink skin ( <i>Ipomoea batatas</i> )       0.51       0.20       0.15       0.14       NA       0.001       0.005       0.002       0.016         Tapioca ( <i>Manihot esculenta</i> )       0.95       0.20       0.18       0.22       NA       0.002       0.005       0.000       0.000         Yam, elephant ( <i>Amorphophallus campanulatus</i> )       1.31       0.29       0.18       0.26       0.51       0.003       0.014         Yam, wild ( <i>Dioscorea Dioscorealata</i> L)       1.31       0.43       0.25       0.03       0.002       NA       0.001       0.014	SLB007	Radish, elongated, white skin (Raphanus sativus)	0.18	0.08	0.02	0.17	0.09	NA	0.014	0.002	0.006	NA	0.09	NA	NA	NA
Radish, round, white skin ( <i>Raphanus sativus</i> )         0.38         0.19         0.05         0.16         0.11         0.001         0.003         0.002         0.016           Sweet potato, pink skin ( <i>Ipomoea batatas</i> )         0.51         0.20         0.15         0.14         NA         0.001         0.005         0.002         0.005           Tapioca ( <i>Manihot esculenta</i> )         0.95         0.20         0.18         0.22         NA         0.002         0.006         0.020           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         1.31         0.29         0.18         0.26         0.51         0.004         NA         0.005         0.014           Yam, wild ( <i>Dioscorea Dioscorealata</i> L)         1.31         0.43         0.25         0.29         0.42         0.003         0.014         0.024         NA         0.001	SLB008	Radish, round, red skin ( <i>Raphanus sativus</i> )	0.42	0.08	0.03	0.18	0.22	NA	0.016	0.003	0.003	NA	0.17	NA	NA	NA
Sweet potato, pink skin ( <i>lpomoea batatas</i> )         0.51         0.20         0.15         0.14         NA         0.001         0.005         0.002         0.009           Tapioca ( <i>Manihot esculenta</i> )         0.95         0.20         0.18         0.22         NA         0.002         0.006         0.020           Yam, elephant ( <i>Amorphophallus campanulatus</i> )         1.31         0.29         0.18         0.26         0.51         0.004         NA         0.006         0.014           Yam, wild ( <i>Dioscorea Dioscorealata</i> L)         1.31         0.43         0.25         0.29         0.42         0.003         0.002         NA         0.009         0.014	SLB009	Radish, round, white skin (Raphanus sativus)	0.38	0.19	0.05	0.16	0.11	0.001	0.003	0.002	0.016	NA	0.07	NA	NA	NA
Tapioca (Manihot esculenta)         0.95         0.20         0.18         0.22         NA         0.006         0.006         0.020           Yam, elephant (Amorphophallus campanulatus)         1.31         0.29         0.18         0.26         0.51         0.004         NA         0.009         0.014           Yam, wild (Dioscorea Dioscorealata L)         1.31         0.43         0.25         0.29         0.42         0.003         0.002         NA         0.021	SLB010	Sweet potato, pink skin (Ipomoea batatas)	0.51	0.20	0.15	0.14	NA	0.001	0.005	0.002	0.009	NA	NA	NA	NA	0.09
Yam, elephant (Amorphophallus campanulatus)         1.31         0.29         0.18         0.26         0.51         0.004         NA         0.009         0.014           Yam, wild (Dioscorea Dioscorealata L)         1.31         0.43         0.25         0.29         0.42         0.002         NA         0.021	SLB011	Tapioca ( <i>Manihot esculenta</i> )	0.95	0.20	0.18	0.22	NA	0.002	NA	0.006	0.020	NA	0.17	0.001	NA	NA
Yam, wild ( <i>Dioscorea Dioscoreaalata L</i> ) 1.31 0.43 0.25 0.29 0.42 0.003 0.002 NA 0.021	SLB012	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	1.31	0.29	0.18	0.26	0.51	0.004	NA	0.009	0.014	ΝA	0.88	0.001	NA	NA
	SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	1.31	0.43	0.25	0.29	0.42	0.003	0.002	NA	0.021	NA	NA	0.006	0.21	0.21

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g protein)

VAL         MET         ILE         LEU         TVR         PHE         HIS $g$ $g$ $g$ $g$ $g$ $g$ $g$ $g$ $6.23$ $0.59$ $3.28$ $4.75$ $2.12$ $2.70$ $1.87$ $6.74$ $0.56$ $3.28$ $4.75$ $5.33$ $1.97$ $2.55$ $1.35$ $6.74$ $0.56$ $3.58$ $7.09$ $6.17$ $2.570$ $1.87$ $6.74$ $0.56$ $3.58$ $7.09$ $6.17$ $5.54$ $2.12$ $6.74$ $0.71$ $3.95$ $7.09$ $6.17$ $2.53$ $1.71$ $6.74$ $0.71$ $3.95$ $7.09$ $6.17$ $2.39$ $2.12$ $6.78$ $1.01$ $4.57$ $7.43$ $3.26$ $4.84$ $2.42$ $6.28$ $0.97$ $3.63$ $1.43$ $3.84$ $1.67$ $6.28$ $0.97$ $3.310$ $5.34$ $1.89$ $6.72$ $1.43$ <th>Food</th> <th>Food Name</th> <th>Tryptophan</th> <th>biɔA ɔiナıɛqɛA</th> <th>Threonine</th> <th>Serine</th> <th>biɔA ɔimɕtulÐ</th> <th>Proline</th> <th>Glycine</th> <th>əninslA</th> <th>əniətzyƏ</th> <th>ənilsV</th> <th>əninoidtəM</th> <th>ənizuəlosl</th> <th>ənisuəl</th> <th>Tyrosine</th> <th>əninslslynədq</th> <th>ənibitziH</th> <th>əuisɣl</th> <th>əninigıA</th>	Food	Food Name	Tryptophan	biɔA ɔiナıɛqɛA	Threonine	Serine	biɔA ɔimɕtulÐ	Proline	Glycine	əninslA	əniətzyƏ	ənilsV	əninoidtəM	ənizuəlosl	ənisuəl	Tyrosine	əninslslynədq	ənibitziH	əuisɣl	əninigıA
g $g$			TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	SIH	LYS	ARG
Beet root ( <i>Beta vulgaris</i> )         1.05         6.37         2.83         3.790         3.23         2.82         7.82         0.51         6.23         0.59         3.28         4.75         2.12         2.70         1.87           Carrot, orange ( <i>Daucus carota</i> )         1.02         13.90         3.46         4.04         28.00         3.26         3.35         11.40         0.80         5.16         0.80         3.72         5.33         1.97         2.55         1.35           Carrot, orange ( <i>Daucus carota</i> )         0.52         13.20         3.71         4.78         15.00         4.17         5.59         5.21         1.70         6.74         0.56         3.35         1.71         2.95         1.71         2.95         1.71         2.95         1.71         2.95         1.71         2.95         1.71         2.43         1.46         5.11         1.03         4.75         7.03         6.17         5.54         2.12           Lotus root ( <i>Nelumbium nelumbo</i> )         1.02         2.040         3.67         4.33         1.46         6.15         6.16         6.33         6.12         1.74         3.25         1.11           Potato, brown skin, ( <i>Rapharus sativus</i> )         0.55         9.13			g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
Carrot, orange ( <i>Daucus carota</i> )1.021.303.464.0428.003.263.3511.400.805.160.803.725.331.972.551.35Colocasia ( <i>Colocasia antiquorum</i> )0.5213.203.714.7815.004.175.595.211.706.740.563.587.096.175.542.10Lasia stalk ( <i>Lasia spinosa</i> )0.5511.004.946.1511.614.696.156.381.645.190.713.957.096.175.542.12Lotus root ( <i>Nelumbium nelumbo</i> )1.0226.003.954.3314.803.163.915.111.034.570.823.385.472.704.321.71Potato, brown skin, ( <i>Solanum tuberrosum</i> )0.9220.403.574.3314.803.164.321.720.836.175.542.712.704.321.71Potato, brown skin, ( <i>Solanum tuberrosum</i> )0.9220.403.574.331.484.321.075.851.014.577.433.264.842.42Radish, round, white skin ( <i>Raphanus sativus</i> )0.591.1403.493.7404.833.676.920.935.561.491.457.120.835.561.491.461.67Radish, round, white skin ( <i>Raphanus sativus</i> )0.591.403.433.844.127.120.835.561.491.433.841.26<	SLB001	Beet root (Beta vulgaris)	1.05	6.37	2.85	3.83	27.90	3.23	2.82	7.82	0.51	6.23	0.59	3.28	4.75	2.12	2.70	1.87	4.79	3.59
Colocasia (Colocasia antiquorum)0.5213.203.714.7815.004.175.595.211.706.740.563.587.054.355.772.39Lasia stalk (Lasia spinosa)0.5511.004.946.1511.614.696.156.381.645.190.713.957.096.175.542.12Lotus root (Nelumbium nelumbo)1.0226.003.954.3314.803.163.915.111.034.570.823.385.472.704.321.71Potato, brown skin, (Solanum tuberrosum)0.9220.403.674.0118.203.853.364.321.075.851.014.577.433.264.842.42Radish, elongated, white skin (Rapharus sativus)0.559.734.324.704.844.127.120.835.260.973.663.461.67Radish, round, red skin (Rapharus sativus)0.5911.403.493.783.457.120.835.561.911.433.841.89Radish, round, white skin (Rapharus sativus)0.5911.403.493.782.720.643.556.191.433.841.89Radish, round, white skin (Rapharus sativus)0.5911.403.492.720.835.561.941.563.461.76Sweet potato, pink skin (Ipomoee batatas)1.4614.205.215.2610.835.311.67 <th>SLB002</th> <td>Carrot, orange (Daucus carota)</td> <td>1.02</td> <td>13.90</td> <td>3.46</td> <td>4.04</td> <td>28.00</td> <td>3.26</td> <td>3.35</td> <td>11.40</td> <td>0.80</td> <td>5.16</td> <td>0.80</td> <td>3.72</td> <td>5.33</td> <td>1.97</td> <td>2.55</td> <td>1.35</td> <td>3.59</td> <td>3.72</td>	SLB002	Carrot, orange (Daucus carota)	1.02	13.90	3.46	4.04	28.00	3.26	3.35	11.40	0.80	5.16	0.80	3.72	5.33	1.97	2.55	1.35	3.59	3.72
Lasia stalk (Lasia spinosa)0.5511.004.946.1511.614.696.156.381.645.190.713.957.096.175.542.12Lotus root (Nelumbium nelumbo)1.0226.003.954.3314.803.163.915.111.034.570.823.385.472.704.321.71Potato, brown skin, (Solanum tuberrosum)0.9220.403.674.0118.203.853.364.321.075.851.014.577.433.264.842.70Radish, elongated, white skin (Raphanus sativus)0.559.734.354.0118.203.853.364.321.075.851.014.577.433.264.841.67Radish, round, white skin (Raphanus sativus)0.5911.403.493.784.517.120.835.270.643.556.191.433.841.67Radish, round, white skin (Raphanus sativus)0.5911.403.493.784.833.676.054.844.727.120.835.270.643.535.961.563.461.67Radish, round, white skin (Raphanus sativus)0.5911.403.493.782.704.831.677.433.695.361.841.89Radish, round, white skin (Raphanus sativus)0.5911.403.493.717.120.835.570.643.535.961.563.461.8	SLB003	Colocasia ( <i>Colocasia antiquorum</i> )	0.52	13.20	3.71	4.78	15.00	4.17	5.59	5.21	1.70	6.74	0.56	3.58	7.05	4.35	5.77	2.39	3.64	8.86
Lotus root (Nelumbium nelumbo)1.0226.003.954.331.4.803.163.915.111.034.570.823.385.472.704.321.71Potato, brown skin, (Sclanum tuberrosum)0.9220.403.674.0118.203.853.364.321.075.851.014.577.433.264.842.42Radish, elongated, white skin (Raphanus sativus)0.559.734.354.0118.203.853.364.321.075.851.014.577.433.264.842.42Radish, round, white skin (Raphanus sativus)0.559.734.534.0118.200.835.260.835.260.973.635.961.563.461.67Radish, round, white skin (Raphanus sativus)0.5911.403.493.742.704.321.075.851.014.577.433.265.842.708.461.67Radish, round, white skin (Raphanus sativus)0.5911.403.493.784.517.120.835.270.643.635.061.433.841.82Sweet potato, pink skin (Ipomoea batatas)1.4614.205.215.2610.603.985.478.121.120.733.107.332.695.351.86Tapioca (Manihot esculenta)0.7016.505.096.1813.703.535.1110.202.311.672.316.722.9	<b>SLB004</b>	Lasia stalk ( <i>Lasia spinosa)</i>	0.55	11.00	4.94	6.15	11.61	4.69	6.15	6.38	1.64	5.19	0.71	3.95	7.09	6.17	5.54	2.12	3.43	5.41
Potato, brown skin, (Solanum tuberrosum)0.9220.403.674.0118.203.853.364.321.075.851.014.577.433.264.842.42Radish, elongated, white skin (Raphanus sativus)0.559.734.354.827.404.234.517.260.836.280.973.635.961.563.461.67Radish, round, red skin (Raphanus sativus)0.5510.104.054.0124.904.844.127.120.836.270.643.556.191.433.841.89Radish, round, white skin (Raphanus sativus)0.5911.403.493.784.817.120.835.270.643.556.191.433.841.89Sweet potato, pink skin (Ipomoea batatas)1.4614.205.215.215.2610.054.836.127.120.835.270.643.535.161.263.611.26Sweet potato, pink skin (Ipomoea batatas)1.4614.205.215.215.2610.633.635.351.163.635.351.82Sweet potato, pink skin (Ipomoea batatas)1.4614.205.215.215.261.023.536.161.427.232.695.351.86Tapica (Manihot esculenta)1.1412.503.876.163.535.1110.201.384.890.722.316.722.316.565.351.86 <th>SLB005</th> <td>Lotus root (Nelumbium nelumbo)</td> <td>1.02</td> <td>26.00</td> <td>3.95</td> <td>4.33</td> <td>14.80</td> <td>3.16</td> <td>3.91</td> <td>5.11</td> <td>1.03</td> <td>4.57</td> <td>0.82</td> <td>3.38</td> <td>5.47</td> <td>2.70</td> <td>4.32</td> <td>1.71</td> <td>3.43</td> <td>5.57</td>	SLB005	Lotus root (Nelumbium nelumbo)	1.02	26.00	3.95	4.33	14.80	3.16	3.91	5.11	1.03	4.57	0.82	3.38	5.47	2.70	4.32	1.71	3.43	5.57
Radish, elongated, white skin ( <i>Raphanus sativus</i> )0.559.734.354.8227.404.234.517.260.836.280.973.635.961.563.461.67Radish, round, red skin ( <i>Raphanus sativus</i> )0.5810.104.054.0124.904.844.127.120.835.270.643.556.191.433.841.89Radish, round, white skin ( <i>Raphanus sativus</i> )0.5911.403.493.7828.804.583.676.920.954.780.733.105.341.89Sweet potato, pink skin ( <i>Ipomoea batatas</i> )1.4614.205.215.215.2610.603.985.468.181.125.721.677.232.695.351.86Tapioca ( <i>Manihot esculenta</i> )0.7016.505.096.1813.703.535.1110.201.384.890.722.316.702.175.671.84Yam, vild ( <i>Dioscorea Dioscorealata</i> L)1.1412.503.876.7116.505.065.137.381.825.711.773.256.197.175.671.84Radish, round, white skin ( <i>Ipomoea batatas</i> )1.1412.505.096.1813.703.535.1110.201.849.722.316.732.695.351.86Yam, elephant ( <i>Amorphophallus campanulatus</i> )1.1412.503.876.515.505.137.381.825.971.17	SLB006	Potato, brown skin, (Solanum tuberrosum)	0.92	20.40	3.67	4.01	18.20	3.85	3.36	4.32	1.07	5.85	1.01	4.57	7.43	3.26	4.84	2.42	6.10	4.26
Radish, round, red skin ( <i>Raphanus sativus</i> )       0.58       10.10       4.05       4.01       24.90       4.84       4.12       7.12       0.83       5.27       0.64       3.55       6.19       1,43       3.84       1.89         Radish, round, white skin ( <i>Raphanus sativus</i> )       0.59       11.40       3.49       3.78       28.80       4.58       3.67       6.95       0.95       4.78       0.73       3.10       5.34       1.86         Sweet potato, pink skin ( <i>Ipomoea batatas</i> )       1.46       14.20       5.21       5.26       10.60       3.98       5.46       8.18       1.12       5.72       1.67       7.23       2.69       5.35       1.86         Tapioca ( <i>Manihot esculenta</i> )       0.70       16.50       5.09       6.18       13.70       3.53       5.11       10.20       1.38       4.89       0.72       2.31       6.70       5.67       1.86         Yam, elephant ( <i>Amorphophallus campanulatus</i> )       1.14       12.50       3.87       6.71       16.50       5.06       5.13       7.38       1.82       5.71       1.76       3.30       6.96       2.99         Yam, elephant ( <i>Amorphophallus campanulatus</i> )       1.14       12.50       3.87       6.51	SLB007	Radish, elongated, white skin (Raphanus sativus)	0.55	9.73	4.35	4.82	27.40	4.23	4.51	7.26	0.83	6.28	0.97	3.63	5.96	1.56	3.46	1.67	3.07	4.07
Radish, round, white skin ( <i>Raphanus sativus</i> )       0.59       11.40       3.49       3.78       28.80       4.58       3.67       6.92       0.95       4.78       0.73       3.10       5.34       1.56       3.01       1.26         Sweet potato, pink skin ( <i>/pomoea batatas</i> )       1.46       14.20       5.21       5.26       10.60       3.98       5.46       8.18       1.12       5.72       1.67       7.23       2.69       5.55       1.86         Tapioca ( <i>Manihot esculenta</i> )       0.70       16.50       5.09       6.18       13.70       3.53       5.11       10.20       1.38       4.89       0.72       2.31       6.70       5.67       1.84         Yam, elephant ( <i>Amorphophallus campanulatus</i> )       1.14       12.50       5.09       6.71       16.50       5.06       4.69       5.51       1.75       6.05       1.60       2.99         Yam, wild ( <i>Dioscorea Dioscoreadata L</i> )       1.27       11.90       4.15       6.55       5.13       7.38       1.37       5.35       1.82       2.97       1.17       3.26       6.96       5.97       1.94         Yam, wild ( <i>Dioscorea Dioscoreadata L</i> )       1.27       11.90       4.15       6.55       5.13       7.38	SLB008	Radish, round, red skin <i>(Raphanus sativus)</i>	0.58	10.10	4.05	4.01	24.90	4.84	4.12	7.12	0.83	5.27	0.64	3.55	6.19	1.43	3.84	1.89	2.71	4.89
Sweet potato, pink skin ( <i>lpomoea batatas</i> )       1.46       14.20       5.21       5.26       10.60       3.98       5.46       8.18       1.12       5.72       1.67       4.42       7.23       2.69       5.35       1.86         Tapioca (Manihot esculenta)       0.70       16.50       5.09       6.18       13.70       3.53       5.11       10.20       1.38       4.89       0.72       2.17       5.67       1.84         Yam, elephant (Amorphophallus campanulatus)       1.14       12.50       3.87       6.71       16.50       5.06       4.69       5.51       1.75       6.05       1.67       2.17       5.67       1.84         Yam, wild ( <i>Dioscorea Dioscoreadata L</i> )       1.27       11.90       4.15       6.55       5.50       5.13       7.38       1.82       5.97       1.17       3.25       6.26       2.92	SLB009	Radish, round, white skin <i>(Raphanus sativus)</i>	0.59	11.40	3.49	3.78	28.80	4.58	3.67	6.92	0.95	4.78	0.73	3.10	5.34	1.56	3.01	1.26	2.67	4.01
Tapioca (Manihot esculenta)         0.70         16.50         5.09         6.18         13.70         3.53         5.11         10.20         1.38         4.89         0.72         2.31         6.70         2.17         5.67         1.84           Yam, elephant (Amorphophallus campanulatus)         1.14         12.50         3.87         6.71         16.50         5.06         4.69         5.51         1.75         6.05         1.60         3.46         6.15         3.30         6.96         2.99           Yam, wild (Dioscorea Dioscoreadata L)         1.27         11.90         4.15         6.55         15.90         5.50         5.13         7.38         1.82         5.97         1.17         3.25         6.26         3.47         6.22         2.42	SLB010	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	1.46	14.20	5.21	5.26	10.60	3.98	5.46	8.18	1.12	5.72	1.67	4.42	7.23	2.69	5.35	1.86	4.00	3.19
Yam, elephant (Amorphophallus campanulatus)         1.14         12.50         3.87         6.71         16.50         5.06         4.69         5.51         1.75         6.05         1.60         3.46         6.15         3.30         6.96         2.99           Yam, wild (Dioscorea Dioscorealata L)         1.27         11.90         4.15         6.55         15.90         5.50         5.13         7.38         1.82         5.97         1.17         3.25         6.26         3.47         6.22         2.42	<b>SLB011</b>	Tapioca ( <i>Manihot esculenta</i> )	0.70	16.50	5.09	6.18	13.70	3.53	5.11	10.20	1.38	4.89	0.72	2.31	6.70	2.17	5.67	1.84	3.57	4.48
Yam, wild <i>(Dioscorea Dioscorea dios</i>	<b>SLB012</b>	Yam, elephant ( <i>Amorphophallus campanulatus)</i>	1.14	12.50	3.87	6.71	16.50	5.06	4.69	5.51	1.75	6.05	1.60	3.46	6.15	3.30	6.96	2.99	3.01	9.85
	<b>SLB013</b>	Yam, wild ( <i>Dioscorea Dioscoreaalata L</i> )	1.27	11.90	4.15	6.55	15.90	5.50	5.13	7.38	1.82	5.97	1.17	3.25	6.26	3.47	6.22	2.42	2.47	7.64

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name			Saturat	ated Fatty Acids	Acids			Mono U	Mono Unsaturated Fatty Acids	d Fatty	Poly U	Poly Unsaturated Fatty Acids	d Fatty
		letoT	(C12:0) Lauric	Palmitic (C16:0)	Stearic (0:812)	Arachidic (C20:0)	Sehenic (0:222)	Lignoceric (C24:0)	letoT	Palmitoleic (C16:1)	oleic	letoT	Linoleic	a-Linolenic
		FASAT	F12D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	FAPU	F18D2C N6	F18D3N3
		тд	шg	тд	тд	шg	шg	тg	тд	тд	тg	шg	тд	тд
SLB001	Beet root ( <i>Beta vulgaris</i> )	30.06		26.71	1.59		0.73	1.04	20.81		20.81	69.13	61.46	7.67
SLB002	Carrot, orange (Daucus carota)	84.75		70.20	7.15	2.72	2.59	2.09	21.36		21.36	254	231	23.37
SLB003	Colocasia (Colocasia antiquorum)	41.76		37.57	4.19			1	24.20	I	24.20	78.04	69.75	8.29
SLB004	Lasia stalk ( <i>Lasia spinosa</i> )	77.10	1.02	59.39	6.56	1.40	1.18	1.93	16.62	2.56	14.06	30.28	26.02	4.26
SLB005	Lotus root (Nelumbium nelumbo)	249		215	33.32				84.12	ī	84.12	414	291	123
SLB006	Potato, brown skin, (Solanum tuberrosum)	46.24		37.82	8.42	1		1	14.95	11.35	3.60	139	104	33.99
SLB007	Radish, elongated, white skin (Raphanus sativus)	38.85		30.56	4.49	1.26	1.21	1.32	8.81	1.21	7.60	48.34	19.09	29.25
SLB008	Radish, round, red skin (Raphanus sativus)	46.08		37.24	4.69	0.97	1.26	1.93	6.08	1.25	4.82	75.85	21.18	54.67
SLB009	Radish, round, white skin (Raphanus sativus)	39.32		32.58	3.78	0.87	0.80	1.29	12.91	1.24	11.67	59.76	15.56	44.20
SLB010	Sweet potato, pink skin (Ipomoea batatas)	101	11.17	72.86	17.06				9.35		9.35	180	154	25.92
SLB011	Tapioca (Manihot esculenta)	58.49	3.60	40.63	14.26				9.88		9.88	83.62	71.90	11.72
SLB012	Yam, elephant (Amorphophallus campanulatus)	36.38		32.11	4.28				7.02	T	7.02	76.60	59.71	16.89
SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	78.06		66.12	11.94	-			20.74		20.74	141	106	35.11

## **Table 8. STARCH AND SUGARS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Available		Free s	Free sugars		Oligosaccharides	charides	<b>Total Starch</b>
code		Carbohydrates	Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	g	g	g
SLB001	Beet root ( <i>Beta vulgaris</i> )	5.98	4.33	1.64	1.44	1.25	0.01	NA	1.65
SLB002	Carrot, orange (Daucus carota)	4.45	3.23	0.11	1.11	2.01	0.01	NA	1.22
SLB003	Colocasia ( <i>Colocasia antiquorum)</i>	15.04	0.92	0.53	0.25	0.14	NA	NA	14.12
SLB004	Lasia stalk ( <i>Lasia spinosa</i> )	5.16	0.06	0.06	,	ı	ND	ND	5.10
SLB005	Lotus root (Nelumbium nelumbo)	13.46	0.24	0.07	0.11	0.07	NA	NA	13.22
SLB006	Potato, brown skin, (Solanum tuberrosum)	11.72	0.34	0.26	0.04	0.04	NA	NA	11.38
SLB007	Radish, elongated, white skin (Raphanus sativus)	1.43	0.92	0.27	0.01	0.64	NA	NA	0.51
SLB008	Radish, round, red skin (Raphanus sativus)	1.50	0.86	0.38	0.18	0.30	0.01	NA	0.64
SLB009	Radish, round, white skin (Raphanus sativus)	NA	NA	NA	NA	NA	NA	NA	NA
SLB010	Sweet potato, pink skin (Ipomoea batatas)	23.91	4.03	0.90	0.97	2.16	NA	NA	19.88
SLB011	Tapioca ( <i>Manihot esculenta</i> )	17.43	2.19	0.17	0.31	1.71	0.02	NA	15.24
SLB012	Yam, elephant (Amorphophallus campanulatus)	15.94	1.56	0.72	0.16	0.68	NA	NA	14.38
SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	17.12	1.49	0.58	0.08	0.83	0.01	NA	15.63

## Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion; ND indicates component not analysed)

codeSLB001Beet root (Beta vulgaris)SLB002Carrot, orange (Daucus carota)SLB003Colocasia (Colocasia antiquorum)SLB004Lasia stalk (Lasia spinosa)SLB005Lotus root (Nelumbium nelumbo)SLB005Potato, brown skin, (Solanum tuberrosum)SLB007Radish, elongated, white skin (Raphanus sativus)SLB009Radish, round, red skin (Raphanus sativus)SLB000Radish, round, white skin (Raphanus sativus)SLB010Sweet potato, pink skin (Ipomoea batatas)		Campesterol	Stigmasterol	b-Sitosterol
		CAMT	STGSTR	STGSTR
		mg	mg	mg
	(5	0.47	3.26	11.43
	carota)	1.68	2.32	16.34
	tiquorum)	3.42	2.27	29.95
	a)	ND	ND	ND
	nelumbo)	1.17	1.06	14.75
	lanum tuberrosum)	0.02	0.15	2.11
	Radish, elongated, white skin ( <i>Raphanus sativus)</i>	1.61	0.34	9.34
	(Raphanus sativus)	1.54	0.32	9.88
	in (Raphanus sativus)	1.47	0.31	9.43
	(Ipomoea batatas)	2.31	0.57	13.68
SLB011 Tapioca (Manihot esculenta)	enta)	2.21	0.87	15.47
SLB012 Yam, elephant (Amorphophallus campanulatus)	ophallus campanulatus)	2.62	3.41	13.35
SLB013 Yam, wild (Dioscorea Dioscoreaalata L)	ioscoreaalata L)	2.26	3.02	13.70

## Table 10. CAROTENES AND XANTHOPHYLS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

	LUTN μg 198 136	<b>ΖΕΑ</b> μg 1.32	LYCPN µg	CARTA	
	μg 27.2 198	μ <u>g</u> 1.32 19 32	рд		CARTB
	27.2 198 136	1.32 19 37		рц	бrl
	198 A 36	19 37	NA	NA	9.12
	A 26	10.01	128	3422	5733
	1.30	1.05	NA	NA	7.15
	0.87	1.54		I	10.31
	13	NA	NA	NA	NA
	um) 8.55	130	NA	NA	NA
	us sativus) 6.31	3.16	NA	NA	NA
	vus) 7.8	2.5	NA	NA	1.2
<b>SLBUUY</b> RADISH, FOUND, WHITE SKIN (Kaphanus sativus)	ativus) NA	NA	NA	NA	NA
SLB010 Sweet potato, pink skin ( <i>lpomoea batatas</i> )	itas) 208	133	NA	NA	11.12
SLB011 Tapioca (Manihot esculenta)	6.15	3.46	NA	NA	NA
SLB012 Yam, elephant (Amorphophallus campanulatus)	anulatus) 147	8.16	NA	32.56	176
SLB013 Yam, wild (Dioscorea Dioscoreaalata L)	10.95	1.14	NA	9.78	194

# Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name								pi			or	or	
code			Oxalates					þi	ο <b>Α</b> α	þi		bidi	bidi	uir
		letoT	əldulo2	əldulosni	Quinic Acid	biɔA ɔillɕM	Citric Acid	ioA oinioou2	oitinoɔA-ɛiϽ	ioA oinemu7	Phytate	Trypsin Inhi JinU	Trypsin Inh Activity	roqe2 letoT
			OXALAC			MALAC	CITAC	SUCAC		FUMAC				
		шg	тg	тg	тд	шg	шg	шg	шg	тg	тд	шg	шg	g
SLB001	Beet root ( <i>Beta vulgaris</i> )	74.31	28.12	46.19	NA	0.49	164	0.21	42.15	0.03	11.01	0.99	0.47	NA
SLB002	Carrot, orange (Daucus carota)	10.33	6.12	4.21	NA	4.80	241	5.63	36.41	6.12	19.85	0.13	0.16	NA
SLB003	Colocasia ( <i>Colocasia antiquorum)</i>	48.56	19.77	28.79	44.46	5.12	11.80	NA	0.56	7.93	13.28	NA	NA	NA
SLB004	Lasia stalk ( <i>Lasia spinosa</i> )	1.44	1.09	0.35	ND	ΟN	ND	ND	ΟN	ND	49.26	ND	ND	DN
SLB005	Lotus root (Nelumbium nelumbo)	NA	NA	NA	NA	84.39	55.38	4.89	0.85	1.48	7.84	NA	NA	0.55
SLB006	Potato, brown skin, (Solanum tuberrosum)	12.52	9.95	2.57	NA	90.82	55.82	5.18	11.77	1.12	50.64	6.88	4.11	NA
SLB007	Radish, elongated, white skin (Raphanus sativus)	13.40	8.64	4.76	NA	4.82	3.12	1.02	4.82	1.36	1.77	NA	NA	NA
SLB008	Radish, round, red skin ( <i>Raphanus sativus)</i>	NA	NA	NA	NA	6.41	6.12	2.82	3.27	1.36	7.07	NA	NA	NA
SLB009	Radish, round, white skin ( <i>Raphanus sativus)</i>	19.31	10.11	9.20	NA	5.68	2.45	2.45	2.82	1.35	0.89	NA	NA	NA
SLB010	Sweet potato, pink skin (Ipomoea batatas)	NA	NA	NA	0.08	147	25.69	334	NA	0.23	63.69	NA	NA	1.56
SLB011	Tapioca ( <i>Manihot esculenta)</i>	12.45	8.76	3.69	169	10.52	9.12	16.82	1.25	2.86	65.89	NA	NA	NA
SLB012	Yam, elephant (Amorphophallus campanulatus)	11.32	8.66	2.66	12.45	122	354	10.54	1.35	4.30	17.18	0.42	0.19	NA
SLB013	Yam, wild (Dioscorea Dioscoreaalata L)	16.44	4.01	12.43	11.31	138	282	22.56	NA	0.97	24.88	0.19	0.06	0.47

### Group C

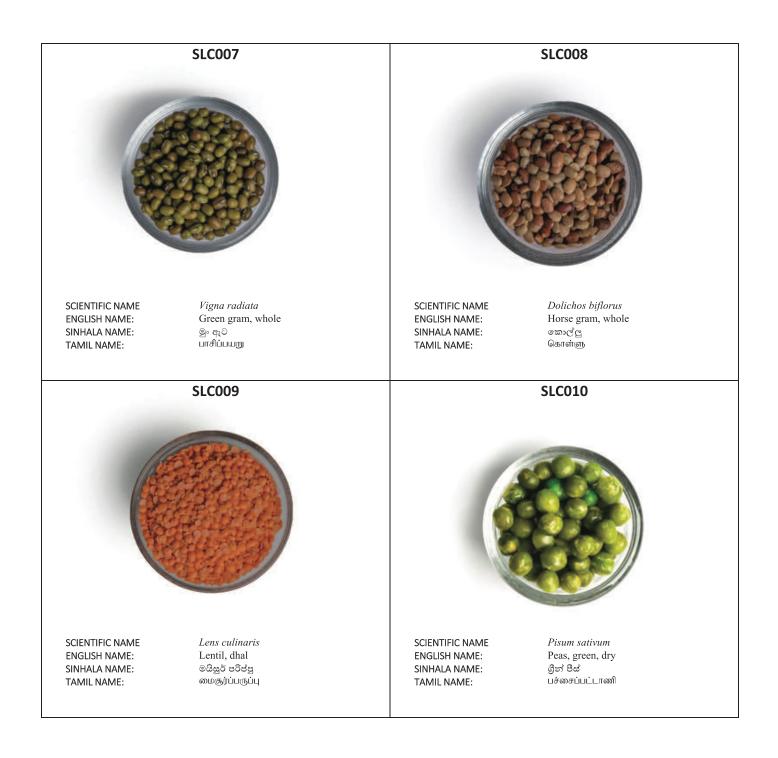
### Pulses

As the third largest family of flowering plants, the Fabaceae or Leguminosae contains more than 20,000 species which serve as nutrient rich source of food around the world. They are a rich source of proteins, complex carbohydrates, vitamins and fibre. This group contains chick pea, different types of lentils, dry peas and beans.

SLFCT contains 10 commonly consumed pulses in Sri Lanka.







## Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy	ß	Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	КJ	g	g	g	g	g	g	g	g
SLC001	Bengal gram, dhal (Cicer arietinum)	327	1370	9.43	20.12	5.32	47.88	15.13	2.20	12.92	2.12
SLC002	Bengal gram, whole <i>(Cicer arietinum)</i>	288	1205	8.22	18.68	5.01	39.69	25.73	3.45	22.27	2.67
SLC003	Black gram, dhal (Phaseolus mungo)	323	1355	9.18	22.43	1.69	51.61	11.91	4.26	7.65	3.19
SLC004	Cowpea, brown ( <i>Vigna catjang</i> )	320	1341	9.33	20.24	1.08	54.96	11.46	2.80	8.66	2.93
SLC005	Cowpea, white (Vigna catjang)	320	1340	9.32	21.25	1.14	53.77	11.70	2.79	8.91	2.83
SLC006	Green gram, dhal ( <i>Vigna radiata)</i>	326	1366	9.16	23.40	1.39	53.31	9.71	1.33	8.38	3.04
SLC007	Green gram, whole (Vigna radiata)	290	1217	10.11	21.97	0.93	46.57	17.28	2.22	15.06	3.15
SLC008	Horse gram, whole (Dolichos biflorus)	328	1374	9.52	21.27	0.64	57.35	7.89	1.69	6.20	3.34
SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	319	1335	10.42	23.09	0.77	53.08	10.49	1.45	9.04	2.15
SLC010	SLC010 Peas, dry (Pisum sativum)	299	1255	9.94	19.18	1.85	49.44	17.30	2.57	14.73	2.30

## **Table 2. FAT SOLUBLE VITAMINS**

code	Food Name	A nimstiV (37 - 21n9lsviup3 lonit99)	D nimetiV (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	γ - Tocopherols	slon9herols	slon9irto2oT- ð
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD
		бґ	рд	бґ	вш	тд	тд	вш	тд
SLC001	Bengal gram, dhal ( <i>Cicer arietinum</i> )	26.83	1.49	1.62	0.19	0.09	1.04	0.03	NA
SLC002	Bengal gram, whole ( <i>Cicer arietinum</i> )	27.00	2.00	1.94	1.65	1.53	1.23	0.08	NA
SLC003	Black gram, dhal (Phaseolus mungo)	1.68	8.25	8.94	0.17	0.03	1.38	0.03	NA
SLC004	Cowpea, brown (Vigna catjang)	0.96	0.93	1.80	0.73	0.35	3.51	2.80	NA
SLC005	Cowpea, white (Vigna catjang)	1.36	0.93	1.70	0.65	0.32	3.06	2.70	NA
SLC006	Green gram, dhal ( <i>Vigna radiata</i> )	20.16	2.02	7.50	0.25	0.06	1.89	NA	NA
SLC007	Green gram, whole (Vigna radiata)	19.50	3.61	11.90	0.36	0.16	1.98	NA	0.26
SLC008	Horse gram, whole (Dolichos biflorus)	8.64	1.74	10.54	0.24	0.05	1.90	NA	NA
SLC009	Lentil, dhal (Lens culinaris)	1.06	1.45	3.89	0.17	0.03	1.35	0.22	NA
SLC010	Peas, dry ( <i>Pisum sativum</i> )	11.91	15.00	13.20	0.30	0.08	2.20	NA	NA

## **Table 3. WATER SOLUBLE VITAMINS**

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic	Vitamin	Biotin	<b>Total Folate</b>	Total
code		(B1)	(B2)	(B3)	acid	B6	(B7)	(B9)	Ascorbic
					(B5)				Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
		mg	mg	mg	mg	mg	hg	рд	mg
SLC001	Bengal gram, dhal ( <i>Cicer arietinum</i> )	0.35	0.16	1.91	1.40	0.20	0.83	180	NA
SLC002		0.39	0.25	2.11	2.25	0.37	1.02	231	NA
SLC003	Black gram, dhal (Phaseolus mungo)	0.20	0.09	1.72	3.30	0.18	0.89	87.86	NA
SLC004	Cowpea, brown ( <i>Vigna catjang</i> )	0.50	0.11	1.68	1.61	0.27	4.19	273	NA
SLC005	Cowpea, white ( <i>Vigna catjang</i> )	0.34	0.09	1.51	1.66	0.26	4.28	249	NA
SLC006	Green gram, dhal ( <i>Vigna radiata</i> )	0.35	0.12	1.70	1.81	0.20	0.71	85.59	NA
SLC007	Green gram, whole (Vigna radiata)	0.42	0.28	2.21	2.06	0.33	1.31	135	AN
SLC008	Horse gram, whole (Dolichos biflorus)	0.32	0.21	1.92	1.62	0.22	0.57	172	NA
SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	0.32	0.16	1.80	1.33	0.22	1.12	55.00	NA
SLC010	Peas, dry ( <i>Pisum sativum</i> )	0.55	0.16	2.74	1.26	0.29	0.55	116	NA

## **Table 4. MAJOR MINERALS**

(All values are expressed per 100g edible portion)

Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
code						
		CA	Ч	MG	NA	К
		mg	тд	mg	mg	mg
SLC001	Bengal gram, dhal ( <i>Cicer arietinum</i> )	50.78	311	108	20.79	919
SLC002	Bengal gram, whole ( <i>Cicer arietinum</i> )	166	262	165	26.45	903
SLC003	Black gram, dhal (Phaseolus mungo)	46.58	326	174	21.59	1169
SLC004	Cowpea, brown ( <i>Vigna catjang</i> )	81.83	382	194	13.77	1235
SLC005	Cowpea, white ( <i>Vigna catjang</i> )	84.10	378	213	12.52	1243
SLC006	Green gram, dhal ( <i>Vigna radiata)</i>	38.87	380	147	10.28	1215
SLC007	Green gram, whole ( <i>Vigna radiata</i> )	98.96	338	146	12.47	1127
SLC008	Horse gram, whole (Dolichos biflorus)	309	295	132	11.89	1045
SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	41.27	308	66.63	10.24	798
SLC010	SLC010 Peas, dry (Pisum sativum)	75.93	336	118	23.51	886

## Table 5. TRACE ELEMENTS AND HEAVY METALS

	Food code	Food Name	Iron	ี อรอทธรูทธM	Copper	Zinc	muinələ2	fledoD	munəbdyloM	muimordጋ	աուկքլվ	Mercury	γnomitnA
mgmgmgmgmgmgmgmgmgmgmgBengal gram, dhal ( <i>Cicer arietinum</i> ) $5.94$ $1.43$ $0.71$ $3.65$ $39.01$ $0.017$ $0.014$ $0.020$ Bengal gram, whole ( <i>Cicer arietinum</i> ) $6.04$ $2.35$ $0.68$ $3.10$ $0.016$ $0.115$ $0.012$ Black gram, dhal ( <i>Phaseolus mungo</i> ) $5.15$ $1.43$ $0.50$ $3.19$ $21.06$ $0.017$ $0.027$ $0.002$ Black gram, dhal ( <i>Vigna catjang</i> ) $4.95$ $1.35$ $0.75$ $3.40$ $22.35$ $0.014$ $0.151$ $0.011$ Cowpea, white ( <i>Vigna catjang</i> ) $5.04$ $1.35$ $0.68$ $3.57$ $26.55$ $0.017$ $0.026$ $0.004$ Green gram, dhal ( <i>Vigna catjang</i> ) $3.88$ $0.97$ $0.85$ $2.62$ $38.69$ $0.077$ $0.026$ $0.014$ Green gram, whole ( <i>Vigna catjang</i> ) $7.12$ $1.02$ $0.83$ $2.65$ $3.60$ $0.017$ $0.226$ $0.014$ Horse gram, whole ( <i>Vigna catjang</i> ) $7.82$ $1.02$ $0.83$ $2.62$ $3.60$ $0.017$ $0.021$ $0.012$ Horse gram, whole ( <i>Voigna catjang</i> ) $7.82$ $3.60$ $1.29$ $2.60$ $3.16$ $0.017$ $0.022$ $0.014$ Horse gram, whole ( <i>Voigna catjang</i> ) $7.82$ $1.02$ $0.83$ $2.60$ $3.60$ $0.017$ $0.022$ $0.021$ Horse gram, whole ( <i>Voigna catjang</i> ) $7.82$ $1.02$ $0.83$ $2.60$ $0.017$ $0.022$ $0.021$ <th></th> <th></th> <th>H</th> <th>MN</th> <th>cu</th> <th>ZN</th> <th>SE</th> <th>CO</th> <th>MO</th> <th>CR</th> <th>П</th> <th>ЫG</th> <th>SB</th>			H	MN	cu	ZN	SE	CO	MO	CR	П	ЫG	SB
Bengal gram, dhal ( <i>Cicer arietinum</i> )5.941.430.713.6539.010.0170.0140.020Bengal gram, whole ( <i>Cicer arietinum</i> )6.042.350.683.1040.840.0160.1150.012Black gram, dhal ( <i>Phaseolus mungo</i> )5.151.430.503.1921.060.0210.0270.099Cowpea, brown ( <i>Vigna catjang</i> )5.151.350.753.4022.350.0140.1510.011Cowpea, white ( <i>Vigna catjang</i> )5.041.350.683.5726.550.0170.2660.004Green gram, whole ( <i>Vigna radiata</i> )3.880.970.852.6238.690.0050.0430.01Green gram, whole ( <i>Vigna radiata</i> )7.823.601.292.8626.050.0100.0920.022Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.292.8626.050.0100.0920.022Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.292.860.0100.0920.022Horse gram, whole ( <i>Vigna radiata</i> )7.821.370.803.3460.0270.0290.022Horse gram, whole ( <i>Vigna radiata</i> )7.821.370.800.0270.0920.022Horse gram, whole ( <i>Voisum sativum</i> )7.451.370.800.0270.0290.025Horse gram, whole ( <i>Nolichos biflorus</i> )7.451.370.800.0270.0290.025Horse gram, whole ( <i>Nolichos biflorus</i> ) <th></th> <th></th> <th>тд</th> <th>тg</th> <th>тg</th> <th>тg</th> <th>рц</th> <th>тg</th> <th>тд</th> <th>тg</th> <th>тg</th> <th>bп</th> <th>bп</th>			тд	тg	тg	тg	рц	тg	тд	тg	тg	bп	bп
Bengal gram, whole ( <i>Cicer arietinum</i> )6.042.350.683.1040.840.0160.1150.012Black gram, dhal ( <i>Phaseolus mungo</i> )5.151.430.503.1921.060.0210.0270.097Cowpea, brown ( <i>Vigna catjang</i> )5.151.350.753.4022.350.0140.1510.011Cowpea, white ( <i>Vigna catjang</i> )5.041.350.573.4022.350.0170.2260.094Cowpea, white ( <i>Vigna catjang</i> )5.041.350.970.852.6238.690.0170.2260.014Green gram, whole ( <i>Vigna radiata</i> )3.880.970.832.860.0170.2260.0430.012Green gram, whole ( <i>Vigna radiata</i> )3.880.970.832.860.0170.0250.0430.012Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.292.6031.500.0170.0920.022Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.370.803.3469.260.0100.0220.022Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.370.803.3469.260.0100.0220.022Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.370.803.3469.260.0100.0220.022Horse gram, whole ( <i>Vigua radiata</i> )7.451.370.803.3469.260.0020.0220.022Horse gram, whole ( <i>Vigua radiata</i> )7.45<	SLC001		5.94	1.43	0.71	3.65	39.01	0.017	0.014	0.020	0.004	1.85	NA
Black gram, dhal ( <i>Phaseolus mungo</i> )5.151.430.503.1921.060.0210.0270.09Cowpea, brown ( <i>Vigna catjang</i> )4.951.350.753.4022.350.0140.1510.011Cowpea, white ( <i>Vigna catjang</i> )5.041.350.683.5726.550.0170.2260.004Green gram, dhal ( <i>Vigna radiata</i> )3.880.970.852.6238.690.0750.0430.001Green gram, whole ( <i>Vigna radiata</i> )4.151.020.832.8626.050.0100.0920.021Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.292.6031.500.0270.0220.022Horse gram, whole ( <i>Vigna radiata</i> )7.823.601.292.600.0100.0920.022Horse gram, whole ( <i>Vigna radiata</i> )7.451.370.803.3469.260.0100.0920.022Horse gram, whole ( <i>Nolichos biflorus</i> )7.451.370.803.3469.260.0010.0920.029Lentil, dhal ( <i>Lens culinaris</i> )7.451.370.803.3469.260.0080.0470.035Peas, drv ( <i>Pisum sativum</i> )5.121.110.633.2750.510.0090.0160.003Peas, drv ( <i>Pisum sativum</i> )5.121.110.633.2750.510.0160.0160.001	SLC002		6.04	2.35	0.68	3.10	40.84	0.016	0.115	0.012	0.003	1.96	0.58
Cowpea, brown ( <i>Vigna catjang</i> )4.951.350.753.4022.350.0140.1510.011Cowpea, white ( <i>Vigna catjang</i> )5.041.350.683.5726.550.0170.2260.004Green gram, dhal ( <i>Vigna radiata</i> )3.880.970.852.6238.690.0050.0430.001Green gram, whole ( <i>Vigna radiata</i> )4.151.020.832.8626.050.0100.0920.002Horse gram, whole ( <i>Volina radiata</i> )7.823.601.292.6031.500.0270.0590.019Lentil, dhal ( <i>Lens culinaris</i> )7.451.370.803.3469.260.0080.0470.03Peas, drv ( <i>Pisum sativum</i> )5.121.110.633.2750.510.0090.0160.003	SLC003		5.15	1.43	0.50	3.19	21.06	0.021	0.027	600.0	NA	1.68	NA
Cowpea, white ( <i>Vigna catjang</i> )         5.04         1.35         0.68         3.57         26.55         0.017         0.226         0.004           Green gram, dhal ( <i>Vigna radiata</i> )         3.88         0.97         0.85         2.62         38.69         0.003         0.012         0.026         0.004           Green gram, whole ( <i>Vigna radiata</i> )         3.15         1.02         0.83         2.86         26.05         0.010         0.092         0.022           Horse gram, whole ( <i>Volina radiata</i> )         7.15         1.02         0.83         2.60         31.50         0.027         0.022         0.022           Horse gram, whole ( <i>Volinaris</i> )         7.45         1.37         0.80         3.34         69.26         0.008         0.019         0.022           Lentil, dhal ( <i>Lens culinaris</i> )         7.45         1.37         0.80         3.34         69.26         0.008         0.017         0.032           Peas, drv ( <i>Pisum sativum</i> )         5.12         1.11         0.63         3.27         50.51         0.009         0.016         0.001	SLC004		4.95	1.35	0.75	3.40	22.35	0.014	0.151	0.011	0.004	NA	NA
Green gram, dhal ( <i>Vigna radiata</i> )       3.88       0.97       0.85       2.62       38.69       0.005       0.043       0.001         Green gram, whole ( <i>Vigna radiata</i> )       4.15       1.02       0.83       2.86       26.05       0.010       0.092       0.022         Horse gram, whole ( <i>Vigna radiata</i> )       7.82       3.60       1.29       2.60       31.50       0.027       0.059       0.019       0         Lentil, dhal ( <i>Lens culinaris</i> )       7.45       1.37       0.80       3.34       69.26       0.008       0.047       0.003       0         Peas, drv ( <i>Pisum sativum</i> )       5.12       1.11       0.63       3.27       50.51       0.009       0.016       0.007       0	SLC005		5.04	1.35	0.68	3.57	26.55	0.017	0.226	0.004	0.007	NA	NA
Green gram, whole ( <i>Vigna radiata</i> )         4.15         1.02         0.83         2.86         26.05         0.010         0.092         0.022           Horse gram, whole ( <i>Dolichos biflorus</i> )         7.82         3.60         1.29         2.60         31.50         0.027         0.059         0.019         0           Lentil, dhal ( <i>Lens culinaris</i> )         7.45         1.37         0.80         3.34         69.26         0.008         0.047         0.003         0           Peas, drv ( <i>Pisum sativum</i> )         5.12         1.11         0.63         3.27         50.51         0.009         0.016         0.007         0	SLC006		3.88	0.97	0.85	2.62	38.69	0.005	0.043	0.001	NA	0.02	NA
Horse gram, whole (Dolichos biflorus)         7.82         3.60         1.29         2.60         31.50         0.027         0.059         0.019         0           Lentil, dhal (Lens culinaris)         7.45         1.37         0.80         3.34         69.26         0.008         0.047         0.003         0           Peas, drv (Pisum sativum)         5.12         1.11         0.63         3.27         50.51         0.009         0.016         0.007         0	SLC007		4.15	1.02	0.83	2.86	26.05	0.010	0.092	0.022	NA	0.02	NA
Lentil, dhal (Lens culinaris)         7.45         1.37         0.80         3.34         69.26         0.008         0.047         0.003           Peas, drv (Pisum sativum)         5.12         1.11         0.63         3.27         50.51         0.009         0.006         0.007         0	SLC008		7.82	3.60	1.29	2.60	31.50	0.027	0.059	0.019	0.001	1.43	NA
Peas, dry ( <i>Pisum sativum</i> ) 5.12 1.11 0.63 3.27 50.51 0.009 0.016 0.007	SLC009		7.45	1.37	0.80	3.34	69.26	0.008	0.047	0.003	0.001	0.11	NA
	SLC010	Peas, dry ( <i>Pisum sativum)</i>	5.12	1.11	0.63	3.27	50.51	0.009	0.016	0.007	0.001	0.42	NA

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein)

Addition         Addition         Addition         Addition           SFR         GU         PRO         Image         Addition           375         GU         PRO         From         Addition           375         GU         PRO         GV         Addition         From         From           375         GU         PRO         GV         Addition         From         From         From         From           375         GU         PRO         GV         Addition         From         Fro	Food Name			n			bia						;				əu			
Fer         GLU         Prod         GrV         AIA         CYS         VAI         IFF         IFF <th>Tryptophan Aspartic Aci</th> <th>isA sitreqeA</th> <th></th> <th>Threonine</th> <th></th> <th></th> <th>A simetula</th> <th>Proline</th> <th>Glycine</th> <th>əninslA</th> <th>əniətzyƏ</th> <th>ənilsV</th> <th>əninoidtəM</th> <th>ənizuəlozl</th> <th>əuiɔnəJ</th> <th>Tyrosine</th> <th>inelelynədq</th> <th>ənibitziH</th> <th>əuisyJ</th> <th>Arginine</th>	Tryptophan Aspartic Aci	isA sitreqeA		Threonine			A simetula	Proline	Glycine	əninslA	əniətzyƏ	ənilsV	əninoidtəM	ənizuəlozl	əuiɔnəJ	Tyrosine	inelelynədq	ənibitziH	əuisyJ	Arginine
ggg <thg< th=""><th>TRP ASP TH</th><th>ASP</th><th></th><th></th><th>THR S</th><th></th><th></th><th></th><th></th><th></th><th>cYS</th><th>VAL</th><th>MET</th><th>ILE</th><th>-</th><th></th><th></th><th>HIS</th><th>LYS</th><th>ARG</th></thg<>	TRP ASP TH	ASP			THR S						cYS	VAL	MET	ILE	-			HIS	LYS	ARG
3.75 $16.30$ $3.66$ $3.51$ $4.30$ $0.90$ $4.24$ $1.42$ $4.52$ $7.60$ $3.08$ $7.95$ $2.46$ $6.42$ $4.09$ $18.50$ $3.76$ $3.75$ $4.51$ $1.29$ $5.23$ $0.93$ $4.69$ $7.84$ $3.00$ $7.59$ $2.75$ $6.74$ $5.02$ $17.50$ $3.89$ $3.31$ $4.54$ $0.44$ $5.81$ $1.85$ $4.72$ $8.57$ $3.27$ $7.29$ $2.75$ $6.47$ $4.43$ $15.20$ $4.74$ $5.63$ $4.09$ $0.66$ $5.86$ $1.67$ $5.08$ $8.76$ $3.16$ $3.72$ $2.75$ $6.47$ $4.80$ $18.20$ $4.79$ $5.63$ $4.09$ $0.66$ $5.31$ $1.85$ $8.76$ $3.72$ $2.76$ $7.96$ $4.48$ $18.60$ $3.98$ $3.66$ $4.49$ $0.51$ $5.83$ $1.40$ $7.96$ $3.72$ $2.76$ $7.96$ $4.48$ $18.60$ $3.98$ $3.66$ $4.78$ $0.50$ $5.83$ $1.40$ $7.96$ $3.76$ $7.96$ $5.08$ $17.40$ $4.03$ $3.68$ $4.78$ $0.71$ $5.48$ $1.79$ $2.76$ $7.96$ $5.08$ $17.40$ $4.03$ $3.68$ $4.78$ $0.71$ $5.48$ $1.76$ $7.96$ $2.76$ $7.96$ $4.48$ $18.70$ $3.98$ $4.78$ $0.71$ $5.48$ $1.79$ $2.76$ $7.96$ $7.96$ $4.48$ $17.90$ $4.79$ $2.78$ $2.78$ $2.76$ $2.76$ </th <th>g g</th> <th></th> <th>g</th> <th></th> <th>g</th>	g g		g		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
4.09         18.50         3.75         4.51         1.29         5.23         0.93         4.69         7.84         3.00         7.59         2.35         6.74           5.02         17.50         3.89         3.31         4.54         0.44         5.81         1.85         4.75         7.29         2.35         6.74           4.43         15.20         4.74         5.63         4.09         0.66         5.86         1.67         5.08         8.76         3.75         7.79         2.75         6.74           4.80         15.20         4.74         5.63         1.67         5.08         8.76         3.75         7.14         7.14           4.80         18.20         4.99         5.06         5.81         1.57         5.08         8.76         3.75         7.14           4.80         18.60         3.98         4.45         0.50         5.83         1.40         7.99         5.63         3.75         7.14           4.81         17.90         4.93         3.68         4.78         0.50         5.48         7.16         7.96           5.08         17.40         4.03         3.68         4.78         7.93         2.86	Bengal gram, dhal ( <i>Cicer arietinum</i> ) 1.12 11.20	11.20			3.17			3.66	3.51	4.30	06.0	4.24	1.42	4.52	7.60	3.08	7.95	2.46	6.42	7.97
5.02 $17.50$ $3.89$ $3.31$ $4.54$ $0.44$ $5.81$ $1.85$ $4.72$ $8.57$ $3.27$ $7.29$ $2.75$ $6.47$ $4.43$ $15.20$ $4.74$ $5.63$ $4.09$ $0.66$ $5.86$ $1.67$ $5.08$ $8.76$ $3.16$ $4.57$ $3.72$ $9.15$ $4.80$ $18.20$ $4.09$ $5.06$ $5.06$ $5.63$ $4.07$ $5.63$ $3.72$ $7.19$ $7.76$ $7.14$ $4.80$ $18.20$ $4.09$ $5.06$ $0.60$ $5.31$ $1.53$ $4.40$ $7.96$ $3.72$ $3.72$ $3.72$ $3.72$ $3.72$ $4.81$ $18.60$ $3.98$ $4.09$ $5.06$ $5.83$ $1.67$ $4.78$ $8.21$ $3.00$ $6.47$ $2.76$ $7.06$ $5.08$ $17.40$ $4.03$ $3.68$ $4.78$ $0.71$ $5.48$ $1.20$ $4.14$ $7.93$ $2.86$ $5.67$ $2.67$ $6.57$ $4.34$ $17.90$ $4.10$ $4.59$ $6.71$ $5.48$ $1.20$ $4.14$ $7.93$ $2.86$ $5.67$ $5.67$ $6.67$ $4.34$ $18.20$ $3.72$ $4.34$ $0.89$ $5.15$ $1.06$ $4.41$ $7.94$ $7.99$ $3.18$ $7.26$ $4.48$ $18.20$ $3.78$ $4.56$ $0.60$ $5.48$ $0.86$ $4.59$ $7.99$ $3.18$ $7.69$ $4.48$ $18.20$ $3.78$ $4.34$ $0.79$ $5.86$ $5.64$ $1.84$ $5.67$ $5.67$ $5.67$ $5.67$ $5.$	Bengal gram, whole ( <i>Cicer arietinum</i> ) 0.86 11.40 <sup>3</sup>	11.40			3.24			3.76	3.75	4.51	1.29	5.23	0.93	4.69	7.84	3.00	7.59	2.35	6.74	8.10
443         15.20         4.74         5.63         4.09         0.66         5.86         1.67         5.08         8.76         3.16         4.57         3.72         9.15           4.80         18.20         4.05         5.06         0.60         5.31         1.53         4.40         7.96         3.25         5.63         3.25         7.14           4.48         18.60         3.98         3.65         4.45         0.50         5.83         1.42         4.78         8.21         3.00         6.47         2.76         7.06           5.08         17.40         4.03         3.68         4.78         0.50         5.83         1.42         4.78         8.21         3.00         6.47         2.76         7.06           5.08         17.40         4.03         3.68         4.78         0.51         5.43         7.06         7.06         7.06           4.34         17.90         4.10         4.59         0.71         5.48         1.20         4.41         7.93         2.86         5.67         5.67         5.65           4.34         17.90         4.10         4.59         5.16         4.41         7.33         3.69         3.48	Black gram, dhal ( <i>Phaseolus mungo</i> ) 1.16 11.10 3.	11.10		~	3.13			3.89	3.31	4.54	0.44	5.81	1.85	4.72	8.57	3.27	7.29	2.75	6.47	6.02
4.80         18.20         4.00         5.06         0.60         5.31         1.53         4.40         7.96         3.25         5.63         3.25         7.14           4.48         18.60         3.98         3.65         4.45         0.50         5.83         1.42         4.78         8.21         3.06         6.47         2.76         7.06           5.08         17.40         4.03         3.68         4.78         0.50         5.83         1.42         4.78         8.21         3.00         6.47         2.76         7.06           4.34         17.90         4.03         3.68         4.78         0.71         5.48         1.20         4.41         7.93         2.86         5.67         5.67         5.65         5.56	Cowpea, brown (Vigna catjang) 1.04 10.20 4	10.20		<del></del>	4.99			4.74	5.63	4.09	0.66	5.86	1.67	5.08	8.76	3.16	4.57	3.72	9.15	9.61
4.48         18.60         3.98         3.65         4.45         0.50         5.83         1.42         4.78         8.21         3.00         6.47         2.76         7.06           5.08         17.40         4.03         3.68         4.78         0.71         5.48         1.20         4.14         7.93         2.86         2.67         6.52           4.34         17.90         4.10         4.59         4.34         0.89         5.15         1.06         4.41         7.93         2.86         2.67         6.52           4.34         17.90         4.10         4.59         0.89         5.15         1.06         4.41         7.34         3.65         9.09         3.18         7.26           4.48         18.20         3.72         3.78         4.55         0.60         5.48         0.76         7.06           4.81         18.20         3.85         4.35         0.60         5.48         0.80         7.59         3.08         6.44         1.84         5.65	Cowpea, white (Vigna catjang) 0.92 11.00	11.00			4.10			4.05	4.09	5.06	0.60	5.31	1.53	4.40	7.96	3.25	5.63	3.25	7.14	7.44
5.08         17.40         4.03         3.68         4.78         0.71         5.48         1.20         4.14         7.93         2.86         5.56         2.67         6.52           4.34         17.90         4.10         4.59         4.34         0.89         5.15         1.06         4.41         7.34         3.65         2.67         6.52           4.34         17.90         4.10         4.59         4.34         0.89         5.15         1.06         4.41         7.34         3.65         9.09         3.18         7.26           4.48         18.20         3.72         3.78         4.55         0.60         5.48         0.86         4.59         7.59         3.08         6.44         1.84         5.65           4.81         18.20         3.85         4.35         1.07         5.85         1.01         4.57         7.43         3.26         4.84         2.42         8.10	Green gram, dhal ( <i>Vigna radiata)</i> 1.43 11.30		1.30		3.21			3.98	3.65	4.45	0.50	5.83	1.42	4.78	8.21	3.00	6.47	2.76	7.06	6.71
4.34         17.90         4.10         4.59         4.34         0.89         5.15         1.06         4.41         7.34         3.65         9.09         3.18         7.26           4.48         18.20         3.72         3.78         4.55         0.60         5.48         0.86         4.59         7.59         3.08         6.44         1.84         5.65           4.81         18.20         3.85         4.32         1.07         5.85         1.01         4.57         7.43         3.26         4.84         2.42         8.10	Green gram, whole (Vigna radiata) 1.17 10.40		0.40	,	3.30			4.03	3.68	4.78	0.71	5.48	1.20	4.14	7.93	2.86	5.56	2.67	6.52	6.61
4.48         18.20         3.72         3.78         4.55         0.60         5.48         0.86         4.59         7.59         3.08         6.44         1.84         5.65           4.81         18.20         3.85         4.32         1.07         5.85         1.01         4.57         7.43         3.26         4.84         2.42         8.10	Horse gram, whole (Dolichos biflorus) 1.08 11.00		00.1		3.47			4.10	4.59	4.34	0.89	5.15	1.06	4.41	7.34	3.65	9.09	3.18	7.26	6.39
4.81 18.20 3.85 4.36 4.32 1.07 5.85 1.01 4.57 7.43 3.26 4.84 2.42 8.10	Lentil, dhal (Lens culinaris) 0.84 11.60		l.60	(,,)	3.36			3.72	3.78	4.55	0.60	5.48	0.86	4.59	7.59	3.08	6.44	1.84	5.65	7.94
	Peas, dry (Pisum sativum) 0.92 11.40		L.40	,	3.67			3.85	4.36	4.32	1.07	5.85	1.01	4.57	7.43	3.26	4.84	2.42	8.10	8.26

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Research	Food code	Food Name		Š	Saturated F	Fatty Acids	S		Mono	Mono Unsaturated Fatty Acids	ted Fatty	Acids	Poly Ur	Poly Unsaturated Fatty Acids	Fatty
Fasar         Fisbo         Fasor         Fasor         Fabor         Fabor <th< th=""><th></th><th></th><th>letoT</th><th></th><th></th><th></th><th></th><th></th><th>letoT</th><th></th><th></th><th></th><th>letoT</th><th>Linoleic (C18:2)</th><th>) Sinəloni-A (C18:3)</th></th<>			letoT						letoT				letoT	Linoleic (C18:2)	) Sinəloni-A (C18:3)
mg         mg<			FASAT	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1N 9F	FAPU	F18D2C N6	F18D3N3
Bengal gram, dhal ( <i>Cicer arietinum</i> )48141653.0412.468849.3486311.912465Bengal gram, whole ( <i>Cicer arietinum</i> )45138057.7013.419248.7790411.752232Black gram, dhal ( <i>Phaseolus mungo</i> )28422757.209248.7790411.752332Black gram, dhal ( <i>Phaseolus mungo</i> )28422757.20185-185-748Cowpea, brown ( <i>Vigna catjang</i> )27722232.585.9411.744.1359.42-56.932.49557Cowpea, white ( <i>Vigna catjang</i> )28522834.436.3412.194.0570.12-67.632.49557Green gram, whole ( <i>Vigna radiata</i> )24421232.7542.48-6.565.55Green gram, whole ( <i>Vigna radiata</i> )13313.534.342.169-6.3665.76Green gram, whole ( <i>Vigna radiata</i> )26022435.6421.69-21.69-5.76Green gram, whole ( <i>Vigna radiata</i> )13313.53-4.342.846.566-2.495.70Green gram, whole ( <i>Vigna radiata</i> )28022435.6421.69-2.495.70Horse gram, whole ( <i>Vigna radiata</i> )93.0682.26 <td< th=""><th></th><th></th><th>mg</th><th>тg</th><th>тg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th><th>mg</th></td<>			mg	тg	тg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
Bengal gram, whole ( <i>Cicer arietinum</i> )45138057.7013.419248.7790411.752232Black gram, dhal ( <i>Phaseolus mungo</i> )28422757.20185-185-748Cowpea, brown ( <i>Vigna catjang</i> )27722232.585.9411.744.1359.42-185-7495.38Cowpea, white ( <i>Vigna catjang</i> )28522834.436.3412.194.0570.12-67.632.495.59Cowpea, white ( <i>Vigna catjang</i> )28522834.436.3412.194.0570.12-67.632.495.50Cowpea, white ( <i>Vigna catjang</i> )28522834.736.3412.194.0570.12-67.632.495.50Green gram, whole ( <i>Vigna radiata</i> )26022432.7521.69-6.566-6.36Horse gram, whole ( <i>Vigna radiata</i> )13311313.534.342.846.566-6.566-6.56Horse gram, whole ( <i>Volichos biflorus</i> )93.0682.2610.8021.69-21.69-6.566-6.566-6.566-2.62Horse gram, whole ( <i>Volichos biflorus</i> )93.0682.2610.8021.69-2.692.66-2.652.64-1.656.566- <th>SLC001</th> <td>Bengal gram, dhal (Cicer arietinum)</td> <td>481</td> <td>416</td> <td>53.04</td> <td>12.46</td> <td>ı</td> <td>1</td> <td>884</td> <td>9.34</td> <td>863</td> <td>11.91</td> <td>2465</td> <td>2354</td> <td>112</td>	SLC001	Bengal gram, dhal (Cicer arietinum)	481	416	53.04	12.46	ı	1	884	9.34	863	11.91	2465	2354	112
Black gram, dhal ( <i>Phaseolus mungo</i> )28422757.20185-185-185-748Cowpea, brown ( <i>Vigna catjang</i> )27722232.585.9411.744.1359.42-56.932.49553Cowpea, white ( <i>Vigna catjang</i> )28522834.436.3412.194.0570.12-67.632.49557Cowpea, white ( <i>Vigna catjang</i> )28522834.436.3412.194.0570.12-67.632.49557Green gram, whole ( <i>Vigna radiata</i> )26022435.6421.69-2.49570Horse gram, whole ( <i>Vigna radiata</i> )13311313.534.342.8465.66-21.69-65.66Horse gram, whole ( <i>Dolichos biflorus</i> )13311313.534.342.8465.66-21.69-262Lenti, dhal ( <i>Lens culinaris</i> )93.0682.2610.8021.69-115-21.69-262Peas, dry ( <i>Pisum sativum</i> )24319151.35133121.35-115115115115115115262Horse gram, whole ( <i>Dolichos biflorus</i> )19151.35-115115115115115262262Peas, dry ( <i>Pisum sativum</i> )24319151.35-115<	SLC002	Bengal gram, whole (Cicer arietinum)	451	380	57.70	13.41	ı	I	924	8.77	904	11.75	2232	2122	111
Cowpea, brown ( <i>Vigna catjang</i> )27722232.585.9411.744.1359.42-56.932.49528Cowpea, white ( <i>Vigna catjang</i> )28522834.436.3412.194.0570.12-67.632.49557Green gram, whole ( <i>Vigna radiata</i> )24421232.7542.48-570Green gram, whole ( <i>Vigna radiata</i> )26022435.6421.69-633Horse gram, whole ( <i>Vigna radiata</i> )13311313.53-4.342.8465.66-21.69-633Horse gram, whole ( <i>Volian radiata</i> )93.0682.2610.804.342.8465.66-21.69-633Horse gram, whole ( <i>Dolichos biflorus</i> )93.0682.2610.804.342.8465.66-115-346Peas, dry ( <i>Pisum sativum</i> )24319151.35115-379-346	SLC003	Black gram, dhal (Phaseolus mungo)	284	227	57.20	ı	·	I	185	I	185	ı	748	175	573
Cowpea, white ( <i>Vigna catjang</i> )       285       228       34.43       6.34       12.19       4.05       70.12       -       67.63       2.49       557         Green gram, dhal ( <i>Vigna radiata</i> )       244       212       32.75       -       -       42.48       -       67.63       2.49       557         Green gram, whole ( <i>Vigna radiata</i> )       260       224       35.64       -       -       21.69       -       42.48       -       633         Horse gram, whole ( <i>Vigna radiata</i> )       260       224       35.64       -       -       21.69       -       21.69       -       633         Horse gram, whole ( <i>Vigna radiata</i> )       133       113       13.53       -       4.34       2.84       65.66       -       265       265         Lentil, dhal ( <i>Lens culinaris</i> )       93.06       82.26       10.80       -       -       4.34       2.84       65.66       -       265         Peas, dry ( <i>Pisum sativum</i> )       243       191       51.35       -       -       115       -       262         Peas, dry ( <i>Pisum sativum</i> )       243       191       51.35       -       -       115       -       262       246       -	SLC004	Cowpea, brown (Vigna catjang)	277	222	32.58	5.94	11.74	4.13	59.42	ı	56.93	2.49	528	329	199
Greengram, dhal ( <i>Vigna radiata</i> )       244       212       32.75       -       -       42.48       -       570         Green gram, whole ( <i>Vigna radiata</i> )       260       224       35.64       -       -       21.69       -       42.48       -       633         Horse gram, whole ( <i>Vigna radiata</i> )       260       224       35.64       -       -       21.69       -       21.69       -       633         Horse gram, whole ( <i>Volichos biflorus</i> )       133       113       13.53       -       4.34       2.84       65.66       -       2169       -       262         Lentil, dhal ( <i>Lens culinaris</i> )       93.06       82.26       10.80       -       -       115       -       115       -       246         Peas, dry ( <i>Pisum sativum</i> )       243       191       51.35       -       -       379       -       839	SLC005	Cowpea, white (Vigna catjang)	285	228	34.43	6.34	12.19	4.05	70.12	I	67.63	2.49	557	354	203
Green gram, whole ( <i>Vigna radiata</i> )       260       224       35.64       -       -       21.69       -       633         Horse gram, whole ( <i>Volichos biflorus</i> )       133       13       13.53       -       4.34       2.84       65.66       -       65.66       -       262         Lentil, dhal ( <i>Lens culinaris</i> )       93.06       82.26       10.80       -       -       115       -       115       -       346         Peas, dry ( <i>Pisum sativum</i> )       243       191       51.35       -       -       -       379       -       839	SLC006	Green gram, dhal (Vigna radiata)	244	212	32.75	ı	ı	I	42.48	I	42.48	ı	570	400	170
Horse gram, whole (Dolichos biflorus)         133         113         13.53         -         4.34         2.84         65.66         -         262           Lentil, dhal (Lens culinaris)         93.06         82.26         10.80         -         -         115         -         115         -         346           Peas, dry (Pisum sativum)         243         191         51.35         -         -         379         -         839	SLC007	Green gram, whole (Vigna radiata)	260	224	35.64	ı	ı	I	21.69	ī	21.69	I	633	446	187
Lentil, dhal ( <i>Lens culinaris</i> )         93.06         82.26         10.80         -         -         115         -         346           Peas, dry ( <i>Pisum sativum</i> )         243         191         51.35         -         -         379         -         839	SLC008	Horse gram, whole (Dolichos biflorus)	133	113	13.53	ī	4.34	2.84	65.66	I	65.66	I	262	207	54.37
Peas, dry ( <i>Pisum sativum</i> ) 243 191 51.35 379 - 379 - 839	SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	93.06	82.26	10.80	ī		I	115	I	115	ı	346	274	71.69
	SLC010	Peas, dry (Pisum sativum)	243	191	51.35		-	1	379	I	379	-	839	700	139

## **Table 8. STARCH AND SUGARS**

Food	Food Name	Available		L.	Free sugars				Oligosaccharides	charides		Total
code		CHO	lstoT	Fructose	əsoonlə	əsotlsM	Sucrose	əsoniffaЯ	əsoyhɔsə	Verbascose	əsoguiA	Starch
				FRUS	GLUS	MALS	sucs	RAFS	STAS	VERS		STARCH
	L	g	g	g	g	g	g	g	g	g	g	g
SLC001	Bengal gram, dhal (Cicer arietinum)	40.97	0.71	0.11	0.12	0.18	0.30	0.22	0.46	NA	NA	40.26
SLC002	Bengal gram, whole (Cicer arietinum)	34.77	0.75	0.10	0.08	0.12	0.45	0.20	0.46	NA	NA	34.02
SLC003	Black gram, dhal (Phaseolus mungo)	50.55	1.04	0.24	0.18	NA	0.62	0.03	0.15	1.07	0.08	49.51
SLC004	Cowpea, brown (Vigna catjang)	46.50	1.26	0.11	0.42	NA	0.73	0.12	1.17	0.01	NA	45.24
SLC005	Cowpea, white (Vigna catjang)	47.51	1.18	0.13	0.39	NA	0.67	0.12	1.13	0.01	NA	46.33
SLC006	Green gram, dhal (Vigna radiata)	42.29	1.25	0.08	0.28	NA	0.89	0.08	0.34	0.94	0.02	41.04
SLC007	Green gram, whole (Vigna radiata)	45.61	0.63	0.08	0.17	NA	0.38	0.17	0.37	1.64	0.05	44.98
SLC008	Horse gram, whole (Dolichos biflorus)	47.68	0.29	0.07	0.14	NA	0.08	0.03	1.59	NA	NA	47.39
SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	45.95	2.01	0.86	0.30	NA	0.85	0.07	0.62	0.08	NA	43.94
SLC010	SLC010 Peas, dry (Pisum sativum)	47.85	2.31	0.59	0.83	NA	0.89	0.08	0.62	0.09	NA	45.54

## Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion)

code         stastrate         stastra         stastrate         stast	Food	Food Name	Campesterol	Stigmasterol	β-Sitosterol
mg         mg           7.34         3.60           7.34         3.60           6.86         6.15           0         2.97         11.58           1         11.58         33.89           6.67         33.64         33.64           6.86         32.64         12.49           3.06         12.49         12.49           5.97         3.84         11.75           5.75         5.75         3.22           6.16         3.28         3.28	code			STGSTR	STGSTR
7,34     3.60       6.86     6.15       5.86     6.15       6.67     11.58       6.67     33.89       6.86     32.64       3.06     12.49       3.05     11.65       3.84     11.75       5.75     3.28       6.16     3.26			bm	mg	mg
n)       6.86       6.15         2.97       11.58         6.67       33.89         6.67       33.89         6.86       32.64         3.06       12.49         3.05       11.65         5.95       11.65         5.75       3.28         6.16       3.20	SLC001	Bengal gram, dhal ( <i>Cicer arietinum)</i>	7.34	3.60	90.64
us mungo) 2.97 11.58 tjang) 6.67 33.89 adiado) 6.86 33.64 32.64 12.49 1 adiata) 2.95 11.65 1 a biflorus) 2.95 11.75 1 a biflorus) 6.16 3.22 b 6.16 2.88	SLC002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6.86	6.15	85.37
tjang) 6.67 3.39 iang) 6.67 33.89 adiata) 6.86 32.64 adiata) 3.06 12.49 i radiata) 2.95 11.65 nos biflorus) 3.84 11.75 nos biflorus) 5.75 3.22 b 6.16 2.88	SLC003	Black gram, dhal (Phaseolus mungo)	2.97	11.58	40.36
(ang)6.8632.64adiata)3.0612.49tradiata)3.0511.65tradiata)2.9511.65nos biflorus)3.8411.75)5.753.22)6.162.88	SLC004		6.67	33.89	60.72
adiata) 3.06 12.49 radiata) 2.95 11.65 nos biflorus) 3.84 11.75 ) 5.75 3.22 6.16 2.88	SLC005	Cowpea, white (Vigna catjang)	6.86	32.64	65.43
r radiata) 2.95 11.65 10 s biflorus) 3.84 11.75 ) 5.75 3.22 6.16 2.88	SLC006		3.06	12.49	53.22
nos biflorus)     3.84     11.75       )     5.75     3.22       6.16     2.88	SLC007	Green gram, whole (Vigna radiata)	2.95	11.65	51.71
5.75     3.22       6.16     2.88	SLC008		3.84	11.75	49.22
6.16 2.88	SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	5.75	3.22	70.45
	SLC010	Peas, dry (Pisum sativum)	6.16	2.88	81.49

## Table 10. CAROTENES AND XANTHOPHYLS

Food	Food Name	Lutein	Zeaxanthin	β - Carotene
code		LUTN	ZEA	CARTB
		hg	бп	brl
SLC001	Bengal gram, dhal ( <i>Cicer arietinum</i> )	240	1.33	161
SLC002	Bengal gram, whole ( <i>Cicer arietinum</i> )	354	16.31	162
SLC003	Black gram, dhal ( <i>Phaseolus mungo</i> )	56.74	NA	10.12
SLC004	Cowpea, brown ( <i>Vigna catjang</i> )	97.32	NA	5.76
SLC005	Cowpea, white ( <i>Vigna catjang</i> )	78.52	NA	8.21
SLC006	Green gram, dhal ( <i>Vigna radiata)</i>	135	2.37	121
SLC007	Green gram, whole (Vigna radiata)	165	6.58	117
SLC008	Horse gram, whole (Dolichos biflorus)	73.45	2.52	51.85
SLC009	Lentil, dhal ( <i>Lens culinaris</i> )	10.87	NA	6.41
SLC010	Peas, dry ( <i>Pisum sativum</i> )	429	31.45	71.46

# Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

uiuc	oqe2 letoT		g	1.12	1.95	1.22	2.87	2.98	1.00	1.27	2.10	1.54	1.24
hibitor	Trypsin In Activity		шg	3.87	4.15	3.37	3.70	3.71	2.77	2.58	3.86	1.38	2.29
hibitor	nl nisqyn Unit		тд	77.79	73.37	75.68	74.95	78.84	64.74	56.74	82.00	31.79	44.00
	Рһутате		шg	413	571	591	559	573	171	381	375	218	387
ciq	A oinemu7	FUMAC	тg	55.02	79.12	1.00	1.25	1.21	1.37	4.57	39.13	1.15	0.84
biɔA ɔiː	tinoɔA-ɛiϽ		тд	NA	NA	NA	0.02	0.02	NA	NA	NA	NA	3.89
ردنط	A oinioou2	SUCAC	тд	0.86	1.89	0.51	7.28	1.35	1.51	1.16	0.47	0.89	6.54
р	iɔA ɔilleM	MALAC	тд	0.52	0.64	0.67	0.76	0.82	1.64	1.89	0.33	0.11	0.49
þi	Quinic Ac		шg	NA	NA	NA	NA	NA	NA	NA	NA	26.31	95.46
bio	A oiretrer	TARAC	bш	٧N	NA	NA	NA	NA	NA	NA	NA	0.33	NA
	əldulozni		шg	1.75	1.59	18.84	3.71	15.94	0.24	1.68	33.18	1.89	2.67
Oxalates	əldulo2	OXALAC	тд	4.88	4.99	23.72	12.31	1.29	1.33	10.30	133	8.96	5.82
	lstoT		тg	6.63	6.58	42.56	16.02	17.23	1.57	11.98	166	10.85	8.49
Food Name				Bengal gram, dhal ( <i>Cicer arietinum</i> )	Bengal gram, whole ( <i>Cicer arietinum</i> )	Black gram, dhal ( <i>Phaseolus mungo</i> )	Cowpea, brown (Vigna catjang)	Cowpea, white ( <i>Vigna catjang</i> )	Green gram, dhal (Vigna radiata)	Green gram, whole ( <i>Vigna radiata</i> )	Horse gram, whole (Dolichos biflorus)	Lentil, dhal ( <i>Lens culinaris</i> )	Peas, dry (Pisum sativum)
Food code				SLC001	SLC002	SLC003	SLC004	SLC005	SLC006	SLC007	SLC008	SLC009	SLC010

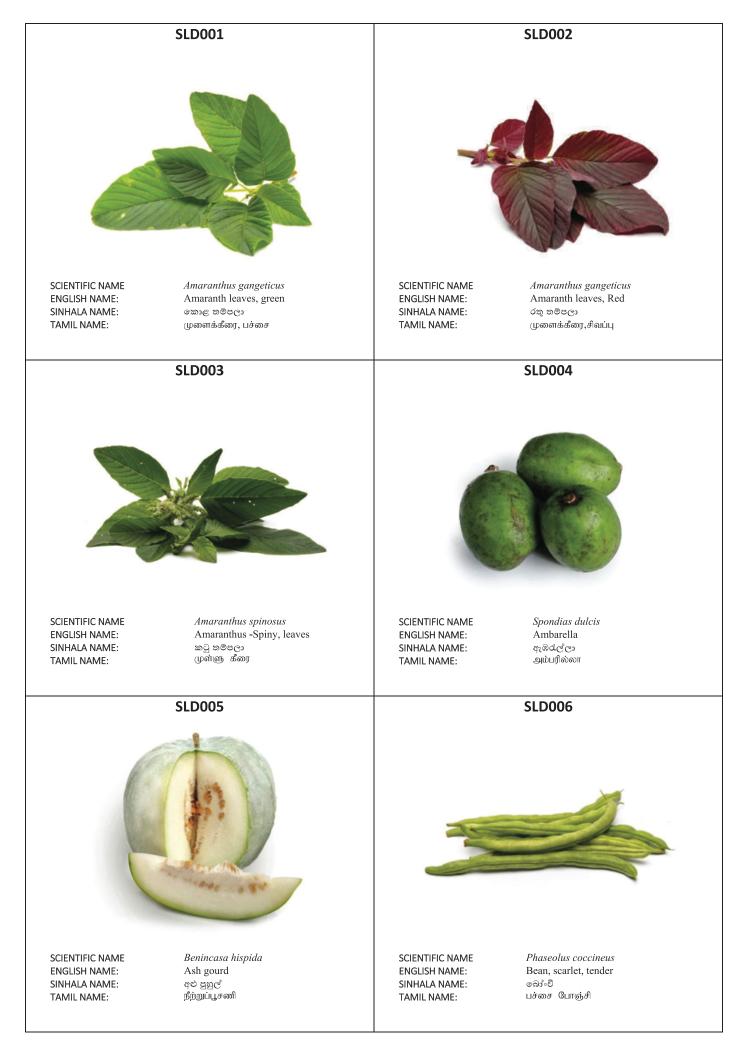
### Group D

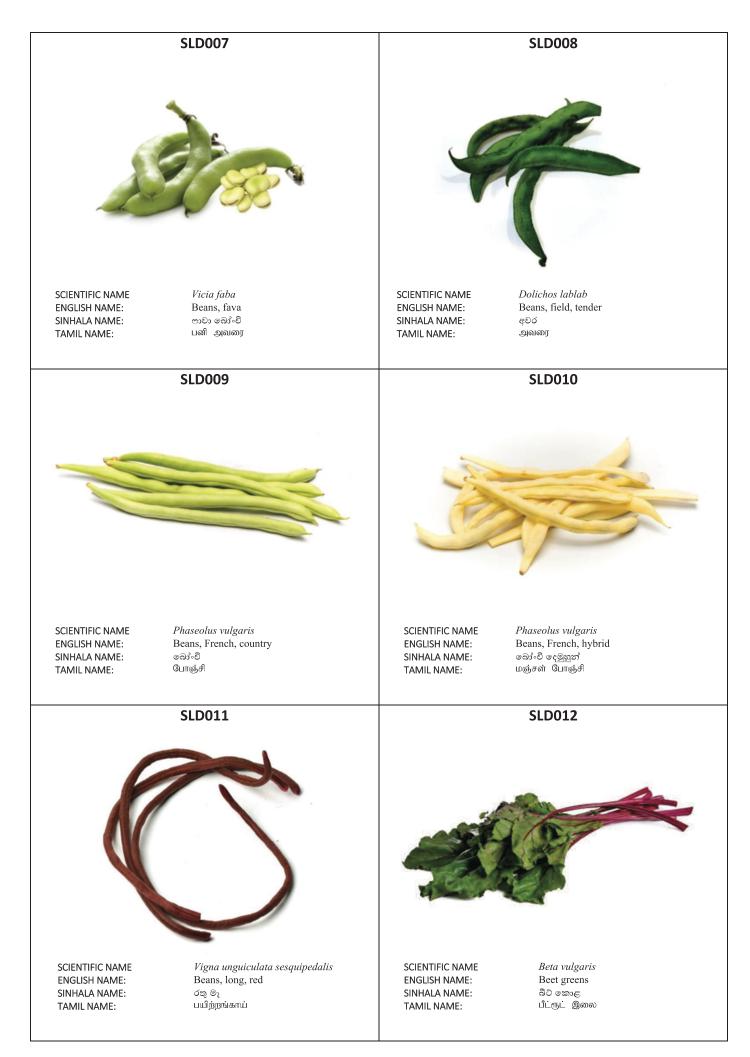
### Vegetables

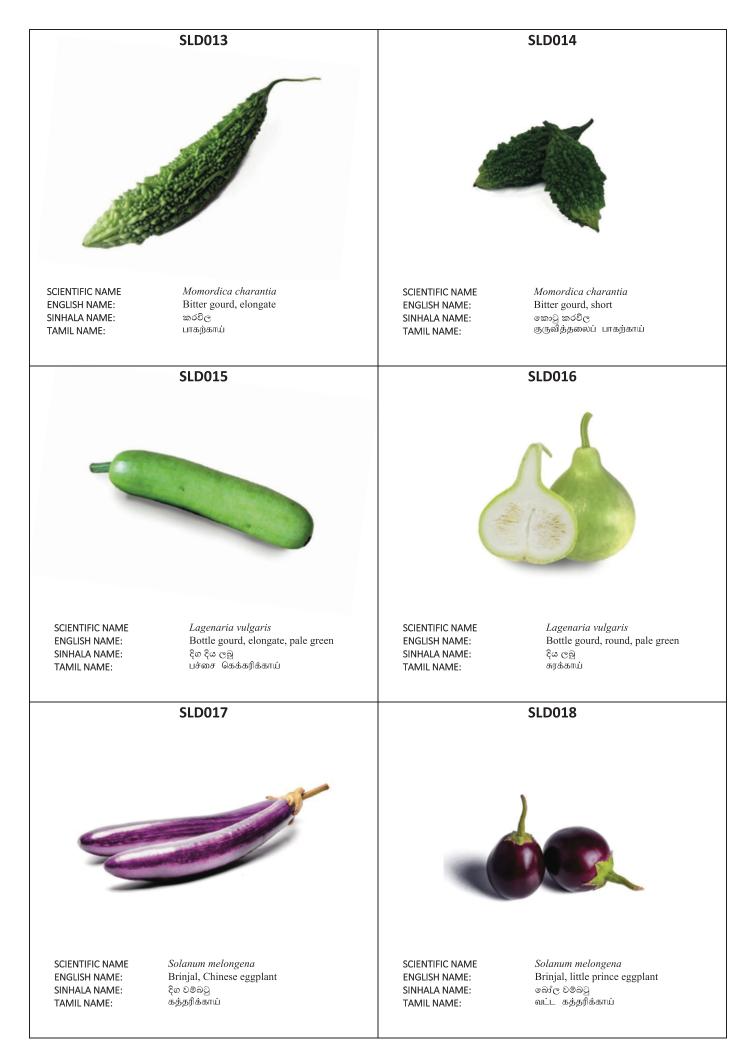
From hunter gatherer era vegetables have served human with their enormous variety and nutritional power. Their low-calorie content along with high quantity of vitamins, mineral and fiber makes them a major component of a healthy diet. This group contains a wide variety of edible flowers, fruits and leaves.

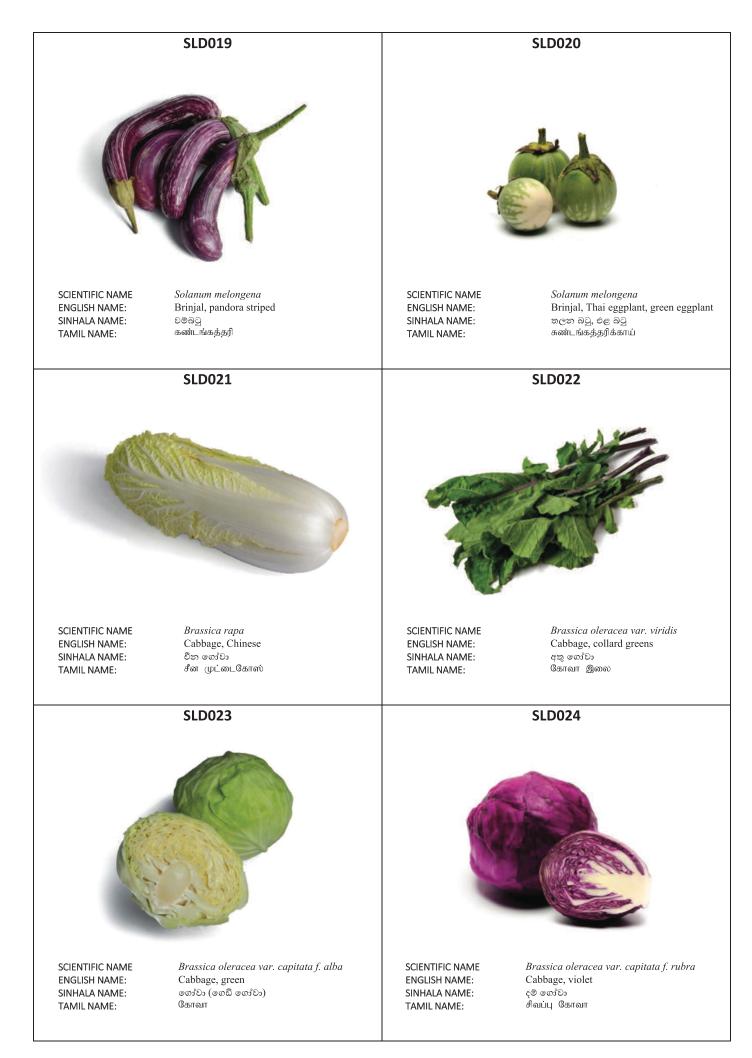
SLFCT contains a total of 89 vegetables that are commonly consumed in Sri Lanka.

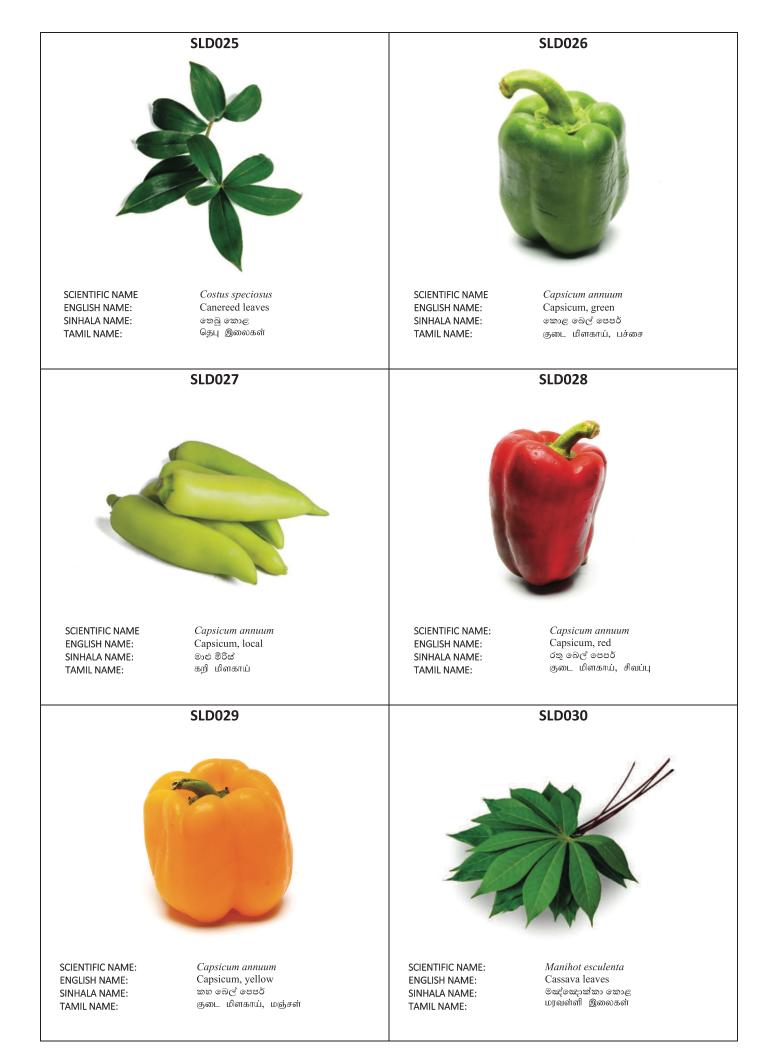


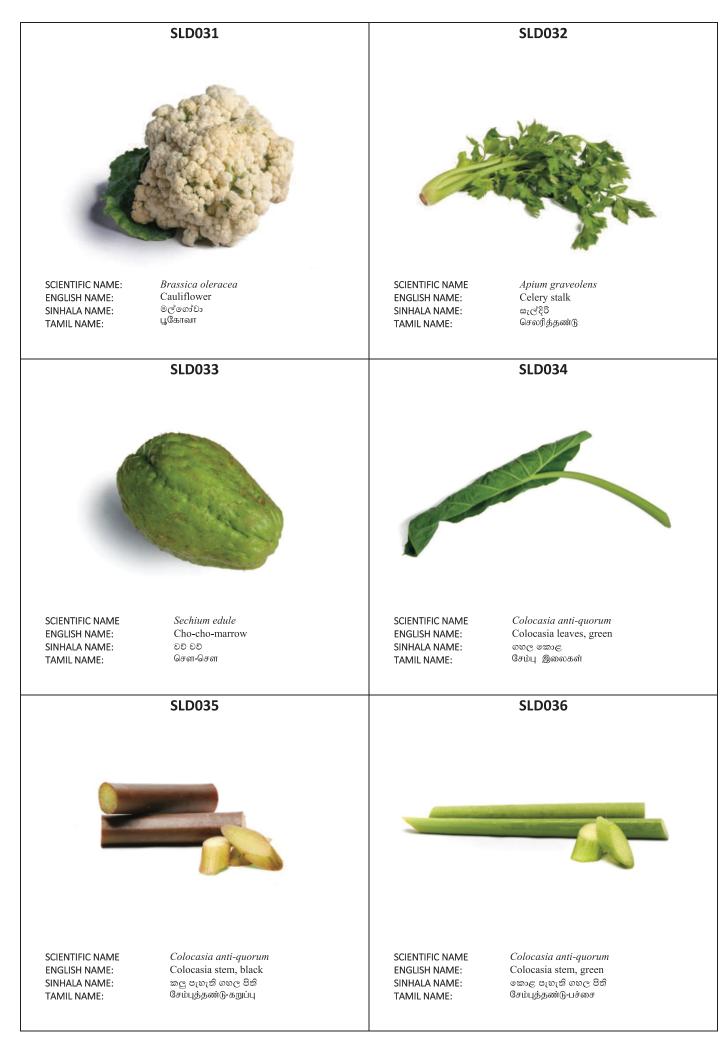


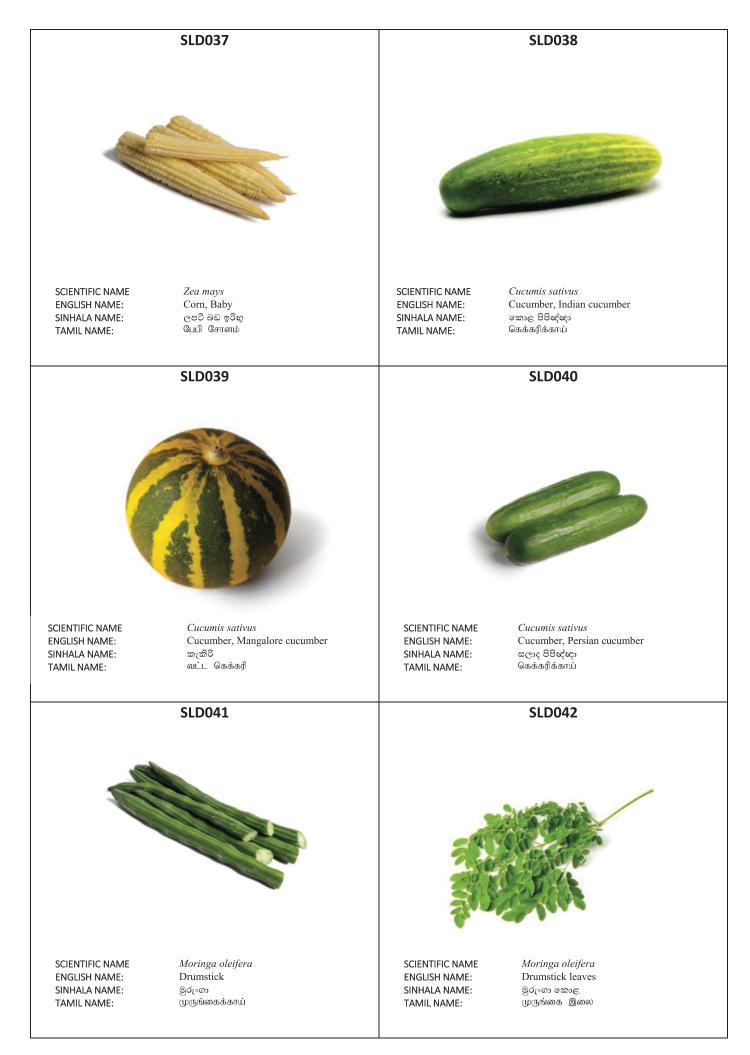


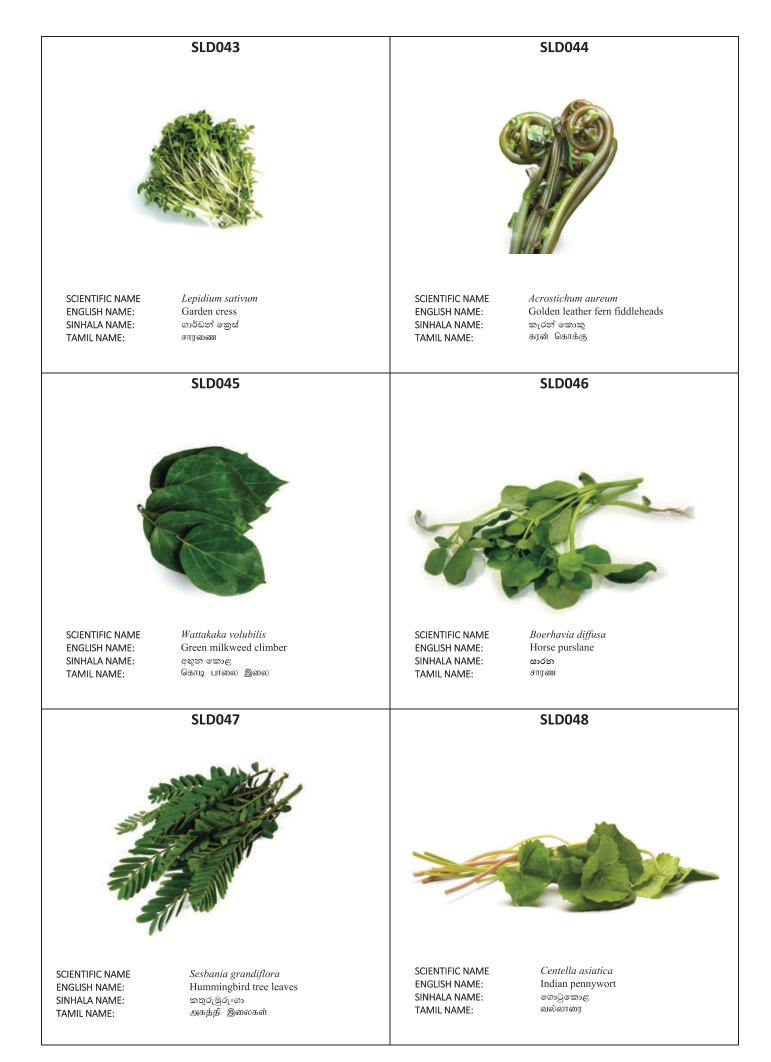


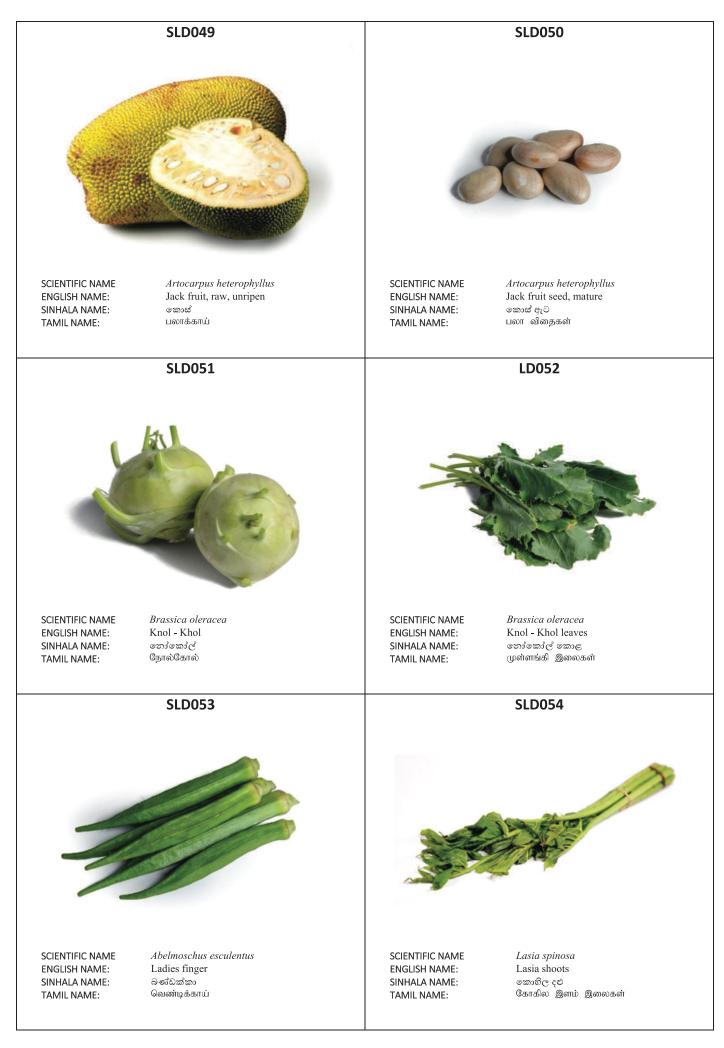


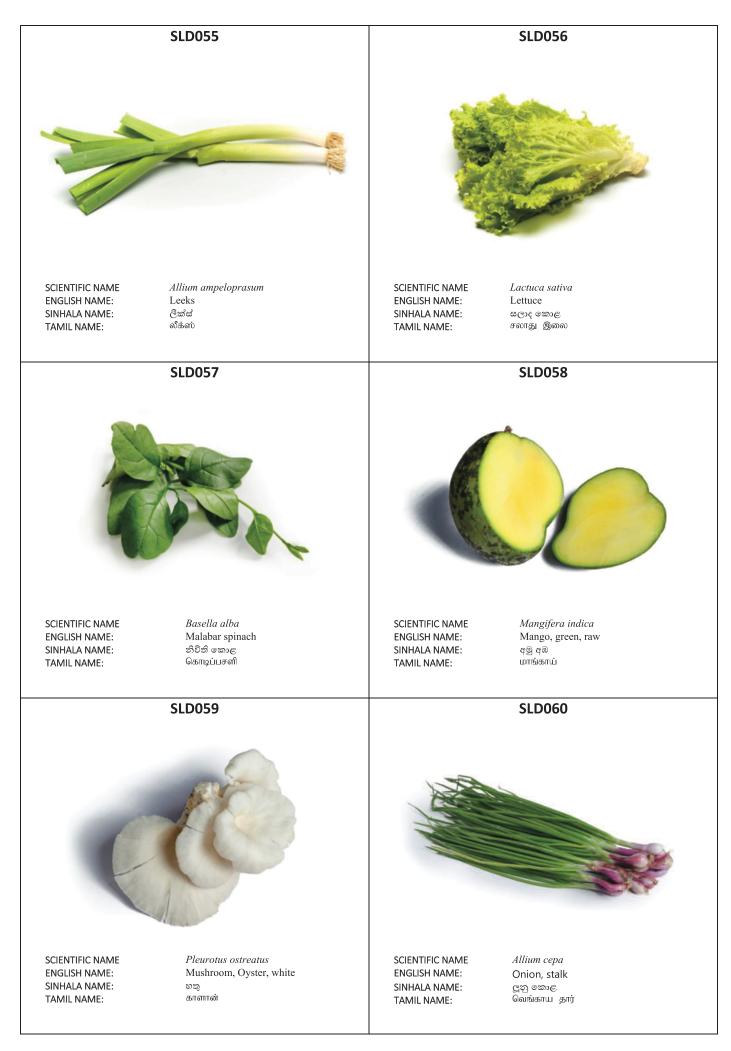


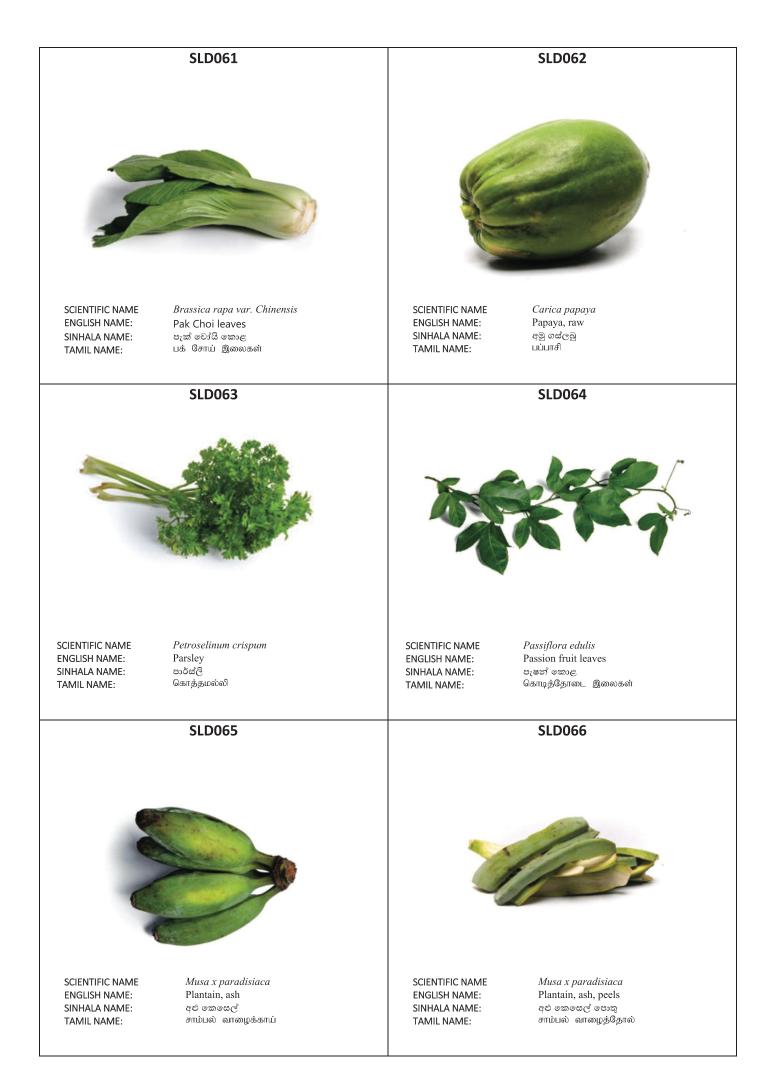


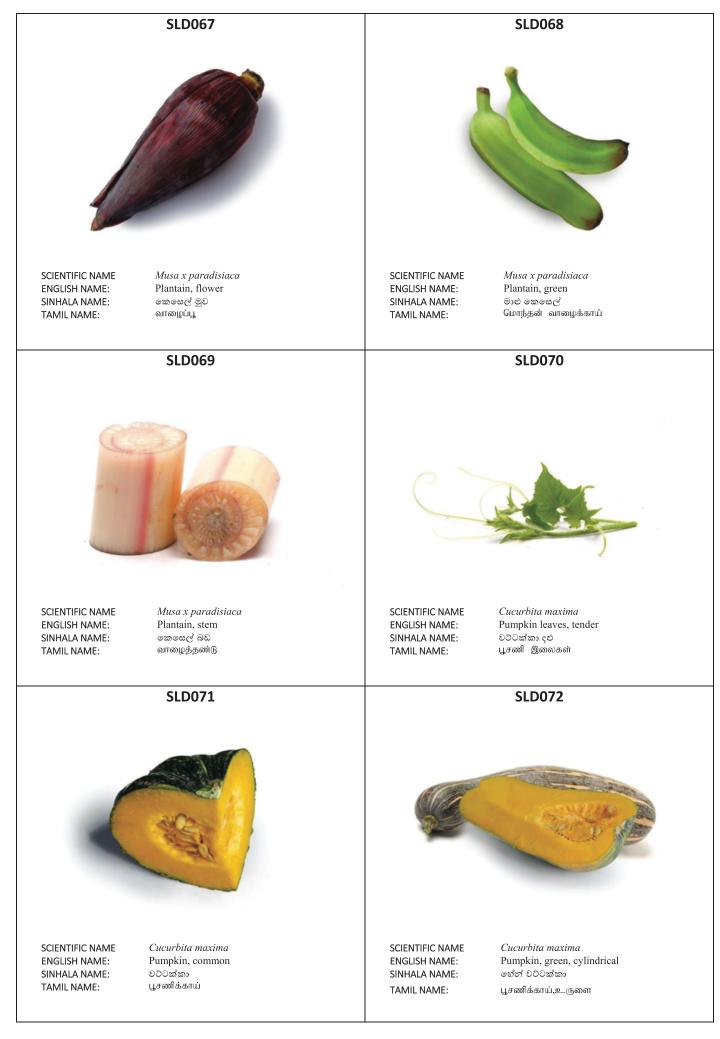


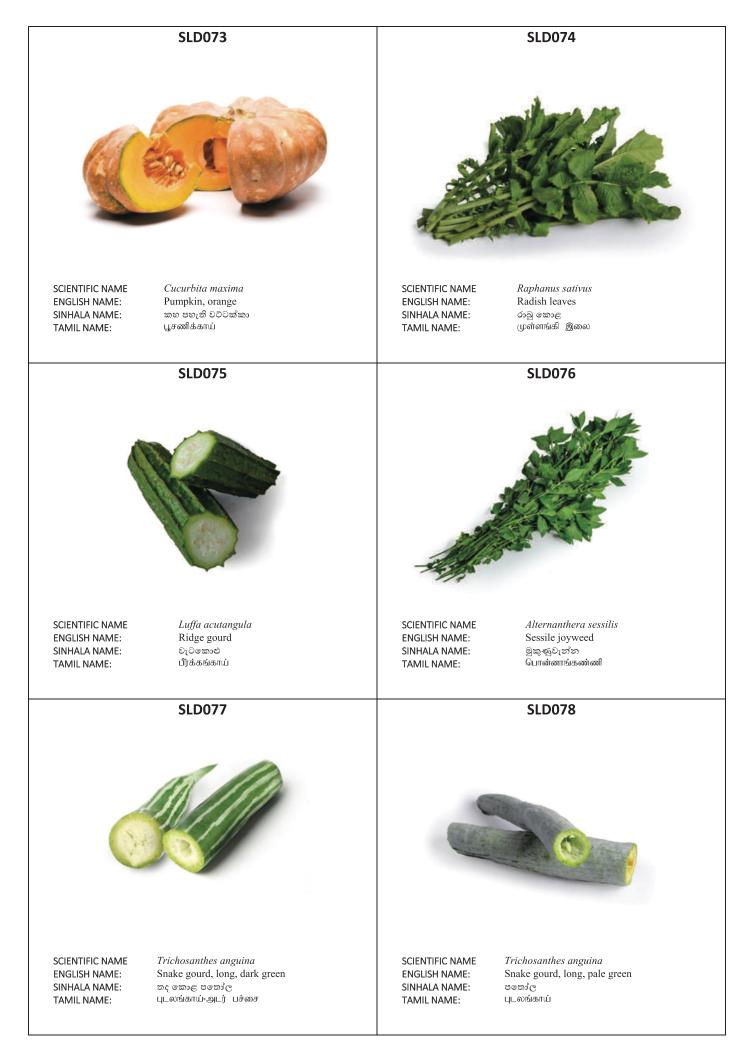


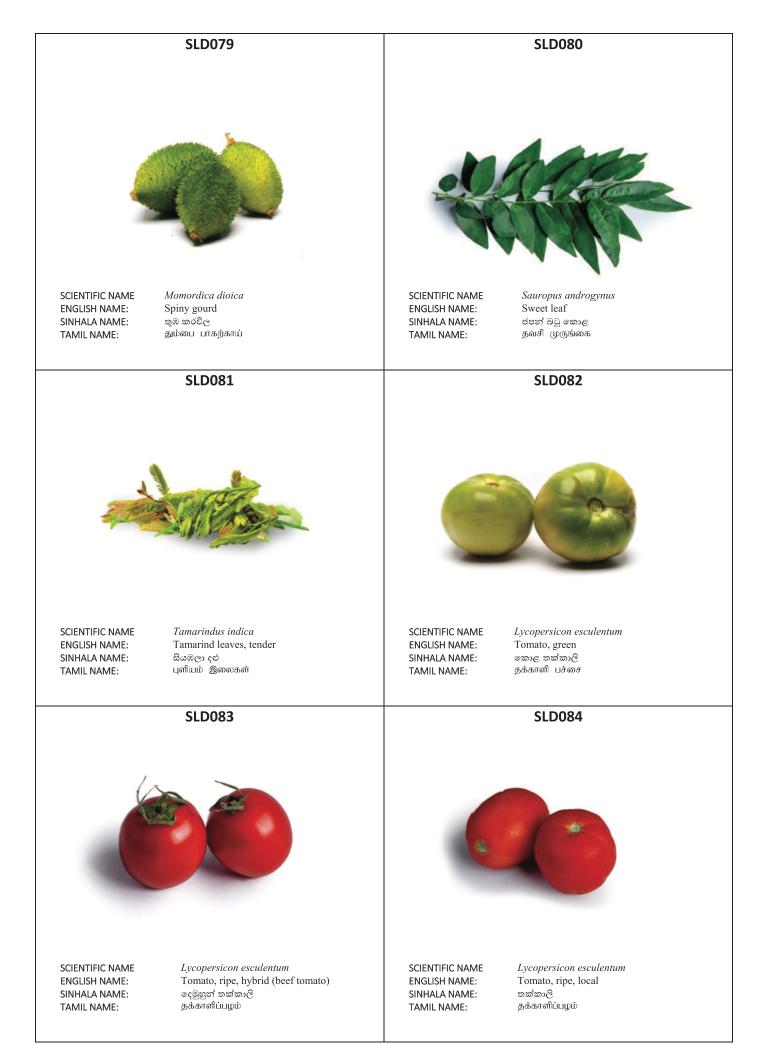


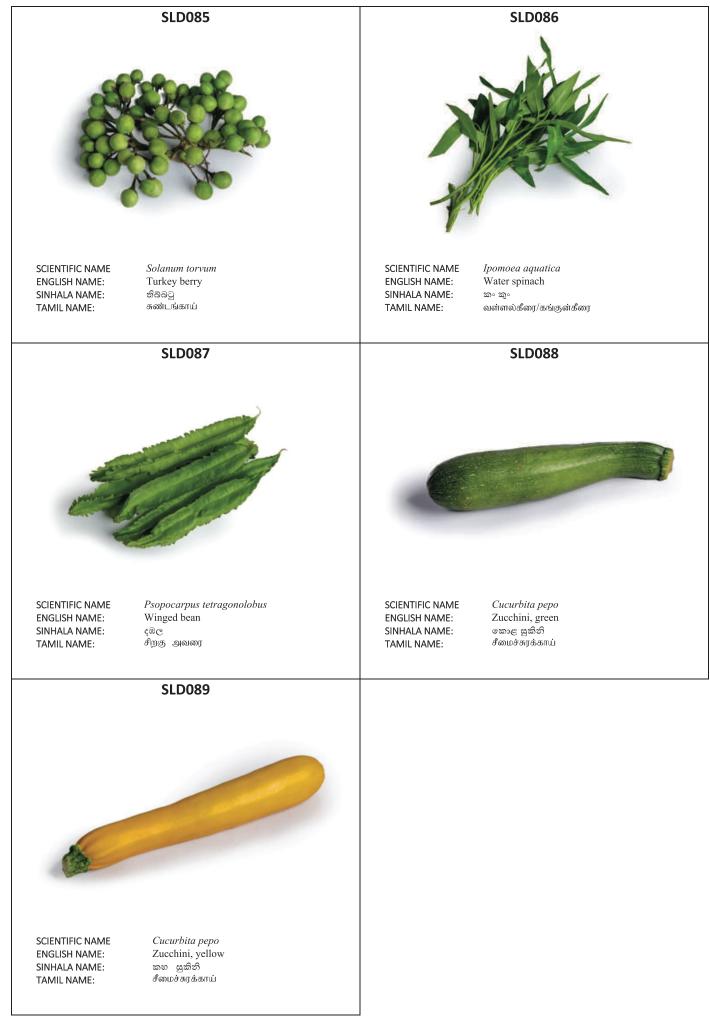












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Table

(All values are expressed per 100g edible portion)

Food	Food Name	Energy	'gy	Moisture	Protein	Total Fat	Carbohyd	Total	Soluble	Insoluble	Ash
code			5				-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL DF	FIBTG	FIBSOL	FIBINS	ASH
	I	kcal	КJ	g	g	g	g	g	g	g	g
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	32	136	86.59	3.55	0.72	2.32	4.29	1.19	3.10	2.54
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	33	140	85.56	3.93	0.63	2.37	4.91	1.19	3.72	2.61
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	26	110	86.78	3.75	0.36	1.37	4.86	1.16	3.70	2.89
SLD004	Ambarella ( <i>Spondias dulcis)</i>	37	158	86.34	0.73	0.44	7.46	4.67	0.37	4.30	0.38
SLD005	Ash gourd (Benincasa hispida)	18	79	91.57	0.80	0.15	3.16	3.54	0.83	2.71	0.78
SLD006	Bean, scarlet, tender ( <i>Phaseolus coccineus</i> )	46	196	84.67	2.85	0.98	6.26	4.28	0.65	3.63	0.95
SLD007	Beans, fava ( <i>Vicia faba</i> )	30	126	84.08	3.95	0.15	2.19	8.53	1.97	6.56	1.10
SLD008	Beans, field, tender, (Dolichos lablab)	30	126	84.08	3.95	0.15	2.19	8.53	1.97	6.56	1.10
SLD009	Beans, French, country ( <i>Phaseolus vulgaris</i> )	26	110	88.50	2.68	0.24	3.04	4.41	0.48	3.93	1.13
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris</i> )	22	93	90.11	2.12	0.19	2.63	4.18	0.65	3.53	0.77
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	24	105	88.33	3.36	0.30	1.99	5.31	0.44	4.88	0.72
SLD012	Beet greens ( <i>Beta vulgaris</i> )	37	157	85.97	2.05	0.76	4.85	3.69	1.51	2.18	2.68
SLD013	Bitter gourd, elongate (Momordica charantia)	19	82	91.10	1.47	0.23	2.51	3.87	0.72	3.15	0.82
SLD014	Bitter gourd, short ( <i>Momordica charantia</i> )	17	72	91.83	1.21	0.22	2.23	3.76	0.67	3.09	0.74
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	10	45	95.20	0.46	0.15	1.64	2.15	0.43	1.72	0.41
SLD016	Bottle gourd, round (Lagenaria vulgaris)	13	57	94.50	0.42	0.12	2.53	2.10	0.38	1.72	0.34
SLD017	Brinjal, Chinese eggplant (Solanum melongena)	24	104	90.40	1.28	0.33	3.46	3.83	1.46	2.37	0.71
SLD018	Brinjal, little prince eggplant (Solanum melongena)	21	88	91.15	1.28	0.39	2.64	3.94	0.88	3.06	0.61
SLD019	Brinjal, pandora striped (Solanum melongena)	29	124	89.14	1.49	0.31	4.51	3.92	1.31	2.61	0.64
SLD020	Brinjal, Thai eggplant ( <i>Solanum melongena</i> )	21	89	89.94	1.45	0.26	2.60	4.90	1.31	3.59	0.86
SLD021	Cabbage, Chinese (Brassica rapa)	17	75	93.19	1.58	0.13	2.36	2.01	0.45	1.55	0.73
SLD022	Cabbage, collard, greens ( <i>B. oleracea</i> var. viridis)	30	126	89.53	3.63	0.27	2.79	2.98	0.94	2.04	0.81
SLD023	Cabbage, green ( <i>B. oleracea</i> var. <i>capitata f. alba</i> )	21	88	92.20	1.35	0.14	3.15	2.48	0.85	1.63	0.70
SLD024	Cabbage, violet (B. oleracea var. capitata f. rubra)	23	100	91.66	1.51	0.22	3.62	2.32	0.62	1.70	0.68
SLD025	Canereed leaves (Costus speciosus)	33	140	88.30	2.52	0.52	4.30	3.23	0.56	2.68	1.14
SLD026	Capsicum, green ( <i>Capsicum annuum</i> )	13	57	94.20	1.25	0.29	1.28	2.22	0.46	1.77	0.77
SLD027	Capsicum, local (Capsicum annuum)	23	101	91.92	1.22	0.34	3.59	2.34	0.84	1.50	0.60
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	27	115	90.97	1.83	0.46	3.63	2.27	0.68	1.59	0.84
SLD029	Capsicum, yellow (Capsicum annuum)	19	83	93.04	1.59	0.39	2.11	2.01	0.69	1.33	0.86

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Food	Food Name	Energy	røv	Moisture	Protein	Total Fat	Carbohvd	Total	Soluble	Insoluble	Ash
code			0				-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL	FIBTG	FIBSOL	FIBINS	ASH
		kcal	кJ	g	g	g	g	g	g	g	g
SLD030	Cassava leaves (Manihot esculenta)	64	273	80.48	6.13	1.92	5.37	3.90	0.85	3.06	2.22
SLD031	Cauliflower ( <i>Brassica oleracea</i> )	23	97	90.82	2.09	0.48	2.00	3.76	1.15	2.61	0.85
SLD032	Celery stalk (Apium graveolens)	15	65	93.10	0.82	0.20	2.22	2.24	0.67	1.57	1.41
SLD033	Cho-cho-marrow (Sechium edule)	19	81	93.59	0.58	0.12	3.73	1.60	0.40	1.20	0.39
SLD034	Colocasia leaves, green (Colocasia anti-quorum)	39	167	84.52	3.14	1.42	2.97	5.57	1.32	4.25	2.39
SLD035	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	23	100	91.15	0.76	0.34	3.83	3.01	1.20	1.81	0.91
SLD036	Colocasia, stem, green (Colocasia antiquorum)	19	81	92.67	0.91	0.22	2.86	2.33	1.07	1.26	1.00
SLD037	Corn, Baby ( <i>Zea mays)</i>	73	306	75.44	2.69	1.33	11.66	60.9	1.62	4.47	2.79
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	19	80	92.99	0.98	0.24	3.01	2.26	0.40	1.86	0.53
SLD039	Cucumber, Mangalore (Cucumis sativus)	17	75	93.46	1.01	0.25	2.56	2.22	0.67	1.55	0.51
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	21	91	92.64	0.77	0.18	3.93	1.94	0.52	1.42	0.55
SLD041	Drumstick ( <i>Moringa oleifera</i> )	30	126	84.94	2.48	0.12	4.14	7.12	1.20	5.92	1.21
SLD042	Drumstick leaves (Moringa oleifera)	59	251	77.37	6.03	1.74	3.96	8.29	2.15	6.14	2.61
SLD043	Garden cress (Lepidium sativum)	47	197	84.77	5.29	0.79	4.21	2.59	0.74	1.85	2.35
SLD044	Golden leather fern fiddlehead (A. aureum)	31	132	86.36	2.33	0.34	4.58	5.39	0.29	5.11	1.01
SLD045	Green milkweed climber (Wattakaka volubilis)	58	248	78.84	4.85	0.69	7.61	5.83	1.34	4.49	2.20
SLD046	Horse purslane (Boerhavia diffusa)	20	85	91.51	2.42	0.21	2.00	1.84	0.27	1.57	2.04
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	70	295	74.43	8.01	1.35	5.21	8.60	2.60	6.00	2.42
SLD048	Indian pennywort (Centella asiatica)	15	66	90.18	0.64	0.47	1.93	5.73	0.71	5.02	1.07
SLD049	Jack fruit, raw (Artocarpus heterophyllus)	25	108	85.86	2.14	0.34	3.28	7.47	0.43	7.04	0.91
SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	77	325	72.18	5.66	0.44	12.14	8.54	0.75	7.78	1.05
SLD051	Knol - Khol <i>(Brassica oleracea)</i>	16	71	92.86	1.69	0.34	1.53	2.80	0.41	2.40	0.77
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	42	178	86.20	3.12	0.35	6.16	2.76	0.95	1.81	1.42
SLD053	Ladies finger (Abelmoschus esculentus)	26	112	89.16	2.06	0.19	3.62	3.94	1.00	2.94	1.04
SLD054	Lasia shoots (Lasia spinosa)	33	142	87.69	4.10	0.83	2.03	4.05	0.86	3.20	1.31
SLD055	Leeks (Allium ampeloprasum)	30	129	90.35	1.74	0.49	4.64	1.94	0.38	1.56	0.86
SLD056	Lettuce (Lactuca sativa)	19	80	93.11	1.05	0.24	3.08	1.52	0.15	1.37	1.01
SLD057	Malabar spinach <i>(Basella alba)</i>	22	93	90.85	2.20	0.47	2.05	2.31	0.44	1.88	2.13
SLD058	Mango, green, raw (Mangifera indica)	50	211	84.75	0.75	60.0	10.80	3.08	1.49	1.59	0.54
SLD059	Mushroom, Oyster, white (Pleurotus ostreatus)	27	116	90.21	2.54	0.42	2.92	3.02	1.05	1.97	0.90

Food	Food Name	Fnerøv	røv	Moisture	Protein	Total Fat	Carbohvd	Total	Soluble	Insoluble	Ash
code			0				-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL	FIBTG	FIBSOL	FIBINS	ASH
		kcal	кJ	g	g	g	g	g	g	g	g
SLD060	Onion, stalk (Allium cepa)	27	113	87.98	2.01	0.26	3.37	5.28	1.45	3.83	1.10
SLD061	Pak Choi leaves <i>(Brassica rapa</i> var. <i>chinensis)</i>	16	67	93.56	1.41	0.25	1.78	1.91	0.47	1.44	1.10
SLD062	Papaya, raw ( <i>Carica papaya</i> )	25	107	91.52	0.58	0.22	4.78	2.31	0.94	1.37	0.59
SLD063	Parsley (Petroselinum crispum)	72	305	77.76	5.55	1.14	9.43	3.87	1.09	2.79	2.25
SLD064	Passion fruit leaves (Passiflora edulis)	50	212	82.45	5.50	1.29	3.47	4.96	0.81	4.15	2.05
SLD065	Plantain, ash ( <i>Musa paradisiaca</i> )	76	325	77.33	2.84	0.56	14.75	3.93	0.64	3.29	0.60
SLD066	Plantain, ash, peels ( <i>Musa paradisiaca</i> )	34	145	89.23	1.13	0.69	5.53	2.34	0.84	1.51	1.10
SLD067	Plantain, flower ( <i>Musa x paradisiaca)</i>	19	81	89.88	1.36	0.63	1.79	5.12	0.53	4.58	1.22
SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	79	333	75.98	0.99	0.22	17.71	3.84	0.89	2.95	1.26
SLD069	Plantain, stem ( <i>Musa x paradisiaca)</i>	44	186	86.12	0.30	0.17	9.97	2.10	0.65	1.45	1.34
SLD070	Pumpkin leaves, tender (Cucurbita maxima)	41	175	86.49	3.85	0.72	4.53	2.25	0.78	1.47	2.16
SLD071	Pumpkin, common <i>(Cucurbita maxima)</i>	31	133	89.82	0.86	0.30	5.82	1.60	1.01	1.60	0.60
SLD072	Pumpkin, green, cylindrical (Cucurbita maxima)	24	103	91.73	0.87	0.18	4.22	2.53	1.25	1.28	0.47
SLD073	Pumpkin, orange, round <i>(Cucurbita maxima)</i>	21	88	92.41	0.95	0.16	3.33	2.66	1.17	1.49	0.49
SLD074	Radish leaves (Raphanus sativus)	27	117	90.51	2.23	0.56	3.14	1.90	0.68	1.23	1.65
SLD075	Ridge gourd (Luffa acutangula)	12	52	95.08	0.86	0.15	1.63	1.85	0.47	1.38	0.43
SLD076	Sessile joyweed (Alternanthera sessilis)	28	122	87.38	3.15	0.55	2.34	5.18	1.00	4.19	1.40
SLD077	Snake gourd, dark green (Trichosanthes anguina)	11	50	94.92	0.89	0.25	1.23	2.27	0.58	1.69	0.45
SLD078	Snake gourd, pale green (Trichosanthes anguina)	11	49	95.07	0.82	0.25	1.25	2.17	0.60	1.57	0.44
SLD079	Spiny gourd (Momordica dioica)	47	201	85.58	2.13	0.50	8.46	3.14	0.35	2.80	0.20
SLD080	Sweet leaf (Sauropus androgynus)	71	300	77.42	7.53	2.19	5.00	5.55	0.76	4.80	2.33
SLD081	Tamarind leaves, tender (Tamarindus indica)	71	299	71.69	5.84	0.49	10.04	10.70	1.36	9.34	1.25
SLD082	Tomato, green (Lycopersicon esculentum)	19	82	93.52	1.13	0.24	2.94	1.58	0.52	1.06	0.59
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	16	70	94.41	0.70	0.24	2.78	1.50	0.27	1.23	0.37
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	20	85	93.58	0.88	0.56	2.74	1.80	0.35	1.45	0.45
SLD085	Turkey berry (Solanum torvum)	61	257	79.12	1.66	1.96	8.54	7.51	1.43	6.08	1.23
SLD086	Water spinach (Ipomoea aquatica)	15	65	91.37	0.47	0.37	2.43	4.46	0.22	4.24	0.92
SLD087	Wing bean (Psopocarpus tetragonolobus)	21	89	91.01	1.84	0.20	2.76	3.78	0.45	3.33	0.43
SLD088	Zucchini, green (Cucurbita pepo)	20	84	92.83	1.10	0.51	2.33	2.30	0.88	1.42	0.93
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	18	79	93.15	1.31	0.44	2.20	1.84	0.47	1.37	1.08

## **Table 2. FAT SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

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Food code	Food Name	A nimstiV lonit9A) EAE - stn9lsviup3	Vitamin D (D2 - Ergocalciferol)	Vitamin K (LX nimstiV)	Vitamin E (α-tocopherol (T- stnsleviups)	α - Tocopherols	ß - Tocopherols	y - Tocopherols	slorəhderols	α -Tocotrienols	slon9i1fo2oT - γ
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		бп	бп	бп	вш	тд	тд	тд	тд	тд	шg
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	1474	14.43	281	0.51	0.48	NA	0.27	NA	NA	NA
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	1409	15.10	312	0.46	0.44	NA	0.21	NA	NA	NA
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	327	15.22	441	0.30	0.30	NA	0.03	NA	NA	NA
SLD004	Ambarella ( <i>Spondias dulcis</i> )	3.36	ND	16.23	0.43	·	0.89	0.11	0.36	ı	0.55
SLD005	Ash gourd (Benincasa hispida)	NA	1.27	26.80	0.02	0.01	NA	0.12	NA	NA	NA
SLD006	Bean, scarlet, tender ( <i>Phaseolus coccineus</i> )	6.64	1.62	64.13	0.11	0.11	NA	NA	NA	NA	NA
SLD007	Beans, fava ( <i>Vicia faba</i> )	00.66	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD008	Beans, field, tender, ( <i>Dolichos lablab</i> )	99.77	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD009	Beans, French, country (Phaseolus vulgaris)	70.59	1.95	14.30	0.10	0.08	NA	0.12	0.10	NA	0.03
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris</i> )	32.33	1.85	15.14	0.10	0.08	NA	0.13	0.08	NA	0.08
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	·	ND	22.08	0.07	0.04	0.05	ı	0.40	ı	ı
SLD012	Beet greens ( <i>Beta vulgaris</i> )	NA	NA	62.48	0.19	0.11	0.21	NA	NA	NA	NA
SLD013	Bitter gourd, elongate (Momordica charantia)	55.08	2.18	4.00	0.03	0.01	0.03	NA	NA	NA	NA
SLD014	Bitter gourd, short (Momordica charantia)	21.83	1.94	5.10	0.03	0.01	0.03	NA	NA	NA	NA
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	4.60	0.74	2.00	0.02	0.02	NA	NA	NA	0.02	NA
SLD016	Bottle gourd, round (Lagenaria vulgaris)	NA	0.70	2.06	0.02	0.01	NA	NA	NA	0.03	NA
SLD017	Brinjal, Chinese eggplant (Solanum melongena)	16.83	0.73	11.45	0.08	0.08	NA	NA	NA	NA	NA
SLD018	Brinjal, little prince eggplant (Solanum melongena)	24.33	0.79	15.69	0.12	0.12	NA	ΝA	ΝA	NA	NA
SLD019	Brinjal, pandora striped (Solanum melongena)	23.00	1.06	14.29	0.07	0.07	NA	NA	AN	NA	NA
SLD020	Brinjal, Thai eggplant ( <i>Solanum melongena</i> )	18.33	1.80	12.35	0.08	0.08	NA	NA	NA	NA	NA
SLD021	Cabbage, Chinese ( <i>Brassica rupa</i> )	0.91	0.39	111	0.25	0.25	NA	NA	NA	NA	NA
SLD022	Cabbage, collard, greens ( <i>B. oleracea</i> var. viridis)	8.66	0.18	125	0.20	0.20	NA	NA	NA	NA	NA
SLD023	Cabbage, green (B. oleracea var. capitata f. alba)	3.35	0.23	113	0.04	0.04	NA	NA	NA	NA	NA
SLD024	Cabbage, violet (B. oleracea var. capitata f. rubra)	5.30	0.19	118	0.03	0.03	NA	NA	NA	NA	NA
SLD025	Canereed leaves (Costus speciosus)	286	ND	112	0.53	0.53	ı	0.04	1	ı	I
SLD026	Capsicum, green ( <i>Capsicum annuum</i> )	52.83	0.83	29.00	0.05	0.05	NA	NA	NA	NA	NA
SLD027	Capsicum, local (Capsicum annuum)	38.96	ND	68.86	1.25	1.24	ı	0.07	0.27	·	ı
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	51.83	NA	20.00	0.19	0.19	NA	NA	NA	NA	NA
SLD029	Capsicum, yellow <i>(Capsicum annuum)</i>	30.16	1.12	51.31	0.14	0.14	NA	AN	NA	NA	NA

Food code	Food Name	A nimstiV lonit9Я) (3A - stn9lsviup3	Vitamin D (D2 - Ergocalciferol)	Vitamin K (L'N nimetiV)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Τοcopherols	γ - Τοcopherols	slorepherols - ð	α -Tocotrienols	slon9irtocoT - γ
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
	•	bп	bп	бп	mg	тд	mg	тg	mg	mg	тд
SLD030	Cassava leaves (Manihot esculenta)	1374	ΟN	80.35							
SLD031	Cauliflower ( <i>Brassica oleracea</i> )	0.14	1.27	14.00	0.02	0.02	NA	NA	0.10	NA	NA
SLD032	Celery stalk (Apium graveolens)	66.83	1.46	26.00	NA	NA	NA	NA	0.02	0.01	NA
SLD033	Cho-cho-marrow (Sechium edule)	0.3	5.55	2.00	0.09	0.02	NA	0.59	NA	0.05	NA
SLD034	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	NA	2.12	390	NA	NA	NA	NA	NA	NA	NA
SLD035	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	0.41	0.21	35.00	0.06	0.06	NA	NA	NA	NA	NA
SLD036	Colocasia, stem, green (Colocasia antiquorum)	0.19	0.14	33.00	0.09	0.09	NA	NA	NA	NA	NA
SLD037	Corn, Baby ( <i>Zea mays)</i>	0.25	31.20	75.00	0.13	0.13	NA	NA	NA	NA	NA
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	0.58	1.57	8.00	0.02	0.02	NA	NA	NA	NA	NA
SLD039	Cucumber, Mangalore <i>(Cucumis sativus)</i>	0.76	1.50	NA	0.01	0.01	NA	NA	NA	NA	NA
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	0.92	1.21	9.00	0.02	0.02	NA	NA	NA	NA	NA
SLD041	Drumstick ( <i>Moringa oleifera</i> )	3.13	1.98	360	0.36	0.36	NA	NA	NA	NA	NA
SLD042	Drumstick leaves (Moringa oleifera)	2664	14.48	490	0.30	0.29	NA	0.05	NA	0.02	NA
SLD043	Garden cress (Lepidium sativum)	NA	0.66	460	0.73	0.73	NA	NA	NA	NA	NA
SLD044	Golden leather fern fiddlehead (A. aureum)	16.76	ND	19.02	0.03	I	0.06	ı	ı	ı	ı
SLD045	Green milkweed climber (Wattakaka volubilis)	2419	ND	116	0.56	0.55	ı	0.07	ı	'	'
SLD046	Horse purslane ( <i>Boerhavia diffusa</i> )	1149	ND	158	0.46	0.46	ı	0.05	ı	ı	ı
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	2097	4.02	269	1.76	1.48	0.22	0.18	NA	0.60	0.18
SLD048	Indian pennywort (Centella asiatica)	226	ND	218	0.75	0.75	,	0.06	ı	,	·
SLD049	Jack fruit, raw (Artocarpus heterophyllus)	NA	6.87	21.48	0.06	0.06	NA	NA	0.06	NA	NA
SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	NA	1.49	13.54	0.05	0.04	NA	NA	0.07	NA	NA
SLD051	Knol - Khol (Brassica oleracea)	NA	0.34	9.64	0.16	0.01	NA	1.53	0.07	NA	NA
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	1.00	0.59	295	0.53	0.53	NA	NA	NA	NA	NA
SLD053	Ladies finger (Abelmoschus esculentus)	12.41	7.21	21.40	0.51	0.50	NA	0.12	NA	NA	NA
SLD054	Lasia shoots ( <i>Lasia spinosa</i> )	300	ND	88.89	0.02	0.02	ı	0.01	ı	ı	ı
SLD055	Leeks (Allium ampeloprasum)	18.56	ND	27.75	0.44	0.44	0.06	0.20	ı	ı	ı
SLD056	Lettuce (Lactuca sativa)	NA	0.05	88.71	0.01	0.01	NA	NA	NA	NA	NA
SLD057	Malabar spinach <i>(Basella alba)</i>	959	ND	351	0.50	0.49	ΟN	0.05			,
SLD058	Mango, green, raw (Mangifera indica)	14.5	7.82	14.30	0.70	0.68	NA	0.19	NA	NA	NA
SLD059	Mushroom, Oyster, white (Pleurotus ostreatus)	ı	ND	13.59	0.03	0.03		ı.			ı

Food	Food Name					ę		,			
code		A nimstiV lonit9Я) EA - stn9lsviup3 - RE)	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol 9T- stnelsviupe	α - Tocopherols	g - Tocopherols	γ - Tocopherols	s - Tocopherols	α -Tocotrienols	slon9irtocoT - γ
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		бп	bп	бґ	шд	bu	тд	шд	вш	вш	bu
SLD060	Onion, stalk (Allium cepa)	NA	4.02	269	1.76	1.48	0.22	0.18	NA	0.60	0.18
SLD061	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>chinensis</i> )	205	14.43	281	0.50	0.48	NA	0.27	NA	NA	NA
SLD062	Papaya, raw ( <i>Carica papaya</i> )	24.46	15.10	312	0.46	0.44	NA	0.21	NA	NA	NA
SLD063	Parsley (Petroselinum crispum)	226	15.22	441	0.30	0.30	NA	0.03	NA	NA	NA
SLD064	Passion fruit leaves (Passiflora edulis)	944	ND	177	0.28	0.27	I	0.06	ı	I	ı
SLD065	Plantain, ash ( <i>Musa paradisiaca)</i>	0.06	ND	14.94	0.02	0.01	I	0.12	I	I	I
SLD066	Plantain, ash, peels ( <i>Musa paradisiaca</i> )	7.98	ND	5.25	0.05	0.03	0.01	0.05	I	ı	0.03
SLD067	Plantain, flower ( <i>Musa x paradisiaca</i> )	4.27	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	0.36	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD069	Plantain, stem ( <i>Musa x paradisiaca)</i>	0.36	1.95	14.30	0.10	0.08	NA	0.12	0.10	NA	0.03
SLD070	Pumpkin leaves, tender (Cucurbita maxima)	239	1.85	15.14	0.10	0.08	NA	0.13	0.08	NA	0.08
SLD071	Pumpkin, common <i>(Cucurbita maxima)</i>	30.41	ΟN	134	2.38	2.08	T	2.96	0.19	I	ı
SLD072	Pumpkin, green, cylindrical (Cucurbita maxima)	30.25	NA	62.48	0.19	0.11	0.21	NA	NA	NA	NA
SLD073	Pumpkin, orange, round <i>(Cucurbita maxima)</i>	31.53	2.18	4.00	0.03	0.01	0.03	NA	NA	NA	NA
SLD074	Radish leaves (Raphanus sativus)	508	1.94	5.10	0.03	0.01	0.03	NA	NA	NA	NA
SLD075	Ridge gourd (Luffa acutangula)	59.33	0.74	2.00	0.02	0.02	NA	NA	NA	0.02	NA
SLD076	Sessile joyweed (Alternanthera sessilis)	92.25	DN	202	0.31	0.31	I	0.05	ı	ı	ı
SLD077	Snake gourd, dark green (Trichosanthes anguina)	5.14	0.73	11.45	0.08	0.08	NA	NA	NA	NA	NA
SLD078	Snake gourd, pale green (Trichosanthes anguina)	10.41	0.79	15.69	0.12	0.12	NA	NA	NA	NA	NA
SLD079	Spiny gourd (Momordica dioica)	18.03	ΟN	6.21			I	0.03	0.03	ı	,
SLD080	Sweet leaf (Sauropus androgynus)	507	ND	137	0.23	0.21	0.04	0.05	0.08	I	0.02
SLD081	Tamarind leaves, tender (Tamarindus indica)	28.00	0.39	111	0.25	0.25	NA	NA	NA	NA	NA
SLD082	Tomato, green (Lycopersicon esculentum)	6.00	0.18	125	0.20	0.20	NA	NA	NA	NA	NA
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	258	0.23	113	0.04	0.04	NA	NA	NA	NA	NA
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	165	0.19	118	0.03	0.03	NA	NA	NA	NA	NA
SLD085	Turkey berry (Solanum torvum)	15.89	ΟN	70.20	3.22	3.22	ı	0.02	0.05	ı	ı
SLD086	Water spinach (Ipomoea aquatica)	1614	ND	84.07	0.38	0.38		0.05		ı	
SLD087	Winged bean (Psopocarpus tetragonolobus)	38.74	ΟN	32.17	0.10		ı	1.03	·	ı	
SLD088	Zucchini, green (Cucurbita pepo)	7.15	4.02	269	1.76	1.48	0.22	0.18	NA	0.60	0.18
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	5.83	0.38	53.28	1.49	1.47	NA	0.15	NA	NA	NA

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	Total Folate	Total Ascorbic
code		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		вш	тд	тд	bm	шд	рц	шд
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	0.01	0.21	0.72	0.41	0.22	74.27	82.00
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	0.01	0.27	0.62	0.37	0.22	81.95	86.20
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	0.01	0.13	0.66	0.35	0.29	46.53	77.25
SLD004	Ambarella (Spondias dulcis)	ND	0.01	0.42	0.12	0.10	44.49	35.51
SLD005	Ash gourd (Benincasa hispida)	0.02	0.01	0.13	0.38	0.15	14.17	9.14
SLD006	Bean, scarlet, tender (Phaseolus coccineus)	0.11	0.10	0.63	0.44	0.30	45.20	7.02
SLD007	Beans, fava ( <i>Vicia faba</i> )	0.07	0.07	0.32	0.40	0.35	130	5.63
SLD008	Beans, field, tender, (Dolichos lablab)	0.07	0.07	0.32	0.40	0.35	130	5.63
SLD009	Beans, French, country ( <i>Phaseolus vulgaris</i> )	0.05	0.05	0.87	0.28	0.41	33.96	10.97
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris</i> )	0.05	0.05	0.77	0.27	0.44	61.98	1.38
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	ND	0.06	3.66	0.97	0.11	99.98	8.93
SLD012	Beet greens (Beta vulgaris)	0.02	0.15	0.32	0.32	0.13	11.89	40.62
SLD013	Bitter gourd, elongate (Momordica charantia)	0.06	0.05	0.30	0.33	0.06	53.10	46.89
SLD014	Bitter gourd, short ( <i>Momordica charantia</i> )	0.06	0.05	0.30	0.36	0.04	52.18	46.61
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	0.03	0.01	0.13	0.46	0.01	38.64	5.55
SLD016	Bottle gourd, round (Lagenaria vulgaris)	0.03	0.01	0.14	0.50	0.02	49.59	4.54
SLD017	Brinjal, Chinese eggplant <i>(Solanum melongena)</i>	0.05	0.12	0.58	0.35	0.11	32.94	3.37
SLD018	Brinjal, little prince eggplant (Solanum melongena)	0.04	0.12	0.48	0.28	0.09	38.63	2.40
SLD019	Brinjal, pandora striped (Solanum melongena)	0.04	0.12	0.54	0.34	0.09	30.99	1.49
SLD020	Brinjal, Thai eggplant ( <i>Solanum melongena</i> )	0.08	0.11	0.43	0.25	0.09	31.18	2.71
SLD021	Cabbage, Chinese (Brassica rapa)	0.01	0.05	0.38	0.58	0.19	54.51	19.32
SLD022	Cabbage, collard, greens ( <i>B. oleracea</i> var. viridis)	0.03	0.05	0.26	0.49	0.24	63.46	40.76
SLD023	Cabbage, green (B. oleracea var. capitata f. alba)	0.04	0.05	0.25	0.24	0.14	52.66	29.62
SLD024	Cabbage, violet ( <i>B. oleracea</i> var. <i>capitata f. rubra</i> )	0.04	0.05	0.26	0.24	0.19	38.53	38.71
SLD025	Canereed leaves (Costus speciosus)	ND	0.07	0.96	0.31	0.22	80.97	4.72
SLD026	Capsicum, green ( <i>Capsicum annuum</i> )	0.05	0.02	0.50	0.16	0.16	51.80	126
SLD027	Capsicum, local (Capsicum annuum)	ND	0.03	0.65	0.55	0.29	28.65	49.63
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	0.16	0.04	0.41	0.29	NA	NA	120
SLD029	Capsicum, yellow (Capsicum annuum)	0.14	0.01	0.32	0.23	NA	NA	146

(B9)           PollSUM           μg           78.03           78.03           78.03           78.03           78.03           78.03           78.03           78.03           78.03           78.03           78.03           78.03           160           53.81           160           30.88           23.066           60.48           45.52           57.85           17.84           17.84           115           58.54           115           57.85           115.40           115           70.11           30.70           58.54           12.70           41.55           70.11           30.706           58.91           12.70           41.55           70.62           37.48           74.05           37.48           7.81	Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	<b>Total Folate</b>	Total Ascorbic
Hum         Rife         NA         PATAC         VTBGC         FOLVIM           Gasave lavaes (Marihot escuenci)         NO         70         7	code		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	Acid
md			THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
Castanal leaves ( <i>fordinot ecculanci</i> )         ND         0.13         0.93         0.28         78.03           Castanal leaves ( <i>fordinot ecculanci</i> )         0.04         0.04         0.031         0.66         0.11         667           Castanal leaves ( <i>fordinot ecculanci</i> )         0.04         0.031         0.66         0.01         0.66         0.01         667           Cho-cho-marrow ( <i>fordinot ecclanci</i> )         0.02         0.04         0.21         0.04         0.03         103           Colocasia stem, latex ( <i>forlocasia oritquorum</i> )         0.02         0.04         0.23         0.06         303         106         303         106         303         106         303         106         303         106         304         106         306			mg	mg	тg	mg	mg	рд	mg
Califlover (preside of corece)         0.04         0.05         0.04         0.01         6.67           Cenery stafk (plangeracers)         0.02         0.04         0.51         0.40         0.03         3.66           Che-chenarrow (Schurm edue)         0.02         0.04         0.25         0.04         0.05         3.66           Che-chenarrow (Schurm edue)         0.02         0.04         0.25         0.07         5.33           Che-chenarrow (Schurm edue)         0.02         0.01         0.25         0.27         0.07         5.33           Colocasia stem green (Colocasia antiquarum)         0.02         0.01         0.31         0.44         0.06         3.83           Colocasia stem green (Colocasia antiquarum)         0.02         0.01         0.31         0.44         0.07         5.33           Colocasia stem green (Colocasia antiquarum)         0.02         0.01         0.31         0.44         0.07         5.33           Colocasia stem green (Colocasia antiquarum)         0.02         0.01         0.33         0.34         0.36         5.33           Counsist, term bare         0.02         0.02         0.03         0.33         0.34         0.35         5.33           Counsist, term bare	SLD030	Cassava leaves (Manihot esculenta)	ND	0.15	66.0	0.33	0.28	78.03	63.72
Celery stak (Aprica)         0.02         0.04         0.51         0.06         23.06           Colocabination (Section in France)         0.010 <t< th=""><th><b>SLD031</b></th><th>Cauliflower (<i>Brassica oleracea</i>)</th><th>0.04</th><th>0.06</th><th>0.31</th><th>0.60</th><th>0.11</th><th>46.67</th><th>50.17</th></t<>	<b>SLD031</b>	Cauliflower ( <i>Brassica oleracea</i> )	0.04	0.06	0.31	0.60	0.11	46.67	50.17
Cho-cho-marrow (Section educ)         001         0.04         0.25         0.07         6381           Colocasia, stern, green (Golocasia anti-quorum)         0.06         0.07         0.89         0.25         0.07         55.32           Colocasia, stern, green (Golocasia anti-quorum)         0.02         0.07         0.89         0.25         0.07         55.32           Colocasia, stern, green (Golocasia anti-quorum)         0.02         0.01         0.31         0.44         55.33           Colocasia, stern, green (Golocasia anti-quorum)         0.02         0.01         0.31         0.44         55.33           Colocasia, stern (Margaorum)         0.02         0.01         0.31         0.44         0.07         55.33           Colocasia, stern (Margaorum)         0.02         0.01         0.31         0.44         0.07         17.34           Coundher, Mangaor (Carcum's activus)         0.02         0.03         0.33         0.05         0.12         0.07         17.34           Coundher, Mangaor (Carcum's activus)         0.02         0.03         0.33         0.05         0.07         0.33         0.03         17.34           Coundher, Mangaor (Carcum's activus)         0.02         0.03         0.33         0.03         0.04 <th>SLD032</th> <th>Celery stalk (Apium graveolens)</th> <th>0.02</th> <th>0.04</th> <th>0.51</th> <th>0.40</th> <th>0.06</th> <th>23.06</th> <th>14.95</th>	SLD032	Celery stalk (Apium graveolens)	0.02	0.04	0.51	0.40	0.06	23.06	14.95
Colocasia lawes, green (colocasia anti-quorum)         006         007         038         0.30         160           Colocasia, stem, back (colocasia anti-quorum)         002         003         0.25         0.30         308           Colocasia, stem, green (colocasia anti-quorum)         002         003         0.25         0.30         308           Colocasia, stem, green (colocasia anti-quorum)         002         0.01         0.31         0.44         0.05         308           Concasia, stem, green (colocasia anti-quorum)         0.02         0.01         0.31         0.44         0.05         308           Coundher, Mangoer (curmis actrius)         0.02         0.01         0.31         0.44         0.08         303           Coundher, Mangoer (curmis actrius)         0.02         0.01         0.31         0.44         0.08         304           Curumher, Fresian curumer (curumis actrius)         0.02         0.03         0.33         0.35         0.31         57.85           Curumher, Mangoer (circur)         0.03         0.33         0.33         0.32         0.31         57.85           Dumistict (Morring o elfera)         0.03         0.33         0.33         0.33         0.32         1.15           Granden terrer (ret	SLD033	Cho-cho-marrow ( <i>Sechium edule</i> )	0.01	0.04	0.25	0.22	0.07	63.81	23.76
Colocasis stem, black (Colocasia ontiquorum)         0.02         0.04         0.15         0.06         3.08           Colocasis, stem, green (Colocasia ontiquorum)         0.02         0.03         0.23         0.04         0.06         3.08           Colocasis, stem, green (Colocasia ontiquorum)         0.02         0.01         0.31         0.04         0.07         5.33           Corn, black (Zelorasia antiquorum)         0.02         0.01         0.31         0.34         0.07         7.134           Corn, black (Zelorasia antiquorum)         0.02         0.01         0.31         0.34         0.07         7.134           Curumber, (Mangrao elefteral)         0.02         0.01         0.31         0.34         0.03         9.56           Dumnsitic, (Moringo elefteral)         0.03         0.05         1.25         0.24         0.03         9.55           Dumnsitic, (Moringo elefteral)         0.03         0.03         0.23         0.24         0.13         9.55           Dumnsitic, (Moringo elefteral)         0.03         0.03         0.23         0.21         0.23         0.21           Garden cress (Leptidum satium)         0.03         0.03         0.23         0.21         0.21         1.754	SLD034	Colocasia leaves, green (Colocasia anti-quorum)	0.06	0.07	0.89	0.25	0.30	160	44.99
Colocasia stren (colocasia artingren (colocasia artingren))         0.02         0.01         0.33         0.03	SLD035	Colocasia, stem, black (Colocasia antiquorum)	0.02	0.04	0.16	0.47	0.06	30.88	5.15
Corn, Bay (Zee moys)         Oct         0.23         0.94         0.16         45.33           Cucumber, Presian cucumber (Curemis sativus)         0.02         0.01         0.31         0.44         0.06         19.66           Cucumber, Presian cucumber (Curemis sativus)         0.02         0.01         0.31         0.44         0.06         19.66           Cucumber, Presian cucumber (Curemis sativus)         0.02         0.01         0.31         0.44         0.08         19.66           Dumstick (Moring offero)         0.05         0.06         0.63         0.63         0.03         0.03         17.34           Dumstick (Moring offero)         0.05         0.01         0.33         0.21         0.11         17.34           Golden learber fern fiddehead (A. auream)         0.03         0.03         0.03         0.03         0.03         0.04         0.11         17.84           Golden learber fern fiddehead (A. auream)         ND         0.03         0.03         0.03         0.03         0.03         0.04         0.10         17.84           Golden learber fern fiddehead (A. auream)         ND         0.03         0.03         0.03         0.03         0.01         1.17.84           Golden learber fern fidderon outbilis) </th <th>SLD036</th> <th>Colocasia, stem, green (Colocasia antiquorum)</th> <th>0.02</th> <th>0.03</th> <th>0.22</th> <th>0.50</th> <th>0.07</th> <th>25.32</th> <th>5.83</th>	SLD036	Colocasia, stem, green (Colocasia antiquorum)	0.02	0.03	0.22	0.50	0.07	25.32	5.83
Cucumber, Indian cucumber (cucums rativus)         0.02         0.01         0.31         0.44         0.08         1966           Cucumber, Maial cucumis cativus)         0.02         0.01         0.31         0.38         0.07         17.34           Cucumber, Maial cucumis cativus)         0.02         0.01         0.31         0.38         0.03         1966           Cucumber, Managlore (Cucumis cativus)         0.02         0.01         0.31         0.43         0.03         1956           Cucumber, Maringo olifera)         0.03         0.03         0.03         0.14         0.03         1956           Dumsitic (Moringo olifera)         0.03         0.03         0.03         0.03         0.13         57.85           Golden leather fen fiddlehead (A. aureum)         NO         0.01         0.33         0.43         0.33         57.85           Golden leather fen fiddlehead (A. aureum)         NO         0.03         1.18         0.11         17.84           Golden leather fen fiddlehead (A. aureum)         NO         0.03         1.03         0.33         0.31         1.15           Golden leather fen fiddlehead (A. aureum)         NO         0.01         0.33         0.33         0.31         1.13 <td< th=""><th>SLD037</th><th>Corn, Baby (<i>Zea mays</i>)</th><th>0.15</th><th>0.07</th><th>0.53</th><th>0.94</th><th>0.16</th><th>45.53</th><th>8.59</th></td<>	SLD037	Corn, Baby ( <i>Zea mays</i> )	0.15	0.07	0.53	0.94	0.16	45.53	8.59
Cucumber, Mangalore (Cucum's sativus)         002         001         0.31         0.38         0.07         17.34           Cucumber, Mangalore (Cucum's sativus)         0.02         0.01         0.31         0.44         0.08         19.66           Drumstick (Novingo offero)         0.05         0.05         0.65         0.63         0.53         0.03         45.52           Garden cress (Isofician sativus)         0.03         0.03         0.03         0.24         0.11         17.84           Garden cress (Isofician sativus)         0.03         0.03         1.25         0.21         0.13         45.52           Garden cress (Isofician sativus)         0.03         0.03         1.25         0.21         0.13         45.52           Garden cress (Isofician sativus)         0.03         0.03         1.25         0.21         1.15           Green milleweed (Immer (Mattackda volublis)         ND         0.03         1.13         0.23         0.13         55.55           Hummingind tree leaves (Sectonia gradifloca)         0.03         0.13         0.33         0.23         0.21         1.15           Jack furit, raw (Artocorpus heterophyllus)         0.04         0.03         0.33         0.33         0.33         0.31	SLD038	Cucumber, Indian cucumber (Cucumis sativus)	0.02	0.01	0.31	0.44	0.08	19.66	4.08
Cucumber, Persian cucumber (Lucum's activus)         0.02         0.01         0.31         0.44         0.08         19.66           Dumstick (Moringa oleffera)         0.05         0.05         0.63         0.53         0.12         0.648           Drumstick (Moringa oleffera)         0.05         0.05         0.63         0.53         0.12         0.03         45.52           Drumstick (Moringa oleffera)         0.03         0.05         1.25         0.21         0.11         17.84           Garden rests (Lepdium sativum)         0.03         0.03         1.00         0.33         0.11         17.84           Golden leasther fern fiddlehead (A aureum)         0.03         1.00         0.33         0.12         0.11         17.84           Golden leasther fern fiddlehead (A aureum)         0.03         1.00         0.33         0.12         0.11         17.84           Golden leasther fern fiddlehead (A aureum)         0.03         1.00         0.33         0.12         0.11         17.84           Golden leasther fern fiddlehead (A aureum)         0.03         1.00         0.33         0.33         0.33         0.33         0.31         0.33         0.31         0.31         0.31         0.31         0.31         0.31	SLD039	Cucumber, Mangalore (Cucumis sativus)	0.02	0.01	0.37	0.38	0.07	17.34	8.07
	SLD040	Cucumber, Persian cucumber (Cucumis sativus)	0.02	0.01	0.31	0.44	0.08	19.66	4.08
	SLD041	Drumstick ( <i>Moringa oleifera</i> )	0.05	0.06	0.63	0.58	0.12	60.48	92.33
Garden cress (Lepidium sativum)         0.03         0.05         1.25         0.21         0.19         57.85           Golden leather fem fiddlehead (A, aureum)         ND         0.01         0.33         0.47         0.11         17.84           Green milkweed climber ( <i>Mfbacka volubilis</i> )         ND         0.03         1.00         0.55         0.51         17.84           Horse milkweed climber ( <i>Mfbacka volubilis</i> )         ND         0.03         1.00         0.55         0.13         58.54           Horse milkweed climber ( <i>Mfbacka volubilis</i> )         ND         0.03         1.00         0.53         0.13         58.54           Horse milkweed climber ( <i>Mathacka volubilis</i> )         0.75         0.73         0.73         0.73         0.73         58.54           Hummingbind refereavels ( <i>Sesbania gradifiloca</i> )         0.75         0.73         0.73         0.73         70.11           Jack fruit, <i>taw (Artocarpus heterophyllus</i> )         0.06         0.73         0.73         0.73         70.11           Jack fruit, <i>taw (Artocarpus heterophyllus</i> )         0.06         0.73         0.73         0.74         30.70           Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )         0.06         0.78         0.73         0.74         30.70	SLD042	Drumstick leaves (Moringa oleifera)	0.06	0.48	0.89	0.43	0.93	45.52	92.00
Golden leather fen fiddlehead (A. aureum)         ND         0.01         0.38         0.47         0.11         17.84           Green milkweed cimber ( <i>Nattakka volubilis</i> )         ND         0.09         0.33         0.55         0.51         115           Hummingbrid tree leaves ( <i>siftasa</i> )         ND         0.03         1.00         0.63         0.23         120           Hummingbrid tree leaves ( <i>siftasa</i> )         0.75         0.73         0.73         0.73         55.4           Hummingbrid tree leaves ( <i>siftasa</i> )         ND         0.7         0.73         0.73         55.4           Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )         0.03         0.70         0.73         0.73         57.6           Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )         0.03         0.73         0.73         0.73         57.6           Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )         0.06         0.75         0.73         0.73         57.6           Knol - Khol ( <i>Brassica oleacea</i> )         0.04         0.75         0.73         0.73         70.13           Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )         0.06         0.75         0.73         70.13           Knol - Khol ( <i>Brassica oleacara</i> )         0.74         0.75	SLD043	Garden cress ( <i>Lepidium sativum</i> )	0.03	0.05	1.25	0.21	0.19	57.85	46.55
Green mikweed climber ( <i>Vattakaka volubils</i> )ND0.090.330.550.51115Horse purshare ( <i>Baerhavia diffusa</i> )ND0.030.030.1358.54Hummingbird tree leaves ( <i>Sesbaria grandiflara</i> )ND0.260.331.1858.54I unmingbird tree leaves ( <i>Sesbaria grandiflara</i> )ND0.260.331.1858.54Jack futu, raw ( <i>Artocarpus heterophylus</i> )ND0.070.770.370.2370.11Jack futu, raw ( <i>Artocarpus heterophylus</i> )0.060.030.180.330.0438.91Jack futu, raw ( <i>Artocarpus heterophylus</i> )0.060.020.180.360.2212.70Jack futu, saw ( <i>Artocarpus heterophylus</i> )0.060.050.180.360.0212.70Jack futu, saw ( <i>Artocarpus heterophylus</i> )0.060.050.180.360.0212.70Jack futu, saw ( <i>Artocarpus heterophylus</i> )0.060.050.350.360.0857.65Ladies finger ( <i>Abelmoschus esculentus</i> )0.040.080.010.240.2870.62Ladies finger ( <i>Abelmoschus esculentus</i> )0.040.020.190.240.2870.62Ladies finger ( <i>Abelmoschus esculentus</i> )0.040.020.190.240.2870.62Ladies finger ( <i>Abelmoschus esculentus</i> )0.040.020.100.240.2870.62Ladies finger ( <i>Abelmoschus esculentus</i> )ND0.020.100.240.2870.62 <t< th=""><th>SLD044</th><td>Golden leather fern fiddlehead (A. aureum)</td><td>ND</td><td>0.01</td><td>0.38</td><td>0.47</td><td>0.11</td><td>17.84</td><td>4.92</td></t<>	SLD044	Golden leather fern fiddlehead (A. aureum)	ND	0.01	0.38	0.47	0.11	17.84	4.92
Horse purslane (Boerhavia diffusa)ND0.031.000.630.1358.54Hummingbird tree leaves (Sesbaria grandiflora)ND0.260.331.180.22120Indian pennywort (centella asiatica)ND0.790.770.237011Jack fruit, rew (Artocarpus heterophyllus)0.030.030.370.237011Jack fruit, rew (Artocarpus heterophyllus)0.030.030.190.237011Jack fruit, sew (Artocarpus heterophyllus)0.030.030.180.370.043070Jack fruit, sew (Artocarpus heterophyllus)0.060.020.180.370.037014Jack fruit, sew (Artocarpus heterophyllus)0.060.020.180.370.043070Jack fruit, sew (Artocarpus heterophyllus)0.060.020.180.360.2870.62Jack fruit, sew (Artocarpus heterophyllus)0.040.050.350.390.1970.62Jack fruit, sew (Artocarpus heterophyllus)0.040.050.280.2870.62Ladies finger (Abelmoschus esculentus)0.040.020.180.260.240.2870.62Ladies finger (Abelmoschus esculentus)0.040.020.190.240.2870.62Ladies finger (Abelmoschus esculentus)0.040.020.190.240.370.65Ladies finger (Abelmoschus esculentus)0.040.020.190.260.1970.62Ladies finger (Abelmosch	SLD045	Green milkweed climber (Wattakaka volubilis)	DN	0.09	0.33	0.55	0.51	115	45.75
Hummingbird tree leaves ( <i>Sesbaria grandiflora</i> ) $0.26$ $0.33$ $1.18$ $0.22$ $120$ Indian pennywort ( <i>Centella asiatica</i> )ND $0.07$ $0.70$ $0.37$ $0.23$ $70.11$ Jack fruit, raw ( <i>Artocarpus heterophyllus</i> ) $0.03$ $0.03$ $0.37$ $0.23$ $70.11$ Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> ) $0.03$ $0.03$ $0.18$ $0.37$ $0.04$ $30.70$ Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> ) $0.06$ $0.02$ $0.18$ $0.36$ $58.91$ Knol- Khol ( <i>Brassica oleracea</i> ) $0.06$ $0.02$ $0.18$ $0.36$ $0.19$ $12.70$ Knol- Khol ( <i>Brassica oleracea</i> ) $0.06$ $0.02$ $0.18$ $0.27$ $0.19$ $12.70$ Knol- Khol, leaves ( <i>B. oleracea var. gongylodes</i> ) $0.06$ $0.02$ $0.18$ $0.22$ $0.19$ $12.70$ Knol- Khol, leaves ( <i>B. oleracea var. gongylodes</i> ) $0.04$ $0.05$ $0.28$ $0.12$ $12.70$ Ladies finger ( <i>Abelmoschus sculentus</i> ) $0.04$ $0.02$ $0.10$ $0.24$ $0.28$ $70.62$ Ladies finger ( <i>Abelmoschus sculentus</i> ) $0.04$ $0.02$ $0.10$ $0.24$ $0.28$ $70.62$ Ladies finger ( <i>Abelmoschus sculentus</i> ) $0.02$ $0.02$ $0.10$ $0.24$ $0.28$ $70.62$ Ladies finger ( <i>Abelmoschus sculentus</i> ) $0.01$ $0.02$ $0.43$ $0.28$ $70.62$ Ladies finger ( <i>Abelmoschus sculentus</i> ) $0.01$ $0.02$ $0.43$ $0.28$ $70.62$ Leki	SLD046	Horse purslane (Boerhavia diffusa)	ND	0.03	1.00	0.63	0.13	58.54	9.89
Indian pennywort ( <i>Centella asiatica</i> )         ND         0.07         0.70         0.37         0.23         70.11           Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )         0.03         0.37         0.37         0.03         58.91           Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )         0.03         0.03         0.37         0.04         30.70           Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )         0.06         0.02         0.18         0.36         58.91           Knol - Khol, leaves ( <i>B. oleracea</i> )         0.04         0.05         0.35         0.39         0.19         12.70           Knol - Khol, leaves ( <i>B. oleracea</i> var. <i>gongylodes</i> )         0.06         0.15         0.86         0.27         0.28         70.62           Ladies finger ( <i>Abelmoschus esculentus</i> )         0.04         0.08         0.60         0.24         0.28         70.62           Ladies finger ( <i>Abelmoschus esculentus</i> )         0.04         0.07         0.43         0.24         0.17         56.76           Ladies finger ( <i>Abelmoschus esculentus</i> )         ND         0.02         0.43         0.25         0.19         42.63           Leke ( <i>Allium ampeloprasum</i> )         -         0.04         0.10         0.12         0.19         74.05	SLD047	Hummingbird tree leaves (Sesbania grandiflora)	0.26	0.33	1.18	0.53	0.22	120	121
Jack fruit, raw (Artocarpus heterophyllus)0.030.030.0430.70Jack fruit, seed, mature (Artocarpus heterophyllus)0.060.020.180.0358.91Jack fruit, seed, mature (Artocarpus heterophyllus)0.060.020.180.0858.91Knol - Khol (Brassica oleracea)0.040.050.350.390.1912.70Knol - Khol, leaves (B. oleracea var. gongylodes)0.040.050.350.390.1912.70Knol - Khol, leaves (B. oleracea var. gongylodes)0.060.150.360.270.2870.62Ladies finger (Abelmoschus esculentus)ND0.040.080.600.240.2870.62Lasia shoots (Lasia spinosa)ND0.020.100.240.1756.76Leeks (Allium ampeloprasum)ND0.020.100.120.1756.76Letuce (Lactuca sativa)0.040.100.100.120.1942.63Malabar spinach (Basella alba)-0.040.100.180.1942.63Mango, green, raw (Mongifera indica)0.010.020.120.120.1943.68Mushroom, Oyster, white (Pleurotus ostreatus)ND0.020.120.120.1434.89Mushroom, Oyster, white (Pleurotus ostreatus)ND0.150.530.130.1373.13	SLD048	Indian pennywort (Centella asiatica)	ND	0.07	0.70	0.37	0.23	70.11	6.74
Jack fruit, seed, mature (Artocarpus heteroph/llus)0.060.020.180.360.0858.91Knol - Khol (Brassica oleraced)0.040.050.350.390.1912.70Knol - Khol, leaves (B. oleraced var. gongylodes)0.040.050.350.390.1912.70Ladies finger (Abelmoschus esculentus)0.040.060.150.860.270.2870.62Ladies finger (Abelmoschus esculentus)ND0.040.020.100.240.2870.62Leks (Allium ampeloprasum)ND0.020.010.240.1756.76Letuce (Lactuca sativa)ND0.020.430.250.1921.63Lettuce (Lactuca sativa)-0.040.100.120.1921.63Malabar spinach (Basella alba)-0.040.010.120.120.1924.63Mango, green, raw (Mangifera indica)-0.010.020.120.120.1924.63Mushroom, Oyster, white (Pleurotus ostreatus)ND0.010.020.120.1174.05Mushroom, Oyster, white (Pleurotus ostreatus)ND0.010.020.270.1374.05Mushroom, Oyster, white (Pleurotus ostreatus)ND0.010.020.270.1174.05Mushroom, Oyster, white (Pleurotus ostreatus)ND0.010.020.230.137.81	SLD049	Jack fruit, raw (Artocarpus heterophyllus)	0.03	0.03	0.18	0.37	0.04	30.70	24.77
Knol - Khol (Brassica oleracea) $0.04$ $0.05$ $0.35$ $0.39$ $0.19$ $12.70$ Knol - Khol, leaves (B. oleracea var. gongylodes) $0.06$ $0.15$ $0.86$ $0.27$ $0.28$ $41.55$ Ladies finger (Abelmoschus esculentus) $0.04$ $0.08$ $0.60$ $0.24$ $0.28$ $70.62$ Lasia shoots (Lasia spinosa)ND $0.02$ $0.02$ $0.10$ $0.24$ $0.28$ $70.62$ Leeks (Allium ampeloprasum)ND $0.02$ $0.02$ $0.10$ $0.25$ $0.17$ $56.76$ Letuce (Lactuca sativa)ND $0.02$ $0.10$ $0.12$ $0.12$ $0.17$ $74.63$ Malabar spinach (Basella alba) $ 0.04$ $0.01$ $0.18$ $0.12$ $0.16$ $37.48$ Malabar spinach (Basella alba) $ 0.01$ $0.02$ $0.29$ $0.11$ $74.05$ Mushroom, Oyster, white (Pleurotus ostreatus)ND $0.01$ $0.02$ $0.12$ $0.12$ $0.14$ $0.14$ No $0.01$ $0.02$ $0.02$ $0.02$ $0.12$ $0.06$ $0.16$ $0.16$ $37.48$ Mushroom, Oyster, white (Pleurotus ostreatus)ND $0.01$ $0.01$ $0.02$ $0.12$ $0.14$ $0.14$ NoND $0.02$ $0.02$ $0.02$ $0.02$ $0.01$ $0.01$ $0.01$ $0.01$ Nushroom, Oyster, white (Pleurotus ostreatus)ND $0.01$ $0.01$ $0.02$ $0.01$ $0.01$ $0.01$ $0.01$ $0.01$	SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	0.06	0.02	0.18	0.36	0.08	58.91	15.24
Knol- Khol, leaves (B. oleracea var. gongylodes)         0.06         0.15         0.86         0.27         0.28         41.55           Ladies finger (Abelmoschus esculentus)         0.04         0.08         0.60         0.24         0.28         70.62           Lasia shoots (Lasia spinosa)         ND         0.09         0.00         0.10         0.24         0.17         56.76           Leeks (Allium ampeloprasum)         ND         0.02         0.43         0.25         0.19         42.63           Lettuce (Lactuca sativa)         0.04         0.01         0.18         0.12         0.19         74.63           Malabar spinach (Basella alba)         0.04         0.01         0.18         0.12         0.19         74.05           Malabar spinach (Basella alba)         -         0.06         0.33         0.12         0.11         74.05           Malob spinach (Wangifera indica)         0.01         0.02         0.29         0.11         74.05           Mushroom, Oyster, white (Pleurotus ostreatus)         ND         0.02         0.27         0.12         0.14         74.05	SLD051	Knol - Khol ( <i>Brassica oleracea</i> )	0.04	0.05	0.35	0.39	0.19	12.70	77.64
Ladies finger (Abelmoschus esculentus)         0.04         0.08         0.60         0.24         0.28         70.62           Lasia shoots (Lasia spinosa)         ND         0.02         0.10         0.17         56.76           Leeks (Allium ampeloprasum)         ND         0.02         0.43         0.12         0.19         42.63           Lettuce (Lactuca sativa)         0.04         0.10         0.18         0.12         0.19         74.63           Malabar spinach (Basella alba)         -         0.04         0.10         0.18         0.12         0.06         37.48           Malabar spinach (Basella alba)         -         0.06         0.93         0.12         0.11         74.05           Malos green, raw (Mangifera indica)         0.01         0.02         0.27         0.12         0.14         34.89           Mushroom, Oyster, white (Pleurotus ostreatus)         ND         0.15         0.57         0.13         7.81	SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	0.06	0.15	0.86	0.27	0.28	41.55	71.11
Lasia shoots ( <i>Lasia spinosa</i> )         ND         0.02         0.10         0.54         0.17         56.76           Leeks ( <i>Allium ampeloprasum</i> )         ND         0.02         0.43         0.19         42.63           Lettuce ( <i>Lactuca sativa</i> )         0.04         0.10         0.18         0.12         10.66         37.48           Malabar spinach ( <i>Basella alba</i> )         -         0.06         0.93         0.12         0.01         74.05           Mango, green, raw ( <i>Mangifera indica</i> )         0.01         0.02         0.27         0.12         0.14         74.05           Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )         ND         0.15         0.27         0.12         0.14         74.05	SLD053	Ladies finger (Abelmoschus esculentus)	0.04	0.08	0.60	0.24	0.28	70.62	24.48
Leeks (Allium ampeloprasum)       ND       0.02       0.43       0.25       0.19       42.63         Lettuce (Lactuca sativa)       0.04       0.10       0.18       0.16       37.48         Malabar spinach (Basella alba)       -       0.06       0.93       0.29       0.11       74.05         Mango, green, raw (Mangifera indica)       0.01       0.02       0.27       0.12       0.14       34.89         Mushroom, Oyster, white (Pleurotus ostreatus)       ND       0.15       0.67       0.53       0.13       7.81	SLD054	Lasia shoots (Lasia spinosa)	ND	0.02	0.10	0.54	0.17	56.76	5.56
Lettuce (Lactuca sativa)         0.04         0.10         0.18         0.06         37.48           Malabar spinach (Basella alba)         -         0.06         0.93         0.11         74.05           Mango, green, raw (Mangifera indica)         0.01         0.02         0.27         0.12         0.14         34.89           Mushroom, Oyster, white (Pleurotus ostreatus)         ND         0.15         0.67         0.53         0.13         7.81	SLD055	Leeks (Allium ampeloprasum)	ND	0.02	0.43	0.25	0.19	42.63	4.65
Malabar spinach ( <i>Basella alba</i> )         -         0.06         0.93         0.11         74.05           Mango, green, raw ( <i>Mangifera indica</i> )         0.01         0.02         0.27         0.12         0.14         34.89           Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )         ND         0.15         0.67         0.53         0.13         7.81	SLD056	Lettuce (Lactuca sativa)	0.04	0.10	0.18	0.12	0.06	37.48	11.64
Mango, green, raw (Mangifera indica)         0.01         0.02         0.27         0.12         0.14         34.89           Mushroom, Oyster, white (Pleurotus ostreatus)         ND         0.15         0.67         0.53         0.13         7.81	SLD057	Malabar spinach ( <i>Basella alba</i> )	ı	0.06	0.93	0.29	0.11	74.05	10.26
Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> ) ND 0.15 0.67 0.53 0.13 7.81	SLD058	Mango, green, raw (Mangifera indica)	0.01	0.02	0.27	0.12	0.14	34.89	91.63
	SLD059	Mushroom, Oyster, white (Pleurotus ostreatus)	ND	0.15	0.67	0.53	0.13	7.81	11.56

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	Total Folate	Total Ascorbic
code		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	Acid
		THIA	RIBF	NIA	PANTAC	<b>VITB6C</b>	FOLSUM	VITC
		тд	тg	тд	вш	тд	рц	тд
SLD060	Onion, stalk (Allium cepa)	0.02	0.04	0.12	0.17	0.18	56.80	23.38
SLD061	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>chinensis</i> )	0.02	0.22	0.66	0.31	0.96	98.50	55.60
SLD062	Papaya, raw ( <i>Carica papaya</i> )	0.02	0.04	0.14	0.20	0.03	30.09	20.08
SLD063	Parsley (Petroselinum crispum)	0.19	0.10	0.36	0.20	0.19	197	133
SLD064	Passion fruit leaves (Passiflora edulis)	ND	0.19	0.80	0.57	0.42	81.59	73.21
SLD065	Plantain, ash ( <i>Musa paradisiaca</i> )	ND	0.02	2.39	0.50	0.07	6.82	4.49
SLD066	Plantain, ash, peels (Musa paradisiaca)	ND	0.01	1.15	0.38	0.04	24.29	20.87
SLD067	Plantain, flower ( <i>Musa x paradisiaca</i> )	0.02	0.02	0.27	0.24	0.12	40.51	8.16
SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	0.01	0.05	0.34	0.26	0.10	19.12	24.48
SLD069	Plantain, stem ( <i>Musa x paradisiaca</i> )	0.02	0.02	0.17	0.39	0.15	13.64	2.05
SLD070	Pumpkin leaves, tender (Cucurbita maxima)	0.06	0.12	1.39	0.35	0.14	40.60	12.22
SLD071	Pumpkin, common ( <i>Cucurbita maxima)</i>	ND	0.02	0.62	0.20	0.09	17.72	8.73
SLD072	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	0.03	0.02	0.44	0.16	0.05	31.60	7.29
SLD073	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	0.03	0.03	0.42	0.16	0.06	24.54	8.73
SLD074	Radish leaves (Raphanus sativus)	0.06	0.18	0.58	0.13	0.14	45.74	91.58
SLD075	Ridge gourd ( <i>Luffa acutangula</i> )	0.02	0.01	0.22	0.32	0.07	25.48	6.41
SLD076	Sessile joyweed (Alternanthera sessilis)	ND	0.09	0.70	0.54	0.27	96.14	3.24
SLD077	Snake gourd, dark green ( <i>Trichosanthes anguina)</i>	0.03	0.03	0.33	0.27	0.07	16.52	2.85
SLD078	Snake gourd, pale green (Trichosanthes anguina)	0.04	0.03	0.31	0.28	0.12	18.09	3.54
SLD079	Spiny gourd ( <i>Momordica dioica</i> )	ND	0.04	0.26	0.40	0.12	21.51	51.27
SLD080	Sweet leaf (Sauropus androgynus)	ND	0.18	0.15	0.57	1.07	117	29.10
SLD081	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	0.12	0.03	0.79	0.30	0.14	91.82	28.22
SLD082	Tomato, green (Lycopersicon esculentum)	0.08	0.06	0.35	0.29	0.07	14.11	13.19
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	0.04	0.02	0.48	0.19	0.08	11.80	19.21
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	0.03	0.03	0.52	0.19	0.09	20.16	25.58
SLD085	Turkey berry (Solanum torvum)	ND	0.03	1.23	0.16	1.02	72.39	10.80
SLD086	Water spinach (Ipomoea aquatica)	ND	0.07	1.98	0.40	0.41	134	2.95
SLD087	Winged bean (Psopocarpus tetragonolobus)	ND	0.08	0.80	0.37	0.40	33.69	19.82
SLD088	Zucchini, green (Cucurbita pepo)	0.05	0.09	1.03	0.99	0.25	18.85	15.78
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	0.03	0.02	0.42	0.72	0.20	21.50	16.71

**Table 4. MAJOR MINERALS** 

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
code						
		CA	Р	MG	NA	К
		mg	mg	mg	mg	mg
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	258	85.50	209	18.91	623
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	245	75.98	177	14.58	564
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	359	77.26	168	14.81	571
SLD004	Ambarella ( <i>Spondias dulcis</i> )	20.70	14.60	9.28	5.99	174
SLD005	Ash gourd ( <i>Benincasa hispida</i> )	19.27	26.35	23.62	0.56	312
SLD006	Bean, scarlet, tender (Phaseolus coccineus)	35.68	62.55	45.56	1.17	163
SLD007	Beans, fava ( <i>Vicia faba</i> )	67.95	73.73	38.69	20.28	352
SLD008	Beans, field, tender, ( <i>Dolichos lablab</i> )	69.77	61.18	33.49	14.10	252
SLD009	Beans, French, country (Phaseolus vulgaris)	60.45	77.95	50.12	8.68	389
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris)</i>	49.90	45.90	34.98	9.18	317
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	44.22	52.73	33.17	5.46	304
SLD012	Beet greens ( <i>Beta vulgaris</i> )	172	33.85	113	75.00	486
SLD013	Bitter gourd, elongate ( <i>Momordica charantia</i> )	25.19	41.42	35.81	12.98	323
SLD014	Bitter gourd, short ( <i>Momordica charantia</i> )	16.29	32.15	32.12	12.61	235
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	18.57	14.27	10.64	1.51	141
SLD016	Bottle gourd, round ( <i>Lagenaria vulgaris</i> )	15.05	16.99	10.89	1.52	116
SLD017	Brinjal, Chinese eggplant (Solanum melongena)	14.40	29.51	21.18	3.04	178
SLD018	Brinjal, little prince eggplant (Solanum melongena)	12.38	31.85	19.62	3.07	247
SLD019	Brinjal, pandora striped (Solanum melongena)	18.95	26.81	18.00	3.00	260
SLD020	Brinjal, Thai eggplant <i>(Solanum melongena)</i>	17.24	38.69	37.22	3.74	187
SLD021	Cabbage, Chinese (Brassica rapa)	58.46	33.05	11.51	20.28	258
SLD022	Cabbage, collard, greens ( <i>B. oleracea</i> var. <i>viridis</i> )	170	54.67	45.90	22.98	292
SLD023	Cabbage, green (B. oleracea var. capitata f. alba)	56.85	27.68	18.47	18.05	213
SLD024	Cabbage, violet (B. oleracea var. capitata f. rubra)	NA	20.32	24.01	22.10	188
SLD025	Canereed leaves (Costus speciosus)	130	22.04	36.33	15.65	573
SLD026	Capsicum, green ( <i>Capsicum annuum</i> )	17.53	21.10	10.90	1.91	157
SLD027	Capsicum, local ( <i>Capsicum annuum</i> )	12.65	24.47	11.21	4.61	240
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	15.73	37.97	27.07	1.74	188
SLD029	Capsicum, yellow (Capsicum annuum)	20.13	58.08	22.53	1.49	185

CA         P           Gassva leaves (Manihot esculenta)         mg         mg         mg           Cassava leaves (Manihot esculenta)         196         56.63           Cauliflower (Brassico oberacea)         22.44         51.40           Calout Stak (Aptimo gueroelnes)         38.41         33.05           Colocasia stews, green (Colocasia antiquorum)         20.55.72         20.31           Colocasia, stem, park (Colocasia antiquorum)         266         55.72           Colocasia, stem, park (Colocasia antiquorum)         2651         8.69           Colocasia, stem, park (Colocasia antiquorum)         26.51         8.69           Colocasia, stem, parker (Colocasia antiquorum)         26.51         8.69           Colocasia, stem, parker (Morring antivus)         27.51         8.69           Counber, Presian counther (Curamis sativus)         27.51         8.69           Counber, Presian counther (Curamis sativus)         27.21         29.51           Counber, Presian counther (Curamis sativus)         27.21         24.20           Dummistick leaves (Morring of epifera)         30.3         37.33           Counber, Presian counther (Curamis sativus)         27.21         24.20           Dummistick leaves (Morring of epifera)         30.3         37.33	Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
mg $mg$ $mg$ Cassava leaves (Manihot exculenta)19656.63Cauliflover (Brassico calcerace)22.4451.40Cauliflover stalk (Apium groutenes)38.4139.05Celevy stalk (Apium groutenes)38.4139.05Cho-cho-marrow (Sechium edule)2.655.7.2Colocasia, stem, black (Colocasia antiquorum)2.665.7.2Colocasia, stem, black (Colocasia antiquorum)2.655.7.2Colocasia, stem, green (Colocasia antiquorum)2.65.130.31Colocasia, stem, green (Colocasia antiquorum)2.2.11029.5.1Colocasia, stem, green (Colocasia antiquorum)2.2.11029.5.1Coucumber, Indian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber, Persian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber, Persian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber, Persian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber, Persian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber (Indian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber (Indian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber (Indian activus)2.3.32.3.3Cucumber (Indian cucumber (Cucumis activus)2.2.21102.9.5.1Cucumber (Indian activus)2.3.32.3.3Cucumber (Indian activus)2.3.32.3.3Cucumber (Indian activus)2.3.32.3.3Cucumber (Indian activus)2.3.32.3.3Cucumber (Indian acti	cone		CA	ď	MG	NA	×
Cassival leaves (Manihot esculenta)19656.63Cassival leaves (Manihot esculenta)23.4451.40Calititovare (Brassica oferacero)23.4451.40Calititovare (Brassica oferacero)20.5524.60Colocasia leaves, green (Colocasia anti-quorum)20.5520.31Colocasia leaves, green (Colocasia anti-quorum)20.4655.72Colocasia leaves, green (Colocasia anti-quorum)20.4620.31Colocasia, stem, black (Colocasia anti-quorum)40.2130.73Con, Baby (Zea mays)20.21020.3130.73Con, Baby (Zea mays)22.1029.5130.73Con, Baby (Zea mays)22.1020.3130.73Con, Baby (Zea mays)22.2120.1020.51Con, Baby (Zea mays)22.2120.1330.73Courmber, Indian cucumber (Cucumis sativus)22.2124.0725.13Cucumber, Manglore (Cucumis sativus)22.2124.0725.13Cucumber, Manglore (Cucumis sativus)22.2734.1320.73Cucumber, Indian cucumber (Cucumis sativus)22.2734.1320.73Cucumber, Manglore (Cucumis sativus)22.2734.1320.73Cucumber, Manglore (Cucumis sativus)22.2734.1320.73Cucumber, Martacorgus netrerophilits)30810.423.23Galden learther fern fiddlehead (A. aureun)21.3332.3332.33Galden learther fern fiddlehead (A. aureun)21.3321.93Hummityline (Boerhovia diffuso)90.1121.33 <th></th> <th></th> <th>mg</th> <th>mg</th> <th>mg</th> <th>mg</th> <th>mg</th>			mg	mg	mg	mg	mg
Cauliflower (Brossica oleraced)21.4451.40Cauliflower (Brossica oleraced)23.4139.05Cho-cho-mar (Settim guorum)21.6555.72Cho-cho-mar (Settim guorum)26.655.72Cho-cho-mar (Settim guorum)26.655.72Colocasia, stem, black (Colocasia antiquorum)29.4620.31Colocasia, stem, peen (Colocasia antiquorum)29.4620.31Colocasia, stem, pieck (Colocasia antiquorum)25.1230.73Courber, Magolore (Cucumis activus)21.1029.51Courber, Indian cucumber (Indian cucumber (Cucumis activus)21.1029.51Cucumber, Indian cucumber (Cucumis activus)21.1029.51Cucumber, Indian cucumber (Cucumis activus)21.1029.51Cucumber, Indian cucumber (Cucumis activus)21.2121.33Cucumber, Indian cucumber (Cucumis activus)21.2121.33Cucumber, Indian cucumber (Cucumis activus)21.2121.33Cucumber, Indian cucumber (Cucumis activus)21.2338.53Cucumber, Indian cucumber (Cucumis activus)21.2338.53Cucumber, Indian cucumber (Cucumis activus)21.3338.53Golden leather fern fiddelhead (A. aureur)33.3334.233Golden leather fern fiddelhead (A. aureur)59.5732.13Horse pursine (Beoerdou of fifuso)57.6557.65Indian pernovort (Centella activito)59.5732.13Indian pernovort (Centella activito)57.5332.13Indian pernovort (Centella activito)59.5732.13 <th></th> <th>ssava leaves (Manihot esculenta)</th> <th>196</th> <th>56.63</th> <th>26.93</th> <th>13.83</th> <th>500</th>		ssava leaves (Manihot esculenta)	196	56.63	26.93	13.83	500
Celery stalk (Aptium graveolens)38.4139.05Cho-cho-marrow (Sechium edule)20.5524.02Cho-cho-marrow (Sechium edule)20.5555.72Clocasia leaves, green (Colocasia antiquorum)29.4655.73Colocasia, stem, black (Colocasia antiquorum)29.4650.31Colocasia, stem, black (Colocasia antiquorum)29.4630.73Cucumber, Mangalore (Cucumis activus)76.518.69Cucumber, Mangalore (Cucumis activus)27.1025.72Cucumber, Mangalore (Cucumis activus)27.1025.73Cucumber, Mangalore (Cucumis activus)27.1025.73Cucumber, Mangalore (Cucumis activus)27.1025.73Cucumber, Persian cucumber (Cucumis activus)27.2127.14Cucumber, Persian cucumber (Cucumis activus)27.2334.13Cucumber, Persian cucumber (Cucumis activus)27.2334.13Cucumber, Mangalore (Cucumis activus)27.2334.13Cucumber, Manigo delferol37.3335.33Cucumber, Manigoli (Lecumis activus)27.3338.17Purmatick leaves (Resoning grantificon)37.3333.23Golden leather fer fiddlehead (A. aureun)27.3337.33Golden leather fer fiddlehead (A. aureun)37.3337.33Golden leather fer furtur av (Antorakor volubilis)96.3127.33Hurnmingbird tree leaves (Resoning grantiforod)96.3127.33Jack fruit, ave (Muri av (Antorakor volubilis)97.3337.33Jack fruit, ave (Muri av (Antorakor volubilis)97.33 <t< th=""><th>-</th><th>uliflower (Brassica oleracea)</th><th>22.44</th><th>51.40</th><th>18.52</th><th>34.32</th><th>291</th></t<>	-	uliflower (Brassica oleracea)	22.44	51.40	18.52	34.32	291
Cho-cho-marrow (Sechium edule)20.5524.02Clocasia leaves, green (Colocasia anti-quorum)26655.72Colocasia, stem, black (Colocasia antiquorum)29.4620.31Colocasia, stem, black (Colocasia antiquorum)76.518.69Colocasia, stem, green (Colocasia antiquorum)76.518.69Colocasia, stem, green (Colocasia antiquorum)27.518.69Colocasia, stem, green (Colocasia antiquorum)25.7234.13Corumber, Indian cucumber (Cucumis sativus)25.7234.13Cucumber, Mangalore (Cucumis sativus)25.7234.13Cucumber, Mangalore (Cucumis sativus)25.7234.13Cucumber, Mangalore (Cucumis sativus)27.2140.07Dumstick (Moringo oleffera)30.83.6534.13Garden cress (Lepidium sativus)27.2338.53Golden leather frem fiduded volubilis)31.3355.7234.13Horse purslane (Boerhovia diffuso)31.3355.7234.13Horse purslane (Boerhovia diffuso)37.3337.3332.19Indimingbird tree leaves (Sestonia grandiffora)90157.6257.62Indian entiver (Leavel a solatica)37.3337.3332.19Indian entiver (Artocarpus heterophyllus)37.3332.1334.13Indian entiver (Laterla ascincia)37.3332.1334.73Indian sativa37.3337.3332.1334.73Indian sativa37.3337.3334.1334.13Indian sativa37.3437.3337.33 <th>-</th> <th>lery stalk (Apium graveolens)</th> <th>38.41</th> <th>39.05</th> <th>11.41</th> <th>10.63</th> <th>289</th>	-	lery stalk (Apium graveolens)	38.41	39.05	11.41	10.63	289
Colocasia leaves, green (Colocasia anti-quorum)26655.72Colocasia, stem, black (Colocasia antiquorum)29.4620.31Colocasia, stem, black (Colocasia antiquorum)40.2130.73Consais, stem, black (Colocasia antiquorum)21.1029.51Corn, Baby Zee mays)25.118.69Corn, Baby Zee mays)25.1229.51Corn, Baby Zee mays)27.1029.51Corn, Baby Zee mays)27.1029.51Corn, Baby Zee mays)27.1029.51Curumber, Mangalore (Cucumis sativus)22.1029.51Cucumber, Mangalore (Cucumis sativus)22.2729.51Cucumber, Mangalore (Cucumis sativus)22.2727.13Cucumber, Mangalore (Cucumis sativus)22.2727.13Drumstick Ieaves (Moring o elefera)30.8104Garden cress (Lepidium sativum)31.3338.13Golden leater fem fildehead (A. aureum)23.3338.13Golden leater (Morindan olubilis)31.3337.62Horse pursine (Boerhovid diffusi)37.3233.13Horse pursine (Reneulo asiatico)90.127.93Jack fruit, rav (Artocorpus heterophyllus)90.337.32Jack fruit, rav (Artocorpus heterophyllus)91.0057.09Jack fruit, rav (Artocorpus heterophyllus)92.2192.21Jack fruit, rav (Artocorpus heterophyllus)92.2331.63Jack fruit, rav (Artocorpus heterophyllus)92.2331.63Jack fruit, rav (Artocorpus heterophyllus)92.2657.99Jack	-	o-cho-marrow (Sechium edule)	20.55	24.02	13.02	1.24	141
Colocasia, stem, black (Colocasia antiquorum)29.4620.31Colocasia, stem, green (Colocasia antiquorum)76.518.69Colocasia, stem, green (Colocasia antiquorum)76.5130.73Cucumber, Indian cucumber (Cucumis sativus)22.1029.51Cucumber, Indian cucumber (Cucumis sativus)25.7234.13Cucumber, Mangalore (Cucumis sativus)25.7234.13Cucumber, Mangalore (Cucumis sativus)22.2734.13Cucumber, Mangalore (Cucumis sativus)30.810.4Garden cress (Lepidium sativus)30.810.4Garden cress (Lepidium sativus)33.338.3Golden leather fern fiddlehead (A. aureum)11.3059.57Garden cress (Lepidium sativus)33.333.3Golden leather fern fiddlehead (A. aureum)33.332.23Green milkweed climber (Wattakaka volubilis)33.333.3Hurningbird tree leaves (Sestoning grandiflora)90.127.32Indian pentywort (Cerrella activation)33.332.33Jack fruit, seed, mature (Artocarpus heterophyllus)59.5732.13Indian pentywort (Mangalore Sestentus)57.5057.59Laking Ringer (Abelmoscaus seculentus)57.5057.59Laking Ringer (Abelmoscaus seculentus)57.5057.59 </th <th>-</th> <th>locasia leaves, green (<i>Colocasia anti-quorum)</i></th> <th>266</th> <th>55.72</th> <th>72.12</th> <th>15.21</th> <th>314</th>	-	locasia leaves, green ( <i>Colocasia anti-quorum)</i>	266	55.72	72.12	15.21	314
Colocasia, stem, green (Colocasia antiquorum)40.2130.73Courmber, Indian curumber, Indian curumber, Indian curumber (Curums sativus)76.51 $36.9$ Curumber, Indian curumber (Curums sativus)22.10 $29.51$ Curumber, Persian curumber (Curums sativus)23.13 $7.53$ Cucumber, Persian curumber (Curums sativus)23.21 $34.13$ Cucumber, Persian curumber (Curums sativus)25.12 $34.13$ Cucumber, Persian curumber (Curums sativus)23.22 $34.13$ Cucumber, Persian curumber (Moringo oleifera)22.27 $4.05$ Drumstick (Moringo oleifera)23.33 $33.33$ Gaden terse (Leptium sativum)23.33 $33.33$ Gaden leather fern fiddlehead (A. aureum)23.33 $33.33$ Gareen milkweed climber (Wattakaka volubilis) $33.33$ $42.33$ Hurse purslane (Boerhovia diffuso) $901$ $37.32$ $32.33$ Idere leaves (Seabonia gradiffora) $901$ $37.32$ $32.23$ Jack fruit, raw (Artocarus heterophyllus) $37.32$ $37.32$ Jack fruit, seed, mature (Artocarus heterophyllus) $37.32$ $37.32$ Jack fruit, seed, mature (Artocarus heterophyllus) $37.32$ $37.32$ Jack fruit, seed, mature (Artocarus heterophyllus) $901$ $25.22$ Jack fruit, seed, mature (Artocarus heterophyllus) $901$ $27.32$ Jack fruit, seed, mature (Artocarus heterophyllus) $901$ $27.32$ Jack fruit, seed, mature (Artocarus heterophyllus) $901$ $27.32$ Jack fruit, area (Materophyllus) $901$ <td< th=""><th>-</th><th>locasia, stem, black (<i>Colocasia antiquorum)</i></th><th>29.46</th><th>20.31</th><th>11.07</th><th>0.45</th><th>381</th></td<>	-	locasia, stem, black ( <i>Colocasia antiquorum)</i>	29.46	20.31	11.07	0.45	381
Corn, Baby (Zea mays)76.518.69Cucumber, Indian cucumber (Cucumis sativus)22.1029.51Cucumber, Managlore (Cucumis sativus)25.7229.51Cucumber, Managlore (Cucumis sativus)25.7229.51Cucumber, Managlore (Cucumis sativus)27.0525.13Cucumber, Managlore (Cucumis sativus)22.2724.07Cucumber (Moring oleifera)308104Drumstick (Moring oleifera)22.2338.53Golden leather fran fiddlehead (A. aureum)22.3338.53Golden leather fran fiddlehead (A. aureum)22.3338.33Golden leather (Wattakak volubilis)38338.33Hormstick leaves (Moring oleifera)38.338.33Golden leather (Vattakak volubilis)38.338.17Hummingbird tree leaves (Sesbarin grandiflora)90127.62Idian pennywort (Centella asiatica)37.3233.13Jack fruit, raw (Artocorpus heterophyllus)37.3232.19Knol - Khol, leaves (Moring oleca)37.3232.19Knol - Khol, leaves (Jacea var. gongylodes)36.3121.93Leeks (Allium anpeloprasum)92.2657.99Leeks (Allium anpeloprasum)22.2831.24Leeks (Allium anpeloprasum)10.5612.77Leeks (Allium anpeloprasum)23.2831.24Malabar spinod165.61165.61Malabar spinod165.61165.61Malabar spinod165.61165.61Malabar spinod165.61165.61Malabar spinod<	-	locasia, stem, green (Colocasia antiquorum)	40.21	30.73	19.56	0.60	414
Cucumber, Indian cucumber (Cucumis sativus)22.1029.51Cucumber, Mangalore (Cucumis sativus)25.7224.07Cucumber, Persian cucumber (Cucumis sativus)25.7234.13Cucumber, Persian cucumber (Cucumis sativus)25.7234.13Drumstick (Moring a olejfera)30810.4Drumstick leaves (Moring a olejfera)30810.4Garden cress (Iveridia sativus)30810.4Garden cress (Iveridia sativus)32338.17Hummingbird tree leaves (Section grandiflora)11.3057.62Hummingbird tree leaves (Section grandiflora)90152.52Indian pernywort (Centella satistica)90152.52Indian pernywort (Centella satistica)90127.93Jack fruit, raw (Artocarpus heterophyllus)40.0832.19Knol - Khol (Brassica olerace)37.3232.19Lack fruit, raw (Artocarpus heterophyllus)96.3121.93Lack fruit, raw (Artocarpus heterophyllus)96.3127.93Lack fruit, raw (Artocarpus heterophyllus)96.3127.93Lack fruit, raw (Artocarpus heterophyllus)96.3127.93Knol - Khol (Brassica olerace)97.6937.32Lack fruit, raw (Artocarpus heterophyllus)97.6927.93Knol - Khol (Brassica olerace)97.6927.93Lack fruit, raw (Artocarpus heterophyllus)97.2657.93Knol - Khol (Brassica olerace)97.6927.93Lack fruit arge frager (Abelmoschus esculentus)97.2657.93Lacks frager frager fra	-	ırı, Baby ( <i>Zea mays)</i>	76.51	8.69	25.47	1.40	260
Cucumber, Mangalore (Cucumis sativus)25.7234.13Cucumber, Persian cucumber (Cucumis sativus)14.0525.13Drumstick (Moringo oleifera)14.0522.2742.07Drumstick leaves (Moringo oleifera)30810.4Garden leather fem fiddlehead (A aureum)22.3338.53Golden leather fem fiddlehead (A aureum)23.3338.35Golden leather fem fiddlehead (A aureum)33342.33Golden leather fem fiddlehead (A aureum)33338.17Green milkweed climber (Wattakak volubilis)38342.33Horse purslane (Boerhavia diffusa)38342.33Hummingbird tree leaves (Sesbania grandiflora)90152.52Indian pennywort (Centella asiatica)90152.52Jack fruit, raw (Artocarpus heterophyllus)96.3121.193Jack fruit, raw (Artocarpus heterophyllus)37.3232.23Jack fruit, raw (Artocarpus heterophyllus)96.3127.93Ladies finger (Abelmoschus esculentus)91.05040.09Ladies finger (Abelmoschus esculentus)92.2657.99Ladies finger (Abelmoschus esculentus)19.5012.77Leeks (Alliun ampeloprosum)58.2331.63Madaar spinach (Baseid adu)58.2331.63Madaar spinach (Baseid adu)58.2331.63Madaar spinach (Manafiera indica)58.2331.63Madaar spinach (Baseid adu)16.3729.26Madaar spinach (Baseid adu)58.2331.63Madaar spinach (Baseid adu)58.2331.6		cumber, Indian cucumber (Cucumis sativus)	22.10	29.51	18.22	6.13	266
Cucumber, Persian cucumber (Cucumis sativus)14.0525.13Drumstick (Moringa oleifera)22.2722.3742.07Drumstick Ieaves (Moringa oleifera)308104Drumstick Ieaves (Moringa oleifera)308104Garden cress (Lepidium sativum)30810.4Garden cress (Lepidium sativum)22.338.53Golden leather fern fiddlehead (A. aureum)22338.53Golden leather fern fiddlehead (A. aureum)11.3057.62Golden leather fern fiddlehead (A. aureum)33342.07Green milkweed climber (Wattakak volubilis)38342.33Hommingniv dread (B. aureum)59.5738.17Hummingniv dread sestoric90.152.52Indian penivk (Centella Sestoric)90.152.52Jack fruit, raw (Artocarpus heterophyllus)37.3232.23Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.23Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.23Ladies finger (Abelmoschus esculentus)95.2657.02Ladies finger (Abelmoschus esculentus)92.2657.92Ladies finger (Abelmoschus esculentus)22.2332.23Leeks (Allium ampeloprasum)23.2332.23Leeks (Allium ampeloprasum)23.2331.24Malabar spinaka)58.2331.24Malabar spinaka)58.2331.24Malabar spinaka)58.2331.24Malabar spinaka)58.2331.24Malabar spinaka)58.2331.24 </th <th>-</th> <th>cumber, Mangalore (Cucumis sativus)</th> <th>25.72</th> <th>34.13</th> <th>26.20</th> <th>8.06</th> <th>229</th>	-	cumber, Mangalore (Cucumis sativus)	25.72	34.13	26.20	8.06	229
Drumstick (Moringa oleifera)22.2742.07Drumstick (Moringa oleifera)308104Drumstick leaves (Moringa oleifera)308104Garden cress (Lepidium sativum)308104Golden leather fern fiddlehead (A aureum)22338.53Golden leather fern fiddlehead (A aureum)11.3057.62Golden leather fern fiddlehead (A aureum)33342.33Golden leather fern fiddlehead (A aureum)33342.33Green milkweed climber (Wattakaka volubilis)59.5738.17Hummingbird tree leaves (Sesbania grandiflora)90152.52Indian pennywort (Carlell a sitica)90152.52Jack fruit, raw (Artocarpus heterophyllus)37.3232.19Jack fruit, seed, mature (Artocarpus heterophyllus)40.8732.19Knol - Khol, leaves (B. oleracea var. gongylodes)36.855.02Ladies finger (Abelmoschus esculentus)19.5012.77Ladies finger (Abelmoschus esculentus)19.5012.77Ladies finger (Abelmoschus esculentus)29.2831.63Ladies finger (Abelmoschus esculentus)19.5012.77Ladies finger (Abelmoschus esculentus)29.2831.63Ladies finger (A	-	cumber, Persian cucumber (Cucumis sativus)	14.05	25.13	16.22	5.99	149
Drumstick leaves (Moringa oleifera)308104Garden cress (Lepidium sativum)22338.53Garden cress (Lepidium sativum)22338.53Golden leather fern fiddlehead (A. aureum)22338.53Green milkweed climber (Wattakaka volubilis)38342.33Horse purslane (Boerhavia diffusa)38359.5738.17Hummingbird tree leaves (Sesbania grandiffora)90152.52Indian pennywort (Centella asiatica)96.3121.93Jack fruit, raw (Artocarpus heterophyllus)37.3232.19Jack fruit, raw (Artocarpus heterophyllus)37.3232.19Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.19Indian pennywort (Centella asiatica)37.3232.19Jack fruit, seed, mature (Artocarpus heterophyllus)96.3121.93Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.19Knol - Khol, leaves (B. oleracea var. gongylodes)95.3131.16Knol - Khol, leaves (B. oleracea var. gongylodes)92.2657.99Ladies finger (Abelmoschus esculentus)92.2657.91Ladies finger (Abelmoschus esculentus)92.2657.91Ladies finger (Abelmoschus esculentus)92.2831.63Ladies finger (Abelmoschus esculentus)95.2331.24Ladies finger (Abelmoschus esculentus)95.2831.63Ladies finger (Abelmoschus esculentus)95.2831.63Ladies finger (Abelmoschus esculentus)95.2831.63 <trr<tr>Ladies finger (Abelmoschus escule</trr<tr>		umstick (Moringa oleifera)	22.27	42.07	28.51	21.99	336
Garden cress (Lepidium sativum)22338.53Golden leather fern fiddlehead (A. aureum)11.3057.62Golden leather fern fiddlehead (A. aureum)11.3057.62Green milkweed climber (Wattakaka volubilis)33342.33Horse purslane (Boerhavia diffusa)38342.33Hummingbird tree leaves (Sesbania grandiflora)90155.52Indian pennywort (Centella asiatica)90152.52Jack fruit, raw (Artocarpus heterophyllus)96.3121.93Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.23Knol - Khol, leaves (B. oleracea)37.3232.19Knol - Khol, leaves (B. oleracea var. gongylodes)96.3121.93Ladies finger (Abelmoschus esculentus)92.2657.99Ladies finger (Abelmoschus esculentus)95.0212.77Leeks (Allium ampeloprosum)29.2831.63Malabar spinach (Basella alba)16340.09Mango, green, raw (Manaifera indica)28.5615.39Mango, green, raw (Manaifera indica)28.5615.35		umstick leaves ( <i>Moringa oleifera</i> )	308	104	97.12	8.70	399
Golden leather fern fiddlehead (A. aureum)11.3057.62Green milkweed climber (Wattakaka volubilis)38342.33Horse purslane (Boerhavia diffusa)38342.33Hummingbird tree leaves (Sesbania grandiflora)90159.57Nummingbird tree leaves (Sesbania grandiflora)90152.52Indian pennywort (Centella asiatica)90337.32Jack fruit, raw (Artocarpus heterophyllus)96.3121.93Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.19Knol - Khol, leaves (B. oleracea)40.8736855.02Knol - Khol, leaves (B. oleracea var. gongylodes)92.2657.99Ladies finger (Abelmoschus esculentus)19.5012.77Leaks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca softvo)58.2331.24Malabar spinach (Basella alba)16344.79Mango, green, raw (Mandifera indica)28.5613.59	-	irden cress ( <i>Lepidium sativum</i> )	223	38.53	79.86	25.31	380
Green milkweed climber ( <i>Wattakaka volubilis</i> )38.342.33Horse purslane ( <i>Boerhavia diffusa</i> )59.5738.17Hummingbird tree leaves ( <i>Sesbania grandiflora</i> )90152.52Indian pennywort ( <i>Centella asiatica</i> )96.3121.93Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )96.3121.93Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )37.3232.23Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )40.8732.19Knol - Khol, leaves ( <i>B. oleracea</i> )36855.02Ladies finger ( <i>Abelmoschus esculentus</i> )92.2657.99Ladies finger ( <i>Abelmoschus esculentus</i> )19.5012.77Lekk ( <i>Allium ampeloprasum</i> )29.2831.63Lettuce ( <i>Lactuca sativa</i> )58.2331.63Malabar spinach ( <i>Basella alba</i> )16358.23Mango, green, raw ( <i>Manaifera indica</i> )28.5613.59Mango, green, raw ( <i>Manaifera indica</i> )28.5613.59Mango, green, raw ( <i>Manaifera indica</i> )28.5613.59	-	olden leather fern fiddlehead <i>(A. aureum)</i>	11.30	57.62	23.75	13.77	491
Horse purslane (Boerhavia diffusa)59.5738.17Hummingbird tree leaves (Sesbania grandiflora)90152.52Indian pennywort (Centella asiatica)90152.52Jack fruit, raw (Artocarpus heterophyllus)96.3121.93Jack fruit, seed, mature (Artocarpus heterophyllus)96.3121.93Jack fruit, seed, mature (Artocarpus heterophyllus)40.8732.19Knol - Khol, leaves (B. oleracea)40.0943.16Knol - Khol, leaves (B. oleracea var. gongylodes)36855.02Ladies finger (Abelmoschus esculentus)92.2657.99Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59	-	een milkweed climber ( <i>Wattakaka volubilis)</i>	383	42.33	56.08	37.75	233
Hummingbird tree leaves (Sesbaria grandiflora)90152.52Indian pennywort (Centella asiatica)96.315.3.19Jack fruit, raw (Artocarpus heterophyllus)96.3121.93Jack fruit, seed, mature (Artocarpus heterophyllus)37.3232.23Jack fruit, seed, mature (Artocarpus heterophyllus)40.8732.19Knol - Khol, leaves (B. oleracea)40.0943.16Knol - Khol, leaves (B. oleracea var. gongylodes)36855.02Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59		orse purslane ( <i>Boerhavia diffusa</i> )	59.57	38.17	42.93	53.50	252
Indian pennywort ( <i>Centella asiatica</i> )96.3121.93Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )37.3232.23Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )37.3232.19Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )40.8732.19Knol - Khol, leaves ( <i>B. oleracea</i> )40.0943.16Knol - Khol, leaves ( <i>B. oleracea</i> var. gongylodes)36855.02Ladies finger ( <i>Abelmoschus esculentus</i> )92.2657.99Lasia shoots ( <i>Lasia spinosa</i> )19.5012.77Leeks ( <i>Allium ampeloprasum</i> )29.2831.63Lettuce ( <i>Lactuca sativa</i> )29.2831.63Malabar spinach ( <i>Basella alba</i> )16344.79Mango, green, raw ( <i>Manaifera indica</i> )28.5613.59		immingbird tree leaves (Sesbania grandiflora)	901	52.52	96.64	18.12	674
Jack fruit, raw (Artocarpus heterophyllus)37.3232.23Jack fruit, seed, mature (Artocarpus heterophyllus)40.8732.19Jack fruit, seed, mature (Artocarpus heterophyllus)40.8732.19Knol - Khol (Brassica oleracea)40.0943.16Knol - Khol, leaves (B. oleracea var. gongylodes)36855.02Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)29.2831.63Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59		dian pennywort ( <i>Centella asiatica</i> )	96.31	21.93	41.42	46.29	381
Jack fruit, seed, mature (Artocarpus heterophyllus)40.8732.19Knol - Khol (Brassica oleracea)40.0943.16Knol - Khol, leaves (B. oleracea var. gongylodes)36855.02Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)29.2831.63Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59	·	ck fruit, raw (Artocarpus heterophyllus)	37.32	32.23	26.08	3.89	341
Knol - Khol (Brassica oleracea)40.0943.16Knol - Khol, leaves (B. oleracea var. gongylodes)36855.02Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)29.2831.63Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59		ck fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	40.87	32.19	50.14	3.87	459
Knol - Khol, leaves (B. oleracea var. gongylodes)36855.02Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)29.2831.63Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59		ol - Khol (Brassica oleracea)	40.09	43.16	19.35	27.46	367
Ladies finger (Abelmoschus esculentus)92.2657.99Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)29.2831.24Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59		ol - Khol, leaves (B. oleracea var. gongylodes)	368	55.02	66.00	26.80	309
Lasia shoots (Lasia spinosa)19.5012.77Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)58.2331.24Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59		dies finger (Abelmoschus esculentus)	92.26	57.99	55.23	7.58	254
Leeks (Allium ampeloprasum)29.2831.63Lettuce (Lactuca sativa)58.2331.24Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59	_	sia shoots ( <i>Lasia spinosa</i> )	19.50	12.77	20.32	13.87	120
Lettuce (Lactuca sativa)58.2331.24Malabar spinach (Basella alba)16344.79Mango, green, raw (Manaifera indica)28.5613.59	_	eks (Allium ampeloprasum)	29.28	31.63	11.77	14.93	252
Malabar spinach (Basella alba)     163     44.79       Mango, green, raw (Manaifera indica)     28.56     13.59		ttuce (Lactuca sativa)	58.23	31.24	36.89	18.39	228
Mango, green, raw ( <i>Manaifera indica</i> ) 28.56 13.59		alabar spinach ( <i>Basella alba</i> )	163	44.79	61.37	64.51	409
		Mango, green, raw ( <i>Mangifera indica</i> )	28.56	13.59	17.74	33.08	165
SLD059 Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> ) 0.90 46.82 14.		ushroom, Oyster, white ( <i>Pleurotus ostreatus)</i>	0.90	46.82	14.42	9.04	317

Code         Constrained         Constrainclusion         Constrained	Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
CA         P         MG         NA           Onlon, staft ( <i>Mium cepi</i> )         33.1         31.2         11.4         31.3         11.4	code						
mg         mg<			CA	Р	MG	NA	К
Onlow stalk (Mum cero)         35.11         35.11         35.11         35.11         35.11         35.11         35.11         35.11         35.12         35.13         37.45         17.45         17.45         17.45           Park (Colo leaves (Prosting on year, chinensis)         15.0         25.95         45.28         33.73         32.38           Park (Joint paper)         Park (Joint paper)         23.12         21.17         44.84         72.2           Park (Joint paper)         15         74         35.65         35.36         33.75           Park in (Joint paper)         24.9         25.95         55.65         33.75         35.08           Park in (Joint paper)         15         74         25.55         33.75         36.95         33.75           Park in (Joint park proteiscon)         15.61         35.69         41.77         31.43         74.4           Park in (Joint park proteiscon)         15.61         15.75         31.43         74.4         33.75           Park in (Joint park proteiscon)         15.61         15.75         31.43         31.43         31.43           Park in (Joint park proteiscon)         15.61         15.75         31.43         31.45         31.45           Park			mg	mg	mg	mg	mg
Part Chol leaves ( <i>Brasistar ago var. chinensis</i> )         150         25.55         6.528         33.73           Part Chol leaves ( <i>Brasistar ago var. chinensis</i> )         151         72         73           Parsine, <i>Flatting energita</i> )         2311         2114         168         753           Parsine, <i>Flatting energita</i> 3510         2132         2143         5365         15.77           Parsine, <i>Flatting energita</i> 3510         2353         23.66         43.13         53.06           Parsine, <i>flatting energlistica</i> 3510         2353         35.36         35.30         23.66           Parsine, saft ( <i>Nasa x prandistica</i> )         154         35.36         35.30         25.71           Parsine, green ( <i>Nusa x prandistica</i> )         153         35.30         25.72         246         35.33           Parsine, green ( <i>Nusa x prandistica</i> )         153         57.35         57.32         246         35.33         25.72           Parsine, green ( <i>Nusa x prandistica</i> )         153.75         57.85         35.30         25.72         246         35.33         25.72           Parsine, name         Currbite maxima)         13.73         24.55         24.55         24.55         25.23         25.66         25.12	SLD060	Onion, stalk (Allium cepa)	35.21	33.81	74.95	17.45	362
Papaya, taw ( <i>Carcin term propervision</i> )         2.3.12         2.1.74         1.4.84         7.5.2           Parsiery ( <i>Percosinum crigium</i> )         2.3.18         3.3.16         3.3.16         3.3.3.15           Parsiery ( <i>Percosinum crigium</i> )         2.4.1         3.3.1         3.3.16         3.3.16         3.3.16           Parsiery ( <i>Percosinum crigium</i> )         3.5.1         3.5.1         3.5.6         3.3.16         3.3.17           Parsiery ( <i>Percosinum crigium</i> )         3.5.1         3.5.1         3.3.2         3.3.3.1         3.3.3           Parsier, flower ( <i>Musa x paradisaca</i> )         13.1.1         13.3.5         3.3.3         3.3.3         3.3.3           Partin, flower ( <i>Musa x paradisaca</i> )         13.1.1         13.3.5         3.3.3         3.3.3         3.3.3           Partin, flower ( <i>Musa x paradisaca</i> )         13.1.1         13.3.5         3.3.3         3.3.3         3.3.3           Paratin, flower ( <i>Musa x paradisaca</i> )         13.1.1         13.3.5         3.3.3         3.3.3         3.3.3           Paratin, flower ( <i>Musa x paradisaca</i> )         13.1.1         13.3.5         3.3.3         3.3.3         3.3.3           Paratin, flower ( <i>Musa x paradisaca</i> )         13.1.1         13.3.5         3.3.3         3.3.3         3.3.3 <t< th=""><th>SLD061</th><th>Pak Choi leaves (Brassica rapa var. chinensis)</th><th>150</th><th>25.95</th><th>45.28</th><th>33.73</th><th>250</th></t<>	SLD061	Pak Choi leaves (Brassica rapa var. chinensis)	150	25.95	45.28	33.73	250
Parsky (Petroseinum crigum)         288         78-56         51-36         53-36         53-36         53-36         53-36         53-36         53-36         53-36         53-36         53-36         53-36         53-36         53-36         53-37         74-46         74-76         74-36         74	SLD062	Papaya, raw ( <i>Carica papaya</i> )	23.12	21.74	14.84	7.52	177
Passion furt leaves, <i>fraction calits</i> )         248         4330         53.62         15.77           Partain, as, <i>h</i> ( <i>Muso prodisica</i> )         13.6         13.5         13.25         13.25           Partain, as, <i>h</i> ( <i>Muso prodisica</i> )         13.6         13.6         23.55         13.25           Plantain, <i>as, h</i> ( <i>Muso prodisica</i> )         13.12         246         24.6         24.6           Plantain, <i>green</i> ( <i>Muso x prodisica</i> )         13.12         257         24.6         24.3           Partain, <i>streen</i> ( <i>Muso x prodisica</i> )         13.12         257         24.6         24.3           Pumplin, <i>Jousey x prodisica</i> )         13.12         255         24.5         24.5         24.6           Pumplin, <i>Jousey x prodisica</i> )         13.12         255         24.5         24.5         24.5           Pumplin, <i>Jound</i> ( <i>Curubita maxima</i> )         13.75         24.5         24.5         24.5         24.6           Pumplin, <i>Jorder</i> ( <i>Jacubita maxima</i> )         24.10         24.1         24.5         24.6         25.7           Pumplin, <i>Jound</i> ( <i>Juffa acutangula</i> )         24.1         24.4         24.6         26.3         26.6           Ridge gourd ( <i>Luffa acutangula</i> )         24.1         24.4         26.3         26.7         2	SLD063	Parsley (Petroselinum crispum)	288	78.56	49.18	53.08	466
Plantain, ash ( <i>Musa paradislace</i> )         5.19         1065         2.255         13.25           Plantain, ash ( <i>Musa paradislace</i> )         154         2.46         2.46           Plantain, green ( <i>Musa x paradislace</i> )         3.61         3.82         2.46           Plantain, green ( <i>Musa x paradislace</i> )         3.61         3.81         7.47           Plantain, green ( <i>Musa x paradislace</i> )         15.61         3.81         7.47           Plantain, green ( <i>Musa x paradislace</i> )         13.12         3.73         2.46           Plantain, green ( <i>Musa x paradislace</i> )         13.12         3.81         7.47           Pumpkin, green, <i>cy</i> /motid and/mal         13.12         13.12         9.93         5.57           Pumpkin, argen, <i>cy</i> /motid curvatira maxima)         18.17         2.4.10         13.27         5.51           Pumpkin, argen, <i>cy</i> /motid curvatira maxima)         18.17         2.4.10         3.37         5.51           Pumpkin, argen, <i>cy</i> /motid curvatira maxima)         18.17         2.4.10         3.37         5.51           Pumpkin, argen, <i>cy</i> /motid curvatira maxima)         18.17         2.4.57         9.93         5.51           Pumpkin, argen, <i>cy</i> /motid curvatira maxima)         18.73         2.4.57         2.31         5.3           <	SLD064	Passion fruit leaves (Passiflora edulis)	248	43.30	53.62	15.77	343
Plantain, esh, peis ( <i>Nuss paradisaca</i> )         154         254         2.46           Plantain, else ( <i>Nuss a paradisaca</i> )         35.09         41.77         31.43         7.44           Plantain, flower ( <i>Nuss x paradisaca</i> )         156.01         35.81         40.76         35.32         2.51           Plantain, stern ( <i>Nuss x paradisaca</i> )         151.12         35.30         41.77         31.23         2.51           Pumpkin cares, transmand         15.55         24.57         9.33         5.53         2.52           Pumpkin cares, contron ( <i>Cucurbita maxima</i> )         18.75         24.51         9.33         5.57           Pumpkin, orang, contron ( <i>Cucurbita maxima</i> )         18.75         24.51         9.33         5.57           Pumpkin, orang, contron ( <i>Cucurbita maxima</i> )         18.77         24.51         9.33         5.57           Pumpkin, orang, contron ( <i>Cucurbita maxima</i> )         18.77         9.34         9.33         5.71           Radis leves ( <i>Ruptanus scitus</i> )         18.71         31.22         2.31         3.31           Radis leves ( <i>Ruptanus scitus</i> )         13.87         31.32         2.11         3.36           Stake gourd ( <i>ufg cucutoga</i> )         2.81         31.33         2.12         3.31           Stake gourd ( <i>u</i>	SLD065	Plantain, ash ( <i>Musa paradisiaca</i> )	5.19	19.65	22.55	13.25	271
Plantain, flower ( <i>Mussa x paradisica</i> )         35.09         41.77         31.43         7.44           Plantain, green ( <i>Mussa x paradisica</i> )         16.61         35.81         40.76         18.37           Plantain, green ( <i>Mussa x paradisica</i> )         16.61         35.81         40.76         18.37           Pumpkin leaves, tender ( <i>Cacurbita maxima</i> )         13.75         57.35         87.62         12.32           Pumpkin, commo ( <i>Cacurbita maxima</i> )         18.75         24.57         9.93         5.57           Pumpkin, somewer, pindied ( <i>Cacurbita maxima</i> )         18.77         24.57         9.93         5.53           Pumpkin, orange, round ( <i>Cacurbita maxima</i> )         16.87         19.08         7.37         8.71           Radish leaves, tender ( <i>Cacurbita maxima</i> )         16.87         24.44         45.38         5.69           Radish leaves, france ( <i>Musa variaa</i> )         16.87         31.03         7.37         8.71           Radish leaves, tender ( <i>Cacurbita maxima</i> )         16.87         31.43         1.40         4.69           Radish leaves, tender ( <i>Musa variaa</i> )         16.87         31.43         1.44         4.69           Sessile lowveel ( <i>Atternanthera sessils</i> )         31.67         31.87         31.87         5.64           Sessile l	SLD066	Plantain, ash, peels ( <i>Musa paradisiaca</i> )	154	28.95	88.22	2.46	235
Plantain, green ( <i>Nuss x paradisiaca</i> )         16.61         35.81         40.76         18.37           Plantain, green ( <i>Nuss x paradisiaca</i> )         13.12         13.12         13.35         5.57           Pumpkin, exter ( <i>Vuctorita maxima</i> )         23.12         24.51         35.30         25.12           Pumpkin, steen ( <i>Vuctorita maxima</i> )         13.12         13.12         13.25         5.57           Pumpkin, orange, rundrical ( <i>Cucurbita maxima</i> )         18.75         24.51         13.27         5.21           Pumpkin, orange, rundrical ( <i>Cucurbita maxima</i> )         18.75         24.51         13.27         5.21           Radishaeres (Baptonus activation maxima)         18.87         24.45         9.93         5.51           Ridge gourd ( <i>Uuffa acutangus</i> )         14.67         31.42         14.01         4.69           Sessile gouveed (Alternative anguina)         26.33         5.33         2.64         8.76           Salik gourd ( <i>Uuffa acutangus</i> )         26.33         2.63         2.34         2.46           Salik gourd ( <i>Uuffa acutangus</i> )         2.63         2.23         2.64         8.76           Salik ge ( <i>Uuthfa acutangus</i> )         2.11         31.03         2.14         2.31           Sasik gourd ( <i>Uuffa acutangus</i> )         2.63 <th>SLD067</th> <th>Plantain, flower (<i>Musa x paradisiaca)</i></th> <th>35.09</th> <th>41.77</th> <th>31.43</th> <th>7.44</th> <th>422</th>	SLD067	Plantain, flower ( <i>Musa x paradisiaca)</i>	35.09	41.77	31.43	7.44	422
Plantain, stem (Musa x poradisicol)         13.12         13.12         13.35         55.12           Pumpkin leves, tender (Cucurbita maxima)         13.12         55.5         12.32         25.5           Pumpkin, green, cylindrical (Cucurbita maxima)         18.75         7.37         87.62         12.32           Pumpkin, green, cylindrical (Cucurbita maxima)         18.75         24.51         13.27         5.21           Pumpkin, orange, round (Cucurbita maxima)         18.75         24.51         13.27         5.21           Pumpkin, orange, round (Cucurbita maxima)         18.75         24.51         13.27         5.21           Radish leves strively         14.67         24.41         13.27         5.21         2.52           Sessile gourd, dark green (Trichosanthes anguina)         13.5         31.42         4.69         31.87           Sake gourd, Jark green (Trichosanthes anguina)         27.11         31.03         21.70         5.64         8.76           Sanke gourd, Jark green (Trichosanthes anguina)         27.31         31.33         25.33         40.81         4.69           Sanke gourd, Jark green (Trichosanthes anguina)         27.11         31.03         21.71         4.82           Sank gourd (Monordica dioica)         38.83         25.33         <	SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	16.61	35.81	40.76	18.37	417
Pumpkin leaves, tender ( <i>Cacurbia maxima</i> )255 $67.36$ $87.62$ $12.32$ Pumpkin, common ( <i>Cacurbia maxima</i> )Pumpkin, common ( <i>Cacurbita maxima</i> ) $81.75$ $5.57$ Pumpkin, orange, round ( <i>Cacurbita maxima</i> ) $18.75$ $24.51$ $9.33$ $5.57$ Pumpkin, orange, round ( <i>Cacurbita maxima</i> ) $18.75$ $24.51$ $9.33$ $5.57$ Radish leaves, ( <i>Raphanus sativus</i> ) $16.87$ $19.68$ $7.37$ $8.71$ Radish leaves, ( <i>Raphanus sativus</i> ) $16.87$ $28.88$ $36.30$ $6.3.62$ $20.96$ Sessile jourd ( <i>Larbita maxima</i> ) $14.67$ $31.42$ $14.01$ $4.69$ Sastle jourd ( <i>Larbita maxima</i> ) $13.87$ $2.7.11$ $31.42$ $14.01$ $4.69$ Sastle jourd ( <i>Larbita cutongala</i> ) $13.67$ $27.11$ $31.03$ $21.70$ $5.04$ Sastle jourd, pale green ( <i>Trichosanthes anguina</i> ) $27.11$ $31.03$ $21.70$ $5.04$ Sinke gourd, pale green ( <i>Trichosanthes anguina</i> ) $27.11$ $31.03$ $21.73$ $21.70$ $5.04$ Sinke gourd, pale green ( <i>Trichosanthes anguina</i> ) $27.11$ $31.03$ $27.33$ $40.81$ $8.76$ Sinke gourd, pale green ( <i>Trichosanthes anguina</i> ) $27.11$ $31.03$ $27.33$ $40.81$ $42.32$ Sweet leaf ( <i>Stanopus andropynus</i> ) $27.11$ $31.03$ $27.33$ $40.81$ $42.32$ Sweet leaf ( <i>Stanopus andropynus</i> ) $66.93$ $8.23$ $37.34$ $22.21$ Tamarind leaves, tender ( <i>Tamarindus indica</i> ) $8.25$ $22.81$ $12.61$ <th>SLD069</th> <th>Plantain, stem <i>(Musa x paradisiaca)</i></th> <th>13.12</th> <th>18.35</th> <th>35.30</th> <th>25.12</th> <th>372</th>	SLD069	Plantain, stem <i>(Musa x paradisiaca)</i>	13.12	18.35	35.30	25.12	372
Pumpkin, common ( <i>Cucrbita maxima</i> )18.7524.579.935.57Pumpkin, green, volindicial ( <i>Cucurbita maxima</i> )24.1024.5113.275.21Pumpkin, green, volindicial ( <i>Cucurbita maxima</i> )18.7524.1024.5113.275.21Pumpkin, green, volindicial ( <i>Cucurbita maxima</i> )28.836.3063.6229.66Ridge gourd, dark green ( <i>Trichosanthes aresilis</i> )28.836.3063.6220.66Sessile joweed ( <i>Alternanthera sessilis</i> )13.542.444.695.04Sake gourd, dark green ( <i>Trichosanthes anguina</i> )27.1131.0321.705.04Sake gourd, dark green ( <i>Trichosanthes anguina</i> )2.713.1.032.1.705.04Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.1131.032.1.705.04Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.835.2.34.4.695.04Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.1131.032.1.705.04Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.133.1.332.1.705.04Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.133.3.372.2.174.69Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.133.3.372.2.174.69Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.133.3.372.2.174.69Solve gourd, dark green ( <i>Trichosanthes anguina</i> )2.7.133.3.374.0.814.2.3Tanarind leaves, tender ( <i>Tanortius reculentum</i> )8.5.6	SLD070	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	255	67.36	87.62	12.32	481
Pumpkin, green, cylindrical (Cucubita maxima) $24.10$ $24.51$ $13.27$ $5.21$ Pumpkin, orange, round (Cucubita maxima) $16.87$ $19.08$ $7.37$ $8.71$ Pumpkin, orange, round (Cucubita maxima) $16.87$ $19.08$ $7.37$ $8.71$ Radis legever (Iurfa acturangli) $24.51$ $31.47$ $31.42$ $20.96$ Radis legever (Altermanthera sessilis) $13.5$ $31.47$ $31.47$ $45.38$ $20.96$ Sessile joweed (Altermanthera sessilis) $13.5$ $27.11$ $31.03$ $21.70$ $5.04$ Sake gourd, dark green (Trichosanthes anguina) $27.11$ $31.03$ $21.70$ $5.04$ Sink gourd (Marmanthera sessilis) $27.11$ $31.03$ $21.70$ $5.04$ Sink gourd (Marmanthera sessilis) $27.11$ $31.03$ $21.70$ $5.04$ Sink gourd, dark green (Trichosanthes anguina) $27.31$ $27.31$ $40.81$ $4.82$ Sink gourd, hole green (Mormather acessilis) $33.33$ $5.33$ $22.31$ $40.81$ Sink gourd, for (Mormathes androgrues) $66.33$ $86.86$ $42.10$ $13.43$ Tamarind leaves, tender (Tamorindus indica) $66.33$ $86.86$ $42.10$ $13.43$ Tomato, rise, low (typersitora esculentum) $9.69$ $17.11$ $14.93$ $2.21$ Tomato, rise, low (typersitora esculentum) $9.69$ $17.11$ $14.93$ $2.320$ Tomato, rise, low (typersitora esculentum) $9.69$ $17.11$ $14.93$ $35.34$ Tomato, rise, low (typersitora esculentum) $10.5$ </th <th>SLD071</th> <th>Pumpkin, common <i>(Cucurbita maxima)</i></th> <th>18.75</th> <th>24.57</th> <th>9.93</th> <th>5.57</th> <th>244</th>	SLD071	Pumpkin, common <i>(Cucurbita maxima)</i>	18.75	24.57	9.93	5.57	244
Pumpkin, orange, round ( <i>Cucubita maxima</i> )16.8719.087.378.71Radish leaves ( <i>Rapharus sativus</i> )28836.3063.6220.96Radish leaves ( <i>Rapharus sativus</i> )14.6721.4214.014.69Stidge gourd ( <i>Affa curatingual</i> )13542.444.5331.87Sasile jowved ( <i>Affa curatingual</i> )13527.1131.0321.705.04Sasile jowved ( <i>Affa curatingual</i> )27.1131.0321.705.04Sasile jowved ( <i>Affa curatingual</i> )27.1131.0321.705.04Sasile jowved ( <i>Affa curatingual</i> )27.1131.032.1705.04Sasile jowved ( <i>Affa curatingual</i> )26.8326.9025.848.76Spiny gourd ( <i>Nonordica dioica</i> )38.835.2.3340.814.82Sinv gourd ( <i>Nonordica dioica</i> )38.835.2.3340.814.82Sinv gourd ( <i>Nonordica dioica</i> )38.835.2.3340.814.82Tamato green ( <i>Irchosanthes anguina</i> )8.2526.9025.842.21Tamato green ( <i>Irchosanthes anguina</i> )8.252.834.0814.82Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )8.262.1113.43Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )9.6917.1714.93Tukey berry ( <i>Solanum torum</i> )1056.9385.7823.20Winget berry ( <i>Solanum torum</i> )1058.7821.6423.20Winget berry ( <i>Solanum torum</i> )1058.7821.6423.20Win	SLD072	Pumpkin, green, cylindrical (Cucurbita maxima)	24.10	24.51	13.27	5.21	186
Radish leaves (Rapharus sativus)         288         36.30         63.62         20.96           Ridge gourd (Luffa acutangula)         14.67         31.42         14.01         4.69           Sessile jowaed (Atternanthera sargina)         135         42.44         4.69         3.147           Sastle gourd, large mortingnagina)         27.11         31.03         21.70         5.04           Snake gourd, pale green (Trichosanthes anguina)         27.11         31.03         21.70         5.04           Snake gourd, pale green (Trichosanthes anguina)         27.11         31.37         21.70         5.04           Snake gourd, pale green (Trichosanthes anguina)         27.11         31.37         25.84         8.76           Spiny gourd (Momordica dioca)         38.83         52.33         40.81         4.82           Spiny gourd (Momordica dioca)         38.83         52.33         40.81         4.82           Sweet leaf (Sauropus androgynus)         43.32         21.37         35.34         2.21           Tamaria gree (Intermedica dioca)         8.25         28.16         13.43         13.43           Tamaria gree (Intermedica dioca)         8.25         28.11         13.88         8.66           Tomato, ripe, hybrid (Lycopersicon esculentum) <t< th=""><th>SLD073</th><th>Pumpkin, orange, round (<i>Cucurbita maxima</i>)</th><th>16.87</th><th>19.08</th><th>7.37</th><th>8.71</th><th>213</th></t<>	SLD073	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	16.87	19.08	7.37	8.71	213
Ridge gourd (uffa acutangula)14.6731.4214.014.69Sesile joyweed (Alternanthera sessilis)5:3142.4445.3831.87Saske gourd, dark green (Trichosanthes anguina)13527.1131.0321.705.04Snake gourd, dark green (Trichosanthes anguina)26.9025.848.76Sinke gourd, dark green (Trichosanthes anguina)28.8352.3340.814.82Spiny gourd (Monordiacion)38.8352.3340.814.82Sweite leaf (Sauropus androgons)43.3237.3340.814.82Sweite leaf (Sauropus androgons)43.3237.3335.342.21Tamarind leaves, tender (Tamarindus indica)8.5642.1013.43Tomato, ripe, hybrid (Lycopersicon esculentum)8.2522.8113.888.69Tomato, ripe, local (Lycopersicon esculentum)9.0417.1714.9314.04Turkey berry (Solanum toruum)10.7617.1714.933.22Winged bean (Pscopersicon esculentum)9.6917.1714.9314.04Winged bean (Pscopersicon esculentum)9.6917.1714.9314.04Winged bean (Pscopersicon esculentum)8.5735.3423.20Winged bean (Pscopersicon esculentum)10.7613.4324.04Undek (norurin)10.7617.1714.9314.04Undek (Pscopersicon esculentum)10.5635.3435.34Undek (richorentum)10.7617.1714.9331.36Winged bean (Pscopersi	SLD074	Radish leaves (Raphanus sativus)	288	36.30	63.62	20.96	301
Sessile joyweed (Alternanthera sessils)         135         42.44         45.38         31.87           Sake gourd, dark green (Trichosanthes anguina)         27.11         31.03         21.70         5.04           Snake gourd, dark green (Trichosanthes anguina)         27.11         31.03         21.70         5.04           Snake gourd, dark green (Trichosanthes anguina)         27.11         31.03         21.70         5.04           Spiny gourd (Momordica dioica)         26.83         56.33         52.33         40.81         4.82           Sweet leaf (Sauropus androgynus)         38.83         52.33         51.34         2.21           Tamarind leaves, tender (Tramarindus indica)         8.32         26.90         25.33         40.81         4.82           Tamarind leaves, tender (Lycopersicon esculentum)         8.25         28         2.21         13.43           Tomato, ripe, loyeil (Lycopersicon esculentum)         8.25         28         14.06         15.72           Tomato, ripe, loyeil (Lycopersicon esculentum)         9.04         17.17         14.93         14.04           Tomato, ripe, loyeil (Lycopersicon esculentum)         105         8.65         23.20         14.04           Turkey berry (Solanum torum)         106         17.17         14.93	SLD075	Ridge gourd (Luffa acutangula)	14.67	31.42	14.01	4.69	121
Snake gourd, dark green (Trichosanthes anguina) $27.11$ $31.03$ $21.70$ $5.04$ Snake gourd, pale green (Trichosanthes anguina) $26.83$ $25.84$ $8.76$ Spiny gourd (Momordica dioica) $38.83$ $52.33$ $40.81$ $8.76$ Spiny gourd (Momordica dioica) $38.83$ $52.33$ $40.81$ $4.82$ Sweet leaf (Sauropus and rogynus) $43.32$ $37.37$ $35.34$ $2.21$ Tamarind leaves, tender (Tamarindus indica) $6.6.93$ $86.86$ $42.10$ $13.43$ Tomato, green (Lycopersicon esculentum) $8.25$ $22.81$ $10.76$ $15.72$ Tomato, ripe, hybid (Lycopersicon esculentum) $9.04$ $17.17$ $14.93$ $14.04$ Turkey berry (Solarum torvum) $105$ $85.78$ $57.46$ $23.20$ Water spinach (Ipomoea aquatica) $68.24$ $38.19$ $31.38$ $35.34$ $15.72$ Winged bean (Psopocarpus tetragonolobus) $105$ $85.78$ $57.46$ $23.20$ Ucchini, green (Locurbita pepo) $17.17$ $14.93$ $11.48$ Unditi, yellow (Cucurbita pepo) $17.17$ $21.61$ $31.38$ $35.34$ Ucchini, yellow (Cucurbita pepo) $21.61$ $32.30$ $32.30$ $35.34$ $35.34$ Ucchini, yellow (Cucurbita pepo) $20.96$ $22.81$ $22.81$ $23.20$ Unditi, yellow (Cucurbita pepo) $21.61$ $21.38$ $32.30$ $0.40$ Undit, yellow (Cucurbita pepo) $20.98$ $32.03$ $20.93$ $20.94$ Unditi, yellow (Cucurbita pepo) $20.$	SLD076	Sessile joyweed (Alternanthera sessilis)	135	42.44	45.38	31.87	450
Snake gourd, pale green (Trichosanthes anguina)         26.83         26.90         25.84         8.76           Spiny gourd (Momordica dioica)         38.83         52.33         40.81         4.82           Spiny gourd (Momordica dioica)         38.83         52.33         5.2.33         40.81         4.82           Spiny gourd (Momordica dioica)         38.83         52.33         5.2.33         40.81         4.82           Sweet leaf (Sauropus androgynus)         4.3.32         86.93         86.86         42.10         13.43           Tamarind leaves, tender (Tamarindus indica)         66.93         8.25         22.81         13.88         8.69           Tomato, ripe, hybrid (Lycopersicon esculentum)         8.25         22.81         13.88         8.69           Tomato, ripe, local (Lycopersicon esculentum)         9.04         17.17         14.93         14.04           Turkey berry (Solanum torvum)         105         85.78         57.46         23.20           Water spinach (Ipomoea aquatica)         68.24         38.19         31.34         23.20           Winged bean (Psopocarpus tetragonolobus)         49.21         21.61         14.04         23.20           Winged bean (Psopocarpus tetragonolobus)         68.24         38.19         31.38	SLD077	Snake gourd, dark green ( <i>Trichosanthes anguina</i> )	27.11	31.03	21.70	5.04	104
Spiny gourd (Nomordica dioica) $38.33$ $52.33$ $40.81$ $4.82$ Sweet leaf (Sauropus androgynus) $43.32$ $37.37$ $52.34$ $2.21$ Tamarind leaves, tender (Tamarindus indica) $66.93$ $8.25$ $37.37$ $35.34$ $2.21$ Tamarind leaves, tender (Tamarindus indica) $66.93$ $8.25$ $22.81$ $13.43$ $2.21$ Tomato, green (Lycopersicon esculentum) $8.25$ $22.81$ $13.88$ $8.69$ Tomato, ripe, hybrid (Lycopersicon esculentum) $9.04$ $17.17$ $14.93$ $14.04$ Turkey berry (Solanum torvum) $105$ $85.78$ $57.46$ $23.20$ Water spinach (Ipomoea aquatica) $49.21$ $21.61$ $18.35$ $35.34$ Winged bean (Psopocarpus tetragonolobus) $68.24$ $38.19$ $31.38$ $11.48$ Zucchini, green (Cucurbita pepo) $17.26$ $21.38$ $15.41$ $0.40$ Zucchini, yellow (Cucurbita pepo) $17.26$ $21.38$ $15.41$ $0.40$	SLD078	Snake gourd, pale green (Trichosanthes anguina)	26.83	26.90	25.84	8.76	133
Sweet leaf (Sauropus androgynus)         43.32         37.37         35.34         2.21           Tamarind leaves, tender (Tamarindus indica)         66.93         86.86         42.10         13.43           Tamarind leaves, tender (Tamarindus indica)         66.93         86.86         42.10         13.43           Tomato, green (Lycopersicon esculentum)         8.25         22.81         13.68         8.69           Tomato, ripe, hybrid (Lycopersicon esculentum)         9.04         18.06         10.76         15.72           Tomato, ripe, local (Lycopersicon esculentum)         9.69         17.17         14.93         14.04           Turkey berry (Solanum torvum)         105         85.78         57.46         23.20           Water spinach (Ipomoea aquatica)         49.21         21.61         18.35         35.34           Winged bean (Psopocarpus tetragonolobus)         68.24         38.19         31.38         11.48           Zucchini, green (Cururbita pepo)         20.38         32.03         10.40         240         240           Zucchini, yellow (Cururbita pepo)         20.38         32.03         10.32         21.48         0.40	SLD079	Spiny gourd ( <i>Momordica dioica</i> )	38.83	52.33	40.81	4.82	146
Tamarind leaves, tender ( <i>Tamarindus indica</i> )       66.93       86.86       42.10       13.43         Tomato, green ( <i>Lycopersion esculentum</i> )       8.25       22.81       13.88       8.69         Tomato, ripe, hybrid ( <i>Lycopersion esculentum</i> )       9.04       18.06       10.76       15.72         Tomato, ripe, local ( <i>Lycopersion esculentum</i> )       9.69       17.17       14.93       14.04         Turkey berry ( <i>Solanum torvum</i> )       105       85.78       57.46       23.20         Water spinach ( <i>Ipomoea aquatica</i> )       68.24       38.19       18.35       35.34         Winged bean ( <i>Psopocarpus tetragonolobus</i> )       68.24       38.19       11.48       11.48         Zucchini, green ( <i>Cucurbita pepo</i> )       17.26       21.38       15.41       0.40         Zucchini, yellow ( <i>Cucurbita pepo</i> )       20.98       32.03       10.40       10.40	SLD080	Sweet leaf (Sauropus androgynus)	43.32	37.37	35.34	2.21	699
Tomato, green (Lycopersicon esculentum)         8.25         22.81         13.88         8.69           Tomato, ripe, hybrid (Lycopersicon esculentum)         9.04         18.06         10.76         15.72           Tomato, ripe, local (Lycopersicon esculentum)         9.69         17.17         14.93         14.04           Tomato, ripe, local (Lycopersicon esculentum)         9.69         17.17         14.93         14.04           Turkey berry (Solanum torvum)         105         85.78         57.46         23.20           Witter spinach (Ipomoea aquatica)         49.21         21.61         18.35         35.34           Witter spinach (Ipomoea aquatica)         68.24         38.19         11.48         11.48           Vinged bean (Psopocarpus tetragonolobus)         68.24         38.19         11.35         11.48           Zucchini, green ( <i>Cucurbita pepo</i> )         17.26         21.38         15.41         0.40           Zucchini, yellow ( <i>Cucurbita pepo</i> )         20.98         32.03         10.76         0.39         0.30	SLD081	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	66.93	86.86	42.10	13.43	465
Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )         9.04         18.06         10.76         15.72           Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )         9.69         17.17         14.93         14.04           Turkey berry ( <i>Solanum torvum</i> )         10.5         85.78         57.46         23.20           Water spinach ( <i>Ipomoea aquatica</i> )         49.21         21.61         18.35         35.34           Winged bean ( <i>Psopocarpus tetragonolobus</i> )         68.24         38.19         31.38         11.48           Zucchini, green ( <i>Cucurbita pepo</i> )         17.26         21.38         15.41         0.40           Zucchini, yellow ( <i>Cucurbita pepo</i> )         20.98         32.03         10.82         0.30         0.31	SLD082	Tomato, green (Lycopersicon esculentum)	8.25	22.81	13.88	8.69	220
Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )         9.69         17.17         14.93         14.04           Turkey berry ( <i>Solanum torvum</i> )         105         85.78         57.46         23.20           Water spinach ( <i>Ipomoea aquatica</i> )         105         85.78         57.46         23.20           Winged bean ( <i>Psopocarpus tetragonolobus</i> )         68.24         38.19         31.38         11.48           Zucchini, green ( <i>Cucurbita pepo</i> )         17.26         21.38         15.41         0.40           Zucchini, yellow ( <i>Cucurbita pepo</i> )         20.38         32.03         10.82         0.39	SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	9.04	18.06	10.76	15.72	152
Turkey berry (Solanum torvum)       105       85.78       57.46       23.20         Water spinach (Ipomoea aquatica)       49.21       21.61       18.35       35.34         Winged bean (Psopocarpus tetragonolobus)       68.24       38.19       31.38       11.48         Zucchini, green (Cucurbita pepo)       17.26       21.38       15.41       0.40         Zucchini, yellow (Cucurbita pepo)       20.98       32.03       10.82       0.39	SLD084	Tomato, ripe, local (Lycopersicon esculentum)	9.69	17.17	14.93	14.04	190
Water spinach ( <i>Ipomoea aquatica</i> )         49.21         21.61         18.35         35.34           Winged bean ( <i>Psopocarpus tetragonolobus</i> )         68.24         38.19         31.38         11.48           Zucchini, green ( <i>Cucurbita pepo</i> )         17.26         21.38         15.41         0.40           Zucchini, yellow ( <i>Cucurbita pepo</i> )         20.98         32.03         10.82         0.39	SLD085	Turkey berry (Solanum torvum)	105	85.78	57.46	23.20	484
Winged bean ( <i>Psopocarpus tetragonolobus</i> )         68.24         38.19         31.38         11.48           Zucchini, green ( <i>Cucurbita pepo</i> )         17.26         21.38         15.41         0.40           Zucchini, yellow ( <i>Cucurbita pepo</i> )         20.98         32.03         10.82         0.39	SLD086	Water spinach (Ipomoea aquatica)	49.21	21.61	18.35	35.34	271
Zucchini, green ( <i>Cucurbita pepo</i> )         17.26         21.38         15.41         0.40           Zucchini, yellow ( <i>Cucurbita pepo</i> )         20.98         32.03         10.82         0.39	SLD087	Winged bean (Psopocarpus tetragonolobus)	68.24	38.19	31.38	11.48	318
Zucchini, yellow <i>(Cucurbita pepo)</i> 20.98 32.03 10.82 0.39	SLD088	Zucchini, green (Cucurbita pepo)	17.26	21.38	15.41	0.40	178
	SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	20.98	32.03	10.82	0.39	131

Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food Name			ə					աո				ι					
Copper Manganese	osənsgnsM	-	Copper		Zinc	muinələ2	fledoD	nnebdyloM	Chromium	Nickel	muidtiJ	muinimulA	реәд	Μειςμιλ	muimbeO	Arsenic	γnomitnA
FE MN CU	MN		CU		ZN	SE	СО	MO	CR	N		AL	PB	ЫG	CD	AS	SB
u bu bu bu	тд		۲	mg	шg	bп	тg	шg	тg	шg	шg	шg	тg	рd	шg	hд	bп
Amaranth, leaves, green (Amaranthus gangeticus) 3.50 1.61 (	1.61			0.33	1.40	18.35	0.008	ı	0.017	0.029	0.009	4.37	NA	NA	0.002	NA	NA
Amaranth, leaves, red (Amaranthus gangeticus) 7.25 2.15 (	2.15		0	0.22	1.37	22.55	0.023	0.013	0.028	0.026	0.009	3.03	NA	NA	0.002	NA	NA
Amaranth, spinosus, green (Amaranthus spinosus) 7.53 1.03 (	1.03		0	0.26	2.09	30.15	0.002	0.043	0.037	0.020	0.002	3.75	0.002	NA	NA	NA	NA
0.70 0.09	0.09		-	0.32	0.12	2.52	·	0.005	0.004	0.005		0.09	0.014	0.70	ı	0.88	3.53
Ash gourd (Benincasa hispida) 0.48 0.09 (	0.09		0	0.04	0.13	0.92	NA	0.008	0.005	0.005	0.001	0.06	0.002	NA	NA	NA	NA
Bean, scarlet, tender (Phaseolus coccineus) 0.70 0.39 (	0.39		0	0.17	0.59	0.01	0.001	0.059	NA	0.015	NA	NA	NA	NA	NA	0.35	0.07
Beans, fava ( <i>Vicia faba</i> ) 1.09 0.49 C	0.49		0	0.21	0.57	7.86	0.003	0.029	0.001	0.050	NA	NA	0.003	NA	NA	0.23	0.17
1.90 0.42	0.42		0	0.16	0.44	ΝA	0.002	0.018	0.005	0.022	NA	0.60	0.002	NA	NA	NA	NA
0.38	0.38		0.	0.13	0.43	NA	0.006	0.091	0.011	0.073	NA	0.30	0.002	NA	NA	NA	NA
0.98 0.27	0.27		ō	0.07	0.37	ΝA	0.008	0.017	0.004	0.037	NA	0.35	NA	NA	NA	NA	NA
	0.55		0	0.16	0.08	2.68	0.002	0.028	0.006	0.030		0.25	0.004	0.43	0.002	0.38	0.01
1.12	1.12			0.14	0.18	65.92	0.005	0.017	NA	0.020	NA	NA	0.015	0.18	0.010	1.75	0.76
tia)		0.25		0.08	0.26	6.22	0.004	0.004	0.017	0.007	0.002	0.51	NA	NA	NA	NA	NA
		0.17		0.10	0.35	3.26	0.002	0.004	0.015	0.012	0.001	0.49	NA	NA	NA	NA	NA
ris) 0.29		0.10		0.06	0.13	1.85	0.001	0.003	0.004	0.014	NA	NA	NA	NA	NA	NA	NA
		0.11		0.05	0.15	1.80	0.001	0.001	0.003	0.013	NA	0.05	NA	NA	NA	ΝA	NA
0.28		0.14		0.09	0.16	NA	0.001	NA	0.003	0.013	0.006	0.03	NA	NA	NA	NA	NA
Brinjal, little prince eggplant (Solanum melongena) 0.31 0.12		0.12		0.07	0.22	ΝA	0.002	NA	0.012	0.007	0.002	0.04	NA	NA	0.001	NA	NA
Brinjal, pandora striped (Solanum melongena) 0.32 0.15		0.15		0.11	0.19	NA	0.003	NA	0.005	0.007	0.003	0.04	NA	NA	NA	NA	NA
Brinjal, Thai eggplant (Solanum melongena) 0.37 0.15		0.15		0.11	0.24	NA	0.001	NA	0.003	0.002	0.008	0.08	NA	NA	0.002	NA	NA
		0.19		0.05	0.19	1.85	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA
Cabbage, collard, greens (B. oleracea var. viridis) 2.67 1.27	1.27			0.06	0.35	2.35	0.002	0.004	0.001	0.030	0.004	2.29	NA	NA	0.001	NA	NA
Cabbage, green (B. oleracea var. capitata f. alba) 0.33 0.22 C	0.22		0	0.03	0.16	1.10	0.002	0.001	0.008	0.008	NA	NA	NA	NA	NA	NA	NA
() 0.17 0.15	0.15		0	0.02	0.11	0.95	0.001	0.002	0.003	0.001	0.001	NA	ΝA	ΝA	NA	ΝA	NA
Canereed leaves (Costus speciosus) 0.18 3.97 (	3.97		-	0.09	0.44	4.47	0.001	0.004	0.004	0.006	0.001	0.86	0.008	3.06	0.001	0.75	0.29
Capsicum, green (Capsicum annuum) 0.59 0.06		0.06		0.04	0.12	0.18	0.002	NA	0.017	0.017	0.001	NA	0.001	NA	0.001	NA	NA
(1		0.16		0.13	0.31	2.10	0.002	0.002	0.006	0.008	ı	0.11	0.001	0.69	0.002	0.38	0.30
		0.30		0.08	0.32	ΝA	NA	NA	NA	ΝA	NA	NA	ΝA	NA	NA	ΝA	ΝA
Capsicum, yellow (Capsicum annuum) 0.55 0.23		0.23		0.09	0.37	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Food	Food Name							u									
code		lron	əsənegneM	Copper	Sinc	muinələ2	tledoD	nnnəbdyloM	Chromium	Nickel	muidtij	muinimulA	реәү	Mercury	muimbeJ	Arsenic	γnomitnA
		H	MM	C	ZN	SE	8	MO	CR	N	=	AL	PB	ЫG	CD	AS	SB
		тg	тg	тg	тg	рg	тg	тg	тg	тg	тg	тg	тg	hд	тg	hд	hg
SLD030	Cassava leaves (Manihot esculenta)	2.79	3.44	0.18	1.73	8.42	0.004	0.045	0.004	0.008	0.001	1.34	0.010	3.14		1.36	0.15
SLD031	Cauliflower ( <i>Brassica oleracea</i> )	0.76	0.20	0.04	0.27	0.43	0.002	0.003	0.005	0.011	0.001	0.19	0.005	ΝA	NA	ΝA	NA
SLD032	Celery stalk (Apium graveolens)	1.29	0.23	0.04	0.15	4.93	0.001	NA	0.012	0.012	0.001	1.39	0.003	NA	0.002	0.60	NA
SLD033	Cho-cho-marrow (Sechium edule)	0.49	0.29	0.07	0.12	0.10	0.001	0.003	0.006	0.010	0.001	ΝA	ΝA	NA	NA	ΝA	NA
SLD034	Colocasia leaves, green (Colocasia anti-quorum)	3.74	1.15	0.24	0.77	3.91	0.001	0.001	0.002	0.018	NA	NA	0.004	0.37	NA	4.27	0.17
SLD035	Colocasia, stem, black (Colocasia antiquorum)	0.77	2.00	0.05	0.54	0.82	0.002	0.003	0.015	0.013	NA	NA	NA	NA	0.001	1.16	NA
SLD036	Colocasia, stem, green (Colocasia antiquorum)	0.55	0.37	0.08	0.20	1.48	0.002	0.005	0.020	0.008	0.001	NA	NA	NA	NA	1.58	NA
SLD037	Corn, Baby ( <i>Zea mays)</i>	1.45	0.19	0.12	1.13	0.22	0.001	NA	0.002	NA	NA	NA	ΝA	NA	NA	NA	NA
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	0.67	0.10	0.06	0.21	0.32	0.002	NA	0.007	0.006	0.001	0.04	0.001	NA	NA	NA	NA
SLD039	Cucumber, Mangalore (Cucumis sativus)	0.63	0.10	0.06	0.22	0.13	0.003	0.004	0.007	0.012	0.003	0.13	0.002	NA	0.001	NA	NA
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	0.23	0.06	0.03	0.15	0.15	0.002	0.003	0.004	0.007	NA	0.04	NA	NA	NA	NA	NA
SLD041	Drumstick ( <i>Moringa oleifera</i> )	0.50	0.15	0.09	0.26	3.25	NA	NA	0.004	0.005	0.001	NA	0.007	NA	NA	NA	NA
SLD042	Drumstick leaves (Moringa oleifera)	5.60	1.39	0.74	0.61	6.26	NA	NA	NA	NA	NA	1.15	NA	NA	NA	NA	NA
SLD043	Garden cress (Lepidium sativum)	5.36	1.19	0.21	0.78	11.96	0.004	0.007	0.001	0.027	NA	NA	0.017	0.33	0.003	2.36	0.54
SLD044	Golden leather fern fiddlehead (A. aureum)	1.39	0.30	0.63	0.60	16.56	0.003	0.004	0.003	0.007	,	0.19	0.028	0.99	0.002	2.19	4.55
SLD045	Green milkweed climber (Wattakaka volubilis)	2.24	2.86	0.20	0.44	44.98	0.005	0.007	0.006	0.014	0.004	0.69	0.002	5.47	0.002	1.55	0.41
SLD046	Horse purslane ( <i>Boerhavia diffusa</i> )	0.13	0.97	0.27	0.75	21.57	0.005	0.017	0.002	0.008	0.002	1.35	0.014	4.06	0.003	0.78	3.14
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	4.36	1.24	0.25	0.53	30.70	0.007	0.003	NA	0.068	NA	NA	0.013	0.41	0.001	3.92	1.06
SLD048	Indian pennywort (Centella asiatica)	1.25	2.81	0.31	0.66	18.28	ı	,	0.006	0.008	·	1.01	0.028	2.30	0.006	2.85	2.06
SLD049	Jack fruit, raw (Artocarpus heterophyllus)	0.30	0.50	0.17	0.17	NA	NA	NA	0.002	0.014	NA	NA	NA	NA	NA	NA	NA
SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	0.52	0.28	0.28	0.42	NA	0.001	NA	0.001	0.023	NA	NA	NA	NA	NA	NA	NA
SLD051	Knol - Khol ( <i>Brassica oleracea)</i>	0.23	0.12	0.04	0.18	NA	0.003	0.004	0.003	0.007	NA	NA	NA	NA	NA	NA	NA
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	2.51	0.70	0.07	0.42	10.50	0.005	0.105	NA	0.018	NA	NA	0.006	0.29	0.004	7.98	NA
SLD053	Ladies finger (Abelmoschus esculentus)	0.96	0.25	0.12	0.44	NA	0.002	0.003	0.005	0.012	0.001	0.74	0.001	NA	0.002	ΝA	NA
SLD054	Lasia shoots (Lasia spinosa)	0.25	ı	0.02	0.30	6.68	0.001	0.001	0.005	0.005	ı	0.48	0.001	1.01	0.001	0.67	0.08
SLD055	Leeks (Allium ampeloprasum)	1.49	0.21	0.08	0.43	5.03	0.001	0.003	0.003	0.008		0.93	0.002	1.28	0.004	0.71	0.08
SLD056	Lettuce (Lactuca sativa)	2.07	0.20	0.08	0.27	4.23	0.002	0.002	0.013	0.008	NA	0.94	0.003	0.05	0.002	1.65	0.45
SLD057	Malabar spinach ( <i>Basella alba</i> )	1.49	0.83	0.10	0.67	17.17	0.002	0.007	0.003	0.007	0.004	0.56	0.004	3.36	0.003	2.84	0.79
SLD058	Mango, green, raw (Mangifera indica)	0.50	0.19	0.07	0.09	NA	NA	NA	0.016	0.006	NA	0.12	NA	NA	NA	NA	NA
SLD059	Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )	1.32	0.09	0.18	0.79	3.45		0.001	0.004	0.004		0.83	0.008	2.54	0.002	0.96	1.59

Food	Food Name							u									
code		lron	əsənsgnsM	Copper	Sinc	muinələ2	tlsdoD	nnnəbdyloM	Chromium	Nickel	muidtiJ	muinimulA	реәү	Mercury	muimbeJ	Arsenic	γnomitnA
		FE	MN	CU				MO	CR	N	П	AL	PB	ЫG	C	AS	SB
		тg	шg	шg		hд	тg	шg	тд	тg	тд	тg	шg	рg	тg	рg	рд
SLD060	Onion, stalk (Allium cepa)	3.15	0.22	0.14				0.012	0.077	0.021	0.007	1.56	0.007	NA	0.002	2.41	0.12
SLD061	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>chinensis</i> )	3.78	0.36	0.06				0.020	0.028	0.024	0.005	3.16	0.014	0.08	3.090	3.29	NA
SLD062	Papaya, raw <i>(Carica papaya)</i>	0.19	0.04	0.04				0.001	0.002	0.002	NA	0.05	NA	NA	NA	0.80	NA
SLD063	Parsley (Petroselinum crispum)	5.51	0.91	0.19				0.015	0.001	0.043	NA	NA	0.052	0.49	0.007	4.04	NA
SLD064	Passion fruit leaves (Passiflora edulis)	0.26	0.86	0.07				0.033	0.003	0.009	0.002	1.37	0.012	5.54	0.001	1.60	0.55
SLD065	Plantain, ash <i>(Musa paradisiaca)</i>	0.39	0.30	0.16				0.002	0.007	0.011	ı	0.11	0.114	0.70	·	0.88	1.48
SLD066	Plantain, ash, peels ( <i>Musa paradisiaca</i> )	1.30	53.52	0.15				0.003	0.002	0.009	ī	0.41	0.011	9.43	0.005	0.58	0.24
SLD067	Plantain, flower ( <i>Musa x paradisiaca</i> )	0.38	1.11	0.09				0.003	0.005	0.009	NA	0.07	NA	NA	NA	NA	NA
SLD068	Plantain, green ( <i>Musa x paradisiaca)</i>	0.28	0.29	0.10				NA	0.001	0.005	NA	NA	NA	0.14	NA	NA	NA
SLD069	Plantain, stem <i>(Musa x paradisiaca)</i>	0.35	0.19	0.06				NA	0.016	0.003	NA	0.12	NA	NA	NA	0.11	NA
SLD070	Pumpkin leaves, tender (Cucurbita maxima)	5.12	0.59	0.34				0.035	0.044	0.017	0.002	4.82	0.007	NA	NA	NA	NA
SLD071	Pumpkin, common <i>(Cucurbita maxima)</i>	0.49	0.15	0.15				0.001	0.007	0.047	ī	0.23	0.005	0.73	0.001	0.48	0.11
SLD072	Pumpkin, green, cylindrical (Cucurbita maxima)	0.29	0.08	0.04				NA	0.004	NA	NA	0.09	NA	NA	NA	NA	NA
SLD073	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	0.39	0.08	0.05				NA	0.001	NA	NA	0.07	NA	NA	NA	NA	NA
SLD074	Radish leaves (Raphanus sativus)	4.42	0.54	0.29				NA	NA	NA	NA	1.81	NA	NA	NA	NA	NA
SLD075	Ridge gourd (Luffa acutangula)	4.42	0.54	0.29				NA	NA	NA	NA	1.81	NA	NA	NA	NA	NA
SLD076	Sessile joyweed (Alternanthera sessilis)	1.70	2.45	0.20				0.008	0.003	0.005	0.001	0.88	0.002	2.09	0.003	1.14	0.42
SLD077	Snake gourd, dark green (Trichosanthes anguina)	0.47	0.19	0.11				0.001	0.002	0.017	0.001	0.05	NA	NA	NA	NA	NA
SLD078	Snake gourd, pale green (Trichosanthes anguina)	0.41	0.18	0.11				0.002	0.003	0.016	NA	0.09	NA	NA	NA	NA	NA
SLD079	Spiny gourd (Momordica dioica)	0.77	0.48	0.11				0.004	0.006	0.008	0.001	0.21	0.002	0.74	0.001	0.59	0.07
SLD080	Sweet leaf (Sauropus androgynus)	1.20	0.99	0.15				0.013	0.004	0.008	0.002	1.87	0.066	3.98	0.008	1.84	1.11
SLD081	Tamarind leaves, tender (Tamarindus indica)	2.84	0.64	0.56				NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA
SLD082	Tomato, green (Lycopersicon esculentum)	0.42	0.10	0.07				0.004	0.019	0.004	NA	NA	0.004	NA	NA	0.20	NA
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	0.22	0.08	0.03				NA	0.003	0.004	NA	0.06	NA	NA	NA	NA	NA
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	0.31	0.09	0.07				NA	0.004	NA	NA	0.06	NA	NA	NA	NA	NA
SLD085	Turkey berry (Solanum torvum)	1.06	0.91	0.29				0.010	0.004	0.007	0.006	0.19	0.006	1.22	0.001	0.82	0.19
SLD086	Water spinach (Ipomoea aquatica)	1.32	3.23	0.19				0.005	0.002	0.006	0.001	0.56	0.008	3.41	0.001	1.18	0.15
SLD087	Winged bean (Psopocarpus tetragonolobus)	1.20	0.67	0.35				0.003	0.005	0.007	ī	0.19	0.002	0.20	·	1.16	0.29
SLD088	Zucchini, green (Cucurbita pepo)	0.52	0.13	0.07				NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	0.34	0.21	0.11				NA	0.003	NA	NA	NA	NA	NA	NA	NA	NA

## **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein; NA indicates component not available from reference sources)

Food	Food Name																		
code		Tryptophan	bioA oitreqeA	Threonine	Serine	biɔA ɔimɕtulð	Proline	Glycine	əninslA	əniətzyƏ	ənilsV	əninoidtəM	ənizuəlozl	əuiɔnəJ	Tyrosine	əninslslynədq	ənibitziH	əuisγ	əninigıA
		TRP	ASP	THR	SER	GLU	PRO (	GLY /	ALA (	CVS	VAL	MET	ILE	LEU	TYR	PHE	SIH	LYS	ARG
		g	g	g	g	g	g		g	g	g	g	g	g	g	g	g	g	g
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	0.99	9.65	3.95	4.44	11.81	4.00	5.52	5.96	0.97	5.21	1.44	4.58	7.50	3.82	6.19	2.03	5.76	0.99
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	1.20	9.14	4.04	4.50	12.86	4.07		6.56	0.96	5.24	1.63	4.31	8.20	3.01	4.77	2.01	5.58	1.20
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	0.79	11.21	4.17	5.64	11.92	5.97		9.58	0.64	3.18	1.27	4.13	7.27	3.00	5.83	1.72	4.77	0.79
SLD004	Ambarella (Spondias dulcis)	0.77	21.73	3.64	6.46	17.82	2.93		7.44	0.70	4.09	1.04	3.36	4.73	3.80	2.01	2.20	5.04	3.21
SLD005	Ash gourd (Benincasa hispida)	0.47	8.70	3.64	3.99	17.27	4.13	4.86	6.52	0.52	6.18	1.38	4.96	6.07	3.57	2.53	1.71	4.30	0.47
SLD006	Bean, scarlet, tender ( <i>Phaseolus coccineus</i> )	0.97	11.10	4.01	5.12	16.07	4.77	4.12	5.31	0.55	4.35	1.67	3.74	8.10	2.69	5.41	3.12	7.12	0.97
SLD007	Beans, fava ( <i>Vicia faba</i> )	06.0	13.96	2.94	4.69	13.56	4.26	4.87	6.43	0.57	5.30	1.22	4.37	7.73	2.73	4.28	2.71	6.01	0.90
SLD008	Beans, field, tender, ( <i>Dolichos lablab</i> )	0.70	14.76	3.89	5.70	15.39	4.31	4.84	5.84	0.58	5.49	0.96	4.34	8.08	3.40	4.63	2.64	4.29	0.70
SLD009	Beans, French, country ( <i>Phaseolus vulgaris</i> )	0.81	12.28	4.60	5.04	15.44	3.90	4.25	5.56	0.53	5.88	0.79	4.31	7.54	3.00	4.37	2.71	4.74	0.81
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris</i> )	0.80	11.43	4.32	5.20	13.06	5.81	3.90	4.08	0.53	5.98	1.07	4.35	6.71	2.95	4.22	2.57	4.83	0.80
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	0.49	13.51	4.45	5.53	14.38	4.01	4.45	5.81	0.81	5.46	1.37	4.62	6.56	3.99	4.37	3.11	6.17	6.58
SLD012	Beet greens ( <i>Beta vulgaris</i> )	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD013	Bitter gourd, elongate (Momordica charantia)	1.26	8.37	4.88	4.41	8.68	4.77	5.71	5.04	1.09	6.94	1.52	5.09	7.78	4.61	3.09	3.16	6.25	1.26
SLD014	Bitter gourd, short ( <i>Momordica charantia</i> )	1.27	7.24	5.19	3.84	7.25	5.03	5.30	4.47	1.24	6.71	1.38	4.86	7.21	4.70	3.31	3.66	6.83	1.27
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	1.75	10.49	4.40	5.45	16.14	4.57	4.85	8.07	0.50	6.13	1.12	4.95	7.51	3.42	4.25	1.40	3.92	1.75
SLD016	Bottle gourd, round (L <i>agenaria vulgaris</i> )	1.67	9.23	4.62	5.10	16.19	4.74	5.12	6.91	0.60	6.64	0.97	5.20	7.80	3.56	3.41	2.10	4.97	1.67
SLD017	Brinjal, Chinese eggplant (Solanum melongena)	1.77	10.61	5.39	4.44	15.78	4.63	5.47	7.22	0.85	5.99	1.28	2.80	7.58	3.76	6.03	2.39	7.62	1.77
SLD018	Brinjal, little prince eggplant (Solanum melongena)	0.79	16.97	3.22	3.73	21.04	4.59	4.13	5.09	0.96	5.75	0.95	4.18	5.64	2.45	4.38	1.91	3.81	0.79
SLD019	Brinjal, pandora striped (Solanum melongena)	0.80	16.67	3.43	3.82	18.85	3.74	3.71	5.43	0.84	5.98	0.76	4.12	5.77	2.79	5.47	2.30	4.66	0.80
SLD020	Brinjal, Thai eggplant (Solanum melongena)	0.77	15.73	3.22	3.96	20.39	4.12	3.98	4.99	0.84	5.07	0.91	4.00	6.01	2.99	4.37	1.86	3.89	0.77
SLD021	Cabbage, Chinese ( <i>Brassica rupa</i> )	1.24	10.84	4.01	5.82	21.42	3.76	3.82	6.37	0.94	5.40	1.06	5.72	5.69	2.05	3.27	1.97	5.78	1.24
SLD022	Cabbage, collard, greens (B. oleracea var. viridis)	1.24	11.13	4.04	4.20	21.91	5.35	5.61	7.68	0.91	5.64	1.11	3.81	6.67	2.78	4.56	1.62	3.62	1.24
SLD023	Cabbage, green ( <i>B. oleracea</i> var. <i>capitata f. alba</i> )	0.92	10.99	3.43	3.86	28.72	3.88	2.90	6.98	0.87	2.84	1.02	3.70	5.35	2.29	3.04	2.21	3.92	0.92
SLD024	Cabbage, violet ( <i>B. oleracea</i> var. <i>capitata f. rubra</i> )	0.95	11.31	2.16	3.40	30.65	5.78	2.66	6.40	0.56	5.41	0.87	3.70	4.80	2.18	2.35	1.37	2.74	0.95
SLD025	Canereed leaves (Costus speciosus)	0.69	8.58	4.49	4.89	12.03	5.10	4.97	5.52	0.85	4.84	1.07	4.41	8.29	4.08	5.52	2.30	5.75	5.75
SLD026	Capsicum, green ( <i>Capsicum annuum</i> )	1.17	15.96	3.44	3.22	26.78	3.43	5.07	6.36	0.99	4.58	1.33	2.84	5.32	4.64	2.33	3.26	2.91	1.17
SLD027	Capsicum, local (Capsicum annuum)	0.66	14.87	4.15	5.34	23.21	4.65	4.63	5.04	1.11	4.30	1.11	3.82	5.44	3.92	2.84	1.98	5.24	4.94
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD029	Capsicum, yellow (Capsicum annuum)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Food	Food Name																	
code		Tryptophan	bisA sitreqsA	Threonine	Serine	biɔA ɔimɕtulð	Proline	Glycine	əninslA Systeine	9nileV	əninoidtəM	anicualosi	Paniouel	Tyrosine	อทiทธโธโynอd <mark>9</mark>	ənibitziH	əuisyl	əninigıA
		TRP	ASP	THR	SER	GLU F	PRO G	GLY A	ALA CYS	'S VAL	L MET	T ILE	LEU	TYR	PHE	HIS	LYS	ARG
		g	g	g	g	g	g							g	g	g	g	g
SLD030	Cassava leaves (Manihot esculenta)	0.71	9.33	4.36	4.64	11.02				0.86 4.71	1 0.95	5 4.52	8.38	4.63	5.43	2.23	5.34	6.01
SLD031	Cauliflower (Brassica oleracea)	1.08	8.88	4.47	6.07	16.39		4.39 9						3.06	4.32	2.02	3.77	1.08
SLD032	Celery stalk (Apium graveolens)	1.12	20.63	3.07	4.02	25.89	2.86	3.46 3	3.05 0.			5 2.84	4.22	2.26	2.33	1.43	3.08	1.12
SLD033	Cho-cho-marrow (Sechium edule)	0.95	11.38	4.64	6.28	16.15				83 7.51				2.81	5.16	1.21	3.04	0.95
SLD034	Colocasia leaves, green <i>(Colocasia anti-quorum)</i>	0.74	5.88	4.27	4.56	13.73	5.16 4		11.70 1.					3.88	3.76	4.88	4.21	0.74
SLD035	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	0.75	13.23	4.28	5.53	16.36	4.63			1.51 5.9			7.53	3.56	4.06	2.28	4.09	0.75
SLD036	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	0.73	11.84	4.22	4.94	18.86			7.37 0.					3.08	4.14	2.37	3.33	0.73
SLD037	Corn, Baby ( <i>Zea mays)</i>	0.96	12.40	4.83	4.23	17.20					7 1.59			3.15	4.85	2.13	3.36	0.96
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	0.74	7.08	3.00	4.44	20.21			7.49 0.			2 4.05	6.38	3.02	4.15	2.20	3.09	0.74
SLD039	Cucumber, Mangalore (Cucumis sativus)	0.57	7.33	3.93	3.58	30.01	3.89 4	4.75 6						3.09	1.07	2.02	3.42	0.57
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	0.20	6.20	2.61	3.28	21.84		3.95 9				3 3.82		2.85	2.82	2.14	3.27	0.20
SLD041	Drumstick ( <i>Moringa oleifera</i> )	0.81	9.14	3.94	4.90	24.81				0.64 5.2			_	2.10	3.05	1.88	3.43	0.81
SLD042	Drumstick leaves ( <i>Moringa oleifera</i> )	1.12	13.77	4.33	4.24	15.11	4.45 4						7.41	3.20	6.38	2.27	4.55	1.12
SLD043	Garden cress ( <i>Lepidium sativum</i> )	1.54	14.02	5.04	2.43									3.16	4.16	1.28	4.80	1.54
SLD044	Golden leather fern fiddlehead (A. aureum)	0.52	9.39	4.84	5.97	14.53		5.63 6	6.49 0.		7 1.10		7.72	4.01	5.16	2.67	5.74	6.32
SLD045	Green milkweed climber (Wattakaka volubilis)	0.86	9.96	3.50	3.78									4.03	5.88	2.45	5.34	5.69
SLD046	Horse purslane ( <i>Boerhavia diffusa</i> )	0.75	9.19	4.23	4.64	13.67			5.81 1.		1 1.55	5 4.92		3.93	5.47	2.46	5.14	6.27
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	1.77	10.61	5.39	4.44	15.78	4.63						7.58	3.76	6.03	2.39	7.62	1.77
SLD048	Indian pennywort (Centella asiatica)	0.86	11.43	4.65	4.67	7.68									6.08	2.68	5.43	5.98
SLD049	Jack fruit, raw (Artocarpus heterophyllus)	0.44	20.03	3.79	4.05	9.79									3.48	1.86	2.85	0.44
SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	0.99	14.52	5.93	5.15	11.08		5.96 4	4.86 0.	0.57 6.91	1 1.09		7.39	5.53	6.37	1.77	3.99	0.99
SLD051	Knol - Khol (Brassica oleracea)	0.82	9.97	3.63	4.36	35.62									1.85	0.08	3.52	0.82
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	1.05	10.33	4.45	4.48	18.00				0.95 5.7				2.90	4.93	1.96	4.27	1.05
SLD053	Ladies finger (Abelmoschus esculentus)	0.56	17.57	3.87	4.00	17.70	3.40 4				-			2.65	3.72	2.74	3.81	0.56
SLD054	Lasia shoots (Lasia spinosa)	0.69	12.54	4.19	4.46	11.05				0.94 4.8		9 4.17	7.28	4.11	4.90	2.50	5.86	5.72
SLD055	Leeks (Allium ampeloprasum)	0.63	8.45	3.53	4.11	23.28					-		6.13	3.95	3.86	1.48	2.42	4.53
SLD056	Lettuce (Lactuca sativa)	0.89	12.84	4.03	3.63	20.15		-			-		5.75	2.43	2.42	1.64	4.80	0.89
SLD057	Malabar spinach <i>(Basella alba)</i>	0.88	8.04	4.47	4.49	13.10	,							3.77		2.42	5.27	6.09
SLD058	Mango, green, raw (Mangifera indica)	1.49	10.04	4.53	4.77	13.24				0.75 6.17	7 1.31		00	3.57	3.69	2.95	5.62	1.49
SLD059	Mushroom, Oyster, white (Pleurotus ostreatus)	1.11	8.86	4.92	5.37	17.53	6.58	5.44 9	9.07 0.	0.91 5.7	8 1.5	1 6.08	7.87	3.27		2.25	5.68	2.29

Food code	Food Name	ueydo	biɔA ɔi才	ənine	e	biɔA ɔim	Ð	ອເ	ອເ	əui	e	əuinoi	əniə	ອເ	əui	əninelel\	əui	ā	əu
		Trypto	neqeA	Тһгео	Serine	Gluta	Prolin	Glycir	iinslA	Cystei	ənileV	İdtəM	nəlosl	ıiɔnəJ	Lyrosi	(n9dq	biteiH	əuisyJ	inigıA
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	HIS	LYS	ARG
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
SLD060	Onion, stalk (Allium cepa)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD061	Pak Choi leaves (Brassica rapa var. chinensis)	1.23	9.58	5.03	4.61	12.86	4.76	4.87	5.86	1.12	5.67	1.96	3.78	7.98	3.48	5.89	2.48	6.26	1.23
SLD062	Papaya, raw ( <i>Carica papaya</i> )	1.05	12.16	2.42	3.57	12.38	2.72	4.99	5.11	3.09	3.01	0.71	1.61	3.59	4.28	2.06	0.81	3.21	1.05
SLD063	Parsley (Petroselinum crispum)	1.68	11.18	4.91	4.56	12.86	4.63	5.06	7.18	0.87	6.19	1.32	4.78	7.82	3.00	5.31	1.76	5.75	1.68
SLD064	Passion fruit leaves (Passiflora edulis)	0.93	7.82	3.89	4.16	11.20	9.15	4.68	5.14	1.18	4.38	1.09	4.12	7.38	4.82	5.97	2.06	4.02	5.58
SLD065	Plantain, ash ( <i>Musa paradisiaca)</i>	0.73	13.90	2.88	4.54	22.94	4.04	4.24	3.77	0.89	5.03	1.14	3.59	4.64	3.15	3.45	3.55	4.20	4.95
SLD066	Plantain, ash, peels (Musa paradisiaca)	0.65	9.82	3.97	4.87	13.58	4.19	5.42	6.04	0.89	5.54	0.79	4.81	7.84	5.94	6.14	2.72	4.97	5.42
SLD067	Plantain, flower ( <i>Musa x paradisiaca</i> )	0.69	10.20	4.62	5.54	24.08	3.93	5.22	6.52	0.72	4.97	1.00	3.88	7.21	2.52	3.67	2.24	2.56	0.69
SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	0.47	15.00	3.16	4.38	23.29	3.22	3.59	4.66	0.74	5.84	0.91	2.97	5.09	2.46	4.68	2.76	4.05	0.47
SLD069	Plantain, stem ( <i>Musa x paradisiaca)</i>	0.75	10.13	5.30	5.40	14.49	4.75	4.34	8.46	1.21	6.43	1.38	5.57	4.87	3.31	4.26	2.35	3.39	0.75
SLD070	Pumpkin leaves, tender <i>(Cucurbita maxima)</i>	1.72	10.99	4.74	4.51	14.33	5.65	5.76	6.42	0.76	5.91	1.38	5.22	9.01	3.62	6.32	1.24	5.13	1.72
SLD071	Pumpkin, common <i>(Cucurbita maxima)</i>	0.58	12.44	4.05	5.39	16.12	3.89	5.23	8.91	1.06	5.37	1.22	5.57	7.35	3.98	3.57	3.25	3.76	3.96
SLD072	Pumpkin, green, cylindrical (Cucurbita maxima)	0.73	12.58	3.47	4.30	20.37	3.57	3.15	4.72	0.60	5.97	0.96	4.54	5.41	4.48	2.84	2.18	3.40	0.73
SLD073	Pumpkin, orange, round (Cucurbita maxima)	1.09	11.75	4.49	4.59	20.41	4.15	5.39	4.70	0.78	6.73	1.24	5.58	5.54	2.97	3.62	1.74	3.82	1.09
SLD074	Radish leaves ( <i>Raphanus sativus)</i>	0.85	9.86	4.83	4.49	14.12	5.02	5.39	7.06	0.86	5.99	1.52	4.57	8.49	3.62	6.57	2.28	6.19	0.85
SLD075	Ridge gourd (Luffa acutangula)	0.85	11.04	3.82	4.42	20.68	4.26	5.47	7.13	0.57	6.46	1.08	4.40	5.32	2.87	4.73	1.98	4.67	0.85
SLD076	Sessile joyweed (Alternanthera sessilis)	0.82	8.33	4.60	4.65	14.76	5.48	5.23	5.72	0.95	4.88	0.84	4.75	8.23	3.96	5.73	2.16	5.30	6.07
SLD077	Snake gourd, dark green (Trichosanthes anguina)	0.63	10.16	3.86	4.72	20.07	4.18	4.98	6.59	0.64	5.27	0.93	4.85	5.71	2.99	3.95	1.85	5.64	0.63
SLD078	Snake gourd, pale green (Trichosanthes anguina)	0.59	10.14	4.00	5.39	19.12	4.40	4.77	6.72	0.67	5.26	0.93	4.09	5.16	2.54	4.13	1.60	3.81	0.59
SLD079	Spiny gourd ( <i>Momordica dioica</i> )	0.97	8.99	2.63	4.66	10.87	5.68	5.23	7.06	1.25	6.33	0.84	5.00	7.68	5.28	3.91	2.44	7.27	7.96
SLD080	Sweet leaf (Sauropus androgynus)	0.66	7.79	4.36	4.08	12.56	6.53	4.86	5.93	1.08	4.68	1.37	4.40	8.22	5.85	5.39	2.60	4.97	6.04
SLD081	Tamarind leaves, tender (Tamarindus indica)	1.47	8.29	4.64	4.32	13.45	4.68	5.81	6.63	0.63	5.65	1.26	4.20	8.70	3.93	4.86	2.19	4.69	1.47
SLD082	Tomato, green (Lycopersicon esculentum)	0.70	10.05	2.91	4.33	28.19	2.04	3.56	2.28	0.88	3.29	1.18	3.04	3.79	2.27	3.85	3.79	4.95	0.70
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	0.51	14.42	3.21	3.83	33.48	2.63	4.00	4.49	1.08	3.75	0.88	3.17	5.12	3.02	5.11	1.79	3.22	0.51
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	0.52	13.17	2.80	3.53	40.94	2.49	3.60	4.22	1.07	3.45	0.74	2.95	4.67	2.71	4.67	1.54	2.03	0.52
SLD085	Turkey berry (Solanum torvum)	0.59	15.79	4.64	5.98	12.67	3.36	5.50	6.41	0.99	5.63	1.39	5.40	7.08	3.98	3.71	2.46	5.48	6.26
SLD086	Water spinach (Ipomoea aquatica)	0.97	11.19	4.10	4.07	11.34	4.75	4.16	5.03	0.66	4.58	1.33	4.49	7.30	3.78	5.58	2.21	4.29	5.66
SLD087	Winged bean (Psopocarpus tetragonolobus)	0.75	22.00	6.44	4.96	11.11	4.04	4.06	5.72	0.59	5.59	0.82	4.96	7.01	3.58	3.25	2.62	5.07	4.70
SLD088	Zucchini, green (Cucurbita pepo)	0.85	10.04	3.82	4.42	22.68	4.26	3.48	6.86	0.57	5.87	0.78	4.24	5.68	2.87	4.73	1.98	4.67	0.85
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	0.86	10.68	3.81	4.44	22.29	4.71	3.56	6.66	0.68	5.71	0.75	4.25	5.50	2.89	5.54	1.74	5.03	0.86

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(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed)

Food code	Food Name				Saturated Fatty Acids	ated Acids					Mond	Mono Unsaturated Fatty Acids	urated ds		Poly	Poly Unsaturated Fatty Acids	ated Is
		letoT	(C12:0) Lauric	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (Cn1:312)	Oleic) (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	letoT	Linoleic) (3nS:8t2)	A-Linolenic) (EnE:813)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		тg	шg	шg	тg	шg	шg	шg	тg	шg	тд	рт	шg	тд	вш	шg	тg
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	189		19.67	138	18.94	2.57	3.66	6.54	45.84	13.66	30.69	1.49	,	339	106	189
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	210	ı.	20.33	159	17.75	2.24	3.99	7.01	47.34	14.48	31.48	1.39	ı	326	112	210
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	82.72	ī	8.85	61.08	6.28	06.0	2.46	3.15	16.67	8.14	7.67	0.45	0.41	189	35.90	82.72
SLD004	Ambarella (Spondias dulcis)	147	ı	4.33	116	15.42	3.17	3.15	5.35	132	,	132	ı	,	72.54	46.11	26.43
SLD005	Ash gourd (Benincasa hispida)	26.10		0.77	19.12	5.77	0.44			8.07	1.10	6.98			84.82	83.48	26.10
SLD006	Bean, scarlet, tender (Phaseolus coccineus)	259		2.60	185	40.26	9.02	13.02	8.50	46.70	8.50	38.20	1		428	201	259
SLD007	Beans, fava ( <i>Vicia faba</i> )	45.25	ı	0.50	33.97	6.61	1.17	1.44	1.56	7.87	0.74	7.13	ı	ı	66.87	43.41	45.25
SLD008	Beans, field, tender, (Dolichos lablab)	187	ı	4.89	137	27.46	4.24	5.86	7.79	36.17	ı	36.17	ı	ı	297	203	187
SLD009	Beans, French, country ( <i>Phaseolus vulgaris</i> )	66.74	ı	1.32	47.06	11.59	2.10	2.00	2.67	10.05	1.28	8.77	,	ı	115	54.08	66.74
SLD010	Beans, French, hybrid (Phaseolus vulgaris)	66.80	ı	1.06	50.38	11.55	1.90	1.90	ı	11.85	1.98	9.88	ı	ı	135	62.83	66.80
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	122	ı	0.73	87.83	17.38	2.81	4.29	5.20	8.79	ı	8.79	ı	ı	109	70.34	39.13
SLD012	Beet greens (Beta vulgaris)	189	1	5.09	160	12.03		6.01	4.99	78.74	6.85	71.89	1	1	308	101	189
SLD013	Bitter gourd, elongate (Momordica charantia)	137		1.93	73.68	49.63	2.49	2.49	6.68	7.16	0.75	4.23	•	2.18	39.94	17.46	137
SLD014	Bitter gourd, short (Momordica charantia)	140	ı	3.76	86.88	39.50	2.79	3.66	3.61	7.23	1.27	4.78	ı	1.18	52.59	17.09	140
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	46.04	ı.	1.67	34.77	5.06	0.84	2.09	1.61	4.08	•	4.08	•	,	69.26	44.47	46.04
SLD016	Bottle gourd, round (Lagenaria vulgaris)	41.07	ı.	1.30	30.78	4.54	0.71	2.13	1.61	3.47	i.	3.47	,	i.	63.46	40.53	41.07
SLD017	Brinjal, Chinese eggplant (Solanum melongena)	82.07	ī	ŀ	41.37	30.42	6.35	2.30	1.64	20.20	ï	20.20	'	ï	162	139	82.07
SLD018	Brinjal, little prince eggplant (Solanum melongena)	26.96	ı	ı	15.67	8.54	1.51	0.71	0.53	10.51	ı	10.51	1	ı	63.00	54.00	26.96
SLD019	Brinjal, pandora striped (Solanum melongena)	82.96			40.89	33.26	5.71	1.49	1.61	15.45	•	15.45			150	126	82.96
SLD020	Brinjal, Thai eggplant (Solanum melongena)	51.54	ı.	ı	28.31	17.29	3.82	1.22	0.91	17.93	i.	17.93	,	i.	139	120	51.54
SLD021	Cabbage, Chinese (Brassica rupa)	33.01		ı	29.26	3.76			'	15.97		15.97	'		55.01	11.68	33.01
SLD022	Cabbage, collard, greens (B. oleracea var. viridis)	61.87			47.57	7.61	2.19	1.77	2.73	37.19		37.19			117	54.33	61.87
SLD023	Cabbage, green (B. oleracea var. capitata f. alba)	50.36			37.35	6.28	2.85	1.69	2.18	30.69	•	30.69	•	•	94.95	45.30	50.36
SLD024	Cabbage, violet (B. oleracea var. capitata f. rubra)	57.06		ı	42.02	7.26	2.89	1.79	3.10	40.60		40.60	1	,	110	52.20	57.06
SLD025	Canereed leaves (Costus speciosus)	203	1.68	0.75	162	35.12	1.95			19.62	•	19.62	•		194	66.24	127
SLD026	Capsicum, green (Capsicum annuum)	70.12	ı	1.87	43.07	18.57	2.79	2.35	1.48	11.37	1.13	10.24	1	i.	151	119	70.12
SLD027	Capsicum, local (Capsicum annuum)	78.17		1.24	55.95	14.65	2.26	1.91	1.10	12.52	1.26	11.06	•		177	164	13.15
SLD028	Capsicum, red (Capsicum annuum)	85.41		4.50	54.28	19.80	0.95	2.89	2.99	47.99	3.95	44.04			217	179	85.41

Food code	Food Name				Saturated Fatty Acid	Saturated Fatty Acids					Monc	Mono Unsaturated Fatty Acids	urated ds		Poly	Poly Unsaturated Fatty Acids	rated Js
		letoT	(C12:0) Lauric	Myristic (C14:0)	Palmitic (C16:0)	5tearic (0:812)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (Cn1: <b>3</b> 12)	Oleic (En1:812)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic) (EnE:813)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		тg	тg	mg	mg	тg	mg	mg	mg	тg	mg	тg	mg	тg	mg	тg	mg
SLD029	Capsicum, yellow (Capsicum annuum)	00.66	ı	4.02	64.26	24.20	1.55	2.54	2.53	57.30	4.50	52.80	ı	1	199	161	00.66
SLD030	Cassava leaves (Manihot esculenta)	ND	ND	ND	ND	ND	ND	ND	ND	ΟN	ND	ND	ND	ND	ND	ND	ND
SLD031	Cauliflower ( <i>Brassica oleracea</i> )	128		1.94	96.63	17.06	4.40	1.80	5.88	25.90	•	25.90			230	115	128
SLD032	Celery stalk (Apium graveolens)	54.82	ı	ı	49.06	5.76	ı	ı	ı	5.21	ı	5.21	ı	ı	116	86.00	54.82
SLD033	Cho-cho-marrow ( <i>Sechium edule</i> )	78.00	ŀ	ī	65.00	8.47	1.34	1.96	1.20	13.37		13.37	ī		20.63	11.33	78.00
SLD034	Colocasia leaves, green (Colocasia anti-quorum)	435		ı	341	55.65	16.85	13.98	8.23	46.52	17.56	28.96	ı	i.	655	335	435
SLD035	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	103		ī	85.69	8.24	2.10	3.98	2.93	14.98	1.86	13.12		ŀ	154	113	103
SLD036	Colocasia, stem, green (Colocasia antiquorum)	67.53	ı	I	53.81	7.73	1.42	2.51	2.06	7.78	1.42	6.37	ı	ı	110	82.53	67.53
SLD037	Corn, Baby (Zea mays)	211		,	180	31.08		,		392	ī	384	7.48	i.	459	433	211
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	70.05	ı	1.02	55.29	9.12	1.14	1.67	1.81	8.57	0.58	7.98	ı.	ı.	57.39	40.31	70.05
SLD039	Cucumber, Mangalore (Cucumis sativus)	74.22		0.99	57.34	10.06	1.34	2.44	2.05	7.18	1.68	5.50		·	70.60	47.04	74.22
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	64.23		1.00	50.06	8.81	0.95	1.03	2.37	10.16	2.00	8.16		1	69.62	60.20	64.23
SLD041	Drumstick ( <i>Moringa oleifera</i> )	28.48	·	0.51	18.86	3.98	1.44	2.41	1.29	43.63	1.46	42.17	ī	·	23.89	17.66	28.48
SLD042	Drumstick leaves (Moringa oleifera)	588	ı	43.42	387	77.53	ı	35.97	44.54	111	I	111	ı	ı	693	268	588
SLD043	Garden cress ( <i>Lepidium sativum</i> )	23.90	,		19.48	1.73	0.48	1.46	0.75	8.10	0.72	7.38	ī		59.26	33.27	23.90
SLD044	Golden leather fern fiddlehead (A. aureum)	144	ı	1.08	116	11.22	0.36	6.11	8.66	34.96	1.04	18.02	ı	ı	88.64	58.55	28.06
SLD045	Green milkweed climber (Wattakaka volubilis)	373		13.52	123	12.44	3.18	1.93	4.46	52.86	0.49	37.07		1	123	65.90	287
SLD046	Horse purslane (Boerhavia diffusa)	48.12	1	4.18	36.72	3.86	1.03	0.63	1.56	10.45	0.44	10.01	I	I	109	20.09	89.34
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	490		ī	346	74.53	23.95	24.96	20.61	57.67	16.91	40.76		•	532	125	490
SLD048	Indian pennywort (Centella asiatica)	140	ı	2.53	124	6.75	1.63	3.24	1.32	18.06	0.58	14.59	2.88	1	214	121	92.31
SLD049	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	47.88		0.66	35.80	3.62	3.50	1.68	2.62	36.77	0.63	22.36	9.53	4.25	110	69.56	47.88
	Jack Iruit, seed, mature (Artocarpus neteropnyilus)	103			13U	1.84	10.0	1.41	3.30	13.40		13.40			102	10/01	103 103
SLD051	Knol - Khol (Brassica oleracea)	97.12	ı	·	//.60	11.33	2.85 2	2.39	2.94	30.//	4.22	26.02		•	128	59.55	97.12
25UUJ2	Knol - Knol, leaves (B. oleracea var. gongyloaes)	10/	1	1	01.11	32./8	2.48	1.42	2.39	18.91	5.84	13.U/	1	1	154	43.00	107
SLD053	Ladies finger (Abelmoschus esculentus)	60.90	ī	1.16	48.15	4.81	1.57	3.06	2.13	4.70	0.44	4.25		•	102	70.50	60.90
SLD054	Lasia shoots (Lasia spinosa)	269	ı	10.37	199	34.87	4.23	7.96	6.90	27.64	ı	25.09	2.56	ı	368	259	108
SLD055	Leeks (Allium ampeloprasum)	149		1.75	127	8.21	3.59	5.68	2.09	20.36	0.41	19.95	·	·	219	139	79.98
SLD056	Lettuce (Lactuca sativa)	103		7.73	68.49	9.96	ı	7.51	9.06	19.03	8.46	10.57	ı	ı	182	65.92	103
SLD057	Malabar spinach <i>(Basella alba)</i>	123	ī	1.14	108	9.04	0.52	0.95	3.01	170	0.85	29.11	140	ī	79.22	79.22	·
SLD058	Mango, green, raw (Mangifera indica)	29.87		0.70	25.73	1.37	0.64	0.61	0.81	9.92	2.32	7.60	ı	1	32.21	18.56	29.87
SLD059	Mushroom, Oyster, white (Pleurotus ostreatus)	79.21		0.95	58.76	14.92	0.73	'	'	71.68	'	71.06	0.62	,	181	180	0.63

Food code	Food Name				Saturated Fatty Acids	Saturated Fattv Acids					Mong	Mono Unsaturated Fattv Acids	urated ds		Poly	Poly Unsaturated Fattv Acids	ated
		letoT	(C12:0) Lauric	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (Cn1:∂1)	Oleic · · · · · · · · · · · · · · · · · · ·	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	letoT	Linoleic	) (C18:3n3) (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		тд	mg	mg	тg	тg	mg	mg	mg	mg	mg	mg	mg	mg	тg	тд	mg
SLD060	Onion, stalk (Allium cepa)	94.01		8.12	66.89	6.21	1	6.89	5.90	5.48	1	5.48		,	99.79	55.54	94.01
SLD061	Pak Choi leaves (Brassica rapa var. chinensis)	38.98	1.53	2.18	33.69	1.58	ı	ı	,	23.03	ı	23.03	ł	,	138	60.03	38.98
SLD062	Papaya, raw ( <i>Carica papaya</i> )	62.96	ī	1.38	48.24	7.16	т	3.01	3.19	42.06	T	42.06	ī	ī	70.97	63.11	62.96
SLD063	Parsley (Petroselinum crispum)	345	ı	15.18	235	58.05	6.04	13.80	16.67	32.94	14.42	18.52	ı	ı	476	221	345
SLD064	Passion fruit leaves (Passiflora edulis)	374	ı	7.29	302	43.52	8.08	3.53	6.22	92.81	3.26	89.55			561	296	263
SLD065	Plantain, ash ( <i>Musa x paradisiaca</i> )	253	,	2.53	218	14.40	2.71	2.51	6.51	55.99	2.88	53.11	,		139	102	36.95
SLD066	Plantain, ash, peels ( <i>Musa xparadisiaca</i> )	373	4.35	18.70	257	26.71	5.66	17.80	34.69	52.86	7.72	42.92	·	·	123	61.37	25.01
SLD067	Plantain, flower ( <i>Musa x paradisiaca</i> )	280	ı	1.98	128	46.98	55.30	24.64	22.59	32.51	1.80	30.71	ı	·	192	146	280
SLD068	Plantain, green <i>(Musa x paradisiaca)</i>	58.54			55.03	3.50				16.27		16.27			101	70.00	58.54
SLD069	Plantain, stem ( <i>Musa x paradisiaca</i> )	26.35	'	,	18.22	3.64	1.21	1.41	1.87	2.68	0.51	2.17	•	'	26.97	12.99	26.35
SLD070	Pumpkin leaves, tender <i>(Cucurbita maxima)</i>	258		20.40	182	30.03	5.67	13.29	6.66	16.53	8.82	6.80	0.92		310	13.58	258
SLD071	Pumpkin, common (Cucurbita maxima)	74.27	1.11	1.76	60.66	8.72	0.48	0.47	0.48	66.45	0.54	65.71	ı.		99.29	58.72	40.22
SLD072	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	53.32		1.10	41.66	7.66	0.81	0.96	1.12	25.17	1.17	23.99			65.51	38.94	53.32
SLD073	Pumpkin, orange, round (Cucurbita maxima)	42.07	ı	0.80	33.25	5.82	0.69	0.68	0.83	22.90	0.98	21.92		·	63.03	36.47	42.07
SLD074	Radish leaves ( <i>Raphanus sativus)</i>	154		10.62	115	27.77				27.31	8.89	18.42			267	51.97	154
SLD075	Ridge gourd (Luffa acutangula)	61.06	,	0.71	47.30	7.26	1.50	1.72	2.57	2.76	0.92	1.84	,	,	57.10	30.23	61.06
SLD076	Sessile joyweed (Alternanthera sessilis)	263		,	196	44.79	2.79	4.91	12.44	94.71	ı	25.67	68.50		83.01	83.01	,
SLD077	Snake gourd, dark green (Trichosanthes anguina)	53.32	,	1.10	41.66	7.66	0.81	0.96	1.12	25.17	1.17	23.99	ı		65.51	38.94	53.32
SLD078	Snake gourd, pale green (Trichosanthes anguina)	42.07	ī	0.80	33.25	5.82	0.69	0.68	0.83	22.90	0.98	21.92	ī	ī	63.03	36.47	42.07
SLD079	Spiny gourd (Momordica dioica)	170	0.89	4.96	110	47.89	2.37	1.63	0.84	24.91	0.99	23.92	ı	ı	201	116	84.73
SLD080	Sweet leaf (Sauropus androgynus)	752		115	574	36.50	13.71	6.85	6.11	148	30.88	117			847	198	650
SLD081	Tamarind leaves, tender (Tamarindus indica)	176		16.14	150	T	1.20	4.08	4.27	42.30	9.29	33.01			306	76.79	176
SLD082	Tomato, green (Lycopersicon esculentum)	47.33			35.27	9.32	1.28	0.73	0.73	37.95	0.67	36.28	•	1.00	107	93.61	47.33
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	47.04	,		34.71	9.47	1.27	0.82	0.77	33.48	0.76	32.02	,	0.70	111	97.00	47.04
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	84.79			61.68	18.37	2.15	1.34	1.25	70.60	1.35	68.17		1.09	213	193	84.79
SLD085	Turkey berry (Solanum torvum)	328	ı	4.53	237	61.86	6.59	6.98	6.03	148	24.67	123	1	ı	1092	1030	61.99
SLD086	Water spinach (Ipomoea aquatica)	178	ı	15.38	132	17.22	7.12	4.24	1.56	6.43	1.32	5.11		,	107	41.01	66.04
SLD087	Winged bean (Psopocarpus tetragonolobus)	97.32	ı	2.85	34.72	41.85	4.33	4.17	3.43	27.95	ı	27.95	1		34.73	27.15	7.58
SLD088	Zucchini, green ( <i>Cucurbita pepo</i> )	119	3.29	ī	98.79	16.94	ī	ī	'	39.26	2.88	36.38	ŀ	ŀ	251	98.72	119
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	56.84	1.51	ı	49.25	6.08	I	1		21.32	1.45	19.87			114	43.00	56.84

**Table 8. STARCH AND SUGARS** 

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates

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Food	Food Name	Available		Free sugars	gars		Oligosaccharides	charides	Total Starch
code		СНО	Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	g	g	g
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	1.05	0.36	0.10	0.22	0.04	NA	NA	0.69
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	1.05	0.28	0.24	0.04	NA	NA	NA	0.77
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	0.88	0.17	0.02	0.15	NA	NA	NA	0.71
SLD004	Ambarella (Spondias dulcis)	7.31	1.78	0.94	0.82	0.03	ND	ND	5.53
SLD005	Ash gourd (Benincasa hispida)	1.24	0.23	0.14	0.06	0.03	NA	NA	1.01
SLD006	Bean, scarlet, tender (Phaseolus coccineus)	4.60	1.06	0.40	0.50	0.16	NA	NA	3.54
SLD007	Beans, fava ( <i>Vicia faba</i> )	2.11	1.24	0.61	0.41	0.22	NA	NA	0.86
SLD008	Beans, field, tender, <i>(Dolichos lablab)</i>	NA	NA	NA	NA	NA	0.01	NA	NA
SLD009	Beans, French, country (Phaseolus vulgaris)	1.88	1.06	0.41	0.11	0.10	NA	NA	0.82
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris)</i>	1.77	1.00	0.65	0.14	0.10	NA	NA	0.77
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	1.82	0.98	0.88	0.02	0.08	ND	ND	0.84
SLD012	Beet greens ( <i>Beta vulgaris</i> )	2.15	0.13	0.01	0.12	NA	NA	NA	2.02
SLD013	Bitter gourd, elongate (Momordica charantia)	0.88	0.04	0.04	NA	NA	NA	NA	0.84
SLD014	Bitter gourd, short (Momordica charantia)	06.0	0.05	0.05	NA	NA	NA	NA	0.85
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	1.08	0.42	0.27	0.15	NA	NA	NA	0.66
SLD016	Bottle gourd, round (Lagenaria vulgaris)	1.02	0.34	0.25	0.10	NA	NA	NA	0.67
SLD017	Brinjal, Chinese eggplant (Solanum melongena)	2.00	0.97	0.53	0.28	0.16	NA	NA	1.03
SLD018	Brinjal, little prince eggplant (Solanum melongena)	2.72	1.01	0.51	0.19	0.31	NA	NA	1.71
SLD019	Brinjal, pandora striped (Solanum melongena)	2.27	1.15	0.59	0.37	0.19	NA	NA	1.12
SLD020	Brinjal, Thai eggplant (Solanum melongena)	2.05	1.10	0.59	0.13	0.38	NA	NA	0.95
SLD021	Cabbage, Chinese (Brassica rupa)	1.42	0.42	0.20	0.10	0.12	NA	NA	1.00
SLD022	Cabbage, collard, greens (B. oleracea var. viridis)	2.35	0.76	0.41	0.24	0.11	NA	NA	1.59
SLD023	Cabbage, green ( <i>B. oleracea</i> var. <i>capitata f. alba</i> )	1.22	0.91	0.39	0.34	0.18	NA	NA	0.31
SLD024	Cabbage, violet (B. oleracea var. capitata f. rubra)	1.45	0.86	0.42	0.25	0.19	NA	NA	0.59
SLD025	Canereed leaves (Costus speciosus)	4.23	0.29	0.16	0.12	0.01	ND	ND	3.94
SLD026	Capsicum, green (Capsicum annuum)	1.19	0.86	0.38	0.25	0.23	NA	NA	0.33
SLD027	Capsicum, local ( <i>Capsicum annuum</i> )	3.32	0.61	0.45	0.16	I	ND	ND	2.72
SLD028	Capsicum, red (Capsicum annuum)	0.97	0.88	0.31	0.24	0.33	NA	NA	0.09
SLD029	Capsicum, yellow (Capsicum annuum)	1.08	0.96	0.40	0.21	0.35	NA	NA	0.12

5))-		Available		Free sugars	Igars		Oligosad	Oligosaccharides	Total Starch
code		СНО	Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	ð	g	6
SLD030	Cassava leaves (Manihot esculenta)	4.97	0.15	0.01	0.09	0.05	ND	ND	4.82
SLD031	Cauliflower ( <i>Brassica oleracea</i> )	1.02	0.51	0.29	0.17	0.05	NA	NA	0.51
SLD032	Celery stalk (Apium graveolens)	1.51	0.81	0.19	0.29	0.33	NA	NA	0.70
SLD033	Cho-cho-marrow (Sechium edule)	1.93	0.75	0.40	0.25	0.10	NA	NA	1.18
SLD034	Colocasia leaves, green ( <i>Colocasia anti-quorum)</i>	2.83	0.70	0.24	0.10	0.36	NA	NA	2.13
SLD035	Colocasia, stem, black (Colocasia antiquorum)	1.08	0.53	0.37	0.16	NA	NA	NA	0.55
SLD036	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	1.14	0.25	0.09	0.16	NA	NA	NA	0.89
SLD037	Corn, Baby (Zea mays)	4.61	0.49	0.20	0.15	0.14	0.02	0.01	4.12
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	0.73	0.15	0.12	0.03	NA	NA	NA	0.58
SLD039	Cucumber, Mangalore <i>(Cucumis sativus)</i>	0.88	0.21	0.16	0.05	NA	NA	NA	0.67
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	0.76	0.31	0.28	0.03	NA	NA	NA	0.45
SLD041	Drumstick (Moringa oleifera)	2.98	1.87	1.33	0.31	0.23	NA	NA	1.11
SLD042	Drumstick leaves ( <i>Moringa oleifera</i> )	2.54	0.02	NA	0.02	NA	0.03	0.01	2.52
SLD043	Garden cress (Lepidium sativum)	NA	NA	NA	NA	NA	NA	NA	NA
SLD044	Golden leather fern fiddlehead (A. aureum)	4.20	1.22	1.18	0.04	ı	ND	ND	2.98
SLD045	Green milkweed climber (Wattakaka volubilis)	6.51	0.25	0.06	0.12	0.07	ND	ND	6.26
SLD046	Horse purslane ( <i>Boerhavia diffusa</i> )	1.84	0.09	0.09	ı	ı	ND	ND	1.75
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	3.95	0.23	0.10	0.10	0.03	NA	NA	3.72
SLD048	Indian pennywort ( <i>Centella asiatica</i> )	1.79	0.65	0.58	0.03	0.04	ND	ND	1.14
SLD049	Jack fruit, raw (Artocarpus heterophyllus)	2.11	2.07	1.21	0.29	0.57	NA	NA	0.04
SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	8.72	2.19	1.44	0.65	0.10	NA	NA	6.53
SLD051	Knol - Khol (Brassica oleracea)	0.92	0.42	0.01	0.09	0.32	NA	NA	0.50
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	4.57	0.10	NA	0.05	0.05	NA	NA	4.47
SLD053	Ladies finger (Abelmoschus esculentus)	1.42	0.54	0.42	0.07	0.05	NA	NA	0.88
SLD054	Lasia shoots (L <i>asia spinosa)</i>	1.84	0.02	0.01	0.02	ND	ND	ND	1.82
SLD055	Leeks (Allium ampeloprasum)	4.43	0.71	0.61	0.05	0.05	ND	ND	3.72
SLD056	Lettuce (Lactuca sativa)	1.80	0.18	0.14	0.04	NA	NA	NA	1.62
SLD057	Malabar spinach <i>(Basella alba)</i>	1.89	0.14	0.10	0.04	I	ND	ND	1.74
SLD058	Mango, green, raw ( <i>Mangifera indica</i> )	8.04	2.74	1.78	0.95	NA	NA	NA	5.30
SLD059	Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )	2.56	ı	,	ı	ı	ND	ND	2.56

code					00		Cligoad	Oligosaccitatues	
		СНО	Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	g	g	g
<b>SLD060</b> On	Onion, stalk ( <i>Allium cepa</i> )	1.58	0.48	NA	0.10	60.0	NA	NA	1.10
SLD061 Pa	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>chinensis</i> )	1.62	0.52	0.10	0.20	0.22	NA	NA	1.10
SLD062 Pa	Papaya, raw ( <i>Carica papaya</i> )	3.83	3.83	2.80	1.03	NA	NA	NA	NA
SLD063 Pa	Parsley ( <i>Petroselinum crispum</i> )	7.05	0.69	0.29	0.20	0.20	NA	NA	6.36
SLD064 Pa	Passion fruit leaves ( <i>Passiflora edulis</i> )	3.35	0.67	0.35	0.20	0.11	ND	ND	2.68
SLD065 Pla	Plantain, ash ( <i>Musa paradisiaca</i> )	14.08	0.77	0.36	0.41	NA	ND	ND	13.31
SLD066 Pla	Plantain, ash, peels ( <i>Musa paradisiaca)</i>	4.56	0.03	0.01	NA	0.02	ND	ND	4.54
SLD067 Pla	Plantain, flower ( <i>Musa x paradisiaca)</i>	1.82	0.16	0.12	0.04	NA	NA	NA	1.66
SLD068 Pla	Plantain, green <i>(Musa x paradisiaca)</i>	14.57	0.85	0.74	0.11	NA	NA	NA	13.72
SLD069 Pla	Plantain, stem ( <i>Musa x paradisiaca)</i>	4.91	0.50	NA	0.50	NA	NA	NA	4.41
SLD070 Pu	Pumpkin leaves, tender <i>(Cucurbita maxima)</i>	2.20	0.11	NA	0.11	NA	0.03	NA	2.09
SLD071 Pu	Pumpkin, common <i>(Cucurbita maxima)</i>	4.63	1.98	0.74	0.51	0.72	ND	ND	2.64
SLD072 Pu	Pumpkin, green, cylindrical <i>(Cucurbita maxima)</i>	3.10	2.90	1.03	1.01	0.86	0.02	NA	0.20
SLD073 Pu	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	3.20	2.84	1.84	0.50	0.49	0.01	NA	0.37
SLD074 Ra	Radish leaves ( <i>Raphanus sativus)</i>	2.10	0.31	0.15	0.07	0.09	NA	NA	1.79
SLD075 Ric	Ridge gourd (Luffa acutangula)	1.34	0.68	0.44	0.13	0.03	NA	NA	0.69
<b>SLD076</b> Set	Sessile joyweed (Alternanthera sessilis)	2.08	0.66	09.0	0.02	0.04	ND	ND	1.42
SLD077 Sn	Snake gourd, dark green ( <i>Trichosanthes anguina)</i>	1.19	0.45	0.30	0.10	0.01	NA	NA	0.74
SLD078 Sn	Snake gourd, pale green ( <i>Trichosanthes anguina</i> )	1.15	0.46	0.33	0.02	0.03	NA	NA	0.69
SLD079 Spi	Spiny gourd ( <i>Momordica dioica)</i>	8.04	0.84	0.49	0.32	0.03	ND	ND	7.20
SLD080 SW	Sweet leaf (Sauropus androgynus)	4.83	2.06	0.64	1.09	0.34	ND	ND	2.76
	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	7.01	0.17	0.05	0.12	NA	NA	NA	6.85
	Tomato, green (Lycopersicon esculentum)	1.35	0.84	0.42	0.42	NA	NA	NA	0.51
SLD083 To	Tomato, ripe, hybrid (Lycopersicon esculentum)	1.92	1.92	1.76	0.16	NA	NA	NA	NA
SLD084 To	Fomato, ripe, local (Lycopersicon esculentum)	1.58	1.58	1.29	0.28	NA	NA	NA	NA
SLD085 Tu	Turkey berry (Solanum torvum)	7.76	0.48	0.04	0.03	0.40	ND	ND	7.27
-	Water spinach (Ipomoea aquatica)	2.27	0.15	0.15		ı	ND	ND	2.12
SLD087 Wi	Winged bean (Psopocarpus tetragonolobus)	2.56	0.91	ı	0.63	0.28	ND	ND	1.65
SLD088 Zu	Zucchini, green ( <i>Cucurbita pepo</i> )	1.61	0.14	0.12	0.02	NA	NA	NA	1.47
SLD089 Zu	Zucchini, yellow <i>(Cucurbita pepo)</i>	1.37	0.29	0.19	0.10	NA	NA	NA	1.07

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(All values are expressed per 100g edible portion; ND indicates component not analysed)

FoodFoodNamecodeAmaranth, leaves, green (Amara\$LD001Amaranth, leaves, green (Amara\$LD002Amaranth, spinosus, green (Amara\$LD003Amaranth, spinosus, green (Amara\$LD005Ash gourd (Benincasa hispida)\$LD005Beans, field, tender (Phaseol\$LD007Beans, field, tender, (Dolichos\$LD007Beans, French, country (Phaseol\$LD009Beans, French, country (Phaseol\$LD0010Beans, French, country (Phaseol\$LD0010Beans, French, country (Phaseol\$LD0011Beans, French, short (Nomoralic\$LD0112Beet greens (Beta vulgaris)\$LD0113Bitter gourd, elongate (Momo\$LD0114Bitter gourd, elongate (Momo\$LD0115Bottle gourd, elongate (Momo\$LD0116Bottle gourd, clongate (Lagen\$LD0117Brinjal, Chinese eggplant (Sola\$LD0118Brinjal, Chinese eggplant (Sola\$LD0117Brinjal, Ilittle prince eggplant (Sola\$LD0118Brinial, little prince eggplant (Sola\$LD012Brinial, little prince eggplant (Sola\$LD013Brinial, little prince eggplant (Sola\$LD014Brinial, little prince eggplant (Sola\$LD015Brinial, little prince eggplant (Sola		Campesterol	Stigmasterol	
		-		p-JIUJIC-U
			STGSTR	STGSTR
		mg	bm	mg
	Amaranth, leaves, green (Amaranthus gangeticus)	1.06	2.79	14.88
	Amaranth, leaves, red ( <i>Amaranthus gangeticus</i> )	1.08	2.85	16.34
	Amaranth, spinosus, green (Amaranthus spinosus)	0.73	5.86	30.52
	ias dulcis)	ND	ND	ND
	casa hispida)	0.16	0.43	2.33
	Bean, scarlet, tender ( <i>Phaseolus coccineus)</i>	1.82	7.02	18.37
	faba)	0.81	3.27	13.81
	Beans, field, tender, <i>(Dolichos lablab)</i>	0.72	4.21	15.24
	Beans, French, country ( <i>Phaseolus vulgaris</i> )	0.96	4.29	18.83
	Beans, French, hybrid <i>(Phaseolus vulgaris)</i>	0.98	4.09	17.65
	Beans, long, red (Vigna unguiculata sesquipedalis)	ND	ND	ND
	vulgaris)	0.86	3.21	15.56
	Bitter gourd, elongate ( <i>Momordica charantia</i> )	0.48	1.94	11.15
	Bitter gourd, short ( <i>Momordica charantia</i> )	0.43	1.67	11.07
	Bottle gourd, elongate (Lagenaria vulgaris)	0.21	0.96	6.55
	Bottle gourd, round (Lagenaria vulgaris)	0.21	1.00	6.02
	Brinjal, Chinese eggplant (Solanum melongena)	0.79	1.98	8.38
	Brinjal, little prince eggplant ( <i>Solanum melongena)</i>	0.74	1.95	8.26
SLD019 Brinjal, pandora st	Brinjal, pandora striped ( <i>Solanum melongena</i> )	0.76	1.80	8.10
SLD020 Brinjal, Thai eggpli	Brinjal, Thai eggplant ( <i>Solanum melongena)</i>	0.74	1.76	8.47
SLD021 Cabbage, Chinese (Brassica rupa)	(Brassica rupa)	2.06	0.13	17.27
SLD022 Cabbage, collard, a	Cabbage, collard, greens ( <i>B. oleracea</i> var. <i>viridis</i> )	2.55	0.28	16.43
SLD023 Cabbage, green (B	Cabbage, green ( <i>B. oleracea</i> var. <i>capitata f. alba</i> )	2.40	0.22	16.97
SLD024 Cabbage, violet (B	Cabbage, violet ( <i>B. oleracea</i> var. <i>capitata f. rubra</i> )	2.52	0.24	14.83
SLD025 Canereed leaves (Costus speciosus)	Costus speciosus)	ND	ND	ND
SLD026 Capsicum, green (	Capsicum, green ( <i>Capsicum annuum</i> )	1.29	0.23	4.80
SLD027 Capsicum, local (C	Capsicum, local ( <i>Capsicum annuum</i> )	ND	ND	ND
SLD028 Capsicum, red (Capsicum annuum)	ıpsicum annuum)	0.91	0.73	1.89
SLD029 Capsicum, yellow	Capsicum, yellow <i>(Capsicum annuum)</i>	0.07	0.31	10.64

Food	Food Name	Campesterol	Stigmasterol	β-Sitosterol
code			STGSTR	STGSTR
		bu	bu	mg
SLD030	Cassava leaves (Manihot esculenta)	ND	ND	ND
SLD031	Cauliflower ( <i>Brassica oleracea</i> )	1.81	1.35	12.96
SLD032	Celery stalk (Apium graveolens)	4.81	0.40	4.18
SLD033	Cho-cho-marrow (Sechium edule)	0.07	0.41	1.40
SLD034	Colocasia leaves, green ( <i>Colocasia anti-quorum)</i>	3.56	10.25	23.83
SLD035	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	3.15	2.03	16.77
SLD036	Colocasia, stem, green (Colocasia antiquorum)	3.42	2.03	17.77
SLD037	Corn, Baby ( <i>Zea mays</i> )	3.82	4.69	20.20
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	1.22	0.36	7.34
SLD039	Cucumber, Mangalore (Cucumis sativus)	1.21	0.34	7.40
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	1.31	0.38	7.74
SLD041	Drumstick ( <i>Moringa oleifera</i> )	3.95	2.18	16.83
SLD042	Drumstick leaves (Moringa oleifera)	4.35	2.06	27.86
SLD043	Garden cress ( <i>Lepidium sativum</i> )	1.78	12.06	13.77
SLD044	Golden leather fern fiddlehead (A. aureum)	ND	ND	ND
SLD045	Green milkweed climber (Wattakaka volubilis)	ND	ND	ND
SLD046	Horse purslane (Boerhavia diffusa)	ND	ND	ND
SLD047	Hummingbird tree leaves ( <i>Sesbania grandiflora</i> )	4.42	1.37	5.94
SLD048	Indian pennywort ( <i>Centella asiatica</i> )	ND	ND	ND
SLD049	Jack fruit, raw (Artocarpus heterophyllus)	2.89	16.20	44.91
SLD050	Jack fruit, seed, mature (Artocarpus heterophyllus)	1.61	3.84	23.55
SLD051	Knol - Khol ( <i>Brassica oleracea</i> )	1.61	0.23	8.46
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	3.90	0.29	23.38
SLD053	Ladies finger (Abelmoschus esculentus)	2.89	3.96	15.03
SLD054	Lasia shoots ( <i>Lasia spinosa</i> )	ND	ND	ND
SLD055	Leeks (Allium ampeloprasum)	ND	ND	ND
SLD056	Lettuce (Lactuca sativa)	0.41	1.78	6.37
SLD057	Malabar spinach <i>(Basella alba)</i>	ND	ND	ND
SLD058	Mango, green, raw (Mangifera indica)	2.02	1.60	28.54
SLD059	Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )	ND	ND	ND

Food	Food Name	Campesterol	Stigmasterol	β-Sitosterol
code			STGSTR	STGSTR
	1	bm	шд	mg
SLD060	Onion, stalk (Allium cepa)	1.16	18.47	17.24
SLD061	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>chinensis</i> )	2.02	0.93	14.35
SLD062	Papaya, raw ( <i>Carica papaya</i> )	3.26	2.45	9.35
SLD063	Parsley ( <i>Petroselinum crispum</i> )	2.08	16.48	13.64
SLD064	Passion fruit leaves (Passiflora edulis)	ND	ND	ND
SLD065	Plantain, ash ( <i>Musa paradisiaca)</i>	ND	ND	ND
SLD066	Plantain, ash, peels ( <i>Musa paradisiaca)</i>	ND	ND	ND
SLD067	Plantain, flower ( <i>Musa x paradisiaca)</i>	6.28	6.14	9.50
SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	2.10	1.70	16.07
SLD069	Plantain, stem ( <i>Musa x paradisiaca)</i>	6.17	8.30	31.56
SLD070	Pumpkin leaves, tender (Cucurbita maxima)	0.33	2.50	18.24
SLD071	Pumpkin, common ( <i>Cucurbita maxima</i> )	ND	ND	ND
SLD072	Pumpkin, green, cylindrical (Cucurbita maxima)	0.18	0.72	2.34
SLD073	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	0.18	0.72	2.60
SLD074	Radish leaves (Raphanus sativus)	2.19	0.91	17.25
SLD075	Ridge gourd (Luffa acutangula)	0.11	0.57	3.75
SLD076	Sessile joyweed (Alternanthera sessilis)	ND	ND	ND
SLD077	Snake gourd, dark green (Trichosanthes anguina)	0.25	0.85	4.46
SLD078	Snake gourd, pale green (Trichosanthes anguina)	0.24	0.87	4.26
SLD079	Spiny gourd ( <i>Momordica dioica</i> )	ND	ND	ND
SLD080	Sweet leaf (Sauropus androgynus)	ND	ND	ND
SLD081	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	4.81	0.64	46.05
SLD082	Tomato, green (Lycopersicon esculentum)	0.35	0.86	3.57
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	0.31	0.85	2.29
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	0.30	0.74	2.34
SLD085	Turkey berry (Solanum torvum)	ND	ND	ND
SLD086	Water spinach (Ipomoea aquatica)	ND	ND	ND
SLD087	Winged bean (Psopocarpus tetragonolobus)	ND	ND	ND
SLD088	Zucchini, green (Cucurbita pepo)	1.01	0.35	7.65
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	0.88	0.42	8.77

**Table 10. CAROTINES AND XANTHOPHYLS** 

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Capsanthin	Lutein	Zeaxanthin	Lvcopene	β –	α –	<u>в</u> –	- >
code					•	Cryptoxanthin	Carotene	Carotene	Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB	CARTG
		рц	bп	бп	вп	бп	бrl	бп	рц
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	NA	8765	189	NA	NA	NA	8846	NA
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	NA	7439	118	NA	NA	NA	8457	NA
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	NA	1877	137	NA	NA	NA	1964	NA
SLD004	Ambarella ( <i>Spondias dulcis</i> )		4.7	4.05	·	·	ı	20.18	ı
SLD005	Ash gourd ( <i>Benincasa hispida</i> )	NA	15.31	3.16	NA	NA	NA	NA	NA
SLD006	Bean, scarlet, tender (Phaseolus coccineus)	NA	102	2.98	NA	NA	NA	39.86	NA
SLD007	Beans, fava ( <i>Vicia faba</i> )	NA	115	31.57	NA	NA	NA	5.94	NA
SLD008	Beans, field, tender, ( <i>Dolichos lablab</i> )	NA	413	26.54	NA	NA	75.33	561	NA
SLD009	Beans, French, country (Phaseolus vulgaris)	NA	341	10.64	NA	NA	3.15	422	NA
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris</i> )	NA	228	13.35	NA	NA	388	NA	3.18
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	,	37.38	,	ı	ı	ı	ı	ı
SLD012	Beet greens ( <i>Beta vulgaris</i> )	NA	NA	NA	NA	NA	NA	NA	NA
SLD013	Bitter gourd, elongate ( <i>Momordica charantia</i> )	NA	399	6.54	NA	NA	413	124	NA
SLD014	Bitter gourd, short ( <i>Momordica charantia</i> )	NA	225	9.41	NA	NA	NA	131	NA
SLD015	Bottle gourd, elongate (Lagenaria vulgaris)	NA	33.89	NA	NA	NA	NA	27.64	NA
SLD016	Bottle gourd, round (Lagenaria vulgaris)	NA	29.64	8.6	NA	NA	NA	NA	NA
SLD017	Brinjal, Chinese eggplant ( <i>Solanum melongena)</i>	NA	119	4.31	NA	NA	NA	101	NA
SLD018	Brinjal, little prince eggplant (Solanum melongena)	NA	147	2.53	NA	NA	NA	146	NA
SLD019	Brinjal, pandora striped (Solanum melongena)	NA	138	3.9	NA	NA	NA	138	NA
SLD020	Brinjal, Thai eggplant ( <i>Solanum melongena)</i>	NA	111	1.33	NA	NA	NA	110	NA
SLD021	Cabbage, Chinese ( <i>Brassica rupa</i> )	NA	58	1.5	NA	NA	NA	5.5	NA
SLD022	Cabbage, collard, greens ( <i>B. oleracea</i> var. viridis)	NA	143	2.68	NA	NA	104	NA	NA
SLD023	Cabbage, green ( <i>B. oleracea</i> var. <i>capitata f. alba</i> )	NA	5.15	NA	NA	NA	NA	20.15	NA
SLD024	Cabbage, violet ( <i>B. oleracea</i> var. capitata f. rubra)	NA	55.34	1.9	NA	NA	NA	31.82	NA
SLD025	Canereed leaves (Costus speciosus)	,	4376	24	ı	ı	ı	1720	I
SLD026	Capsicum, green ( <i>Capsicum annuum</i> )	1694	143	11.64	NA	NA	NA	317	NA
SLD027	Capsicum, local (Capsicum annuum)		99.66	4.81	ı		ı	233	ı
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	NA	180	16.79	NA	NA	NA	311	NA
SLD029	Capsicum, yellow (Capsicum annuum)	1580	278	11.42	NA	NA	NA	181	NA

code SLD030 Cassava SLD031 Cauliflo SLD032 Celery s SLD032 Celery s									
						Cryptoxanthin	Carotene	Carotene	Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB	CARTG
		бп	bп	бrl	рд	рд	рд	рц	рц
	Cassava leaves (Manihot esculenta)	ı	7805	4605	ı			8244	Ţ
	Cauliflower ( <i>Brassica oleracea</i> )	NA	35.30	2.64	NA	NA	NA	0.89	NA
	Celery stalk (Apium graveolens)	NA	174	2.11	NA	NA	NA	401	NA
	Cho-cho-marrow <i>(Sechium edule)</i>	NA	9.66	1.54	NA	NA	NA	1.85	NA
SLD034 Colocas	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	NA	NA	NA	NA	NA	NA	NA	NA
SLD035 Colocas	Colocasia, stem, black ( <i>Colocasia antiquorum)</i>	NA	97.12	5.30	NA	NA	4.97	NA	NA
SLD036 Colocas	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	NA	09.66	1.96	NA	NA	2.30	NA	NA
SLD037 Corn, Bi	Corn, Baby ( <i>Zea mays</i> )	NA	5.79	1.90	NA	NA	NA	1.52	NA
SLD038 Cucumb	Cucumber, Indian cucumber ( <i>Cucumis sativus</i> )	NA	6.72	NA	NA	NA	NA	3.52	NA
SLD039 Cucumb	Cucumber, Mangalore <i>(Cucumis sativus)</i>	NA	2.12	NA	NA	NA	NA	4.58	NA
SLD040 Cucumb	Cucumber, Persian cucumber (Cucumis sativus)	NA	1.52	NA	NA	NA	NA	5.52	NA
SLD041 Drumst	Drumstick (Moringa oleifera)	NA	129	7.16	NA	NA	NA	18.83	NA
SLD042 Drumst	Drumstick leaves ( <i>Moringa oleifera</i> )	NA	11433	229	NA	NA	AN	15987	NA
SLD043 Garden	Garden cress ( <i>Lepidium sativum)</i>	NA	1564	21.65	NA	NA	NA	NA	NA
SLD044 Golden	Golden leather fern fiddlehead (A. aureum)	ı	89.96	4.98	ı	'	'	100	ı
SLD045 Green r	Green milkweed climber (Wattakaka volubilis)	ı	6542	2742	·		,	14518	
SLD046 Horse p	Horse purslane ( <i>Boerhavia diffusa</i> )	ı	5388	656	ı		'	6894	ı
SLD047 Hummi	Hummingbird tree leaves ( <i>Sesbania grandiflora)</i>	NA	12941	559	NA	NA	NA	12582	NA
SLD048 Indian p	Indian pennywort ( <i>Centella asiatica</i> )	ı	1896	8.00	ı	1	'	1361	ı
SLD049 Jack fru	Jack fruit, raw (Artocarpus heterophyllus)	NA	6.45	3.12	NA	NA	NA	NA	NA
SLD050 Jack fru	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	NA	2.16	2.33	NA	NA	NA	NA	NA
SLD051 Knol - K	Knol - Khol (Brassica oleracea)	NA	3.66	0.16	NA	NA	NA	NA	NA
SLD052 Knol - K	Knol - Khol, leaves ( <i>B. oleracea</i> var. <i>gongylodes)</i>	NA	15.62	2.77	NA	NA	12.04	NA	NA
SLD053 Ladies f	Ladies finger (Abelmoschus esculentus)	NA	783	3.11	NA	NA	NA	74.51	NA
SLD054 Lasia sh	Lasia shoots (L <i>asia spinosa)</i>	ı	2686	160	ı	1	ľ	1805	ı
SLD055 Leeks (A	Leeks (Allium ampeloprasum)	ı	50.00	6.00	ı	,	·	111	·
SLD056 Lettuce	Lettuce (Lactuca sativa)	NA	2178	8.15	NA	NA	NA	NA	NA
SLD057 Malaba	Malabar spinach ( <i>Basella alba)</i>	ı	6887	3800	ı		'	5760	,
SLD058 Mango,	Mango, green, raw (Mangifera indica)	NA	103	0.16	NA	11.84	NA	81.08	NA
SLD059 Mushro	Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )	I	I	I					

codeSLD060Onion, stalk (Allium cepa)SLD061Pak Choi leaves (Brassica rapa var. chinensis)SLD062Papaya, raw (Carica papaya)SLD063Parsley (Petroselinum crispum)SLD064Passion fruit leaves (Passiflora edulis)SLD065Plantain, ash (Musa x paradisiaca)SLD066Plantain, ash, peels (Musa x paradisiaca)SLD066Plantain, flower (Musa x paradisiaca)SLD066Plantain, green (Musa x paradisiaca)SLD067Plantain, green (Musa x paradisiaca)SLD068Plantain, green (Musa x paradisiaca)SLD069Plantain, green (Musa x paradisiaca)SLD070Pumpkin leaves, tender (Cucurbita maxima)SLD071Pumpkin, orange, round (Cucurbita maxima)SLD072Pumpkin, orange, round (Cucurbita maxima)SLD073Radish leaves (Raphanus sativus)SLD075Ridge gourd (Luffa acutangula)SLD075Sesile joyweed (Alternanthera sesilis)SLD076Sessile joyweed (Alternanthera sesilis)	a) ca rapa var. chinensis) baya) arapa var. chinensis) baya) sifpora edulis) aradisiaca) sa x paradisiaca) x paradisiaca) paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	<i>Н</i> ИА ИА ИА ИА ИА ИА	LUTN μg 454 2655 2655 329 3574 4317 0.06 44.35 71.4 23.00 23.00 23.00 23.00 23.00 23.00 23.00 23.00	<b>ZEA</b> μ <i>g</i> 3.15 5.5 5.5 11.92 11.92 11.92 11.92 178 0.08 5.55 5.55 4.66 4.12 4.12	LYCPN Hg NA NA NA NA NA NA NA NA NA NA	Cryptoxanthin           CRYPXB           CRYPXB           CRYPXB           Diamond           Diamond	Carotene           CARTA           CARTA           Und           Und           2450           NA           2450           NA           2710           2710           -           -           NA           NA           NA	Carotene           CARTB           CARTB           μg           μg           NA           NA           NA           NA           S669           O 37	Carotene CARTG MA NA NA NA
	(a) ca rapa var. chinensis) baya) rispum) ssiflora edulis) ssiflora edulis) saradisiaca) x paradisiaca) c paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	<i>JIG</i> NA NA NA NA NA NA	μg           μg           454           454           3574           329           3574           4317           0.06           44.35           71.4           71.4           23.00           23.00           23.00           23.00           29.30           29.30           29.30           29.30           29.30	<b>ZEA</b> μg 3.15 5.5 5.5 178 1.92 178 0.08 5.55 4.66 4.12 4.12 4.12	LYCPN HG NA NA NA NA NA NA NA NA NA NA	CRYPXB μg NA 11.84 87.54 NA NA NA NA NA NA	<b>CARTA</b> μg NA 2450 NA 2710 - - - NA NA	CARTB μg NA NA 103 NA NA 5669	CARTG μg NA NA NA
	ad) ca rapa var. chinensis) bayad) rispum) ssiflora edulis) aradisiaca) sa x paradisiaca) x paradisiaca) paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	ИД NA NA NA NA NA NA NA NA	<i>µg</i> 454 454 2655 329 3574 4317 0.06 44.35 71.4 71.4 23.00 23.00 23.00 23.00 23.00 23.00 23.00 84.53	μg 3.15 5.5 0.08 11.92 11.92 11.92 1.78 0.08 5.55 2.64 4.12 4.12	ИД NA NA NA NA NA NA NA NA NA NA NA NA NA	μg NA 11.84 87.54 87.54 NA NA NA NA NA	μg NA 2450 NA 2710  - NA NA	<i>µg</i> NA NA 103 5669 0 37	µg NA NA NA
	a) ca rapa var. chinensis) baya) rispum) ssiflora edulis) aradisiaca) sa x paradisiaca) x paradisiaca) paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	NA NA NA NA NA NA NA NA NA	454 26555 329 3574 4317 0.06 44.35 71.4 71.4 23.00 24.00 25.00 24.00 25.00 26.00 26.00 26.00 26.00 20.00 20.00 27.00 27.00 20.000 20.000 20.000 20.00000000	3.15 5.5 NA 11.92 178 0.08 5.55 4.66 4.12 4.12	NA NA NA NA NA NA NA NA NA NA NA	NA 11.84 87.54 NA  NA NA NA NA	NA 2450 NA 2710  NA NA	NA NA 103 NA 5669 0 37	NA NA NA
	ca rapa var. chinensis) paya) rispum) ssiflora edulis) aradisiaca) sa x paradisiaca) k paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	NA NA NA NA NA NA NA NA NA NA NA NA NA	2655 329 3574 4317 4317 0.06 44.35 71.4 71.4 23.00 23.00 23.00 23.00 23.00 23.00 23.00 24.53	5.5 NA 11.92 178 0.08 5.55 4.66 4.12 4.12	N N N N N N N N N N N N N N N N N N N	11.84 87.54 87.54 NA  NA NA NA	2450 NA 2710  NA NA	NA 103 NA 5669 0 37	NA NA NA
	baya) rispum) ssiflora edulis) aradisiaca) usa x paradisiaca) x paradisiaca) paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	NA NA NA NA NA NA NA NA NA	329 3574 4317 4317 0.06 44.35 71.4 71.4 23.00 23.00 23.00 23.00 29.30 24.53	NA 11.92 178 0.08 5.55 4.66 4.12 4.12	N N N N N N N N N N N N N N N N N N N	87.54 NA NA NA NA	NA 2710 - - NA NA	103 NA 5669 0 37	NA
	rispum) ssiflora edulis) aradisiaca) usa x paradisiaca) k paradisiaca) paradisiaca) - (Cucurbita maxima) curbita maxima)	NA NA NA NA NA NA N	3574 4317 0.06 44.35 71.4 23.00 29.30 29.30 6453 89.14	11.92 178 0.08 5.55 4.66 2.64 4.12 4.12	NA	N N N N N N N N N N N N N N N N N	2710 - - NA NA	NA 5669 0.37	NA
	ssiflora edulis) aradisiaca) usa x paradisiaca) x paradisiaca) paradisiaca) - (Cucurbita maxima) curbita maxima)	AN	4317 0.06 44.35 71.4 23.00 29.30 29.30 6453 89.14	178 0.08 5.55 4.66 2.64 4.12 4.12	AN N N N N	A A A A	A A	5669 0.37	
	aradisiaca) usa x paradisiaca) x paradisiaca) paradisiaca) - (Cucurbita maxima) curbita maxima)	NA NA NA	0.06 44.35 71.4 23.00 29.30 6453 89.14	0.08 5.55 4.66 2.64 4.12 45 36	N N N N N N	- ' N N N N N N N N N N N N N N N N N N	AN	037	ı
	usa x paradisiaca) x paradisiaca) t paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	- NA NA NA NA	44.35 71.4 23.00 29.30 6453 89.14	5.55 4.66 2.64 4.12 45 36	. A A A A	- NN NN NA NN NN	- NA	10.0	ı
	x paradisiaca) ¢ paradisiaca) paradisiaca) • (Cucurbita maxima) curbita maxima)	NA NA NA	71.4 23.00 29.30 6453 89.14	4.66 2.64 4.12 45 36	NA NA NA	N N A N	NA NA	47.87	ı
	k paradisiaca) paradisiaca) (Cucurbita maxima) curbita maxima)	NA NA NA	23.00 29.30 6453 89.14	2.64 4.12 45.36	NA NA	N N N N	NA	25.64	NA
	paradisiaca) (Cucurbita maxima) :urbita maxima) iral (Cururbita maxima)	NA NA	29.30 6453 89.14	4.12 45 36	NA	NA		2.15	NA
	(Cucurbita maxima) curbita maxima) ical (Cururbita maxima)	NA	6453 89.14	45 36	NA	NN	NA	2.16	NA
	curbita maxima) ical (Cururbita mavima)		80 14				NA	1431	NA
	rical (Cucurbita mavima)	I	11.00	11.76	ı	ı	83.83	140	ı
	ical (carai pira iliavilla)	NA	394	26.6	NA	NA	363	NA	63.91
	d (Cucurbita maxima)	NA	150	39.49	NA	NA	94.31	142	NA
	is sativus)	NA	1853	27.31	NA	NA	NA	3047	NA
	angula)	NA	163	14.32	NA	NA	NA	356	NA
	anthera sessilis)	,	1035	9.00	ı	ı	I	554	T
SLD077 Snake gourd, dark green (	Snake gourd, dark green ( <i>Trichosanthes anguina</i> )	NA	39.60	5.41	NA	NA	61.64	NA	NA
SLD078 Snake gourd, pale green (	Snake gourd, pale green ( <i>Trichosanthes anguina</i> )	NA	27.60	6.45	NA	NA	NA	62.47	NA
SLD079 Spiny gourd (Momordica dioica)	a dioica)	1	88.91	4.17	I	ı	Ţ	108	ı
SLD080 Sweet leaf (Sauropus androgynus)	ndrogynus)	ı	15215	118	I	I	I	3047	I
SLD081 Tamarind leaves, tender (Tamarindus indica)	r (Tamarindus indica)	NA	58.83	1.88	NA	NA	NA	168	NA
SLD082 Tomato, green (Lycopersicon esculentum)	rsicon esculentum)	NA	38.20	0.16	38.93	NA	NA	35.98	6.8
SLD083 Tomato, ripe, hybrid (Lycopersicon esculentum)	/copersicon esculentum)	NA	1763	9.33	2343	NA	NA	1549	6.5
SLD084 Tomato, ripe, local (Lycopersicon esculentum)	opersicon esculentum)	NA	674	19.75	1264	NA	NA	991	9.9
SLD085 Turkey berry (Solanum torvum)	torvum)		33.21	3.20	ı	ı	I	95.33	·
SLD086 Water spinach (Ipomoea aquatica)	a aquatica)	ı	1650	16.00	I	I	I	9685	ı
SLD087 Winged bean (Psopocarpus tetragonolobus)	rpus tetragonolobus)		142	8.27	ı	ı	Ţ	232	ı
SLD088 Zucchini, green (Cucurbita pepo)	ita pepo)	NA	87.86	16.23	NA	NA	85.79	NA	NA
SLD089 Zucchini, yellow (Cucurbita pepo)	bita pepo)	NA	36.40	25.60	NA	NA	69.90	NA	NA

# Table 11. ORGANIC ACIDs, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Ň	xalates						I	biɔA	I		itor	itor	u
		letoT	əldulo2	əldulosni	Tartaric Acid	Quinic Acid	biɔA ɔillɕM	Citric Acid	biɔA ɔiniɔɔuჇ	v pitinopA-siD	Fumaric Acid	Phytate	Trypsin Inhib JinU	Trypsin Inhib Activity	inoqe2 letoT
			OXALAC		TARAC		MALAC	CITAC	SUCAC		FUM AC				
		шg	шg	тg	шg	тg	шg	шg	шg	шg	шg	тg	шg	шg	g
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	593	167	426	NA	NA	2.30	2.80	3.86	NA	3.14	5.70	4.87	593	167
SLD002	Amaranth, leaves, red (Amaranthus gangeticus)	823	385	437	NA	NA	4.52	2.79	2.98	NA	2.99	4.90	4.49	823	385
SLD003	Amaranth, spinosus, green (Amaranthus spinosus)	1234	87.33	1146	NA	NA	2.63	2.22	NA	6.14	12.12	7.05	0.94	1234	87.33
SLD004	Ambarella (Spondias dulcis)	0.30	0.09	0.20	ND	ND	ND	ND	ND	ND	ND	66.39	ND	ND	ND
SLD005	Ash gourd (Benincasa hispida)	4.44	2.98	1.46	NA	NA	NA	35.12	NA	NA	0.61	14.85	ΝA	4.44	2.98
SLD006	Bean, scarlet, tender ( <i>Phaseolus coccineus)</i>	20.33	6.77	13.56	NA	NA	36.48	20.37	175	34.16	1.96	14.21	NA	20.33	6.77
SLD007	Beans, fava ( <i>Vicia faba</i> )	21.65	7.77	13.88	NA	NA	4.72	123	NA	NA	0.99	5.67	0.41	21.65	7.77
SLD008	Beans, field, tender, (Dolichos lablab)	28.33	8.95	19.38	NA	NA	NA	NA	NA	14.82	4.36	4.87	0.56	28.33	8.95
SLD009	Beans, French, country ( <i>Phaseolus vulgaris</i> )	40.31	3.98	36.33	NA	NA	66.73	95.86	NA	14.52	13.15	5.74	0.13	40.31	3.98
SLD010	Beans, French, hybrid ( <i>Phaseolus vulgaris</i> )	36.97	4.88	32.09	NA	NA	68.60	81.10	NA	12.60	14.40	7.51	NA	36.97	4.88
SLD011	Beans, long, red (Vigna unguiculata sesquipedalis)	4.71	0.87	3.84	ND	ΔN	ND	ND	ND	ND	ND	321	ND	ND	ND
SLD012	Beet greens (Beta vulgaris)	147	39.34	107	NA	NA	2.79	1.02	85.15	NA	0.21	18.00	NA	147	39.34
SLD013	Bitter gourd, elongate ( <i>Momordica charantia</i> )	47.33	16.47	30.86	NA	NA	NA	57.16	5.93	NA	1.25	11.81	NA	47.33	16.47
SLD014	Bitter gourd, short (Momordica charantia)	47.55	14.79	32.76	NA	NA	NA	66.14	7.52	NA	1.30	15.68	NA	47.55	14.79
SLD015	Bottle gourd, elongate ( <i>Lagenaria vulgaris</i> )	6.12	5.14	0.98	NA	NA	NA	29.15	63.41	NA	0.14	10.00	NA	6.12	5.14
SLD016	Bottle gourd, round (Lagenaria vulgaris)	2.53	1.38	1.15	NA	NA	NA	31.12	65.18	NA	0.14	11.83	NA	2.53	1.38
SLD017	Brinjal, Chinese eggplant ( <i>Solanum melongena</i> )	31.45	24.33	7.12	18.31	NA	10.36	8.64	NA	NA	34.31	16.18	3.27	31.45	24.33
SLD018	Brinjal, little prince eggplant (Solanum melongena)	NA	NA	NA	20.54	NA	32.46	15.04	NA	0.77	85.41	16.93	3.42	NA	NA
SLD019	Brinjal, pandora striped ( <i>Solanum melongena</i> )		25.33	3.79	10.81	NA	44.26	9.12	NA	0.30	68.87	7.00	3.20	29.12	25.33
SLD020	Brinjal, Thai eggplant ( <i>Solanum melongena</i> )	34.28	31.15	3.13	10.16	NA	23.26	5.76	NA	0.37	20.47	16.92	3.85	34.28	31.15
SLD021	Cabbage, Chinese (Brassica rupa)	16.55	1.85	14.70	NA	88.30	5.65	67.54	85.00	NA	0.41	16.85	NA	16.55	1.85
SLD022	Cabbage, collard, greens ( <i>B. oleracea</i> var. <i>viridis</i> )	9.42	0.80	8.62	2.98	58.30	0.55	45.82	89.66	0.03	0.81	12.08	NA	9.42	0.80
SLD023	Cabbage, green ( <i>B. oleracea</i> var. <i>capitata f. alba</i> )	3.11	0.39	2.72	2.75	96.12	0.31	44.82	92.86	0.01	0.78	11.69	0.24	3.11	0.39
SLD024	Cabbage, violet (B. oleracea var. capitata f. rubra)	2.98	0.29	2.69	1.74	42.63	0.35	56.78	87.93	0.03	0.78	12.78	0.24	2.98	0.29
SLD025	Canereed leaves (Costus speciosus)	77.12	18.57	58.56	ND	QN	ND	QN	DN	QN	QN	49.46	ND	ND	DN
SLD026	Capsicum, green (Capsicum annuum)		12.84	7.41	NA	NA	186	102	241	NA	0.29	15.94	0.05	20.25	12.84
SLD027	Capsicum, local ( <i>Capsicum annuum</i> )		0.44	0.96	QN	ΩN	QN	QN	ΟN	QN	QN	81.32	QN	QN	DN
SLD028	Capsicum, red ( <i>Capsicum annuum</i> )	15.43	11.42	4.01	NA	8.64	116	44.32	111	NA	0.34	NA	NA	15.43	11.42

Food	Food Name													
code		C	Oxalates					I				itor	oitor	u
		letoT	əldulo2	əldulosni	Tartaric Acid	biɔA ɔininΩ	bioA oilleM	Citric Acid	Succinic Acid	Fumaric Acid		Phytate Trypsin Inhib	Unit Trypsin Inhib Activity	inoqe2 letoT
			OXALAC		TARAC	2	MALAC CI	CITAC SI	sucac	FUM AC	Σ.,			
		тд	шg	тg										g
SLD029	Capsicum, yellow (Capsicum annuum)	21.66	9.64	12.02	NA	NA	101 4	48.82	136 N	NA 1.	1.13 1	NA NA	A 21.66	9.64
SLD030	Cassava leaves (Manihot esculenta)	32.22	3.56	28.66										ND
SLD031	Cauliflower (Brassica oleracea)	8.69	2.15	6.54										.15
SLD032	Celery stalk (Apium graveolens)	46.31	26.31	20.00										5.31
SLD033	Cho-cho-marrow (Sechium edule)	1.87	1.38	0.49										38
SLD034	Colocasia leaves, green (Colocasia anti-quorum)	799	223	576										223
SLD035	Colocasia, stem, black (Colocasia antiquorum)	250	177	73.00										[77
SLD036	Colocasia, stem, green (Colocasia antiquorum)	229	172	57.00										172
SLD037	Corn, Baby (Zea mays)	6.54	2.14	4.40										.14
SLD038	Cucumber, Indian cucumber (Cucumis sativus)	9.45	2.18	7.27										.18
SLD039	Cucumber, Mangalore (Cucumis sativus)	12.78	2.24	10.54										24
SLD040	Cucumber, Persian cucumber (Cucumis sativus)	14.33	2.29	12.04										29
SLD041	Drumstick (Moringa oleifera)	129	69.72	59.64										9.72
SLD042	Drumstick leaves (Moringa oleifera)	126	12.10	114										2.10
SLD043	Garden cress ( <i>Lepidium sativum</i> )	128	35.10	93.16										5.10
SLD044	Golden leather fern fiddlehead (A. aureum)	17.64	3.55	14.10										ND
SLD045	Green milkweed climber ( <i>Wattakaka volubilis)</i>	9.87	2.44	7.43										DN
SLD046	Horse purslane (Boerhavia diffusa)	26.95	5.91	21.03										ND
SLD047	Hummingbird tree leaves (Sesbania grandiflora)	178	8.06	170										.06
SLD048	Indian pennywort ( <i>Centella asiatica</i> )	5.61	1.95	3.66										ND
SLD049	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	11.34	8.77	2.57										12.
SLD050	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	31.75	27.64	4.11										7.64
SLD051	Knol - Khol (Brassica oleracea)	NA	NA	NA										NA
SLD052	Knol - Khol, leaves (B. oleracea var. gongylodes)	2.92	1.88	1.04										.88
SLD053	Ladies finger (Abelmoschus esculentus)	83.89	5.94	77.95										.94
SLD054	Lasia shoots (Lasia spinosa)	28.82	10.72	18.10										ND
SLD055	Leeks (Allium ampeloprasum)	3.92	0.80	3.12										DN
SLD056	Lettuce (Lactuca sativa)	296	40.04	256										0.04
SLD057	Malabar spinach ( <i>Basella alba</i> )	14.91	2.12	12.80										DN
SLD058	Mango, green, raw (Mangifera indica)	8.54	3.89	4.65										.89
SLD059	Mushroom, Oyster, white ( <i>Pleurotus ostreatus</i> )	1.68	0.41	1.27										DN

Food	Food Name	ĉ	xalates												
code	5									p			JC	JC	
200		letoT	əldulo2	əldulosni	biɔA ɔiʌɕɟʌɕT	Quinic Acid	biɔA ɔillɛM	Ditric Acid	biɔA ɔiniɔɔuჇ	iɔA ɔitinoɔA-ɛiϽ	Fumaric Acid	Phytate	Trypsin Inhibito Unit	Trypsin Inhibito Activity	ninoqe2 lstoT
			OXALAC		TARAC		MALAC	CITAC	sucac		FUM AC				
		mg	mg	mg	mg	mg	тg	mg	mg	тg	mg	тg	mg	mg	g
SLD060	Onion, stalk (Allium cepa)	19.42	11.31	8.11	NA	85.63	74.12	835	NA	NA	1.06	59.23	0.08	19.42	11.31
SLD061	Pak Choi leaves (Brassica rapa var. chinensis)	14.35	2.15	12.20	3.14	4.75	1.82	35.85	79.88	NA	1.01	18.05	NA	14.35	2.15
SLD062	Papaya, raw ( <i>Carica papaya</i> )	10.12	5.05	5.07	NA	NA	NA	NA	NA	NA	NA	24.12	NA	10.12	5.05
SLD063	Parsley (Petroselinum crispum)	128	11.50	116	NA	NA	NA	1.36	104	113	0.83	54.32	NA	128	11.50
SLD064	Passion fruit leaves (Passiflora edulis)	93.05	34.86	58.19	DN	ND	ND	DN	DN	ND	ND	170	DN	DN	DN
SLD065	Plantain, ash ( <i>Musa x paradisiaca</i> )	16.89	9.24	7.65	ND	ND	ND	ND	ND	ND	ND	64.01	ND	ND	ND
SLD066	Plantain, ash, peels ( <i>Musa x paradisiaca)</i>	9.30	3.92	5.38	DN	QN	DN	QN	QN	QN	QN	88.68	QN	QN	DN
SLD067	Plantain, flower ( <i>Musa x paradisiaca</i> )	155	120	35.15	NA	NA	NA	65.25	NA	0.04	2.76	2.54	NA	155	120
SLD068	Plantain, green ( <i>Musa x paradisiaca</i> )	81.66	49.36	32.30	NA	NA	NA	41.02	NA	0.10	1.02	40.36	NA	81.66	49.36
SLD069	Plantain, stem ( <i>Musa x paradisiaca</i> )	209	152	56.43	NA	NA	NA	14.89	NA	0.13	0.12	15.81	NA	209	152
SLD070	Pumpkin leaves, tender (Cucurbita maxima)	13.67	4.31	9.36	NA	NA	NA	9.63	53.74	30.34	14.13	40.01	NA	13.67	4.31
SLD071	Pumpkin, common (Cucurbita maxima)	4.53	3.38	1.14	ND	ND	ND	ND	ND	ND	ND	178	ND	DN	ND
SLD072	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	57.33	49.61	7.72	NA	NA	NA	159	NA	1.13	1.13	22.51	NA	57.33	49.61
SLD073	Pumpkin, orange, round (Cucurbita maxima)	45.31	37.12	8.19	NA	NA	NA	51.38	6.25	1.53	1.45	19.72	NA	45.31	37.12
SLD074	Radish leaves (Raphanus sativus)	74.33	27.45	46.88	NA	NA	NA	1.36	139	5.32	1.54	46.63	NA	74.33	27.45
SLD075	Ridge gourd (Luffa acutangula)	21.33	1.17	20.16	NA	NA	NA	152	NA	0.08	12.15	15.30	NA	21.33	1.17
SLD076	Sessile joyweed (Alternanthera sessilis)	66.14	17.66	48.48	ND	ND	DN	ND	ND	DN	ND	346	ND	ND	DN
SLD077	Snake gourd, dark green (Trichosanthes anguina)	13.44	3.53	9.91	NA	NA	NA	123	NA	1.29	1.91	13.04	NA	13.44	3.53
SLD078	Snake gourd, pale green (Trichosanthes anguina)	21.33	4.21	17.12	NA	NA	NA	NA	NA	2.52	1.86	13.75	NA	21.33	4.21
SLD079	Spiny gourd (Momordica dioica)	7.38	2.12	5.26	ND	ND	ND	ND	ND	ND	ND	332	ND	ND	DN
SLD080	Sweet leaf (Sauropus androgynus)	128	24.66	104	ΟN	QN	DN	DN	QN	QN	QN	153	QN	QN	DN
SLD081	Tamarind leaves, tender (Tamarindus indica)	164	74.48	89.55	44.76	NA	NA	NA	195	NA	6.46	33.87	NA	164	74.48
SLD082	Tomato, green (Lycopersicon esculentum)	9.08	7.05	2.03	NA	NA	6.74	134	NA	NA	0.31	1.15	NA	9.08	7.05
SLD083	Tomato, ripe, hybrid (Lycopersicon esculentum)	1.97	1.12	0.85	2.99	NA	12.52	292	63.82	NA	0.09	2.58	NA	1.97	1.12
SLD084	Tomato, ripe, local (Lycopersicon esculentum)	4.99	4.31	0.68	2.68	NA	7.27	279	6.89	NA	0.08	2.28	NA	4.99	4.31
SLD085	Turkey berry (Solanum torvum)	2.72	0.21	2.51	DN	ND	ND	ND	DN	ND	ND	298	ND	DN	ND
SLD086	Water spinach (Ipomoea aquatica)	4.97	1.24	3.74	ΟN	QN	DN	QN	QN	QN	ΩN	278	QN	DN	DN
SLD087	Winged bean (Psopocarpus tetragonolobus)	0.21	0.08	0.13	ND	ND	ND	ND	ND	ND	ND	386	ND	ND	ND
SLD088	Zucchini, green ( <i>Cucurbita pepo</i> )	17.83	2.80	15.03	NA	NA	2.32	47.81	55.30	NA	49.65	10.57	NA	17.83	2.80
SLD089	Zucchini, yellow <i>(Cucurbita pepo)</i>	16.06	2.80	13.26	NA	NA	2.32	47.81	55.30	NA	45.17	11.50	NA	16.06	2.80

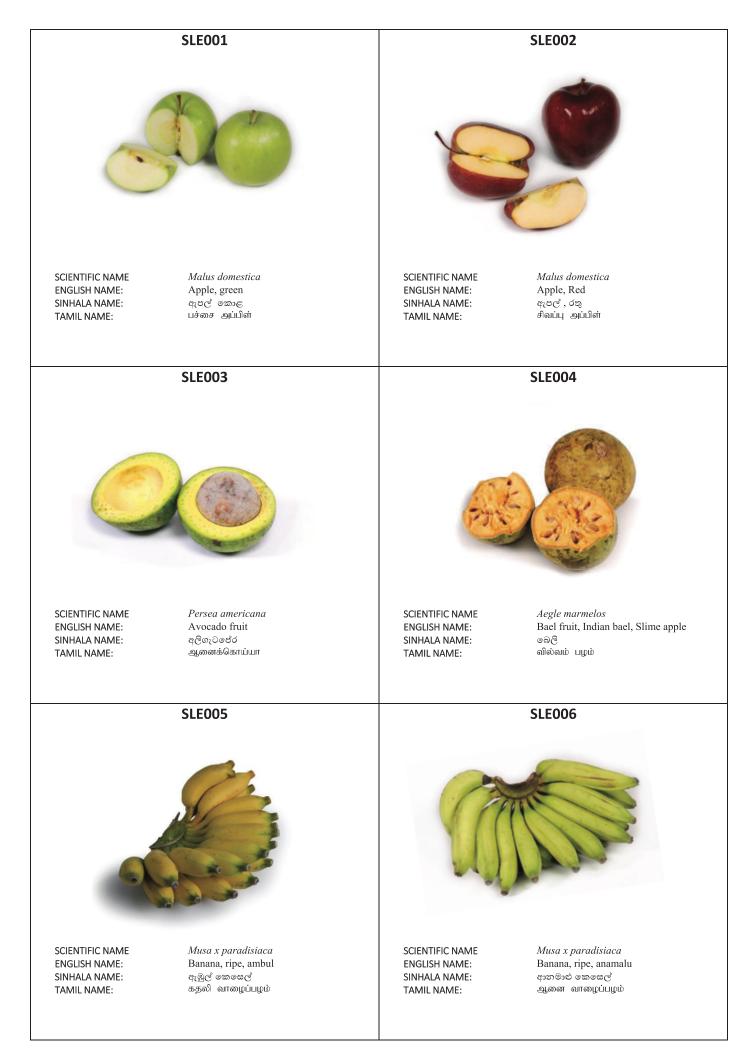
### Group E

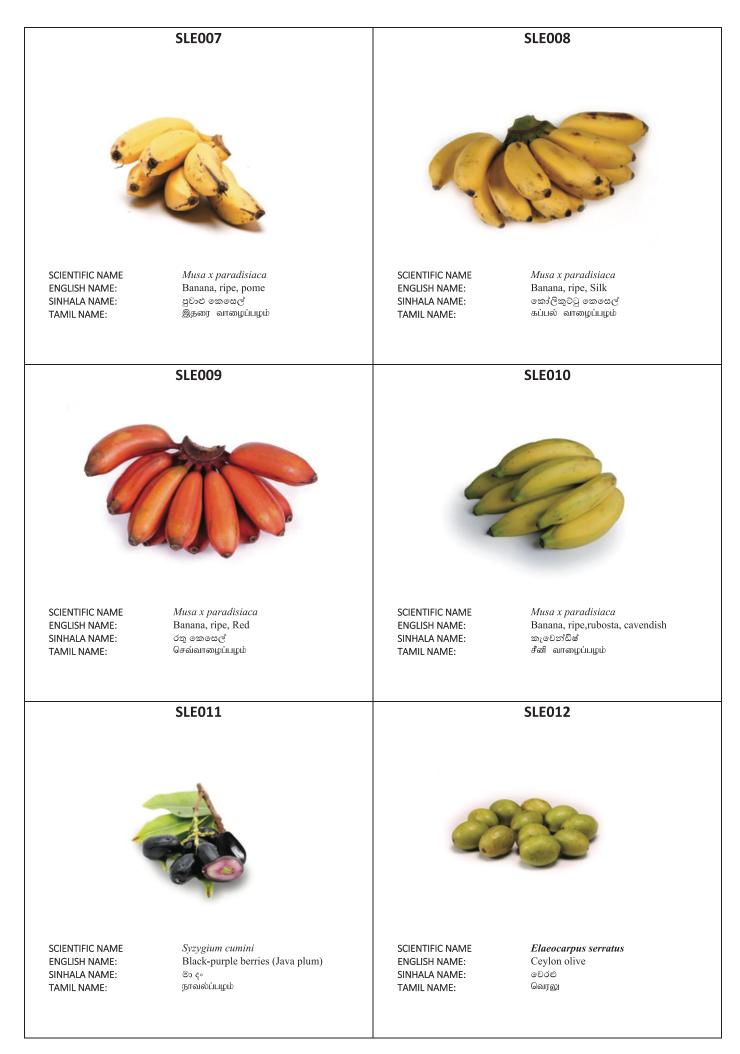
### Fruits

Being the delicious treats from the nature fruits are a major part of a healthy diet. They are good sources of vitamins, minerals, antioxidants and fiber. This groups contains a wide variety that can be categorized as citrus, tropical fruits, melons, pomes (apple, pears etc.) and drupes (java plum).

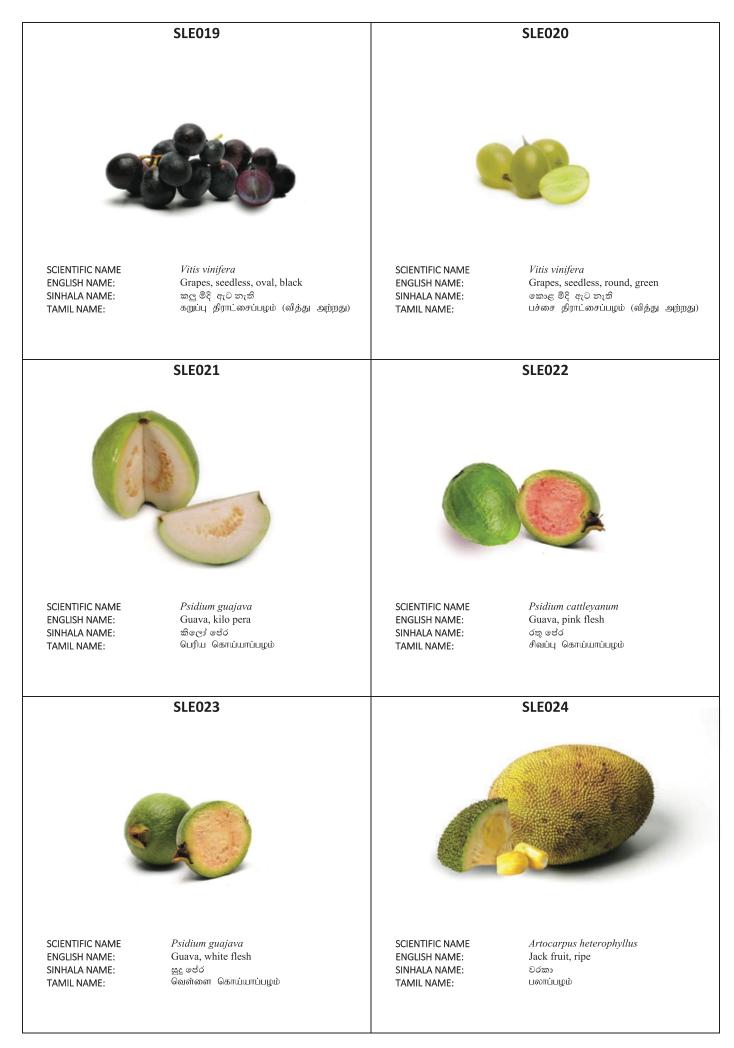
SLFCT contains a total of 54 fruits commonly consumed in Sri Lanka.

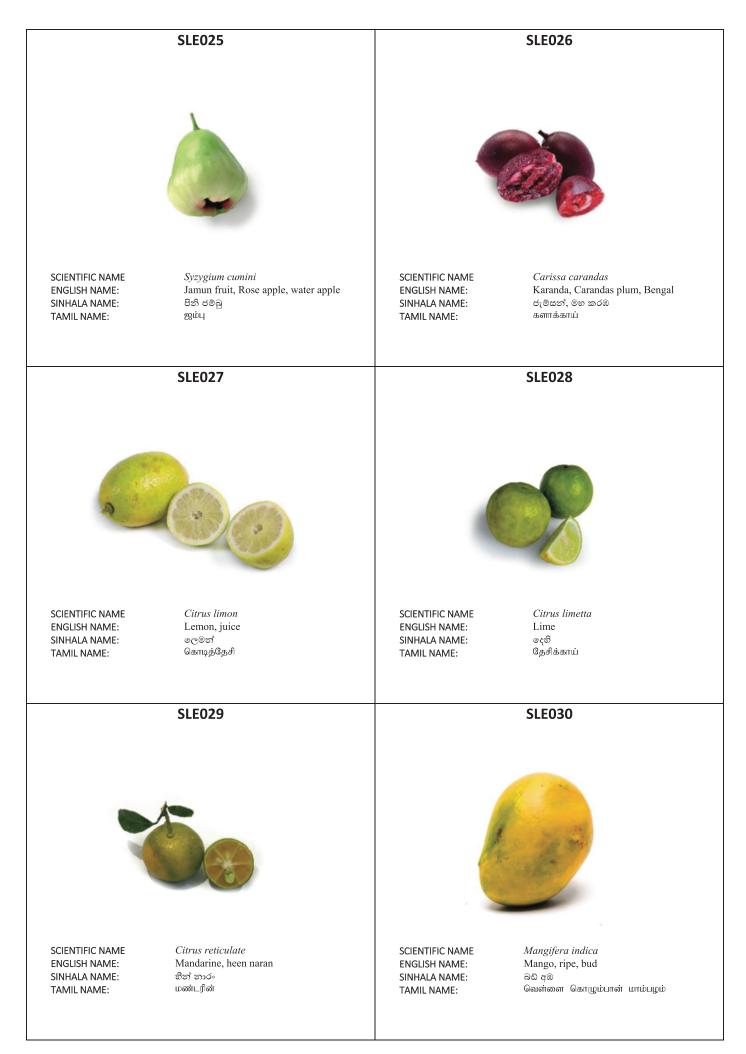


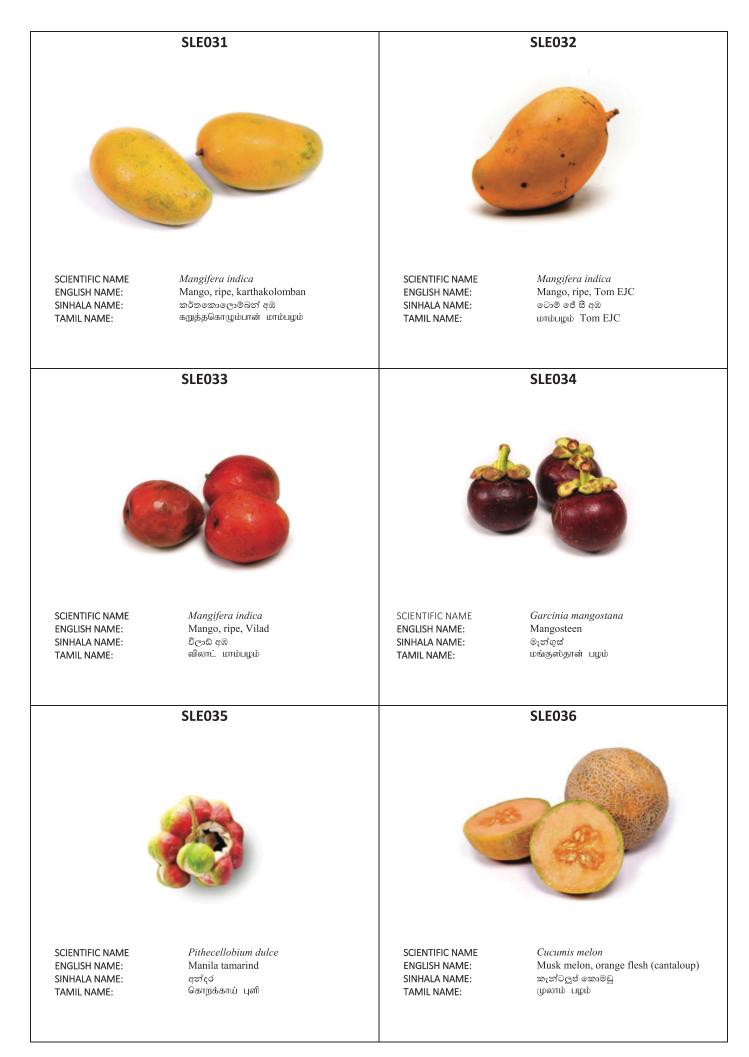


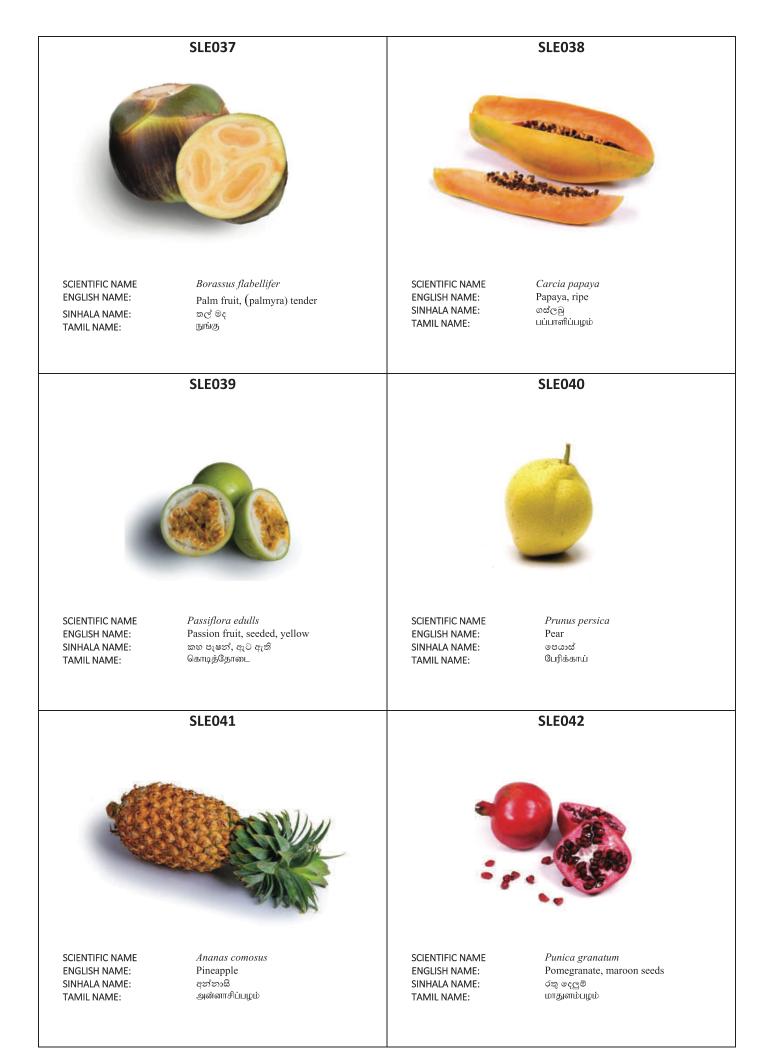


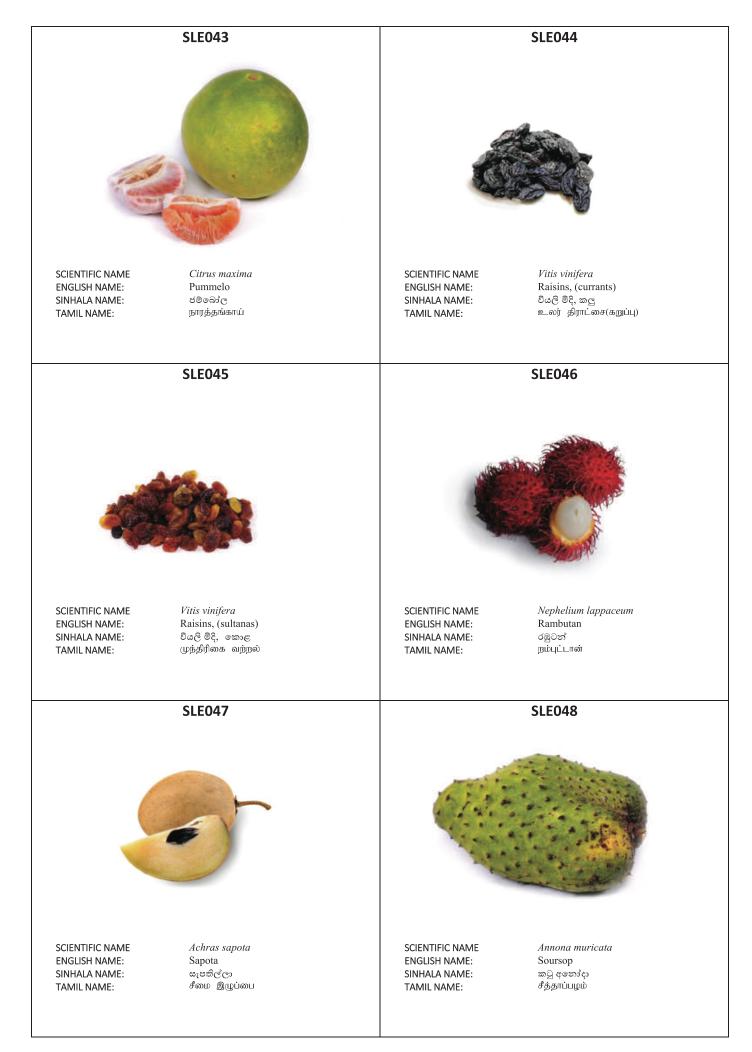












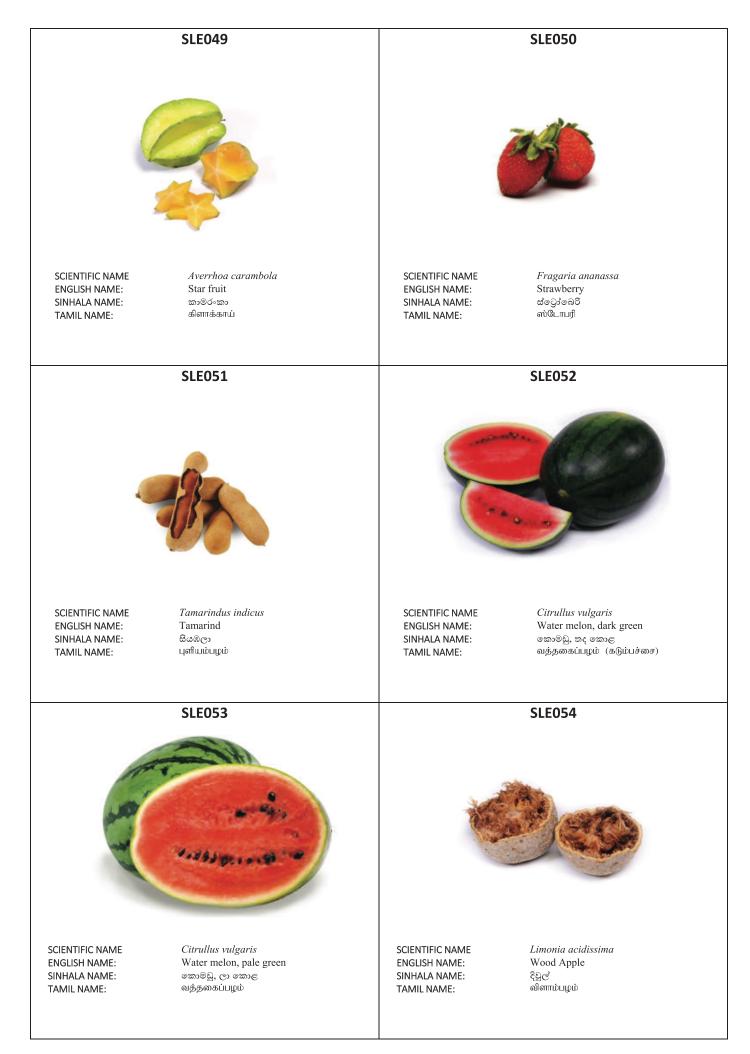


Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food	Food Name	Energy	ß	Moisture	Protein	Total Fat	Carbohydra	Total	Soluble	Insoluble	Ash
code							-te	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
	I	kcal	ĸ	g	g	g	g	g	g	g	g
SLE001	Apple, green (Malus domestica)	51	214	85.54	0.46	0.50	10.65	2.54	0.81	1.72	0.31
SLE002	Apple, red (Malus domestica)	62	261	83.01	0.29	0.64	13.11	2.59	1.16	1.43	0.36
SLE003	Avocado fruit (Persea americana)	144	604	73.56	2.95	13.86	1.75	6.69	1.42	5.26	1.19
SLE004	Bael fruit (Aegle marmelos)	133	569	61.36	2.63	0.57	28.21	6.31	3.00	3.31	0.91
SLE005	Banana, ripe, ambul ( <i>Musa x paradisiaca</i> )	109	463	71.25	1.11	1.09	23.37	2.27	0.81	1.46	0.92
SLE006	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	102	432	71.54	1.04	0.72	22.50	3.55	0.67	2.88	0.67
SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca</i> )	110	463	70.13	1.25	0.32	24.95	2.21	0.78	1.43	1.15
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	107	449	71.36	1.38	0.34	23.92	1.91	0.78	1.13	1.09
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	111	467	70.28	1.29	0.29	25.21	1.98	0.72	1.26	0.95
SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	66	418	73.48	1.14	0.33	22.41	1.83	0.66	1.17	0.81
SLE011	Black-purple berries, Java plum (Syzygium cumini)	56	235	82.27	06.0	0.65	10.95	4.76	1.13	3.63	0.48
SLE012	Ceylon olive ( <i>Elaeocarpus serratus</i> )	80	341	76.61	1.48	0.27	17.73	3.28	0.58	2.70	0.64
SLE013	Custard apple, sweetsop (Annona squamosa)	98	414	71.55	1.62	0.67	20.38	5.10	1.93	3.17	0.68
SLE014	Dates, processed (Phoenix dactylifera)	285	1195	22.06	1.28	0.41	67.71	6.57	0.84	5.73	1.98
SLE015	Gooseberry, Indian (Emblica officinalis)	26	112	86.61	0.33	0.16	5.31	7.21	1.30	5.91	0.38
SLE016	Grapes, seeded, round, black (Vitis vinifera)	60	254	83.88	0.76	0.32	13.23	1.35	0.52	0.82	0.46
SLE017	Grapes, seeded, round, green (Vitis vinifera)	55	232	85.26	0.62	0.31	12.13	1.24	0.43	0.81	0.44
<b>SLE018</b>	Grapes, seeded, round, red (Vitis vinifera)	49	209	86.51	0.95	0.23	10.69	1.21	0.39	0.82	0.40
<b>SLE019</b>	Grapes, seedless, oval, black (Vitis vinifera)	66	415	73.93	1.72	0.64	20.99	1.86	0.62	1.23	0.86
<b>SLE020</b>	Grapes, seedless, round, green (Vitis vinifera)	58	244	84.47	0.68	0.25	12.93	1.24	0.43	0.81	0.44
<b>SLE021</b>	Guava, kilo pera ( <i>Psidium guajava</i> )	39	165	84.18	1.53	0.38	6.88	6.31	1.08	5.23	0.74
<b>SLE022</b>	Guava, pink flesh ( <i>Psidium cattleyanum</i> )	47	200	81.40	1.14	0.27	9.48	6.83	1.17	5.66	0.88
SLE023	Guava, white flesh <i>(Psidium guajava)</i>	31	131	84.10	1.50	0.31	4.85	8.54	1.41	7.13	0.71
<b>SLE024</b>	Jack fruit, ripe (Artocarpus heterophyllus)	72	302	78.66	3.30	0.14	13.49	3.52	1.45	2.07	0.91
SLE025	Jamun fruit, rose apple, white (Syzygium cumini)	56	237	83.24	0.67	0.18	12.55	3.06	0.71	2.35	0.30
<b>SLE026</b>	Karonda fruit ( <i>Carissa carandas</i> )	33	141	86.04	1.15	1.67	2.87	7.25	1.38	5.87	1.02
SLE027	Lemon, juice <i>(Citrus limon)</i>	38	159	91.29	0.37	0.76	7.36	ı	ı	ı	0.24

Inter sweet, puip (Crturs metta)ENERENERMATERPROTONTFATCCHONUFFBTCFBSOLIme, sweet, puip (Crturs metta)keal $U$ $g$ $g$ $g$ $g$ $g$ $g$ $g$ Mandarine, hern maren (Crturs reticulate)keal $U$ $g$ $g$ $g$ $g$ $g$ $g$ $g$ Mange, ripe, latticholonhan (Mangfrea indica)7531888.37 $057$ $057$ $027$ $213$ $029$ Mange, ripe, latticholonhan (Mangfrea indica)75318 $84.37$ $057$ $027$ $213$ $029$ Mange, ripe, latticholonhan75318 $84.37$ $075$ $027$ $213$ $029$ Mange, ripe, latticholonhan75318 $84.34$ $076$ $028$ $14.44$ $1127$ $026$ Mange, ripe (Garcina menoparatic)24101 $91.36$ $026$ <t< th=""><th>Food code</th><th>Food Name</th><th>Energy</th><th>gy</th><th>Moisture</th><th>Protein</th><th>Total Fat</th><th>Carbohydra -te</th><th>Total Dietary Fibre</th><th>Soluble Dietary Fibre</th><th>Insoluble Dietary Fibre</th><th>Ash</th></t<>	Food code	Food Name	Energy	gy	Moisture	Protein	Total Fat	Carbohydra -te	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
ENER         ENER         WITE         PROTONT         FATC         CHONDF         FIBTO         FIBSO           IUme, sweet, publ (Cfrus imetta)         26         111         9												
Image (frue sweet, pull (frue stetulate)         (kell $l$ $g$			ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
Image state bulk ( <i>Chrons lineatra</i> ) $100$ $110$ $917$ $0.66$ $4.90$ $192$ $0.6$			kcal	ĸ	g	g	g	g	g	g	g	g
Mandarine, heen naran ( <i>Cirus crétudue</i> )         46         195         85-90         107         0.37         9.27         7.67         2.13         0.09           Mango, ripe, vulthalolman ( <i>Mangfera</i> indica)         79         385         73         0.57         0.57         7.67         2.13         0.09           Mango, ripe, vinthalolman ( <i>Mangfera</i> indica)         75         318         83.73         0.55         0.58         8.44         1.82         0.68           Mango, ripe, vinthalolman ( <i>Mangfera</i> indica)         57         323         0.36         0.24         1.84         1.82         0.68           Mango, ripe, vinthalolman ( <i>Mangfera</i> indica)         23         100         91.35         0.38         0.33         8.44         1.82         0.65           Mando strendore         23         101         91.35         0.35         0.33         4.46         1.12         0.55           Pain fruit, tender ( <i>Borussis</i> floated/yefa)         24         1.35         0.35         0.33         3.38         0.55         0.55           Pain fruit, tender ( <i>Borussis</i> floated/yefa)         24         1.35         0.43         8.44         1.12         0.55           Pain fruit, tender ( <i>Borussis</i> floated/yefa)         24         1	SLE028	Lime, sweet, pulp ( <i>Citrus limetta</i> )	26	111	91.70	0.66	0.26	4.99	1.92	0.62	1.30	0.47
Mange, ripe, bud ( <i>Mangifera indica</i> )         40         169         88.57         0.57         0.57         7.67         2.13         0.99           Mange, ripe, viad ( <i>Mangifera indica</i> )         79         338         87.91         0.76         0.392         16.70         1.98         0.78           Mange, ripe, viad ( <i>Mangifera indica</i> )         79         338         87.91         0.76         0.38         15.49         1.70         0.68           Mange, ripe, viad ( <i>Mangifera indica</i> )         81         35         87.91         0.76         0.38         16.40         1.92         0.64           Mange, ripe, viad ( <i>Mangifera indica</i> )         81         35         87.91         0.76         0.38         14.40         1.18         0.64           Mange ripe, viad ( <i>Mangifera indica</i> )         21         100         93.16         0.44         1.14         1.87         0.64           Manik melon, cantaloupe, orange ( <i>Curumis melon</i> )         23         100         93.16         0.44         1.12         0.55           Pani fruit, tender ( <i>Biorssus</i> )         351         76.01         2.33         2.42         2.40         1.12         0.55           Passion fruit, seted, yallow ( <i>Possifiora edulis</i> )         33         3.12         2.	<b>SLE029</b>	Mandarine, heen naran ( <i>Citrus reticulate</i> )	46	195	86.90	1.07	0.37	9.27	2.27	0.70	1.57	0.14
Margo, ripe, larthakolomban (Mangifera indica)         79         338         713         0.80         0.92         16.70         138         0.73           Margo, ripe, lard Mongifera indica)         75         318         80.48         0.76         0.98         15.49         1.70         0.68           Margo, ripe, vialed (Mangifera indica)         52         219         85.52         0.63         0.24         11.41         1.87         0.68           Mangosten (Garcinia mangostana)         52         219         85.52         0.63         0.24         11.41         1.87         0.64           Mangosten (Garcinia mangostana)         23         1010         91.316         0.33         0.24         1.14         1.87         0.64           Mark meloi         Pain truit, tender (Borosus fiber/lifer)         26         112         90.44         0.33         0.24         1.12         0.33           Pain furti, tender (Borosus fiber/lifer)         26         112         90.44         0.40         1.12         0.35           Pain furti, tender (Borosus fiber/lifer)         26         112         90.44         0.41         1.12         0.44         1.12         0.35           Paino (Mit vinititer (Areance (Osciun poper)         37	SLE030	Mango, ripe, bud (Mangifera indica)	40	169	88.57	0.57	0.57	7.67	2.13	0.99	1.14	0.48
Margo, ripe, rion         C(Mangifera indica)         75         318         80.48         0.76         0.98         15.49         1.70         0.68           Margo, ripe, vijad ( <i>Mangifera indica</i> )         52         313         0.75         0.58         8.44         1.82         0.65           Margo, ripe, vijad ( <i>Mangifera indica</i> )         51         342         3.56         1.14         1.37         0.65           Margos, ripe, vijad ( <i>Mangifera indica</i> )         23         100         93.16         0.75         0.57         0.53         0.44         1.12         0.55           Mang stemarind ( <i>Pithacelobium dulce</i> )         23         100         93.16         0.75         0.14         13.74         4.40         1.10           Papaya         misu ipe ( <i>curcia papaya</i> )         24         101         23         2.42         0.12         2.43         3.12           Papaya         Fanous         26         112         90.44         0.43         1.12         0.44           Papaya         71         28         85.60         0.14         0.17         8.13         3.12           Papaya         Fausi Fundicy         71         71         71         71         71         71	SLE031	Mango, ripe, karthakolomban (Mangifera indica)	79	338	79.13	0.80	0.92	16.70	1.98	0.78	1.20	0.47
Mango, ripe, vilad ( <i>Mangifera indica</i> )         44         185         87.97         0.76         0.58         8.44         1.82         0.65           Mangosteren ( <i>Garchina mangostan</i> )         52         219         85.52         0.53         0.14         1.14         1.87         0.64           Mangosteren ( <i>Garchina mangostan</i> )         81         342         74,5         1.44         1.87         0.64           Mangosteren ( <i>Garchina mangostan</i> )         81         342         1.14         1.354         4.40         1.10           Musk melon, entaleupe, orange ( <i>Lacumis melon</i> )         23         100         93.16         0.38         0.38         4.46         1.12         0.55           Palm fruit, tender ( <i>Borossin fabellifer</i> )         24         101         91.33         0.56         0.33         2.42         1.12         0.53           Pasnya, ripe ( <i>Carrina papoyol</i> )         37         158         86.60         0.44         0.17         1.25         0.53           Pasnya, ripe ( <i>Carrina papoyol</i> )         37         158         87.25         0.41         0.17         8.33         0.56           Pasnya, ripe ( <i>Carrina papoyol</i> )         73         18         87.25         0.41         0.17         1.26	<b>SLE032</b>	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	75	318	80.48	0.76	0.98	15.49	1.70	0.68	1.03	0.60
Margosten (Garcinia mangostand)         52         219         85.22         0.03         0.24         11.41         1.87         0.64           Manila tamarind (Pritecellobium dulce)         81         3.24         1.354         1.40         1.10           Manila tamarind (Pritecellobium dulce)         81         3.24         3.25         1.354         1.40         1.10           Manila tamarind (Pritecellobium dulce)         81         3.24         101         91.93         0.50         0.12         4.92         2.40         0.53           Pasnya, ripe (Carcia papoya)         26         1.12         90.44         0.42         0.12         4.92         2.40         0.55           Pasnya, ripe (Carcia papoya)         37         158         87.55         0.41         0.17         8.23         0.56           Pasnic Prinus persica)         37         158         87.25         0.41         0.17         8.23         0.56           Pomegrante, marons sets (Prunic granatum)         37         158         87.25         0.41         1.18         0.44         0.44           Pomegrante, marons sets (Prunic granatum)         55         2.33         8.35         0.56         0.53         0.56         0.53         0.56	SLE033	Mango, ripe, vilad ( <i>Mangifera indica</i> )	44	185	87.97	0.76	0.58	8.44	1.82	0.85	0.97	0.44
Manila tamarind ( <i>Pithecellobium dulce</i> )8134274.543.561.1413.544.401.10Musk melon, cantaloupe, orange ( <i>cucumis melon</i> )2310093.160.380.384.461.120.53Papaya trip ( <i>carcia paposyci</i> )2611290.440.420.165.283.181.20Papaya trip ( <i>carcia paposyci</i> )2611290.440.420.122.490.53Papaya trip ( <i>carcia paposyci</i> )2611290.440.420.124.340.44Papaya trip ( <i>carcia paposyci</i> )3715887.550.410.124.340.44Pear ( <i>Prunus persical</i> )3715887.550.410.1711.645.900.95Pear ( <i>Prunus persical</i> )5723383.750.410.1711.802.850.56Pomeple ( <i>Annas canosus</i> )4318288.650.630.438.933.350.43Paisins, dried, black ( <i>Nits viniferal</i> )572338.250.550.550.55Pummelo ( <i>Citrus maxima</i> )4319.182.460.122.400.55Raisins, dried, black ( <i>Nits viniferal</i> )7813222.420.130.433.55Raisins, dried, black ( <i>Nits viniferal</i> )7812.182.450.430.44Raisins, dried, black ( <i>Nits viniferal</i> )7812.182.560.330.43Raisins, dried, place ( <i>Nits viniferal</i> )782.45	SLE034	Mangosteen (Garcinia mangostana)	52	219	85.52	0.63	0.24	11.41	1.87	0.64	1.23	0.33
Musk melon, cantaloupe, orange ( <i>Cucumis melon</i> )         23         100         93.16         0.38         0.38         4.46         1.12         0.53           Paim fruit, tender ( <i>Borssus flabellifer</i> )         24         101         91.93         0.50         0.12         4.92         2.40         0.53           Paim fruit, tender ( <i>Borssus flabellifer</i> )         26         112         90.43         0.42         0.12         4.92         2.40         0.53           Passion fur, tender ( <i>Borssus flabellifer</i> )         37         158         86.60         0.40         0.29         8.08         4.34         0.44           Passion fur, tender ( <i>Jours moxus</i> )         37         158         87.25         0.41         0.17         8.23         3.53         0.56           Pomegranete, maroon seeds ( <i>Punica granutum</i> )         55         233         83.25         1.42         0.11         1.18         8.23         0.55         0.55         0.55           Pomegranete, maroon seeds ( <i>Punica granutum</i> )         55         233         83.25         0.41         0.17         8.23         3.53         0.56           Raisins, dired, gloten ( <i>Vitis vinifera</i> )         38         1291         1918         265         0.41         118         88.75	SLE035	Manila tamarind (Pithecellobium dulce)	81	342	74.54	3.56	1.14	13.54	4.40	1.10	3.30	2.82
Palm fruit, tender ( <i>Borasus flabelifier</i> )         24         101         91.93         0.50         0.12         4.92         2.40         0.53           Papaya, ripe ( <i>Carcia papaya</i> )         26         112         90.44         0.42         0.16         5.28         3.18         1.22           Passion fruit, seeded, yellow ( <i>Passifibra eduls</i> )         83         351         160         0.40         0.29         8.66         0.40         0.29         8.93         0.43         0.43         0.43         0.44         0.43         0.44         0.43         0.44         0.43         0.44         0.43         0.44	SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	23	100	93.16	0.38	0.38	4.46	1.12	0.53	0.59	0.51
Papaya, ripe (carcia papaya)Let11290.440.420.165.283.181.22Passion fruit, seeded, yellow ( <i>Passiflora edulls</i> )8335176.012.332.4212.645.900.95Pear ( <i>Prunus persica</i> )3715886.600.400.298.084.340.44Pinapple ( <i>Arnans canousus</i> )3715887.250.410.178.230.55Pomegnante, marono seeds ( <i>Punica granatum</i> )552338.250.430.1111.802.850.55Pummelo ( <i>Citrus maxima</i> )43123119.182.650.377.1833.851.48Raisin, dried, black ( <i>Vitis vinifera</i> )3081.29119.182.650.377.1833.851.48Raisins, dried, plack ( <i>Vitis vinifera</i> )733068.0870.630.377.1833.851.48Raisins, dried, plack ( <i>Vitis vinifera</i> )733068.0870.630.377.1833.851.48Raisins, dried, plack ( <i>Vitis vinifera</i> )733.068.0790.320.377.1833.851.48Raisins, dried, plack ( <i>Vitis vinifera</i> )733.068.0870.660.440.220.371.481.09Raisins, dried, plack ( <i>Vitis vinifera</i> )737.1838.990.830.335.541.09Raisins, dried, plack ( <i>Vitis vinifera</i> )737.1838.990.830.30Soursop ( <i>Annon aritata</i> ) <th>SLE037</th> <th>Palm fruit, tender (<i>Borassus flabellifer</i>)</th> <th>24</th> <th>101</th> <th>91.93</th> <th>0.50</th> <th>0.12</th> <th>4.92</th> <th>2.40</th> <th>0.53</th> <th>1.87</th> <th>0.13</th>	SLE037	Palm fruit, tender ( <i>Borassus flabellifer</i> )	24	101	91.93	0.50	0.12	4.92	2.40	0.53	1.87	0.13
Passion fruit, seeded, yellow ( <i>Passiflora edulls</i> )         83         351         76.01         2.33         2.42         12.64         5.90         0.95           Pear ( <i>Prunus persica</i> )         37         158         86.60         0.40         0.29         8.08         4.34         0.44           Pineapple ( <i>Anuaras comosus</i> )         37         158         87.25         0.41         0.17         8.23         3.55         0.55           Pomegranate, maroon seeds ( <i>Punica granatum</i> )         55         2.33         83.25         1.42         0.11         11.80         2.85         0.55           Pummelo ( <i>Citrus maxima</i> )         37         308         1291         19.18         86.60         0.43         0.32         8.35         1.42           Raisins, dried, glote/ ( <i>Vitis vinifera</i> )         308         1291         19.18         2.65         0.37         7.183         3.85         1.48           Raisins, dried, glote/ ( <i>Vitis vinifera</i> )         306         80.87         0.66         0.16         0.37         7.183         3.85         1.48           Raisins, dried, glote/ ( <i>Vitis vinifera</i> )         306         80.87         0.66         0.16         0.32         6.4         4.36         1.10           Raisin	SLE038	Papaya, ripe (Carcia papaya)	26	112	90.44	0.42	0.16	5.28	3.18	1.22	1.96	0.53
Pear (Prunus persica)         37         158         86.60         0.40         0.29         8.08         4.34         0.44           Pineapple (Anaros comosus)         37         158         87.25         0.41         0.17         8.23         3.53         0.56           Pomegranete, marcon seeds (Punica granatum)         55         233         83.25         1,42         0.11         11.80         2.85         0.55           Pummelo (Citrus maxima)         818         1291         19.18         2.65         0.63         0.83         0.32         1.48           Raisins, dried, black (Vitis vinifera)         308         1291         19.18         2.65         0.63         0.83         0.33         1.18         0.35         0.32           Raisins, dried, black (Vitis vinifera)         308         1291         19.18         2.65         0.63         0.33         68.74         4.36         1.09           Rainbus (Nephelium lappaceum)         78         327         7.45         0.90         1.28         0.30           Sapota (Activas sapota)         50         8.83         0.74         0.94         1.02         5.95         1.16           Sapota (Activar sapota)         50         8.05         0.66	SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	83	351	76.01	2.33	2.42	12.64	5.90	0.95	4.96	0.72
Pineaple (Ananas comosus)         37         158         87.25         0.41         0.17         8.23         3.53         0.56           Pomegranete, maroon seeds (Punica granatum)         55         233         83.25         1.42         0.11         11.80         2.85         0.55           Pummelo ( <i>Citrus maxima</i> )         43         182         88.62         0.63         0.43         8.99         0.83         0.32           Raisins, dried, black ( <i>Vitis vinifera</i> )         308         1291         19.18         2.65         0.37         71.83         3.85         1.48           Raisins, dried, plack ( <i>Vitis vinifera</i> )         308         1291         19.18         2.65         0.37         71.83         3.85         1.48           Raisins, dried, golden ( <i>Vitis vinifera</i> )         294         1232         22.00         2.54         0.37         71.83         3.85         1.48           Rambutan ( <i>Nephelium lapaceum</i> )         73         306         8.074         0.32         6.8.74         4.36         1.09           Sapota ( <i>Artnos carambola</i> )         73         72.45         0.96         0.16         16.84         1.02         0.30           Soursop ( <i>Annona muricata</i> )         71.83         3.27         7.4	SLE040	Pear (Prunus persica)	37	158	86.60	0.40	0.29	8.08	4.34	0.44	3.90	0.29
Pomegranate, marcon seeds ( <i>Punica granatum</i> )         55         233         83.25         1.42         0.11         11.80         2.85         0.55           Pummelo ( <i>Citrus maxima</i> )         43         182         88.62         0.63         0.43         8.99         0.83         0.32           Raisins, dried, black ( <i>Vitis vinifera</i> )         308         1291         19.18         2.65         0.37         71.83         3.85         1.48           Raisins, dried, golden ( <i>Vitis vinifera</i> )         294         1232         22.00         2.54         0.37         71.83         3.85         1.09           Rambutan ( <i>Nephelium lapaceum</i> )         73         306         80.87         0.68         0.16         1.02         0.30           Sapota ( <i>Achras sapota</i> )         73         306         80.87         0.68         0.16         1.02         0.30           Sursop ( <i>Annona muricata</i> )         73         306         80.87         0.69         1.29         0.30           Sursop ( <i>Annona muricata</i> )         78         327         72.45         0.90         1.28         1.16           Star fuuit ( <i>Averrhoa carambola</i> )         78         3.24         0.59         1.28         1.26         1.10           St	SLE041	Pineapple (Ananas comosus)	37	158	87.25	0.41	0.17	8.23	3.53	0.56	2.97	0.41
Pummelo (Citrus maxima)         43         182         8.62         0.63         0.43         8.99         0.83         0.32           Raisins, dried, black ( <i>Vitis vinifera</i> )         308         1291         19.18         2.65         0.37         71.83         3.85         1.48           Raisins, dried, black ( <i>Vitis vinifera</i> )         294         1232         22.00         2.54         0.37         71.83         3.85         1.48           Raisins, dried, golden ( <i>Vitis vinifera</i> )         23         306         80.87         0.68         0.37         71.83         3.85         1.09           Rambutan ( <i>Nephelium lappaceum</i> )         73         306         80.87         0.68         0.16         1.63         1.02         0.30           Sapota ( <i>Achras sapota</i> )         78         327         72.45         0.90         1.28         1.10         1.10           Soursop ( <i>Annona muricata</i> )         62         260         80.85         0.74         0.94         1.95         1.16           Star fuult ( <i>Averrhoa carambola</i> )         26         110         91.18         0.79         1.29         2.81         0.50         5.91         0.65           Star fuult ( <i>Averrhoa carambola</i> )         24         103 <td< th=""><th>SLE042</th><th>Pomegranate, maroon seeds (Punica granatum)</th><th>55</th><th>233</th><th>83.25</th><th>1.42</th><th>0.11</th><th>11.80</th><th>2.85</th><th>0.55</th><th>2.30</th><th>0.56</th></td<>	SLE042	Pomegranate, maroon seeds (Punica granatum)	55	233	83.25	1.42	0.11	11.80	2.85	0.55	2.30	0.56
Raisins, dried, black ( <i>Vitis vinifera</i> )       308       1291       19.18       2.65       0.37       71.83       3.85       1.48         Raisins, dried, black ( <i>Vitis vinifera</i> )       294       1232       22.00       2.54       0.32       68.74       4.36       1.09         Raisins, dried, golden ( <i>Vitis vinifera</i> )       294       1232       22.00       2.54       0.32       68.74       4.36       1.09         Rambutan ( <i>Nephelium lappaceum</i> )       73       306       80.87       0.68       0.16       16.84       1.02       0.30         Sapota ( <i>Achras sapota</i> )       78       327       72.45       0.90       1.28       1.19       0.30         Soursop ( <i>Annona muricata</i> )       62       260       80.85       0.74       0.94       1.91       4.95       1.16         Star fruit ( <i>Averrhoa carambola</i> )       26       110       91.18       0.79       0.39       4.51       2.81       0.64         Star fruit ( <i>Averrhoa carambola</i> )       24       103       92.03       0.79       0.39       4.51       2.81       0.64         Star fruit ( <i>Averrhoa carambola</i> )       289       1211       20.32       2.48       0.15       67.98       5.73       1.68	SLE043	Pummelo ( <i>Citrus maxima</i> )	43	182	88.62	0.63	0.43	8.99	0.83	0.32	0.52	0.50
Raisins, dried, golden ( <i>Vitis vinifera</i> )       294       1232       22.00       2.54       0.32       68.74       4.36       1.09         Rambutan ( <i>Nephelium lappaceum</i> )       73       306       80.87       0.68       0.16       16.84       1.02       0.30         Sapota ( <i>Achras sapota</i> )       78       327       72.45       0.90       1.28       15.02       9.69       1.10         Soursop ( <i>Annona muricata</i> )       62       260       80.85       0.74       0.94       11.94       4.95       1.16         Star fruit ( <i>Averrhoa carambola</i> )       24       103       91.18       0.79       0.39       4.51       2.81       0.64         Star fruit ( <i>Averrhoa carambola</i> )       24       103       92.03       0.79       0.39       4.51       2.81       0.64         Starwberry ( <i>Fragaria anaassa</i> )       289       1211       20.32       2.48       0.79       6.56       3.40       2.50       0.99         Tamarind, pulp ( <i>Tamarindus indicus</i> )       289       1211       20.32       2.48       0.16       3.40       2.50       0.96         Water melon, dark green ( <i>Citrullus vulgaris</i> )       19       80       94.86       0.65       0.16       0.34       0.65	<b>SLE044</b>	Raisins, dried, black (Vitis vinifera)	308	1291	19.18	2.65	0.37	71.83	3.85	1.48	2.37	2.13
Rambutan (Nephelium lappaceum)         73         306         80.87         0.68         0.16         16.84         1.02         0.30           Sapota (Achras sapota)         78         327         72.45         0.90         1.28         15.02         9.69         1.10           Sapota (Achras sapota)         62         260         80.85         0.74         0.94         11.94         4.95         1.16           Star fruit (Averrhoa carambola)         26         110         91.18         0.79         0.39         4.51         2.81         0.64           Star fruit (Averrhoa carambola)         26         110         91.18         0.79         0.39         4.51         2.81         0.64           Starwberry (Fragaria anonassa)         24         103         92.03         0.97         0.56         3.40         2.57         0.99           Tamarind, pulp (Tamarindus indicus)         289         1211         20.32         2.48         0.16         67.98         5.73         1.68           Water melon, dark green (Citrullus vulgaris)         19         80         94.86         0.65         0.16         3.54         0.65         0.36           Wood Abole (limonia acidissima)         743         5.54	SLE045	Raisins, dried, golden ( <i>Vitis vinifera)</i>	294	1232	22.00	2.54	0.32	68.74	4.36	1.09	3.27	2.05
Sapota (Achras sapota)       78       327       72.45       0.90       1.28       15.02       9.69       1.10         Soursop (Annona muricata)       62       260       80.85       0.74       0.94       11.94       4.95       1.16         Star fruit (Averrhoa carambola)       26       110       91.18       0.79       0.39       4.51       2.81       0.64         Star fruit (Averrhoa carambola)       24       103       92.03       0.79       0.39       4.51       2.81       0.64         Strawberry (Fragaria anonassa)       24       103       92.03       0.79       0.56       3.40       2.50       0.99         Tamarind, pulp (Tamarindus indicus)       289       1211       20.32       2.48       0.15       67.98       5.73       1.68         Water melon, dark green (Citrullus vulgaris)       19       80       94.86       0.65       0.16       3.67       0.36       0.33         Wood Abole (limonia acidissima)       76       70.16       3.09       3.67       0.76       0.36       0.36         State melon, all regreen (Citrullus vulgaris)       16       70       95.4       0.65       0.36       0.36       0.36         Wood Abole (limonia a	<b>SLE046</b>	Rambutan (Nephelium lappaceum)	73	306	80.87	0.68	0.16	16.84	1.02	0.30	0.71	0.43
Soursop (Annona muricata)         62         260         80.85         0.74         0.94         11.94         4.95         1.16           Star fruit (Averrhoa carambola)         26         110         91.18         0.79         0.39         4.51         2.81         0.64           Starwberry (Fragaria ananasa)         24         103         92.03         0.97         0.56         3.40         2.50         0.99           Tamarind, pulp (Tamarindus indicus)         289         1211         20.32         2.48         0.15         67.98         5.73         1.68           Water melon, dark green (Citrullus vulgaris)         19         80         94.86         0.65         0.16         3.54         0.65         0.36           Water melon, pale green (Citrullus vulgaris)         16         70         95.23         0.62         0.16         3.61         0.86         0.36           Wood Apole (limonia acidissima)         78         377         79.16         3.67         7.43         5.54         1.77	SLE047	Sapota ( <i>Achras sapota</i> )	78	327	72.45	06.0	1.28	15.02	9.69	1.10	8.59	0.67
Star fruit (Averrhoa carambola)       26       110       91.18       0.79       0.39       4.51       2.81       0.64         Strawberry (Fragaria ananassa)       24       103       92.03       0.97       0.56       3.40       2.50       0.99         Tamarind, pulp (Tamarindus indicus)       289       1211       20.32       2.48       0.15       67.98       5.73       1.68         Water melon, dark green (Citrullus vulgaris)       19       80       94.86       0.65       0.16       3.54       0.65       0.36         Water melon, pale green (Citrullus vulgaris)       16       70       95.23       0.62       0.16       3.61       0.86       0.36         Wood Abole (limonia acidissima)       78       3.77       79.16       3.09       3.67       7.43       5.54       1.77	<b>SLE048</b>	Soursop (Annona muricata)	62	260	80.85	0.74	0.94	11.94	4.95	1.16	3.79	0.58
Strawberry ( <i>Fragaria ananasa</i> )         24         103         92.03         0.97         0.56         3.40         2.50         0.99           Tamarind, pulp ( <i>Tamarindus indicus</i> )         289         1211         20.32         2.48         0.15         67.98         5.73         1.68           Water melon, dark green ( <i>Citrullus vulgaris</i> )         19         80         94.86         0.65         0.16         3.54         0.65         0.33           Water melon, pale green ( <i>Citrullus vulgaris</i> )         16         70         95.23         0.62         0.16         3.01         0.86         0.36           Wood Abole ( <i>limonia acidissima</i> )         78         377         79.16         3.09         3.67         7.43         5.54         1.77	SLE049	Star fruit (Averrhoa carambola)	26	110	91.18	0.79	0.39	4.51	2.81	0.64	2.17	0.33
Tamarind, pulp ( <i>Tamarindus indicus</i> )         289         1211         20.32         2.48         0.15         67.98         5.73         1.68           Water melon, dark green ( <i>Citrullus vulgaris</i> )         19         80         94.86         0.65         0.16         3.54         0.65         0.33           Water melon, pale green ( <i>Citrullus vulgaris</i> )         16         70         95.23         0.62         0.15         3.01         0.86         0.36           Wood Abole ( <i>limonia acidissima</i> )         78         327         79.16         3.09         3.67         7.43         5.54         1.77	SLE050	Strawberry (Fragaria ananassa)	24	103	92.03	0.97	0.56	3.40	2.50	0.99	1.51	0.54
Water melon, dark green ( <i>Citrullus vulgaris</i> )         19         80         94.86         0.65         0.16         3.54         0.65         0.33           Water melon, pale green ( <i>Citrullus vulgaris</i> )         16         70         95.23         0.62         0.15         3.01         0.86         0.36           Wood Abole ( <i>limonia acidissima</i> )         78         327         79.16         3.69         3.67         7.43         5.54         1.77	SLE051	Tamarind, pulp ( <i>Tamarindus indicus)</i>	289	1211	20.32	2.48	0.15	67.98	5.73	1.68	4.05	3.33
Water melon, pale green (Citrullus vulgaris)         16         70         95.23         0.62         0.15         3.01         0.86         0.36           Wood Apple (Limonia acidissima)         78         3.77         79.16         3.09         3.67         7.43         5.54         1.72	SLE052	Water melon, dark green (Citrullus vulgaris)	19	80	94.86	0.65	0.16	3.54	0.65	0.33	0.31	0.15
Wood Abole (Limonia acidissima) 78 3.09 3.62 7.43 5.54 1.72	SLE053	Water melon, pale green (Citrullus vulgaris)	16	70	95.23	0.62	0.15	3.01	0.86	0.36	0.50	0.14
	SLE054	Wood Apple (Limonia acidissima)	78	327	79.16	3.09	3.62	7.43	5.54	1.72	3.82	1.17

### Table 2. FAT SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	A nimstiV IonitəЯ) (ЭЯ - stnəlsviupЭ	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol (3T- stnəlsviupə	α - Tocopherols	ß - Tocopherols	γ - Τοcopherols	slorepherols	α -Tocotrienols	slon9i1focoT - γ
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		бґ	рд	бп	тд	тд	тд	тд	тg	тд	mg
SLE001	Apple, green ( <i>Malus domestica</i> )	0.40	2.45	2.13	0.10	0.10	NA	NA	NA	NA	NA
SLE002	Apple, red ( <i>Malus domestica</i> )	0.36	2.10	38.74	0.02	0.02	NA	NA	NA	NA	NA
SLE003	Avocado fruit (Persea americana)	2.00	1.60	4.50	0.60	0.60	NA	NA	NA	NA	NA
SLE004	Bael fruit (Aeg <i>le marmelos)</i>	0.42	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE005	Banana, ripe, ambul ( <i>Musa x paradisiaca</i> )	9.68	ND	5.44	0.78	0.77	I	0.04	ı	I	ı
SLE006	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	16.4	ND	3.10	0.08	0.06	T	0.14	ı	ı	ı
SLE007	Banana, ripe, pome (Musa x paradisiaca)	9.14	0.24	NA	0.01	0.09	NA	0.08	NA	NA	NA
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	8.8	0.21	1.90	0.01	0.09	NA	0.06	NA	NA	NA
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	8.76	0.20	4.67	0.08	0.08	NA	0.05	NA	NA	NA
SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	10.95	14.84	1.80	0.48	0.45	NA	NA	NA	0.10	NA
SLE011	Black-purple berries, Java plum (Syzygium cumini)	8.46	0.18	58.00	0.20	0.19	0.01	NA	NA	NA	NA
SLE012	Ceylon olive ( <i>Elaeocarpus serratus</i> )	9.94	ND	7.10	0.01		ı	0.04	0.04	Ţ	,
SLE013	Custard apple, sweetsop (Annona squamosa)	NA	0.80	5.26	0.02	0.01	NA	NA	NA	0.04	NA
SLE014	Dates, processed (Phoenix dactylifera)	569	0.29	1.54	0.13	0.11	NA	0.01	0.07	0.06	NA
SLE015	Gooseberry, Indian (Emblica officinalis)	0.27	6.19	3.65	0.05	0.05	NA	0.02	NA	NA	0.01
SLE016	Grapes, seeded, round, black (Vitis vinifera)	4.89	3.51	6.80	0.09	0.09	NA	0.03	NA	NA	0.02
SLE017	Grapes, seeded, round, green (Vitis vinifera)	4.08	7.01	5.26	0.05	0.04	NA	0.06	NA	NA	0.01
SLE018	Grapes, seeded, round, red (Vitis vinifera)	3.22	6.57	3.35	0.04	0.04	NA	0.01	NA	NA	0.02
SLE019	Grapes, seedless, oval, black (Vitis vinifera)	2.88	3.51	7.25	0.09	0.09	NA	0.02	NA	NA	0.02
SLE020	Grapes, seedless, round, green (Vitis vinifera)	5.63	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE021	Guava, kilo pera ( <i>Psidium guajava</i> )	19.67	ND	2.98	0.09	0.07	0.02	I	ı	0.04	0.05
SLE022	Guava, pink flesh ( <i>Psidium cattleyanum</i> )	29.17	1.46	3.90	0.11	0.08	0.03	NA	NA	0.04	0.04
SLE023	Guava, white flesh ( <i>Psidium guajava</i> )	52.5	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE024	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	4.15	0.85	8.09	0.06	0.06	NA	NA	NA	NA	NA
SLE025	Jamun fruit, rose apple, ripe, white (Syzygium cumini)	NA	1.43	2.50	0.04	0.04	NA	NA	NA	NA	NA
SLE026	Karonda fruit ( <i>Carissa carandas)</i>	2.6	0.34	2.55	0.06	0.06	NA	NA	NA	NA	NA
SLE027	Lemon, juice <i>(Citrus limon)</i>	0.43	0.43	2.24	0.04	0.04	NA	NA	NA	NA	NA

l		I																											
slon9irto2oT - γ	TOCTRG	mg	NA	·	NA	·	ı	NA	NA	ΝA	NA	NA	NA	1.37	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
α -Tocotrienols	TOCTRA	bu	NA	0.01	NA	ı	I	NA	NA	NA	0.03	0.02	NA	ī	0.30	0.05	NA	0.02	0.03	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
slorəhqosoT - ð	TOCPHD	вш	NA		NA	ı	ı	NA	NA	NA	NA	NA	NA	0.42	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
γ - Tocopherols	TOCPHG	вш	0.22	ı	NA	0.19	0.19	NA	NA	NA	NA	NA	NA	0.51	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
β - Τοcopherols	TOCPHB	тg	NA	ı	NA	ı	ı	NA	NA	NA	NA	NA	NA	0.39	NA	NA	0.03	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.15	NA
α - Tocopherols	TOCPHA	тд	0.32	0.01	NA	0.26	0.21	0.05	0.38	0.01	0.01	0.03	NA	0.20	0.31	0.01	0.54	0.01	0.01	0.08	0.27	0.06	0.40	0.26	0.11	NA	0.05	0.01	NA
TimstiV قرر المعامنة (α-tocopherol (T- stnəlsviupə	VITE	mg	0.34	0.02	NA	0.28	0.23	0.05	0.38	0.01	0.02	0.03	NA	0.43	0.40	0.02	0.55	0.02	0.02	0.08	0.27	0.06	0.40	0.26	0.11	NA	0.05	0.07	NA
Vitamin K (1) Vitamin K1)	VITK1	рд	5.00	2.07	NA	5.15	4.90	5.50	33.18	5.28	3.60	2.79	NA	0.84	2.45	18.93	5.65	1.54	1.80	19.70	4.00	2.60	2.00	19.81	1.70	NA	2.68	NA	NA
Vitamin D (D2 - Ergocalciferol)	ERGCAL	бп	3.72	QN	NA	ND	ND	NA	NA	4.79	NA	11.57	NA	ND	0.21	106	0.97	1.78	13.72	2.40	0.65	3.24	0.96	3.95	26.21	NA	0.59	31.83	NA
A nimstiV (Retinol Equivalents - RE)	VITA	рц	0.36	23.44	173	259	169	146	0.3	0.36	142	NA	171	97.5	2.34	5.76	0.51	ΟN	0.44	0.44	0.48	13.15	0.36	0.23	0.36	0.24	130	63.66	0.46
Food Name			Lime, sweet, pulp ( <i>Citrus limetta</i> )	Mandarine, heen naran ( <i>Citrus reticulate</i> )	Mango, ripe, bud (Mangifera indica)	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	Mango, ripe, vilad ( <i>Mangifera indica)</i>	Mangosteen (Garcinia mangostana)	Manila tamarind (Pithecellobium dulce)	Musk melon, cantaloupe, orange (Cucumis melon)	Palm fruit, tender ( <i>Borassus flabellifer</i> )	Papaya, ripe ( <i>Carcia papaya</i> )	Passion fruit, seeded, yellow (Passiflora edulls)	Pear (Prunus persica)	Pineapple ( <i>Ananas comosus</i> )	Pomegranate, maroon seeds (Punica granatum)	Pummelo <i>(Citrus maxima)</i>	Raisins, dried, black (Vitis vinifera)	Raisins, dried, golden ( <i>Vitis vinifera)</i>	Rambutan ( <i>Nephelium lappaceum)</i>	Sapota ( <i>Achras sapota</i> )	Soursop (Annona muricata)	Star fruit (Averrhoa carambola)	Strawberry (Fragaria ananassa)	Tamarind, pulp ( <i>Tamarindus indicus)</i>	Water melon, dark green (Citrullus vulgaris)	Water melon, pale green (Citrullus vulgaris)	Wood Apple (Limonia acidissima)
Food code			SLE028	SLE029	SLE030	<b>SLE031</b>	<b>SLE032</b>	SLE033	SLE034	SLE035	SLE036	SLE037	SLE038	SLE039	SLE040	SLE041	SLE042	SLE043	SLE044	SLE045	SLE046	SLE047	SLE048	SLE049	SLE050	SLE051	SLE052	SLE053	SLE054

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(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Total Folate (B9)	Total Ascorbic Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		mg	mg	mg	mg	mg	рд	mg
SLE001	Apple, green ( <i>Malus domestica</i> )	0.03	0.01	0.25	0.09	0.04	3.04	3.57
SLE002	Apple, red ( <i>Malus domestica</i> )	0.01	0.02	0.21	0.12	0.08	3.43	2.90
SLE003	Avocado fruit ( <i>Persea americana</i> )	0.07	0.08	0.90	1.26	0.18	67.17	9.36
SLE004	Bael fruit ( <i>Aegle marmelos</i> )	0.03	0.04	0.25	1.62	0.03	55.22	7.50
SLE005	Banana, ripe, ambul ( <i>Musa x paradisiaca</i> )	ND	0.05	0.82	0.33	0.64	32.98	13.61
SLE006	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	ND	0.04	1.53	0.54	0.65	21.07	3.66
SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca</i> )	0.01	0.04	0.48	0.35	0.51	17.93	8.06
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	0.01	0.03	0.44	0.38	0.47	18.12	7.71
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	0.01	0.02	0.46	0.41	0.45	18.92	6.74
SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	0.01	0.03	0.46	0.39	0.38	18.01	3.20
SLE011	Black-purple berries, Java plum ( <i>Syzygium cumini</i> )	0.01	0.02	0.41	0.26	0.07	24.75	19.44
<b>SLE012</b>	Ceylon olive ( <i>Elaeocarpus serratus</i> )	ND	0.17	1.45	0.07	0.24	20.20	23.99
SLE013	Custard apple, sweetsop ( <i>Annona squamosa</i> )	0.13	0.09	0.69	0.19	0.07	7.60	21.51
<b>SLE014</b>	Dates, processed (Phoenix dactylifera)	0.06	0.02	0.45	0.50	0.06	25.46	18.65
SLE015	Gooseberry, Indian ( <i>Emblica officinalis</i> )	0.01	0.03	0.10	0.38	0.35	9.39	213
<b>SLE016</b>	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	0.03	0.03	0.14	0.07	0.11	8.69	18.30
SLE017	Grapes, seeded, round, green (Vitis vinifera)	0.03	0.02	0.13	0.06	0.07	8.54	22.87
SLE018	Grapes, seeded, round, red (Vitis vinifera)	0.08	0.04	0.11	0.10	0.10	7.07	20.51
SLE019	Grapes, seedless, oval, black (Vitis vinifera)	0.06	0.03	0.20	0.13	0.11	7.20	22.85
SLE020	Grapes, seedless, round, green (Vitis vinifera)	0.03	0.04	0.13	0.10	0.08	8.35	16.25
SLE021	Guava, kilo pera ( <i>Psidium guajava</i> )	ND	0.01	0.61	0.26	0.11	25.24	30.88
SLE022	Guava, pink flesh ( <i>Psidium cattleyanum</i> )	0.04	0.03	0.67	0.19	0.20	36.84	244
SLE023	Guava, white flesh (Psidium guajava)	0.05	0.03	0.62	0.24	0.12	28.79	212
SLE024	Jack fruit, ripe (Artocarpus heterophyllus)	0.05	0.01	0.51	0.17	0.21	30.83	4.15
SLE025	Jamun fruit, rose apple, white (Syzygium cumini)	0.02	0.01	0.16	0.40	0.04	7.17	17.64
SLE026	Karonda fruit ( <i>Carissa carandas)</i>	0.01	0.02	0.25	0.67	0.08	8.72	135
SLE027	Lemon, juice <i>(Citrus limon)</i>	0.04	0.01	0.09	0.10	0.04	14.34	49.04

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	Total Folate	Total Ascorbic
code		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		mg	тд	шg	тд	тд	рд	mg
SLE028	Lime, sweet, pulp ( <i>Citrus limetta</i> )	0.06	0.01	0.21	0.25	0.05	12.10	38.05
SLE029	Mandarine, heen naran ( <i>Citrus reticulate</i> )	ND	0.01	2.26	0.35	0.28	14.46	20.19
SLE030	Mango, ripe, bud ( <i>Mangifera indica</i> )	0.03	0.04	0.22	0.11	0.10	69.68	32.08
SLE031	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	ND	0.01	0.39	0.51	0.10	35.52	17.74
SLE032	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	ND	0.01	0.53	0.13	0.16	27.91	31.85
SLE033	Mango, ripe, vilad ( <i>Mangifera indica</i> )	0.02	0.05	0.29	0.09	0.26	67.60	29.97
<b>SLE034</b>	Mangosteen ( <i>Garcinia mangostana</i> )	0.01	0.01	0.58	0.15	0.18	13.52	26.33
SLE035	Manila tamarind ( <i>Pithecellobium dulce</i> )	0.18	0.14	0.40	0.18	0.04	4.24	55.78
SLE036	Musk melon, cantaloupe, orange ( <i>Cucumis melon</i> )	0.01	0.01	0.45	0.11	0.05	22.20	25.20
SLE037	Palm fruit, tender ( <i>Borassus flabellifer</i> )	0.01	NA	0.46	0.13	0.07	24.40	0.25
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	0.02	0.11	0.39	0.51	0.04	54.85	48.62
SLE039	Passion fruit, seeded, yellow ( <i>Passiflora edulls</i> )	ND	0.09	0.64	0.54	0.17	25.99	11.47
SLE040	Pear (Prunus persica)	0.02	0.02	0.16	0.04	0.08	6.20	2.54
SLE041	Pineapple (Ananas comosus)	0.06	0.04	0.11	0.11	0.12	17.86	39.36
SLE042	Pomegranate, maroon seeds (Punica granatum)	0.07	0.02	0.18	0.41	0.30	40.71	11.49
SLE043	Pummelo ( <i>Citrus maxima</i> )	0.06	0.01	0.22	0.05	0.04	13.41	48.98
SLE044	Raisins, dried, black ( <i>Vitis vinifera</i> )	0.09	0.05	0.48	0.16	0.14	38.81	1.92
SLE045	Raisins, dried, golden ( <i>Vitis vinifera)</i>	0.10	0.03	0.57	0.16	0.14	29.43	2.18
<b>SLE046</b>	Rambutan ( <i>Nephelium lappaceum</i> )	0.11	0.01	0.26	0.14	0.04	7.35	65.00
SLE047	Sapota ( <i>Achras sapota</i> )	0.01	0.02	0.21	0.21	0.12	13.81	26.07
SLE048	Soursop (Annona muricata)	0.03	0.04	0.85	0.12	0.03	6.09	59.54
SLE049	Star fruit (Averrhoa carambola)	0.08	0.02	0.34	0.26	0.06	8.43	33.55
SLE050	Strawberry (Fragaria ananassa)	0.06	0.01	0.48	0.18	0.09	8.91	50.20
SLE051	Tamarind, pulp ( <i>Tamarindus indicus)</i>	0.29	0.07	1.46	0.19	0.06	9.15	5.12
SLE052	Water melon, dark green (Citrullus vulgaris)	0.02	0.02	0.29	0.19	0.11	6.00	8.24
SLE053	Water melon, pale green ( <i>Citrullus vulgaris</i> )	0.02	0.02	0.26	0.19	0.10	3.73	10.58
SLE054	Wood Apple (Limonia acidissima)	0.03	0.01	0.56	0.21	0.14	6.07	13.58

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(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Apple, green (Malus domestica) Apple, red (Malus domestica) Apple, red (Malus domestica) Bael fruit ( <i>Persea americana</i> ) Bael fruit ( <i>Aegle marmelos</i> ) Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, pome ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, seradish ( <i>Musa x paradisiaca</i> ) Banana, ripe, sweetsop ( <i>Annona squamosa</i> ) Black-purple berries, Java plum ( <i>Syzygium cumini</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
Apple, green (Malus domestica) Apple, red (Malus domestica) Apple, red (Malus domestica) Bael fruit ( <i>Persea americana</i> ) Bael fruit ( <i>Aegle marmelos</i> ) Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Nitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	COUR		CA	Р	MG	NA	К
Apple, green (Malus domestica) Apple, red (Malus domestica) Avocado fruit ( <i>Persea americana</i> ) Bael fruit ( <i>Aegle marmelos</i> ) Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, pome ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Gerspes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )			тд	bm	bm	bm	bw
Apple, red ( <i>Malus domestica</i> ) Avocado fruit ( <i>Persea americana</i> ) Bael fruit ( <i>Aegle marmelos</i> ) Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, jome ( <i>Musa x paradisiaca</i> ) Banana, ripe, jome ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Black-purple berries, Java plum ( <i>Syzygium cumin</i> ) Geylon olive ( <i>Elaeocarpus serratus</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Gapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Gava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	SLE001	Apple, green (Malus domestica)	13.68	10.44	8.09	1.43	116
Avocado fruit ( <i>Persea americana</i> ) Bael fruit ( <i>Aegle marmelos</i> ) Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, jup ( <i>Musa x paradisiaca</i> ) Banana, ripe, jup ( <i>Musa x paradisiaca</i> ) Banana, ripe, jup ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banes, processed ( <i>Phoenix dactylifera</i> ) Goseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jack fruit, rose apple, white ( <i>Syzygium cumin</i> )	SLE002	Apple, red ( <i>Malus domestica</i> )	6.53	7.48	5.42	1.47	94.55
Bael fruit (Aegle marmelos) Banana, ripe, ambul (Musa x paradisiaca) Banana, ripe, pome (Musa x paradisiaca) Banana, ripe, pome (Musa x paradisiaca) Banana, ripe, red (Musa x paradisiaca) Banana, ripe, Cavendish (Musa x paradisiaca) Banana, ripe, Cavendish (Musa x paradisiaca) Banana, ripe, Cavendish (Musa x paradisiaca) Banana, ripe, red (Musa x paradisiaca) Banana, ripe, red (Musa x paradisiaca) Banana, ripe, red (Musa x paradisiaca) Ceylon olive (Elaeocarpus serratus) Custard apple, sweetsop (Annona squamosa) Dates, processed (Phoenix dactylifera) Gooseberry, Indian (Emblica officinalis) Gooseberry, Indian (Emblica officinalis) Grapes, seeded, round, green (Vitis vinifera) Grapes, seeded, round, green (Vitis vinifera) Grapes, seedels, round, green (Vitis vinifera) Grapes, seedels, round, green (Vitis vinifera) Guava, kilo pera (Psidium guajava) Guava, white flesh (Psidium guajava) Jack fruit, ripe (Artocarpus heterophyllus) Janun fruit, rose apple, white (Syzygium cumini)	SLE003	Avocado fruit (Persea americana)	28.48	63.14	48.14	2.81	377
Banana, ripe, ambul ( <i>Musa x paradisiaca</i> ) Banana, ripe, pome ( <i>Musa x paradisiaca</i> ) Banana, ripe, pome ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banana, ripe, cavendish ( <i>Musa x paradisiaca</i> ) Geylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedelss, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE004	Bael fruit ( <i>Aegle marmelos</i> )	47.95	37.29	34.10	1.56	409
Banana, ripe, anamalu ( <i>Musa x acuminata</i> ) Banana, ripe, pome ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> ) Bance, purple berries, Java plum ( <i>Syzygium cumini</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, preen ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Grava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE005	Banana, ripe, ambul ( <i>Musa x paradisiaca</i> )	9.39	20.31	25.67	3.15	437
Banana, ripe, pome ( <i>Musa x paradisiaca</i> ) Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> ) Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> ) Black-purple berries, Java plum (Syzygium cumini) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, red ( <i>Vitis vinifera</i> ) Grapes, seedels, round, red ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE006	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	8.06	27.15	27.02	2.89	449
Banana, ripe, silk ( <i>Musa x paradisiaca</i> ) Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> ) Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> ) Black-purple berries, Java plum (Syzygium cumini) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, plack ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedles, round, green ( <i>Vitis vinifera</i> ) Grapes, seedles, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca)</i>	6.77	20.85	30.22	1.25	362
Banana, ripe, red ( <i>Musa x paradisiaca</i> ) Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> ) Black-purple berries, Java plum ( <i>Syzygium cumin</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, plack ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	8.56	31.12	38.00	1.13	324
Banana, ripe, Cavendish ( <i>Nusa x paradisiaca</i> ) Black-purple berries, Java plum ( <i>Syzygium cumin</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedels, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	9.56	23.27	31.44	1.11	313
Black-purple berries, Java plum ( <i>Syzygium cumin</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Ceylon olive ( <i>Elaeocarpus serratus</i> ) Custard apple, sweetsop ( <i>Annona squamosa</i> ) Dates, processed ( <i>Phoenix dactylifera</i> ) Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedelss, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	6.00	17.66	27.49	0.94	261
Ceylon olive (Elaeocarpus serratus) Custard apple, sweetsop (Annona squamosa) Dates, processed (Phoenix dactylifera) Gooseberry, Indian (Emblica officinalis) Grapes, seeded, round, black (Vitis vinifera) Grapes, seeded, round, green (Vitis vinifera) Grapes, seeded, round, red (Vitis vinifera) Grapes, seedels, oval, black (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Guava, kilo pera (Psidium guajava) Jack fruit, ripe (Artocarpus heterophyllus) Jamun fruit, rose apple, white (Syzygium cumini)	SLE011	Black-purple berries, Java plum ( <i>Syzygium cumini</i> )	26.38	23.49	34.19	1.17	238
Custard apple, sweetsop (Annona squamosa) Dates, processed (Phoenix dactylifera) Gooseberry, Indian (Emblica officinalis) Goaseberry, Indian (Emblica officinalis) Grapes, seeded, round, plack (Vitis vinifera) Grapes, seeded, round, red (Vitis vinifera) Grapes, seedless, oval, black (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Grapes, fruit, ripe (Artocarpus heterophyllus) Jack fruit, ripe (Artocarpus heterophyllus) Jamun fruit, rose apple, white (Syzygium cumini)	SLE012	Ceylon olive ( <i>Elaeocarpus serratus</i> )	21.11	20.88	17.66	1.99	351
Dates, processed (Phoenix dactylifera) Gooseberry, Indian (Emblica officinalis) Grapes, seeded, round, black (Vitis vinifera) Grapes, seeded, round, green (Vitis vinifera) Grapes, seedless, oval, black (Vitis vinifera) Grapes, seedless, oval, black (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Guava, kilo pera (Psidium guajava) Guava, white flesh (Psidium guajava) Jack fruit, ripe (Artocarpus heterophyllus) Jamun fruit, rose apple, white (Syzygium cumini)	SLE013	Custard apple, sweetsop (Annona squamosa)	28.20	40.81	38.47	3.11	278
Gooseberry, Indian ( <i>Emblica officinalis</i> ) Grapes, seeded, round, black ( <i>Vitis vinifera</i> ) Grapes, seeded, round, green ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE014	Dates, processed (Phoenix dactylifera)	15.59	33.85	14.31	1.63	296
Grapes, seeded, round, black (Vitis vinifera) Grapes, seeded, round, green (Vitis vinifera) Grapes, seeded, round, red (Vitis vinifera) Grapes, seedless, oval, black (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Grava, kilo pera (Psidium guajava) Guava, kilo pera (Psidium guajava) Guava, white flesh (Psidium guajava) Jack fruit, ripe (Artocarpus heterophyllus) Jamun fruit, rose apple, white (Syzygium cumini)	SLE015	Gooseberry, Indian ( <i>Emblica officinalis</i> )	19.52	20.28	6.53	1.15	222
Grapes, seeded, round, green (Vitis vinifera) Grapes, seeded, round, red (Vitis vinifera) Grapes, seedless, oval, black (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Guava, kilo pera (Psidium guajava) Guava, white flesh (Psidium guajava) Guava, white flesh (Psidium guajava) Jack fruit, ripe (Artocarpus heterophyllus) Jamun fruit, rose apple, white (Syzygium cumini)	SLE016	Grapes, seeded, round, black (Vitis vinifera)	10.57	21.04	7.47	1.93	171
Grapes, seeded, round, red (Vitis vinifera) Grapes, seedless, oval, black (Vitis vinifera) Grapes, seedless, round, green (Vitis vinifera) Guava, kilo pera (Psidium guajava) Guava, pink flesh (Psidium cattleyanum) Guava, white flesh (Psidium guajava) Jack fruit, ripe (Artocarpus heterophyllus) Jamun fruit, rose apple, white (Syzygium cumini)	SLE017	Grapes, seeded, round, green (Vitis vinifera)	NA	NA	NA	NA	NA
Grapes, seedless, oval, black ( <i>Vitis vinifera</i> ) Grapes, seedless, round, green ( <i>Vitis vinifera</i> ) Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, pink flesh ( <i>Psidium cattleyanum</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE018	Grapes, seeded, round, red (Vitis vinifera)	7.27	25.51	6.86	0.87	178
Grapes, seedless, round, green (Vitis vinifera) Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, pink flesh ( <i>Psidium cattleyanum</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE019	Grapes, seedless, oval, black (Vitis vinifera)	19.06	33.42	9.49	1.50	245
Guava, kilo pera ( <i>Psidium guajava</i> ) Guava, pink flesh ( <i>Psidium cattleyanum</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE020	Grapes, seedless, round, green (Vitis vinifera)	16.82	20.69	10.55	1.12	170
Guava, pink flesh ( <i>Psidium cattleyanum</i> ) Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE021	Guava, kilo pera ( <i>Psidium guajava</i> )	6.59	15.27	12.02	1.95	296
Guava, white flesh ( <i>Psidium guajava</i> ) Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE022	Guava, pink flesh ( <i>Psidium cattleyanum</i> )	18.71	21.94	15.38	1.95	266
Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> ) Jamun fruit, rose apple, white ( <i>Syzygium cumini</i> )	SLE023	Guava, white flesh ( <i>Psidium guajava)</i>	17.60	20.73	14.50	2.96	241
Jamun fruit, rose apple, white (Syzygium cumini)	SLE024	Jack fruit, ripe (Artocarpus heterophyllus)	28.38	12.06	31.59	1.64	268
	SLE025	Jamun fruit, rose apple, white (Syzygium cumini)	28.62	10.95	29.80	2.65	115
Karonda truit ( <i>Carissa carandas)</i>	SLE026	Karonda fruit ( <i>Carissa carandas)</i>	10.81	32.62	24.45	2.55	351
SLE027 Lemon, juice ( <i>Citrus limon</i> ) 22.43	SLE027	Lemon, juice ( <i>Citrus limon</i> )	22.43	10.03	9.35	0.94	144

		Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	Р	MG	NA	К
		mg	mg	mg	mg	mg
SLE028	Lime, sweet, pulp ( <i>Citrus limetta</i> )	26.00	19.46	15.25	0.81	200
SLE029 N	Mandarine, heen naran ( <i>Citrus reticulate</i> )	31.18	13.88	20.36	1.74	226
SLE030 N	Mango, ripe, bud ( <i>Mangifera indica)</i>	13.51	12.40	14.87	1.32	160
SLE031 N	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	3.12	7.88	6.72	1.48	259
SLE032 N	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	3.88	12.22	9.35	1.40	288
SLE033 N	Mango, ripe, vilad ( <i>Mangifera indica)</i>	16.93	17.33	14.79	1.60	171
SLE034 N	Mangosteen ( <i>Garcinia mangostana</i> )	4.69	7.18	12.00	3.79	46.93
SLE035 N	Manila tamarind ( <i>Pithecellobium dulce</i> )	8.51	73.53	32.98	1.35	376
SLE036 N	Musk melon, cantaloupe, orange (Cucumis melon)	7.64	18.04	8.01	16.63	150
SLE037 F	Palm fruit, tender ( <i>Borassus flabellifer)</i>	NA	NA	NA	1.25	158
SLE038 F	Papaya, ripe ( <i>Carcia papaya</i> )	16.77	15.12	8.90	6.57	181
SLE039 F	Passion fruit, seeded, yellow ( <i>Passiflora edulls</i> )	6.22	38.84	29.48	5.00	374
SLE040 F	Pear (Prunus persica)	5.04	5.25	6.58	1.69	103
SLE041 F	Pineapple ( <i>Ananas comosus</i> )	10.37	10.82	10.71	1.39	133
SLE042 F	Pomegranate, maroon seeds (Punica granatum)	12.11	37.99	11.64	2.19	204
SLE043 F	Pummelo ( <i>Citrus maxima</i> )	14.92	12.38	8.61	1.08	186
SLE044 F	Raisins, dried, black ( <i>Vitis vinifera)</i>	72.88	81.59	32.80	10.39	1167
SLE045 F	Raisins, dried, golden ( <i>Vitis vinifera)</i>	46.66	80.45	30.43	10.12	985
SLE046 F	Rambutan ( <i>Nephelium lappaceum)</i>	8.67	6.98	21.38	1.75	131
SLE047 S	Sapota ( <i>Achras sapota</i> )	17.97	21.72	16.85	4.63	275
SLE048 S	Soursop (Annona muricata)	10.05	25.83	17.70	6.78	264
SLE049 S	Star fruit (Averrhoa carambola)	4.97	11.67	11.53	1.56	159
SLE050 S	Strawberry ( <i>Fragaria ananassa</i> )	15.28	26.31	15.53	1.19	140
SLE051 T	Tamarind, pulp ( <i>Tamarindus indicus</i> )	154	98.00	92.59	27.18	839
SLE052 V	Water melon, dark green (Citrullus vulgaris)	4.05	13.60	9.76	1.53	134
SLE053 \	Water melon, pale green <i>(Citrullus vulgaris)</i>	3.85	10.07	7.29	1.57	130
SLE054 \	Wood Apple ( <i>Limonia acidissima</i> )	59.15	81.13	25.16	1.45	348

## Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

Food	Food Nam
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Food	Food Name																
code								u									
		Iron	əsənsgnsM	Copper	Sinc	muinələ2	fledoD	ınuəpq <b>k</b> loM	muimord)	Nickel	աուկյլ	muinimulA	реәт	Mercury	muimbeJ	Arsenic	γnomitnA
		H	MN	S	ZN	SE	8	MO	CR	N		AL	PB	ЫG	8	AS	SB
		шg	mg	mg	шg	рg	тg	тg	тg	тg	тд	тд	шg	рg	тд	рg	рg
SLE028	Lime, sweet, pulp (Citrus limetta)	0.12	0.05	0.03	0.05	0.41	0.005	0.001	0.014	0.009	NA	0.14	0.010	3.64	NA	NA	NA
<b>SLE029</b>	Mandarine, heen naran ( <i>Citrus reticulate</i> )	0.81	0.14	0.15	0.35	4.63			060.0	0.020	ı	1.00	0.100	3.64		0.55	0.23
SLE030	Mango, ripe, bud (Mangifera indica)	0.57	0.19	0.10	0.09	3.03	NA	NA	0.013	0.005	NA	NA	NA	NA	NA	NA	NA
SLE031	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	0.10	ı	0.06	0.08	4.05		0.001	0.047	0.007		0.14	0.014	1.35	0.006	0.98	3.02
SLE032	Mango, ripe, Tom EJC (Mangifera indica)	0.40	0.25	0.57	2.28	2.46	ı	0.001	0.008	0.006	ı	0.11	0.020	1.48	0.009	0.87	4.34
SLE033	Mango, ripe, vilad <i>(Mangifera indica)</i>	0.65	0.27	0.13	0.19	1.86	NA	NA	0.019	0.002	NA	NA	0.001	NA	NA	NA	NA
SLE034	Mangosteen ( <i>Garcinia mangostana</i> )	0.28	0.04	0.11	0.21	NA	1.501	0.002	0.003	5.183	0.106	0.17	0.056	0.03	0.002	0.05	1.15
SLE035	Manila tamarind ( <i>Pithecellobium dulce</i> )	0.71	0.27	0.22	0.56	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	0.13	0.03	0.02	0.05	0.85	0.001	NA	0.006	0.004	NA	0.02	0.001	NA	NA	0.01	NA
SLE037	Palm fruit, tender ( <i>Borassus flabellifer</i> )	NA	NA	NA	0.05	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	0.23	0.03	0.05	0.08	16.40	0.001	NA	0.004	0.003	NA	0.07	NA	NA	NA	NA	NA
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	0.97	0.45	0.21	0.67	7.73	0.005	0.005	0.009	0.008	ī	0.21	0.014	3.32	0.007	0.88	0.20
SLE040	Pear (Prunus persica)	0.16	0.07	0.07	0.06	NA	0.001	NA	0.010	0.007	NA	0.55	0.001	NA	NA	NA	NA
SLE041	Pineapple ( <i>Ananas comosus</i> )	0.30	1.78	0.04	0.09	NA	0.001	NA	0.004	0.019	NA	0.11	0.002	NA	NA	0.41	NA
SLE042	Pomegranate, maroon seeds (Punica granatum)	0.38	0.15	0.16	0.22	0.58	0.001	NA	0.013	0.007	NA	NA	0.004	NA	NA	NA	NA
SLE043	Pummelo ( <i>Citrus maxima</i> )	0.05	0.01	0.02	0.06	NA	NA	0.001	0.001	NA	NA	NA	0.003	0.03	NA	0.32	0.05
SLE044	Raisins, dried, black ( <i>Vitis vinifera</i> )	8.08	0.63	0.43	0.22	1.17	0.005	0.002	0.035	0.029	0.044	3.44	NA	NA	NA	NA	NA
SLE045	Raisins, dried, golden ( <i>Vitis vinifera)</i>	3.53	0.37	0.38	0.19	NA	0.002	NA	0.012	0.018	0.005	3.02	0.006	NA	NA	NA	NA
SLE046	Rambutan (Nephelium lappaceum)	0.37	0.37	0.08	0.53	NA	NA	NA	0.003	NA	NA	NA	NA	NA	NA	NA	NA
SLE047	Sapota ( <i>Achras sapota</i> )	0.35	0.09	0.04	0.15	0.35	NA	0.001	0.006	0.030	NA	NA	NA	NA	NA	NA	NA
SLE048	Soursop (Annona muricata)	0.29	0.07	0.14	0.12	NA	NA	NA	0.001	NA	0.821	NA	0.013	NA	NA	NA	NA
SLE049	Star fruit (Averrhoa carambola)	0.45	0.06	0.07	0.24	0.56	0.002	0.010	0.023	0.028	0.176	0.43	0.010	0.04	0.852	0.05	0.17
SLE050	Strawberry ( <i>Fragaria ananassa</i> )	0.36	0.43	0.07	0.14	0.30	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE051	Tamarind, pulp ( <i>Tamarindus indicus</i> )	11.35	0.45	0.46	0.59	2.25	0.001	0.004	0.068	0.058	0.005	3.03	0.019	NA	NA	NA	NA
SLE052	Water melon, dark green (Citrullus vulgaris)	0.15	0.02	0.03	0.10	NA	NA	NA	0.002	0.003	0.001	NA	NA	NA	NA	NA	NA
SLE053	Water melon, pale green (Citrullus vulgaris)	0.14	0.03	0.03	0.08	NA	0.001	NA	0.003	0.009	NA	NA	0.001	NA	NA	NA	NA
SLE054	Wood Apple ( <i>Limonia acidissima</i> )	0.45	0.21	0.16	0.32	2.23	NA	NA	0.004	0.031	NA	0.13	0.004	NA	NA	NA	NA

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein; NA indicates component not available from reference sources)

Food	Food Name																		
code		ueydo	tic Acid	ənin	ē	biɔA ɔim	ə	ອເ	อเ	əui	a	əninoi	əniə	ອເ	əui	əninslsl\	əui	ā	əu
		Trypto	reqeA	Тһгео	Serine	Glutai	Prolin	Glycin	rinslA	iəteyƏ	ənileV	idtəM	nəlosi	rioneJ	Tyrosi	hhen/	bitsiH	əuisγJ	inigıA
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS 1	VAL I	MET	ILE	LEU	TYR	PHE	HIS	LYS	ARG
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
SLE001	Apple, green ( <i>Malus domestica</i> )	0.86	25.16	3.85	5.64	8.92	3.28	3.58	8.22	0.75	3.50	1.23	3.56	5.17	2.67	3.39	2.26	3.01	3.19
SLE002	Apple, red ( <i>Malus domestica</i> )	0.78	20.64	4.40	5.31	9.60	4.15	4.79	7.12	0.67	3.66	1.40	4.85	5.75	2.10	3.86	2.67	3.11	3.96
SLE003	Avocado fruit ( <i>Persea americana)</i>	1.04	15.56	3.48	4.46	13.37	4.48	4.25	5.38		4.48	1.66	3.45	6.27	2.64	4.24	2.38	5.84	4.45
SLE004	Bael fruit (Aegle marmelos)	0.98	18.20	4.16	5.40	14.26	5.26	3.86	4.82		4.62	1.26	3.29	5.86	2.43	4.81	2.52	4.86	3.86
SLE005	Banana, ripe, ambul ( <i>Musa x paradisiaca</i> )	0.73	11.51	4.14	5.32	13.11	4.01	5.49	6.02	0.75	5.79	1.25	4.53	8.27	3.67	5.54	7.15	2.97	5.17
SLE006	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	0.71	12.56	3.93	4.79	14.23	4.63	5.54	5.17	0.79	5.78	0.86	4.17	6.76	3.70	6.86	6.05	4.01	5.58
SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca</i> )	0.81	12.92	4.66	5.99	13.91	5.11	3.35	5.25	0.64	5.82	1.18	4.94	9.22	2.30	5.52	6.76	4.51	2.52
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	06.0	13.03	5.08	5.67	16.88	4.59	6.70	5.46	0.75	6.11	1.05	3.79	9.41	2.22	5.32	6.42	4.89	3.18
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	0.72	12.08	4.84	5.49	17.89	4.51	5.67	4.93	0.54	6.92	1.19	4.51	9.13	2.36	5.52	6.87	4.30	2.65
SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	1.05	12.50	3.78	4.31	15.26	3.10	4.22	6.52	0.55	5.72	1.12	3.36	8.14	2.70	4.09	5.59	4.14	3.29
SLE011	Black-purple berries, Java plum (Syzygium cumini)	0.81	11.33	4.95	5.27	15.52	5.55	6.29	6.42	0.74	6.89	1.48	5.12	7.91	3.05	4.21	3.19	4.89	4.55
SLE012	Ceylon olive ( <i>Elaeocarpus serratus</i> )	0.62	9.74	4.64	6.50	13.52	4.88	2.81	5.16	1.43	7.10	1.21	4.74	7.21	5.04	6.06	3.48	6.51	5.17
SLE013	Custard apple, sweetsop (Annona squamosa)	0.86	18.32	4.37	5.12	17.32	4.82	4.86	7.08	0.48	4.86	0.99	2.26	4.88	1.97	4.16	5.25	4.26	3.87
SLE014	Dates, processed (Phoenix dactylifera)	0.89	13.57	3.31	5.40	16.12	7.18	6.25	8.67	1.02	2.01	1.13	1.97	4.71	2.45	2.48	1.61	2.37	3.34
SLE015	Gooseberry, Indian (Emblica officinalis)	0.85	12.08	3.88	4.84	26.30	4.52	4.58	7.28	0.66	2.74	0.73	2.31	3.91	3.12	4.55	2.14	3.25	3.21
SLE016	Grapes, seeded, round, black (Vitis vinifera)	0.49	9.65	4.90	4.59	22.50	4.72	3.35	6.56	1.17	2.60	1.13	1.98	5.92	2.24	3.59	2.59	2.15	5.97
SLE017	Grapes, seeded, round, green (Vitis vinifera)	0.69	10.36	5.11	4.47	21.40	5.78	3.12	7.73	1.17	2.31	1.29	2.19	7.22	2.39	2.76	3.01	2.32	6.47
SLE018	Grapes, seeded, round, red (Vitis vinifera)	0.79	10.52	5.61	4.58	20.03	4.33	3.20	5.74	1.07	2.61	1.09	3.77	6.41	2.15	4.27	2.64	1.75	6.52
SLE019	Grapes, seedless, oval, black (Vitis vinifera)	0.64	9.94	5.12	5.38	22.87	5.61	3.73	7.08	1.73	2.99	1.17	2.56	6.94	1.75	3.78	2.64	1.91	6.79
SLE020	Grapes, seedless, round, green (Vitis vinifera)	0.81	11.12	5.28	4.85	21.40	5.78	2.92	7.73	1.17	2.69	0.92	1.99	7.22	2.39	4.38	3.01	2.32	6.68
SLE021	Guava, kilo pera ( <i>Psidium guajava</i> )	0.69	27.41	3.14	3.95	14.08	2.34	5.17	6.45	0.98	3.68	1.42	3.46	5.91	4.59	3.20	2.04	2.94	5.38
SLE022	Guava, pink flesh ( <i>Psidium cattleyanum)</i>	0.79	17.45	3.96	4.37	14.88	5.80	8.16	7.00	0.84	3.19	0.75	4.21	5.70	2.42	2.02	2.07	2.72	3.38
SLE023	Guava, white flesh ( <i>Psidium guajava</i> )	1.01	14.54	3.74	4.53	15.34	5.24	7.01	5.99	1.02	3.51	1.03	4.23	7.36	2.61	1.26	2.04	2.49	3.14
SLE024	Jack fruit, ripe (Artocarpus heterophyllus)	0.17	26.44	4.94	5.25	7.35	4.40	6.36	6.28	0.57	7.30	0.64	4.30	8.11	3.00	5.49	1.84	3.33	2.95
SLE025	Jamun fruit, rose apple, ripe, white (Syzygium cumini)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE026	Karonda fruit ( <i>Carissa carandas</i> )	0.85	15.38	3.66		15.62	3.82	3.85	5.62	1.18	4.62	1.25	2.86	4.85	3.12	3.86	3.08	1.98	4.21
SLE027	Lemon, juice ( <i>Citrus limon</i> )	0.39	22.52	1.57	3.65	14.00	7.66	1.86	4.96	0.99	3.48	1.15	2.71	2.43	1.27	3.68	1.98	5.14	4.71

Food	Food Name																		
code																			
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		Trypt	edsA	Тһгес	ninə2		Prolin	Glycii	inelA	eileV.	nileV			ionəŋ	Tyros	nədq	oiteiH	uis (1	nigıA
		TRP	ASP	THR	SER	GLU P	PRO G	GLY A	ALA C	CYS V.	VAL N	MET II	LE L	LEU	TYR	PHE	HIS L	LYS A	ARG
		g	g	g	g														g
SLE028	Lime, sweet, pulp ( <i>Citrus limetta</i> )	ΝA	NA	NA															AN
SLE029	Mandarine, heen naran (Citrus reticulate)	0.51	15.81	3.84															.94
SLE030	Mango, ripe, bud ( <i>Mangifera indica</i> )	1.37	11.34	5.16	4.12	14.72 4	4.25	5.17 8	8.16 C	0.87 6	6.35 1	1.43	3.55	8.74 1	1.36	3.31	2.28 5	5.50 3	3.67
SLE031	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	0.94	9.43	4.55															.53
SLE032	Mango, ripe, Tom EJC (Mangifera indica)	0.91	8.94	4.18															.10
SLE033	Mango, ripe, vilad ( <i>Mangifera indica</i> )	1.48	11.29	5.27															.91
<b>SLE034</b>	Mangosteen ( <i>Garcinia mangostana</i> )	1.21	14.16	6.87															.64
SLE035	Manila tamarind ( <i>Pithecellobium dulce</i> )	1.14	13.85	4.81															.35
SLE036	Musk melon, cantaloupe, orange <i>(Cucumis melon)</i>	0.36	11.13	3.25	4.41														.44
SLE037	Palm fruit, tender (Borassus flabellifer)	0.44	13.86	4.32	5.18														.85
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	1.73	14.35	2.76	3.91														.25
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	0.58	12.02	2.73															00.
SLE040	Pear (Prunus persica)	0.44	24.87	3.35															.18
SLE041	Pineapple (Ananas comosus)	0.97	24.68	2.79															.04
SLE042	Pomegranate, maroon seeds (Punica granatum)	0.41	8.46	2.97															.10
SLE043	Pummelo ( <i>Citrus maxima</i> )	0.51	27.67	3.16															6.15
SLE044	Raisins, dried, black (Vitis vinifera)	0.93	6.86	2.98	4.44														.86
SLE045	Raisins, dried, golden ( <i>Vitis vinifera</i> )	0.69	6.52	3.40															.56
<b>SLE046</b>	Rambutan (Nephelium lappaceum)	1.25	12.73	4.01															6.75
SLE047	Sapota ( <i>Achras sapota</i> )	0.63	12.10	5.49															.45
<b>SLE048</b>	Soursop (Annona muricata)	0.84	15.84	4.56															63.63
SLE049	Star fruit (Averrhoa carambola)	0.87	17.40	3.89															6.37
SLE050	Strawberry (Fragaria ananassa)	0.93	19.70	4.32															1.51
SLE051	Tamarind, pulp ( <i>Tamarindus indicus)</i>	0.75	13.22	3.52															.99
SLE052	Water melon, dark green (Citrullus vulgaris)	1.34	17.85	4.25	2.84														3.10
SLE053	Water melon, pale green (Citrullus vulgaris)	1.34	15.24	4.33		-	4.35												.89
SLE054	Wood Apple (Limonia acidissima)	0.91	26.57	2.36	4.86														3.94

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(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name				Saturated Fatty Acids	ated Acids					Mono	Mono Unsaturated Fatty Acids	ated		Poly Ur	Poly Unsaturated Fatty Acids	Fatty
		letoT	(C12:0) Lauric	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	(C24:0) Lignoceric	letoT	Palmitoleic (Cn1:612)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	letoT	Linoleic) Linoleic	cinolenic) (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D 2CN6	F18D3 N3
		вш	тg	тg	шg	шg	шg	тд	тg	рш	шg	вш	вш	тg	тд	тg	тg
SLE001	Apple, green (Malus domestica)	154	ı		103	39.27	11.40	1	ı	51.13	ı	51.13	ı	ı	282	249	32.60
SLE002	Apple, red (Malus domestica)	116	·	ı	77.85	28.51	9.74			40.99	ı	40.99		ı	223	173	49.73
SLE003	Avocado fruit (Persea americana)	1237	ı	т	1237	т	ī	ī	ı	8710	495	8215	ī	ı	1141	1078	62.11
SLE004	Bael fruit (Aegle marmelos)	130	2.81	3.38	103	18.55	1.58	0.93		111	4.17	107	ı	ı	154	87.01	66.18
SLE005	Banana, ripe, ambul ( <i>Musa xparadisiaca</i> )	396	,	7.75	326	29.99	8.15	6.67	8.82	56.66	20.12	36.54	,	ı	419	250	169
SLE006	Banana, ripe, anamalu ( <i>Musa xacuminata</i> )	265	ı	5.28	232	17.69	5.40	ı	ı	55.81	17.41	38.40	ī	I	251	137	114
SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca</i> )	110	ı	ī	103	6.80	ı	ŀ	ı	14.38	5.65	8.73	ı	ı	132	68.33	63.24
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca</i> )	110	ı	ī	102	8.16	ī	ŀ	ı	31.50	3.63	27.87	ı	ı	130	63.44	66.93
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca)</i>	106	,	ī	96.58	9.74		,	,	17.78	6.45	11.32		,	108	61.66	46.23
SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	118	·	ı	109	9.53	ı	ı	·	22.64	5.88	16.77	·		123	48.31	74.67
SLE011	Black-purple berries, Java plum (Syzygium cumini)	193	ı	5.58	133	29.88	7.33	6.43	11.16	94.79	6.44	88.34	ı	ı	232	156	76.48
SLE012	Ceylon olive (Elaeocarpus serratus)	113	ı	6.10	83.17	19.46	4.20	ı	ı	31.14	ı	31.14	ī	ı	71.93	33.22	37.71
SLE013	Custard apple, sweetsop (Annona squamosa)	138	ı	ı	90.45	30.45	5.67	3.87	7.56	39.74	4.89	34.85	ŀ	ı	132	78.56	53.47
SLE014	Dates, processed (Phoenix dactylifera)	150	ı	ī	114	35.56	ı	ŗ	ı	46.73	ı	46.73	ı	ı	132	122	9.88
SLE015	Gooseberry, Indian ( <i>Emblica officinalis</i> )	35.70	ı	ī	23.62	12.08	ī	,		22.17	ī	22.17	ī	ı	70.14	44.98	25.16
SLE016	Grapes, seeded, round, black (Vitis vinifera)	106	ı	ī	72.49	15.26	4.45	8.15	5.60	12.73	ī	12.73	ī	ı	139	94.88	44.44
SLE017	Grapes, seeded, round, green (Vitis vinifera)	90.86	ı	ı	61.62	12.29	3.41	7.74	5.80	11.92	ı	11.92	ı	ı	121	84.71	36.51
SLE018	Grapes, seeded, round, red (Vitis vinifera)	88.20	ī	ı.	64.56	14.55	4.05	,	5.04	11.98	ī	11.98	,		124	83.42	40.79
SLE019	Grapes, seedless, oval, black (Vitis vinifera)	52.46		ı	35.48	11.23	2.85	2.90	•	32.98	·	32.98			181	170	10.84
SLE020	Grapes, seedless, round, green (Vitis vinifera)	88.18	ı	ı	63.45	16.89	2.89	4.95	ı	9.35	ı	9.35	ı	ı	112	79.98	31.54
SLE021	Guava, kilo pera ( <i>Psidium guajava</i> )	56.44	ı	1.04	39.65	13.63	2.12	,	,	19.98	0.70	19.28	ı	ı	223	213	10.14
SLE022	Guava, pink flesh ( <i>Psidium cattleyanum</i> )	26.59	ı	ī	16.99	9.60	ı	ï	,	13.84	ı	13.84	ı	ı	95.57	88.52	7.05
SLE023	Guava, white flesh ( <i>Psidium guajava</i> )	46.16	ı	0.61	26.91	15.59	1.94	0.50	0.61	33.18	ī	32.55	0.63	ı	169	158	10.71
SLE024	Jack fruit, ripe (Artocarpus heterophyllus)	36.42	ı	ı	29.24	1.54	1.96	2.48	1.20	43.22	0.77	8.79	3.49	28.80	40.36	24.15	16.21
SLE025	Jamun fruit, rose apple, white (Syzygium cumini)	70.31	ı	ī	46.14	20.35	3.82	,	,	21.70	3.34	18.36		ı	51.99	45.51	6.47
SLE026	Karonda fruit ( <i>Carissa carandas</i> )	66.81	ı	ı	42.89	20.47	3.45	ı	ı	24.12	3.64	20.48	ı	ı	52.60	45.12	7.48
SLE027	Lemon, juice <i>(Citrus limon)</i>	211	ı	ı	152	27.64	,	31.56	ı	47.73		47.73	ı	ı	349	266	83.14

Food code	Food Name				Satui Fatty	Saturated Fatty Acids					Mon	Mono Unsaturated Fatty Acids	rated		Poly U	Poly Unsaturated Fatty Acids	l Fatty
		lefoT	(C12:0) Lauric	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	pielotimleק (לח1:6נס)	Oleic) (En1:812)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	lstoT	Linoleic (ðnS:8LC)	cinolenic) (EnE:812)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		вш	вш	тд	вш	вш	вш	вш	шg	вш	тд	вш	вш	вш	вш	шg	шg
<b>SLE028</b>	Lime, sweet, pulp ( <i>Citrus limetta)</i>	81.65	1		70.74	10.91				38.11	8.49	29.62		·	88.23	69.63	18.60
SLE029	Mandarine, heen naran (Citrus reticulate)	104	1.89	3.41	75.93	12.00	2.81	2.24	3.87	66.16	24.23	40.07	ı	ī	122	80.52	41.62
SLE030	Mango, ripe, bud ( <i>Mangifera indica</i> )	174	ī	8.87	153	7.34		1.61	3.24	147	59.77	87.63			135	28.82	106
SLE031	Mango, ripe, karthakolomban (Mangifera indica)	288	ı	23.84	250	11.57	3.13	·	ı	308	136	172	ı	ı	140	38.62	102
SLE032	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	309	2.19	17.36	265	10.15	3.56	3.77	6.69	355	244	111	•	ī	116	23.22	92.62
SLE033	Mango, ripe, vilad (Mangifera indica)	187	2.17	33.54	139	6.33	1.28	1.38	3.35	194	70.96	122	ı	ı	82.96	19.60	63.37
SLE034	Mangosteen ( <i>Garcinia mangostana</i> )	176	2.54	22.48	135	7.85	1.58	2.01	4.12	165	69.87	95.47	ŀ		88.60	20.48	68.12
SLE035	Manila tamarind (Pithecellobium dulce)	27.81	ı	ı	20.98	3.54	0.97	1.07	1.25	33.45	ı	33.45	ı	ī	19.49	6.01	13.48
SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	90.48	ī	,	73.87	16.61	ī		,	25.49	6.87	18.62		ī	156	95.43	60.60
SLE037	Palm fruit, tender (Borassus flabellifer)	33.36	I	2.45	22.45	8.46	ī	ī	1	38.32	5.47	32.85	T	T	76.42	50.64	25.78
SLE038	Papaya, ripe <i>(Carcia papaya)</i>	55.77	ı	5.55	45.49	4.72	ı	·	1	24.29	9.01	15.28	·	ī	47.95	10.87	37.08
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	281	I.	1.89	219	51.25	3.43	1.93	2.36	261	6.50	252	3.02	ī	1393	1357	35.69
SLE040	Pear (Prunus persica)	85.28	ī		55.90	18.18	4.57	3.55	3.08	29.57	ī	29.57	1	ī	117	96.50	20.64
SLE041	Pineapple (Ananas comosus)	52.37	ı	1	43.16	9.21	ı		•	34.97	ı	34.97	•	ı	48.67	18.19	30.48
SLE042	Pomegranate, maroon seeds (Punica granatum)	35.28	0.94	0.32	19.30	10.68	2.29	1.03	0.72	39.41	1	37.09	2.32		33.31	31.32	1.99
SLE043	Pummelo ( <i>Citrus maxima</i> )	115	I	1	88.05	19.41	ı	3.56	4.32	41.08	8.62	32.46	1	ī	188	134	53.10
SLE044	Raisins, dried, black ( <i>Vitis vinifera)</i>	66.68	·	'	50.74	15.94	•	•	•	51.61	ī	51.61	ŀ	·	178	164	13.41
SLE045	Raisins, dried, golden (Vitis vinifera)	111	ı	ı	85.60	25.10	ı	·	·	29.59	ı	29.59	•	ı	116	87.88	27.84
SLE046	Rambutan (Nephelium lappaceum)	144			120	24.12			•	160	14.25	145	•		362	160	202
SLE047	Sapota ( <i>Achras sapota</i> )	392	I	ı	346	45.87	ı	ı	ı	248	42.48	205	I	ī	353	232	120
SLE048	Soursop (Annona muricata)	135	ı	ı	89.00	28.84	4.98	4.01	7.98	38.54	4.56	33.98	ı	ı	132	77.98	54.02
SLE049	Star fruit (Averrhoa carambola)	20.77	I	ı	10.23	10.54	I	ı	1	33.62	3.50	30.12	I	T	191	151	39.90
SLE050	Strawberry ( <i>Fragaria ananassa)</i>	66.21	ī	ı	50.68	10.62	3.81	1.11		77.87	ī	77.87	ī	ī	291	179	112
SLE051	Tamarind, pulp (Tamarindus indicus)	28.18	I	ı	21.18	3.03	0.98	1.06	1.93	34.63	I	34.63	ı	ı	17.19	5.58	11.60
SLE052	Water melon, dark green ( <i>Citrullus vulgaris</i> )	38.79	т	ī	31.64	7.16	ī	ī	1	24.40	ī	24.40	ī	ī	64.81	49.86	14.95
SLE053	Water melon, pale green (Citrullus vulgaris)	48.03	I	ı	40.59	7.43	I	ı	1	10.35	T	10.35	T	T	61.62	52.81	8.82
SLE054	Wood Apple (Limonia acidissima)	872	1	'	643	164	32.56	18.62	12.98	575	32.14	543	ı	I	1449	784	665

**Table 8. STARCH AND SUGARS** 

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

CHOTotalFructoseSIE001Apple, green (Molus domestica) $g$ $g$ $g$ $g$ $g$ SIE001Apple, green (Molus domestica) $g$ $g$ $g$ $g$ $g$ $g$ SIE001Apple, red (Molus domestica) $g$ $g$ $g$ $g$ $g$ $g$ SIE003Apple, red (Molus domestica) $g$ $g$ $g$ $g$ $g$ $g$ SIE004Bael fruit (Persea americana) $1.75$ $1.65$ $1.00$ $g$ $g$ SIE006Banana, ripe, ambul (Musca x paradisiaca) $21.33$ $18.76$ $9.23$ $9.23$ $9.719$ SIE006Banana, ripe, ambul (Musca x paradisiaca) $21.33$ $18.76$ $9.23$ $9.719$ SIE008Banana, ripe, pome (Musca x paradisiaca) $21.33$ $18.76$ $9.23$ $9.32$ SIE008Banana, ripe, cevendish (Musca x paradisiaca) $11.732$ $12.53$ $9.32$ SIE001Banana, ripe, cevendish (Musca x paradisiaca) $11.732$ $12.53$ $9.32$ SIE003Banana, ripe, cevendish (Musca x paradisiaca) $11.732$ $12.53$ $9.32$ SIE011Black-purple berries, Java plun (Syzglum curnin) $7.87$ $7.87$ $4.67$ SIE012Geylon olive (Elaecorpus serratus) $18.53$ $14.57$ $7.87$ $4.67$ SIE013Grapes, preeded, round, dard/fridan (Frida Kriding) $7.87$ <th></th> <th>Fructose FRUS <i>g</i> 7.19 9.28 9.29 9.72 6.32 6.32 6.33 6.03 6.59 4.67</th> <th>Glucose GLUS g 1.03 1.03 1.03 1.03 1.03 2.65 7.84 2.65 7.68 6.14 4.05 3.99 2.54 2.54 2.54 2.55 3.99</th> <th>Sucrose SUCS <i>g</i> 0.14 0.12 4.12 2.36 6.36 6.36 0.90 0.98 0.98</th> <th>Raffinose <i>g</i> NA NA NA NA NA NA NA ND</th> <th>Stachyose STAS GTAS G NA NA NA NA ND NA NA NA NA</th> <th><b>STARCH</b> <i>g</i> NA NA NA 0.10 7.20 7.20 7.20 3.07 3.32 4.74 3.96 5.33 NA</th>		Fructose FRUS <i>g</i> 7.19 9.28 9.29 9.72 6.32 6.32 6.33 6.03 6.59 4.67	Glucose GLUS g 1.03 1.03 1.03 1.03 1.03 2.65 7.84 2.65 7.68 6.14 4.05 3.99 2.54 2.54 2.54 2.55 3.99	Sucrose SUCS <i>g</i> 0.14 0.12 4.12 2.36 6.36 6.36 0.90 0.98 0.98	Raffinose <i>g</i> NA NA NA NA NA NA NA ND	Stachyose STAS GTAS G NA NA NA NA ND NA NA NA NA	<b>STARCH</b> <i>g</i> NA NA NA 0.10 7.20 7.20 7.20 3.07 3.32 4.74 3.96 5.33 NA
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Banana, ripe, red ( <i>Musa x paradisiaca</i> )18.5314.57Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> )19.0613.73Black-purple berries, Java plum ( <i>Syzgium cumini</i> )7.877.87Ceylon olive ( <i>Elaeocarpus serratus</i> )16.7715.70Custard apple, sweetsop ( <i>Annona squamosa</i> )16.7715.70Dates, processed ( <i>Phoenix dactylifera</i> )58.6656.90Gooseberry, Indian ( <i>Emblica officinalis</i> )3.933.40Grapes, seeded, round, black ( <i>Vitis vinifera</i> )9.589.58Grapes, seeded, round, red ( <i>Vitis vinifera</i> )9.159.15Grapes, seeded, round, green ( <i>Vitis vinifera</i> )9.159.15Grapes, seedels, round, green ( <i>Vitis vinifera</i> )9.159.164Guava, kilo pera ( <i>Psidium guajava</i> )5.975.76Guava, pink flesh ( <i>Psidium cattleyanum</i> )6.439.64Guava, white flesh ( <i>Psidium cattleyanum</i> )6.334.07Guava, white flesh ( <i>Psidium cattleyanum</i> )6.434.07		6.03 6.59 4.67	4.05 3.99 2.54	4.49	NA	NA	3.96 5.33 NA
Banana, ripe, Cavendish ( <i>Musa x paradisiaca</i> )19.0613.73Black-purple berries, Java plum ( <i>Syzgium cumini</i> )7.877.87Black-purple berries, Java plum ( <i>Syzgium cumini</i> )7.877.87Ceylon olive ( <i>Elaeocarpus serratus</i> )16.7715.70Custard apple, sweetsop ( <i>Annona squamosa</i> )13.6913.35Dates, processed ( <i>Phoenix dactylifera</i> )58.6656.90Gooseberry, Indian ( <i>Emblica officinalis</i> )3.933.40Grapes, seeded, round, black ( <i>Vitis vinifera</i> )9.589.58Grapes, seeded, round, red ( <i>Vitis vinifera</i> )9.159.15Grapes, seedel, round, green ( <i>Vitis vinifera</i> )9.159.15Grapes, seedels, round, green ( <i>Vitis vinifera</i> )9.159.15Grapes, seedels, round, green ( <i>Vitis vinifera</i> )9.159.15Grapes, seedless, round, green ( <i>Vitis vinifera</i> )9.159.16Guava, kilo pera ( <i>Psidium guajava</i> )5.975.76Guava, pink flesh ( <i>Psidium cattleyanum</i> )6.434.07Guava, white flesh ( <i>Psidium cattleyanum</i> )4.634.07		6.59 4.67	<mark>3.99</mark> 2.54	2	NA	-	5.33 NA
Black-purple berries, Java plum (Syzygium cumini)7.877.87Ceylon olive (Elaeocarpus serratus)16.7715.70Ceylon olive (Elaeocarpus serratus)16.7715.70Custard apple, sweetsop (Annona squamosa)13.6913.35Dates, processed (Phoenix dactylifera)58.6656.90Gooseberry, Indian (Emblica officinalis)3.933.40Grapes, seeded, round, black (Vitis vinifera)10.0210.02Grapes, seeded, round, red (Vitis vinifera)9.589.58Grapes, seeded, round, green (Vitis vinifera)9.159.15Grapes, seedels, round, green (Vitis vinifera)9.159.15Grapes, seedels, round, green (Vitis vinifera)9.159.15Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)5.975.76Guava, white flesh (Psidium cattleyanum)4.634.07		4.67	2.54	3.15	NA	NA	NA
Ceylon olive (Elaeocarpus serratus)16.7715.70Ceylon olive (Elaeocarpus serratus)13.6913.35Custard apple, sweetsop (Annora squamosa)13.6913.35Dates, processed (Phoenix dactylifera)58.6656.90Gooseberry, Indian (Emblica officinalis)3.933.40Grapes, seeded, round, black (Vitis vinifera)10.0210.02Grapes, seeded, round, red (Vitis vinifera)9.589.58Grapes, seeded, round, red (Vitis vinifera)9.159.15Grapes, seedles, oval, black (Vitis vinifera)9.159.15Grapes, seedles, round, green (Vitis vinifera)9.159.15Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium cattleyanum)4.634.07	-			0.66	NA	NA	
Custard apple, sweetsop (Annona squamosa)13.6913.35Dates, processed (Phoenix dactylifera)58.6656.90Gooseberry, Indian (Emblica officinalis)3.933.40Goseberry, Indian (Emblica officinalis)3.933.40Grapes, seeded, round, black (Vitis vinifera)10.0210.02Grapes, seeded, round, red (Vitis vinifera)9.589.58Grapes, seeded, round, red (Vitis vinifera)9.159.15Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium cattleyanum)4.634.07	_	8.89	2.70	4.12	ND	ND	1.07
Dates, processed (Phoenix dactylifera)58.6656.90Gooseberry, Indian (Emblica officinalis)3.933.40Gooseberry, Indian (Emblica officinalis)3.933.40Grapes, seeded, round, black (Vitis vinifera)9.589.58Grapes, seeded, round, green (Vitis vinifera)9.589.58Grapes, seeded, round, red (Vitis vinifera)9.159.15Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium cattleyanum)4.634.07		9.10	4.25	NA	NA	NA	0.34
Gooseberry, Indian (Emblica officinalis)3.933.40Grapes, seeded, round, black (Vitis vinifera)10.0210.02Grapes, seeded, round, green (Vitis vinifera)9.589.58Grapes, seeded, round, red (Vitis vinifera)9.159.15Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.159.15Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium auraixua)4.634.07		22.32	4.98	29.60	NA	NA	1.76
Grapes, seeded, round, black (Vitis vinifera)10.0210.02Grapes, seeded, round, green (Vitis vinifera)9.589.58Grapes, seeded, round, red (Vitis vinifera)9.159.15Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.649.64Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium anaiova)4.634.07		2.08	1.32	NA	NA	NA	0.53
Grapes, seeded, round, green (Vitis vinifera)9.589.58Grapes, seeded, round, red (Vitis vinifera)10.3910.39Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.649.64Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium nariova)4.634.07		7.10	2.77	0.15	NA	NA	NA
Grapes, seeded, round, red (Vitis vinifera)10.3910.39Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.649.64Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium nariava)4.634.07		7.11	2.36	0.11	NA	NA	NA
Grapes, seedless, oval, black (Vitis vinifera)9.159.15Grapes, seedless, round, green (Vitis vinifera)9.649.64Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava, white flesh (Psidium auraiva)4.634.07		7.78	2.51	0.10	NA	NA	NA
Grapes, seedless, round, green (Vitis vinifera)9.649.64Guava, kilo pera (Psidium guajava)5.975.76Guava, pink flesh (Psidium cattleyanum)8.177.46Guava white flesh (Psidium cutalova)4.634.02		7.09	1.98	0.08	NA	NA	NA
Guava, kilo pera ( <i>Psidium guajava</i> )     5.97     5.76       Guava, pink flesh ( <i>Psidium cattleyanum</i> )     8.17     7.46       Guava, white flesh ( <i>Psidium cutalava</i> )     4.63     4.02		7.41	2.16	0.07	NA	NA	NA
Guava, pink flesh (Psidium cattleyanum)     8.17     7.46       Guava white flesh (Psidium cunicuo)     4.63     4.02		3.36	1.31	1.09	ND	ND	0.21
Guava white flesh (Psidium auaiava) 4.63 4.00		3.68	3.59	0.19	NA	NA	0.71
	4.63 4.02	1.97	1.88	0.17	NA	NA	0.61
		4.08	3.37	4.76	NA	NA	0.54
	8.24	4.45	2.19	0.14	NA	NA	1.46
		1.19	0.56	NA	NA	NA	0.80
		1.04	1.26	0.33	NA	NA	NA

Food	Food Name	Available		Free	Free sugars		Oligosaccharides	charides	Total Starch
code		СНО	Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	б	g	g	g	g	g	g
SLE028	Lime, sweet, pulp (Citrus limetta)	3.97	3.41	0.68	2.62	0.11	NA	NA	0.56
SLE029	Mandarine, heen naran (Citrus reticulate)	8.97	7.56	5.24	0.19	2.13	ND	ND	1.41
SLE030	Mango, ripe, bud ( <i>Mangifera indica</i> )	7.83	7.83	2.33	0.77	4.73	NA	NA	NA
SLE031	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	14.76	14.23	4.28	1.99	7.96	ND	ND	0.53
SLE032	Mango, ripe, Tom EJC (Mangifera indicath)	14.39	12.67	4.31	1.41	6.96	ND	ND	1.72
SLE033	Mango, ripe, vilad (Mangifera indica)	8.42	8.42	4.93	2.44	1.05	NA	NA	NA
SLE034	Mangosteen (Garcinia mangostana)	9.41	8.91	5.12	1.67	2.12	NA	NA	0.50
SLE035	Manila tamarind (Pithecellobium dulce)	12.63	12.13	3.45	4.12	4.56	NA	NA	0.50
SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	3.03	3.03	0.63	0.72	1.68	NA	NA	NA
SLE037	Palm fruit, tender (Borassus flabellifer)	1.03	0.19	0.17	0.02	NA	NA	NA	0.84
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	4.04	4.04	2.43	1.13	0.48	NA	NA	NA
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	11.90	5.44	2.04	2.42	0.98	ND	ND	6.46
SLE040	Pear (Prunus persica)	7.57	7.57	3.46	3.00	1.11	NA	NA	NA
SLE041	Pineapple (Ananas comosus)	8.55	8.55	1.19	3.13	4.23	NA	NA	NA
SLE042	Pomegranate, maroon seeds (Punica granatum)	10.94	10.94	1.05	1.77	8.12	NA	NA	NA
SLE043	Pummelo ( <i>Citrus maxima</i> )	4.86	4.39	2.10	1.41	0.88	NA	NA	0.47
SLE044	Raisins, dried, black (Vitis vinifera)	60.61	59.33	21.35	16.33	21.65	NA	NA	1.28
SLE045	Raisins, dried, golden (Vitis vinifera)	61.29	60.27	26.54	18.39	15.34	NA	NA	1.02
SLE046	Rambutan (Nephelium lappaceum)	15.80	15.80	8.78	6.00	1.02	NA	NA	NA
SLE047	Sapota ( <i>Achras sapota</i> )	12.32	12.32	8.63	2.81	0.88	NA	NA	NA
SLE048	Soursop (Annona muricata)	9.95	9.83	7.99	1.66	0.18	NA	NA	0.12
SLE049	Star fruit (Averrhoa carambola)	3.95	3.95	2.22	1.73	NA	NA	NA	NA
SLE050	Strawberry (Fragaria ananassa)	3.66	3.56	1.90	1.60	0.07	NA	NA	0.10
SLE051	Tamarind, pulp (Tamarindus indicus)	51.50	51.50	10.56	14.81	26.13	NA	NA	NA
SLE052	Water melon, dark green (Citrullus vulgaris)	3.61	3.61	1.86	0.33	1.42	NA	NA	NA
SLE053	Water melon, pale green (Citrullus vulgaris)	3.38	3.38	2.95	0.20	0.23	NA	NA	NA
SLE054	Wood Apple (Limonia acidissima)	6.61	3.81	1.38	1.41	1.02	0.01	0.01	2.80

## Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

F000	Food Name	Campesterol	Stigmasterol	β-Sitosterol
code			STGSTR	STGSTR
		mg	mg	mg
SLE001	Apple, green (Malus domestica)	0.41	0.35	14.94
SLE002	Apple, red (Malus domestica)	0.22	0.54	13.76
SLE003	Avocado fruit (Persea americana)	12.88	2.58	156
SLE004	Bael fruit ( <i>Aegle marmelos</i> )	0.30	0.41	3.39
SLE005	Banana, ripe, ambul ( <i>Musa xparadisiaca</i> )	ND	ND	ND
SLE006	Banana, ripe, anamalu ( <i>Musa xacuminata</i> )	ND	ND	ND
SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca</i> )	1.18	1.23	10.15
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	1.33	1.50	12.28
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1.22	1.39	12.20
SLE010	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	0.87	0.89	9.66
SLE011	Black-purple berries, Java plum ( <i>Syzygium cumini</i> )	0.75	0.11	34.99
SLE012	Ceylon olive ( <i>Elaeocarpus serratus</i> )	ND	ND	ND
SLE013	Custard apple, sweetsop ( <i>Annona squamosa</i> )	0.65	2.19	3.81
SLE014	Dates, processed (Phoenix dactylifera)	1.71	1.23	26.42
SLE015	Gooseberry, Indian (Emblica officinalis)	0.22	0.22	11.72
SLE016	Grapes, seeded, round, black (Vitis vinifera)	0.55	0.26	12.34
SLE017	Grapes, seeded, round, green (Vitis vinifera)	0.49	0.24	10.25
SLE018	Grapes, seeded, round, red (Vitis vinifera)	0.38	0.29	9.76
SLE019	Grapes, seedless, oval, black (Vitis vinifera)	0.71	0.33	14.22
SLE020	Grapes, seedless, round, green (Vitis vinifera)	0.32	0.25	13.92
SLE021	Guava, kilo pera ( <i>Psidium guajava</i> )	ND	ND	ND
SLE022	Guava, pink flesh ( <i>Psidium cattleyanum)</i>	0.58	0.22	40.40
SLE023	Guava, white flesh ( <i>Psidium guajava</i> )	0.59	0.10	44.37
SLE024	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	1.00	17.93	33.69
SLE025	Jamun fruit, rose apple, ripe, white (Syzygium cumini)	0.78	0.15	26.08
SLE026	Karonda fruit ( <i>Carissa carandas)</i>	0.72	0.48	4.92
SLE027	Lemon, juice ( <i>Citrus limon</i> )	NA	NA	NA

	Land Name	Contraction of the second s	Ctions stored	0 5142242
FOOD	Food Name	Lampesteroi	Stigmasterol	p-Sitosteroi
code			STGSTR	STGSTR
		mg	mg	mg
SLE028	Lime, sweet, pulp ( <i>Citrus limetta</i> )	NA	NA	NA
SLE029	Mandarine, heen naran ( <i>Citrus reticulate</i> )	ND	ND	ND
SLE030	Mango, ripe, bud (Mangifera indica)	0.87	0.48	10.37
SLE031	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	ND	ND	ND
SLE032	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	ND	ND	ND
SLE033	Mango, ripe, vilad ( <i>Mangifera indica</i> )	0.92	0.47	12.64
<b>SLE034</b>	Mangosteen ( <i>Garcinia mangostana</i> )	0.67	0.37	4.32
SLE035	Manila tamarind ( <i>Pithecellobium dulce)</i>	0.29	0.97	16.43
SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	0.16	0.38	2.74
SLE037	Palm fruit, tender ( <i>Borassus flabellifer</i> )	NA	NA	NA
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	1.80	1.10	4.76
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	ND	ND	ND
SLE040	Pear (Prunus persica)	0.67	0.24	13.34
SLE041	Pineapple (Ananas comosus)	1.42	0.24	9.32
SLE042	Pomegranate, maroon seeds (Punica granatum)	0.80	0.36	20.60
SLE043	Pummelo ( <i>Citrus maxima</i> )	34.21	0.93	24.23
SLE044	Raisins, dried, black (Vitis vinifera)	1.91	1.04	41.02
SLE045	Raisins, dried, golden ( <i>Vitis vinifera)</i>	1.68	0.96	37.97
<b>SLE046</b>	Rambutan ( <i>Nephelium lappaceum</i> )	NA	NA	NA
SLE047	Sapota ( <i>Achras sapota</i> )	1.53	1.44	70.20
SLE048	Soursop (Annona muricata)	4.71	1.12	10.88
SLE049	Star fruit (Averrhoa carambola)	0.96	0.41	41.65
SLE050	Strawberry (Fragaria ananassa)	1.71	0.33	9.00
SLE051	Tamarind, pulp ( <i>Tamarindus indicus)</i>	4.39	0.55	44.45
SLE052	Water melon, dark green (Citrullus vulgaris)	NA	NA	NA
SLE053	Water melon, pale green (Citrullus vulgaris)	NA	NA	NA
SLE054	Wood Apple ( <i>Limonia acidissima)</i>	3.96	4.61	20.69

Table 10. CAROTENES AND XANTHOPHYLS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

		Lutein		Lycopene	ß - Cryptoxanthin	a - Larotene	β – Carotene
		LUTN	ZEA	LYCPN	СКҮРХВ	CARTA	CARTB
		рд	рд	рд	рц	рд	рд
SLE001 Ap	Apple, green ( <i>Malus domestica)</i>	36.40	1.90	NA	NA	NA	2.41
SLE002 Ap	Apple, red ( <i>Malus domestica</i> )	40.20	1.91	NA	NA	NA	2.20
SLE003 AV	Avocado fruit ( <i>Persea americana</i> )	25.13	2.50	NA	NA	NA	12.00
SLE004 Ba	Bael fruit ( <i>Aegle marmelos</i> )	36.12	2.20	NA	NA	NA	2.50
SLE005 Ba	Banana, ripe, ambul ( <i>Musax paradisiaca</i> )	43.85	1.91	,	ı	2.77	56.68
SLE006 Ba	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	74.31	3.24	,	ı	4.7	96.07
SLE007 Ba	Banana, ripe, pome ( <i>Musa x paradisiaca)</i>	47.32	1.90	NA	NA	3.57	53.06
SLE008 Ba	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	47.52	3.60	NA	NA	1.41	52.13
SLE009 Ba	Banana, ripe, red ( <i>Musa x paradisiaca)</i>	47.08	2.50	NA	NA	2.12	51.52
SLE010 Ba	Banana, ripe, Cavendish <i>(Musa x paradisiaca)</i>	23.50	1.66	NA	NA	5.15	63.18
SLE011 Bla	Black-purple berries, Java plum ( <i>Syzygium cumini</i> )	134	1.22	NA	NA	NA	50.81
<b>SLE012</b> Ce	Ceylon olive ( <i>Elaeocarpus serratus</i> )	74.05	3.12	ı	7.81	·	55.76
SLE013 Cu	Custard apple, sweetsop (Annona squamosa)	12.45	1.80	NA	NA	NA	NA
SLE014 Da	Dates, processed ( <i>Phoenix dactylifera</i> )	297	76.34	NA	NA	NA	3416
SLE015 Gc	Gooseberry, Indian ( <i>Emblica officinalis</i> )	30.10	2.33	NA	NA	NA	1.62
SLE016 Gr	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	27.80	3.59	NA	NA	NA	29.36
SLE017 Gr	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	29.60	4.33	NA	NA	NA	24.52
SLE018 Gr	Grapes, seeded, round, red ( <i>Vitis vinifera)</i>	16.50	5.12	NA	NA	NA	19.33
SLE019 Gr	Grapes, seedless, oval, black (Vitis vinifera)	16.30	10.46	NA	NA	NA	17.31
SLE020 Gr	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	11.00	10.33	NA	NA	NA	33.82
SLE021 Gu	Guava, kilo pera ( <i>Psidium guajava</i> )	14.92	2.93	ı	ı	·	118
SLE022 Gu	Guava, pink flesh ( <i>Psidium cattleyanum)</i>	71.30	10.36	2945	NA	NA	175
SLE023 Gu	Guava, white flesh ( <i>Psidium guajava)</i>	17.80	2.16	NA	NA	NA	315
SLE024 Jac	ack fruit, ripe (Artocarpus heterophyllus)	29.20	1.65	NA	NA	NA	24.89
SLE025 Jar	Jamun fruit, rose apple, white (Syzygium cumini)	NA	NA	NA	NA	NA	NA
SLE026 Ka	Karonda fruit ( <i>Carissa carandas</i> )	6.12	1.14	NA	NA	NA	15.64
SLE027 Lei	Lemon, juice ( <i>Citrus limon)</i>	8.68	2.45	NA	NA	NA	2.58

	Food Name		Zasvasthin		0 Cumtercethin	c. Countons	0 Constant
code							
		LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB
		рд	нд	рд	hg	рд	μд
SLE028	Lime, sweet, pulp ( <i>Citrus limetta</i> )	10.30	1.74	NA	NA	NA	2.21
SLE029	Mandarine, heen naran ( <i>Citrus reticulate</i> )	12.72	42.24		146	18.53	58.40
SLE030	Mango, ripe, bud ( <i>Mangifera indica</i> )	2.89	1.94	NA	4.85	NA	1034
SLE031	Mango, ripe, karthakolomban ( <i>Mangifera indica</i> )	8.44	1.14		2.74	·	1551
SLE032	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	5.28	0.74	·	1.81	ı	1014
SLE033	Mango, ripe, vilad ( <i>Mangifera indica</i> )	2.87	5.41	NA	1.15	NA	876
<b>SLE034</b>	Mangosteen ( <i>Garcinia mangostana</i> )	16.81	5.40	NA	NA	NA	1.80
SLE035	Manila tamarind (Pithecellobium dulce)	36.50	10.50	NA	NA	NA	2.20
SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	17.54	2.16	NA	NA	NA	853
SLE037	Palm fruit, tender ( <i>Borassus flabellifer</i> )	5.80	1.50	NA	NA	NA	NA
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	6.15	345	782	775	NA	641
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	53.63	6.00	'	I	ı	585
SLE040	Pear (Prunus persica)	16.50	1.55	NA	1.82	NA	13.15
SLE041	Pineapple (Ananas comosus)	9.12	0.16	NA	NA	NA	34.58
SLE042	Pomegranate, maroon seeds (Punica granatum)	34.30	1.65	NA	NA	NA	3.10
SLE043	Pummelo <i>(Citrus maxima)</i>	ND	ND	ND	NA	NA	ND
SLE044	Raisins, dried, black ( <i>Vitis vinifera)</i>	9.42	1.22	NA	NA	NA	2.65
SLE045	Raisins, dried, golden ( <i>Vitis vinifera)</i>	29.30	3.49	NA	NA	NA	2.66
SLE046	Rambutan ( <i>Nephelium lappaceum)</i>	16.80	2.50	NA	NA	NA	2.90
SLE047	Sapota ( <i>Achras sapota</i> )	31.40	1.85	NA	NA	NA	78.93
SLE048	Soursop (Annona muricata)	29.80	5.30	NA	NA	NA	2.20
SLE049	Star fruit (Averrhoa carambola)	26.80	2.60	NA	NA	NA	1.40
SLE050	Strawberry (Fragaria ananassa)	19.30	1.45	NA	NA	NA	2.19
SLE051	Tamarind, pulp ( <i>Tamarindus indicus</i> )	25.20	8.65	NA	NA	NA	1.45
SLE052	Water melon, dark green (Citrullus vulgaris)	799	10.64	1336	NA	NA	778
SLE053	Water melon, pale green ( <i>Citrullus vulgaris</i> )	799	10.64	1019	NA	NA	382
SLE054	Wood Apple ( <i>Limonia acidissima</i> )	10.50	2.97	NA	NA	NA	2.81

Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

code	F000 Name		Oxalates							bia			inU not	or Activity	
		lstoT	əldulo2	əldulosni	bioA oinetreT	Quinic Acid	biɔA ɔilleM	Citric Acid	biɔA ɔiniɔɔuჇ	oA sitinosA-siS	biɔA ɔiʌɕmuə	Рһутате	tididnl nisqyıT	tididnl nisqyıT	ninoqe2 letoT
			OXALAC		TARAC		MALAC	CITAC	SUCAC		FUMAC				
		тg	mg	mg	тg	тg	mg	mg	mg	mg	тg	тg	mg	mg	g
SLE001	Apple, green (Malus domestica)	13.19	6.84	6.35	4.04	NA	436	49.87	74.13	NA	3.73	0.57	NA	NA	NA
SLE002	Apple, red (Malus domestica)	17.63	7.28	10.35	5.49	ΝA	124	30.98	29.22	NA	2.60	0.64	NA	NA	NA
SLE003	Avocado fruit (Persea americana)	2.78	2.02	0.76	NA	ΝA	1.02	0.12	111	NA	111	356	NA	NA	NA
SLE004	Bael fruit (Aegle marmelos)	3.87	3.11	0.76	NA	NA	0.33	0.21	NA	NA	1.32	28.65	NA	NA	NA
SLE005	Banana, ripe, ambul ( <i>Musa x paradisiaca</i> )	1.45	0.80	0.65	ND	ND	ND	ND	ND	ND	ND	45.93	ND	ND	ND
SLE006	Banana, ripe, anamalu ( <i>Musa x acuminata</i> )	13.30	3.60	9.70	ND	ND	ΟN	ND	ND	ND	ND	9.90	ND	ND	ND
SLE007	Banana, ripe, pome ( <i>Musa x paradisiaca</i> )	NA	NA	NA	5.12	ΝA	2.32	290	NA	NA	0.67	12.49	0.28	0.23	NA
SLE008	Banana, ripe, silk ( <i>Musa x paradisiaca)</i>	NA	NA	NA	5.62	NA	3.02	280	NA	0.78	0.73	11.86	0.27	0.20	NA
SLE009	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	NA	NA	NA	4.15	ΝA	4.15	296	NA	1.69	1.92	10.06	0.16	0.13	NA
SLE010	Banana, ripe, Cavendish (Musa x paradisiaca)	3.26	1.94	1.32	3.41	NA	3.56	283	NA	0.70	1.71	13.89	0.16	0.14	NA
SLE011	Black-purple berries, Java plum (Syzygium cumini)	6.12	0.96	5.16	NA	2.81	264	399	NA	0.03	1.25	8.79	NA	NA	NA
SLE012	Ceylon olive ( <i>Elaeocarpus serratus</i> )	13.27	0.82	12.45	ND	ND	DN	ND	ND	ND	ND	39.86	ND	ND	ND
<b>SLE013</b>	Custard apple, sweetsop (Annona squamosa)	35.10	22.28	12.82	ΝA	ΝA	1.11	11.23	6.53	NA	12.81	15.22	NA	ΝA	NA
<b>SLE014</b>	Dates, processed (Phoenix dactylifera)	1.96	1.56	0.40	NA	6.82	19.52	3.42	4.82	NA	8.12	102	1.05	0.51	NA
SLE015	Gooseberry, Indian (Emblica officinalis)	6.54	5.42	1.12	15.63	NA	7.41	743	39.11	NA	1.75	49.50	NA	NA	0.32
SLE016	Grapes, seeded, round, black (Vitis vinifera)	20.16	10.31	9.85	280	NA	288	3.12	NA	0.03	1.14	1.52	NA	NA	NA
SLE017	Grapes, seeded, round, green (Vitis vinifera)	29.46	19.31	10.15	284	NA	284	3.51	NA	0.02	1.04	1.25	NA	NA	NA
SLE018	Grapes, seeded, round, red (Vitis vinifera)	24.33	11.46	12.87	367	NA	NA	2.36	NA	0.05	1.36	1.55	NA	NA	NA
SLE019	Grapes, seedless, oval, black (Vitis vinifera)	11.64	9.45	2.19	302	NA	285	4.66	NA	0.03	1.72	1.08	NA	NA	NA
SLE020	Grapes, seedless, round, green (Vitis vinifera)	18.33	15.31	3.02	283	NA	288	1.52	NA	0.03	1.01	0.86	NA	NA	NA
SLE021	Guava, kilo pera (Psidium guajava)	7.28	2.73	4.55	ND	ND	ND	DN	ND	ND	ND	62.02	DN	ND	ND
SLE022	Guava, pink flesh ( <i>Psidium cattleyanum</i> )	8.64	0.82	7.82	1.52	22.65	22.20	87.65	14.52	NA	0.45	48.00	NA	NA	1.04
SLE023	Guava, white flesh ( <i>Psidium guajava</i> )	10.06	0.17	9.89	1.49	NA	76.12	264	3.47	0.65	3.12	52.11	NA	NA	NA
SLE024	Jack fruit, ripe (Artocarpus heterophyllus)	7.15	6.90	0.25	NA	349	226	33.82	NA	2.46	9.76	48.16	NA	NA	NA
SLE025	Jamun fruit, rose apple, ripe, white (Syzygium cumini)	11.34	8.77	2.57	NA	NA	23.14	71.84	NA	0.17	0.41	8.72	NA	NA	1.53
<b>SLE026</b>	Karonda fruit ( <i>Carissa carandas</i> )	5.88	3.18	2.70	NA	0.55	NA	2.13	1.07	NA	0.66	7.80	NA	NA	NA
SLE027	Lemon, juice (Citrus limon)	NA	NA	NA	2.41	NA	248	3482	260	0.91	0.03	NA	NA	NA	NA

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Food code	Food Name		Oxalates							cid			tor Unit	tor Activity	
		lstoT	əldulo2	əldulosni	bioA oiretreT	Quinic Acid	biɔA ɔillɛM	bisA sitriC	biɔA ɔiniɔɔuʔ	A sitinosA-siS	Fumaric Acid	Phytate	ididal nizqyıT	ididal nizqyıT	ninoqe2 letoT
			OXALAC		TARAC		MALAC	CITAC	SUCAC		FUMAC				
		шg	тд	mg	тд	тg	тg	шg	тд	тg	тg	тg	тg	тg	g
<b>SLE028</b>	Lime, sweet, pulp <i>(Citrus limetta)</i>	0.66	0.29	0.37	NA	NA	118	3451	414	NA	0.43	NA	NA	NA	NA
SLE029	Mandarine, heen naran ( <i>Citrus reticulate</i> )	7.74	1.57	6.18	ND	ND	ND	ND	ND	ND	ND	110	ND	ND	ND
SLE030	Mango, ripe, bud ( <i>Mangifera indica</i> )	7.66	3.42	4.24	NA	NA	75.84	442	2.33	0.26	0.78	89.00	NA	NA	NA
SLE031	Mango, ripe, karthakolomban (Mangifera indica)	1.24	0.93	0.31	DN	ND	ND	ND	DN	ND	ND	22.17	ND	ND	ND
SLE032	Mango, ripe, Tom EJC ( <i>Mangifera indica</i> )	1.93	1.17	0.75	DN	ND	DN	ΟN	DN	DN	ND	72.28	ND	ΟN	DN
SLE033	Mango, ripe, vilad ( <i>Mangifera indica</i> )	9.71	7.79	1.92	NA	NA	74.82	442	3.84	0.31	0.42	79.32	NA	NA	NA
SLE034	Mangosteen ( <i>Garcinia mangostana</i> )	8.44	5.32	3.12	NA	NA	22.07	127	1.07	NA	NA	16.75	NA	NA	NA
SLE035	Manila tamarind (Pithecellobium dulce)	4.32	0.98	3.34	6.50	NA	135	10.52	79.06	NA	0.34	22.55	NA	NA	NA
SLE036	Musk melon, cantaloupe, orange (Cucumis melon)	2.96	1.92	1.04	1.58	NA	1.63	5.38	85.63	0.57	0.39	13.17	NA	NA	NA
SLE037	Palm fruit, tender (Borassus flabellifer)	1.05	0.64	0.41	NA	NA	NA	1.31	3.73	NA	3.73	2.80	NA	NA	NA
SLE038	Papaya, ripe ( <i>Carcia papaya</i> )	4.66	1.27	3.39	NA	4.15	42.74	144	38.95	0.04	0.61	25.25	NA	NA	0.54
SLE039	Passion fruit, seeded, yellow (Passiflora edulls)	5.07	1.89	3.19	DN	ND	ND	ND	ND	ND	ND	301	ND	ND	ND
SLE040	Pear (Prunus persica)	3.10	1.11	1.99	NA	68.68	64.50	107	3.23	3.23	0.02	NA	NA	NA	NA
SLE041	Pineapple (Ananas comosus)	4.11	2.70	1.41	NA	2.82	94.52	601	5.12	5.12	0.05	8.41	NA	NA	1.03
SLE042	Pomegranate, maroon seeds (Punica granatum)	199	111	88.32	0.61	6.93	124	1232	NA	NA	0.05	48.00	NA	NA	0.39
SLE043	Pummelo ( <i>Citrus maxima</i> )	16.47	9.59	6.88	NA	NA	74.78	2013	NA	NA	0.84	21.01	NA	NA	88.62
SLE044	Raisins, dried, black ( <i>Vitis vinifera</i> )	9.42	4.79	4.63	NA	67.86	57.86	23.77	7.45	7.45	1.15	21.20	1.26	0.48	2.52
SLE045	Raisins, dried, golden (Vitis vinifera)	8.44	5.13	3.31	NA	344	29.50	19.53	6.42	6.42	0.21	22.12	1.26	0.50	2.87
SLE046	Rambutan (Nephelium lappaceum)	1.89	1.24	0.65	ΝA	NA	NA	12.65	NA	NA	1.77	5.65	NA	NA	NA
SLE047	Sapota ( <i>Achras sapota</i> )	8.88	7.12	1.76	NA	44.82	18.45	352	443	443	3.49	8.41	NA	NA	NA
SLE048	Soursop (Annona muricata)	1.07	0.31	0.76	2.25	NA	NA	12.33	NA	NA	NA	2.75	NA	NA	NA
SLE049	Star fruit (Averrhoa carambola)	1.23	0.97	0.26	NA	NA	NA	886	0.15	0.15	1.23	3.80	NA	NA	NA
SLE050	Strawberry <i>(Fragaria ananassa)</i>	2.04	1.50	0.54	NA	NA	2.55	0.11	0.82	NA	0.19	25.07	NA	NA	NA
SLE051	Tamarind, pulp (Tamarindus indicus)	37.29	21.97	15.32	11.36	NA	1.27	0.05	0.44	NA	0.18	3.28	11.37	4.57	NA
SLE052	Water melon, dark green ( <i>Citrullus vulgaris</i> )	0.99	0.66	0.33	NA	NA	6.86	49.17	NA	0.94	13.52	0.61	NA	NA	NA
SLE053	Water melon, pale green (Citrullus vulgaris)	0.97	0.54	0.43	NA	NA	6.60	48.63	NA	0.85	15.82	0.51	NA	NA	NA
SLE054	Wood Apple (Limonia acidissima)	47.31	7.59	39.72	2.48	3.86	13.85	254	18.26	0.28	0.76	105	NA	NA	0.27

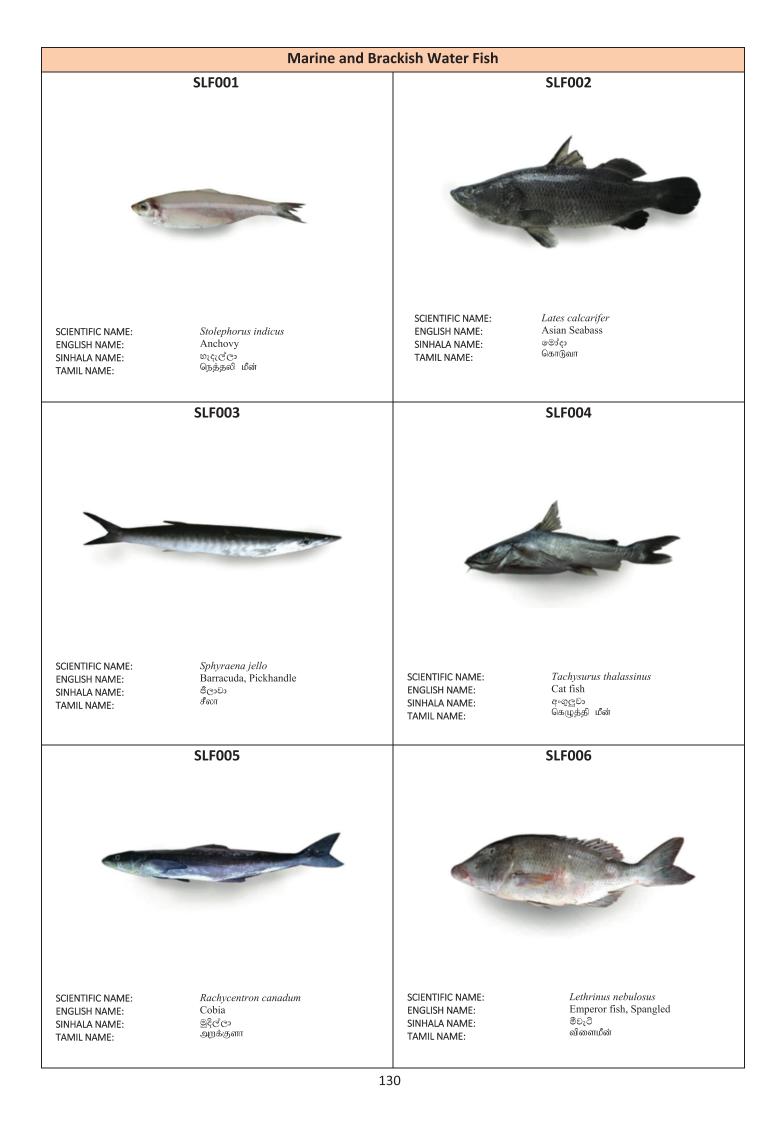
### Group F

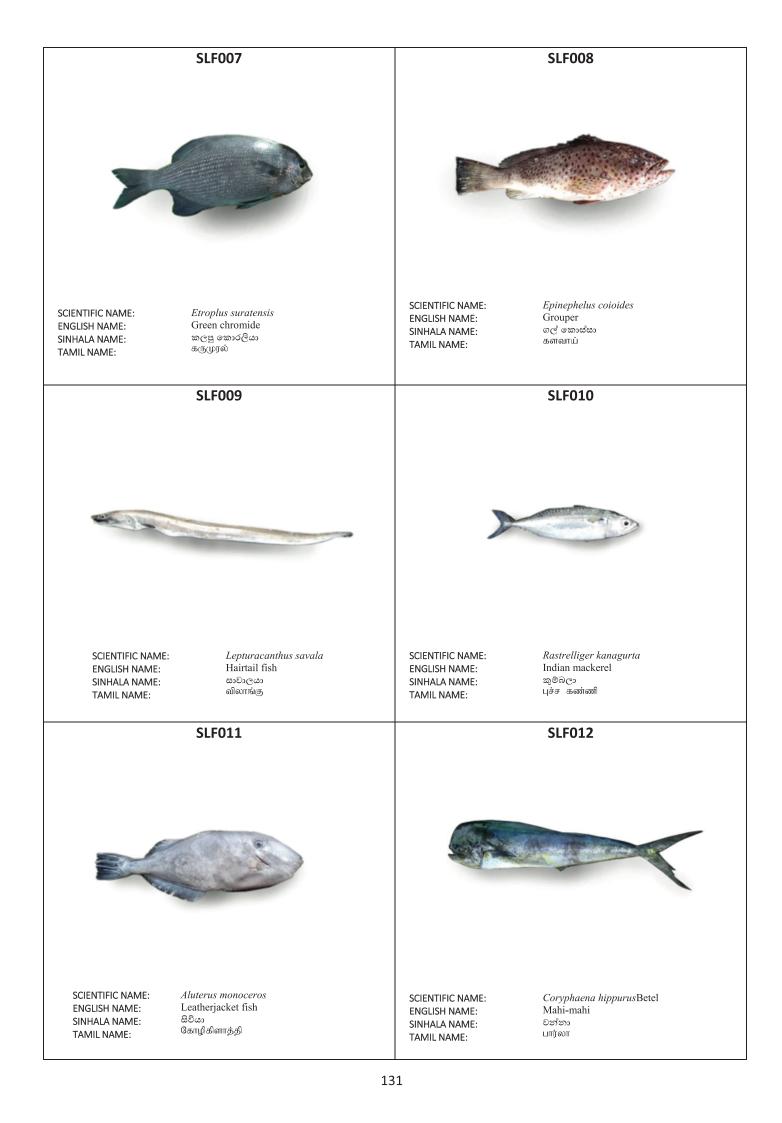
### Fish and Aquatic food

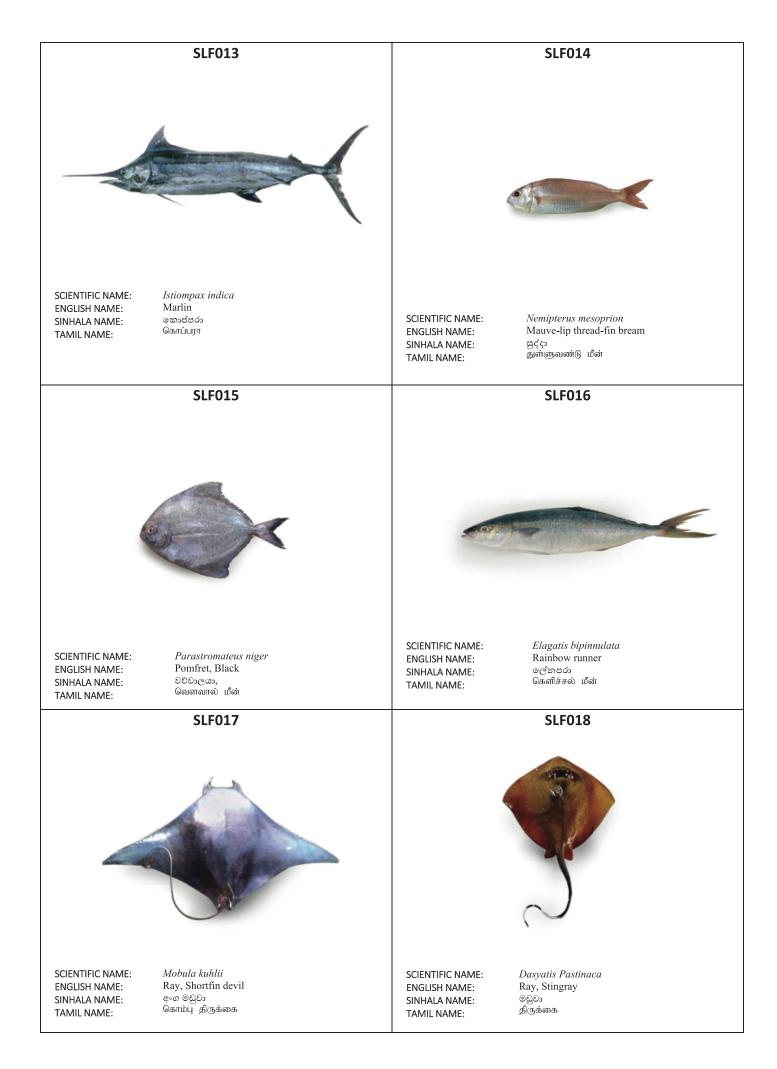
Fish and other sea food add taste as well as nutrition to the diet known as treasures from the sea. They contain high quality protein with all the essential amino acids, essential fatty acids and a variety of minerals such as calcium, phosphorus, potassium. This group contains different types of fresh, brackish and sea water fish, shell fish and dried fish.

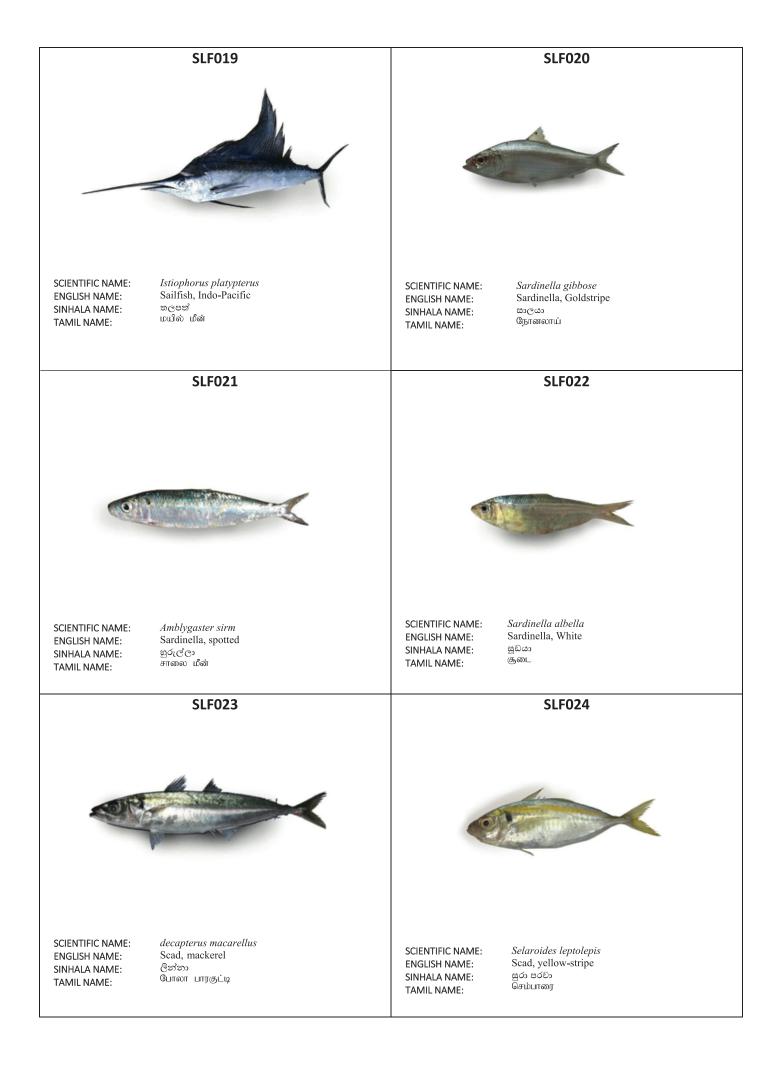
SLFCT contains 47 marine and brackish water species, 4 fresh water species and 8 dried fish varieties.

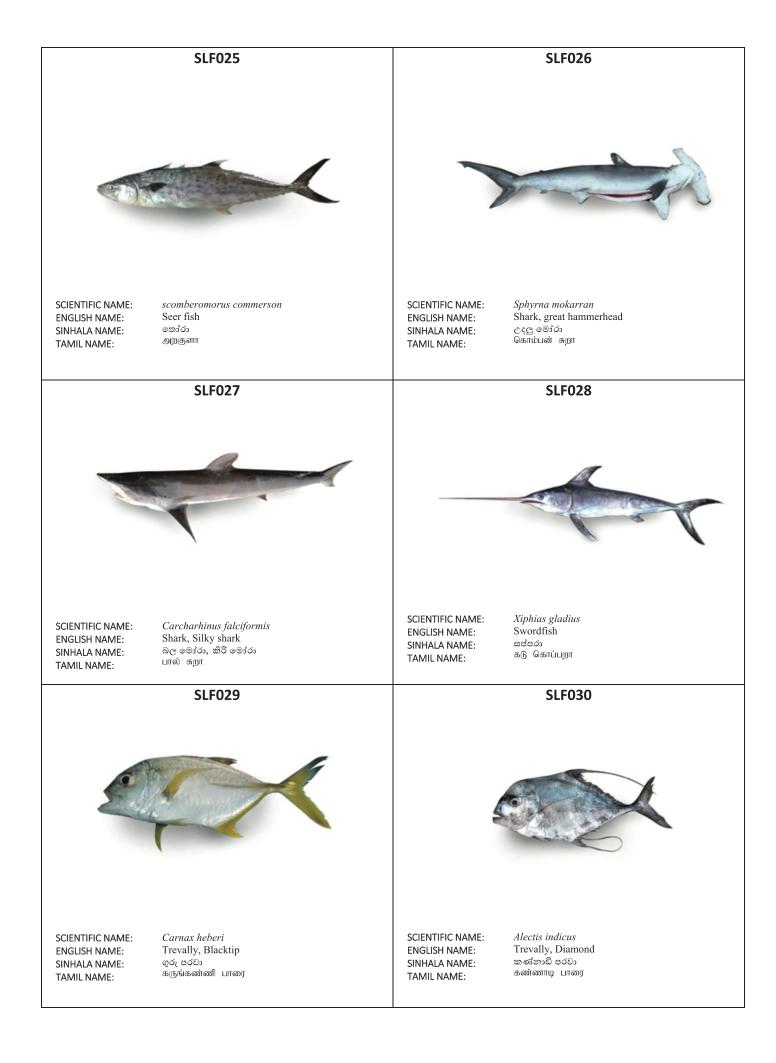


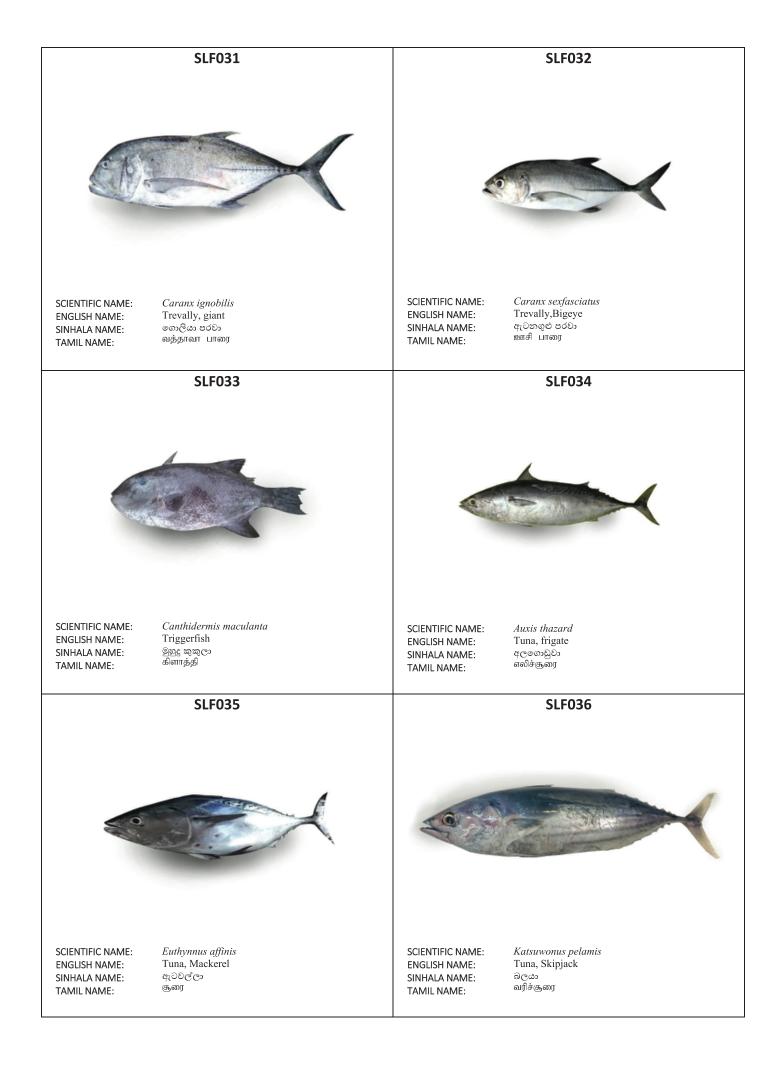


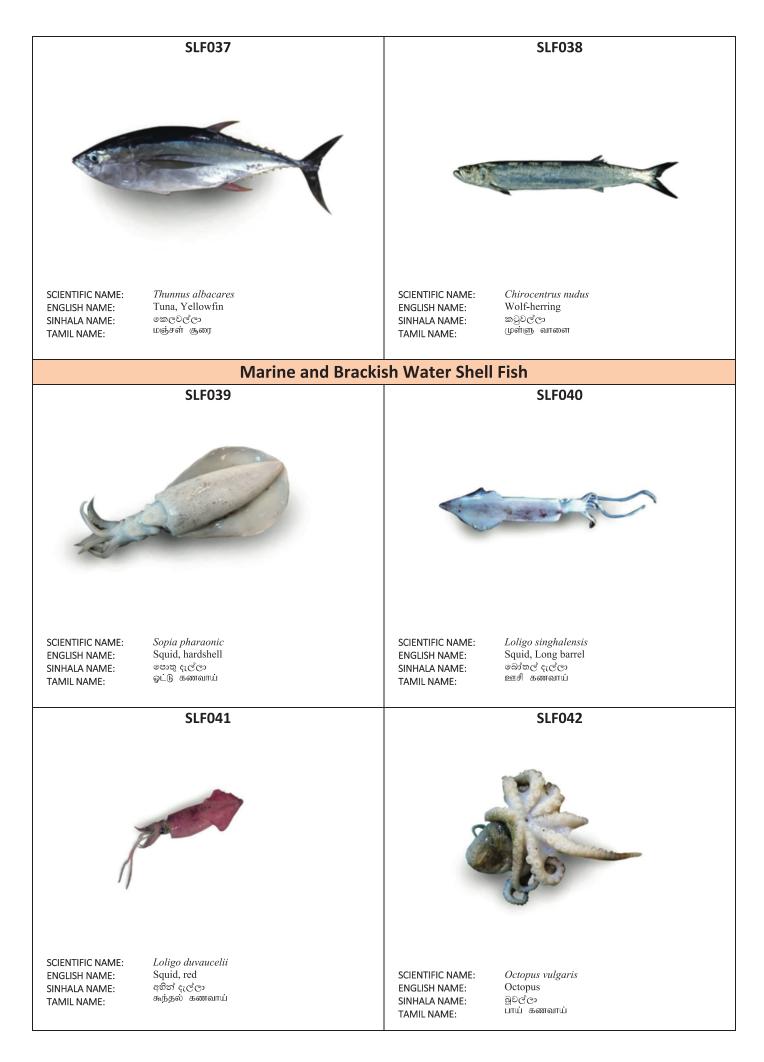


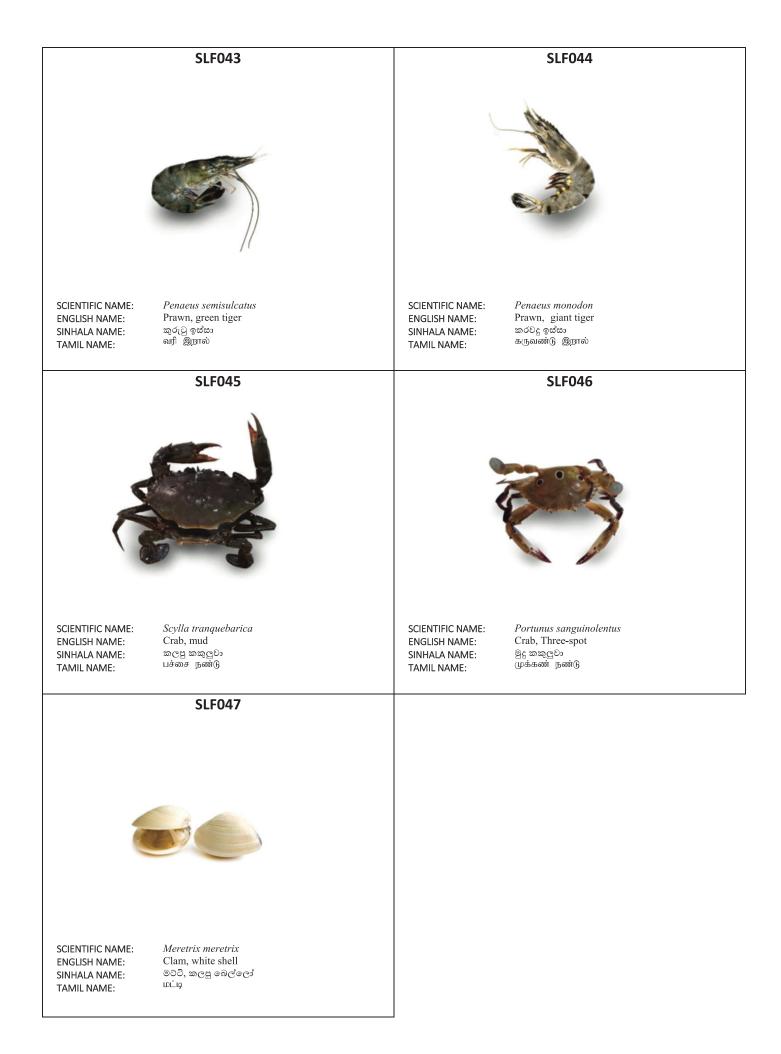


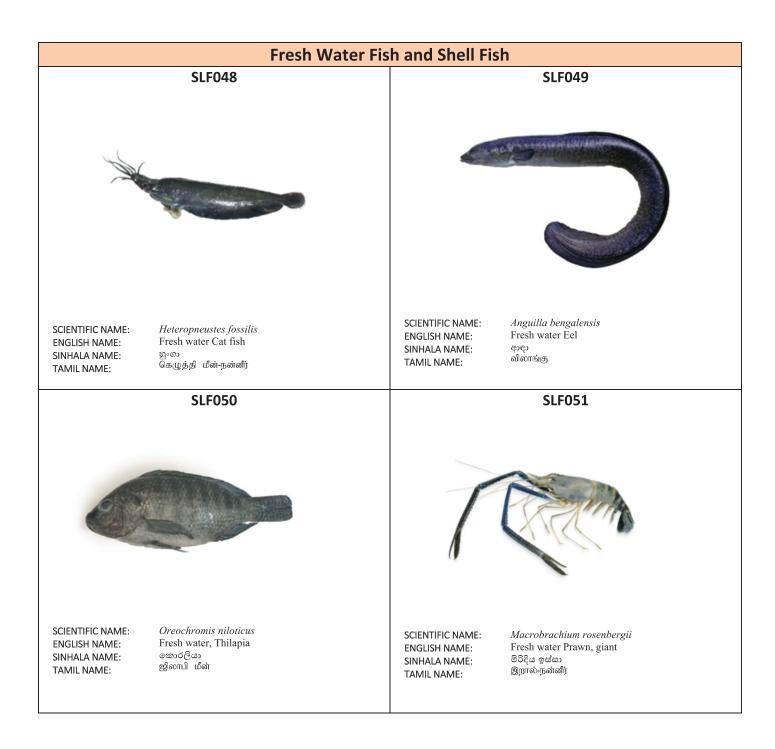
















-	(All values are expressed per 100g edible portion)					
Food	Food Name	Energy	rgy	Moisture	Protein	Total Fat
2000		ENERC	RC	WATER	PROTCNT	FATCE
		kcal	КJ	9	g	g
		2	Marine and Brackish Water Fish	ater Fish		
SLF001	Anchovy (Stolephorus indicus)	87	367	77.77	19.88	0.78
SLF002	Asian Seabass (Lates calcarifer)	67	284	82.52	15.28	0.29
SLF003	Barracuda, Pickhandle <i>(Sphyraena jello)</i>	107	446	74.60	22.46	1.74
SLF004	Cat fish (Tachysurus thalassinus)	109	456	76.22	22.18	2.13
SLF005	Cobia (Rachycentron canadum)	97	406	78.36	20.21	1.68
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	108	453	75.66	22.45	1.92
SLF007	Green chromide (Etroplus suratensis)	92	386	78.66	19.68	1.38
SLF008	Grouper (Epinephelus coioides)	89	374	80.02	19.38	1.20

**Table 1. PROXIMATE PRINCIPLES** 

Ash

code			1				
2		EN	ENERC	WATER	PROTCNT	FATCE	ASH
		kcal	kJ	g	g	g	g
			Marine and Brackish Water Fish	ater Fish			
SLF001	Anchovy (Stolephorus indicus)	87	367	77.77	19.88	0.78	1.62
SLF002	Asian Seabass (Lates calcarifer)	67	284	82.52	15.28	0.29	1.12
SLF003	Barracuda, Pickhandle ( <i>Sphyraena jello</i> )	107	446	74.60	22.46	1.74	1.26
SLF004	Cat fish (Tachysurus thalassinus)	109	456	76.22	22.18	2.13	1.32
SLF005	Cobia ( <i>Rachycentron canadum</i> )	97	406	78.36	20.21	1.68	1.07
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	108	453	75.66	22.45	1.92	1.26
SLF007	Green chromide (Etroplus suratensis)	92	386	78.66	19.68	1.38	0.97
SLF008	Grouper (Epinephelus coioides)	89	374	80.02	19.38	1.20	1.34
SLF009	Hairtail fish ( <i>Lepturacanthus savala</i> )	128	537	74.67	21.95	4.44	1.41
SLF010	Indian mackerel (Rastrelliger kanagurta)	101	423	74.55	21.51	1.53	1.20
SLF011	Leatherjacket fish (Aluterus monoceros)	75	317	80.61	17.17	0.67	1.23
SLF012	Mahi-mahi <i>(Coryphaena hippurus)</i>	101	424	76.42	22.05	1.33	1.24
SLF013	Marlin <i>(Istiompax indica)</i>	97	410	75.57	22.89	0.56	1.21
SLF014	Mauve-lip thread fin bream (Nemipterus mesoprion)	126	530	73.74	22.07	4.20	1.06
SLF015	Pomfret, Black ( <i>Parastromateus niger</i> )	104	434	75.71	21.60	1.80	1.39
SLF016	Rainbow runner <i>(Elagatis bipinnulata)</i>	87	366	76.36	20.02	0.70	1.28
SLF017	Ray, Shortfin devil ( <i>Mobula kuhlii</i> )	98	413	77.61	23.07	0.56	1.50
SLF018	Ray, Stingray (Dasyatis pastinaca)	97	408	75.67	23.98	0.68	1.14
SLF019	Sailfish, Indo-Pacific ( <i>Istiophorus platypterus</i> )	91	384	79.15	16.04	2.88	1.65
SLF020	Sardinella, Goldstripe (Sardinella gibbosa)	100	424	73.38	19.50	2.39	4.47
SLF021	Sardinella, spotted (Amblygaster sirm)	88	372	78.00	17.08	2.18	2.70
SLF022	Sardinella, White (Sardinella albella)	152	637	72.29	17.91	8.99	0.84
SLF023	Scad, mackerel ( <i>decapterus macarellus</i> )	112	471	73.30	20.30	3.37	2.99
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	86	366	78.59	15.69	2.67	3.04
SLF025	Seer fish (Scomberomorus commerson)	136	570	72.30	22.28	5.18	1.33
SLF026	Shark, great Hammerhead (Sphyrna mokarran)	103	432	74.61	23.40	0.80	0.92
SLF027	Shark, Silky (Carcharhinus falciformis)	95	398	72.82	21.60	0.83	1.08
SLF028	Swordfish (Xiphias gladius)	88	370	79.22	19.82	0.88	1.15
SLF029	Trevally, Blacktip <i>(Carnax heberi)</i>	104	435	75.77	21.58	1.84	1.21
SLF030	Trevally, Diamond (Alectis indicus)	101	423	76.25	22.09	1.27	1.28

-	-	•				- -	-
code	Food Name	Ĕ	Energy	Molsture	Protein	l Otal Fat	ASN
		EN	ENERC	WATER	PROTCNT	FATCE	ASH
		kcal	kJ	g	g	g	g
SLF031	Trevally, giant ( <i>Caranx ignobilis</i> )	104	434	74.88	21.87	1.68	1.18
SLF032	Trevally, Bigeye (Caranx sexfasciatus)	103	432	76.37	21.95	1.60	1.17
SLF033	Triggerfish (Canthidermis maculanta)	86	360	79.18	19.70	0.69	1.26
SLF034	Tuna, Frigate (Auxis thazard)	104	436	74.39	17.88	3.38	3.91
SLF035	Tuna, Mackerel (Euthynnus affinis)	112	470	72.12	24.50	1.44	1.11
SLF036	Tuna, Skipjack ( <i>Katsuwonus pelamis)</i>	96	403	77.76	21.28	1.12	0.87
SLF037	Tuna, Yellowfin (Thunnus albacares)	109	461	73.39	21.47	2.55	2.50
SLF038	Wolf-herring (Chirocentrus nudus)	97	410	77.25	21.80	1.06	1.27
		Marine	ine and Brackish Water Shell Fis	ell Fish			
SLF039	Squid, hardshell <i>(Sopia pharaonis)</i>	76	320	80.52	16.82	0.93	0.75
SLF040	Squid, Long barrel (Loligo singhalensis)	84	353	79.38	17.41	1.15	1.19
SLF041	Squid, red (Loligo duvaucelii)	78	329	80.85	16.25	1.44	1.15
SLF042	Octopus (Octopus vulgaris)	79	334	80.45	14.71	1.12	1.21
SLF043	Prawn, green tiger ( <i>Penaeus semisulcatus</i> )	65	273	82.41	14.85	0.56	0.94
SLF044	Prawn, giant tiger (Penaeus monodon)	64	270	81.48	14.25	0.74	0.83
SLF045	Crab, mud (Scylla tranquebarica)	45	190	83.10	10.00	0.55	2.60
SLF046	Crab, Three-spot (Portunus sanguinolentus)	67	283	79.67	15.36	0.60	0.92
SLF047	Clam, white shell ( <i>Meretrix meretrix</i> )	59	250	80.27	11.82	1.34	0.85
		L	Fresh Water Fish and Shell F	Fish			
SLF048	Cat fish, (Heteropneustes fossilis)	124	518	77.23	15.86	6.24	0.93
SLF049	Eel (Anguilla bengalensis)	108	451	75.57	20.41	2.63	1.03
SLF050	Thilapia (Oreochromis niloticus)	83	349	79.57	18.48	1.08	1.18
SLF051	Prawn, giant (Macrobrachium rosenbergii)	90	380	77.43	19.24	0.52	0.84
			Dried Fish				
SLF052	Anchovy sprats (Stolephorus indicus)	259	1092	24.94	51.16	5.92	17.82
SLF053	Baby shrimps ( <i>karandi spp</i> )	280	1185	20.19	61.12	3.74	14.49
SLF054	Maldives fish (Tuna spp)	303	1279	16.84	61.32	6.26	15.31
SLF055	Marlin, Indo-Pacific Sailfish (Istiophorus platypterus)	289	1220	19.70	54.68	8.04	17.98
SLF056	Queenfish (Seriphus politus)	275	1157	21.24	50.04	8.31	20.43
SLF057	Shark (Carcharhinus falciformis)	267	1127	26.09	55.03	5.25	13.79
SLF058	Skipjack tuna (Katsuwonus pelamis)	282	1196	22.77	63.79	3.37	10.82
SLF059	Smooth belly sardinella (Amblygaster leiogaster)	311	1306	18.66	49.60	12.42	19.16

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(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Vitamin A		Vitamin D		Vitamin E	Vitamin K
code		Retinol	Vitamin D equivalent	Cholecalciferol (D3)	25-OH-D3	α - Tocopherols	Vit K2
		RETOL	VITDEQ	CHOCAL	CHOCALOH	TOCPHA	VITK2
		рд	рц	рд	рд	mg	рд
			Marine and Brackish Water Fish	ater Fish			
SLF001	Anchovy (Stolephorus indicus)	12.18	3.31	2.76	0.11	0.73	0.60
SLF002	Asian Seabass (Lates calcarifer)	5.58	1.35	1.05	0.06	0.38	0.63
SLF003	Barracuda, Pickhandle ( <i>Sphyraena jello</i> )	24.82	2.27	1.77	0.10	0.36	1.72
SLF004	Cat fish (Tachysurus thalassinus)	14.08	3.77	1.42	0.47	0.38	0.96
SLF005	Cobia (Rachycentron canadum)	1.39	2.47	2.07	0.08	0.72	0.62
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	3.16	1.43	0.93	0.10	1.49	1.06
SLF007	Green chromide (Etroplus suratensis)	1.29	1.52	0.87	0.13	0.37	12.04
SLF008	Grouper (Epinephelus coioides)	1.29	2.21	1.86	0.07	0.33	1.63
SLF009	Hairtail fish (Lepturacanthus savala)	2.88	2.15	1.15	0.20	0.55	0.98
SLF010	Indian mackerel ( <i>Rastrelliger kanagurta</i> )	16.34	1.37	0.22	0.23	0.71	5.25
SLF011	Leatherjacket fish (Aluterus monoceros)	1.37	0.41	0.21	0.04	1.09	0.77
SLF012	Mahi-mahi ( <i>Coryphaena hippurus</i> )	3.52	1.68	0.43	0.25	0.58	0.75
SLF013	Marlin <i>(Istiompax indica)</i>	21.51	1.28	0.18	0.22	0.53	0.89
SLF014	Mauve-lip thread (Nemipterus mesoprion)	25.61	1.84	0.84	0.20	0.58	1.02
SLF015	Pomfret, Black (Parastromateus niger)	14.30	2.49	0.79	0.34	1.00	8.88
SLF016	Rainbow runner (Elagatis bipinnulata)	1.49	1.71	0.86	0.17	0.41	1.06
SLF017	Ray, Shortfin devil (Mobula kuhlii)	1.52	0.08	0.03	0.01	0.24	1.54
SLF018	Ray, Stingray (Dasyatis pastinaca)	7.55	1.82	0.67	0.23	0.28	0.90
<b>SLF019</b>	Sailfish, Indo-Pacific (Istiophorus platypterus)	12.03	ND	ND	ND	0.08	2.46
SLF020	Sardinella, Goldstripe (Sardinella gibbosa)	15.41	ND	ND	ND	1.83	1.78
SLF021	Sardinella, spotted (Amblygaster sirm)	10.02	ND	ND	ND	0.59	1.46
SLF022	Sardinella, White <i>(Sardinella albella)</i>	12.66	3.51	3.51	NA	0.38	2.65
SLF023	Scad, mackerel (decapterus macarellus)	15.78	ND	ND	ND	0.90	3.03
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	2.65	ND	ND	ND	0.10	1.39
SLF025	Seer fish (Scomberomorus commerson)	81.90	1.92	1.57	0.07	0.67	0.65
SLF026	Shark, great Hammerhead (Sphyrna mokarran)	20.55	1.28	0.58	0.14	0.78	1.16
SLF027	Shark, Silky (Carcharhinus falciformis)	1.11	1.08	0.18	0.18	0.22	0.78
SLF028	Swordfish ( <i>Xiphias gladius)</i>	1.14	0.37	0.02	0.07	0.76	0.78
SLF029	Trevally, Blacktip (Carnax heberi)	3.23	3.30	1.40	0.38	0.30	0.97
SLF030	Trevally, Diamond (Alectis indicus)	12.37	1.05	0.10	0.19	0.70	0.92

Food	Food Name	Vitamin A		Vitamin D		Vitamin E	Vitamin K
code	1	Retinol	Vitamin D equivalent	Cholecalciferol (D3)	25-OH-D3	α - Tocopherols	Vit K2
		RETOL	VITDEQ	CHOCAL	CHOCALOH	TOCPHA	VITK2
		bп	рц	рц	бп	тд	brl
SLF031	Trevally, giant ( <i>Caranx ignobilis</i> )	2.58	1.28	0.58	0.14	1.07	1.17
SLF032	Trevally, Bigeye (Caranx sexfasciatus)	2.93	1.19	0.19	0.20	06.0	1.11
SLF033	Triggerfish (Canthidermis maculanta)	1.46	1.02	0.62	0.08	0.25	0.63
SLF034	Tuna, Frigate ( <i>Auxis thazard</i> )	14.42	ND	ND	ND	1.67	0.90
SLF035	Tuna, Mackerel ( <i>Euthynnus affinis</i> )	16.65	3.26	0.11	0.63	0.57	11.63
SLF036	Tuna, Skipjack (Katsuwonus pelamis)	21.01	0.90	0.65	0.05	0.14	1.23
SLF037	Tuna, Yellowfin <i>(Thunnus albacares)</i>	15.95	ND	ND	ND	1.60	1.64
SLF038	Wolf-herring (Chirocentrus nudus)	1.25	0.30	0.25	0.01	0.31	0.84
			Marine and Brackish Water Shel	· Shell Fish			
SLF039	Squid, hardshell (Sopia pharaonis)	1.93	1.88	0.78	0.22	0.55	2.26
SLF040	Squid, Long barrel (Loligo singhalensis)	8.55	1.35	0.55	0.16	0.66	1.84
SLF041	Squid, red (Loligo duvaucelii)	4.72	1.95	1.05	0.18	0.47	1.14
SLF042	Octopus (Octopus vulgaris)	28.00	1.63	0.43	0.24	0.66	0.84
SLF043	Prawn, green tiger (Penaeus semisulcatus)	1.24	2.93	1.18	0.35	3.04	2.97
SLF044	Prawn, giant tiger ( <i>Penaeus monodon</i> )	6.55	4.77	1.62	0.63	2.87	2.32
SLF045	Crab, mud (Scylla tranquebarica)	8.33	1.64	0.94	0.14	2.34	1.03
SLF046	Crab, Three-spot (Portunus sanguinolentus)	5.02	1.13	0.63	0.10	2.06	1.11
SLF047	Clam, white shell ( <i>Meretrix meretrix</i> )	8.50	2.58	2.08	0.10	1.21	1.53
			Fresh Water Fish and Shell Fisl	hell Fish			
SLF048	Cat fish, (Heteropneustes fossilis)	13.59	1.92	1.37	0.11	0.38	0.96
SLF049	Eel (Anguilla bengalensis)	866	6.66	3.81	0.57	1.80	1.23
SLF050	Thilapia (Oreochromis niloticus)	17.14	1.25	0.85	0.08	1.86	3.65
SLF051	Prawn, giant (Macrobrachium rosenbergii)	3.56	0.85	0.35	0.10	2.85	0.84
			Dried Fish				
SLF052	Anchovy sprats (Stolephorus indicus)	12.83	ND	ΟN	ND		1.12
SLF053	Baby shrimps (karandi spp)	13.79	ND	ND	ND	1.34	1.40
SLF054	Maldives fish ( <i>Tuna spp</i> )	22.29	ND	ΟN	ND	0.41	0.66
SLF055	Marlin, Indo-Pacific Sailfish (Istiophorus platypterus)	9.38	ND	ND	ND	0.64	1.17
SLF056	Queenfish ( <i>Seriphus politus</i> )	2.48	ND	ΟN	ND	0.07	0.94
SLF057	Shark (Carcharhinus falciformis)	10.31	ND	ND	DN	0.90	0.16
SLF058	Skipjack tuna ( <i>Katsuwonus pelamis</i> )	14.32	ND	ΟN	ND		0.48
SLF059	Smooth belly sardinella (Amblygaster leiogaster)	12.92	ND	DN	ND	0.01	1.54

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(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	<b>Total Folate</b>
code		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM
		mg	mg	mg	mg	mg	bπ
			Marine and Brackish Water	ter Fish			
SLF001	Anchovy (Stolephorus indicus)	0.03	0.04	0.91	1.21	0.06	11.70
SLF002	Asian Seabass (Lates calcarifer)	0.01	0.04	1.54	0.40	0.08	20.79
SLF003	Barracuda, Pickhandle (Sphyraena jello)	0.05	0.06	2.10	0.44	0.11	7.90
SLF004	Cat fish (Tachysurus thalassinus)	0.05	0.05	1.38	1.24	0.22	11.36
SLF005	Cobia (Rachycentron canadum)	0.06	0.04	2.37	0.67	0.09	5.72
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	0.12	0.02	2.82	0.29	0.07	8.28
SLF007	Green chromide (Etroplus suratensis)	0.08	0.05	1.15	0.23	0.09	11.99
SLF008	Grouper (Epinephelus coioides)	0.06	0.05	2.24	0.22	0.14	11.94
SLF009	Hairtail fish (Lepturacanthus savala)	0.04	0.03	1.96	0.64	0.08	11.63
SLF010	Indian mackerel (Rastrelliger kanagurta)	0.07	0.10	2.67	1.35	0.10	7.13
SLF011	Leatherjacket fish (Aluterus monoceros)	0.06	0.02	3.95	0.18	0.18	7.76
SLF012	Mahi-mahi (Coryphaena hippurus)	0.06	0.04	4.28	1.13	0.13	5.02
SLF013	Marlin (Istiompax indica)	0.04	0.04	4.41	0.71	0.12	8.08
SLF014	Mauve-lip thread-fin bream (Nemipterus mesoprion)	0.04	0.01	1.86	0.32	0.19	13.17
SLF015	Pomfret, Black (Parastromateus niger)	0.06	0.02	2.35	0.74	0.16	11.32
SLF016	Rainbow runner (Elagatis bipinnulata)	0.06	0.02	2.19	1.07	0.16	6.77
SLF017	Ray, Shortfin devil (Mobula kuhlii)	0.04	0.07	2.50	0.45	0.13	13.34
SLF018	Ray, Stingray (Dasyatis pastinaca)	0.03	0.02	2.74	0.98	0.21	25.59
SLF019	Sailfish, Indo-Pacific (Istiophorus platypterus)	ND	0.10	0.91	0.27	0.13	78.22
SLF020	Sardinella, Goldstripe (Sardinella gibbosa)	DN	0.18	5.77	0.14	1.39	60.87
SLF021	Sardinella, spotted (Amblygaster sirm)	DN	0.14	0.30	0.72	1.66	61.66
SLF022	Sardinella, White (Sardinella albella)	0.01	0.06	0.91	0.77	0.14	22.66
SLF023	Scad, mackerel (decapterus macarellus)	DN	0.23	0.77	0.38	0.68	59.78
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	DN	0.12	2.06	0.46	1.55	157
SLF025	Seer fish (Scomberomorus commerson)	0.03	0.07	3.46	1.22	0.16	15.45
SLF026	Shark, great Hammerhead (Sphyrna mokarran)	0.02	0.04	2.72	0.66	0.07	20.06
SLF027	Shark, Silky (Carcharhinus falciformis)	0.03	0.04	2.68	1.15	0.11	8.57
SLF028	Swordfish (Xiphias gladius)	0.06	0.05	3.24	0.21	0.07	8.20
SLF029	Trevally, Blacktip (Carnax heberi)	0.03	0.02	2.86	0.27	0.17	16.12
SLF030	Trevally, Diamond (Alectis indicus)	0.04	0.03	1.81	1.07	0.07	5.61

codeSLF031Trevally, giant (Caranx ignobilis)SLF032Trevally, Bigeye (Caranx sexfasciatus)SLF033Triggerfish (Canthidermis maculanta)SLF033Tuna, Frigate (Auxis thazard)SLF034Tuna, Skipjack (Katsuwonus pelamis)SLF035Tuna, Nackerel (Euthynnus affinis)SLF035Tuna, Skipjack (Katsuwonus pelamis)SLF035Tuna, Vellowfin (Thunnus albacares)SLF036Squid, hardshell (Sopia pharaonis)SLF039Squid, Long barrel (Loligo singhalensis)SLF030Squid, Long barrel (Loligo singhalensis)SLF031Squid, Long barrel (Loligo singhalensis)SLF032Squid, Long barrel (Loligo singhalensis)SLF033Squid, Long barrel (Loligo singhalensis)SLF040Squid, Long barrel (Loligo singhalensis)SLF041Squid, Long barrel (Loligo singhalensis)SLF042Octopus (Octopus vulgaris)SLF043Prawn, giant tiger (Penaeus semisulcatus)SLF044Prawn, giant tiger (Penaeus semisulcatus)SLF045Crab, Three-spot (Portunus sanguinolentus)SLF045Crab, Three-spot (Portunus sanguinolentus)SLF046Crab, Three-spot (Portunus sanguinolentus)SLF045Crab, Three-spot (Portunus sanguinolentus)SLF046Crab, Three-spot (Portunus sanguinolentus)SLF045Crab, Three-spot (Portunus sanguinolentus)SLF045Eel (Anguilla bengalensis)SLF045Eel (Anguilla bengalensis)SLF045Prawn, giant (Macrobrachium rosenbergii)SLF045Prawn, giant (Macrobrachium	nobilis) sexfasciatus) s maculanta) ard) urs affinis)	(B1) TUIA	(B2)		1,	1007	
	nobilis) sexfasciatus) s maculanta) ard) ard) uus affinis)	TUIN	(20)	(B3)	(B5)	(B6)	(B9)
	nobilis) sexfasciatus) s maculanta) ard) us affinis)		RIBF	NIA	PANTAC	VITB6C	FOLSUM
	nobilis) sexfasciatus) s maculanta) ard) us affinis)	тд	тд	bu	шд	тд	6n1
	sexfasciatus) s maculanta) ard) us affinis)	0.03	0.06	3.70	1.19	0.18	10.76
	s maculanta) ard) ius affinis)	0.05	0.04	1.51	0.75	0.15	13.03
	ard) ws affinis)	0.03	0.05	4.53	0.68	0.07	13.37
	us affinis)	ND	0.32	3.39	0.62	0.32	69.03
		0.06	0.07	4.73	1.34	0.07	13.74
	nus pelamis)	0.07	0.15	5.04	1.27	0.12	7.89
	s albacares)	ND	0.17	0.43	0.27	0.73	77.39
	us nudus)	0.13	0.02	0.86	0.61	0.10	14.38
		Z	Marine and Brackish Water Shel	iell Fish			
	haraonis)	0.02	0.02	0.65	1.22	0.04	6.22
	o singhalensis)	0.01	0.03	0.71	0.77	0.12	18.33
	celii)	0.03	0.02	0.71	0.95	0.10	13.00
	is)	0.05	0.05	1.18	0.94	0.09	20.87
	eus semisulcatus)	0.01	0.03	1.03	1.68	0.10	15.37
	sus monodon)	0.03	0.03	1.18	1.47	0.11	8.07
	ebarica)	0.06	0.14	09.0	1.30	0.18	13.83
	us sanguinolentus)	0.05	0.06	0.97	1.53	0.12	7.74
	rix meretrix)	0.06	0.11	0.90	0.97	0.11	9.00
			<b>Fresh Water Fish and Shell</b>	ll Fish			
	s fossilis)	0.01	0.07	1.74	1.12	0.11	13.95
	)	NA	0.31	2.30	1.52	0.11	12.94
	loticus)	0.02	0.18	1.40	0.78	0.18	8.29
	chium rosenbergii)	NA	0.02	1.31	1.74	0.19	18.26
			Dried Fish				
	orus indicus)	ND	0.25	5.72	0.63	0.62	438
	(du	ND	2.18	3.67	1.52	3.44	520
SLF054 Maldives fish (Tuna spp)		ND	0.18	3.19	0.31	2.99	352
SLF055 Marlin, Indo-Pacific Sailfish	Marlin, Indo-Pacific Sailfish ( <i>Istiophorus platypterus</i> )	DN	0.04	0.11	0.48	0.43	97.80
SLF056 Queenfish (Seriphus politus)	tus)	ND	0.03	1.78	0.65	0.35	80.40
SLF057 Shark (Carcharhinus falciformis)	(formis)	DN	0.04	3.27	0.81	0.32	187
SLF058 Skipjack tuna (Katsuwonus pelamis)	us pelamis)	ND	0.12	2.98	1.64	1.98	213
SLF059 Smooth belly sardinella (Amblygaster leiogaster)	Amblygaster leiogaster)	ND	0.13	2.18	0.40	2.41	144

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(All values are expressed per 100g edible portion)

Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
code						
		CA	Ь	MG	NA	К
		mg	mg	mg	mg	mg
		Marine	ine and Brackish Water Fish			
SLF001	Anchovy (Stolephorus indicus)	36.60	246	53.00	212	270
SLF002	Asian Seabass (Lates calcarifer)	8.84	188	24.16	63.68	355
SLF003	Barracuda, Pickhandle ( <i>Sphyraena jello</i> )	11.42	251	29.90	38.73	453
SLF004	Cat fish (Tachysurus thalassinus)	5.54	252	25.69	35.82	429
SLF005	Cobia (Rachycentron canadum)	6.55	219	24.71	51.41	343
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	6.65	249	31.12	30.53	467
SLF007	Green chromide (Etroplus suratensis)	11.73	192	28.49	23.72	452
SLF008	Grouper ( <i>Epinephelus coioides</i> )	10.66	177	22.87	40.14	279
SLF009	Hairtail fish ( <i>Lepturacanthus savala</i> )	16.53	170	29.87	82.65	263
SLF010	Indian mackerel ( <i>Rastrelliger kanagurta</i> )	31.27	231	37.46	83.01	309
SLF011	Leatherjacket fish (Aluterus monoceros)	10.22	203	25.85	37.12	306
SLF012	Mahi-mahi ( <i>Coryphaena hippurus</i> )	9.32	258	32.27	36.20	439
SLF013	Marlin <i>(Istiompax indica)</i>	7.20	268	30.08	61.96	365
SLF014	Mauve-lip thread (Nemipterus mesoprion)	8.62	207	26.23	36.06	390
SLF015	Pomfret, Black (Parastromateus niger)	11.32	245	34.38	44.86	470
<b>SLF016</b>	Rainbow runner (Elagatis bipinnulata)	8.17	252	31.68	37.60	406
SLF017	Ray, Shortfin devil ( <i>Mobula kuhlii</i> )	11.02	231	28.46	59.03	387
SLF018	Ray, Stingray (Dasyatis pastinaca)	9.16	174	24.61	64.14	270
SLF019	Sailfish, Indo-Pacific ( <i>Istiophorus platypterus</i> )	7.64	154	24.89	66.56	282
SLF020	Sardinella, Goldstripe (Sardinella gibbosa)	435	97.39	42.83	86.65	284
SLF021	Sardinella, spotted (Amblygaster sirm)	103	106	35.45	52.57	155
SLF022	Sardinella, White (Sardinella albella)	42.26	191	24.39	38.49	228
SLF023	Scad, mackerel ( <i>decapterus macarellus</i> )	155	240	33.29	71.73	160
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	193	225	30.74	65.90	236
SLF025	Seer fish (Scomberomorus commerson)	9.85	302	36.73	34.85	473
<b>SLF026</b>	Shark, great Hammerhead (Sphyrna mokarran)	7.92	200	25.11	53.55	304
SLF027	Shark, Silky (Carcharhinus falciformis)	8.44	263	32.58	63.63	372
SLF028	Swordfish (Xiphias gladius)	12.08	255	26.38	66.21	306
SLF029	Trevally, Blacktip <i>(Carnax heberi)</i>	13.52	284	27.59	45.22	384
SLF030	Trevally, Diamond (Alectis indicus)	9.04	252	32.36	59.57	432

Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
code	5			0		
		CA	Р	MG	NA	К
		тд	тд	тд	тд	тд
SLF031	Trevally, giant ( <i>Caranx ignobilis</i> )	6.03	246	27.53	22.33	379
SLF032	Trevally, Bigeye ( <i>Caranx sexfasciatus</i> )	7.21	235	26.33	49.51	384
SLF033	Triggerfish (Canthidermis maculanta)	9.83	256	28.98	33.87	490
SLF034	Tuna, Frigate ( <i>Auxis thazard</i> )	43.38	211	30.89	85.82	319
SLF035	Tuna, Mackerel (Euthynnus affinis)	9.82	292	35.85	52.89	357
SLF036	Tuna, Skipjack ( <i>Katsuwonus pelamis</i> )	6.45	209	26.02	22.60	273
SLF037	Tuna, Yellowfin (Thunnus albacares)	13.35	234	33.82	80.38	222
SLF038	Wolf-herring (Chirocentrus nudus)	37.06	229	39.05	91.91	365
		Marine	e and Brackish Water Shell Fish			
SLF039	Squid, hardshell <i>(Sopia pharaonis)</i>	8.73	173	35.46	99.14	116
SLF040	Squid, Long barrel (Loligo singhalensis)	36.46	151	38.53	154	134
SLF041	Squid, red (Loligo duvaucelii)	14.15	167	35.74	121	134
SLF042	Octopus (Octopus vulgaris)	22.10	131	50.92	230	181
SLF043	Prawn, green tiger ( <i>Penaeus semisulcatus</i> )	37.81	189	45.93	188	141
SLF044	Prawn, giant tiger (Penaeus monodon)	71.89	191	30.50	61.05	140
SLF045	Crab, mud (Scylla tranquebarica)	201	153	46.92	305	227
SLF046	Crab, Three-spot (Portunus sanguinolentus)	333	193	80.04	313	252
SLF047	Clam, white shell ( <i>Meretrix meretrix</i> )	50.00	192	86.64	404	245
		Fresh	esh Water Fish and Shell Fish			
SLF048	Cat fish, ( <i>Heteropneustes fossilis</i> )	21.99	157	18.78	29.29	250
SLF049	Eel (Anguilla bengalensis)	52.99	361	42.50	88.67	450
SLF050	Thilapia (Oreochromis niloticus)	99.39	184	24.96	52.55	255
SLF051	Prawn, giant (Macrobrachium rosenbergii)	48.55	237	39.25	849	269
			Dried Fish			
SLF052	Anchovy sprats (Stolephorus indicus)	1178	419	162	10921	694
SLF053	Baby shrimps ( <i>karandi spp</i> )	1978	532	319	9146	1024
SLF054	Maldives fish (Tuna spp)	51.12	461	133	10612	804
SLF055	Marlin, Indo-Pacific Sailfish ( <i>Istiophorus platypterus</i> )	62.75	179	110	13730	743
SLF056	Queenfish (Seriphus politus)	86.55	162	92.17	13679	817
SLF057	Shark (Carcharhinus falciformis)	42.24	146	92.94	10585	837
SLF058	Skipjack tuna (Katsuwonus pelamis)	83.48	185	83.45	2009	765
SLF059	Smooth belly sardinella (Amblygaster leiogaster)	555	580	166	13018	787

Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

Food Name Food

Foode	Food Name	Iron	əsənsgneM	Copper	Sinc	muinələ2	tlsdoD	muəbdyloM	Chromium	ИіскеІ	muidtiJ	muinimulA	рвэд	Μετςυτγ	muimbeO	Arsenic
		FE	MN	CU	ZN	SE	CO	MO	CR	IN	П	AL	PB	HG	CD	AS
		mg	mg	mg	mg	µg mg	mg	mg	mg	mg	mg	mg	mg	hg	тg	hд
				Marir	ie and Bra	ckish Wat	er Fish									
SLF001	Anchovy (Stolephorus indicus)	0.54	0.07	0.04	0.65	56.22	NA	NA	0.016	0.004	0.011	NA	NA	NA	0.003	NA
SLF002	Asian Seabass (Lates calcarifer)	0.31	0.01	0.79	0.36	35.75	NA	NA	0.014	0.003	NA	0.01	0.002	5.87	NA	0.27
SLF003	Barracuda, Pickhandle ( <i>Sphyraena jello</i> )	0.52	0.01	0.04	0.42	30.81	NA	NA	0.006	0.006	0.001	NA	NA	NA	NA	NA
SLF004	Cat fish (Tachysurus thalassinus)	0.72	0.01	0.03	0.58	42.33	NA	NA	0.015	0.005	NA	NA	NA	NA	NA	NA
SLF005	Cobia ( <i>Rachycentron canadum)</i>	0.41	0.01	0.38	0.57	58.99	0.001	0.001	0.014	0.006	0.002	NA	0.001	NA	NA	NA
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	0.28	0.01	0.02	0.35	12.35	0.001	0.001	0.011	0.003	0.001	NA	0.001	NA	NA	NA
SLF007	Green chromide (Etroplus suratensis)	0.60	0.03	NA	0.46	19.66	0.001	NA	0.006	0.005	NA	NA	NA	NA	NA	NA
SLF008	Grouper (Epinephelus coioides)	0.26	0.02	0.72	0.82	12.34	NA	NA	600.0	0.003	NA	NA	0.004	NA	0.001	NA
SLF009	Hairtail fish ( <i>Lepturacanthus savala</i> )	0.38	0.02	0.02	0.41	13.58	0.001	NA	0.023	0.002	0.004	NA	NA	NA	NA	NA
SLF010	Indian mackerel ( <i>Rastrelliger kanagurta</i> )	1.46	0.02	0.12	0.67	64.08	0.001	NA	0.011	0.002	0.003	NA	0.003	NA	0.002	NA
SLF011	Leatherjacket fish (Aluterus monoceros)	1.29	0.01	0.43	0.67	52.37	NA	0.004	0.014	NA	0.001	NA	NA	NA	NA	NA
SLF012	Mahi-mahi <i>(Coryphaena hippurus)</i>	0.47	0.01	0.05	0.36	65.53	NA	NA	0.013	0.007	NA	NA	0.015	NA	NA	NA
SLF013	Marlin <i>(Istiompax indica)</i>	1.20	0.02	0.12	0.58	47.58	0.002	0.007	0.060	0.004	0.003	NA	NA	NA	NA	NA
SLF014	Mauve-lip thread fin bream (Nemipterus mesoprion)	0.38	NA	0.02	0.35	16.88	NA	0.001	0.018	0.005	NA	NA	NA	NA	NA	NA
SLF015	Pomfret, Black (Parastromateus niger)	0.42	0.01	0.04	0.38	35.15	0.001	NA	0.011	0.004	0.003	NA	0.004	NA	0.001	NA
SLF016	Rainbow runner (Elagatis bipinnulata)	0.67	0.02	0.13	0.41	18.43	NA	NA	0.009	0.019	0.002	NA	NA	NA	NA	NA
SLF017	Ray, Shortfin devil ( <i>Mobula kuhlii</i> )	1.38	0.01	0.04	0.55	15.69	NA	NA	0.005	0.005	0.002	NA	NA	NA	0.001	NA
SLF018	Ray, Stingray (Dasyatis pastinaca)	0.74	0.01	0.03	0.44	23.85	NA	NA	0.010	0.004	NA	0.02	0.003	1.54	0.001	0.44
SLF019	Sailfish, Indo-Pacific (Istiophorus platypterus)	0.71	0.04	0.04	0.67	118			0.010	0.010	0.001	0.12	0.027	10.24	0.002	0.01
SLF020	Sardinella, Goldstripe (Sardinella gibbosa)	1.40	0.29	0.22	2.30	154	0.003	0.003	0.019	0.025	0.031	0.36	0.032	1.66	0.002	30.44
SLF021	Sardinella, spotted (Amblygaster sirm)	1.24	60.0	0.07	1.05	113	0.001	0.001	600.0	0.013	0.006	0.79	0.012	1.34	0.001	20.98
SLF022	Sardinella, White (Sardinella albella)	0.83	0.02	0.07	0.89	50.21	NA	NA	0.008	0.003	NA	0.10	NA	1.49	0.001	0.08
SLF023	Scad, mackerel ( <i>decapterus macarellus</i> )	1.94	0.14	0.28	1.94	95.80	0.007	0.003	0.013	0.109	0.009	0.82	0.011	2.08	0.052	ı
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	1.31	0.06	0.09	1.11	85.60	0.001	0.001	0.008	0.017	0.005	0.15	0.016	0.81	0.011	12.77
SLF025	Seer fish (Scomberomorus commerson)	0.41	0.01	0.08	0.74	32.64	0.007	0.002	NA	NA	0.012	NA	NA	NA	0.060	0.22
SLF026	Shark, great Hammerhead (Sphyrna mokarran)	0.86	0.02	0.03	0.40	50.31	NA	NA	0.014	0.008	NA	0.18	NA	3.74	NA	0.88
SLF027	Shark, Silky (Carcharhinus falciformis)	0.38	0.02	0.23	0.46	28.90	0.007	0.002	0.028	0.005	0.001	NA	0.002	ΝA	NA	NA
SLF028	Swordfish (Xiphias gladius)	0.54	0.01	0.03	0.56	32.82	NA	NA	0.010	0.002	0.002	NA	NA	NA	0.002	NA
SLF029	Trevally, Blacktip <i>(Carnax heberi)</i>	0.69	0.01	0.03	0.45	35.63	NA	0.003	0.011	0.007	0.001	NA	NA	ΝA	NA	NA
SLF030	Trevally, Diamond (Alectis indicus)	0.31	0.01	0.03	0.40	23.26	0.001	NA	0.010	0.005	0.002	NA	NA	NA	0.002	NA

Food code	Food Name	Iron	əsənsgneM	Copper	Zinc	muinələ2	tledoD	munabdyloM	Chromium	Nickel	muidtiJ	muinimulA	реәү	Mercury	muimbeJ	Arsenic
		믭	MM	ß	ZN	SE	8	MO	CR	N	Ξ	AL	PB	ЫG	9	AS
		mg	mg	mg	mg	рg	mg	mg	mg	mg	mg	mg	mg	hg	mg	hg
SLF031	Trevally, giant ( <i>Caranx ignobilis</i> )	0.99	0.01	0.05	0.39	33.02	NA	NA	0.003	0.001	NA	NA	NA	NA	NA	NA
SLF032	Trevally, Bigeye ( <i>Caranx sexfasciatus</i> )	1.11	0.01	0.10	0.45	42.50	NA	NA	0.004	0.003	0.002	ΝA	0.004	NA	0.001	NA
SLF033	Triggerfish (Canthidermis maculanta)	0.33	0.02	0.58	1.48	62.35	0.001	NA	0.003	0.006	0.001	NA	0.001	NA	0.001	NA
SLF034	Tuna, Frigate ( <i>Auxis thazard</i> )	0.83	0.47	0.26	1.31	264	0.001	0.001	0.007	0.025	0.001	0.16	0.016	4.19	0.009	22.74
SLF035	Tuna, Mackerel (Euthynnus affinis)	1.60	0.02	0.27	0.69	21.55	0.001	0.002	0.015	0.007	0.001	NA	0.001	NA	0.001	NA
SLF036	Tuna, Skipjack ( <i>Katsuwonus pelamis</i> )	0.68	0.02	0.11	0.46	23.85	NA	NA	0.002	0.004	NA	NA	NA	NA	0.001	NA
SLF037	Tuna, Yellowfin (Thunnus albacares)	0.68	0.04	0.11	0.64	289	0.001	0.001	0.008	0.022	0.001	0.15	0.017	9.15	0.002	7.69
SLF038	Wolf-herring (Chirocentrus nudus)	0.24	0.02	0.03	0.42	32.02	NA	NA	0.004	0.004	0.002	NA	NA	NA	NA	NA
			Ma	σ	Brackish V	Water She	nell Fish									
SLF039	Squid, hardshell <i>(Sopia pharaonis)</i>	0.62	0.02	0.10	1.30	41.34	NA	NA	0.006	NA	0.002	NA	0.001	NA	0.004	NA
SLF040	Squid, Long barrel (Loligo singhalensis)	0.39	0.02	1.10	1.64	70.02	0.009	NA	0.007	0.006	0.003	0.08	0.022	1.67	0.005	0.85
SLF041	Squid, red (Loligo duvaucelii)	0.26	0.02	0.15	0.95	47.43	NA	0.001	0.027	0.003	0.007	NA	NA	NA	0.003	NA
SLF042	Octopus (Octopus vulgaris)	1.08	0.04	6.72	4.07	40.21	0.035	0.003	0.011	0.007	NA	0.10	NA	1.37	0.015	0.34
SLF043	Prawn, green tiger (Penaeus semisulcatus)	0.73	0.03	0.32	1.10	46.95	0.001	NA	0.020	0.003	0.006	NA	NA	NA	0.001	NA
SLF044	Prawn, giant tiger (Penaeus monodon)	0.39	0.02	0.41	1.16	54.22	NA	0.001	0.004	0.003	NA	NA	NA	NA	0.001	NA
SLF045	Crab, mud (Scylla tranquebarica)	0.87	0.79	1.23	3.30	51.97	0.001	NA	0.014	0.002	NA	NA	NA	NA	0.001	NA
SLF046	Crab, Three-spot (Portunus sanguinolentus)	0.98	0.16	0.84	3.07	37.69	0.012	0.012	0.032	0.003	0.017	NA	NA	NA	0.006	NA
SLF047	Clam, white shell ( <i>Meretrix meretrix</i> )	0.94	0.22	0.31	1.16	32.81	0.031	0.048	0.123	0.044	0.004	NA	NA	NA	0.012	NA
				Fresh Wa	h Water Fish ai	and Shell Fi	sh									
SLF048	Cat fish, ( <i>Heteropneustes fossilis</i> )	0.82	0.02	0.03	0.71	71.03	NA	NA	0.008	0.004	NA	0.48	0.012	1.89	NA	1.68
SLF049	Eel (Anguilla bengalensis)	1.54	0.13	2.72	2.23	67.32	NA	NA	0.069	0.012	NA	0.81	0.606	3.97	0.004	1.81
SLF050	Thilapia (Oreochromis niloticus)	2.84	0.10	0.04	0.88	20.85	0.001	NA	0.033	0.010	NA	0.86	0.011	NA	NA	0.65
SLF051	Prawn, giant (Macrobrachium rosenbergii)	0.78	0.03	0.69	1.44	28.59	NA	0.002	0.008	0.006	NA	0.95	NA	0.94	0.003	3.02
					Dried Fish	h										
SLF052	Anchovy sprats (Stolephorus indicus)	3.06	1.39	0.17	4.20	354	0.009	0.010	0.023	0.099	0.103	1.25	0.100	2.35	0.052	363
SLF053	Baby shrimps ( <i>karandi spp</i> )	4.10	2.55	3.54	5.15	735	0.026	0.017	0.072	0.058	0.063	2.34	0.610	1.15	0.068	726
<b>SLF054</b>	Maldives fish (Tuna spp)	3.44	0.25	0.45	3.02	811	600.0	0.003	0.017	0.099	0.005	06.0	0.042	14.97	0.012	418
SLF055	Marlin, Indo-Pacific Sailfish ( <i>Istiophorus platypterus</i> )	1.96	0.21	0.04	1.45	291	0.011	0.002	0.011	0.030	0.009	1.81	0.013	25.12	0.008	284
SLF056	Queenfish (Seriphus politus)	1.47	0.22	0.07	1.16	736	0.008	0.001	0.010	0.029	0.012	0.86	0.020	21.63	0.002	161
SLF057	Shark (Carcharhinus falciformis)	1.48	0.15	0.08	0.66	143	0.009	0.002	0.042	0.019	0.007	0.65	0.061	50.04	0.015	169
SLF058	Skipjack tuna (Katsuwonus pelamis)	3.60	0.12	0.16	1.44	624	0.007	0.001	0.052	0.043	0.006	0.87	0.011	8.18	0.017	345
SLF059	Smooth belly sardinella <i>(Amblygaster leiogaster)</i>	2.58	0.69	0.18	3.19	443	0.006	0.009	0.037	0.078	0.083	1.30	0.013	3.75	0.021	377

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein)

Food Name

Food

Food code	Food Name	Tryptophan	biɔA ɔiナıɕqɛA	Threonine	Serine	biɔA ɔimɕɟulð	Proline	Glycine د	əninslA	Cysteine	ənilsV	Methionine	lsoleucine	Leucine	Tyrosine	Phenylalanine Histidine	əuisyl	, Arginine	
		TRP	ASP	THR	SER	GLU	PRO (	dLY /	ALA C	CYS V	VAL N	MET	L IE	LEU 1	TYR F	РНЕ Н	HIS LYS	S ARG	IJ
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	9	g g	9	
					rine	and Brackish Water Fish	ish Wate	r Fish											
SLF001	Anchovy (Stolephorus indicus)	0.81	7.89	5.55	4.39	14.66	3.35	5.57 5	5.28 1	1.82 5	5.49 3	3.28 4	4.59 7	7.72 4	4.15 4		3.65 5.67	5.83	ŝ
SLF002	Asian Seabass (Lates calcarifer)	0.81	10.35	5.19	4.46	13.28	5.55 (	6.51 2	2.15 1	1.95 5	5.33 3	3.15 4	4.62 6	6.98 5	5.28 5	5.79 4.	4.54 7.60	5.93	33
SLF003	Barracuda, Pickhandle <i>(Sphyraena jello)</i>	1.08	9.05	5.06	4.24	14.24	3.39	5.41 5	5.58 1	1.35 5	5.46 3	3.37 4	4.66 8		3.87 5	5.56 2.	2.76 6.33	33 7.31	31
SLF004	Cat fish (Tachysurus thalassinus)	0.55	12.00	4.83	4.18	15.36	3.62	5.19	5.84 1	1.42 5	5.59 2	2.12 5	5.04 8	8.35 3	3.91 4	4.40 2.	2.06 6.13	l3 5.77	L1
SLF005	Cobia ( <i>Rachycentron canadum</i> )	1.02	10.25	5.15	4.30	13.92	3.44 4	4.96	5.57 1	1.83 5	5.28 2	2.52 4	4.62 7		4.41 5	5.63 3.	3.61 6.26	26 6.88	88
SLF006	Emperor fish, Spangled ( <i>Lethrinus nebulosus</i> )	1.00	9.92	4.75	4.23	14.07	3.73	5.38 5	5.61 1	1.75 5	5.70 3	3.79 4	4.63 8		4.18 4	4.40 3.	3.58 6.72	72 6.42	12
SLF007	Green chromide (Etroplus suratensis)	0.78	11.62	5.11	4.50	15.32	3.69 (	6.34 6	6.36 1	1.70 5	5.24 3	3.61 4	4.59 8	8.06 3	3.20 4	4.03 2.	2.30 6.50	6.48	8
SLF008	Grouper (Epinephelus coioides)	1.28	9.33	5.10	4.44	14.20		5.83			5.19 3	3.50 4			4.50 5		3.81 6.04	)4 6.54	54
SLF009	Hairtail fish <i>(Lepturacanthus savala)</i>	0.94	8.95	6.13	4.43	14.10	3.77 (	6.45 5	5.71 1	1.27 5	5.20 3	3.38 4	4.58 7		5.59 5		2.73 6.44	14 6.09	6(
SLF010	Indian mackerel ( <i>Rastrelliger kanagurta</i> )	1.00	9.96	5.71	4.46	13.38										5.25 3.			31
SLF011	Leatherjacket fish (Aluterus monoceros)	1.18	9.16	5.76	4.97	14.10	3.75 (	6.10 5	5.73 1	1.91 5	5.75 4	4.10 4	4.82 8		3.35 4		3.04 5.47	47 8.17	2
SLF012	Mahi-mahi <i>(Coryphaena hippurus)</i>	1.00	10.00	5.18	4.41	14.08	3.55	5.54 5	5.63 1	1.57 5	5.39 3	3.02 4			4.89 3	3.99 3.	3.40 7.30	30 6.02	02
<b>SLF013</b>	Marlin <i>(Istiompax indica)</i>	0.90	8.56	5.34	4.50	13.97		5.65 5				2.03 4			4.08 4		2.95 7.21	21 7.37	37
SLF014	Mauve-lip thread -fin green (Nemipterus mesoprion)	1.11	8.51	5.48	3.87	16.44				1.21 5						5.77 3.		13 5.35	35
<b>SLF015</b>	Pomfret, Black (Parastromateus niger)	0.99	9.56	5.57	4.34	13.13	3.53				5.74 2			8.65 5	5.13 6	6.43 3.	3.72 5.91	91 6.97	76
<b>SLF016</b>	Rainbow runner ( <i>Elagatis bipinnulata</i> )	1.13	9.86	5.82	5.11	14.88	3.34	5.07	5.15 1	1.58 5	5.63 4	4.15 4	4.70 7			4.37 2.	2.96 6.31	31 6.98	8
SLF017	Ray, Shortfin devil ( <i>Mobula kuhlii</i> )	1.56	10.35	5.66	4.47	14.85													0
<b>SLF018</b>	Ray, Stingray (Dasyatis pastinaca)	0.92	8.21	4.71	5.65	13.94	4.18	5.65	5.21 1	1.88 5	5.58 2		3.56 6		4.33 5	5.12 4.	4.54 5.(	5.66 5.94	94
SLF019	Sailfish, Indo-Pacific ( <i>Istiophorus platypterus</i> )	0.82	8.81	4.47	4.15	15.84	5.66	5.54 6	6.12 0	0.59 4			4.71 7		3.92 4	-	4.70 8.66	56 6.58	8
SLF020	Sardinella, Goldstripe (Sardinella gibbosa)	0.91	9.04	4.40	4.04	16.27	6.30 (	6.88 7	7.04 1	1.02 4	4.55 2	2.30 4	4.36 7		3.54 4	4.70 2.	2.60 8.21	21 6.38	88
SLF021	Sardinella, spotted ( <i>Amblygaster sirm</i> )	0.99	9.49	4.63	4.94	15.51	4.39	5.28 6		1.27 4	4.40 2	2.49 4	4.16 8	8.04 3	3.46 4	4.24 5.	5.12 8.39	39 6.18	8
SLF022	Sardinella, White (Sardinella albella)	1.57	10.65	5.30	4.62	13.86	4.41	5.66 5	5.36 1	1.84 5	5.18 3	3.00 4	4.73 8	8.17 4	4.11 5	5.24 4.	4.31 6.43	13 6.45	ъ
SLF023	Scad, mackerel ( <i>decapterus macarellus</i> )	0.89	8.61	4.60	3.99	15.00	5.55 4	4.95 6	6.38 1	1.23 4	4.79 2	2.31 4	4.59 7	7.78 3	3.76 4		5.92 8.96	96 5.81	31
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	1.01	9.46	5.52	5.22	14.40			6.62 1				3.73 7		3.76 4		3.77 7.55	55 6.60	00
SLF025	Seer fish (Scomberomorus commerson)	1.05	10.31	5.05	4.35	14.51	3.74	5.90 5		1.76 5		3.51 4	4.93 8	8.29 3	3.74 4		3.82 5.3		31

Image: Figure Figrand Figure Figure Figure Figure Figure Figure Figur	Food	Food Name															;				
TRP         ASP         THR         SER         GLU         PRO         GLY         ALA           Shark, great Hanmerhead (Sphyrra mokarran)         0.65         9.04         3.88         4.13         13.68         6.30         6.24         5.74           Shark, great Hanmerhead (Sphyrra mokarran)         0.65         9.04         3.88         4.13         13.68         6.30         6.24         5.74         5.74         5.12         5.44         5.12         5.44         5.12         5.44         5.12         5.44         5.12         5.44         5.12         5.44         5.12         5.64         5.56         5.35         5.44         5.12         5.44         5.56         5.35         5.44         5.12         5.44         5.56	code		Tryptophan	bioA oitreqeA	Threonine	Serine	biɔA ɔimɛtulƏ	Proline	Glycine	əninslA	Systeine	ənileV	əninoidtəM	ənizuəlosl	əuiɔnəŢ	Tyrosine	Phenylasia	ənibitziH	əuisyJ	ArinigrA	
qqqqqqqqqqqShark, great Hammerhead (Sphyra mokarran)0663084371311366630634531Shark, great Hammerhead (Sphyra mokarran)065303503436315541512Shark, great Hammerhead (Sphyra mokarran)055833507436315541512Shark, great Hammerhead (Sphyra mokarran)0378335574431356531541513Nevally, Biant (Granx signabilis)11.111.19735574431356534556Trevally, Biant (Granx signabilis)11.21335774431356337546556Tuna, Frigger (Laux subcard)12213355024301576406640630Tuna, Frigger (Laux subcard)1221335502433349546556531Tuna, Frigger (Raux subcard)123975449151412546556531Tuna, Frigger (Raux subcares)11.6830439513544549546540Tuna, Frigger (Raux subcares)123973433346544549546540Tuna, Frigger (Raux subcares)11.6830433544546549546Tuna, Frigger (Raux subcares)11.6830544546546546546Volf-herring (Chinocentrus nudus			TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CVS	VAL	MET	IE	LEU	TYR F	PHE	HIS I	LYS A	ARG	
Shark, great Hammerhead (Sphyrna mokarran)         0.65         9.04         3.88         4.13         1.36         6.30         6.24         5.75           Shark, Siliv ( <i>Carchorhinus flecipomis</i> )         0.85         833         5.07         4.57         1.4.20         3.65         6.37         5.34           Subsidies ( <i>Nichios flocus</i> )         1.12         1.1.10         4.37         3.94         1.451         4.66         6.78         6.36           Trevally, Biant ( <i>Caranx hebri</i> )         1.12         1.1.10         9.73         5.71         4.43         1.35         5.37         5.94         5.43           Trevally, Bigery ( <i>Caranx sedasciatus</i> )         1.23         9.73         5.43         5.44         5.40         5.40         5.40           Tuna, Flégate ( <i>Junis thazard</i> )         1.23         9.73         4.40         5.41         5.40         5.40           Tuna, Adcerel ( <i>Euthynuus affinis</i> )         1.23         8.04         5.43         3.43         5.43         5.44         5.40           Tuna, Mackerel ( <i>Euthynuus affinis</i> )         1.09         1.014         5.40         1.41         5.40         5.40           Tuna, Mackerel ( <i>Euthynuus affinis</i> )         1.09         5.44         5.40         5.44         <			g	g	g	g	g	g	g	g	g	g	g	g		g	g	g	g	g	
Shark, Silky ( <i>Carcharhinus falciformis</i> )         0.85         8.89         5.65         4.57         1.420         3.65         6.72         5.54           Trevally, Blanckin ( <i>Archarhinus falcicus</i> )         1.12         1.13         5.97         4.43         13.56         5.47         5.43         5.31           Trevally, Blanckin ( <i>Arcanx heberi</i> )         1.12         9.13         5.97         4.43         13.56         3.75         5.09         5.34           Trevally, Blanckin ( <i>Caranx ignobilis</i> )         1.13         9.13         5.97         4.43         13.56         3.75         5.49         5.56           Trevally, Blaye ( <i>Caranx serbsciatus</i> )         1.12         9.13         5.97         4.43         13.56         3.75         5.44         5.45           Tura, Kitzento         2.11         2.21         3.88         5.49         5.49         5.68         6.86           Tura, Skipjack ( <i>Katsuwours pelanis</i> )         1.12         2.13         5.43         5.44         5.41         5.50         5.53           Tura, Kristen         ( <i>Chricoentrus nudus</i> )         1.13         5.24         5.47         5.47         5.50         5.54         5.50         5.51         5.54         5.50         5.54         5.54	SLF026	Shark, great Hammerhead (Sphyrna mokarran)	0.65	9.04	3.88	4.13	13.68	6.30	6.24	5.75	1.27	4.97	4.51	3.75	8.20	3.54 5	6	m	7.99 4	4.23	
Swordfish (Xiphias gladius)         0.77         8.73         5.07         4.36         13.51         5.41         5.12           Trevally, Blacktip (Carnax heberi)         1.12         11.10         4.37         3.94         14.51         4.66         6.78         6.58           Trevally, Blacktip (Carnax serbisities)         1.39         9.75         5.81         4.87         14.54         3.59         4.94         5.44         5.54           Trevally, Black (form x probinics)         1.23         9.75         4.81         4.12         13.59         3.36         5.44         5.46         5.56           Tuna, Frigare (Maxis maculanta)         1.22         13.85         5.02         4.30         15.76         4.06         6.40         6.30         5.58         5.59         5.58	SLF027	Shark, Silky (Carcharhinus falciformis)	0.85	8.89	5.65	4.57	14.20	3.65	6.72	5.54	2.46	5.52	4.31	5.05	7.41		3.81 3	3.58 5	5.73 6	6.71	
Trevally, Blacktip (Carnax heberi)1.1211.104.373.9414.514.666.786.36Trevally, Blacktip (Carnax isolophils)1.339.754.4313.563.375.095.34Trevally, Bleye (Carnax isolophils)1.339.754.814.8113.563.375.095.56Trevally, Bleye (Carnax isolutis)1.2213.855.024.3015.764.066.406.30Tuna, Krigger (Fauthynons offinis)1.2213.855.024.3015.145.155.665.28Tuna, Skipaste (Auxis thazard)1.211.638.606.304.393.764.415.605.28Tuna, Skipaste (Katswonus offinis)0.908.606.304.393.7614.415.605.28Wolf-herring (Chirocentrus nudus)1.168.304.393.7614.415.605.28Squid, hardshell (Sopia pharaonis)0.719.954.454.606.406.30Squid, hardshell (Sopia pharaonis)0.719.954.454.604.435.60Squid, hardshell (Sopia pharaonis)0.719.954.7510.334.415.60Squid, hardshell (Sopia pharaonis)0.719.954.7510.334.415.60Squid, hardshell (Sopia pharaonis)0.719.954.7510.334.415.60Squid, hardshell (Sopia pharaonis)0.718.864.904.614.644.73Sq	SLF028	Swordfish (Xiphias gladius)	0.77	8.73	5.07	4.36	13.64	3.51	5.41	5.12	2.05	5.27	3.51	4.68		4.38 4	4.82 5	5.94 5	5.92 5	5.67	
Trevally, Diamond (Alectis indicus)1.109.735.574.4313.563.375.005.34Trevally, Bigwe (Caranx serdasciatus)1.231.3910.625.314.8714.543.594.945.56Trevally, Bigwe (Caranx serdasciatus)1.231.3910.625.314.8714.545.594.945.56Travally, Bigwe (Caranx serdasciatus)1.231.384.094.9015.174.066.405.935.095.34Tuna, Fingaet [kh/Garthidermis anculantu)1.221.388.006.204.3313.495.465.245.96Tuna, Vellowin (Thurnus abacares)1.168.008.005.404.435.465.245.96Tuna, Vellowin (Thurnus abacares)1.168.304.397.974.435.965.26Squid, hardshell (Sopia pharonis)0.719.964.397.974.435.965.36Squid, Long barrel (Loligo singhalensis)0.719.964.494.444.435.46Squid, red (Loligo duvaucelij)0.719.964.494.444.445.745.96Squid, red (Loligo duvaucelij)0.719.967.987.394.445.955.945.34Squid, red (Loligo duvaucelij)0.719.867.187.435.445.47Squid, red (Loligo duvaucelij)0.719.964.751.435.475.745.74 <trr>Squid, red (Loligo duvauceli</trr>	SLF029	Trevally, Blacktip <i>(Carnax heberi)</i>	1.12	11.10	4.37	3.94	14.51	4.66	6.78	6.36	1.15	5.20	3.96	4.11	7.82		4.86 3	3.09 7	7.08 6	6.08	
Trevally, giant (Caranx ignobilis)1.3910.625.314.8714.543.594.945.56Trevally, Bigeve (Caranx sexfasciatus)1.239.754.814.1213.593.365.445.42Triggerfish (Canthidermis maculanta)2.213.855.024.3015.145.155.686.85Tuna, Frigate (Auxis thazard)2.213.855.024.3015.145.155.686.85Tuna, Skipjack (Katsuwouns affinis)1.638.045.404.5014.203.465.245.97Tuna, Skipjack (Katsuwouns pelamis)1.698.045.404.5014.303.465.245.97Wolf-herring (Chirocentrus nudus)1.168.304.393.7614.315.665.85Wolf-herring (Chirocentrus nudus)1.168.304.393.7614.315.665.85Squid, hardshell (Sopia pharoonis)0.719.964.454.5013.394.444.644.43Squid, red (Loligo singhalensis)0.719.964.857.974.444.644.74Squid, red (Loligo singhalensis)0.719.964.857.974.445.665.74Squid, red (Loligo singhalensis)0.719.964.867.974.744.644.74Squid, red (Loligo singhalensis)0.719.264.757.975.945.74Squid, red (Loligo singhalensis)0.719.867.974.74	SLF030	Trevally, Diamond (Alectis indicus)	1.10	9.73	5.57	4.43	13.56	3.37	5.09	5.34	1.66	5.29	2.89	4.47	7.68					6.01	
Trevally, Bigeye (Caranx sexfasciatus)1.239.754.814.1213.593.365.445.42Triggerfish (Canthidermis maculanta)1.2213.855.024.3015.764.066.406.30Tuna, Frigate (Auxis trazard)1.2213.855.024.3015.764.066.406.30Tuna, Frigate (Auxis trazard)0.300.306.306.306.395.686.85Tuna, Skipjack (Katsuwonus pelamis)1.638.045.264.9014.767.974.625.96Tuna, Yellowin (Thunnus affinis)1.168.304.393.7614.787.974.625.96Wolf-herring (Chiocentrus nudus)1.168.304.393.7614.787.974.625.96Squid, hardshell (Sopia pharaonis)0.719.964.454.5013.994.444.644.43Squid, Long barrel (Loligo singhalensis)0.719.754.884.964.334.745.66Squid, red (Loligo singhalensis)0.719.754.884.703.475.675.74Squid, red (Loligo singhalensis)0.719.744.864.435.444.43Squid, red (Loligo singhalensis)0.719.738.844.904.414.644.43Squid, red (Loligo singhalensis)0.719.738.735.445.655.74Crab, mu glast liger (Peneaus semisulcatus)0.718.887.967.747	SLF031	Trevally, giant ( <i>Caranx ignobilis</i> )	1.39	10.62	5.31	4.87	14.54	3.59	4.94	5.56	1.65	5.69	3.36	4.86			6.11 2		6.56 4	4.90	
Triggerfish (Canthidermis maculanta)1.2213.855.024.3015.764.066.406.30Tuna, Frigate (Auxis thazard)2.219.584.094.4915.145.155.686.85Tuna, Mackerel (Euthynnus affinis)0.908.606.204.5314.203.465.245.91Tuna, Nackerel (Euthynnus albacares)1.168.304.393.7614.203.465.265.95Tuna, Vellowfin (Thunuus albacares)1.168.304.393.7614.233.394.415.605.95Wolf-herring (Chirocentrus nudus)1.168.304.393.764.413.665.965.95Squid, bardshell (Sopia pharonis)0.719.964.454.5013.994.414.644.74Squid, cong barrel (Loligo singhalensis)0.719.964.867.185.977.975.945.37Catopus Valgaris)0.878.867.185.9710.433.375.485.377.74Squid, reed (Loligo duvauceli)0.718.867.185.977.976.475.365.37Cab, wufgersPrawu, giant tiger (Penaeus semisulcatus)0.718.604.933.377.975.945.37Cab, mud (Scylla tranquebarica)0.718.684.333.275.485.377.976.47Cab, wufgers for the shell (Meretrix meretrix)0.718.695.824.7510.434.43 <th>SLF032</th> <th>Trevally, Bigeye (Caranx sexfasciatus)</th> <th>1.23</th> <th>9.75</th> <th>4.81</th> <th>4.12</th> <th>13.59</th> <th>3.36</th> <th>5.44</th> <th>5.42</th> <th>1.92</th> <th>5.43</th> <th>3.88</th> <th>4.44</th> <th></th> <th></th> <th>5.47 5</th> <th></th> <th>6.54 6</th> <th>6.11</th>	SLF032	Trevally, Bigeye (Caranx sexfasciatus)	1.23	9.75	4.81	4.12	13.59	3.36	5.44	5.42	1.92	5.43	3.88	4.44			5.47 5		6.54 6	6.11	
Tuna, Frigate (Auxis thazard)2.219.584.094.4915.145.155.686.85Tuna, Mackerel (Euthynnus affinis)0.908.606.204.5313.493.495.605.24Tuna, Skipjack (Katsuwonus pelamis)1.168.304.393.7614.203.465.24597Tuna, Skipjack (Katsuwonus pelamis)1.168.304.3014.367.374.425965.38Tuna, Yellowfin (Thunus albacares)1.168.304.364.3016.043.404.415.605.96Wolf-herring (Chirocentrus nudus)0.719.964.454.5014.44.644.435.60Squid, hardshell (Sopia pharaonis)0.719.964.454.5013.994.444.644.7Squid, red (Loligo duvacelin)0.719.964.857.185.734.745.334.74Squid, red (Loligo duvacelin)0.718.605.737.345.335.445.34Carboux (jiger (Peneus semisulcotus)0.718.605.737.745.955.475.37Prawn, gient tiger (Peneus semisulcotus)0.718.604.337.045.955.485.37Crab, mud (Scylla tranquebarica)0.718.604.904.7114.503.415.955.37Crab, mud (Scylla tranquebarica)0.718.604.904.7114.505.475.475.47Crab, mud (Scylla tranquebarica)	SLF033	Triggerfish (Canthidermis maculanta)	1.22	13.85	5.02	4.30	15.76	4.06	6.40	6.30	1.35	5.23	3.27	4.69	7.94	3.55 3	3.84 2	2.45 6	6.22 6	6.06	
Tuna, Mackerel (Euthynus affinis)0.908.606.204.5313.495.605.28Tuna, Skipjack (Katsuwours pelamis)1.638.045.404.501.4203.465.245.97Tuna, Yellowfin (Thunus albacares)1.168.304.393.761.4203.465.245.96Wolf-herring (Chirocentrus nudus)1.0910.145.264.9016.043.304.415.605.89Squid, hardshell (Sopia pharaonis)0.719.964.454.501.394.444.644.43Squid, Long barrel (Loligo singhalensis)0.719.964.454.501.394.435.805.79Squid, Long barrel (Loligo duvaucelii)1.248.867.185.791.435.334.745.73Octopus (Octopus vulgaris)0.878.867.185.791.435.334.745.53Octopus (Octopus vulgaris)0.878.867.185.791.435.845.37Octopus (Octopus vulgaris)0.878.867.185.791.435.845.37Prawn, green tiger (Penaeus mondon)0.718.604.904.145.555.945.37Crab, mud (Sc/lla tranquebarica)0.718.604.937.385.745.945.37Crab, mud (Sc/lla tranquebarica)0.718.604.0714.368.737.485.47Crab, mud (Sc/lla tranquebarica)0.718.604.07 <t< th=""><th><b>SLF034</b></th><th>Tuna, Frigate (Auxis thazard)</th><th>2.21</th><th>9.58</th><th>4.09</th><th>4.49</th><th>15.14</th><th>5.15</th><th>5.68</th><th>6.85</th><th>1.56</th><th>4.70</th><th>2.68</th><th>4.98</th><th>7.85</th><th>3.41 2</th><th>4.13 3</th><th>3.73 8</th><th>8.31 5</th><th>5.74</th></t<>	<b>SLF034</b>	Tuna, Frigate (Auxis thazard)	2.21	9.58	4.09	4.49	15.14	5.15	5.68	6.85	1.56	4.70	2.68	4.98	7.85	3.41 2	4.13 3	3.73 8	8.31 5	5.74	
Tuna, Skipjack (Katsuwonus pelamis)1638.045.404.503.465.245.97Tuna, Vellowfin (Thunnus albacares)1.168.304.393.7614.587.974.625.96Wolf-herring (Chirocentrus nudus)1.0910.145.264.9016.043.304.415.60Squid, hardshell (Sopia pharaonis)0.719.964.454.5013.994.444.644.43Squid, Long barrel (Loligo singhalensis)0.719.964.754.5013.994.435.845.31Squid, Long barrel (Loligo duvaucelii)1.248.867.185.794.332.735.485.73Octopus (Octopus vulgaris)0.719.964.454.5013.934.745.334.74Prawn, green tiger (Penaeus semisulcatus)0.718.604.904.1614.313.575.485.73Prawn, giant tiger (Penaeus semisulcatus)0.718.604.904.1614.313.575.485.73Crab, mued (Scylla tranquebarica)0.718.604.904.173.745.955.735.41Crab, mued (Scylla tranquebarica)0.718.604.904.133.575.485.73Crab, mued Scylla tranquebarica)0.718.604.904.1614.315.955.74Crab, Three-spot (Porturus songuinolettus)0.718.604.904.738.745.955.74Crab, White shell (Meret	<b>SLF035</b>	Tuna, Mackerel ( <i>Euthynnus affinis</i> )	0.90	8.60	6.20	4.53	13.49	3.49	5.60	5.28	1.41	5.75	3.01	4.85	8.23	5.19 5	5.40 3	3.37 5	5.70 6	6.46	
Tuna, Yellowfin (Thunnus albacares)1.168.304.333.7614.587.974.625.96Wolf-herring (Chirocentrus nudus)1.0910.145.264.9016.043.304.415.60Squid, hardshell (Sopia pharaonis)0.719.964.454.5013.994.444.644.33Squid, red (Loligo singhalensis)0.719.964.454.5013.994.444.644.33Squid, red (Loligo duvauceli)1.248.867.185.7912.385.345.34Octopus (Octopus vugaris)0.878.844.904.1614.315.555.37Prawn, giant tiger (Penaeus semisulcatus)0.878.844.904.1614.315.555.34Crab, mud (Scylla tranquebarica)0.718.684.283.7014.345.955.37Crab, mud (Scylla tranquebarica)0.718.684.283.7014.345.955.37Crab, mud (Scylla tranquebarica)0.791.158.684.7113.553.358.436.80Crab, mud (Scylla tranquebarica)0.791.025.094.7113.555.375.965.37Crab, Three-spot (Porturus sanguinolentus)0.7910.205.094.7113.555.375.965.37Cat fish, (Heteropneustes fossilis)1.181.563.413.977.976.965.96Cat fish, (Heteropneustes fossilis)1.181.563.4	SLF036	Tuna, Skipjack (Katsuwonus pelamis)	1.63	8.04	5.40	4.50	14.20	3.46	5.24	5.97	1.79	6.03	3.93	4.96	8.16	5.72 4	4.29 2	2.70 7	7.11 7	7.02	
Wolf-herring (Chirocentrus nudus)         1.09         10.14         5.26         4.90         16.04         3.30         4.41         5.60           Squid, hardshell (Sopia pharoonis)         0.71         9.96         4.5         4.50         13.99         4.44         4.64         4.43           Squid, long barrel (Loligo singhalensis)         0.71         9.96         4.85         4.50         13.39         4.44         4.64         4.43           Squid, long barrel (Loligo singhalensis)         0.71         9.96         4.88         4.60         8.18         4.34         5.33         4.74           Squid, red (Loligo singhalensis)         0.87         8.89         5.79         12.38         3.27         5.48         5.33           Squid, red (Loligo singhalensis)         0.87         8.84         4.90         4.16         14.31         3.52         5.94         5.34           Frawn, giant tiger (Penaeus semisulcatus)         0.71         8.60         4.90         4.07         14.50         3.41         5.95         5.37           Frawn, giant tiger (Penaeus semisulcatus)         0.71         8.60         4.90         4.07         14.50         3.41         5.95         5.37         5.94         5.37	SLF037	Tuna, Yellowfin <i>(Thunnus albacares)</i>	1.16	8.30	4.39	3.76	14.58	7.97	4.62	5.96	1.42	4.66	2.08	4.45	8.22	3.91 2	4.37 5	5.50 8	8.47 5	5.77	
Marine and Brackish Water Shell Fish           Squid, hardshell ( <i>Sopia pharaonis</i> )         0.71         9.96         4.45         4.44         5.33         4.44         5.34         6.74         6.74         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34         5.34 <th co<="" th=""><th>SLF038</th><th>Wolf-herring (Chirocentrus nudus)</th><th>1.09</th><th>10.14</th><th>5.26</th><th>4.90</th><th>16.04</th><th>3.30</th><th>4.41</th><th>5.60</th><th>1.52</th><th>5.71</th><th>3.65</th><th>4.94</th><th>8.32</th><th>4.21 4</th><th>4.65 3</th><th>3.14 7</th><th>7.62 5</th><th>5.02</th></th>	<th>SLF038</th> <th>Wolf-herring (Chirocentrus nudus)</th> <th>1.09</th> <th>10.14</th> <th>5.26</th> <th>4.90</th> <th>16.04</th> <th>3.30</th> <th>4.41</th> <th>5.60</th> <th>1.52</th> <th>5.71</th> <th>3.65</th> <th>4.94</th> <th>8.32</th> <th>4.21 4</th> <th>4.65 3</th> <th>3.14 7</th> <th>7.62 5</th> <th>5.02</th>	SLF038	Wolf-herring (Chirocentrus nudus)	1.09	10.14	5.26	4.90	16.04	3.30	4.41	5.60	1.52	5.71	3.65	4.94	8.32	4.21 4	4.65 3	3.14 7	7.62 5	5.02
Squid, hardshell ( <i>Sopia pharaonis</i> ) $0.71$ $9.96$ $4.45$ $4.50$ $13.99$ $4.44$ $4.64$ $4.43$ Squid, Long barrel ( <i>Loligo singhalensis</i> ) $0.97$ $9.75$ $4.88$ $4.60$ $8.18$ $4.34$ $5.33$ $4.74$ Squid, red ( <i>Loligo duvaucelii</i> ) $0.97$ $9.75$ $4.86$ $7.18$ $5.79$ $12.38$ $5.37$ $5.48$ $5.71$ Octopus ( <i>Octopus vulgaris</i> ) $0.88$ $8.90$ $5.82$ $4.75$ $10.43$ $4.43$ $5.34$ $5.34$ Prawn, green tiger ( <i>Penaeus semisulcatus</i> ) $0.87$ $8.84$ $4.90$ $4.16$ $14.31$ $3.52$ $5.94$ $5.37$ Prawn, giant tiger ( <i>Penaeus semisulcatus</i> ) $0.71$ $8.60$ $4.90$ $4.16$ $14.31$ $3.52$ $5.94$ $5.37$ Crab, Three-spot ( <i>Portunus sanguinolentus</i> ) $0.71$ $8.60$ $4.90$ $4.16$ $4.85$ $7.48$ $5.47$ Crab, white shell ( <i>Meretrix meretrix</i> ) $0.79$ $10.20$ $5.09$ $4.71$ $13.55$ $3.97$ $7.97$ $6.97$ Cat fish, (Heteropneustes fossilis) $1.18$ $1.66$ $3.46$ $3.77$ $5.94$ $5.97$ $6.74$ $5.97$ $6.80$ Fel (Anguilla bengalensis) $1.18$ $1.66$ $3.46$ $3.77$ $5.97$ $6.97$ $6.97$ $6.97$ $6.97$ Fel (Anguilla bengalensis) $1.18$ $1.28$ $3.76$ $5.73$ $3.97$ $2.98$ $2.98$ $2.96$ Fel (Anguilla bengalensis) $1.18$ $2.76$ $2.77$					1		nd Brackish	Water	shell Fish	_											
Squid, Long barrel (Loligo singhalensis) $0.97$ $9.75$ $4.88$ $4.60$ $8.18$ $4.34$ $5.33$ $4.74$ Squid, red (Loligo duvaucelii) $1.24$ $8.86$ $7.18$ $5.79$ $12.38$ $3.27$ $5.48$ $5.71$ Octopus (Octopus vulgaris) $0.88$ $8.90$ $5.82$ $4.75$ $10.43$ $4.43$ $5.84$ $5.34$ Prawn, green tiger (Penaeus semisulcatus) $0.87$ $8.84$ $4.90$ $4.16$ $14.31$ $3.52$ $5.94$ $5.25$ Prawn, giant tiger (Penaeus monodon) $0.71$ $8.60$ $4.90$ $4.16$ $14.31$ $3.52$ $5.94$ $5.37$ Crab, Three-spot (Porturus sanguinolentus) $0.71$ $8.60$ $4.90$ $4.16$ $14.31$ $5.95$ $5.37$ Crab, Three-spot (Porturus sanguinolentus) $0.79$ $1.15$ $8.68$ $4.28$ $3.70$ $14.34$ $3.97$ $7.97$ $6.19$ Crab, Three-spot (Porturus sanguinolentus) $0.64$ $8.11$ $4.81$ $3.62$ $1.36$ $5.37$ $5.94$ $5.97$ $6.97$ $6.74$ $5.97$ $6.74$ $5.97$ $6.97$ Crab, White shell (Meretrix meretrix) $0.79$ $10.20$ $5.09$ $4.72$ $5.77$ $7.97$ $6.84$ $6.80$ Feel (Anguilla bengalensis) $1.18$ $1.56$ $3.46$ $7.13$ $8.78$ $2.38$ $5.97$ $6.76$ $7.13$ $8.78$ $2.38$ Freel (Anguilla bengalensis) $1.18$ $1.56$ $6.74$ $7.13$ $8.78$ $2.96$ $5.97$ $6$	SLF039	Squid, hardshell <i>(Sopia pharaonis)</i>	0.71	9.96	4.45	4.50	13.99	4.44	4.64	4.43	1.75	4.19	3.89	4.24	7.57	2.91 3	3.21 3	3.89 5	5.09 7	7.03	
Squid, red (Loligo duvaucelii)1.248.867.185.7912.383.275.485.71Octopus (Octopus vulgaris)0.888.905.824.7510.434.435.845.34Prawn, green tiger (Penaeus semisulcatus)0.878.844.904.1614.313.525.945.37Prawn, green tiger (Penaeus semisulcatus)0.878.844.904.0714.503.415.955.37Crab, mud (Scylla tranquebarica)0.718.604.904.0714.503.415.955.37Crab, mud (Scylla tranquebarica)0.718.604.904.0714.503.415.955.37Crab, mud (Scylla tranquebarica)0.7910.168.114.813.621.936.19Crab, white shell (Meretrix meretrix)0.7910.205.094.7113.553.435.636.80Cat fish, (Heteropneustes fossilis)1.181.563.464.726.747.138.782.36Feel (Anguilla bengalensis)1.181.563.465.377.045.976.952.06Thilapia (Oreochromis niloticus)0.7910.205.094.717.138.782.382.06The meter formula bengalensis)1.121.123.463.527.745.976.532.06Thilapia (Oreochromis niloticus)1.121.123.463.775.976.672.06 </th <th>SLF040</th> <th>Squid, Long barrel (Loligo singhalensis)</th> <th>0.97</th> <th>9.75</th> <th>4.88</th> <th>4.60</th> <th>8.18</th> <th>4.34</th> <th>5.33</th> <th>4.74</th> <th>1.74</th> <th>4.80</th> <th>3.31</th> <th>4.24</th> <th></th> <th></th> <th>4.38 4</th> <th></th> <th>7.94 4</th> <th>4.67</th>	SLF040	Squid, Long barrel (Loligo singhalensis)	0.97	9.75	4.88	4.60	8.18	4.34	5.33	4.74	1.74	4.80	3.31	4.24			4.38 4		7.94 4	4.67	
Octopus (Octopus vulgaris) $0.88$ $8.90$ $5.82$ $4.75$ $10.43$ $5.84$ $5.34$ Prawn, green tiger (Penaeus semisulcatus) $0.87$ $8.84$ $4.90$ $4.16$ $14.31$ $3.52$ $5.94$ $5.37$ Prawn, green tiger (Penaeus monodon) $0.71$ $8.60$ $4.90$ $4.07$ $14.50$ $3.41$ $5.95$ $5.37$ Crab, mud ( <i>Scylla tranquebarica</i> ) $0.71$ $8.60$ $4.90$ $4.07$ $14.50$ $3.41$ $5.95$ $5.37$ Crab, Three-spot (Porturus sanguinolentus) $0.71$ $8.60$ $4.20$ $4.13$ $3.52$ $5.43$ $5.37$ Crab, Three-spot (Porturus sanguinolentus) $0.79$ $8.11$ $4.81$ $3.62$ $7.48$ $5.47$ Clam, white shell (Meretrix meretrix) $0.79$ $0.70$ $5.00$ $4.71$ $13.35$ $8.43$ $6.80$ Cast fish, (Heteropneustes fossilis) $1.18$ $1.56$ $3.46$ $7.74$ $5.97$ $6.97$ $5.96$ $5.96$ $5.96$ $5.96$ $5.96$ $5.97$ $6.06$ $5.96$ $5.96$ $5$	SLF041	Squid, red (Loligo duvaucelii)	1.24	8.86	7.18	5.79	12.38	3.27	5.48	5.71	1.52	5.10	3.77	5.34	7.84		6.47 3	3.54 5		6.75	
Prawn, green tiger ( <i>Penaeus semisulcatus</i> )       0.87       8.84       4.90       4.16       14.31       3.52       5.94       5.25         Prawn, giant tiger ( <i>Penaeus monodon</i> )       0.71       8.60       4.90       4.07       14.50       3.41       5.95       5.37         Crab, mud ( <i>Scylla tranquebarica</i> )       1.15       8.68       4.28       3.70       14.34       4.85       7.48       5.47         Crab, Three-spot ( <i>Portunus sanguinolentus</i> )       0.64       8.11       4.81       3.62       15.34       3.97       7.97       6.19         Clam, white shell ( <i>Meretrix meretrix</i> )       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Fresh white shell ( <i>Meretrix meretrix</i> )       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Cat fish, ( <i>Heteropneustes fossilis</i> )       1.18       1.56       3.46       4.72       6.74       7.13       8.78       2.36         Fresh wait for onchronis niloticus       1.12       1.12       3.46       3.52       7.74       5.97       6.61         Fresh wait (Mocrobrachium rosenbergii)       1.12       3.41       5.47       <	SLF042	Octopus (Octopus vulgaris)	0.88	8.90	5.82	4.75	10.43	4.43	5.84	5.34	1.87	5.30	2.46	5.82		6.32 6				6.59	
Prawn, giant tiger (Penaeus monodon)       0.71       8.60       4.90       4.07       14.50       3.41       5.95       5.37         Crab, mud (Scylla tranquebarica)       1.15       8.68       4.28       3.70       14.34       4.85       7.48       5.47         Crab, Three-spot (Portunus sanguinolentus)       0.64       8.11       4.81       3.62       15.34       3.97       7.97       6.19         Clam, white shell (Meretrix meretrix)       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Cat fish, (Heteropneustes fossilis)       1.18       1.56       3.46       4.72       6.74       7.13       8.78       2.38         Cat fish, (Heteropneustes fossilis)       1.22       1.12       3.46       3.52       7.74       5.97       6.53       2.06         Thilapia (Oreochromis niloticus)       0.79       9.02       5.41       5.17       3.05       4.70       5.74       5.97       6.74       7.88       2.06         Prawn, giant (Macrobrachium rosenbergii)       1.12       1.12       3.46       3.52       7.74       5.97       6.53       2.06         Prawn, giant (Macrobrachium rosenbergii)       1.11       1.82       3.33<	SLF043	Prawn, green tiger (Penaeus semisulcatus)	0.87	8.84	4.90	4.16	14.31	3.52	5.94	5.25	1.77	5.06	3.43	4.55						7.69	
Crab, mud (Scylla tranquebarica)       1.15       8.68       4.28       3.70       14.34       4.85       7.48       5.47         Crab, Three-spot (Portunus sanguinolentus)       0.64       8.11       4.81       3.62       15.34       3.97       7.97       6.19         Clam, white shell (Meretrix meretrix)       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Cat fish, (Heteropneustes fossilis)       1.18       1.56       3.46       4.72       6.74       7.13       8.78       2.38         Eel (Anguilla bengalensis)       1.12       1.12       1.12       3.46       3.52       7.74       5.97       6.53       2.06         Thilapia (Oreochromis niloticus)       0.79       9.02       5.41       5.17       13.03       5.62       4.89       3.05         Prawn, giant (Macrobrachium rosenbergii)       1.11       1.82       3.33       4.13       9.11       5.49       9.10       2.79	SLF044	Prawn, giant tiger ( <i>Penaeus monodon</i> )	0.71	8.60	4.90	4.07	14.50	3.41	5.95	5.37	2.04	5.13	3.81	4.67						5.65	
Crab, Three-spot (Portunus sanguinolentus)       0.64       8.11       4.81       3.62       15.34       3.97       7.97       6.19         Clam, white shell (Meretrix meretrix)       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Fish white shell (Meretrix meretrix)       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Cat fish, (Heteropneustes fossilis)       1.18       1.56       3.46       4.72       6.74       7.13       8.78       2.38         Eel (Anguilla bengalensis)       1.22       1.12       1.12       3.46       3.52       7.74       5.97       6.53       2.06         Thilapia (Oreochromis niloticus)       0.79       9.02       5.41       5.17       13.03       5.62       4.89       3.05         Prawn, giant (Macrobrachium rosenbergii)       1.11       1.82       3.33       4.13       9.11       5.49       9.10       2.79	SLF045	Crab, mud (Scylla tranquebarica)	1.15	8.68	4.28	3.70	14.34	4.85	7.48	5.47	1.42	4.67	2.39	4.12						7.47	
Clam, white shell (Meretrix meretrix)       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Fresh white shell (Meretrix meretrix)       0.79       10.20       5.09       4.71       13.55       3.35       8.43       6.80         Cat fish, (Heteropneustes fossilis)       1.18       1.56       3.46       4.72       6.74       7.13       8.78       2.38         Thilapia (Oreochromis niloticus)       1.22       1.12       1.12       3.46       3.52       7.74       5.97       6.53       2.06         Prawn, giant (Macrobrachium rosenbergii)       1.11       1.82       3.33       4.13       9.11       5.49       9.10       2.79	SLF046	Crab, Three-spot (Portunus sanguinolentus)	0.64	8.11	4.81	3.62	15.34	3.97	7.97	6.19	1.60	4.91	3.62	4.48	7.30		4.11 2			6.91	
Fresh Water Fish and Shell Fish           Cat fish, (Heteropneustes fossilis)         1.18         1.56         3.46         4.72         6.74         7.13         8.78         2.38           Eel (Anguilla bengalensis)         1.22         1.12         1.12         3.46         3.52         7.74         5.97         6.53         2.06           Thilapia (Oreochromis niloticus)         0.79         9.02         5.41         5.17         13.03         5.62         4.89         3.05           Prawn, giant (Macrobrachium rosenbergii)         1.11         1.82         3.33         4.13         9.11         5.49         9.10         2.79	SLF047	Clam, white shell (Meretrix meretrix)	0.79	10.20	5.09	4.71	13.55	3.35	8.43	6.80	0.79	4.69	3.08	4.06	6.31	3.17 3	3.19 2	2.23 4	4.62 7	7.54	
Cat fish, (Heteropneustes fossilis)         1.18         1.56         3.46         4.72         6.74         7.13         8.78         2.38           Eel (Anguilla bengalensis)         1.22         1.12         1.12         3.46         3.52         7.74         5.97         6.53         2.06           Thilapia (Oreochromis niloticus)         0.79         9.02         5.41         5.17         13.03         5.62         4.89         3.05           Prawn, giant (Macrobrachium rosenbergii)         1.11         1.82         3.33         4.13         9.11         5.79         6.79         6.79         6.79         6.05						-	<b>Nater Fish</b>		ll Fish												
Eel (Anguilla bengalensis)         1.22         1.12         3.46         3.52         7.74         5.97         6.53         2.06           Thilapia (Oreochromis niloticus)         0.79         9.02         5.41         5.17         13.03         5.62         4.89         3.05           Prawn, giant (Macrobrachium rosenbergii)         1.11         1.82         3.33         4.13         9.11         5.49         9.10         2.79	SLF048	Cat fish, (Heteropneustes fossilis)	1.18	1.56	3.46	4.72	6.74	7.13	8.78	2.38	14.31	5.15	6.07	4.46	7.29	3.82 5	5.30 4	4.80 8	8.11 4	4.03	
Thilapia (Oreochromis niloticus)         0.79         9.02         5.41         5.17         13.03         5.62         4.89         3.05           Prawn, giant (Macrobrachium rosenbergii)         1.11         1.82         3.33         4.13         9.11         5.79         5.79	SLF049	Eel (Anguilla bengalensis)	1.22	1.12	3.46	3.52	7.74	5.97	6.53	2.06	10.94	4.56	4.62	3.43			4.07 3			4.06	
Prawn, giant ( <i>Macrobrachium rosenbergii</i> ) 1.11 1.82 3.33 4.13 9.11 5.49 9.10 2.79	SLF050	Thilapia (Oreochromis niloticus)	0.79	9.02	5.41	5.17	13.03	5.62	4.89	3.05	1.52	5.66	3.19	5.71	7.87	5.67 6	6.02 4		7.71 6	6.47	
	SLF051	Prawn, giant (Macrobrachium rosenbergii)	1.11	1.82	3.33	4.13	9.11	5.49	9.10	2.79	14.75	4.72	5.16	2.99				4.66 7		3.28	

Food code	Food Name	nendojqy	biɔA ɔiナıɕqɛ	əninoərr	erine	biɔA ɔimɛtul	ənilor	lycine	əninsl	əniətə	ənile	əninoidtəl	ənisuəlo	əuiona	Jrosine	əninslslynən	ənibitzi	əniz\	əninigı
		ц	ASP	ᄪᇎ	ser se	פוח פוח	PRO	פוא פוא	ALA	CS CA	AL V	MET	si 빌	en E	μĔ	Id 품	н ह	۲ı کا	ARG
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
						Dried Fish	Fish												
SLF052	Anchovy sprats (Stolephorus indicus)	1.15	9.39	4.19	3.98	17.17	6.23	5.62	6.50	1.19	4.55	2.00	4.41	7.16	3.80	4.54	2.88	8.38	6.36
SLF053	Baby shrimps <i>(karandi spp)</i>	1.20	8.70	4.32	3.75	14.95	5.80	5.41	6.43	0.79	4.64	2.17	4.70	7.78	5.85	4.77	2.50	8.30	7.69
SLF054	Maldives fish <i>(Tuna spp)</i>	1.19	9.22	4.85	4.15	15.57	5.10	5.04	6.25	1.03	4.64	1.82	4.80	7.19	3.91	4.45	5.15	8.12	6.48
SLF055	Marlin, Sailfish (Istiophorus platypterus)	0.99	8.98	4.52	4.17	16.36	5.14	5.42	6.01	0.45	4.74	1.13	4.68	7.97	4.33	4.50	4.75	7.56	6.64
SLF056	Queenfish (Seriphus politus)	1.11	9.26	4.82	4.31	16.02	4.83	5.07	6.20	1.10	5.04	2.12	5.21	8.36	4.04	4.59	2.91	7.70	6.71
SLF057	Shark (Carcharhinus falciformis)	1.05	10.14	5.02	4.18	17.65	4.27	4.56	5.66	1.08	4.57	1.89	5.22	7.99	4.02	4.45	2.48	8.40	6.40
<b>SLF058</b>	Skipjack tuna <i>(Katsuwonus pelamis)</i>	1.01	10.59	4.48	3.98	18.22	4.93	5.64	5.73	1.12	4.72	1.52	4.71	6.77	4.38	4.71	3.40	8.15	6.20
SLF059	Smooth belly sardinella (Amblygaster leiogaster)	1.15	9.44	4.67	4.19	16.13	5.06	5.20	6.26	1.11	4.74	1.62	4.74	8.08	3.98	4.88	3.60	8.22	6.59

# Table 7. FATTY ACIDS AND CHOLESTEROL

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food	Food Name				Satur	Saturated Fatty Acids	' Acids					Mono	Unsaturat	<b>Mono Unsaturated Fatty Acids</b>	cids	
code		letoT	במוניכ (כנב:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C222:0)	Lignoceric (C24:0)	letoT	Palmitoleic (C16:1)	oleic (C1812)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Vervonic (en1:422)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1 N9F	F22D1 N9	F24D1C
		тg	тg	тg	mg	mg	тg	тg	mg	mg	mg	тg	mg	тg	mg	mg
				Marii	ne	≥	ater Fish									
SLF001	Anchovy (Stolephorus indicus)	248		14.33	4.16	178	51.19				50.36	20.17	28.58			1.61
SLF002	Asian Seabass (Lates calcarifer)	86.40	1.82	5.33	·	56.47	22.78				53.27	16.28	36.98	·	ı	ı
SLF003	Barracuda, Pickhandle ( <i>Sphyraena jello</i> )	677	ı	99.11	10.42	411	145	8.58	2.62	ı	369	126	219	7.66	1.07	14.41
SLF004	Cat fish (Tachysurus thalassinus)	792		39.00	12.62	485	249	6.85	'	,	430	86.44	327	16.84	ŀ	
SLF005	Cobia (Rachycentron canadum)	654	ı	60.90	11.16	392	182	6.68	1.08	ı	352	87.08	249	10.42	0.63	4.88
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	837	1.05	61.34	10.16	559	191	7.98	6.24	,	519	91.30	415	9.74	ī	3.33
SLF007	Green chromide (Etroplus suratensis)	577	ī	42.45	13.14	355	158	4.47	3.22	ı	290	69.74	207	13.41	ī	ı
SLF008	Grouper (Epinephelus coioides)	455	ı	37.86	8.41	267	133	4.99	3.44	ı	250	57.29	182	7.24	ı	2.76
SLF009	Hairtail fish <i>(Lepturacanthus savala)</i>	1959	ī	214	35.05	1226	451	17.67	9.97	6.56	857	248	564	21.14	4.83	18.76
SLF010	Indian mackerel ( <i>Rastrelliger kanagurta</i> )	604	ī	48.67	10.05	351	180	7.34	4.24	3.17	216	78.69	123	6.76	2.64	4.78
SLF011	Leatherjacket fish (Aluterus monoceros)	199	ı	5.76	ı	130	63.46	ı	,	ı	74.51	7.31	67.20	ı	ı	ı
SLF012	Mahi-mahi <i>(Coryphaena hippurus)</i>	441	ī	34.95	9.00	259	136	2.86		ı	198	50.32	143	4.66	ī	1
SLF013	Marlin <i>(Istiompax indica)</i>	150	ī	5.94	0.56	89.37	51.87	1.84	ı	ı	55.25	9.19	44.24	1.81	ī	ī
SLF014	Mauve-lip thread Fin bream (Nemipterus mesoprion)	1611	ı	152	23.58	936	469	17.05	12.93	ı	818	154	602	34.85	ŀ	27.45
SLF015	Pomfret, Black (Parastromateus niger)	755	i.	46.21	17.84	479	197	9.56	5.53	,	288	56.73	199	18.37	6.90	6.69
SLF016	Rainbow runner ( <i>Elagatis bipinnulata</i> )	229		11.18	2.74	148	64.54	1.77	0.65	0.62	104	18.24	81.83	2.28	0.34	0.88
SLF017	Ray, Shortfin devil (Mobula kuhlii)	169	ī	3.27	8.29	96.98	60.88				67.62	6.93	55.16	5.53	ī	ı
SLF018	Ray, Stingray ( <i>Dasyatis pastinaca</i> )	289	ı	10.96	ī	150	129	,	,	ı	173	14.47	159	,	ı	ı
SLF019	Sailfish, Indo-Pacific (Istiophorus platypterus)	1166	2.57	104	19.38	694	326	7.00	9.15	3.61	684	87.01	402	13.73	104	73.62
SLF020	Sardinella, Goldstripe ( <i>Sardinella gibbosa</i> )	1346	3.70	300	31.08	769	200	23.44	7.70	7.82	544	262	133	8.57	5.89	130
SLF021	Sardinella, spotted (Amblygaster sirm)	1124	4.36	98.00	27.84	661	311	9.46	2.66	5.47	310	97.27	ı	9.55	3.84	88.52
SLF022	Sardinella, White (Sardinella albella)	1250	ı.	215	1	765	246	15.52	7.79	,	630	289	327	13.37	ī	1
SLF023	Scad, mackerel (decapterus macarellus)	1254	,	90.82	30.84	694	396	14.91	15.93	10.84	674	82.21	358	8.36	90.97	134
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	1131	4.22	96.17	21.01	647	325	11.22	17.38	7.73	565	111	157	2.00	93.06	198
SLF025	Seer fish (Scomberomorus commerson)	2229	ī	325	33.96	1352	464	28.87	17.73	7.74	1078	431	603	26.17	6.59	12.16

Food	Food Name				Satura	Saturated Fatty Acids	Acids					Mono	Mono Unsaturated Fatty Acids	ed Fatty /	vcids	
code		lstoT	(C12:0) Lauric	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (C16:1)	Oleic (C18120)	Eicosaenoic (C20:109)	Erucic (C22:1n9)	Nervonic (C24:1n9)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1 N9F	F22D1 N9	F24D1C
		тg	шg	тg	тg	mg	шg	шg	шg	mg	тg	тд	шg	тg	тg	тg
SLF026	Shark, Great Hammerhead (Sphyrna mokarran)	264		7.35	ı	143	110	1	4.35	1	103	15.15	88.26	ı	ı	ı
SLF027	Shark, Silky (Carcharhinus falciformis)	275		21.83	2.34	156	94.89	ı			126	35.41	83.76	6.85	ı	
SLF028	Swordfish (Xiphias gladius)	363		39.39	5.47	235	73.36	6.43	3.36	ı	184	27.21	130	16.28	6.73	3.72
SLF029	Trevally, Blacktip <i>(Carnax heberi)</i>	720	'	63.05	13.28	413	216	8.38	6.03	1	276	70.25	190	8.06	ı	7.16
SLF030	Trevally, Diamond (Alectis indicus)	479	'	20.27	24.65	291	137	3.57	2.50	,	234	46.51	175	9.30	1.52	1.62
SLF031	Trevally, giant (Caranx ignobilis)	3317	ī	352	47.55	2069	767	39.77	19.60	21.07	1876	495	1295	41.15	13.30	30.89
SLF032	Trevally, Bigeye (Caranx sexfasciatus)	603	,	29.59	9.57	338	213	7.45	2.44	2.58	259	41.23	199	9.95	ı	8.93
SLF033	Triggerfish (Canthidermis maculanta)	169	ı	3.51	2.88	95.50	67.48	ı	ı	ı	83.65	6.50	77.16	ı	ı	ı
SLF034	Tuna, Frigate (Auxis thazard)	1704	8.45	159	48.21	983	458	20.50	18.29	8.41	824	138	508	19.14	62.28	96.48
SLF035	Tuna, Mackerel (Euthynnus affinis)	660	ī	53.12	11.08	399	184	8.50	3.75	ı	300	76.97	207	8.72	1.69	5.46
SLF036	Tuna, Skipjack (Katsuwonus pelamis)	424		30.58	8.29	243	137	5.87			168	35.30	133	,	ı	ı
SLF037	Tuna, Yellowfin (Thunnus albacares)	907		44.18	14.93	536	285	8.87	11.36	5.99	629	56.83	383	60.6	92.38	82.28
SLF038	Wolf-herring (Chirocentrus nudus)	403		33.97	7.72	262	96.64	3.31			107	29.78	73.60	3.48		'
				Marin	<b>a</b> )	and Brackish Water	Shell Fish									
SLF039	Squid, hardshell <i>(Sopia pharaonis)</i>	227		12.75	3.64	135	74.11	1.60			61.67	13.13	37.90	10.63	ī	
SLF040	Squid, Long barrel (Loligo singhalensis)	304	•	15.78		182	106	·	,	·	62.57	6.79	37.64	18.13	ı	·
SLF041	Squid, red (Loligo duvaucelii)	448	,	31.31	6.46	323	87.45			,	83.36	12.49	61.11	9.77	·	,
SLF042	Octopus (Octopus vulgaris)	325	,	17.36		173	135		,	,	69.95	23.57	46.38	,	ı	ı
SLF043	Prawn, green tiger (Penaeus semisulcatus)	121		7.19	3.11	65.63	43.57	1.20	,	1	76.53	25.87	48.27	2.40		,
SLF044	Prawn, giant tiger (Penaeus monodon)	177	,	5.20	5.31	94.05	72.64	,	,	ı	88.30	24.59	58.66	5.05	ı	,
SLF045	Crab, mud (Scylla tranquebarica)	95.11		4.36		52.71	38.05	ī	,		66.63	17.87	48.75		,	,
SLF046	Crab, Three-spot (Portunus sanguinolentus)	129	•	5.70	1.01	63.49	57.40	0.99			64.32	20.35	41.99			1.99
SLF047	Clam, white shell ( <i>Meretrix meretrix</i> )	441		36.15	10.27	256	132	5.94			127	52.47	60.30	14.05		'
				Fresh	ו Water	Fish and Shell Fish	iell Fish									
SLF048	Cat fish, ( <i>Heteropneustes fossilis</i> )	2182	28.88	177		1554	395	16.30	11.03		2055	538	1428	88.89	·	
SLF049	Eel (Anguilla bengalensis)	981	8.87	94.91		640	217	14.44	5.84		733	204	493	35.62	ı	
SLF050	Thilapia (Oreochromis niloticus)	413		61.56		270	76.21	4.72		•	254	113	134	7.52		
SLF051	Prawn, giant (Macrobrachium rosenbergii)	86.86		4.50		53.55	28.81	1			56.77	14.59	39.93	2.25	ī	ı

Food	Food Name				Satur	Saturated Fatty Acids	Acids					Mono	Unsatura	Mono Unsaturated Fatty Acids	Vcids	
code		letoT	(כד2:0 <mark>)</mark> רַפּחניַכ	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (C16:1)	oleic (C18:10)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Vervonic (en1:422)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1 N9F	F22D1 N9	F24D1C
		вш	шg	шg	шg	тg	тg	шg	тд	тд	шg	тg	шg	тд	шg	тg
					Drie	Dried Fish										
SLF052	Anchovy sprats (Stolephorus indicus)	2497	1	290	76.04	1572	479	41.81	16.07	21.30	1164	278	315	16.09	178	361
SLF053	Baby shrimps ( <i>karandi spp</i> )	2061	14.96	192	48.51	1282	407	53.60	46.14	15.70	976	419	292	8.93	72.62	177
SLF054	Maldives fish <i>(Tuna spp)</i>	2713	24.83	227	61.39	1615	702	40.10	25.83	16.08	1537	255	842	21.57	163	240
SLF055	Marlin, Indo-Pacific Sailfish (Istiophorus platypterus)	1846	ı	171	34.54	1118	490	18.55	9.91	3.59	1469	169	917	71.68	156	148
SLF056	Queenfish ( <i>Seriphus politus)</i>	1292		114	21.31	784	333	19.26	12.57	,	731	148	393	6.19	79.78	89.88
SLF057	Shark (Carcharhinus falciformis)	1157	·	12.49	5.47	422	701	7.13	8.29	,	830	14.17	404	31.34	321	50.63
SLF058	Skipjack tuna ( <i>Katsuwonus pelamis</i> )	1767	,	75.28	43.50	986	604	26.77	20.45	10.18	657	40.54	449	16.53	82.90	59.01
SLF059	Smooth belly sardinella <i>(Amblygaster leiogaster)</i>	2068	12.77	328	52.73	1182	410	54.06	14.23	13.44	680	250	171	4.53	82.84	156

Food	Food Name				Ğ	Poly Unsaturated Fatty Acids	d Fatty Acids					Cholesterol
2 2 2		lefo]	isoleic (3nS:812)	A-Linolenic (Ens:313)	C20:2) (C2:022)	Eicosatrienoic (C20:3n6)	۲rachidonic (220:4n6)	jonsapentaenoic [C20:5n3)	C222:2) (C222:2)	oionsepentaenoic (En2:523)	oionəstexədesoooC (Enð:SS2)	
		FAPU		F18D3N3					F22D2	F22D5N3	<b>A</b>	CHOLC
		mg	mg	mg	тg	mg	mg	тg	тg	mg	mg	тg
			Marir	rine and Brac	ne and Brackish Water Fish							
SLF001	Anchovy (Stolephorus indicus)	290	7.13	I	I	ı	26.26	60.00	ı	10.15	187	29.56
SLF002	Asian Seabass (Lates calcarifer)	57.36	9.67	I	4.12	2.69	20.38	5.74		ı	14.76	18.99
SLF003	Barracuda, Pickhandle (Sphyraena jello)	431	11.86	ı	1.62	3.56	47.67	116	ı	43.52	207	30.50
SLF004	Cat fish (Tachysurus thalassinus)	619	22.11	I	7.03	I	133	75.24		61.60	320	18.36
SLF005	Cobia (Rachycentron canadum)	422	23.29	I	4.23	0.63	74.42	76.10	ı	39.35	204	30.39
SLF006	Emperor fish, Spangled (Lethrinus nebulosus)	294	17.71	ı	4.64	ı	41.76	35.89		27.75	166	19.98
SLF007	Green chromide (Etroplus suratensis)	274	52.96	I	6.76	ı	40.90	26.57	ı	46.90	100	15.62
SLF008	Grouper (Epinephelus coioides)	275	11.88	3.50	3.52	2.05	53.08	40.36	2.06	29.63	129	20.59
SLF009	Hairtail fish (Lepturacanthus savala)	1185	56.78	I	5.36	4.81	116	220	ı	161	620	54.63
SLF010	Indian mackerel (Rastrelliger kanagurta)	470	28.10	I	1.25	7.56	54.37	72.72	ı	47.11	259	46.48
SLF011	Leatherjacket fish (Aluterus monoceros)	208	17.09	I	Ţ	I	36.64	16.28	ı	8.92	129	10.84
SLF012	Mahi-mahi ( <i>Coryphaena hippurus</i> )	456	14.55	ı	1.31	1.03	65.13	63.93		35.03	275	13.53
SLF013	Marlin (Istiompax indica)	179	7.49	ı	0.30	0.31	31.36	17.03	ı	8.59	114	21.72
SLF014	Mauve-lip thread fin bream (Nemipterus mesoprion)	1342	71.26		12.12	13.25	259	116		130	740	19.88
SLF015	Pomfret, Black (Parastromateus niger)	490	19.37	ı	4.26	2.66	90.30	77.61	•	70.40	226	21.97
SLF016	Rainbow runner ( <i>Elagatis bipinnulata</i> )	179	10.42		0.48	0.51	19.95	20.13		8.79	118	22.64
SLF017	Ray, Shortfin devil (Mobula kuhlii)	143	10.33	ı	4.08	1	40.10	4.34		10.67	73.54	15.01
SLF018	Ray, Stingray (Dasyatis pastinaca)	174	38.98		ŀ	1	39.38	20.07		•	75.62	62.47
SLF019	Sailfish, Indo-Pacific (Istiophorus platypterus)	741	32.27	3.05	8.62	ı	5.73	70.19		76.81	544	5.75
SLF020	Sardinella, Goldstripe <i>(Sardinella gibbosa)</i>	256	30.34	23.31	3.91		37.67	6.44		19.09	135	53.19
SLF021	Sardinella, spotted (Amblygaster sirm)	528	47.34	22.67	4.86	1	37.49	5.71		19.40	390	12.57
SLF022	Sardinella, White ( <i>Sardinella albella</i> )	770	42.33		16.50	8.29	88.19	297		•	317	49.12
SLF023	Scad, mackerel (decapterus macarellus)	1104	60.37	9.50	14.71	ı	10.36	86.91	ı	113	809	31.32
SLF024	Scad, yellow-stripe (Selaroides leptolepis)	707	28.34	9.35	5.80	ı	2.90	74.43		42.97	543	35.25
SLF025	Seer fish (Scomberomorus commerson)	1384	59.97	ı	9.87	11.94	140	422	ı	115	626	67.71
SLF026	Shark, great Hammerhead (Sphyrna mokarran)	232	11.86				48.70	23.08			148	55.81
SLF027	Shark, Silky (Carcharhinus falciformis)	230	6.05	1	3.39	1	34.77	35.47	ı	28.68	121	24.40
SLF028	Swordfish (Xiphias gladius)	134	3.95	ı	1.30	0.89	16.88	24.11		25.23	61.55	27.59
SLF029	Trevally, Blacktip (Carnax heberi)	578	22.66	ı	5.06	3.00	77.56	80.85	ı	38.83	350	23.29
SLF030	Trevally, Diamond (Alectis indicus)	329	7.57		2.11	1.12	56.43	39.73	'	29.33	193	18.56

Food	Food Name				Pe	Poly Unsaturated Fatty Acids	ed Fatty Acid	s				Cholesterol
Code		letoT	.inoleic C18:2nG)	4-Linolenic C18:3n3)	C20:2) Eicosadienoic	5icosatrienoic (3n5:022)	۲rachidonic C20:4n6)	sionsetnegesoii (En2:0S2)	Occosadienoic (2:22:2)	ocosapentaenoic (222:5n3)	oionaexeahezooo( (Enð:SS2)	
		FAPU			F20D2		F20D4N6		F22D2	F22D5N3		CHOLC
		тg	bu	mg	mg	шg	шg	тg	mg	mg	mg	mg
SLF031	Trevally, giant (Caranx ignobilis)	1746	80.54		14.64	18.12	204	398	' ı	197	834	64.34
SLF032	Trevally, Bigeye (Caranx sexfasciatus)	487	18.28	·	2.29	ı	61.54	39.57		55.82	310	16.06
SLF033	Triggerfish (Canthidermis maculanta)	248	8.70	ı	ı	ı	68.29	26.69	·	12.24	132	9.65
SLF034	Tuna, Frigate (Auxis thazard)	510	58.92	5.77	14.29	ı	5.50	36.26		52.42	336	35.41
SLF035	Tuna, Mackerel <i>(Euthynnus affinis)</i>	575	23.05	ı	4.76	1.98	69.44	90.61	ı	40.23	345	46.10
SLF036	Tuna, Skipjack (Katsuwonus pelamis)	306	25.61	ı	ı	ı	37.61	40.39	ı	11.68	191	64.06
SLF037	Tuna, Yellowfin <i>(Thunnus albacares)</i>	754	37.65	4.60	9.69	ī	6.02	46.47		79.36	571	24.36
SLF038	Wolf-herring (Chirocentrus nudus)	336	16.91	ı	ı	ī	33.28	38.19	ī	14.57	233	15.60
				Marine and Bra	ie and Brackish Water Shell Fish	nell Fish						
SLF039	Squid, hardshell (Sopia pharaonis)	303	3.25	ı	2.32	ı	57.49	48.52		14.05	178	60.32
SLF040	Squid, Long barrel (Loligo singhalensis)	441	8.22	ı	ı	ī	67.70	95.50	ı	ı	269	324
SLF041	Squid, red (Loligo duvaucelii)	545	17.81	ı	1.87	I	72.08	82.28	I	29.27	342	126
SLF042	Octopus (Octopus vulgaris)	383	9.32	ı	ı	T	121	72.24	T	ı	181	118
SLF043	Prawn, green tiger (Penaeus semisulcatus)	101	12.55	ı	2.04	0.99	22.95	19.83	ı	6.63	35.72	70.80
SLF044	Prawn, giant tiger (Penaeus monodon)	204	20.99		·		54.81	69.78	ı	8.28	50.40	19.47
SLF045	Crab, mud (Scylla tranquebarica)	129	11.56	ı	3.26	ı	35.64	41.52	ı	5.53	31.76	7.10
SLF046	Crab, Three-spot (Portunus sanguinolentus)	146	5.83	ı	2.42	1.26	31.72	30.35	ı	6.97	67.91	23.18
SLF047	Clam, white shell (Meretrix meretrix)	418	16.94		29.48		47.16	85.90	I	21.13	217	23.98
				Fresh Water	Fish and Shel	ll Fish						
SLF048	Cat fish, (Heteropneustes fossilis)	978	458		132	51.98	80.31	78.77	36.82		140	84.01
SLF049	Eel (Anguilla bengalensis)	600	190		90.12	24.90	137	17.91	20.95	ı	119	58.64
SLF050	Thilapia (Oreochromis niloticus)	199	49.44	ı	32.45	7.95	35.03	14.76		ı	59.16	26.36
SLF051	Prawn, giant ( <i>Macrobrachium rosenbergii</i> )	94.61	17.75	ı	3.91	T	17.87	27.14	ı	ı	27.94	87.28
					Dried Fish							
SLF052	Anchovy sprats (Stolephorus indicus)	1667	131	52.08	15.43	ī	8.01	57.94	ı	108	1294	171
SLF053	Baby shrimps (karandi spp)	324	115	27.72	8.11	ı	4.79	9.27	ı	9.61	149	306
SLF054	Maldives fish (Tuna spp)	1379	83.04	24.32	19.00	ī	5.01	89.17	ı	115	1044	98.44
SLF055	Marlin, Indo-Pacific Sailfish (Istiophorus platypterus)	1157	62.55	10.02	12.16	·	4.91	110		93.42	864	93.76
SLF056	Queenfish ( <i>Seriphus politus)</i>	636	29.61	9.77	3.98	ī	2.58	67.42	ı	48.21	475	75.58
SLF057	Shark (Carcharhinus falciformis)	852	22.22	·	10.91	·	ı	108	ı	96.81	615	39.82
SLF058	Skipjack tuna <i>(Katsuwonus pelamis)</i>	604	61.73	7.96	15.91	ī	4.46	24.24	ı	83.31	407	77.14
SLF059	Smooth belly sardinella (Amblygaster leiogaster)	788	66.55	34.44	7.32	T	0.99	43.57		46.66	589	119

### Group G

### Milk and Dairy products

Milk produced by various mammals and dairy products such as curd, yogurt, cheese are included in this group. This tasty food group adds protein, fat, calcium and various other minerals to the diet.

SLFCT contains 14 commonly consumed milk and dairy products.





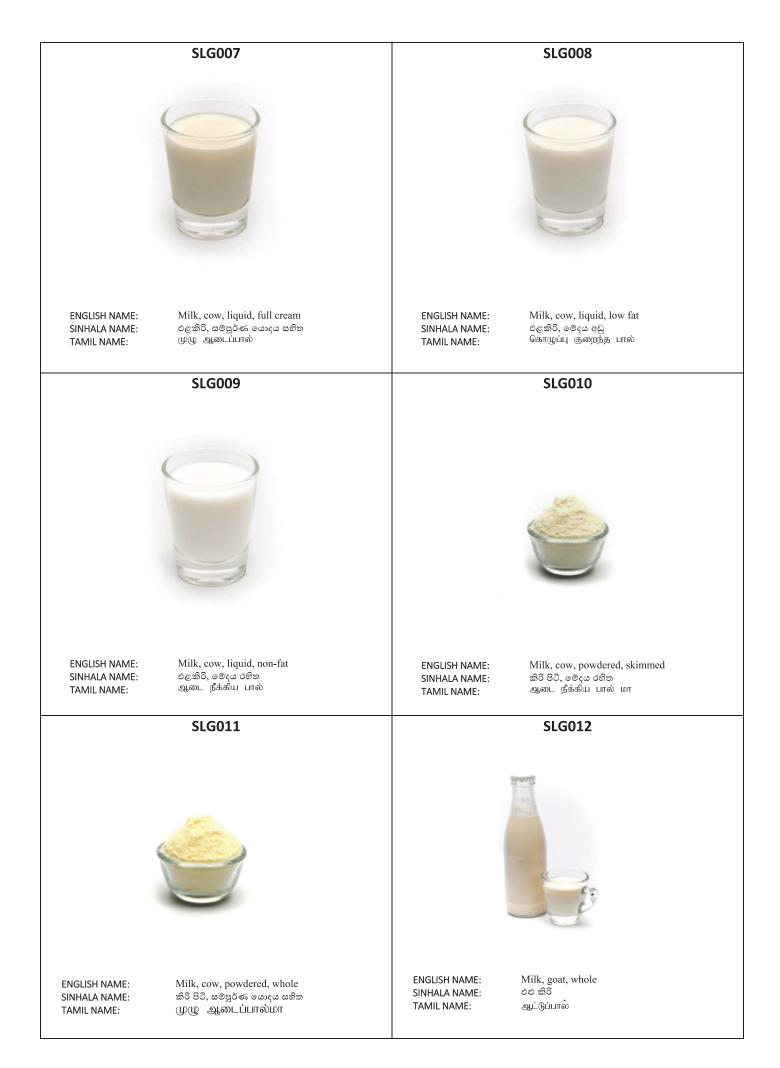




Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

Food	Food Name	Energy	Moisture	Protein	Total Fat	Carbohyd	Total	Soluble	Insoluble	Ash
code						-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal kJ	g	g	g	g	g	g	g	g
SLG001	Butter, Salted	733 3010	15.90	06.0	81.00	0.20	1	·		2.10
SLG002	Cheese, cheddar, regular fat	380 1590	34.30	19.75	28.27	11.67	ı	ı	'	6.05
SLG003	Cheese, cottage, panner	346 1440	40.30	24.60	25.10	5.40	ı	ı	ı	4.60
SLG004	Curd, buffalo. whole	99 415	83.12	6.32	6.55	3.86	ı	ı	,	0.16
SLG005	Ghee, Cow	3690 3690	0.10	ı	99.80	ı	ı	·	'	0.10
SLG006	Milk, cow, condensed, sweetened, whole	334 1410	26.50	8.20	9.40	54.00	ı	ı	ı	1.80
SLG007	Milk, cow, liquid, full cream	63 263	88.30	3.10	3.70	4.30	ı	ı	,	0.60
SLG008	Milk, cow, liquid, low fat	52 217	91.70	3.71	1.31	6.27	ı	ı	'	0.96
SLG009	Milk, cow, liquid, non-fat	30 125	92.10	3.10	0.10	4.10	I	ı	'	0.60
SLG010	Milk, cow, powdered, skimmed	358 1520	3.80	37.60	1.00	49.80	ı	ı	,	7.90
SLG011	Milk, cow, powdered, whole	497 2080	3.20	26.60	26.70	37.50	ı	ı	·	5.90
SLG012	Milk, goat, whole	68 285	87.50	3.50	4.10	4.20	ı	ı	ı	06.0
SLG013	Yoghurt, low fat, plain	73 305	83.6	9.95	1.92	3.94	ı	ı	,	0.63
SLG014	Yoghurt, whole	94 393	79.50	4.51	3.04	12.03	I	ı	1	0.97

# **Table 2. FAT SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name				
code		Vitamin A (RAE)	Vitamin D	Vitamin K	Vitamin E Equivalent
		VITA	ERGCAL	VITK1	VITE
		рд	бл	hg	bu
SLG001	Butter, Salted	633	1.50	NA	1.85
SLG002	Cheese, cheddar, regular fat	198	NA	NA	NA
SLG003	Cheese, cottage, panner	205	0.30	NA	0.49
SLG004	Curd, buffalo. whole	T	ND	ı	0.21
SLG005	Ghee, Cow	642	1.90	NA	3.31
SLG006	Milk, cow, condensed, sweetened, whole	95.00	0.20	NA	0.19
SLG007	Milk, cow, liquid, full cream	32.00	NA	NA	0.08
SLG008	Milk, cow, liquid, low fat	12.00	NA	NA	NA
SLG009	Milk, cow, liquid, non-fat	NA	NA	NA	0.01
SLG010	Milk, cow, powdered, skimmed	NA	NA	NA	0.10
SLG011	Milk, cow, powdered, whole	238	NA	NA	0.59
SLG012	Milk, goat, whole	32.00	0.06	NA	0.03
SLG013	Yoghurt, low fat, plain	90.00	I	0.20	0.04
SLG014	Yoghurt, whole	20.00	NA	NA	NA

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin	Total vitamin	Total Folate (B9)	Total Vitamin C
code				(B3)	(B6)		
		THIA	RIBF	NIA	VITB6C	FOLSUM	VITC
		mg	mg	mg	mg	нд	mg
SLG001	Butter, Salted	0.01	0.03	0.04	0.003	3.00	NA
SLG002	Cheese, cheddar, regular fat	0.03	0.64	4.10	NA	NA	NA
SLG003	Cheese, cottage, panner	0.02	0.47	6.50	NA	40.00	NA
SLG004	Curd, buffalo. whole	ND	0.04	ı	0.05	6.30	
SLG005	Ghee, Cow	NA	NA	NA	NA	NA	NA
SLG006	Milk, cow, condensed, sweetened, whole	60.0	0.44	2.30	0.05	13.00	3.30
SLG007	Milk, cow, liquid, full cream	0.06	0.28	0.80	0.05	00.6	2.00
SLG008	Milk, cow, liquid, low fat	0.04	0.23	0.13	NA	NA	NA
SLG009	Milk, cow, liquid, non fat	0.06	0.28	0.80	0.05	9.00	1.00
SLG010	Milk, cow, powdered, skimmed	0.45	1.64	9.70	0.64	21.00	5.00
SLG011	Milk, cow, powdered, whole	0.31	1.37	6.80	0.27	38.00	10.70
SLG012	Milk, goat, whole	0.05	0.09	1.00	0.04	1.00	1.20
SLG013	Yoghurt, low fat, plain	0.04	0.23	0.20	0.06	12.00	0.80
SLG014	Yoghurt, whole	0.04	0.23	NA	NA	NA	NA

## **Table 4. MAJOR MINERALS**

CA       CA         Butter, Salted       mg         Butter, Salted       mg         Cheese, cheddar, regular fat       24.00         Cheese, cottage, panner       790         Curd, buffalo. whole       24.00         Ghee, Cow       790         Milk, cow, liquid, hull cream       90.65         Milk, cow, liquid, low fat       103         Milk, cow, liquid, non fat       103         Milk, cow, powdered, whole       1370         Milk, cow, powdered, whole       1370         Milk, cow, powdered, whole       152         Milk, cow, powdered, whole       152	Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
CA       Butter, Salted     mg       Butter, Salted     mg       Cheese, cheddar, regular fat     24.00       Cheese, cottage, panner     24.00       Curd, buffalo. whole     643       Ghee, Cow     790       Milk, cow, liquid, full cream     1.00       Milk, cow, liquid, low fat     103       Milk, cow, powdered, whole     1370       Milk, cow, powdered, whole     152       Voghurt, low fat, plain     115	code						
mgButter, Salted24.00Butter, Salted24.00Cheese, cheddar, regular fat643Cheese, cottage, panner643Curd, buffalo. whole790Curd, buffalo. whole790Ghee, Cow1.00Milk, cow, liquid, full cream103Milk, cow, liquid, non fat103Milk, cow, powdered, whole127Milk, cow, powdered, whole1370Milk, cow, powdered, whole152Milk, goat, whole152Yoghurt, low fat, plain115			CA	Ь	MG	NA	К
Butter, Salted24.00Cheese, cheddar, regular fat643Cheese, cottage, panner643Curd, buffalo. whole90.65Ghee, Cow90.65Ghee, Cow1.00Milk, cow, liquid, full cream103Milk, cow, liquid, low fat103Milk, cow, powdered, skimmed103Milk, cow, powdered, skimmed1370Milk, cow, powdered, whole1370Milk, cow, powdered, whole152Voghurt, low fat, plain115			тg	mg	mg	mg	mg
Cheese, cheddar, regular fat643Cheese, cottage, panner790Curd, buffalo. whole90.65Ghee, Cow1.00Milk, cow, condensed, sweetened, whole287Milk, cow, liquid, full cream103Milk, cow, liquid, low fat103Milk, cow, powdered, skimmed1370Milk, cow, powdered, whole1370Milk, cow, powdered, whole1370Milk, cow, powdered, whole152Milk, cow, powdered, whole152Milk, cow, powdered, whole152Wolurt, low fat, plain115	SLG001	Butter, Salted	24.00	24.00	2.00	714	24.00
Cheese, cottage, panner790Curd, buffalo. whole90.65Ghee, Cow1.00Milk, cow, condensed, sweetened, whole287Milk, cow, liquid, full cream103Milk, cow, liquid, non fat103Milk, cow, powdered, skimmed1370Milk, cow, powdered, whole1370Milk, cow, powdered, whole1370Milk, cow, powdered, whole152Milk, cow, powdered, whole152Milk, cow, powdered, whole152Voghurt, low fat, plain115	SLG002	Cheese, cheddar, regular fat	643	556	NA	1304	NA
Curd, buffalo. whole90.65Ghee, Cow1.00Gilk, cow, condensed, sweetened, whole287Milk, cow, liquid, full cream103Milk, cow, liquid, low fat103Milk, cow, powdered, skimmed1370Milk, cow, powdered, whole959Milk, cow, powdered, whole152Milk, cow, powdered, whole152Milk, cow, powdered, whole152	SLG003	Cheese, cottage, panner	790	414	22.00	509	83.00
Ghee, Cow1.00Milk, cow, condensed, sweetened, whole287Milk, cow, liquid, full cream103Milk, cow, liquid, low fat127Milk, cow, powdered, skimmed103Milk, cow, powdered, whole1370Milk, cow, powdered, whole152Milk, cow, powdered, whole152Milk, cow, powdered, whole152Voghurt, low fat, plain115	SLG004	Curd, buffalo. whole	90.65	90.89	9.39	9.49	86.92
Milk, cow, condensed, sweetened, whole287Milk, cow, liquid, full cream103Milk, cow, liquid, low fat127Milk, cow, liquid, non fat103Milk, cow, powdered, skimmed1370Milk, cow, powdered, whole559Milk, goat, whole152Yoghurt, low fat, plain115	SLG005	Ghee, Cow	1.00	NA	NA	2.00	1.00
Milk, cow, liquid, full cream103Milk, cow, liquid, low fat127Milk, cow, liquid, non fat127Milk, cow, powdered, skimmed1370Milk, cow, powdered, whole959Milk, goat, whole152Yoghurt, low fat, plain115	SLG006	Milk, cow, condensed, sweetened, whole	287	247	28.00	134	366
Milk, cow, liquid, low fat 127 Milk, cow, liquid, non fat 103 Milk, cow, powdered, skimmed 1370 Milk, cow, powdered, whole 959 Milk, goat, whole 152 Yoghurt, low fat, plain 115	SLG007	Milk, cow, liquid, full cream	103	90.00	13.00	51.00	131
Milk, cow, liquid, non fat 103 Milk, cow, powdered, skimmed 1370 Milk, cow, powdered, whole 959 Milk, goat, whole 152 Yoghurt, low fat, plain 115	SLG008	Milk, cow, liquid, low fat	127	106	12.00	50.00	168
Milk, cow, powdered, skimmed 1370 Milk, cow, powdered, whole 959 Milk, goat, whole 152 Yoghurt, low fat, plain 115	SLG009	Milk, cow, liquid, non fat	103	90.00	13.00	51.00	131
Milk, cow, powdered, whole 959 Milk, goat, whole 152 Yoghurt, low fat, plain 115	SLG010	Milk, cow, powdered, skimmed	1370	956	110	435	1600
Milk, goat, whole 152 Yoghurt, low fat, plain 115	SLG011	Milk, cow, powdered, whole	959	758	92.00	365	1180
Yoghurt, low fat, plain	SLG012	Milk, goat, whole	152	111	14.00	50.00	204
	SLG013	Yoghurt, low fat, plain	115	137	11.00	34.00	141
Yoghurt, whole 12/	SLG014	Yoghurt, whole	127	113	NA	63.00	NA

Table 5. TRACE ELEMENTS AND HEAVY METALS

Food	Food Name	Iron	Copper	Zinc
code				
		FE	CU	ZN
		bm	mg	bm
SLG001	Butter, Salted	NA	NA	0.09
SLG002	Cheese, cheddar, regular fat	0.50	NA	NA
SLG003	Cheese, cottage, panner	0.30	0.03	3.55
SLG004	Curd, buffalo. whole	0.58	0.04	0.79
SLG005	Ghee, Cow	0.20	0.01	0.01
SLG006	Milk, cow, condensed, sweetened, whole	0.20	0.02	0.97
SLG007	Milk, cow, liquid, full cream	0.10	0.05	0.45
SLG008	Milk, cow, liquid, low fat	0.10	NA	NA
SLG009	Milk, cow, liquid, non fat	0.10	0.05	0.45
SLG010	Milk, cow, powdered, skimmed	1.10	0.10	4.70
SLG011	Milk, cow, powdered, whole	0.70	0.06	3.71
SLG012	Milk, goat, whole	0.20	0.05	0.30
SLG013	Yoghurt, low fat, plain	0.04	0.02	0.60
SLG014	Yoghurt, whole	0.14	NA	NA

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g protein; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Tryptophan	biɔA ɔiナıɕqɛA	Threonine	Serine	biɔA ɔimɕtulð	Proline	Glycine	əninslA	9ni9tzyD	enileV	Methionine Isoleucine	Leucine		Phenylalanine	, AibiteiH	əuisyJ	Arginine
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL N	MET II	ILE LEU		TYR PHE	IE HIS	s LYS	S ARG
		g	g	g	g	g	g	g	g	g								
SLG001	Butter, Salted	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA I	NA N	NA N	NA N	NA NA	A NA	NA NA	NA NA
SLG002	Cheese, cheddar, regular fat	NA	ΝA	ΝA	NA	NA	ΝA	ΝA	ΝA	NA								
SLG003	Cheese, cottage, panner	1.42	7.69	4.37	5.27	20.24	10.45	2.18	3.39	0.72								,
SLG004	Curd, buffalo. whole	ND	QN	ND	ND	ND	ND	ND	ND	ND								
SLG005	Ghee, Cow	NA	ΝA	ΝA	NA	NA	NA	NA	NA	NA								
SLG006	Milk, cow, condensed, sweetened, whole	NA	ΝA	ΝA	NA	NA	NA	NA	NA	NA								
SLG007	Milk, cow, liquid, full cream	1.46	8.84	4.81	6.36	17.88	6.82	2.35	3.87	1.22 (						_		,
SLG008	Milk, cow, liquid, low fat	NA	NA	NA	NA	NA	NA	NA	NA	NA								
SLG009	Milk, cow, liquid, non fat	NA	ΝA	ΝA	NA	NA	NA	NA	NA	NA								
SLG010	Milk, cow, powdered, skimmed	NA	ΝA	ΝA	NA	NA	NA	NA	NA	NA								
SLG011	Milk, cow, powdered, whole	NA	ΝA	ΝA	NA	NA	NA	NA	NA	NA								
SLG012	Milk, goat, whole	NA	ΝA	ΝA	NA	NA	NA	NA	NA	NA								
SLG013	Yoghurt, low fat, plain	NA	NA	NA	NA	NA	NA	NA	NA	NA								
SLG014	Yoghurt, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA								

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

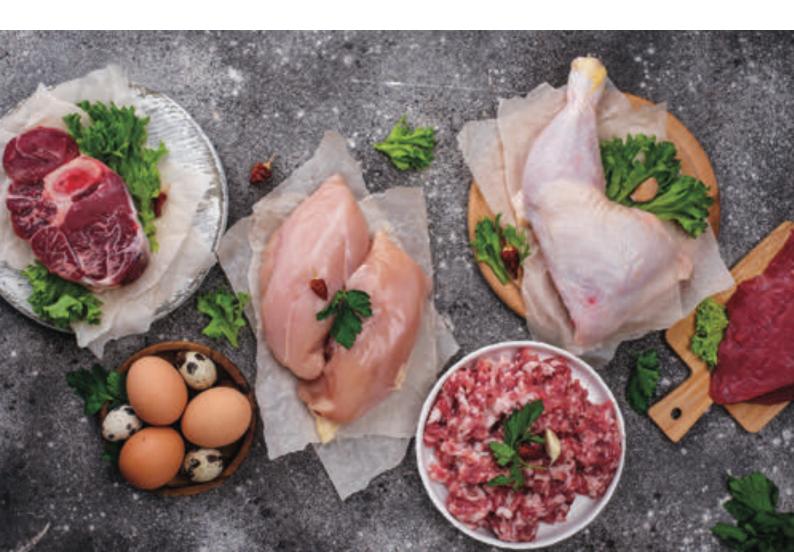
47,000 47,000		Satura	urated Fatty Acids	Acids			Mono U	Mono Unsaturated Fatty Acids	ed Fatty	Poly U	Poly Unsaturated Fatty Acids	Fatty
FASATF10D0F14D0Butter, SaltedmgmgmgButter, SaltedmgmgmgButter, SaltedNANANACheese, cheddar, regular fatNANANACheese, cottage, panner8851NANACheese, cottage, panner8851NA2301600Curd, buffalo. whole8851NA2301600Ghee, Cow8851NA84.19827Milk, cow, liquid, full cream71.020.221.8711.81Milk, cow, liquid, low fatNANANANAMilk, cow, liquid, low fatNANANANAMilk, cow, powdered, wholeNANANANAMilk, goat, wholeNANANANANAMilk, goat, wholeNANANANANAVoehurt. low fat. plainNANANANANAYoehurt. low fat. plainNANANANANA	Butyric acid	Capric		Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	letoT	Palmitoleic (Cn1:812)	Oleic (C18:2D)	lefoT	Linoleic (218:2n6)	cinəlonid-A (EnE:812)
mgmgmgmgmgButter, SaltedNANANANACheese, cheddar, regular fatNANANANACheese, cottage, panner8851NA2301600Curd, buffalo. whole8851NA2301600Curd, buffalo. whole8851NA84.19827Ghee, Cow71.020.221.8711.81Milk, cow, liquid, full cream71.020.221.8711.81Milk, cow, liquid, low fatNANANANAMilk, cow, powdered, wholeNANANANAMilk, cow, powdered, wholeNANANANAMilk, goar, wholeNANANANAMilk, goar, wholeNANANANAYoehurt. low fat. balinNANANANAYoehurt. low fat. balin123047.0067.00194	FASAT	F10D0	F14D0	F16D0	F18D0	F20D0	FAMS	F16D1C	F18D1C N9	FAPU	F18D2C N6	F18D3N3
Butter, SaltedNANANACheese, cheddar, regular fatNANANANACheese, cottage, pannerNANANANACheese, cottage, panner8851NA2301600Curd, buffalo. whole8851NA2301600Curd, buffalo. whole87520.221.8711.81Milk, cow, condensed, sweetened, wholeNANANANAMilk, cow, liquid, full cream2707NA172451Milk, cow, liquid, non-fatNANANANANAMilk, cow, powdered, wholeNANANANANAMilk, cow, powdered, wholeNANANANANAMilk, goat, wholeNANANANANAMilk, goat, wholeNANANANANAYorburt. low fat. plain123047.0067.00194		mg	шg	тg	шg	тg	тg	тg	mg	бш	тд	mg
Cheese, cheddar, regular fat         NA         NA         NA         NA           Cheese, cottage, panner         8851         NA         230         1600           Curd, buffalo. whole         8851         NA         230         1600           Curd, buffalo. whole         871.02         0.22         1.87         11.81           Milk, cow, condensed, sweetened, whole         NA         NA         NA         NA           Milk, cow, liquid, full cream         71.02         0.22         1.87         11.81           Milk, cow, liquid, full cream         NA         NA         NA         NA           Milk, cow, liquid, full cream         2707         NA         172         451           Milk, cow, liquid, low fat         NA         NA         NA         NA           Milk, cow, powdered, skimmed         NA         NA         NA         NA           Milk, goat, whole         NA         NA         NA         NA         NA           Milk, goat, whole         NA         NA         NA         NA         NA           Milk, goat, whole         NA         NA         NA         NA         NA		NA	AN	NA	NA	NA	NA	NA	NA	NA	AN	NA
Cheese, cottage, panner         8851         NA         230         1600           Curd, buffalo. whole         4582         NA         84.19         827           Ghee, Cow         71.02         0.22         1.87         11.81           Milk, cow, condensed, sweetened, whole         NA         NA         NA         NA           Milk, cow, liquid, full cream         NA         NA         NA         NA           Milk, cow, liquid, low fat         NA         NA         NA         NA           Milk, cow, liquid, low fat         NA         NA         NA         NA           Milk, cow, powdered, skimmed         NA         NA         NA         NA           Milk, goat, whole         NA         NA         NA         NA         NA           Milk, goat, whole         NA         NA         NA         NA         NA           Voehurt. low fat. plain         1230         47.00         67.00         194		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Curd, buffalo. whole         4582         NA         84.19         827           Ghee, Cow         Ghee, Cow         71.02         0.22         1.87         11.81           Milk, cow, condensed, sweetened, whole         NA         NA         NA         NA         NA           Milk, cow, liquid, full cream         NA         NA         NA         NA         NA           Milk, cow, liquid, low fat         NA         NA         NA         NA         NA           Milk, cow, liquid, low fat         NA         NA         NA         NA         NA           Milk, cow, powdered, skimmed         NA         NA         NA         NA         NA           Milk, goat, whole         NA         NA         NA         NA         NA           Voehurt. low fat. plain         NA         NA         NA         NA         NA		230	1600	4792	1755	88.14	4300	385	3914	439	206	233
Ghee, Cow71.020.221.8711.81Milk, cow, condensed, sweetened, wholeNANANANAMilk, cow, liquid, full creamNANA17.2451Milk, cow, liquid, full cream2707NA172451Milk, cow, liquid, non-fatNANANANAMilk, cow, liquid, non-fatNANANANAMilk, cow, powdered, skimmedNANANANAMilk, goat, wholeNANANANAMilk, goat, wholeNANANANAYoshurt. low fat. plain123047.0067.00194		84.19	827	2783	473	35.16	1475	148	1184	145	59.79	70.80
Milk, cow, condensed, sweetened, wholeNANANAMilk, cow, liquid, full cream2707NA172451Milk, cow, liquid, low fatNANANANAMilk, cow, liquid, low fatNANANANAMilk, cow, liquid, non-fatNANANANAMilk, cow, powdered, skimmedNANANANAMilk, cow, powdered, wholeNANANANAMilk, goat, wholeNANANANAYoshurt. low fat. blain123047.0067.00194		1.87	11.81	39.13	13.89	0.52	26.44	1.86	23.19	2.55	2.00	0.55
Milk, cow, liquid, full cream2707NA172451Milk, cow, liquid, low fatNANANANANAMilk, cow, liquid, non-fatNANANANANAMilk, cow, powdered, skimmedNANANANANAMilk, cow, powdered, wholeNANANANANAMilk, cow, powdered, wholeNANANANANAMilk, goat, wholeNANANANANAYoghurt, low fat, blain123047.0067.00194	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Milk, cow, liquid, low fatNANANANAMilk, cow, liquid, non-fatNANANANAMilk, cow, powdered, skimmedNANANANAMilk, cow, powdered, wholeNANANANAMilk, goat, wholeNANANANAYoghurt. low fat. blain123047.0067.00194		172	451	1033	518	NA	1214	37.90	1176	126	106	20.52
Milk, cow, liquid, non-fatNANANANAMilk, cow, powdered, skimmedNANANANAMilk, cow, powdered, wholeNANANANAMilk, goat, wholeNANANANAYoghurt, low fat, blain123047.0067.00194		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Milk, cow, powdered, skimmedNANANAMilk, cow, powdered, wholeNANANANAMilk, goat, wholeNANANANAYoghurt, low fat. blain123047.0067.00194		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Milk, cow, powdered, whole     NA     NA     NA     NA       Milk, goat, whole     NA     NA     NA     NA       Yoghurt, low fat. plain     1230     47.00     67.00     194		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Milk, goat, whole         NA		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Yoghurt. low fat. plain   1230 47.00 67.00 194		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
	1230 47.00	67.00	194	570	195	3.00	486	31.00	381	76.00	48.00	7.00
		NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

### Group H

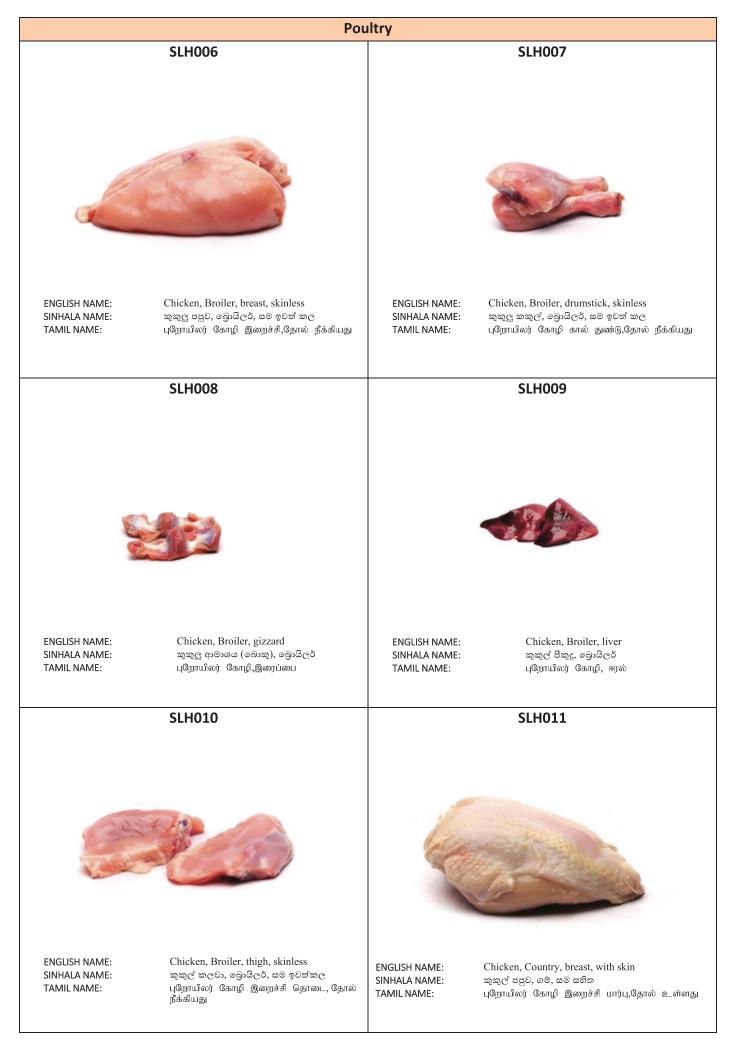
### Egg, Poultry and Meats

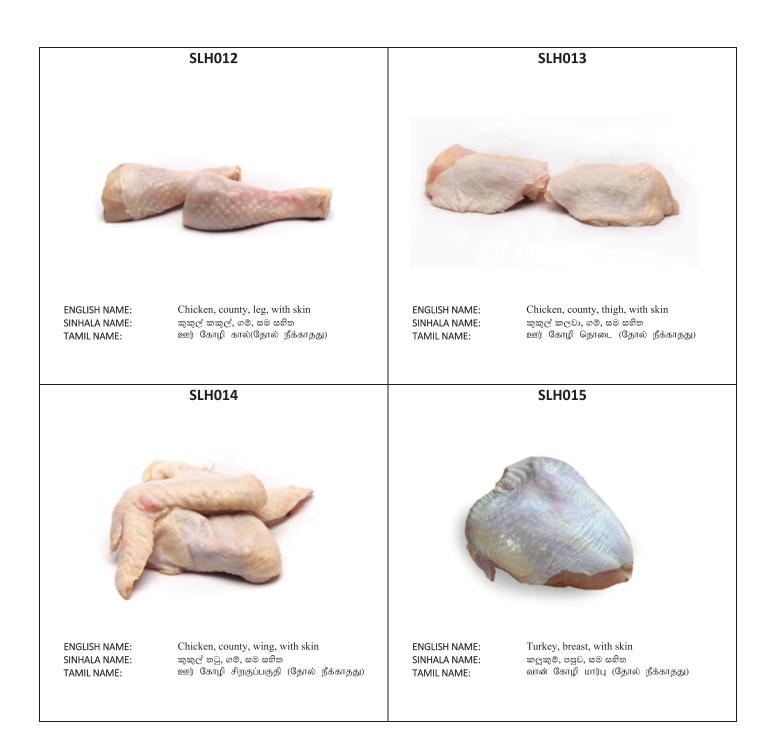
As the principal source of protein, egg, poultry and meat has become a major part of the diet all around the world. In addition to protein, they also contain many vitamins and minerals.

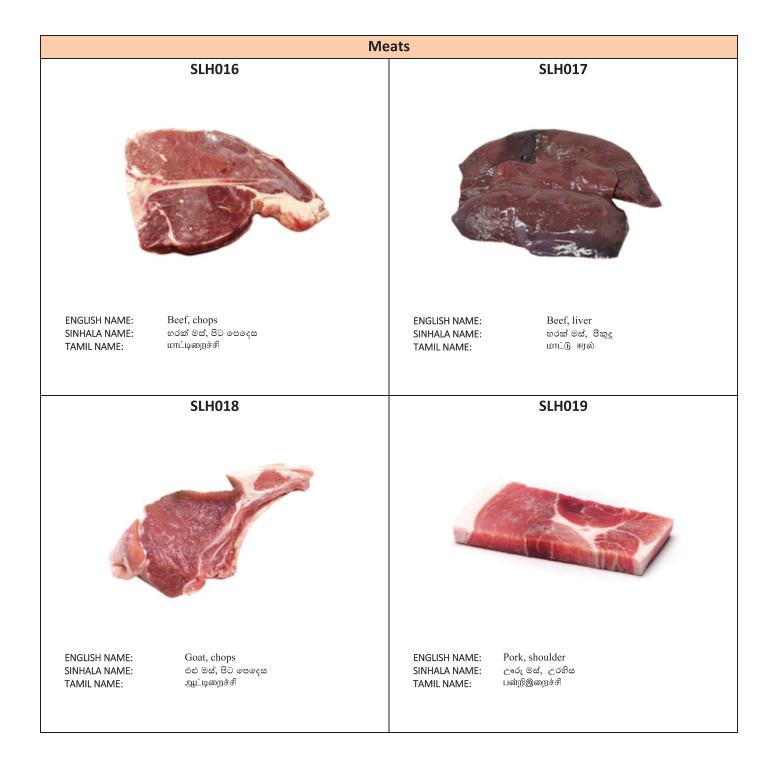
SLFCT contains 5 varieties of eggs, 10 types of poultry and 4 meat products.











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(All values are expressed per 100g edible portion)

Food	Food Name	Energy		Moisture	Protein	Total Fat	Ash
Code							
		ENERC		WATER	PROTCNT	FATCE	ASH
	1	kcal	kJ	g	g	g	g
			Eggs				
SLH001	Egg, country, whole, raw	170	704	72.96	13.14	13.00	0.86
SLH002	Egg, table, white, raw	43	184	86.81	10.71	0.06	0.76
SLH003	Egg, table, whole, raw	135	564	76.37	13.55	9.03	0.82
SLH004	Egg, table, yolk, raw	299	1239	53.58	15.85	26.22	1.03
SLH005	Egg, quail, whole, raw	153	635	75.11	12.39	11.46	0.94
			Poultry				
<b>SLH006</b>	Chicken, Broiler, breast, skinless	176	735	67.25	23.14	9.24	1.23
SLH008	Chicken, Broiler, drumstick, skinless	186	776	67.66	18.57	12.45	1.13
SLH007	Chicken, Broiler, gizzard	91	386	78.05	18.22	2.07	1.46
SLH009	Chicken, Broiler, liver	123	518	73.20	21.57	4.08	1.11
SLH010	Chicken, Broiler, thigh, skinless	211	877	67.76	18.61	15.15	1.13
SLH011	Chicken, country, breast, with skin	180	753	66.53	22.08	10.20	1.14
SLH012	Chicken, country, leg, with skin	174	723	70.02	17.01	11.73	1.20
SLH013	Chicken, country, thigh, with skin	189	785	67.46	18.29	12.82	1.23
SLH014	Chicken, country, wing, with skin	183	764	68.01	18.65	12.09	1.14
SLH015	Turkey, breast, with skin	160	671	68.44	21.96	8.04	1.01
			Meats				
SLH016	Beef, chops	160	672	68.03	23.30	7.45	1.20
SLH017	Beef, liver	112	473	75.26	20.08	3.54	1.04
SLH018	Goat, chops	138	577	72.19	20.37	6.23	1.00
SLH019	Pork, shoulder	161	672	70.01	18.83	9.50	0.63

# **Table 2. FAT SOLUBLE VITAMINS**

Food	Food Name	Vitamin A	Vitamin D	Vitamin E	Vitamin K
Code		Retinol	Cholecalciferol (D3)		Mequinones (K2)
		RETDL	CHOCAL	VITE	VITK2
		рц	hg	mg	нд
			Egg		
SLH001	Egg, country, whole, raw	208	4.46	2.10	64.00
SLH002	Egg, table, white, raw	NA	0.99	NA	NA
SLH003	Egg, table, whole, raw	200	0.92	1.96	14.82
SLH004	Egg, table, yolk, raw	530	3.40	3.09	42.81
SLH005	Egg, quail, whole, raw	153	5.72	0.99	8.19
			Poultry		
SLH006	Chicken, Broiler, breast, skinless	6.88	NA	0.23	31.65
SLH008	Chicken, Broiler, drumstick, skinless	9.77	NA	0.67	9.60
SLH007	Chicken, Broiler, gizzard	46.80	1.60	0.63	28.58
SLH009	Chicken, Broiler, liver	3486	2.62	0.73	14.30
SLH010	Chicken, Broiler, thigh, skinless	18.20	NA	0.54	14.67
SLH011	Chicken, country, breast, with skin	8.50	0.80	0.36	28.88
SLH012	Chicken, country, leg, with skin	17.40	1.12	0.70	11.31
SLH013	Chicken, country, thigh, with skin	27.00	1.05	0.55	18.50
SLH014	Chicken, country, wing, with skin	27.50	0.61	0.58	31.65
SLH015	Turkey, breast, with skin	8.90	0.52	0.57	26.43
			Meat		
SLH016	Beef, chops	2.15	NA	0.40	7.80
SLH017	Beef, liver	7959	NA	0.60	4.00
SLH018	Goat, chops	2.70	NA	0.13	6.80
SLH019	Pork, shoulder	1.90	5.63	0.11	3.02

# **Table 3. WATER SOLUBLE VITAMINS**

Food	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	Total Folate
code		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM
		mg	mg	mg	mg	mg	hg
			Eggs				
SLH001	Egg, country, whole, raw	0.14	0.08	0.14	1.03	0.18	54.60
SLH002	Egg, table, white, raw	0.02	0.16	0.01	1.23	0.00	4.68
SLH003	Egg, table, whole, raw	0.06	0.19	0.12	1.48	0.19	49.46
SLH004	Egg, table, yolk, raw	0.11	0.14	0.66	2.77	0.28	107
SLH005	Egg, quail, whole, raw	0.15	0.11	0.12	0.93	0.17	54.86
			Poultry				
SLH006	Chicken, Broiler, breast, skinless	0.17	0.07	9.38	1.16	0.49	10.09
SLH008	Chicken, Broiler, drumstick, skinless	0.21	0.16	6.13	1.09	0.31	7.55
SLH007	Chicken, Broiler, gizzard	0.01	0.11	2.87	0.70	0.14	8.72
SLH009	Chicken, Broiler, liver	0.28	0.20	4.44	6.39	0.92	1032
SLH010	Chicken, Broiler, thigh, skinless	0.14	0.12	6.83	1.25	0.32	9.07
SLH011	Chicken, country, breast, with skin	0.11	0.04	5.62	0.81	0.59	12.98
SLH012	Chicken, country, leg, with skin	0.17	0.10	2.44	0.73	0.36	8.10
SLH013	Chicken, country, thigh, with skin	0.11	0.13	3.62	0.89	0.42	10.42
SLH014	Chicken, country, wing, with skin	0.07	0.03	3.19	0.85	0.43	9.19
SLH015	Turkey, breast, with skin	0.06	0.10	4.49	1.53	0.56	14.67
			Meats				
SLH016	Beef, chops	0.05	0.08	6.36	06.0	0.32	1.93
SLH017	Beef, liver	0.18	0.31	13.89	NA	NA	NA
SLH018	Goat, chops	0.08	0.13	6.19	1.03	0.28	1.73
SLH019	Pork, shoulder	0.33	0.09	4.38	0.78	0.28	8.15

### **Table 4. MAJOR MINERALS**

(All values are expressed per 100g edible portion)

Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
code						
		CA	Ρ	MG	NA	К
		mg	mg	mg	mg	mg
			Eggs			
SLH001	Egg, country, whole, raw	50.14	198	11.04	157	117
SLH002	Egg, table, white, raw	5.05	15.00	10.80	167	155
SLH003	Egg, table, whole, raw	63.30	189	12.00	110	128
SLH004	Egg, table, yolk, raw	109	561	13.30	49.00	128
SLH005	Egg, quail, whole, raw	60.67	236	11.21	132	119
			Poultry			
SLH006	Chicken, Broiler, breast, skinless	15.06	177	20.18	30.42	302
SLH008	Chicken, Broiler, drumstick, skinless	20.77	194	22.00	58.70	279
SLH007	Chicken, Broiler, gizzard	5.46	119	13.95	50.60	244
SLH009	Chicken, Broiler, liver	4.10	244	16.10	61.58	241
SLH010	Chicken, Broiler, thigh, skinless	18.09	180	22.64	50.08	257
SLH011	Chicken, country, breast, with skin	12.49	222	21.74	23.13	365
SLH012	Chicken, country, leg, with skin	22.56	250	24.72	50.46	357
SLH013	Chicken, country, thigh, with skin	20.12	232	23.54	51.14	330
SLH014	Chicken, country, wing, with skin	35.46	235	25.46	54.15	249
SLH015	Turkey, breast, with skin	14.35	182	21.83	40.45	315
			Meats			
SLH016	Beef, chops	4.80	219	28.54	52.69	367
SLH017	Beef, liver	4.99	326	17.44	51.32	286
SLH018	Goat, chops	7.58	178	19.50	55.71	333
SLH019	Pork, shoulder	6.58	143	8.90	40.33	243

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Nome         Mathematical state         Mathematical state         Mathematical state         Mathematical state           1	Food	Food Name							u									
Image         Image <th< th=""><th>code</th><th></th><th>Iron</th><th>əsənsgnsM</th><th>Copper</th><th>Sinc</th><th>muinələ2</th><th>tlsdoD</th><th>unuəpqʎloM</th><th>muimordጋ</th><th>Nickel</th><th></th><th>muinimulA</th><th>реәү</th><th>Μετςμιγ</th><th>muimbeO</th><th>Arsenic</th><th>γnomitnA</th></th<>	code		Iron	əsənsgnsM	Copper	Sinc	muinələ2	tlsdoD	unuəpqʎloM	muimordጋ	Nickel		muinimulA	реәү	Μετςμιγ	muimbeO	Arsenic	γnomitnA
md         md<			FE	MN	CU	NZ	SE	СО	MO	CR	N		AL	PB	ЫG	CD	AS	SB
Eigs contry, whole, raw         Eigs           Eigs contry, whole, raw         Leg contry, leg			mg	тg	mg	mg	hg	тg	-	-	-	-	ng	mg	hg	тg	hg	hд
Egg country, whole, raw         1.64         0.02         0.05         1.12         6.2.33         N							Eggs											
Egg table, white, raw         003         Na         003         0.33         0.04         0.35         Na	SLH001	Egg, country, whole, raw	1.64	0.02	0.06	1.12	62.33	NA	NA	NA	NA		NA	NA	NA	NA	NA	NA
Egg. table, whole, raw         Egg. table, whole, raw         Egg. table, whole, raw         Caller         Na         Na <th< th=""><th>SLH002</th><th>Egg, table, white, raw</th><th>60.0</th><th>NA</th><th>0.03</th><th>0.04</th><th>26.35</th><th>NA</th><th></th><th>NA</th><th>NA</th><th></th><th>NA</th><th>NA</th><th>AN</th><th>NA</th><th>NA</th><th>NA</th></th<>	SLH002	Egg, table, white, raw	60.0	NA	0.03	0.04	26.35	NA		NA	NA		NA	NA	AN	NA	NA	NA
Egg         tube, yolk, raw         291         0.03         207         53.88         NA         N	SLH003	Egg, table, whole, raw	2.39	0.03	0.08	1.73	36.35	NA		NA	NA		NA	NA	NA	NA	NA	NA
Egg quait, whole, raw         2.55         0.03         1.51         50.63         NA	SLH004	Egg, table, yolk, raw	2.91	0.03	0.09	2.07	53.88	NA		NA	NA		NA	NA	NA	NA	NA	NA
Polity         Polity         N <t< th=""><th>SLH005</th><th>Egg, quail, whole, raw</th><th>2.55</th><th>0.03</th><th>0.09</th><th>1.51</th><th>50.63</th><th>NA</th><th></th><th>NA</th><th>NA</th><th></th><th>NA</th><th>NA</th><th>NA</th><th>NA</th><th>NA</th><th>NA</th></t<>	SLH005	Egg, quail, whole, raw	2.55	0.03	0.09	1.51	50.63	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, Broiler, Incert, Skinless         0.75         0.02         0.14         1.81         2.225         NA         NA <thn< th=""><th></th><th></th><th></th><th></th><th></th><th></th><th>Poultry</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th></thn<>							Poultry											
Chicken, Broiler, drumstick, skinless         1.35         0.02         0.41         1.81         2.2.22         N	SLH006	Chicken, Broiler, breast, skinless	0.75	0.02	0.16	0.64	21.65	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, Broiler, gizzard         3.19         0.03         0.20         2.65         64.65         NA	SLH008	Chicken, Broiler, drumstick, skinless	1.35	0.02	0.41	1.81	22.22	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, Broiler, liver         9.92         0.21         0.22         0.21         0.23         2.65         46.35         NA	SLH007	Chicken, Broiler, gizzard	3.19	0.03	0.20	2.65	54.66	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, Broiler, thigh, skinless $0.89$ $0.02$ $0.10$ $1.39$ $20.15$ $N4$	SLH009	Chicken, Broiler, liver	9.92	0.21	0.29	2.65	46.35	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, country, breast, with skin1.090.010.130.7820.12NA <th>SLH010</th> <th>Chicken, Broiler, thigh, skinless</th> <th>0.89</th> <th>0.02</th> <th>0.10</th> <th>1.39</th> <th>20.15</th> <th>NA</th> <th></th> <th>NA</th> <th>NA</th> <th></th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th>	SLH010	Chicken, Broiler, thigh, skinless	0.89	0.02	0.10	1.39	20.15	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, country, leg, with skin       1.66       0.03       0.22       2.71       16.33       NA	SLH011	Chicken, country, breast, with skin	1.09	0.01	0.13	0.78	20.12	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, country, thigh, with skin $1.40$ $0.02$ $0.40$ $2.16$ $18.33$ $NA$ <th< th=""><th>SLH012</th><th>Chicken, country, leg, with skin</th><th>1.66</th><th>0.03</th><th>0.22</th><th>2.71</th><th>16.33</th><th>NA</th><th></th><th>NA</th><th>NA</th><th></th><th>NA</th><th>NA</th><th>NA</th><th>NA</th><th>NA</th><th>NA</th></th<>	SLH012	Chicken, country, leg, with skin	1.66	0.03	0.22	2.71	16.33	NA		NA	NA		NA	NA	NA	NA	NA	NA
Chicken, country, wing, with skin         1.45         0.02         0.15         1.64         18.01         NA         N	SLH013	Chicken, country, thigh, with skin	1.40	0.02	0.40	2.16	18.33	NA		NA	NA		NA	NA	NA	NA	NA	NA
Turkey, breast, with skin       1.01       0.02       0.10       1.28       14.33       NA       N	SLH014	Chicken, country, wing, with skin	1.45	0.02	0.15	1.64	18.01	NA		NA	NA		NA	NA	NA	NA	NA	NA
Meats           Beef, chops         2.41         0.01         0.09         3.31         22.11         NA         0.01         0.02         NA         0.18         NA         0.01         NA         1.55           Beef, liver         17.95         0.26         3.63         6.72         29.18         NA         0.01         0.02         NA         0.01         0.83         NA         2.58           Goat, chops         1.62         NA         0.06         5.05         23.41         NA         0.01         0.01         0.83         NA         2.58           Pork, shoulder         0.79         0.02         0.21         0.80         NA         NA         0.14         0.00         0.10         NA         0.30	SLH015	Turkey, breast, with skin	1.01	0.02	0.10	1.28	14.33	NA		NA	NA		NA	NA	NA	NA	NA	NA
Beef, chops         2.41         0.01         0.09         3.31         22.11         NA         NA         0.12         NA         0.13         NA         0.11         NA         1.55           Beef, liver         17.95         0.26         3.63         6.72         29.18         NA         0.11         0.02         NA         0.11         0.83         NA         2.58           Goat, chops         1.62         NA         0.06         5.05         23.41         NA         0.01         0.01         0.83         NA         2.58           Pork, shoulder         0.79         0.02         0.21         0.80         NA         NA         0.01         0.01         0.00         0.10         NA         0.30						_	Meats											
Beef, liver         17.95         0.26         3.63         6.72         29.18         NA         0.11         0.01         0.45         0.01         0.83         NA         2.58           Goat, chops         1.62         NA         0.06         5.05         23.41         NA         0.01         0.01         0.45         0.01         0.83         NA         2.58           Pork, shoulder         0.79         0.02         0.21         0.80         NA         NA         0.01         0.01         0.14         0.00         0.10         NA         0.30	SLH016	Beef, chops	2.41	0.01	0.09	3.31	22.11	NA			0.02			NA	0.01	NA	1.55	1.50
Goat, chops         1.62         NA         0.06         5.05         23.41         NA         0.01         0.1         0.0         0.10         0.10         NA         0.30         Port         Distribution         Distributicity andistrest and and andistres	SLH017	Beef, liver	17.95	0.26	3.63	6.72	29.18	NA			0.02			0.01	0.83	NA	2.58	0.11
Pork, shoulder 0.79 0.79 0.02 0.21 0.80 NA NA 0.02 NA NA 0.02 NA 0.42 NA 0.29 NA 1.12	SLH018	Goat, chops	1.62	NA	0.06	5.05	23.41	NA			0.01		-	0.00	0.10	NA	0.30	0.10
	SLH019	Pork, shoulder	0.79	0.02	0.21	0.80	NA	NA			NA			NA	0.29	NA	1.12	0.83

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein)

Food         Pood         Pood </th <th> .</th> <th></th>	.																													
Trty         SP         TH         SF         GL         FN         GL         FN         GL         FN         FF         GL         FN         FF         GL         FN         FI         FI <th <="" th=""><th>Food</th><th>Food Name</th><th>Tryptophan</th><th>biɔA ɔiナıɕqɛA</th><th>Threonine</th><th>Serine</th><th>bioA oimetulĐ</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th>อกinธlธlyุท949</th><th>ənibitziH</th><th>ənisγ</th><th>Arginine</th></th>	<th>Food</th> <th>Food Name</th> <th>Tryptophan</th> <th>biɔA ɔiナıɕqɛA</th> <th>Threonine</th> <th>Serine</th> <th>bioA oimetulĐ</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>อกinธlธlyุท949</th> <th>ənibitziH</th> <th>ənisγ</th> <th>Arginine</th>	Food	Food Name	Tryptophan	biɔA ɔiナıɕqɛA	Threonine	Serine	bioA oimetulĐ								อกinธlธlyุท949	ənibitziH	ənisγ	Arginine											
q         q			TRP	ASP	THR	SER		-		-				_			LYS	ARG												
Egg         Tegs           Egg         colspan="12">colspan="12"         colspan="12"          colspan="12" <th <="" colspan="12" th="" th<=""><th></th><th></th><th>б</th><th>g</th><th>g</th><th>g</th><th>g</th><th>g</th><th>g</th><th></th><th></th><th></th><th></th><th></th><th>g</th><th>g</th><th>g</th><th>g</th></th>	<th></th> <th></th> <th>б</th> <th>g</th> <th>g</th> <th>g</th> <th>g</th> <th>g</th> <th>g</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>g</th> <th>g</th> <th>g</th> <th>g</th>														б	g	g	g	g	g	g						g	g	g	g
Egg country, whole, raw         112         979         515         136         53         346         621         215         636         536         537         737         537         533							Egg	S																						
Egg table, white, raw         157         10.25         4.87         5.80         13.52         4.81         5.81         5.31         5.51         5.31         5.12         7.32         7.39           Egg table, whole, raw         1.73         9.68         4.75         6.73         13.60         4.11         3.30         6.55         2.26         6.45         5.77         7.96         5.77         7.96         5.73         2.41         5.31         5.73         5.73         2.40         7.13           Egg quali, whole, raw         1.73         9.66         5.67         1.356         6.43         1.37         3.66         4.14         6.10         1.75         5.73         2.40         7.17         2.40         7.17         2.40         7.17           Chicken, Broller, Dread; Skinless         1.38         8.56         1.30         6.56         6.50         2.44         6.17         7.10         7.12         3.80         5.73         7.13           Chicken, Broller, Dread; Skinless         1.38         8.56         1.30         6.56         5.41         4.30         5.51         2.40         7.13           Chicken, Broller, Thandick, Skinless         1.38         8.52         5.56         5.	SLH001	Egg, country, whole, raw	1.42	9.79	5.15	7.54	13.04	.36								2.25	7.53	6.42												
Egg table, whole, raw         112         9.56         6.75         13.06         4.11         3.30         6.55         5.65         5.6         5.6         5.7         5.2         5.1         2.3         5.1         2.3         6.3           Egg table, whole, raw         .         .         1079         4.86         7.33         1.37         2.96         5.67         7.81         7.33         7.31         7.33         5.31         7.31         2.49         5.37         7.90         3.37         5.43         5.31         7.33         5.40         3.37         5.40         3.37         5.40         3.37         5.40         7.31           Chicken Broller, futurestick, similess         1.31         9.31         5.01         4.35         5.01         4.35         5.01         4.35         5.01         3.37         5.40         7.33           Chicken Broller, futurestick, similess         1.31         9.31         5.01         4.44         4.51         4.61         4.86         5.91         1.17         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91         5.91 <th>SLH002</th> <th>Egg, table, white, raw</th> <th>1.67</th> <th>10.25</th> <th>4.87</th> <th>5.89</th> <th>13.52</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>2.32</th> <th>7.98</th> <th>5.45</th>	SLH002	Egg, table, white, raw	1.67	10.25	4.87	5.89	13.52									2.32	7.98	5.45												
Egg table, yolk, raw         159         9.66         5.66         7.38         12.95         4.11         5.31         5.36         5.64         9.01         4.25         5.12         2.34         6.89           Egg quali, whole, raw         -         10.79         4.66         5.43         13.77         3.35         4.14         6.18         5.77         7.56         5.71         7.56         5.71         7.56         5.71         7.56         5.71         7.55         5.73         2.90         7.73           Chicken, Brolier, futurstick, skinless         151         9.38         4.25         3.91         167         4.51         5.71         5.73         5.73         5.73         5.73         5.71         5.73         5.71         5.73         5.73         5.73         5.73         5.71         5.73         5.71         5.73         5.77         5.73         5.77         5.73         5.77         5.77         5.77         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.73         5.77         5.75         5.75         5.75         5.75 <th>SLH003</th> <th>Egg, table, whole, raw</th> <th>1.72</th> <th>9.58</th> <th>4.75</th> <th>6.72</th> <th>13.60</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>2.15</th> <th>8.11</th> <th>6.61</th>	SLH003	Egg, table, whole, raw	1.72	9.58	4.75	6.72	13.60									2.15	8.11	6.61												
Egg quail, whole, raw         .         107         4.86         6.43         13.77         3.36         4.14         6.18         1.87         7.76         7.37         7.37         7.34         7.11           Chicken, Brolier, framast, skinless         1.31         9.18         5.23         3.91         16.79         5.02         4.84         5.97         1.17         5.85         5.81         4.14         4.95         5.77         7.32         5.87         7.73           Chicken, Brolier, furmastic, skinless         1.31         9.38         4.25         3.99         16.79         5.02         4.84         5.81         1.47         4.95         5.87         7.47         5.83         5.81         7.71         3.86         5.92         3.87         7.73         5.83         5.82         3.87         7.73         5.83         5.82         3.87         7.73         5.83         5.82         5.83         5.92         5.83         5.93	SLH004	Egg, table, yolk, raw	1.59	9.66	5.66	7.58	12.95									2.34	6.98	7.35												
Polity         Noulds         Soluty	SLH005	Egg, quail, whole, raw	ī	10.79	4.86	6.43	13.77				9	50				2.40	7.11	6.03												
Chicken, Broiler, Ineast, skinless1.519.185.253.9916.795.074.845.671.175.612.425.855.814.144.953.677.73Chicken, Broiler, Inter1.538.564.304.011.4295.905.636.116.122.514.757.123.885.022.877.73Chicken, Broiler, Inter1.808.754.304.011.4295.905.636.221.674.935.514.737.833.835.814.482.618.81Chicken, Broiler, Filor1.808.774.334.875.905.636.121.476.137.833.813.933.813.933.81Chicken, country, leg, with skin1.169.134.835.714.945.644.945.661.176.122.134.955.173.092.73Chicken, country, leg, with skin1.159.924.935.575.514.946.501.166.105.713.995.913.915.913.915.923.915.923.915.923.915.923.915.923.915.923.915.923.915.923.915.923.913.915.923.915.923.913.913.913.733.513.513.513.513.513.513.513.513.513.513.513.513.513.51<							Poul	try																						
Chicken, Broiler, drumstick skinless         151         9.58         4.25         3.64         5.68         117         6.12         2.51         4.75         7.12         3.89         5.02         2.87         7.73           Chicken, Broiler, gizzard         133         8.56         4.30         4.01         14.29         5.90         5.63         6.22         1.67         3.78         4.48         5.61         8.82           Chicken, Broiler, thigh, skinless         133         8.56         4.30         4.65         6.10         1.44         6.30         2.33         5.11         9.33         3.81         5.83         3.20         8.20           Chicken, country, high, skinless         1.15         9.13         4.36         5.51         4.51         4.66         6.19         1.17         6.19         3.21         4.36         5.71         4.93         5.71         4.93         5.71         4.94         5.70         3.29         5.71         4.94         5.70         5.71         4.94         7.75           Chicken, country, high, with skin         1.15         9.23         4.35         5.71         5.34         4.87         5.76         5.49         5.71         5.75         5.46         5.71 </th <th>SLH006</th> <th>Chicken, Broiler, breast, skinless</th> <th>1.51</th> <th>9.18</th> <th>5.25</th> <th>3.99</th> <th>16.79</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>3.67</th> <th>7.73</th> <th>7.12</th>	SLH006	Chicken, Broiler, breast, skinless	1.51	9.18	5.25	3.99	16.79									3.67	7.73	7.12												
Chicken, Broiler, gizzard         133         8.56         4.30         4.01         14.29         5.90         5.63         6.12         1.45         6.33         5.11         9.33         7.67         3.78         4.48         2.61         8.82           Chicken, Broiler, Jiker         1.52         9.33         4.82         4.44         12.74         4.51         4.65         6.12         1.44         6.30         2.35         5.11         9.33         3.81         5.82         3.20         8.20           Chicken, Broiler, Jikin         1.15         9.18         4.25         3.59         15.71         4.38         4.56         4.34         5.61         3.15         4.85         4.50         2.47         4.35         8.10         7.17         6.12         2.47         4.35         4.50         7.75         4.36         7.75         4.36         7.75         4.36         7.75         4.36         7.75         4.36         7.75         4.36         7.75         4.36         7.35         4.30         7.35         4.30         7.35         4.30         7.35         4.36         7.35         4.36         7.35         4.36         7.35         4.36         7.35         7.35         7.35	SLH008	Chicken, Broiler, drumstick, skinless	1.51	9.58	4.25	3.91	16.89									2.87	7.73	7.12												
Chicken, Broiler, liver         152         9.33         4.82         4.44         12.74         4.51         4.65         6.12         1.44         6.30         2.53         5.11         9.33         3.81         5.82         3.20         8.20           Chicken, Broiler, thigh, skinless         1.51         9.18         4.25         3.99         16.79         4.61         4.84         5.68         1.17         6.12         3.15         4.85         8.12         3.39         4.50         7.73           Chicken, country, leg, with skin         1.15         9.92         4.93         5.57         15.12         3.69         1.06         5.91         5.09         2.47         4.96         7.79         4.09         7.79         4.04         7.95           Chicken, country, leg, with skin         1.15         9.92         4.93         5.57         15.12         3.69         4.06         5.16         4.94         7.92         4.09         7.92         7.95           Chicken, country, wing, with skin         1.124         9.03         1.53         4.66         5.11         5.16         5.12         2.84         4.64         4.96         7.92         7.91         7.97           Chicken, country, wing, with sk	SLH007	Chicken, Broiler, gizzard	1.83	8.56	4.30	4.01	14.29									2.61	8.82	7.97												
Chicken, Broiler, thigh, skinless         151         9.18         4.25         3.99         16.79         4.61         4.84         5.68         1.7         6.12         3.15         4.85         8.12         3.39         4.50         2.47         7.32           Chicken, country, breast, with skin         1.80         8.77         4.38         5.51         5.51         5.51         5.51         5.51         5.51         5.51         5.51         5.51         5.60         5.71         4.98         7.52         4.09         5.71         4.04         7.52           Chicken, country, leg, with skin         1.15         9.92         4.96         15.54         4.87         4.76         6.19         1.19         5.99         2.49         5.71         4.09         5.71         4.04         7.52           Chicken, country, high, with skin         1.12         9.93         4.50         5.47         4.87         4.61         5.16         5.91         7.93         7.55           Chicken, country, wig, with skin         1.12         8.86         5.10         5.91         5.91         5.91         5.91         5.91         7.91         7.91           Chicken, country, wig, with skin         1.12         8.93	SLH009	Chicken, Broiler, liver	1.52	9.33	4.82	4.44	12.74									3.20	8.20	6.59												
Chicken, country, breast, with skin       1.80       8.77       4.38       4.78       1.591       5.06       4.34       6.05       1.08       5.49       5.70       4.09       5.77       4.04       7.36         Chicken, country, leg, with skin       1.15       9.92       4.93       5.57       15.12       3.69       3.03       6.03       1.19       5.99       2.49       5.10       3.87       4.32       2.20       7.35         Chicken, country, high, with skin       1.26       8.86       5.21       4.96       5.37       6.87       1.98       5.01       2.69       5.04       9.23       3.97       7.52       7.52         Chicken, country, wing, with skin       1.26       8.86       5.21       4.96       5.37       6.44       1.16       5.12       2.84       4.60       5.17       5.46       8.17       5.46       5.01       2.67       7.50       7.50         Chicken, country, wing, with skin       1.24       9.03       4.30       4.66       5.10       5.16       5.46       5.10       5.46       5.10       2.87       5.66       7.90       7.50       7.50         Turkey, breast, with skin       1.24       8.79       5.46       5.10	SLH010	Chicken, Broiler, thigh, skinless	1.51	9.18	4.25	3.99	16.79									2.47	7.73	7.12												
Chicken, country, leg, with skin       1.15       9.92       4.93       5.57       15.12       3.69       3.03       6.03       1.19       5.99       2.49       5.16       9.22       3.97       4.32       2.20       7.52         Chicken, country, high, with skin       1.26       8.86       5.21       4.96       15.54       4.87       4.76       6.19       1.08       5.01       2.63       3.93       5.01       2.87       7.65         Chicken, country, wing, with skin       1.24       9.03       4.30       15.93       4.60       5.37       6.58       1.16       5.12       2.84       4.64       9.12       3.86       5.70       3.50       7.90         Turkey, breast, with skin       1.54       8.86       4.80       4.09       15.39       4.66       5.47       1.12       2.84       5.91       2.97       7.90       7.90         Turkey, breast, with skin       1.54       8.86       4.80       4.59       4.56       5.49       5.46       5.91       2.97       5.91       2.97       7.90         Turkey, breast, with skin       1.53       1.35       4.16       5.12       5.46       4.16       7.12       2.84       4.66       7.97 </th <th>SLH011</th> <th>Chicken, country, breast, with skin</th> <th>1.80</th> <th>8.77</th> <th>4.38</th> <th>4.78</th> <th>15.91</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>4.04</th> <th>7.96</th> <th>7.67</th>	SLH011	Chicken, country, breast, with skin	1.80	8.77	4.38	4.78	15.91									4.04	7.96	7.67												
Chicken, country, thigh, with skin       1.26       8.86       5.21       4.96       15.54       4.87       4.76       6.19       1.08       5.01       2.63       5.01       2.87       7.65         Chicken, country, wing, with skin       1.24       9.03       4.33       3.77       15.93       4.60       5.37       6.58       1.16       5.12       2.84       4.64       9.12       3.60       3.50       7.90         Turkey, breast, with skin       1.54       8.86       4.80       4.09       15.59       5.46       8.17       4.36       5.91       2.97       7.00       7.00         Turkey, breast, with skin       1.53       8.86       4.80       4.09       15.32       4.16       5.12       5.03       2.57       5.46       8.17       4.36       5.91       2.97       7.00         Beef, chops       1.63       10.38       4.73       4.32       15.32       4.16       5.85       5.46       2.84       4.46       3.13       4.46       3.59       5.91       2.93       6.70       2.97       7.07         Beef, chops       1.12       8.73       4.35       5.35       5.56       1.25       5.47       2.98       4.47 <t< th=""><th>SLH012</th><th>Chicken, country, leg, with skin</th><th>1.15</th><th>9.92</th><th>4.93</th><th>5.57</th><th>15.12</th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th></th><th>2.20</th><th>7.52</th><th>7.42</th></t<>	SLH012	Chicken, country, leg, with skin	1.15	9.92	4.93	5.57	15.12									2.20	7.52	7.42												
Chicken, country, wing, with skin       1.24       9.03       4.33       3.77       15.93       4.60       5.37       6.58       1.16       5.12       2.84       4.64       9.12       3.86       5.91       2.97       7.00         Turkey, breast, with skin       1.54       8.86       4.80       4.09       15.39       4.26       6.44       1.12       5.03       2.57       5.46       8.17       4.36       5.91       2.97       7.00         Beef, chops       1.63       10.38       4.73       4.32       15.32       4.16       5.86       5.40       2.04       4.96       7.17       8.36       7.0       7.01         Beef, chops       1.63       10.38       4.73       4.32       15.32       4.16       5.86       1.26       2.84       4.46       9.13       4.46       3.59       5.41       2.94       4.96       3.77       5.13       2.78       6.45         Beef, liver       1.70       9.52       5.01       4.43       5.35       5.56       1.25       6.47       2.98       4.47       9.02       3.37       5.13       2.78       6.71       2.93       6.74       2.93       7.57       5.13       2.74       5.	SLH013	Chicken, country, thigh, with skin	1.26	8.86	5.21	4.96	15.54									2.87	7.65	7.32												
Turkey breast, with skin       1.54       8.86       4.80       4.09       15.39       4.26       6.44       1.12       5.03       2.57       6.46       7.07       7.07         Beef, chops       1.63       10.38       4.73       4.32       15.32       4.16       5.85       5.40       2.04       4.98       2.86       4.16       7.95       7.07         Beef, chops       1.63       10.38       4.73       4.32       15.32       4.16       5.85       5.40       2.04       4.98       2.86       4.16       7.95       4.16       7.95       4.16       7.95       4.17       7.97       5.13       2.78       6.71         Beef, liver       1.70       9.52       5.00       4.24       5.35       5.56       1.25       6.47       2.98       4.47       9.02       3.77       5.13       2.78       6.71         Goat, chops       1.70       9.52       5.00       4.24       13.43       5.35       5.56       1.25       6.47       2.98       4.47       9.02       3.77       5.13       2.78       6.71       1.9       6.71       1.9       6.72       8.47       9.02       3.52       3.53       4.50       7.24 <th>SLH014</th> <th>Chicken, country, wing, with skin</th> <th>1.24</th> <th>9.03</th> <th>4.33</th> <th>3.77</th> <th>15.93</th> <th></th> <th></th> <th></th> <th></th> <th></th> <th>-</th> <th></th> <th></th> <th>3.50</th> <th>7.90</th> <th>6.50</th>	SLH014	Chicken, country, wing, with skin	1.24	9.03	4.33	3.77	15.93						-			3.50	7.90	6.50												
Meats         Beef, clops       1.63       10.38       4.73       4.32       15.32       4.16       5.85       5.40       2.04       4.98       2.86       4.16       7.95       4.16       3.59       6.45         Beef, liver       1.27       8.58       4.85       4.73       12.25       4.47       5.35       5.56       1.25       6.47       2.98       4.47       9.02       3.77       5.13       2.78       6.71         Goat, chops       1.70       9.52       5.00       4.24       6.75       5.62       1.43       5.23       4.50       7.24       3.63       4.75       6.71         Pork, shoulder       1.27       8.79       4.71       1.12       8.35       5.16       1.43       5.22       3.35       4.50       7.24       3.63       4.75       6.71	SLH015	Turkey, breast, with skin	1.54	8.86	4.80	4.09	15.39									2.97	7.07	7.52												
Beef, chops       1.63       10.38       4.73       4.32       15.32       4.16       5.85       5.40       2.04       4.98       2.86       4.16       7.95       4.13       4.46       3.59       6.45         Beef, liver       1.27       8.58       4.85       4.73       12.25       4.47       5.35       5.56       1.25       6.47       2.98       4.47       9.02       3.77       5.13       2.78       6.71         Goat, chops       1.70       9.52       5.00       4.24       14.49       4.43       6.75       5.62       1.43       5.22       3.63       4.26       4.00       6.35         Pork, shoulder       1.27       8.79       4.71       4.12       13.85       5.15       5.30       1.46       4.57       2.82       4.37       8.48       6.48       5.61							Mea	Its																						
Beef, liver       1.27       8.58       4.85       4.73       12.25       4.47       5.35       5.647       2.98       4.47       9.02       3.77       5.13       2.78       6.71         Goat, chops       1.70       9.52       5.00       4.24       14.49       4.43       6.75       5.62       1.43       5.22       3.35       4.50       7.24       3.63       4.26       4.00       6.35         Pork, shoulder       1.27       8.79       4.71       4.12       13.85       5.15       5.30       1.46       4.57       2.82       4.37       8.48       7.48       5.61	SLH016	Beef, chops	1.63	10.38	4.73	4.32	15.32									3.59	6.45	7.04												
Goat, chops         1.70         9.52         5.00         4.24         14.49         4.43         6.75         5.62         1.43         5.22         3.35         4.50         7.24         3.63         4.26         4.00         6.35           Pork, shoulder         1.27         8.79         4.71         4.12         13.85         5.15         5.30         1.46         4.57         2.82         4.37         8.47         2.65         4.48         5.61	SLH017	Beef, liver	1.27	8.58	4.85	4.73	12.25									2.78	6.71	5.85												
Pork, shoulder 1.27 8.79 4.71 4.12 13.85 5.15 5.30 5.39 1.46 4.57 2.82 4.37 8.47 2.65 4.35 4.48 5.61	SLH018	Goat, chops	1.70	9.52	5.00	4.24	14.49									4.00	6.35	5.71												
	SLH019	Pork, shoulder	1.27	8.79	4.71	4.12	13.85					2	4			4.48	5.61	5.84												

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(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food	Food Name				Satura	Saturated Fatty Acids	Acids				Monol	Unsaturat	Mono Unsaturated Fatty Acids	Acids
. opda					5									
		letoT	(C12:0) Lauric	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1N 9F
		mg	mg	тg	тg	mg	тg	тg	mg	mg	тg	тg	mg	mg
					Eggs									
SLH001	Egg, country, whole, raw	3792		35.26	ı	2730	1020	6.51	ı		5061	254	4765	42.32
SLH002	Egg, table, white, raw	23.00	·	ı	ı	16.00	7.00	T	т		20.00		20.00	ı
SLH003	Egg, table, whole, raw	2911	I	36.48		2133	581	10.70	137	12.30	3398	309	3064	25.16
SLH004	Egg, table, yolk, raw	8518	ı	98.43		6196	1771	28.24	389	35.55	9859	958	8839	62.74
SLH005	Egg, quail, whole, raw	2788	1.87	71.59	2.79	2049	637	9.57	14.40	,	4187	446	3717	24.87
					Poultry									
SLH006	Chicken, Broiler, breast, skinless	778	I	12.72		556	180	4.07	12.42	12.27	984	122	853	9.43
SLH008	Chicken, Broiler, drumstick, skinless	1103	I	22.88		781	262	6.14	13.45	17.23	1506	200	1294	12.59
SLH007	Chicken, Broiler, gizzard	772	ı	9.91	ı	495	256	5.92	4.36	,	716	98.00	604	13.85
SLH009	Chicken, Broiler, liver	1328	I	ı	ı	677	651	I	I	ı	681	ı	681	I
SLH010	Chicken, Broiler, thigh, skinless	1029	I	22.10	ī	772	211	6.84	8.67	8.23	1409	180	1218	11.40
SLH011	Chicken, country, breast, with skin	419	·	10.33	1.35	286	122		ı	,	453	28.00	422	3.65
SLH012	Chicken, country, leg, with skin	534	Ţ	13.27	2.11	362	174	2.63	I	,	681	59.00	616	5.59
SLH013	Chicken, country, thigh, with skin	610	ı	18.74	2.73	421	167	ı	ı		750	57.00	687	6.05
SLH014	Chicken, country, wing, with skin	688	I	19.17	2.94	467	199	I	I	ı	836	65.00	763	7.94
SLH015	Turkey, breast, with skin	934	·	,	,	647	286	'	ı	'	884		884	ı
					Meats									
SLH016	Beef, chops	3059	14.07	135	1	1788	1025	43.22		53.18	3270	204	3019	47.33
SLH017	Beef, liver	1394	4.90	10.91	·	438	898	4.75	ı	36.92	596	30.22	539	26.38
SLH018	Goat, chops	3129	33.12	338		1567	1173	8.62	I	8.68	2228	129	2048	50.57
SLH019	Pork, shoulder	8284	1	357	T	5169	2715	42.69	I	,	8200	532	7668	

Food	Food Name			Poly Unsaturated Fatty Acids	ed Fatty Acids			Cholesterol
		Total	Linoleic (3nS:8LO)	ainəlonid-A (EnE:812)	Eicosatrienoic (C20:3n3)	Arachidonic (5004nG)	Docosahexaenoic (5n3:SCS)	
		FAPU	F18D2CN6	F18D3N3	F20D3N6	F20D4N6	F22D5N3	СНОГС
		тд	mg	тд	mg	тд	тд	mg
			Ĩ	Eggs				
SLH001	Egg, country, whole, raw	1663	1517	39.95	13.01		92.46	355
SLH002	Egg, table, white, raw	7.12	7.12	·	·		ı	'
SLH003	Egg, table, whole, raw	1143	1006	32.60	27.70	,	75.90	366
SLH004	Egg, table, yolk, raw	3257	2939	55.22	66.84	ı	195	1073
SLH005	Egg, quail, whole, raw	2369	2112	42.84		192	22.06	833
			Poi	Poultry				
900H1S	Chicken, Broiler, breast, skinless	355	336	11.86	7.33	·	I	61.67
SLH008	Chicken, Broiler, drumstick, skinless	651	610	32.88	7.18		ı	86.08
SLH007	Chicken, Broiler, gizzard	464	342	ı	ı	122	ı	57.24
SLH009	Chicken, Broiler, liver	1013	680	140		·	193	268
SLH010	Chicken, Broiler, thigh, skinless	539	502	31.48	5.06	ı	I	91.93
SLH011	Chicken, country, breast, with skin	262	182	7.26	·	72.00	ı	66.03
SLH012	Chicken, country, leg, with skin	396	273	11.45	6.24	90.00	15.98	87.95
SLH013	Chicken, country, thigh, with skin	360	287	12.91	3.63	48.00	7.63	91.81
SLH014	Chicken, country, wing, with skin	438	305	14.03	6.75	87.00	25.09	55.42
SLH015	Turkey, breast, with skin	1055	886	170		ı	I	81.28
			W	Meats				
SLH016	Beef, chops	496	206	70.30	·	220	ı	52.23
SLH017	Beef, liver	636	268	5.77	ı	303	59.23	263
SLH018	Goat, chops	353	256	13.72		83.00	ı	87.55
SLH019	Pork, shoulder	1189	1141	26.50		21.30	1	45.10

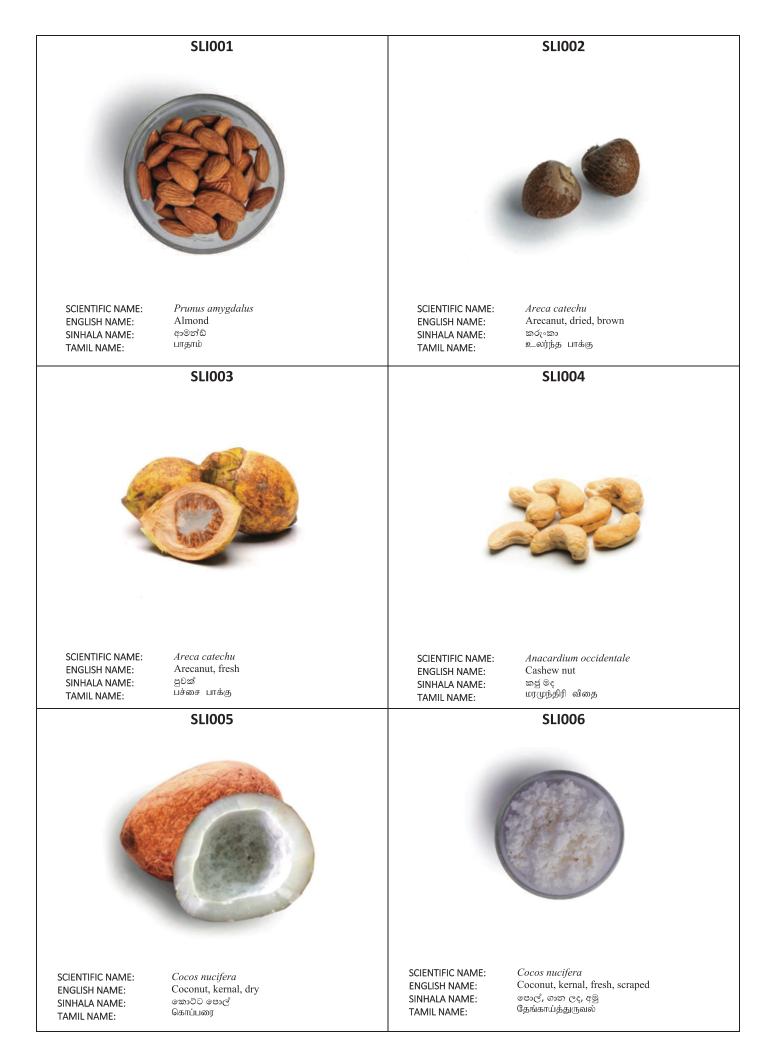
### Group I

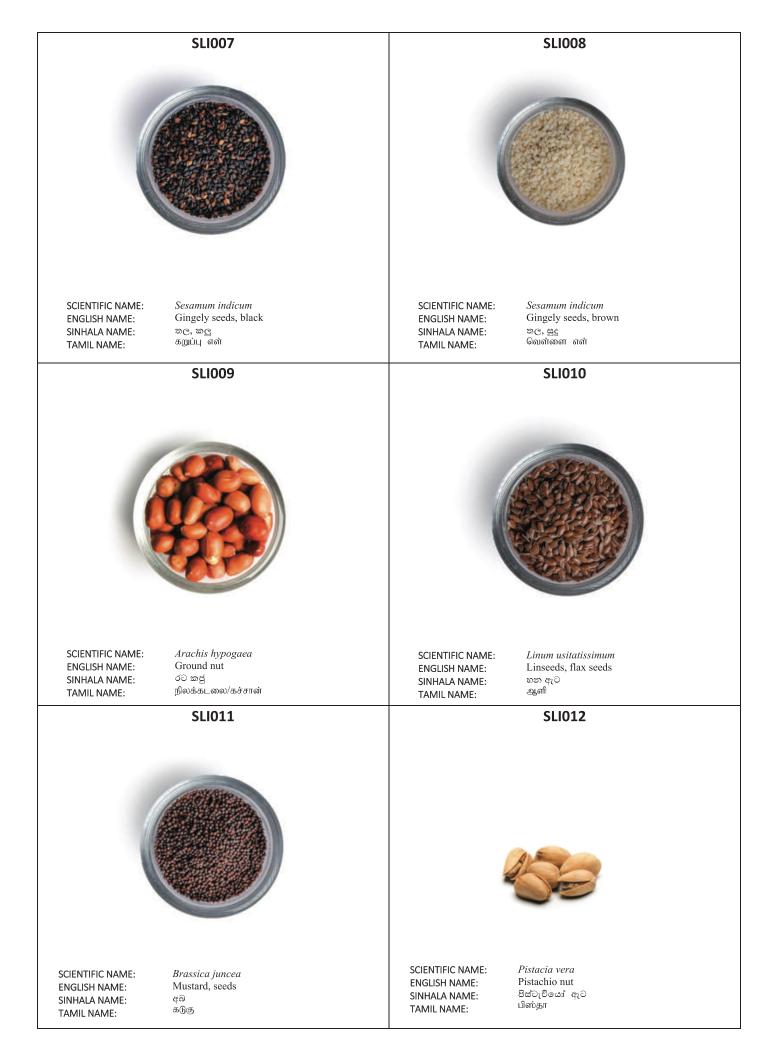
### Nuts and Seeds

These delicious crunchy nuts and seeds can be cooked, baked, roasted or can be eaten raw to add a tremendous variety and taste to the diet. They are a rich source of omega 6 and omega 3 fatty acids, protein, fiber, vitamins and minerals. This group contains nuts and seeds such as cashew, walnut, peanut, pumpkin seeds, sunflower seeds etc.

SLFCT contains 14 commonly consumed nuts and seeds in Sri Lanka.









# Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd	Total	Soluble	Insoluble	Ash
code							-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC		WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	g	g	g	g	g	g	g	g
<b>SLI001</b>	Almond (Prunus amygdalus)	607	2541	4.77	18.45	58.51	2.66	13.07	2.14	10.93	2.54
SLI002	Arecanut, dried, brown (Areca catechu)	348	1458	6.80	6.39	4.31	69.47	11.54	1.07	10.47	1.49
SLI003	Arecanut, fresh ( <i>Areca catechu</i> )	242	1016	37.72	3.03	5.18	44.55	7.91	1.95	5.96	1.62
SLI004	Cashew nut (Anacardium occidentale)	580	2427	4.67	18.47	45.16	25.14	4.24	1.81	2.43	2.32
SLI005	Coconut, kernal, dry (Cocos nucifera)	626	2621	3.24	7.29	63.19	8.95	15.64	0.84	14.79	1.69
<b>SLI006</b>	Coconut, kernal, fresh, scraped <i>(Cocos nucifera)</i>	390	1606	41.25	3.67	39.92	3.41	10.21	1.03	9.18	1.56
SLI007	Gingely seeds, black (Sesamum indicum)	509	2130	4.09	19.65	43.11	10.22	16.97	3.39	13.58	5.97
SLI008	Gingely seeds, brown ( <i>Sesamum indicum</i> )	517	2167	3.70	21.96	43.27	9.56	16.99	3.68	13.31	4.51
<b>SLI009</b>	Ground nut (Arachis hypogaea)	517	2166	7.92	22.43	39.88	17.32	10.32	1.82	8.50	2.14
SLI010	Linseeds (Linum usitatissimum)	440	1845	5.64	18.70	35.12	11.00	26.45	5.10	21.35	3.10
SLI011	Mustard, seeds (Brassica juncea)	508	2129	5.68	19.57	40.06	16.85	14.18	3.47	10.71	3.66
SLI012	Pistachio nut ( <i>Pistacia vera</i> )	541	2266	4.90	23.64	42.95	15.06	10.45	2.33	8.12	3.00
<b>SLI013</b>	Tropical Almond, kottamba ( <i>Terminalia catappa</i> )	458	1892	22.08	17.14	41.28	3.20	13.68	2.41	11.27	2.63
SLI014	Walnut ( <i>Juglans regia</i> )	671	2811	3.64	14.60	64.31	10.49	5.32	0.66	4.66	1.65

# **Table 2. FAT SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Foode	Food Name	A nimstiV (3AA)	a nimstiV	Y nimetiV	Vitamin E (α-tocopherol equivalents -TE)	α – Tocopherols	ß - Tocopherols	γ - Tocopherols	sloropherols	α -Tocotrienols
		VITA	ERGCAL	VITK1	VITE	тосрна	TOCPHB	TOCPHG	TOCPHD	TOCTRA
		рд	рд	бrl	шд	шд	шg	тд	тд	тg
<b>SLI001</b>	Almond (Prunus amygdalus)	NA	1.82	7.24	25.51	24.54	1.82	1.88	0.07	0.18
SLI002	Arecanut, dried, brown (Areca catechu)	NA	11.71	4.26	0.12	0.06	0.14	0.05	NA	NA
SLI003	Arecanut, fresh (Areca catechu)	NA	10.86	3.67	0.05	0.01	0.11	0.02	NA	NA
SLI004	Cashew nut (Anacardium occidentale)	NA	3.78	2.07	1.55	1.01	0.05	5.21	NA	NA
SLI005	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	NA	NA	2.69	5.28	5.24	NA	0.47	NA	NA
SLI006	Coconut, kernal, fresh, scraped (Cocos nucifera)	I	ND	ı	0.41	0.41	ı	ı	I	ı
SLI007	Gingely seeds, black (Sesamum indicum)	2.36	65.60	113	1.09	1.08	NA	NA	NA	0.04
SLI008	Gingely seeds, brown (Sesamum indicum)	0.80	73.03	123	1.32	1.31	NA	NA	NA	0.04
SLI009	Ground nut (Arachis hypogaea)	3.30	7.40	3.10	4.15	4.14	NA	NA	NA	0.04
SLI010	Linseeds (Linum usitatissimum)	0.18	0.69	19.56	8.19	7.73	NA	1.33	NA	1.12
SLI011	Mustard, seeds (Brassica juncea)	6.98	32.14	8.01	1.32	1.31	NA	NA	NA	0.04
SLI012	Pistachio nut ( <i>Pistacia vera</i> )	20.83	1.72	19.25	24.48	22.01	4.18	7.87	1.45	0.02
<b>SLI013</b>	Tropical Almond, kottamba ( <i>Terminalia catappa</i> )	ı	ND	6.86	ı	ı	ı	ı	ı	ı
SLI014	Walnut <i>(Juglans regia)</i>	1.84	42.21	85.29	4.72	3.48	2.92	0.48	0.11	0.10

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

	Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Total Folate (B9)	Total Ascorbic Acid
mgmgmgmgmgmgAlmond ( <i>Prunus amygdalus</i> ) $0.15$ $0.31$ $3.83$ $0.72$ Arecanut, dried, brown ( <i>Areca catechu</i> ) $0.05$ $0.02$ $0.69$ $0.12$ Arecanut, fresh ( <i>Areca catechu</i> ) $0.06$ $0.02$ $0.69$ $0.12$ Arecanut, fresh ( <i>Areca catechu</i> ) $0.04$ $0.02$ $0.73$ $0.21$ Cashew nut ( <i>Anacardium occidentale</i> ) $0.04$ $0.02$ $0.73$ $0.21$ Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> ) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> ) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> ) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> ) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> ) $0.04$ $0.05$ $0.33$ $0.21$ Gingely seeds, black ( <i>Sesamum indicum</i> ) $0.26$ $0.09$ $3.27$ $0.48$ Gingely seeds, brown ( <i>Sesamum indicum</i> ) $0.26$ $0.02$ $0.11$ $11.73$ $0.73$ Gingely seeds, linu usitatissimum $0.12$ $0.26$ $0.02$ $0.12$ $0.73$ Inseeds ( <i>Linu usitatissimum</i> ) $0.26$ $0.02$ $0.11$ $11.73$ $0.73$ Mustrid, seeds ( <i>Brassica</i> ) $0.72$ $0.73$ $0.73$ $0.73$ Pistaction nut ( <i>Atachis hypogaea</i> ) $0.22$ $0.23$ $0.73$ $0.73$ Pistaction nut ( <i>Atachis hypogaea</i>			THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
Almond (Prunus amygdalus) $0.15$ $0.31$ $3.83$ $0.72$ Arecanut, dried, brown (Areca catechu) $0.05$ $0.02$ $0.69$ $0.12$ Arecanut, fresh (Areca catechu) $0.05$ $0.02$ $0.69$ $0.12$ Arecanut, fresh (Areca catechu) $0.06$ $0.02$ $0.73$ $0.21$ Cashew nut (Anacardium occidentale) $0.04$ $0.02$ $0.73$ $0.21$ Coconut, kernal, dry (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.321$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.26$ $0.09$ $3.27$ $0.48$ Gingely seeds, black (Sesamum indicum) $0.35$ $0.09$ $3.27$ $0.48$ Ground nut (Arachis hypogaea) $0.26$ $0.08$ $3.46$ $0.43$ Linseeds (Linum usitatissimum) $0.52$ $0.11$ $11.73$ $0.97$ Mustard, seeds (Brassica juncea) $0.52$ $0.34$ $3.73$ $0.52$ Pistachio nut (Pistacia vera) $0.96$ $0.05$ $0.07$ $0.76$ Pistachio nut (Pistacia vera) $0.91$ $0.02$			шд	шg	тд	тд	mg	рц	тд
Arecanut, dried, brown (Areca catechu) $0.05$ $0.02$ $0.02$ $0.12$ Arecanut, fresh (Areca catechu) $0.04$ $0.02$ $0.73$ $0.11$ Cashew nut (Anacardium occidentale) $0.58$ $0.05$ $1.11$ $1.68$ Coconut, kernal, dry (Cocos nucifera) $0.04$ $0.05$ $0.33$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.31$ $0.21$ Coconut, kernal, fresh, scraped (Cocos nucifera) $0.04$ $0.05$ $0.31$ $0.20$ Gingely seeds, black (Sesamum indicum) $0.35$ $0.09$ $3.27$ $0.48$ Gingely seeds, brown (Sesamum indicum) $0.26$ $0.08$ $3.46$ $0.43$ Inseeds (Linum usitatissimum) $0.26$ $0.01$ $11.73$ $0.97$ Nustard, seeds (Brassica juncea) $0.52$ $0.34$ $3.73$ $0.37$ Pistachio nut (Pistacia vera) $0.96$ $0.05$ $0.34$ $0.52$ Pistachio nut (Pistacia vera) $0.96$ $0.05$ $0.07$ $0.58$ Valnut (Iugians regio) $0.41$ $0.12$ $0.07$ $0.76$ Valnut (Iugians regio) $0.41$ $0.12$ $0.07$ $0.76$	SLI001	Almond (Prunus amygdalus)	0.15	0.31	3.83	0.72	0.09	41.04	0.83
Arecanut, fresh (Areca catechu)         0.04         0.02         0.73         0.21           Cashew nut (Anacardium occidentale)         0.58         0.05         1.11         1.68           Cashew nut (Anacardium occidentale)         0.58         0.05         1.11         1.68           Coconut, kernal, dry ( <i>Cocos nucifera</i> )         0.04         0.05         0.83         0.21           Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )         ND         0.05         0.31         0.80           Gingely seeds, black ( <i>Sesamum indicum</i> )         0.35         0.09         3.27         0.48           Gingely seeds, brown ( <i>Sesamum indicum</i> )         0.35         0.09         3.27         0.43           Ground nut ( <i>Arachis hypogaea</i> )         0.64         0.11         1.173         0.43           Ground nut ( <i>Arachis hypogaea</i> )         0.64         0.11         1.173         0.37           Linseeds ( <i>Linum usitatissimum</i> )         0.29         0.34         0.37         0.37           Mustard, seeds ( <i>Brassica juncea</i> )         0.52         0.34         0.37         0.37           Nustard, seeds ( <i>Brassica juncea</i> )         0.52         0.34         0.37         0.37           Vistardi, seeds ( <i>Innum usitatissimum</i> )         0.52         0.34	SLI002	Arecanut, dried, brown (Areca catechu)	0.05	0.02	0.69	0.12	0.31	7.65	NA
Cashew nut (Anacardium occidentale)       0.58       0.05       1.11       1.68         Coconut, kernal, dry ( <i>Cocos nucifera</i> )       0.04       0.05       0.31       0.21         Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )       ND       0.05       0.31       0.80         Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )       ND       0.05       0.31       0.80         Gingely seeds, black ( <i>Sesamum indicum</i> )       0.35       0.09       3.27       0.48         Gingely seeds, black ( <i>Sesamum indicum</i> )       0.26       0.09       3.27       0.43         Gingely seeds, brown ( <i>Sesamum indicum</i> )       0.26       0.08       3.46       0.43         Ground nut ( <i>Arachis hypogaea</i> )       0.64       0.11       11.73       0.37         Unsteads ( <i>Linum usitatissimum</i> )       0.29       0.34       0.37       0.37         Mustard, seeds ( <i>Brassica juncea</i> )       0.52       0.34       0.37       0.37         Nustard, seeds ( <i>Brassica juncea</i> )       0.96       0.05       0.37       0.37         Pistachio nut ( <i>Pistacia vera</i> )       0.96       0.05       0.37       0.37         Voipeial Almond, kottamba ( <i>Terminalia catappa</i> )       0.90       0.05       0.76         Walnut ( <i>Juglans regia</i> ) <td< th=""><th>SLI003</th><th>Arecanut, fresh (Areca catechu)</th><th>0.04</th><th>0.02</th><th>0.73</th><th>0.21</th><th>0.23</th><th>4.87</th><th>NA</th></td<>	SLI003	Arecanut, fresh (Areca catechu)	0.04	0.02	0.73	0.21	0.23	4.87	NA
Coconut, kernal, dry ( <i>Cocos nucifera</i> )         0.04         0.05         0.83         0.21           Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )         ND         0.05         0.31         0.80           Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )         ND         0.05         0.31         0.80           Gingely seeds, black ( <i>Sesamum indicum</i> )         0.35         0.09         3.27         0.48           Gingely seeds, brown ( <i>Sesamum indicum</i> )         0.26         0.08         3.46         0.43           Ground nut ( <i>Arachis hypogaea</i> )         0.64         0.11         11.73         0.43           Linseeds ( <i>Linum usitatissimum</i> )         0.29         0.63         3.73         0.37           Mustard, seeds ( <i>Brassica juncea</i> )         0.52         0.34         0.37         0.37           Pistachio nut ( <i>Pistacia vera</i> )         0.96         0.05         0.37         0.37           Vropical Almond, kottamba ( <i>Terminalia catappa</i> )         ND         0.05         0.76         0.58           Walnut ( <i>Juglans regia</i> )         0.41         0.12         0.37         0.36         0.36	SLI004	Cashew nut (Anacardium occidentale)	0.58	0.05	1.11	1.68	0.16	15.28	NA
Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )         ND         0.05         0.31         0.80           Gingely seeds, black ( <i>Sesamum indicum</i> )         0.35         0.09         3.27         0.48           Gingely seeds, brown ( <i>Sesamum indicum</i> )         0.26         0.09         3.27         0.48           Gingely seeds, brown ( <i>Sesamum indicum</i> )         0.26         0.08         3.46         0.43           Ground nut ( <i>Arachis hypogaea</i> )         0.64         0.11         11.73         0.97           Linseeds ( <i>Linum usitatissimum</i> )         0.29         0.05         1.12         0.37           Mustard, seeds ( <i>Brassica juncea</i> )         0.52         0.34         0.52         0.76         0.57           Pistachio nut ( <i>Pistacia vera</i> )         0.52         0.34         3.73         0.58         0.56           Valnut ( <i>Juglans regia</i> )         ND         0.66         0.05         0.76         0.58         0.56	SLI005	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	0.04	0.05	0.83	0.21	0.16	25.05	NA
Gingely seeds, black (Sesamum indicum)         0.35         0.09         3.27         0.48           Gingely seeds, brown (Sesamum indicum)         0.26         0.08         3.46         0.43           Ground nut (Arachis hypogaea)         0.26         0.08         3.46         0.37           Linseeds (Linum usitatissimum)         0.64         0.11         11.73         0.97           Nustard, seeds (Brassica juncea)         0.29         0.63         3.73         0.37           Pistachio nut (Pistacia vera)         0.52         0.34         0.52         0.54         0.52           Tropical Almond, kottamba (Terminalia catappa)         ND         0.05         0.07         0.58         0.76           Walnut (Juglans regia)         0.41         0.12         0.34         0.56         0.56         0.56         0.56	<b>SLI006</b>	Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )	ND	0.05	0.31	0.80	0.11	14.86	
Gingely seeds, brown ( <i>Sesamum indicum</i> )       0.26       0.08       3.46       0.43         Ground nut ( <i>Arachis hypogaea</i> )       0.64       0.11       11.73       0.97         Linseeds ( <i>Linum usitatissimum</i> )       0.29       0.05       1.12       0.37         Mustard, seeds ( <i>Brassica juncea</i> )       0.52       0.34       3.73       0.52         Pistachio nut ( <i>Pistacia vera</i> )       0.96       0.05       0.05       0.52         Tropical Almond, kottamba ( <i>Terminalia catappa</i> )       ND       0.02       0.07       0.56         Walnut ( <i>Juglans regia</i> )       0.41       0.12       0.87       0.56	SLI007	Gingely seeds, black (Sesamum indicum)	0.35	0.0	3.27	0.48	0.69	119	NA
Ground nut (Arachis hypogaea)         0.64         0.11         11.73         0.97           Linseeds (Linum usitatissimum)         0.29         0.05         1.12         0.37           Mustard, seeds (Brassica juncea)         0.52         0.34         3.73         0.52           Pistachio nut (Pistacia vera)         0.96         0.05         0.37         0.58           Tropical Almond, kottamba (Terminalia catappa)         ND         0.02         0.07         0.58           Walnut (Juglans regia)         0.41         0.12         0.88         0.86	SLI008	Gingely seeds, brown (Sesamum indicum)	0.26	0.08	3.46	0.43	0.54	87.75	NA
Linseeds (Linum usitatissimum)         0.29         0.05         1.12         0.37           Mustard, seeds (Brassica juncea)         0.52         0.34         3.73         0.52           Pistachio nut (Pistacia vera)         0.96         0.05         0.58         0.58           Tropical Almond, kottamba (Terminalia catappa)         ND         0.02         0.07         0.76           Walnut (Juglans regia)         0.41         0.12         0.88         0.86	SLI009	Ground nut (Arachis hypogaea)	0.64	0.11	11.73	0.97	0.23	89.89	NA
Mustard, seeds (Brassica junced)         0.52         0.34         3.73         0.52           Pistachio nut (Pistacia vera)         0.96         0.05         0.58           Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         ND         0.02         0.76           Walnut (Juglans regia)         0.41         0.12         0.86         0.86	SLI010	Linseeds ( <i>Linum usitatissimum</i> )	0.29	0.05	1.12	0.37	0.37	89.88	NA
Pistachio nut ( <i>Pistacia vera</i> )         0.96         0.05         0.87         0.58         0           Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         ND         0.02         0.07         0.76         0           Walnut ( <i>Juglans regia</i> )         0.41         0.12         0.88         0.86         0	<b>SLI011</b>	Mustard, seeds (Brassica juncea)	0.52	0.34	3.73	0.52	0.23	95.11	NA
Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         ND         0.02         0.76         0.76           Walnut ( <i>Juglans regia</i> )         0.41         0.12         0.88         0.86	SLI012	Pistachio nut ( <i>Pistacia vera</i> )	0.96	0.05	0.87	0.58	0.96	59.55	NA
Walnut (Juglans regia) 0.41 0.12 0.88 0.86	SLI013	Tropical Almond, kottamba (Terminalia catappa)	ND	0.02	0.07	0.76	0.32	41.50	ı
	SLI014	Walnut (Juglans regia)	0.41	0.12	0.88	0.86	0.89	62.28	0.84

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(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	Р	MG	NA	К
		mg	mg	mg	mg	mg
<b>SLI001</b>	Almond ( <i>Prunus amygdalus</i> )	230	443	272	1.93	679
SLI002	Arecanut, dried, brown (Areca catechu)	72.00	00.66	108	12.62	597
SL1003	Arecanut, fresh ( <i>Areca catechu</i> )	30.02	92.25	47.16	4.35	330
SLI004	Cashew nut (Anacardium occidentale)	34.00	537	272	8.94	645
SU1005	Coconut, kernal, dry <i>(Cocos nucifera)</i>	34.00	201	80.42	17.01	644
SLI006	Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )	9.31	103	49.54	43.78	349
SLI007	Gingely seeds, black (Sesamum indicum)	1465	669	419	16.61	475
SLI008	Gingely seeds, brown (Sesamum indicum)	1168	682	318	11.81	480
<b>SLI009</b>	Ground nut (Arachis hypogaea)	58.00	390	200	12.80	664
SLI010	Linseeds (Linum usitatissimum)	254	460	352	39.53	603
<b>SLI011</b>	Mustard, seeds ( <i>Brassica juncea</i> )	412	743	215	2.94	627
SLI012	Pistachio nut ( <i>Pistacia vera</i> )	150	531	148	6.92	1050
SLI013	Tropical Almond, kottamba (Terminalia catappa)	200	548	123	7.67	331
SLI014	Walnut ( <i>Juglans regia</i> )	104	464	160	0.83	435

# Table 5. TRACE ELEMENTS AND HEAVY METALS

FEMNCUAlmond (Prunus amygdalus)mgmgmgAlmond (Prunus amygdalus)4.332.391.08Arecanut, dried, brown (Areca catechu)2.372.951.82Arecanut, fresh (Areca catechu)2.372.951.82Cashew nut (Anaccardium occidentale)6.291.712.33Coconut, kernal, dry (Cocos nucifera)3.601.530.87Coconut, kernal, fresh, scraped (Cocos nucifera)1.611.010.42Gingely seeds, black (Sesamum indicum)15.422.921.66Gingely seeds, brown (Sesamum indicum)15.531.591.92Gingely seeds (Linum usitatissimum)4.852.421.44Mustard, seeds (Brassica juncea)13.663.520.64Pistachio nut (Pistacia vera)5.230.920.88Tropical Almond, kottamba (Terminalia catappa)2.791.362.13Walnut (Iualans reai)2.791.362.13Walnut (Iualans reai)2.791.362.13Walnut (Iualans reai)2.791.362.13Walnut (Iualans reai)2.791.362.13Walnut (Iualans reai)2.791.362.13Manut (Iualans reai)2.791.362.13Manut (Iualans reai)2.791.362.13Manut (Iualans reai)2.791.362.13Manut (Iualans reai)2.791.362.13Manut (Iualans reai)2.792.901.29Manut (Iualans re	Food code	Food Name	lron	อรอทธรูทธM	Copper	Zinc	muinələ2	fladoD	mnnəbdyloM	muimord)	Nickel	աուկելվ	muinimulA	реәт	Μετςυτγ	muimbeJ	Arsenic	γnomitnA
mg <th></th> <th></th> <th>Ħ</th> <th>MM</th> <th>CU</th> <th>ZN</th> <th>SE</th> <th>00</th> <th>MO</th> <th>CR</th> <th>z</th> <th>⊐</th> <th>AL</th> <th>PB</th> <th>ĐH</th> <th>8</th> <th>AS</th> <th>SB</th>			Ħ	MM	CU	ZN	SE	00	MO	CR	z	⊐	AL	PB	ĐH	8	AS	SB
Almond ( <i>Prunus amygdalus</i> )4.332.391.083.595.540.0050.0050.1720.0011.010.001Arecanut, dried, brown ( <i>Areca catechu</i> )2.372.951.821.109.950.0080.0070.0460.2180.0082.250.007Arecanut, fresh ( <i>Areca catechu</i> )2.372.951.821.109.950.0030.0070.0460.2180.0082.250.007Arecanut, fresh ( <i>Areca catechu</i> )1.071.071.071.071.072.335.2711.540.0030.0120.0720.0780.060.0460.1460.004Cashew nut ( <i>Anacardium occidentale</i> )6.291.712.335.2711.540.0030.0100.0100.322NA0.010.014Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )1.611.010.421.1724.530.0100.0120.0290.0730.0120.0140.0310.0210.0210.021Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )1.611.010.421.1724.530.0120.01			шg	тg	тg	тg	рg	тg	тд	тg	тg	тg	тg	тд	bп	тд	bн	рд
Arecanut, dried, brown (Areca catechu)       2.37       2.95       1.82       1.10       9.95       0.007       0.046       0.218       0.008       2.25       0.007         Arecanut, fresh (Areca catechu)       1.07       1.07       1.07       0.69       0.56       NA       NA </th <th>SLI001</th> <th>Almond (Prunus amygdalus)</th> <th>4.33</th> <th>2.39</th> <th>1.08</th> <th>3.59</th> <th>5.54</th> <th>0.005</th> <th>0.030</th> <th>0.005</th> <th>0.172</th> <th>0.001</th> <th>1.01</th> <th>0.001</th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th>	SLI001	Almond (Prunus amygdalus)	4.33	2.39	1.08	3.59	5.54	0.005	0.030	0.005	0.172	0.001	1.01	0.001	NA	NA	NA	NA
Arecanut, fresh (Areca catechu)         1.07         1.07         1.07         1.07         0.69         0.56         NA	SLI002	Arecanut, dried, brown (Areca catechu)	2.37	2.95	1.82	1.10	9.95	0.008	0.007	0.046	0.218	0.008	2.25	0.007	ΝA	NA	ΝA	NA
Cashew nut (Anacardium occidentale) $6.29$ $1.71$ $2.33$ $5.27$ $11.54$ $0.003$ $0.022$ $0.736$ $NA$ $0.16$ $0.004$ Coconut, kernal, dry ( <i>Cocos nuciferal</i> ) $3.60$ $1.53$ $0.87$ $1.47$ $26.39$ $0.010$ $0.010$ $0.032$ $0.032$ $0.032$ $0.031$ $0.011$ $0.33$ $0.001$ Coconut, kernal, dry ( <i>Cocos nuciferal</i> ) $1.61$ $1.01$ $0.42$ $1.17$ $34.66$ $0.001$ $0.010$ $0.012$ $0.032$ $0.031$ $0.031$ $0.031$ $0.001$ $0.33$ $0.001$ Coconut, kernal, fresh, scraped ( <i>Cocos nuciferal</i> ) $1.542$ $2.92$ $1.61$ $1.01$ $0.42$ $1.17$ $34.66$ $0.003$ $0.012$ $0.032$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.33$ $0.001$ $0.001$ $0.012$ $0.001$ $0.012$ $0.001$ $0.012$ $0.001$	SLI003	Arecanut, fresh (Areca catechu)	1.07	1.07	0.69	0.56	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Coconut, kernal, dry ( <i>Cocos nucifera</i> )3.601.530.871.4726.390.0100.0180.332NA0.41NACoconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )1.611.010.421.1734.660.0030.0120.0300.0010.330.005Gingely seeds, black ( <i>Sesamum indicum</i> )15.422.921.668.9914.200.0290.0740.0120.0382.700.027Gingely seeds, black ( <i>Sesamum indicum</i> )15.422.921.591.500.0170.1330.0210.1020.0103.390.005Gingely seeds, brown ( <i>Sesamum indicum</i> )15.931.572.921.929.0659.590.0170.1330.0220.0103.390.005Ground nut ( <i>Arachis hypogaea</i> )3.361.710.863.123.050.0010.0130.0220.0013.390.005Mustard, seeds ( <i>Inum usitatissimum</i> )13.663.520.643.9557.850.0070.0120.0220.0013.300.01Mustard, seeds ( <i>Brassica juncea</i> )13.663.520.643.9557.850.0080.0220.0040.01310.31NANANustard, seeds ( <i>Brassica juncea</i> )5.230.920.882.337.280.0010.0120.0140.01310.31NANAPistachio nut ( <i>Pistacia vera</i> )5.230.920.882.337.280.0010.020.0410.31	SLI004	Cashew nut (Anacardium occidentale)	6.29	1.71	2.33	5.27	11.54	0.003	0.032	0.002	0.736	NA	0.16	0.004	NA	NA	ΝA	NA
Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )       1.61       1.01       0.42       1.17       34.66       0.003       0.012       0.030       0.001       0.33       0.006         Gingely seeds, black ( <i>Sesamum indicum</i> )       15.42       2.92       1.6       8.99       14.20       0.029       0.074       0.012       0.038       2.70       0.027         Gingely seeds, black ( <i>Sesamum indicum</i> )       15.42       2.92       1.55       1.92       9.06       59.59       0.017       0.132       0.023       0.001       3.39       0.005         Ground nut ( <i>Arachis hypogaea</i> )       3.36       1.71       0.86       3.12       3.05       0.004       0.031       0.002       0.101       3.39       0.005         Kound nut ( <i>Arachis hypogaea</i> )       3.36       1.71       0.86       3.12       3.05       0.004       0.031       0.002       0.012       0.01       3.39       0.005         Mustard, seeds ( <i>Inum usitatissimum</i> )       13.66       3.52       0.64       3.95       57.85       0.008       0.032       0.004       10.31       NA	SLI005	Coconut, kernal, dry <i>(Cocos nucifera)</i>	3.60	1.53	0.87	1.47	26.39	0.010	0.010	0.018	0.332	NA	0.41	NA	1.53	0.001	ΝA	NA
Gingely seeds, black ( <i>Sesamum indicum</i> )         15.42         2.92         1.6         8.99         14.20         0.029         0.074         0.015         0.238         2.70         0.027           Gingely seeds, brown ( <i>Sesamum indicum</i> )         15.93         1.55         1.92         9.06         59.59         0.017         0.133         0.02         0.012         0.029         0.001         3.39         0.005           Ground nut ( <i>Arachis hypogaea</i> )         3.36         1.71         0.86         3.12         3.05         0.006         0.023         0.02         0.102         0.01         3.39         0.005           Linseeds ( <i>Linum usitatissimum</i> )         4.85         2.42         1.44         4.80         32.60         0.040         0.021         0.02         0.169         NA         0.00         0.002         0.169         NA         NA         0.00         0.004         0.014         0.013         0.01         0.004         0.004         0.004         0.004         0.004         0.004         0.004         0.004         0.004         0.004         0.004         0.004	SL1006	Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )	1.61	1.01	0.42	1.17	34.66	0.003	0.012	0.049	0.030	0.001	0.33	0.006	1.88	0.002	11.63	0.12
Gingely seeds, brown ( <i>Sesamum indicum</i> )       15.93       1.55       1.92       9.06       59.59       0.017       0.133       0.02       0.012       3.39       0.005         Ground nut ( <i>Arachis hypogaea</i> )       3.36       1.71       0.86       3.12       3.05       0.006       0.082       0.009       0.223       NA       2.80       NA         Linseeds ( <i>Linum usitatissimum</i> )       4.85       2.42       1.44       4.80       32.60       0.040       0.031       0.02       0.169       NA       NA       0.004         Mustard, seeds ( <i>Brassica juncea</i> )       13.66       3.52       0.64       3.95       57.85       0.008       0.026       0.072       0.04       10.31       NA         Nustard, seeds ( <i>Brassica juncea</i> )       13.66       3.52       0.64       3.95       57.85       0.008       0.025       0.072       0.04       10.31       NA         Pistachio nut ( <i>Pistacia vera</i> )       5.23       0.92       0.88       2.33       7.28       0.001       0.02       0.04       10.31       NA       NA       0.01       0.014       0.011       0.011       0.011       0.011       0.011       0.011       0.011       0.011       0.011       0.011 <t< th=""><th>SLI007</th><th>Gingely seeds, black (Sesamum indicum)</th><th>15.42</th><th>2.92</th><th>1.6</th><th>8.99</th><th>14.20</th><th>0.029</th><th>0.074</th><th>0.015</th><th>0.258</th><th>0.038</th><th>2.70</th><th>0.027</th><th>NA</th><th>0.002</th><th>NA</th><th>NA</th></t<>	SLI007	Gingely seeds, black (Sesamum indicum)	15.42	2.92	1.6	8.99	14.20	0.029	0.074	0.015	0.258	0.038	2.70	0.027	NA	0.002	NA	NA
Ground nut (Arachis hypogaea)         3.36         1.71         0.86         3.12         3.05         0.006         0.822         0.09         0.223         NA         2.80         NA           Linseeds (Linum usitatissimum)         4.85         2.42         1.44         4.80         32.60         0.040         0.031         0.002         0.169         NA         NA         0.004           Mustard, seeds (Brassica juncea)         13.66         3.52         0.64         3.95         57.85         0.008         0.026         0.072         0.004         10.31         NA         0.004           Pistachio nut (Pistacia vera)         5.23         0.92         0.88         2.33         7.28         0.001         0.022         0.072         0.04         10.31         NA         0.011           Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         2.79         1.36         2.13         4.54         56.14         0.009         0.011         0.011         1.13         0.035           Walnut ( <i>Jualans reaia</i> )         3.24         3.00         1.29         2.69         4.61         0.07         0.014         0.013         0.014         0.011         1.13         0.035 <th>SLI008</th> <th>Gingely seeds, brown (Sesamum indicum)</th> <th>15.93</th> <th>1.55</th> <th>1.92</th> <th>9.06</th> <th>59.59</th> <th>0.017</th> <th>0.133</th> <th>0.02</th> <th>0.102</th> <th>0.001</th> <th>3.39</th> <th>0.005</th> <th>NA</th> <th>NA</th> <th>NA</th> <th>NA</th>	SLI008	Gingely seeds, brown (Sesamum indicum)	15.93	1.55	1.92	9.06	59.59	0.017	0.133	0.02	0.102	0.001	3.39	0.005	NA	NA	NA	NA
Linseeds (Linum usitatissimum)         4.85         2.42         1.44         4.80         32.60         0.040         0.031         0.002         0.169         NA         NA         0.004           Mustard, seeds (Brassica juncea)         13.66         3.52         0.64         3.95         57.85         0.008         0.022         0.072         0.004         10.31         NA           Pistachio nut (Pistacia vera)         5.23         0.92         0.88         2.33         7.28         0.001         0.023         NA         NA         NA         0.011           Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         2.79         1.36         2.13         4.54         56.14         0.009         0.004         0.01         1.13         0.035           Walnut ( <i>Jualans reaia</i> )         3.24         3.00         1.29         2.69         4.61         0.07         0.014         0.013         0.33         0.014         0.33         0.014         0.33         0.014         0.33         0.014         0.03         0.014         0.03         0.014         0.03         0.014         0.03         0.014         0.03         0.014         0.014         0.014         0.014         0.014         0.014         0.014         <	SL1009	Ground nut (Arachis hypogaea)	3.36	1.71	0.86	3.12	3.05	0.006	0.082	0.009	0.223	NA	2.80	NA	NA	NA	NA	NA
Mustard, seeds (Brassica juncea)         13.66         3.52         0.64         3.95         57.85         0.008         0.026         0.072         0.004         10.31         NA           Pistachio nut (Pistacia vera)         5.23         0.92         0.88         2.33         7.28         0.001         0.023         NA         NA         NA         0.011           Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         2.79         1.36         2.13         4.54         56.14         0.009         0.004         0.01         1.13         0.035           Walnut ( <i>Jualans reaia</i> )         3.24         3.00         1.29         2.69         4.61         0.007         0.013         0.283         NA         0.53         0.014         0.13         0.335	SLI010	Linseeds (Linum usitatissimum)	4.85	2.42	1.44	4.80	32.60	0.040	0.031	0.002	0.169	NA	NA	0.004	NA	0.007	8.23	NA
Pistachio nut ( <i>Pistacia vera</i> )         5.23         0.92         0.88         2.33         7.28         0.001         0.023         NA         NA         0.011           Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         2.79         1.36         2.13         4.54         56.14         0.009         0.004         0.011         1.13         0.035           Walnut ( <i>Jualans reaia</i> )         3.24         3.00         1.29         2.69         4.61         0.007         0.013         0.53         0.014         0.533         NA         0.53         0.014         0.533         NA         0.53         0.014	SLI011	Mustard, seeds (Brassica juncea)	13.66	3.52	0.64	3.95	57.85	0.008	0.026	0.032	0.072	0.004	10.31	NA	NA	0.001	5.06	0.15
Tropical Almond, kottamba ( <i>Terminalia catappa</i> )         2.79         1.36         2.13         4.54         56.14         0.009         0.011         0.042         0.001         1.13         0.035           Walnut ( <i>Jualans reaia</i> )         3.24         3.00         1.29         2.69         4.61         0.007         0.013         0.533         NA         0.53         0.014         0.013         0.53         0.014         0.014         0.014         0.014         0.014         0.014         0.014         0.014         0.014	SLI012	Pistachio nut ( <i>Pistacia vera</i> )	5.23	0.92	0.88	2.33	7.28	0.001	0.023	NA	0.09	NA	NA	0.011	0.43	0.001	3.21	0.17
Walnut (lualans reaia) 3.24 3.00 1.29 2.69 4.61 0.007 0.013 0.283 NA 0.53 0.014	SLI013	Tropical Almond, kottamba ( <i>Terminalia catappa</i> )	2.79	1.36	2.13	4.54	56.14	600.0	0.004	0.011	0.042	0.001	1.13	0.035	1.83	0.002	7.49	0.70
	SLI014	Walnut <i>(Juglans regia)</i>	3.24	3.00	1.29	2.69	4.61	0.007	0.014	0.013	0.283	NA	0.53	0.014	NA	0.001	1.51	NA

### **Table 6. AMINO ACIDS**

(All values are expressed per 100g of protein)

Cysteine Valine Methionin Isoleucine Leucine Tyrosine
CYS VAL MET ILE LEU TYR
9 9 9 9
4.00 0.93 2.44 4.12
_
5.69 1.35 1.75 4.75
3.27 1.28 4.16 7.14
5.88 1.91
5.40 1.07 3.99 6.25
4.48 3.22 5.51 4.42
4.63 2.73 5.05 6.26
1.01 5.04 7.38
5.26 1.67 4.77
5.59 2.10 4.20 7.11
1.64 5.21 7.99
4.61 0.99
1 29 5 40 0.67 4 73 6 41 2 84

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

tty	Docosadienoic	F22D2	тg			,		,	ı	,	ı.	,	1	448	ı	,	
Poly Unsaturated Fatty Acids	2. n	F18D F. 3N3		32.02	7.27	15.13	50.48	1	ı	196	97.00	ı	12362	3531	175	34.26	8663
isaturat Acids	Linoleic	F18D F1 2CN6 31		2	386 7	483 1	7287 5	957	523	19079	18707 9	11741	3319 13	5070 3	11841	10739 3	36059 8
oly Un			mg m	13307 13	393 3	499 4	7338 7.	957 9	523 5	19275 19	18804 18	11741 11	15681 33	9307 50	12016 11	10774 10	44722 36
ш. 	Total	F24D FAPU 1C	6	- 13	۰ ۱	4	- 73	-	-	- 19	- 18	- 11	- 15	667 93	14.33 12	- 10	- 44
Acids	Nervonic													13546 6	- 14		
Fatty	Erucic	D F22D F 1N9			. 11	45	49		61	68	28	5	95		4	35	00
Mono Unsaturated Fatty Acids	2ion96203i3	D F20D 9 1N9F			9 4.47	9 16.45	40 72.49	- 0	5 13.61	64 60.89	35 64.28	52 385	14 37.95	2 1816	65 144	21 41.35	93 97.00
Unsati	Oleic	0 F18D 1CN9		1 37952	449	549	3 27940	3660	2525	7 15264	5 16235	17452	4 5294	7 4572	18665	12421	3 11493
Mono	(1:810) sielotimle¶	F16D 1C	bu	3 274	1	1	1 168	'	-	0 64.57	3 53.45	3 247	5 24.54	9 67.87	3 300	6 155	7 36.33
	letoT	FAMS	mg	38273	453	566	28181	3660	2539	15390	16353	18083	5356	20669	19123	12616	11627
	Lignoceric (C24:0)	F24D0	mg	T	ı	1	58.26	1	ī	35.66	38.07	463	33.12	219	17.15	31.00	T
	Behenic (C22:0)	F22D0	mg	1	'		45.77		ı	54.14	45.10	1401	55.85	317	40.01	69.38	ī
Acids	Arachidic (C20:0)	F20D0	mg	59.32	9.69	12.89	226	1	29.99	263	255	544	57.28	283	50.58	213	27.46
Fatty Acids	Stearic (C18:0)	F18D0	тg	716	60.29	65.06	3350	1385	1145	2537	2145	1259	1380	414	456	1499	1470
Saturated	Palmitic (0:3LC)	F16D0	тg	3549	491	607	3973	4419	3394	3659	3726	4634	1451	862	3578	13965	3632
Satı	(0:410) Myristic	F14D0	mg	30.98	1538	2033	,	10311	7977	ı	ī	·	,	,	42.54	40.43	,
	(0:212) Lauric	F12D0	тg		506	565	,	24254	18293	,	ī	,	,	,	,	7.57	,
	letoT	FASAT	mg	4355	2605	3283	7653	43032	30840	6548	6209	8302	2978	2095	4185	15825	5129
Food Name				Almond (Prunus amygdalus)	Arecanut, dried, brown (Areca catechu)	Arecanut, fresh (Areca catechu)	Cashew nut (Anacardium occidentale)	Coconut, kernal, dry <i>(Cocos nucifera)</i>	Coconut, kernal, fresh, scraped (Cocos nucifera)	Gingely seeds, black (Sesamum indicum)	Gingely seeds, brown (Sesamum indicum)	Ground nut (Arachis hypogaea)	Linseeds (Linum usitatissimum)	Mustard, seeds (Brassica juncea)	Pistachio nut (Pistacia vera)	Tropical Almond, kottamba (Terminalia catappa)	Walnut (Juglans regia)
Food code				SLI001	SLI002	SLI003	<b>SLI004</b>	SLI005	<b>SLI006</b>	SLI007	SLI008	SLI009	SLI010	<b>SLI011</b>	<b>SLI012</b>	SLI013	<b>SLI014</b>

## **Table 8. STARCH AND SUGARS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Available CHO		Free sugars	ugars		Oligosaccharides	harides	<b>Total Starch</b>
code			Total free	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
			sugars						
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	g	g	g
SLI001	Almond (Prunus amygdalus)	2.36	2.35	1.31	0.76	0.28	0.09	0.02	0.01
SLI002	Arecanut, dried, brown (Areca catechu)	71.17	1.75	0.46	0.73	0.56	NA	NA	69.42
SLI003	Arecanut, fresh ( <i>Areca catechu</i> )	NA	NA	NA	NA	NA	NA	NA	NA
<b>SLI004</b>	Cashew nut (Anacardium occidentale)	23.24	3.13	1.92	1.10	0.11	2.16	0.17	20.11
SLI005	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6.43	6.43	1.35	0.97	4.11	NA	NA	NA
<b>SLI006</b>	Coconut, kernal, fresh, scraped (Cocos nucifera)	3.16	I	ı	ı	ı	ND	ND	3.16
SLI007	Gingely seeds, black (Sesamum indicum)	10.22	0.93	0.31	0.43	0.19	1.04	0.01	9.29
SLI008	Gingely seeds, brown (Sesamum indicum)	8.57	1.40	0.48	0.21	0.71	1.08	0.01	7.17
SLI009	Ground nut (Arachis hypogaea)	15.36	5.05	0.89	0.23	3.93	0.03	0.08	10.31
SLI010	Linseeds (Linum usitatissimum)	8.30	0.53	0.17	0.36	NA	3.34	NA	7.77
<b>SLI011</b>	Mustard, seeds ( <i>Brassica juncea</i> )	13.31	5.23	1.13	0.99	3.11	0.45	0.77	8.08
SLI012	Pistachio nut (Pistacia vera)	14.83	8.04	4.11	2.78	1.15	3.85	0.10	6.79
SLI013	Tropical Almond, kottamba (Terminalia catappa)	3.05	0.04	0.02	0.02	I	ND	ND	3.01
SLI014	Walnut (Juglans regia)	10.33	3.38	1.09	0.36	1.93	NA	NA	6.95

### Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion; ND indicates component not analysed)

Food	Food Name	Campesterol	Stigmasterol	β-Sitosterol
code			STGSTR	STGSTR
		mg	mg	bu
SLI001	Almond (Prunus amygdalus)	3.77	2.96	181
SLI002	Arecanut, dried, brown (Areca catechu)	5.22	3.30	44.84
SLI003	Arecanut, fresh (Areca catechu)	5.21	3.38	44.08
SLI004	Cashew nut (Anacardium occidentale)	3.66	0.89	112
SLI005	Coconut, kernal, dry <i>(Cocos nucifera)</i>	1.85	4.47	21.56
<b>SLI006</b>	Coconut, kernal, fresh, scraped ( <i>Cocos nucifera</i> )	ND	ND	ND
SLI007	Gingely seeds, black (Sesamum indicum)	28.70	14.51	206
SLI008	Gingely seeds, brown (Sesamum indicum)	32.64	14.09	206
600IJS	Ground nut (Arachis hypogaea)	18.09	9.49	122
SLI010	Linseeds (Linum usitatissimum)	31.36	7.29	111
SLI011	Mustard, seeds (Brassica juncea)	45.26	7.72	118
SLI012	Pistachio nut ( <i>Pistacia vera</i> )	12.31	2.24	366
SLI013	Tropical Almond, kottamba ( <i>Terminalia catappa</i> )	ND	ND	ND
SLI014	Walnut (Juglans regia)	3.02	1.23	126

**Table 10. CAROTENES AND XANTHOPHYLS** 

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin	α - Carotene	β - Carotene
code		LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB
		бґ	бн	brl	бп	рц	рц
SLI001	Almond (Prunus amygdalus)	3.16	1.82	NA	NA	NA	NA
SLI002	Arecanut, dried, brown (Areca catechu)	21.40	4.97	NA	NA	NA	NA
SLI003	Arecanut, fresh (Areca catechu)	NA	NA	NA	NA	NA	NA
SLI004	Cashew nut (Anacardium occidentale)	3.12	1.55	NA	NA	NA	NA
SLI005	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	71.10	3.44	NA	NA	NA	NA
SL1006	Coconut, kernal, fresh, scraped (Cocos nucifera)	ND	ND	ND	ND	ND	ND
SLI007	Gingely seeds, black (Sesamum indicum)	11.60	1.21	NA	NA	NA	14.20
SLI008	Gingely seeds, brown (Sesamum indicum)	19.60	2.47	NA	NA	NA	4.81
SLI009	Ground nut (Arachis hypogaea)	3.89	10.31	NA	NA	NA	19.82
SLI010	Linseeds (Linum usitatissimum)	5.68	8.12	NA	NA	NA	1.06
SLI011	Mustard, seeds ( <i>Brassica juncea</i> )	224	10.12	NA	NA	NA	41.92
SLI012	Pistachio nut ( <i>Pistacia vera</i> )	168	NA	NA	NA	NA	125
SLI013	Walnut ( <i>Juglans regia</i> )	34.70	3.55	NA	5.12	NA	8.52
SLI014	Tropical Almond, kottamba ( <i>Terminalia catappa</i> )	ND	ND	ND	ND	ND	ND

# Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

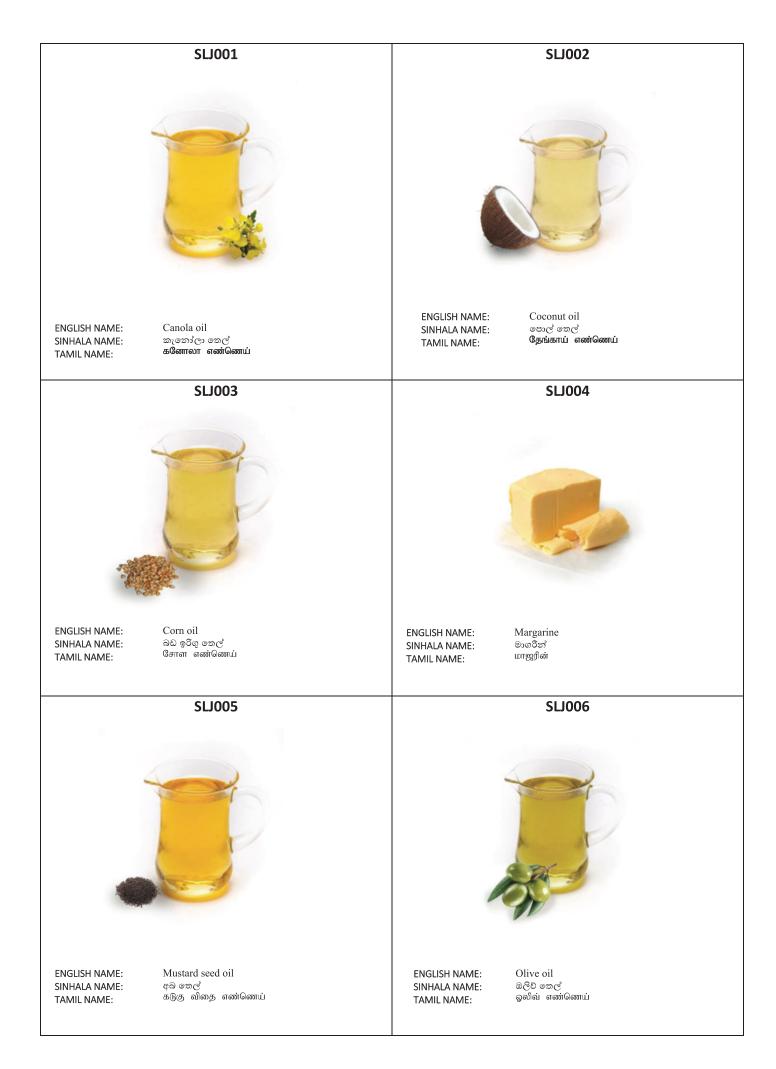
	Food Name														
code			Oxalates		р				p	biɔA :	p		ibitor	ibitor	uit
		letoT	əldulo2	əldulozni	Tartaric Aci	Quinic Acid	biɔA ɔillɛM	Citric Acid	iɔA ɔiniɔɔuᢓ	oitino A-si O	ioA oiremu7	Рһутате	Trypsin Inhi JinU	Trypsin Inhi Activity	noqe2 letoT
			OXALAC		TARAC	MALAC	CITAC	SUCAC		FUMAC					
		шg	тд	mg	тg	шg	тд	шg	шg	шg	шg	вш	шg	g	g
SLI001 A	Almond (Prunus amygdalus)	340	103	237	1.25	NA	96.52	12.63	1.14	NA	0.34	945	83.37	4.52	9.53
SLI002 A	Arecanut, dried, brown (Areca catechu)	NA	NA	NA	NA	74.52	47.82	7.51	1.81	NA	0.14	477	15.79	2.47	NA
SLI003 A	Arecanut, fresh (Areca catechu)	NA	NA	NA	NA	NA	NA	12.63	27.52	NA	24.52	426	15.95	3.96	NA
SLI004 C	Cashew nut (Anacardium occidentale)	184	143	40.35	NA	NA	NA	7.41	24.84	NA	35.63	905	83.37	4.51	9.74
SLI005 C	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6.49	3.16	3.33	5.96	16.25	2.12	116	10.64	NA	0.61	362	15.05	2.27	NA
SLI006 C	Coconut, kernal, fresh, scraped (Cocos nucifera)	ΟN	ΟN	ND	ΟN	ΟN	ND	ND	QN	ND	ND	ND	ND	ND	ND
SLI007 G	Gingely seeds, black (Sesamum indicum)	2531	77.74	2453	4.51	10.38	NA	2.35	106	0.27	1.71	872	77.37	3.94	3.35
SLI008 G	Gingely seeds, brown (Sesamum indicum)	2166	82.93	2084	142	13.80	34.61	42.36	12.91	0.75	3.82	932	77.89	3.55	6.67
SLI009	Ground nut (Arachis hypogaea)	78.84	39.81	39.03	159	12.00	5.53	43.54	9.93	NA	0.81	592	45.26	2.02	3.00
SLI010	Linseeds (Linum usitatissimum)	7.01	1.45	5.56	NA	NA	8.73	9.12	2.22	NA	8.78	1850	77.26	4.13	2.03
SLI011 N	Mustard, seeds (Brassica juncea)	7.68	5.63	2.05	152	14.52	16.86	83.12	5.92	NA	0.41	132	25.47	1.30	ΝA
SLI012 P	Pistachio nut (Pistacia vera)	37.64	23.34	14.30	4.68	57.52	140	3.68	6.50	NA	1.30	789	81.26	3.44	3.27
SLI013 V	Walnut ( <i>Juglans regia</i> )	41.33	29.56	11.77	63.54	NA	24.63	16.28	278	3.48	NA	979	76.32	5.23	10.16
SLI014 T	Tropical Almond, kottamba (Terminalia catappa)	10.93	1.17	9.76	ND	ND	ND	ND	ND	ND	ND	392	ND	ND	ND

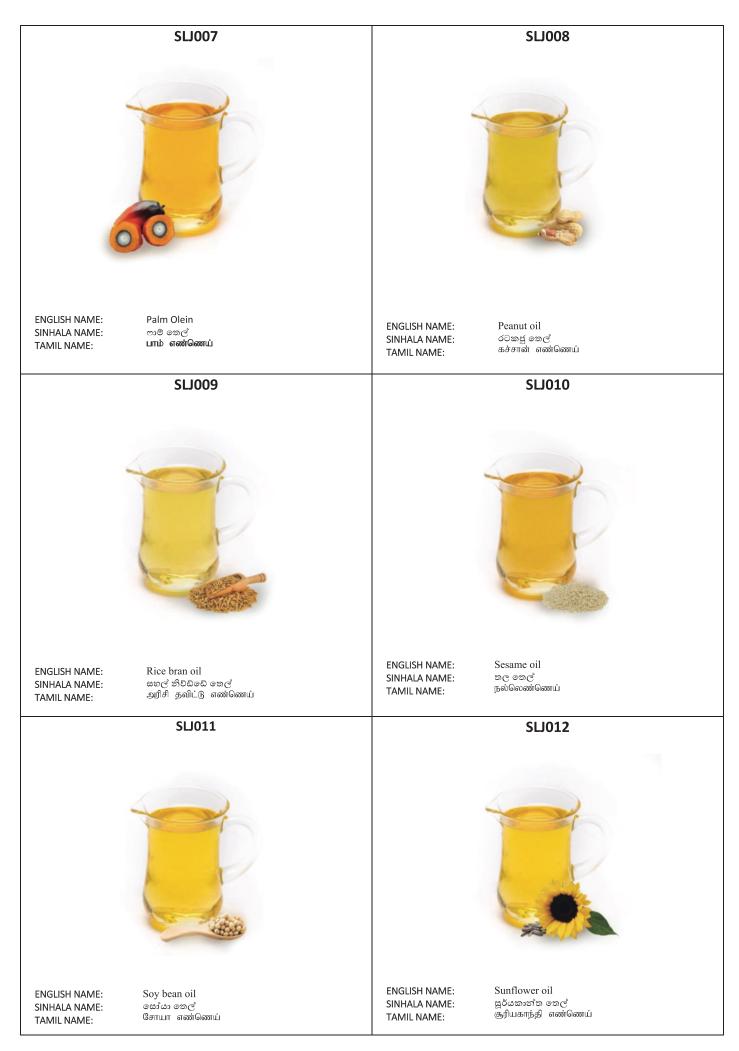
#### Group J

#### Oils and Fat

Even though it is tempting to use fat and oils for its taste and rich texture, this group is widely discouraged to be used in excessive amounts. Vegetable oil, animal fat contains saturated as well as unsaturated fatty acids. Animal fat also contains cholesterol.







(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

Food	Food Name	Energy	gy	Moisture	Protein	Total Fat	Total Fat Carbohyd	Total	Soluble	Insoluble	Ash
code							-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	R	g	g	g	g	g	g	g	g
SLJ001	Canola oil	006	3700	ı		100	ı			I	ı
SLJ002	Coconut oil	006	3700	I	ı	100	I	ı	I	ı	ı
SL1003	Corn oil	006	3700	ı		100	I	·	ı	ı	ı
SLJ004	Margarine	750	3080	16	0.30	83.30	I	ı	I	I	0.40
SL1005	Mustard seed oil	006	3700	ı	I	100	I	I	I	I	ı
SL1006	Olive oil	006	3700	ı	ı	100	I	·	I	I	·
SL1007	Palm Olein	006	3700			100					
SL1008	Peanut oil	006	3700	ı	ı	100	I	I	I	I	ı
800LJS	Rice bran oil	006	3700	I	ı	100					
SLJ010	Sesame oil	006	3700	I	I	100	I	ı	I	I	ı
SLJ011	Soy bean oil	006	3700	ı	ı	100	ı	I	ı	I	ı
SLJ012	Sunflower oil	006	3700	ı	ı	100	,	ı	ı	I	ı

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

	1				Fatty Acid	Fatty Acids							Fatty Acids	Acids	5		Unsa Fatt	Unsaturated Fatty Acids	-
		lefoT	Caprylic (Cs:0)	Capric (C10:0)	Lauric (C12:0) Myristic	(C14:0) Palmitic	(C16:0) Stearic	(C28:0) Arachidic (C20:0)	Behenic (C22:0)	(C24:0) Lignoceric	Total	Palmitoleic (C16:1)	Heptadecenoic (C17:1)	Oleic (1:812)	Eicosaenoic (C20:1)	Erucic (C22:1)	letoT	Linoleic (C18:2)	A-Linolenic (2:813)
		FASA T	F8D0	F10D F. 0	F12D F14D 0 0	4D F16D	D F18D 0	F20D 0	F22D 0	F24D 0	FAM S	F16D 1CN7	F17D 1CN7	F18D 1CN9	F20D 1N9F	F22D F 1N9	FAPU F	F18D F 2CN6 3	F18D 3N3
	1	g	g	g	g g	9	9	9	g	g	g	g	g	g	g	g	g	g	g
SLJ001 Canola oil		6.84	. 1		0.02 0.06	4	2	0.21	0.07	0.03	63.31	0.04	0.10	61.81	1.19	2	96	95	9.01
SLJ002 Coconut oil		91.08	5.00	5.30 47	47.17 20.29	29 9.58	8 3.65	0.10			7.63	0.01	ī	7.58	0.04	1	1.27	1.27	ı
SLJ003 Corn oil		15.40	I	ı		12.01	1 2.01	0.68	0.30	0.36	28.81	ı	ı	28.61	0.20	-	55.83 5	55.03 (	0.80
SLJ004 Margarine		31.30	0.35	0.12 5	5.60 2.11	11 14.80	0 8.30	ı			27.50	ı	ī	25.90	0.51	-	15.90 1	12.80	3.12
SLJ005 Mustard seed oil	d oil	5.72	ı	ı	1	2.18	8 1.17	0.98	1.39	•	67.09	0.16	ī	12.18	5.45	49.30 2	27.19 1	15.55 1	11.64
SLJ006 Olive oil		16.22	1	,	1	11.95	5 3.37	0.39	0.45	0.06	75.91	0.69	0.12	74.80	0.30		7.83	7.14 (	0.69
SLJ007 Palm Olein		44.32	ı	0.02 0	0.30 0.85	35 42.87	17 3.78	0.04	0.06	ı.	44.30	0.23	0.03	43.79	0.18	-	11.36 1	11.18 (	0.18
SLJ008 Peanut oil		17.40		ı	1	9.25	5 2.71	1.17	2.54	1.74	50.47	0.07		49.40	1.00	°	32.10 3	31.70 (	0.19
SLJ009 Rice bran oil		24.10	ı	ı	- 0.38	38 19.84	4 2.00	1.10	0.18	09.0	42.20	0.20	ı	42.00		ۍ ۱	33.70 3	33.10 (	0.60
SLJ010 Sesame oil		17.37	ı		•	10.57	7 5.90	0.60	0.16	0.14	40.70	0.20	ı	40.31	0.19	- 4	41.93 4	41.58 (	0.35
SLJ011 Soy bean oil		15.96	ı	ı	1	11.51	1 4.08	0.37	•	•	24.16	0.10	ı	24.06		-	59.88 5	54.68	5.20
SLI012 Sunflower oil		11.71	ı	-	0.02 0.08	38 6.53	3 3.73	0.27	0.78	0.30	26.74	0.12	ı	26.41	0.17	0.04 6	61.55 6	61.39 (	0.16

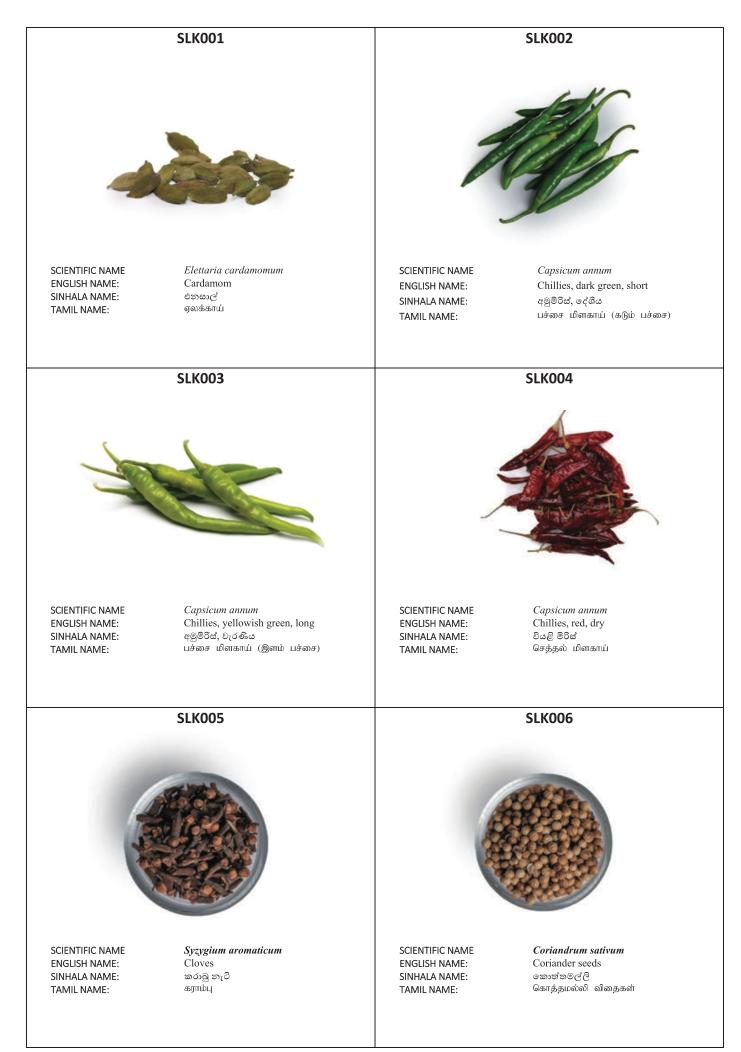
#### Group K

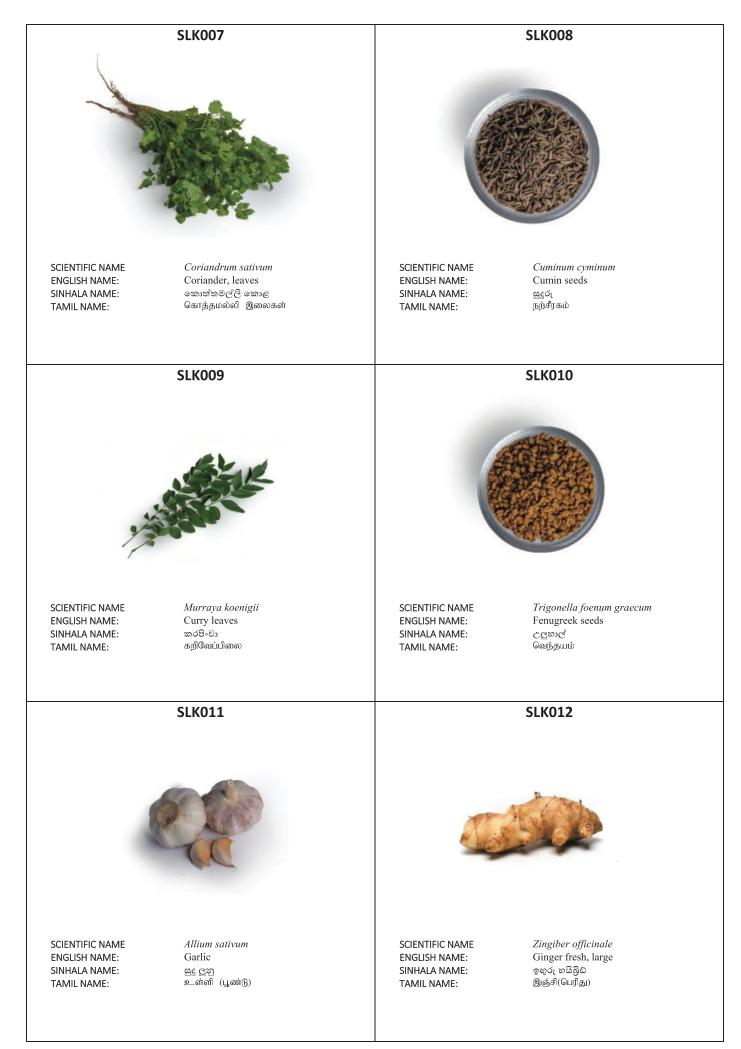
#### Condiments, Spices and Herbs

Since ancient time condiments, spices and herbs are considered as treasures and are inseparable from diet due to their artistic value of flavor and aroma. They are rich in antioxidants and low in calories, fat and sodium, making them a very healthy food group. Sri Lanka being one of the countries with a wide variety of finest spices, our population use this food group frequently when preparing day to day meals.

SLFCT contains a total of 19 condiments, spices and herbs commonly consumed in Sri Lanka.







SLK013	SLK014
SCIENTIFIC NAME Curcuma amada ENGLISH NAME: Ginger fresh, small SINHALA NAME: ඉහුරු, ලද්ශීය TAMIL NAME: இஞ்சி(சிறிது)	SCIENTIFIC NAME <i>Mentha spicata</i> ENGLISH NAME: Mint leaves SINHALA NAME: මින්ව TAMIL NAME: புதினா இலைகள்
SLK015	SLK016
SCIENTIFIC NAME <i>Myristica fragrans</i> ENGLISH NAME: Nutmeg SINHALA NAME: සാදீன்றை TAMIL NAME: ஜாதிக்காய்	SCIENTIFIC NAME Allium cepa ENGLISH NAME: Onion, big SINHALA NAME: இஜ TAMIL NAME: பெரிய வெங்காயம்
SLK017	SLK018
SCIENTIFIC NAMEAllium cepaENGLISH NAME:Onion, small, shallots	SCIENTIFIC NAME Piper nigrum ENGLISH NAME: Pepper, black SINHALA NAME: ගමමිරිස්



# Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food	Food Name	Energy	λ8.	Moisture	Protein	<b>Total Fat</b>	Carbohyd	Total	Soluble	Insoluble	Ash
code							-rate	Dietary Fibre	Dietary Fibre	Dietary Fibre	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	g	g	g	g	g	g	g	g
SLK001	Cardamom ( <i>Elettaria cardamomum</i> )	260	1088	10.54	8.25	2.75	48.59	23.10	2.56	20.54	6.78
SLK002	Chillies, dark green, short (Capsicum annum)	39	164	86.54	2.28	0.76	5.25	4.24	0.95	3.29	0.94
SLK003	Chillies, yellowish green, long (Capsicum annum)	44	186	84.85	2.21	0.75	6.26	5.09	1.84	3.25	0.85
<b>SLK004</b>	Chillies, red, dry (Capsicum annum)	233	978	15.04	12.68	6.41	28.73	31.17	4.59	26.58	5.97
SLK005	Cloves (Syzygium aromaticum)	187	786	25.99	6.04	8.45	18.73	34.88	6.59	28.29	5.92
SLK006	Coriander seeds (Coriandrum sativum)	257	1077	9.48	10.38	17.21	10.43	46.96	10.74	36.21	5.54
SLK007	Coriander, leaves ( <i>Coriandrum sativum</i> )	31	131	87.09	3.27	0.71	2.25	4.54	1.36	3.18	2.14
SLK008	Cumin seeds (Cuminum cyminum)	298	1248	11.53	13.43	16.66	21.46	30.99	4.77	26.22	5.93
SLK009	Curry leaves (Murraya koenigii)	58	243	65.34	7.19	1.04	3.01	18.27	3.88	14.39	5.15
SLK010	Fenugreek seeds (Trigonella foenum graecum)	235	986	8.14	25.05	5.73	11.05	46.93	20.05	26.88	3.10
SLK011	Garlic (Allium sativum)	122	513	64.51	6.76	0.14	21.75	5.53	2.91	2.62	1.31
SLK012	Ginger fresh, large (Zingiber officinale)	56	235	81.45	2.23	0.81	9.43	4.60	0.82	3.79	1.48
SLK013	Ginger fresh, small ( <i>Curcuma amada</i> )	41	175	84.43	1.22	0.67	7.08	5.00	1.19	3.81	1.61
SLK014	Mint leaves (Mentha spicata)	37	156	83.71	4.72	0.70	2.32	60.9	1.35	4.74	2.47
SLK015	Nutmeg ( <i>Myristica fragrans</i> )	466	1952	15.18	6.08	36.55	28.54	11.66	1.40	10.26	1.99
SLK016	Onion, big (Allium cepa)	48	205	85.41	1.67	0.24	9.54	2.66	0.68	1.98	0.49
SLK017	Onion, small, shallots (Allium cepa)	55	232	84.79	2.13	0.15	11.05	1.20	0.39	0.81	0.69
SLK018	Pepper, black ( <i>Piper nigrum)</i>	218	915	12.94	10.17	2.76	36.35	33.11	2.69	30.41	4.68
SLK019	Turmeric powder (Curcuma domestica)	281	1178	10.14	7.46	5.04	49.65	21.76	2.63	19.13	5.95

## **Table 2. FAT SOLUBLE VITAMINS**

VITAEUTAECardamom (Elettaria cardamomum)3.95Chillies, dark green, short (Capsicum annum)3.95Chillies, red, dry (Capsicum annum)3.16Chillies, red, dry (Capsicum annum)32.16Chillies, red, dry (Capsicum annum)32.16Chillies, red, dry (Capsicum annum)32.16Coriander seeds (Coriandrum sativum)13.00Coriander, leaves (Coriandrum sativum)23.50Cumin seeds (Coriandrum sativum)23.50Curry leaves (Murraya koenigii)12.52Curry leaves (Murraya koenigii)13.89Fenugreek seeds (Trigonella foenum graecum)23.83Garlic (Allium sativum)13.50Ginger fresh, large (Zingiber officinale)10.59Mint leaves (Mentha spicata)10.59Mint leaves (Murraya data)672Nutmeg (Myristica fragrans)0.16Onion, big (Allium cepa)0.16Onion, big (Allium cepa)0.16Onion, small, shallots (Allium cepa)0.16	Food code	Food Name	A nimsjiV lonit98) (39 - stnølsviup3	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	ß - Tocopherols	γ - Tocopherols	sloropherols	α -Tocotrienols	slon9irto20T - γ
$\mu g$ $\mu g$ $\mu g$ $\mu g$ $m g$ Cardamom (Elettaria cardamorum) $3.95$ $40.25$ $7.01$ $0.78$ Chillies, dark green, short ( <i>Capsicum annum</i> ) $3.16$ $4.29$ $23.28$ $0.24$ Chillies, vellowish green, long ( <i>Capsicum annum</i> ) $32.16$ $3.10$ $23.85$ $0.26$ Chillies, red, dry ( <i>Capsicum annum</i> ) $32.16$ $3.10$ $23.35$ $0.26$ Chillies, red, dry ( <i>Capsicum annum</i> ) $437$ $26.67$ $279$ $1.18$ Coriander seeds ( <i>Coriandrum sativum</i> ) $23.50$ $1.30$ $23.70$ $0.96$ Coriander, leaves ( <i>Coriandrum sativum</i> ) $23.50$ $1.30$ $32.70$ $0.61$ Curni seeds ( <i>Cuminum cyminum</i> ) $12.52$ $12.14$ $148$ $1.46$ Curry leaves ( <i>Murraya koenigii</i> ) $1389$ $125$ $26.92$ $0.05$ Garlic (Allium sativum) $23.83$ $2.00$ $1.67$ $0.05$ Garlic (Allium sativum) $1389$ $12.52$ $200$ $1.67$ $0.05$ Garlic fuesh, large ( <i>Zingiber officinale</i> ) $15.02$ $4.04$ $28.56$ $0.35$ Ginger fresh, small ( <i>Curcuma amada</i> ) $672$ $3.22$ $26.92$ $NA$ Mint leaves ( <i>Mentha spicata</i> ) $0.16$ $0.53$ $5.32$ $0.05$ Orion, big ( <i>Minun cepa</i> ) $0.16$ $0.53$ $5.32$ $0.05$ Orion, big ( <i>Minu cepa</i> ) $0.16$ $0.53$ $5.32$ $0.05$ Orion, small, shallots ( <i>Minu cepa</i> ) $0.16$ $0.53$ $5.32$ $0.05$ Orion, small,			VITA	ERGCAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
Cardamom ( <i>Elettaria cardamomum</i> ) $3.95$ $40.25$ $7.01$ $0.78$ Chillies, dark green, short ( <i>Capsicum annum</i> ) $38.16$ $4.29$ $23.28$ $0.24$ Chillies, vellowish green, long ( <i>Capsicum annum</i> ) $32.16$ $3.10$ $23.85$ $0.26$ Chillies, red, dry ( <i>Capsicum annum</i> ) $32.16$ $3.10$ $23.85$ $0.26$ Cloves ( <i>Syzygium aromaticum</i> ) $13.00$ $41.95$ $1.18$ $0.72$ Cloves ( <i>Syzygium aromaticum</i> ) $13.00$ $41.95$ $1.92$ $0.72$ Cloves ( <i>Syzgium aromaticum</i> ) $23.50$ $1.30$ $276$ $0.41$ Cloves ( <i>Syzgium aromaticum</i> ) $23.50$ $1.30$ $32.70$ $0.96$ Coriander seeds ( <i>Coriandrum sativum</i> ) $23.50$ $1.30$ $32.70$ $0.96$ Cury leaves ( <i>Coriandrum sativum</i> ) $12.52$ $12.14$ $1.48$ $1.46$ Cury leaves ( <i>Nurraya koenigii</i> ) $12.52$ $12.14$ $148$ $1.46$ Cury leaves ( <i>Nurraya koenigii</i> ) $12.52$ $12.74$ $1.67$ $0.02$ Garlic ( <i>Allium sativum</i> ) $12.52$ $12.52$ $26.82$ $1.90$ Fenugreek seeds ( <i>Trigonella foenum graecum</i> ) $23.83$ $2.00$ $1.67$ $0.05$ Garlic ( <i>Allium sativum</i> ) $176$ $2.02$ $0.05$ $0.05$ Ginger fresh, large ( <i>Zingiber officinale</i> ) $10.59$ $3.22$ $26.92$ $NA$ Nint leaves ( <i>Mentha spicata</i> ) $672$ $3.28$ $184$ $0.46$ Nutmeg ( <i>Nyristica fragrans</i> ) $0.16$ $0.53$ $5.35$ $0.05$			бп	ы	bн	тд	вш	тд	вш	тд	вш	шg
Chillies, dark green, short ( <i>Capsicum annum</i> ) $38.16$ $4.29$ $23.28$ $0.24$ Chillies, yellowish green, long ( <i>Capsicum annum</i> ) $32.16$ $3.10$ $23.85$ $0.26$ Chillies, red, dry ( <i>Capsicum annum</i> ) $437$ $26.67$ $279$ $1.18$ Chillies, red, dry ( <i>Capsicum annum</i> ) $437$ $26.67$ $279$ $1.28$ Cloves ( <i>Syzgium aromaticum</i> ) $13.00$ $41.95$ $192$ $0.72$ Cloves ( <i>Syzgium aromaticum</i> ) $23.50$ $1.30$ $21.66$ $0.72$ Coriander, leaves ( <i>Coriandrum sativum</i> ) $23.50$ $1.30$ $21.66$ $0.72$ Curin seeds ( <i>Cuminum cyminum</i> ) $23.50$ $1.30$ $21.66$ $0.41$ Curry leaves ( <i>Murraya koenigii</i> ) $12.52$ $12.14$ $148$ $1.46$ Curry leaves ( <i>Murraya koenigii</i> ) $13.89$ $125$ $268$ $1.90$ Garlic ( <i>Allium sativum</i> ) $0.18$ $0.16$ $0.02$ $0.01$ Ginger fresh, large ( <i>Zinginele</i> ) $15.02$ $4.04$ $28.56$ $0.05$ Ginger fresh, small ( <i>Curcuma amada</i> ) $10.59$ $3.22$ $26.92$ $0.67$ Mint leaves ( <i>Mentha spicata</i> ) $0.16$ $0.53$ $5.35$ $0.05$ Onion, big ( <i>Allium cepa</i> ) $0.16$ $0.53$ $5.35$ $0.05$ Onion, small, shallots ( <i>Allium cepa</i> ) $0.18$ $0.16$ $0.53$ $0.65$	SLK001	Cardamom <i>(Elettaria cardamomum)</i>	3.95	40.25	7.01	0.78	0.14	1.12	NA	NA	0.65	NA
Chilles, yellowish green, long ( <i>Capsicum annum</i> )         32.16         3.10         23.85         0.26           Chilles, red, dry ( <i>Capsicum annum</i> )         437         26.67         279         1.18           Cloves ( <i>Syzygium aromaticum</i> )         13.00         41.95         192         0.72           Cloves ( <i>Syzygium aromaticum</i> )         13.00         41.95         192         0.72           Cloves ( <i>Syzygium aromaticum</i> )         23.50         1.30         32.70         0.96           Coriander, leaves ( <i>Coriandrum sativum</i> )         586         3.78         276         0.41           Curry leaves ( <i>Cuminum cyminum</i> )         12.52         12.14         148         1.46           Curry leaves ( <i>Nurraya koenigii</i> )         12.52         12.14         148         1.46           Curry leaves ( <i>Nurraya koenigii</i> )         13.89         1.25         26.87         0.02           Fenugreek seeds ( <i>Trigonella foenum graecum</i> )         23.83         2.00         1.67         0.02           Garlic ( <i>Allium sativum</i> )         13.89         1.25         2.68         0.35           Gungree fresh, anal ( <i>Curcuma amada</i> )         10.59         3.220         0.05         0.05           Ginger fresh, anal ( <i>Curcuma amada</i> )         10.59         3.22	SLK002	Chillies, dark green, short (Capsicum annum)	38.16	4.29	23.28	0.24	0.06	NA	1.85	NA	NA	NA
Chillies, red, dry ( <i>Capsicum annum</i> )       437       26.67       279       1.18         Cloves ( <i>Syzygium aromaticum</i> )       13.00       41.95       192       0.72         Cloves ( <i>Syzygium aromaticum</i> )       13.00       41.95       192       0.72         Coves ( <i>Syzygium aromaticum</i> )       13.00       41.95       192       0.72         Coriander seeds ( <i>Coriandrum sativum</i> )       586       3.78       276       0.41         Curnin seeds ( <i>Cuminum cyminum</i> )       12.52       12.14       148       1.46         Curry leaves ( <i>Nurraya koenigii</i> )       13.89       12.5       26.87       1.90         Fenugreek seeds ( <i>Trigonella foenum graecum</i> )       23.83       2.00       1.67       0.02         Garlic ( <i>Allium sativum</i> )       12.52       12.14       148       1.46         Renugreek seeds ( <i>Trigonella foenum graecum</i> )       23.83       2.00       1.67       0.02         Garlic (Allium sativum)       NA       1.76       2.02       0.05         Ginger fresh, anal ( <i>Curcuma amada</i> )       10.59       3.22       0.05       0.05         Mint leaves ( <i>Mentha spicata</i> )       10.59       3.22       26.92       NA         Mint leaves ( <i>Mentha spicata</i> )       10.59       3.22	SLK003	Chillies, yellowish green, long (Capsicum annum)	32.16	3.10	23.85	0.26	0.05	NA	2.12	NA	NA	NA
Cloves (Syzygium aromaticum)13.00 $41.95$ 192 $0.72$ Coriander seeds (Coriandrum sativum) $23.50$ $1.30$ $3.78$ $0.41$ Coriander, leaves (Coriandrum sativum) $586$ $3.78$ $276$ $0.41$ Cumin seeds (Cuminum cyminum) $12.52$ $1.2.14$ $1.48$ $1.46$ Curry leaves (Murraya koenigii) $12.52$ $12.14$ $1.48$ $1.46$ Curry leaves (Murraya koenigii) $12.52$ $12.14$ $1.48$ $1.46$ Curry leaves (Murraya koenigii) $12.52$ $12.14$ $1.48$ $1.67$ Curry leaves (Murraya koenigii) $1389$ $12.5$ $268$ $1.90$ Curry leaves (Murraya koenigii) $1389$ $12.52$ $200$ $0.02$ Garlic (Allium sativum) $0.14$ $23.83$ $2.00$ $1.67$ $0.02$ Garlic (Allium sativum) $0.16$ $0.73$ $0.02$ $0.05$ $0.05$ Ginger fresh, large (Zingiber officinale) $15.02$ $4.04$ $28.56$ $0.35$ Ginger fresh, small (Curcuma amada) $10.59$ $3.22$ $26.92$ $NA$ Mint leaves (Mentha spicata) $0.159$ $3.22$ $26.92$ $NA$ Nutmeg (Myristica fragrans) $0.16$ $0.53$ $5.35$ $0.05$ Onion, big (Allium cepa) $0.16$ $0.53$ $5.35$ $0.05$ Onion, small, shallots (Allium cepa) $0.18$ $0.16$ $0.53$ $0.05$ Onion, small, shallots (Murray $0.18$ $0.16$ $0.53$ $0.05$	SLK004	Chillies, red, dry ( <i>Capsicum annum</i> )	437	26.67	279	1.18	0.79	NA	3.98	NA	NA	NA
Coriander seeds (Coriandrum sativum)23.501.3032.700.96Coriander, leaves (Coriandrum sativum)586 $3.78$ $276$ $0.41$ Cumin seeds (Cuminum cyminum)12.52 $12.14$ $148$ $1.46$ Curry leaves (Nurraya koenigii) $12.52$ $12.14$ $148$ $1.46$ Curry leaves (Murraya koenigii) $12.52$ $12.14$ $148$ $1.46$ Curry leaves (Murraya koenigii) $12.52$ $12.14$ $148$ $1.46$ Curry leaves (Murraya koenigii) $23.83$ $2.00$ $1.67$ $0.02$ Garlic (Allium sativum) $23.83$ $2.00$ $1.67$ $0.02$ Garlic (Allium sativum) $13.89$ $1.76$ $2.02$ $0.05$ Ginger fresh, large (Zingiber officinale) $15.02$ $4.04$ $28.56$ $0.35$ Ginger fresh, small (Curcuma amada) $10.59$ $3.22$ $26.92$ $NA$ Nint leaves (Mentha spicata) $672$ $3.28$ $184$ $0.46$ Nutmeg (Myristica fragrans) $0.16$ $0.53$ $5.35$ $0.05$ Onion, big (Allium cepa) $0.16$ $0.53$ $5.35$ $0.05$ Onion, small, shallots (Allium cepa) $0.18$ $0.16$ $0.53$ $0.05$	SLK005	Cloves (Syzygium aromaticum)	13.00	41.95	192	0.72	0.42	0.75	NA	NA	0.01	NA
Coriander, leaves (Coriandrum sativum)         586         3.78         276         0.41           Cumin seeds (Cuminum cyminum)         12.52         12.14         148         1.46           Curry leaves (Murraya koenigii)         12.52         12.14         148         1.46           Curry leaves (Murraya koenigii)         1389         125         268         1.90           Fenugreek seeds (Trigonella foenum graecum)         23.83         2.00         1.67         0.02           Garlic (Allium sativum)         NA         1.76         2.02         0.05           Ginger fresh, large (Zingiber officinale)         15.02         4.04         28.56         0.35           Ginger fresh, small (Curcuma amada)         10.59         3.22         26.92         NA           Nint leaves (Murra spicata)         672         3.28         184         0.46           Nutmeg (Myristica fragrans)         0.16         0.53         5.35         0.05           Onion, big (Allium cepa)         0.16         0.16         0.53         5.35         0.05	SLK006	Coriander seeds (Coriandrum sativum)	23.50	1.30	32.70	0.96	0.85	NA	NA	NA	0.35	0.45
Curvin seeds ( <i>Cuminum cyminum</i> ) $12.52$ $12.14$ $148$ $1.46$ Curry leaves ( <i>Murraya koenigii</i> ) $1389$ $125$ $268$ $1.90$ Fenugreek seeds ( <i>Trigonella foenum graecum</i> ) $23.83$ $2.00$ $1.67$ $0.02$ Garlic ( <i>Allium sativum</i> )       NA $1.76$ $2.02$ $0.02$ Garlic ( <i>Allium sativum</i> )       NA $1.76$ $2.02$ $0.05$ Ginger fresh, large ( <i>Zingiber officinale</i> ) $15.02$ $4.04$ $28.56$ $0.35$ Ginger fresh, large ( <i>Zingiber officinale</i> ) $10.59$ $3.22$ $26.92$ $NA$ Mint leaves ( <i>Mentha spicata</i> ) $672$ $3.28$ $184$ $0.46$ Nutmeg ( <i>Myristica fragrans</i> ) $2.63$ $47.08$ $61.15$ $1.25$ Onion, big ( <i>Allium cepa</i> ) $0.16$ $0.53$ $5.35$ $0.05$	SLK007	Coriander, leaves (Coriandrum sativum)	586	3.78	276	0.41	0.38	NA	NA	NA	0.12	0.08
Curry leaves (Murraya koenigii)       1389       125       268       1.90         Fenugreek seeds (Trigonella foenum graecum)       23.83       2.00       1.67       0.02         Garlic (Allium sativum)       NA       1.76       2.02       0.05         Ginger fresh, large (Zingiber officinale)       15.02       4.04       28.56       0.35         Ginger fresh, small (Curcuma amada)       10.59       3.22       26.92       NA         Nint leaves (Mentha spicata)       672       3.28       184       0.46         Nutmeg (Myristica fragrans)       0.16       0.53       5.35       0.05         Onion, big (Allium cepa)       0.16       0.53       5.35       0.05	SLK008	Cumin seeds (Cuminum cyminum)	12.52	12.14	148	1.46	1.46	NA	NA	NA	NA	NA
Fenugreek seeds ( <i>Trigonella foenum graecum</i> )       23.83       2.00       1.67       0.02         Garlic (Allium sativum)       NA       1.76       2.02       0.05         Ginger fresh, large ( <i>Zingiber officinale</i> )       15.02       4.04       28.56       0.35         Ginger fresh, small ( <i>Curcuma amada</i> )       10.59       3.22       26.92       NA         Mint leaves ( <i>Mentha spicata</i> )       672       3.28       184       0.46         Nutmeg ( <i>Myristica fragrans</i> )       2.63       47.08       61.15       1.25         Onion, big ( <i>Allium cepa</i> )       0.16       0.53       5.35       0.05	SLK009	Curry leaves (Murraya koenigii)	1389	125	268	1.90	1.78	NA	NA	0.70	0.43	NA
Garlic (Allium sativum)       NA       1.76       2.02       0.05         Ginger fresh, large (Zingiber officinale)       15.02       4.04       28.56       0.35         Ginger fresh, small (Curcuma amada)       10.59       3.22       26.92       NA         Mint leaves (Mentha spicata)       672       3.28       184       0.46         Nutmeg (Myristica fragrans)       5.63       0.16       0.53       1.25         Onion, big (Myristica fragrans)       0.16       0.53       5.35       0.05         Onion, small, shallots (Allium cepa)       0.18       0.16       0.53       0.05	SLK010	Fenugreek seeds (Trigonella foenum graecum)	23.83	2.00	1.67	0.02	0.02	NA	NA	NA	0.02	NA
Ginger fresh, large (Zingiber officinale)       15.02       4.04       28.56       0.35         Ginger fresh, small (Curcuma amada)       10.59       3.22       26.92       NA         Mint leaves (Mentha spicata)       672       3.28       184       0.46         Nutmeg (Myristica fragrans)       2.63       47.08       61.15       1.25         Onion, big (Allium cepa)       0.16       0.53       5.35       0.05         Onion, small, shallots (Allium cepa)       0.18       0.16       6.79       0.05	SLK011	Garlic (Allium sativum)	NA	1.76	2.02	0.05	0.05	NA	NA	NA	NA	NA
Ginger fresh, small (Curcuma amada)         10.59         3.22         26.92         NA           Mint leaves (Mentha spicata)         672         3.28         184         0.46           Nutmeg (Myristica fragrans)         672         3.28         184         0.46           Onion, big (Allium cepa)         0.16         0.53         5.35         0.05           Onion, small, shallots (Allium cepa)         0.18         0.16         6.79         0.05	SLK012	Ginger fresh, large (Zingiber officinale)	15.02	4.04	28.56	0.35	0.32	NA	0.39	NA	NA	NA
Mint leaves (Mentha spicata)         672         3.28         184         0.46           Nutmeg (Myristica fragrans)         2.63         47.08         61.15         1.25           Onion, big (Allium cepa)         0.16         0.53         5.35         0.05           Onion, small, shallots (Allium cepa)         0.18         0.16         6.79         0.05	SLK013	Ginger fresh, small (Curcuma amada)	10.59	3.22	26.92	NA	NA	NA	NA	NA	NA	NA
Nutmeg (Myristica fragrans)         2.63         47.08         61.15         1.25           Onion, big (Allium cepa)         0.16         0.53         5.35         0.05           Onion, small, shallots (Allium cepa)         0.18         0.16         6.79         0.05	SLK014	Mint leaves (Mentha spicata)	672	3.28	184	0.46	0.46	NA	0.06	NA	NA	NA
Onion, big (Allium cepa)         0.16         0.53         5.35         0.05           Onion, small, shallots (Allium cepa)         0.18         0.16         6.79         0.05	SLK015	Nutmeg ( <i>Myristica fragrans</i> )	2.63	47.08	61.15	1.25	1.23	NA	NA	NA	0.09	NA
Onion, small, shallots (Allium cepa) 0.18 0.16 6.79 0.05	SLK016	Onion, big (Allium cepa)	0.16	0.53	5.35	0.05	0.05	NA	NA	NA	NA	NA
	SLK017	Onion, small, shallots (Allium cepa)	0.18	0.16	6.79	0.05	0.05	NA	NA	NA	NA	NA
Pepper, black (Piper nigrum) 157 25.02 186 1.47	SLK018	Pepper, black ( <i>Piper nigrum</i> )	157	25.02	186	1.47	0.72	1.75	0.50	NA	0.02	NA
	SLK019	Turmeric powder (Curcuma domestica)	9.13	16.47	13.85	3.13	2.86	0.28	NA	NA	0.53	NA

# **Table 3. WATER SOLUBLE VITAMINS**

Food	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin	Pantothenic	Total vitamin	<b>Total Folate</b>	<b>Total Ascorbic</b>
code				(B3)	acid	(B6)	(B9)	Acid
					(B5)			
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		mg	mg	mg	mg	mg	рц	mg
SLK001	Cardamom ( <i>Elettaria cardamomum</i> )	0.12	0.06	0.95	0.22	0.14	3.41	NA
SLK002	Chillies, dark green, short (Capsicum annum)	0.08	0.08	1.11	0.24	0.25	21.29	98.61
SLK003	Chillies, yellowish green, long (Capsicum annum)	0.07	0.06	0.84	0.20	0.23	19.03	105
SLK004	Chillies, red, dry (Capsicum annum)	0.49	0.84	6.64	0.72	0.42	46.83	NA
SLK005	Cloves (Syzygium aromaticum)	0.63	0.24	1.01	0.36	0.03	34.83	NA
<b>SLK006</b>	Coriander seeds (Coriandrum sativum)	0.18	0.27	1.33	0.28	0.04	24.23	NA
SLK007	Coriander, leaves ( <i>Coriandrum sativum</i> )	0.0	0.05	0.75	0.68	0.19	53.40	29.71
SLK008	Cumin seeds (Cuminum cyminum)	0.49	0.12	3.01	0.21	0.39	23.52	NA
SLK009	Curry leaves (Murraya koenigii)	0.09	0.13	0.75	0.52	0.51	142	4.33
SLK010	Fenugreek seeds (Trigonella foenum graecum)	0.26	0.11	1.05	0.29	0.88	47.27	NA
SLK011	Garlic (Allium sativum)	0.21	0.23	0.33	1.85	0.64	58.03	13.16
SLK012	Ginger fresh, large (Zingiber officinale)	0.03	0.05	0.36	0.24	0.19	10.80	4.91
SLK013	Ginger fresh, small ( <i>Curcuma amada</i> )	0.02	0.07	0.45	0.27	0.18	22.08	1.33
SLK014	Mint leaves (Mentha spicata)	0.02	0.23	0.81	0.35	0.20	103	19.39
SLK015	Nutmeg ( <i>Myristica fragrans</i> )	0.07	0.06	0.50	0.39	0.10	72.42	NA
SLK016	Onion, big (Allium cepa)	0.04	0.01	0.42	0.32	0.10	32.99	7.58
SLK017	Onion, small, shallots (Allium cepa)	0.0	0.02	0.22	0.13	0.13	30.15	14.26
SLK018	Pepper, black ( <i>Piper nigrum</i> )	0.06	0.07	0.85	0.27	0.27	24.17	NA
SLK019	Turmeric powder (Curcuma domestica)	0.05	0.01	1.58	0.11	0.13	14.31	NA

## **Table 4. MAJOR MINERALS**

(All values are expressed per 100g edible portion)

Catadanom (Elettaria cardamonum)Catadanom (Elettaria cardamonum)MGM $mg$ $Chilles, dark green, short (copsicum annum)202933525914.78Chilles, vel (wish green, long (copsicum annum)20.29938356.912.94Chilles, red, dry (copsicum annum)1073452.9992.59Chilles, red, dry (copsicum annum)1073452.9992.59Consider seeds (coriondrum sativum)7242312.245Consider seeds (coriondrum sativum)72423332334.01Consider seeds (coriondrum sativum)96643.3349.9746.50Curry leaves (coriondrum sativum)68064.4418810.062Curry leaves (coriondrum sativum)66363.2329.9746.50Curry leaves (random coring)68064.4418810.62Curry leaves (random coring)146663.221.1140.12Curry leaves (random coring)11.45573.4822.655.81Curry leaves (random coring)114663.221.1140.12Curry leaves (random coring)11.46563.2329.9211.29Curry leaves (random coring)11.46553.3329.625.81Curry leaves (random coring)11.45521$	Food	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
Calamon (fettaria cardamonur)Calamon (fettaria cardamonur)CPMGMA $madon (fettaria cardamonur)magon (magon magon mag$	code						
mg         mg         mg         mg         mg         mg           Cardamon (Eleturia cardamonum)         329         135         259         14.78         14.78           Chilles, afer (more reservic)         102         935         59.83         56.91         2.94           Chilles, red, dry (Capsicum annum)         15.36         49.55         2.99         2.94           Chilles, red, dry (Capsicum annum)         15.36         345         2.31         2.94           Chilles, red, dry (Capsicum annum)         166         113         3.78         193           Couse (Syzgium aromaticum)         107         345         2.31         2.245           Cound seeds (Contradum sativum)         124         3.78         193         3.401           Contand seeds (Cuminum cyninum)         146         113         3.78         193         193           Curry leaves (Nurrya keenigit)         680         64.44         184         1966         46.50           Curry leaves (Nurrya keenigit)         680         64.44         184         19.66         11.73           Curry leaves (Nurrya keeds (Cuminum cyninum)         146         6.32         2.11         10.12           Cury leaves (Nurrya keeds (Cuminum cyninum)			CA	Ь	MG	NA	К
Cardamom (Flettaria cardamonum)         329         135         259         14.78           Chilles, yellowik green, Jont ( <i>Capsicum annum</i> )         12.36         59.33         59.11         2.94           Chilles, yellowik green, Jont ( <i>Capsicum annum</i> )         10.7         345.5         59.33         36.91         2.59           Chilles, yellowik green, Jont ( <i>Capsicum annum</i> )         10.7         34.55         2.94         2.94           Chilles, red, diy ( <i>Capsicum annum</i> )         10.7         34.55         2.31         19.3           Consolder, leveek ( <i>Coriandrum sativum</i> )         7.24         2.95         36.6         34.01           Consolder, leveek ( <i>Coriandrum sativum</i> )         905         381         2.245         12.5           Curry leaves ( <i>Nurroya koenigi</i> )         680         64.44         18.4         45.0           Curry leaves ( <i>Nurroya koenigi</i> )         680         64.44         18.4         40.12           Curry leaves ( <i>Nurroya koenigi</i> )         680         64.44         18.4         40.12           Curry leaves ( <i>Nurroya koenigi</i> )         680         64.44         18.4         40.12           Ginger fresh, saal ( <i>Currum andud</i> )         14.65         20.69         54.1         10.65           Ginger fresh, smal ( <i>Currum andud</i> )			тд	тд	тд	вш	тд
Chilles, dark green, short ( <i>Capsicum annum</i> )         20.25         59.83         36.91         2.94           Chilles, yellowish green, long ( <i>Capsicum annum</i> )         15.36         49.55         29.99         2.59           Chilles, yellowish green, long ( <i>Capsicum annum</i> )         16.36         49.55         23.1         2.45           Cloves ( <i>Systyum comateun</i> )         466         117         345         2.45         2.45           Cloves ( <i>Systyum comateun</i> )         724         295         366         34.01         2.2.45           Cloves ( <i>Systyum comateun</i> )         724         295         366         34.01         2.2.45           Cloves ( <i>Systyum comateun</i> )         142         43.30         49.97         46.50         34.01           Coriander, leaves ( <i>Coriandrum sativum</i> )         680         64.44         184         10.2         129           Curn leaves ( <i>Coriandrum sativum</i> )         1465         63.2         24.07         46.50         1.29           Curn leaves ( <i>Coriandrum sativum</i> )         1465         63.2         24.07         46.50         1.29           Curn leaves ( <i>Curnium cymum</i> )         680         64.44         184         10.12         1.29           Garlie ( <i>Allium sativum</i> )         61.66         53.2 <th>SLK001</th> <th>Cardamom <i>(Elettaria cardamomum)</i></th> <th>329</th> <th>135</th> <th>259</th> <th>14.78</th> <th>1251</th>	SLK001	Cardamom <i>(Elettaria cardamomum)</i>	329	135	259	14.78	1251
Chilles, yellowish green, long ( <i>Capsicum annum</i> )         15.36         49.55         29.99         2.59           Chilles, red, dry ( <i>Capsicum annum</i> )         107         345         231         2345           Cloves ( <i>Syzyatum acomaticum</i> )         107         345         231         2345           Cloves ( <i>Syzyatum acomaticum</i> )         107         345         231         2345           Cloves ( <i>Syzyatum acomaticum</i> )         129         34.01         23.45           Coriander seeds ( <i>Coriandrum sativum</i> )         142         43.30         49.97         46.50           Curni seeds ( <i>Cuminum cyminum</i> )         905         381         43.20         12.9           Curry leaves ( <i>Murraya koenigit</i> )         680         64.44         184         10.66           Gartic ( <i>Allium sativum</i> )         146         632         211         40.12           Gartic ( <i>Allium sativum</i> )         146         632         24.07         10.66           Gartic ( <i>Allium sativum</i> )         146         632         24.07         10.66           Gartic ( <i>Allium sativum</i> )         146         63         24.07         10.65           Gartic ( <i>Allium sativum</i> )         146         53         24.07         10.66           Gartic ( <i>Allium sativum</i> )<	SLK002	Chillies, dark green, short (Capsicum annum)	20.25	59.83	36.91	2.94	379
Chillies, red, dry ( <i>Capsicum annum</i> )         107         345         231         22.45           Cloves ( <i>Syrgium aromaticum</i> )         766         113         378         193           Coriander seeds ( <i>Coriandrum sativum</i> )         724         295         366         34.01           Coriander seeds ( <i>Coriandrum sativum</i> )         122         43.30         49.97         46.50           Cumin seers ( <i>Coriandrum sativum</i> )         905         381         43.2         12.9           Curry leaves ( <i>Coriandrum sativum</i> )         905         381         43.2         12.9           Curry leaves ( <i>Nutraya koenigi</i> )         680         64.44         184         19.66           Fenugreek seeds ( <i>Trigonella foenum graecum</i> )         14.65         53.2         211         40.12           Garlic ( <i>Allium sativum</i> )         680         64.44         184         19.66           Fenugreek seeds ( <i>Trigonella foenum graecum</i> )         14.65         53.2         211         40.12           Garlic ( <i>Allium sativum</i> )         146         53.2         24.07         10.65         54.07           Garlic ( <i>Allium sativum</i> )         20.69         46.33         73.48         29.65         5.11           Mint leaves ( <i>Nentra pricata</i> )         11.53         73	SLK003	Chillies, yellowish green, long (Capsicum annum)	15.36	49.55	29.99	2.59	317
Cloves (Syrgium aromaticum)         466         113         378         193           Coriander seeds (Coriandrum sativum)         724         295         366         34.01           Coriander, leaves (Coriandrum sativum)         724         295         366         34.01           Coriander, leaves (Coriandrum sativum)         142         43.30         49.97         46.50           Cumin seeds (Coriandrum sativum)         905         381         43.30         49.97         46.50           Cumin seeds (Cuminum cyminum)         905         381         43.20         129         46.50           Curry leaves (Murroya koenigii)         680         64.44         184         10.65         129           Fenugreek seeds (Trigonella forum gracum)         14.65         532         211         10.62         14.65           Garlic (Allium sativum)         14.65         0.52         10.2         24.07         10.62           Ginger fresh, large (Zingiber officinale)         11.53         73.48         29.62         5.81           Mint leaves (Mentho spicata)         222         91.58         15.3         11.73           Mint leaves (Mentho spicata)         222         91.58         14.32         0.60           Nutmeg (Myristica f	SLK004	Chillies, red, dry <i>(Capsicum annum)</i>	107	345	231	22.45	2184
Coriander seeds (Coriandrum sativum)         724         295         366         34.01           Coriander, leaves (Coriandrum sativum)         142         43.30         49.97         46.50           Cumin seeds (Cuminum cyminum)         142         43.30         49.97         46.50           Cumin seeds (Cuminum cyminum)         905         381         43.22         129           Curry leaves (Nurray koenigi)         680         64.44         184         19.66           Fungreek seeds (Trigonella foenum graecum)         146         632         21.11         40.12           Garlic Allium sativun)         14.65         102         24.07         10.62           Garlic Allium sativun)         14.65         102         24.07         10.62           Ginger fresh, Jarge (Zingiber officinale)         20.69         46.33         59.93         11.73           Mint leaves (Mentha spicata)         222         91.58         153         11.73           Nutmeg (Myristica fragrans)         146         23.48         29.62         5.81           Nutmeg (Myristica fragrans)         148         20.37         14.32         24.7           Onion, big (Allium cepo)         14.82         20.37         15.3         14.32	SLK005	Cloves (Syzygium aromaticum)	466	113	378	193	1402
Coriander, leaves (Coriandrum sativum)         142         43.30         49.97         46.50           Cumin seeds (Cuminum cyminum)         905         381         432         129           Cumin seeds (Cuminum cyminum)         905         381         432         129           Cumry leaves (Murraya koenigii)         680         64.44         184         1366           Fenugreek seeds (Trigonella foenum graecum)         14.65         632         211         40.12           Garlic (Allium sativum)         14.65         102         24.07         10.62           Ginger fresh, large (Zingiber officinale)         20.69         46.33         59.93         11.73           Mint leaves (Mentha spicata)         11.53         73.48         29.62         5.81           Nutmeg (Myristica fragrans)         146         247         185         14.32           Onion, big (Allium cepa)         20.37         54.19         17.32         14.32           Pepper, black (	SLK006	Coriander seeds ( <i>Coriandrum sativum</i> )	724	295	366	34.01	1413
Cumin seeds (Cuminum cyminum)905 $381$ $432$ $129$ Curry leaves (Murraya koenigi) $680$ $64.44$ $184$ $12.66$ Fenugreek seeds (Trigonella foenum graecum) $146$ $632$ $211$ $40.12$ Garlic (Allium sativum) $14.65$ $102$ $24.07$ $10.62$ Garlic (Allium sativum) $14.65$ $102$ $24.07$ $10.62$ Ginger fresh, large (Zingiber officinale) $11.53$ $73.48$ $29.62$ $5.81$ Mint leaves (Mentha spicata) $11.53$ $73.48$ $29.62$ $5.81$ Nith leaves (Mentha spicata) $146$ $247$ $185$ $12.41$ Nutmeg (Myristica fragrans) $146$ $247$ $185$ $14.32$ Onion, big (Allium cepa) $10.694$ $4.94$ $4.94$ Onion, small, shallots (Allium cepa) $20.37$ $54.19$ $19.32$ $4.13$ Pepper, black (Piper nigrum) $456$ $127$ $29.62$ $4.94$ Turnevir nowdar (Turnar dharestica) $110$ $26.19$ $127$ $4.13$ Pepper, black (Piper nigrum) $766$ $24.19$ $29.62$ $4.13$ Turnevir nowdar (Turnar dharestica) $20.37$ $54.19$ $1232$ $4.13$ Pepper, black (Piper nigrum) $760$ $26.19$ $26.19$ $28.94$ Turnevir nowdar (Turnar dharestica) $110$ $266$ $24.19$ $26.19$ Pepper, black (Piper nigrum) $20.37$ $26.19$ $24.19$ $29.62$ Pepper, black (Piper nigrum) $20.37$ $20.37$ $24.19$	SLK007	Coriander, leaves (Coriandrum sativum)	142	43.30	49.97	46.50	373
Curry leaves ( <i>Murraya koenigi</i> )       680       64.44       184       19.66         Fenugreek seeds ( <i>Trigonella foenum graecum</i> )       14.65       63.2       21.1       40.12         Fenugreek seeds ( <i>Trigonella foenum graecum</i> )       14.65       10.2       24.07       10.62         Garlic ( <i>Allium sativum</i> )       14.65       10.2       24.07       10.62         Ginger fresh, large ( <i>Zingiber officinale</i> )       20.69       46.33       59.93       11.73         Ginger fresh, small ( <i>Curuma amada</i> )       11.53       73.48       29.62       5.81         Mint leaves ( <i>Mentha spicata</i> )       22.2       91.58       153       11.73         Nutmeg ( <i>Nvistica fragrans</i> )       146       247       185       14.32         Onion, big ( <i>Allium cepa</i> )       14.82       36.80       15.34       4.94         Onion, small, shallots ( <i>Allium cepa</i> )       20.37       54.19       14.32         Pepper, black ( <i>Piper nigrum</i> )       456       127       14.32         Turmeric nowder ( <i>Circum dumestica</i> )       10       26.03       4.13	SLK008	Cumin seeds (Cuminum cyminum)	905	381	432	129	1993
Fenugreek seeds ( <i>Trigonella foenum graecum</i> )       146       632       211       40.12         Garlic ( <i>Allium sativum</i> )       14.65       102       24.07       10.62         Garlic ( <i>Allium sativum</i> )       14.65       10.2       24.07       10.62         Ginger fresh, large ( <i>Zingiber officinale</i> )       20.69       46.33       59.93       11.73         Ginger fresh, large ( <i>Zingiber officinale</i> )       11.53       73.48       29.62       5.81         Mint leaves ( <i>Nentha spicata</i> )       11.53       73.48       29.62       5.81         Nutmeg ( <i>Myristica fragrans</i> )       146       247       185       14.32         Onion, big ( <i>Allium cepa</i> )       14.6       247       185       14.32         Onion, big ( <i>Allium cepa</i> )       14.82       36.80       16.94       4.94         Onion, big ( <i>Allium cepa</i> )       20.37       54.19       19.32       4.13         Pepper, black ( <i>Piper nigrum</i> )       456       127       19.32       4.13         Turneric nowder ( <i>Currum domestica</i> )       10       73.8       58.94       4.13	SLK009	Curry leaves (Murraya koenigii)	680	64.44	184	19.66	602
Garlic (Allium sativum)       14.65       102       24.07       10.62         Ginger fresh, large (Zingiber officinale)       20.69       46.33       59.93       11.73         Ginger fresh, small (Curcuma amada)       11.53       73.48       29.62       5.81         Mint leaves (Mentha spicata)       11.53       73.48       29.62       5.81         Nutmeg (Myristica fragrans)       146       247       153       12.41         Onion, big (Allium cepa)       146       247       185       14.32         Onion, big (Allium cepa)       14.82       36.80       16.94       4.94         Onion, small, shallots (Allium cepa)       20.37       54.19       19.32       4.13         Pepper, black (Piper nigrum)       20.37       54.19       19.32       4.13         Turneric nowder (Currinan domestica)       10       76       78       76.01	SLK010	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	146	632	211	40.12	881
Ginger fresh, large (Zingiber officinale)       20.69       46.33       59.93       11.73         Ginger fresh, small (Curcuma amada)       11.53       73.48       29.62       5.81         Mint leaves (Mentha spicata)       222       91.58       153       12.41         Nutmeg (Myristica fragrans)       146       247       185       14.32         Onion, big (Allium cepa)       14.82       36.80       16.94       4.94         Onion, small, shallots (Allium cepa)       20.37       54.19       19.32       4.13         Pepper, black (Piper nigrum)       456       127       19.32       4.13         Turneric nowder (Curring domestica)       10       76.01       78       76.01	SLK011	Garlic (Allium sativum)	14.65	102	24.07	10.62	377
Ginger fresh, small (Curcuma amada)         11.53         73.48         29.62         5.81           Mint leaves (Mentha spicata)         222         91.58         153         12.41           Nutmeg (Myristica fragrans)         146         247         185         14.32           Onion, big (Allium cepa)         14.82         36.80         16.94         4.94           Onion, small, shallots (Allium cepa)         20.37         54.19         19.32         4.13           Pepper, black (Piper nigrum)         456         127         154         28.94           Turmeric nowler (Currinm domestica)         110         265         28         56.19	SLK012	Ginger fresh, large (Zingiber officinale)	20.69	46.33	59.93	11.73	401
Mint leaves (Mentha spicata)         222         91.58         153         12.41           Nutmeg (Myristica fragrans)         146         247         185         14.32           Onion, big (Allium cepa)         14.82         36.80         16.94         4.94           Onion, small, shallots (Allium cepa)         14.82         54.19         19.32         4.13           Pepper, black (Piper nigrum)         456         127         154         28.94           Turmeric nowder (Currinm domestica)         110         296         28         56.01	SLK013	Ginger fresh, small (Curcuma amada)	11.53	73.48	29.62	5.81	381
Nutmeg (Myristica fragrans)         146         247         185         14.32           Onion, big (Allium cepa)         14.82         36.80         16.94         4.94           Onion, small, shallots (Allium cepa)         20.37         54.19         19.32         4.13           Pepper, black (Piper nigrum)         456         127         154         28.94           Turmeric nowder (Currinm domestica)         110         296         23         56.11	SLK014	Mint leaves (Mentha spicata)	222	91.58	153	12.41	535
Onion, big (Allium cepa)         14.82         36.80         16.94         4.94           Onion, small, shallots (Allium cepa)         20.37         54.19         19.32         4.13           Pepper, black (Piper nigrum)         456         127         154         28.94           Turmeric nowder (Currum domestica)         110         26         27         56         26.11	SLK015	Nutmeg ( <i>Myristica fragrans</i> )	146	247	185	14.32	474
Onion, small, shallots (Allium cepa)         20.37         54.19         19.32         4.13           Pepper, black (Piper nigrum)         456         127         154         28.94           Turmeric nowder (Curruma domectica)         110         296         23         56.01	SLK016	Onion, big (Allium cepa)	14.82	36.80	16.94	4.94	214
Pepper, black ( <i>Piper nigrum</i> )     456     127     154     28.94       Turmeric nowder (Curruma domectica)     110     296     23     26.01	SLK017	Onion, small, shallots (Allium cepa)	20.37	54.19	19.32	4.13	204
Turmeric powder (Curcuma domectica) 26 01 26 01	SLK018	Pepper, black ( <i>Piper nigrum</i> )	456	127	154	28.94	1768
	SLK019	Turmeric powder (Curcuma domestica)	110	296	238	26.01	2445

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		יו <del>ש</del>	N M	5 S	z z		5 <mark>8</mark>	N N	<u>ප</u>	N Z	י =	AL A	ר 🕿	N 8	о <del>8</del>	AS AS	<b>₩</b>
		mg	mg	тg	mg	hg	mg	тg	тg	тд	тg	тg	тg	рд	тg	рg	рg
SLK001 Cardai	Cardamom ( <i>Elettaria cardamomum</i> )	9.16	39.20	0.75	3.37		0.044	0.003	0.287	0.334	0.001	8.47	0.01	NA	0.001	1.82	NA
SLK002 Chillie	Chillies, dark green, short <i>(Capsicum annum)</i>	1.25	0.31	0.16	0.29		0.002	ΝA	0.005	0.067	0.009	0.26	ΝA	NA	0.002	NA	NA
SLK003 Chillie	Chillies, yellowish green, long (Capsicum annum)	1.27	0.21	0.12	0.24		0.007	0.001	0.002	0.02	0.002	0.18	NA	NA	NA	NA	NA
SLK004 Chillie	Chillies, red, dry <i>(Capsicum annum)</i>	5.39	1.59	0.90	1.65		0.033	0.003	0.097	0.033	0.008	3.76	0.015	1.60	0.003	NA	0.33
SLK005 Cloves	Cloves (Syzygium aromaticum)	10.25	53.57	0.56	1.01		0.007	NA	0.085	0.058	0.004	5.88	0.055	NA	NA	4.79	1.69
SLK006 Corian	Coriander seeds ( <i>Coriandrum sativum</i> )	16.42	2.78	1.48	3.56		0.011	0.011	0.038	0.134	0.015	5.11	NA	NA	NA	NA	NA
SLK007 Corian	Coriander, leaves ( <i>Coriandrum sativum</i> )	7.87	0.62	0.21	0.49		0.003	0.011	0.04	0.037	0.007	1.95	0.001	NA	NA	NA	NA
SLK008 Cumin	Cumin seeds ( <i>Cuminum cyminum</i> )	13.88	3.95	1.10	3.96		0.016	0.015	0.089	0.129	0.037	5.42	ΝA	NA	ΝA	NA	NA
SLK009 Curry	Curry leaves ( <i>Murraya koenigii</i> )	8.00	1.40	0.36	0.79		0.005	0.012	0.043	0.111	0.039	3.93	0.014	NA	0.002	6.00	0.56
SLK010 Fenug	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	10.50	1.85	1.54	5.07		0.049	0.119	0.014	0.238	NA	1.41	0.015	NA	NA	2.69	NA
SLK011 Garlic	Garlic (Allium sativum)	0.63	0.22	0.13	0.66		0.001	NA	0.001	0.019	0.002	0.03	NA	NA	NA	NA	NA
SLK012 Ginger	Ginger fresh, large ( <i>Zingiber officinale</i> )	2.85	3.60	0.17	0.28		0.005	0.001	0.019	0.046	0.003	2.45	NA	NA	0.001	NA	NA
SLK013 Ginger	Ginger fresh, small ( <i>Curcuma amada</i> )	3.78	0.93	0.10	0.32		0.005	0.004	0.002	0.017	NA	NA	0.005	0.03	0.001	0.21	0.09
SLK014 Mint le	Mint leaves ( <i>Mentha spicata</i> )	10.60	2.00	0.33	0.85		0.007	0.02	0.063	0.042	0.009	1.38	0.019	0.21	NA	5.26	NA
SLK015 Nutme	Nutmeg ( <i>Myristica fragrans</i> )	2.09	3.54	1.11	1.31		0.001	0.002	0.002	0.199	NA	0.70	0.013	NA	NA	NA	NA
SLK016 Onion	Onion, big (Allium cepa)	0.45	0.15	0.08	0.25		0.001	NA	0.001	0.005	NA	0.05	NA	NA	NA	NA	NA
SLK017 Onion	Onion, small, shallots <i>(Allium cepa)</i>	0.31	0.13	0.09	0.28		0.003	0.003	0.001	0.005	NA	NA	NA	NA	NA	0.15	NA
SLK018 Peppe	Pepper, black ( <i>Piper nigrum)</i>	8.60	5.82	1.52	0.95		0.005	0.007	0.091	0.289	0.001	7.05	0.037	NA	0.001	2.17	NA
SLK019 Turme	Turmeric powder ( <i>Curcuma domestica</i> )	46.00	6.91	0.45	2.52		0.051	NA	0.162	0.082	0.008	9.30	0.143	2.69	NA	1.74	NA

### **Table 6. AMINO ACIDS**

Image: The problem of the problem of the proper short (Capsicum annum)         Image: The problem of the problem of the proper short (Capsicum annum)         Image: The problem of the problem of the proper short (Capsicum annum)         Image: The problem of the proper short (Capsicum annum)         Image: The propersection short (Capsicum annum)         Image: The propersecti	Food code	Food Name	Tryptophan	biɔA ɔiナıɕqɛA	Threonine	Serine	biɔA ɔimɕtulð	Proline	Glycine	əninslA	9ni9t2yO	ənilaV	əninoidtəM	ənisuəlosl	əuiɔnəJ	Tyrosine	əninslslynədq	ənibitziH	əuisyJ	Arginine
g $g$			TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	HIS	LYS	ARG
		I	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g
Chilles, dark green, short ( <i>Capsicum annum</i> )0.8217.903.934.0419.833.053.465.631.504.311.383.655.082.743.75Chilles, yellowish green, long ( <i>Capsicum annum</i> )0.8616.773.334.7319.822.734.764.661.504.740.953.555.292.905.17Chilles, yellowish green, long ( <i>Capsicum annum</i> )0.8113.813.454.8716.872.464.764.764.764.790.953.555.292.905.17Cloviels, yellowish green, long ( <i>Capsicum annum</i> )0.8113.813.454.7316.874.764.764.764.764.764.764.76Cloviels, yellowish green, long ( <i>Capsicum annum</i> )1.2311.434.304.7316.874.764.764.764.764.764.764.764.76Cloviels, revisel, sevel ( <i>Caminuum sativum</i> )1.011.2314.134.304.7316.675.231.016.933.185.765.284.05Currender, leaves ( <i>Carinuum sativum</i> )1.011.2314.834.101.274.754.106.733.114.754.956.666	SLK001	Cardamom (Elettaria cardamomum)	1.02	11.93	3.69	6.48	19.82	3.30	6.46	7.27	0.82	2.98	1.17	2.28	7.03	1.75	3.00	2.14	2.85	8.50
Chillies, yellowish green, long ( <i>Capsicum annum</i> )         0.96         16.75         3.73         4.73         19.82         2.73         4.76         4.64         1.50         4.74         0.95         3.55         5.29         2.90         5.17           Cloukes ( <i>Syzgium annum</i> )         1.03         18.18         3.16         3.74         16.87         4.67         4.66         1.79         4.38         1.12         3.33         5.75         2.58         4.36           Cloukes ( <i>Syzgium annum</i> )         1.03         18.18         3.16         3.74         16.87         4.67         4.66         1.79         4.38         1.12         3.33         5.75         2.58         4.30           Coriandres reack ( <i>Coriandrum sativum</i> )         1.03         18.13         4.30         4.75         4.56         6.35         1.19         4.33         5.63         3.38         5.63         3.38         5.63         4.0           Coriandres reack ( <i>Coriandrum sativum</i> )         0.96         8.33         4.00         4.96         2.127         4.55         5.51         5.33         1.19         5.33         5.63         3.28         6.40           Coriandres reack ( <i>Cumiurum sativum</i> )         0.19         1.33         4.16	SLK002	Chillies, dark green, short (Capsicum annum)	0.82	17.90	3.93	4.04	19.98	3.05	3.46	5.63	1.50	4.81	1.38	3.66	5.08	2.74	3.75	1.83	3.86	5.71
Chillies, red, dry ( <i>Capsicum annum</i> )1.0318.183.163.7416.874.764.674.261.794.381.123.335.752.584.36Coriander seeds ( <i>Coriandrum sativum</i> )1.2311.434.304.731.6685.416.705.331.1122.145.395.554.30Coriander seeds ( <i>Coriandrum sativum</i> )1.2311.434.304.731.6685.416.705.556.106.921.974.996.543.284.10Coriander seeds ( <i>Cuminum wimum</i> )0.968.834.004.961.122.145.391.233.134.25Curry leaves ( <i>Nurrya koenigii</i> )1.591.484.116.061.1016.516.328.170.693.760.894.471.122.143.284.10Curry leaves ( <i>Nurrya koenigii</i> )1.591.484.116.061.1016.516.328.170.693.761.893.784.05Garlic ( <i>Allium sativum</i> )0.958.834.016.051.1014.596.683.026.683.026.683.02Garlic ( <i>Allium sativum</i> )1.591.484.116.061.1016.516.328.170.693.471.244.445.592.524.05Garlic ( <i>Allium sativum</i> )1.511.123.133.143.343.163.164.164.063.756.173.463.66 <th>SLK003</th> <td>Chillies, yellowish green, long (Capsicum annum)</td> <td>0.96</td> <td>16.75</td> <td>3.73</td> <td>4.73</td> <td>19.82</td> <td>2.73</td> <td>4.76</td> <td>4.64</td> <td>1.50</td> <td>4.74</td> <td>0.95</td> <td>3.55</td> <td>5.29</td> <td>2.90</td> <td>5.17</td> <td>1.72</td> <td>4.24</td> <td>5.06</td>	SLK003	Chillies, yellowish green, long (Capsicum annum)	0.96	16.75	3.73	4.73	19.82	2.73	4.76	4.64	1.50	4.74	0.95	3.55	5.29	2.90	5.17	1.72	4.24	5.06
Cloves (Syzgium aromaticum)         0.88         10.3         3.45         4.89         17.52         4.10         2.09         3.76         0.89         4.47         1.12         2.14         5.39         2.52         4.05           Coriander seeds (Coriandrum sativum)         1.23         11.43         4.30         4.73         16.68         5.41         6.70         5.23         1.01         6.92         4.39         6.24         3.28         4.10           Coriander, leaves (Coriandrum sativum)         1.01         12.39         4.11         2.05         5.59         6.16         0.69         6.83         1.37         4.57         6.93         3.18         5.63           Curry leaves (Murrayo koerigit)         1.19         123         4.11         6.05         1.14         4.49         1.25         4.11         6.05         5.33         1.19         4.39         4.30 <td< th=""><th>SLK004</th><td>Chillies, red, dry (Capsicum annum)</td><td>1.03</td><td>18.18</td><td>3.16</td><td>3.74</td><td>16.87</td><td>4.76</td><td>4.67</td><td>4.26</td><td>1.79</td><td>4.38</td><td>1.12</td><td>3.33</td><td>5.75</td><td>2.58</td><td>4.36</td><td>2.15</td><td>4.10</td><td>4.71</td></td<>	SLK004	Chillies, red, dry (Capsicum annum)	1.03	18.18	3.16	3.74	16.87	4.76	4.67	4.26	1.79	4.38	1.12	3.33	5.75	2.58	4.36	2.15	4.10	4.71
Coriander seeds (Coriandrum sativum)1.231.1434.304.7316.685.416.705.231.016.921.974.996.243.284.10Coriander, leaves (Coriandrum sativum)1.011.2394.123.711.2724.255.696.160.696.831.374.576.933.185.63Cumin seeds (Curinum cyminum)0.968.834.004.962.1274.555.531.194.536.423.024.23Curry leaves (Nurraya koenigii)1.591.484.116.0611.016.516.328.170.696.331.194.536.633.024.23Curry leaves (Nurraya koenigii)1.1910.382.814.007.328.170.693.811.025.331.194.556.682.304.00Fenugreek seeds (Trigonella foenum graecum)1.1910.382.814.335.338.170.463.956.682.334.10Ginger fresh, large (Zingiber officiale)1.3316.744.335.355.765.250.174.445.592.324.05Ginger fresh, large (Zingiber officiale)1.1310.3316.744.335.355.765.250.463.364.163.46Ginger fresh, small (Curuma amada)1.151.324.164.335.355.765.260.172.341.344.34Mint leaves (Nutraye (Nutri	SLK005	Cloves (Syzygium aromaticum)	0.88	10.38	3.45	4.89	17.52	4.10	2.09	3.76	0.89	4.47	1.12	2.14	5.39	2.52	4.05	2.22	6.31	6.07
Coriander, leaves ( <i>Coriandrum sativum</i> )         1.01         12.39         4.12         3.71         12.72         4.25         5.69         6.16         0.68         6.83         1.37         4.57         6.93         3.18         5.63           Cumin seeds ( <i>Cuminum cyminum</i> )         0.96         8.83         4.00         4.96         21.27         4.55         7.51         5.33         1.19         4.53         6.42         3.02         4.23           Curry leaves ( <i>Murraya koenigii</i> )         1.59         14.88         4.11         6.06         11.01         6.51         6.33         1.02         5.33         1.19         4.53         6.63         3.89         0.40         3.63         4.00         4.90         3.76         1.69         3.47         1.24         4.44         5.59         5.52         4.05           Garlic ( <i>Allium sativum</i> )         0.59         9.58         3.11         3.34         3.73         3.64         3.76         1.69         3.47         1.24         4.44         5.59         5.52         4.05           Ginger fresh, large ( <i>Zingiber officinale</i> )         1.15         13.23         4.13         5.32         5.14         5.39         1.02         5.31         1.12         3.45 <th>SLK006</th> <th>Coriander seeds (Coriandrum sativum)</th> <th>1.23</th> <th>11.43</th> <th>4.30</th> <th>4.73</th> <th>16.68</th> <th>5.41</th> <th>6.70</th> <th>5.23</th> <th>1.01</th> <th>6.92</th> <th>1.97</th> <th>4.99</th> <th>6.24</th> <th>3.28</th> <th>4.10</th> <th>3.00</th> <th>5.43</th> <th>6.55</th>	SLK006	Coriander seeds (Coriandrum sativum)	1.23	11.43	4.30	4.73	16.68	5.41	6.70	5.23	1.01	6.92	1.97	4.99	6.24	3.28	4.10	3.00	5.43	6.55
Cumin seeds ( <i>Cuminum cyminum</i> )0.968.834.004.9621.274.555.311.025.331.194.536.423.024.23Curryleaves ( <i>Murraya koenigii</i> )1.591.4884.116.0611016.516.328.170.663.970.463.956.682.894.00Fenugreek seeds ( <i>Trigonella foenum graecum</i> )1.1910.382.814.8917.524.106.516.328.170.663.970.463.956.682.894.05Garlic ( <i>Allium sativum</i> )0.599.583.113.3417.933.043.263.761.693.471.244.445.592.524.05Ginger fresh, large ( <i>Zingiber officinale</i> )1.0316.764.985.0212.073.245.184.391.024.331.184.396.973.634.15Ginger fresh, small ( <i>Curcuma amada</i> )1.151.234.164.335.355.765.260.615.111.127.893.144.21Mint leaves ( <i>Mnritacg fragrans</i> )0.9410.863.396.7116.635.475.616.655.911.262.834.15Onion, big ( <i>Allium cepa</i> )1.151.234.164.335.355.765.511.912.393.144.21Onion, big ( <i>Allium cepa</i> )0.941.032.462.462.465.550.615.173.245.50	SLK007	Coriander, leaves (Coriandrum sativum)	1.01	12.39	4.12	3.71	12.72	4.25	5.69	6.16	0.69	6.83	1.37	4.57	6.93	3.18	5.63	1.99	4.93	5.30
Curry leaves (Murraya koenigii)1.5914.884.116.0611.016.516.328.170.663.956.682.894.00Fenugreek seeds ( <i>Trigonella foenum graecum</i> )1.1910.382.814.8917.524.104.093.761.693.471.244.455.592.524.05Garlic ( <i>Allium sativum</i> )0.599.583.113.3417.933.043.263.971.645.592.524.05Ginger fresh, large ( <i>Zingiber officinale</i> )1.0316.764.985.0212.073.245.184.391.024.831.184.363.67Mint leaves ( <i>Mentha splicata</i> )1.1513.234.164.955.350.615.111.125.059.893.114.21Mint leaves ( <i>Mentha splicata</i> )1.1513.234.164.335.475.616.680.723.497.893.144.84Nutmeg ( <i>Nyristica fragrans</i> )0.9410.863.396.7116.635.475.616.680.723.492.893.144.84Onion, big ( <i>Allium cepa</i> )1.279.222.192.402.883.167.893.475.616.680.723.492.893.144.84Onion, big ( <i>Allium cepa</i> )1.279.222.192.402.883.167.893.144.84Onion, sig ( <i>Ninucepa</i> )1.279.483.883.167.7<	SLK008	Cumin seeds ( <i>Cuminum cyminum</i> )	0.96	8.83	4.00	4.96	21.27	4.55	7.51	5.33	1.02	5.33	1.19	4.53	6.42	3.02	4.23	2.88	4.97	7.08
Fenugreek seeds ( <i>Trigonella foenum graecum</i> )1.1910.382.814.8917.524.104.093.761.693.471.244.445.592.524.05Garlic ( <i>Allium sativum</i> )0.599.583.113.3417.933.043.263.922.174.590.802.564.613.463.62Ginger fresh, large ( <i>Zingiber officinale</i> )1.0316.764.985.0212.073.245.184.391.024.831.184.395.033.114.15Ginger fresh, large ( <i>Zingiber officinale</i> )1.1513.234.164.935.355.765.250.615.111.127.893.114.15Mint leaves ( <i>Nentha spicata</i> )1.1513.234.164.3315.464.055.260.655.511.127.893.144.84Nutmeg ( <i>Myristica fragrans</i> )0.9410.863.396.7116.635.475.660.655.511.502.784.314.84Onion, big ( <i>Allium cepa</i> )1.279.222.192.402.860.773.020.773.020.783.444.844.84Onion, big ( <i>Allium cepa</i> )0.779.283.1416.635.475.660.655.511.032.664.314.84Onion, big ( <i>Allium cepa</i> )0.779.283.1416.632.475.616.693.741.932.472.052.70 <td< th=""><th>SLK009</th><th>Curry leaves (Murraya koenigii)</th><th>1.59</th><th>14.88</th><th>4.11</th><th>6.06</th><th>11.01</th><th>6.51</th><th>6.32</th><th>8.17</th><th>0.69</th><th>3.97</th><th>0.46</th><th>3.95</th><th>6.68</th><th>2.89</th><th>4.00</th><th>1.77</th><th>3.79</th><th>4.42</th></td<>	SLK009	Curry leaves (Murraya koenigii)	1.59	14.88	4.11	6.06	11.01	6.51	6.32	8.17	0.69	3.97	0.46	3.95	6.68	2.89	4.00	1.77	3.79	4.42
Garlic (Allium sativum)0.599.583.113.3417.933.043.263.922.174.540.802.564.613.463.62Ginger fresh, large (Zingiber officinale)1.0316.764.985.0212.073.245.184.391.024.831.184.396.973.634.15Ginger fresh, small (Curcuma amada)1.181.0316.714.954.3814.335.355.765.250.615.111.127.893.114.21Mint leaves (Mentha spicata)1.1513.234.164.3315.464.064.755.260.655.511.127.893.144.84Nutmeg (Myristica fragrans)0.9410.863.396.7116.635.475.660.655.511.032.245.502.664.31Onion, big (Allium cepa)1.279.222.192.4025.861.793.883.166.073.633.452.052.783.144.84Onion, big (Allium cepa)1.279.222.192.4025.861.793.883.160.773.020.783.452.752.05<	SLK010	Fenugreek seeds (Trigonella foenum graecum)	1.19	10.38	2.81	4.89	17.52	4.10	4.09	3.76	1.69	3.47	1.24	4.44	5.59	2.52	4.05	2.22	6.31	9.07
Ginger fresh, large (Zingiber offficinale)       1.03       16.76       4.98       5.02       12.07       3.24       5.18       4.39       1.02       4.39       6.97       3.63       4.15         Ginger fresh, small ( <i>Curcuma amada</i> )       1.28       16.11       4.95       4.38       14.33       5.35       5.76       5.25       0.61       5.11       1.12       7.89       3.11       4.21         Mint leaves ( <i>Mentha spicata</i> )       1.15       13.23       4.16       4.33       15.46       4.06       4.75       5.26       0.61       5.11       1.12       7.89       3.14       4.84         Nutmeg ( <i>Myristica fragrans</i> )       0.94       10.86       3.39       6.71       16.63       5.47       5.61       6.68       0.77       3.02       7.89       3.14       4.84         Onion, big ( <i>Allium cepa</i> )       0.94       10.86       3.39       6.71       16.63       5.81       5.76       0.67       3.63       6.77       3.62       2.66       4.34       4.84         Nutmeg ( <i>Myristica fragrans</i> )       0.72       9.48       3.18       2.47       5.61       6.68       0.77       3.02       0.78       2.72       2.95       2.75       2.05       2	SLK011	Garlic (Allium sativum)	0.59	9.58	3.11	3.34	17.93	3.04	3.26	3.92	2.17	4.54	0.80	2.56	4.61	3.46	3.62	1.30	4.20	14.14
Ginger fresh, small (Curcuma amada)       1.28       16.11       4.95       4.38       14.33       5.35       5.76       5.25       0.61       5.11       1.12       5.05       9.89       3.11       4.21         Mint leaves (Mentha spicata)       1.15       13.23       4.16       4.33       15.46       4.06       4.75       5.26       0.61       5.11       1.12       7.89       3.14       4.84         Nutmeg (Myristica fragrans)       0.94       10.86       3.39       6.71       16.63       5.47       5.61       6.68       0.72       3.44       1.03       2.24       5.86       4.31         Onion, big (Allium cepa)       1.27       9.22       2.19       2.40       25.86       1.79       3.88       3.16       0.77       3.02       0.78       2.36       2.66       4.31         Onion, small, shallots (Allium cepa)       0.72       9.48       3.18       2.34       2.649       2.81       6.79       3.83       3.16       0.77       3.02       0.78       2.35       2.75       2.05       2.66       4.31         Onion, big (Allium cepa)       0.72       9.48       3.18       2.34       2.84       1.07       3.02       0.78       3.	SLK012	Ginger fresh, large (Zingiber officinale)	1.03	16.76	4.98	5.02	12.07	3.24	5.18	4.39	1.02	4.83	1.18	4.39	6.97	3.63	4.15	1.59	1.93	5.73
Mint leaves (Mentha spicata)         1.15         13.23         4.16         4.33         15.46         4.06         4.75         5.26         0.65         5.51         1.20         4.12         7.89         3.14         4.84           Nutmeg (Myristica fragrans)         0.94         10.86         3.39         6.71         16.63         5.47         5.61         6.68         0.72         3.44         1.03         2.24         5.50         2.66         4.31           Onion, big (Allium cepa)         1.27         9.22         2.19         2.40         25.86         1.79         3.88         3.16         0.77         3.02         0.78         2.38         3.45         2.72           Onion, small, shallots (Allium cepa)         0.72         9.48         3.18         2.34         2.81         5.25         1.07         3.03         0.78         2.35         2.72           Pepper, black (Piper nigrum)         NA         NA <td< th=""><th>SLK013</th><td>Ginger fresh, small (Curcuma amada)</td><td>1.28</td><td>16.11</td><td>4.95</td><td>4.38</td><td>14.33</td><td>5.35</td><td>5.76</td><td>5.25</td><td>0.61</td><td>5.11</td><td>1.12</td><td>5.05</td><td>9.89</td><td>3.11</td><td>4.21</td><td>2.20</td><td>1.23</td><td>3.51</td></td<>	SLK013	Ginger fresh, small (Curcuma amada)	1.28	16.11	4.95	4.38	14.33	5.35	5.76	5.25	0.61	5.11	1.12	5.05	9.89	3.11	4.21	2.20	1.23	3.51
Nutmeg (Myristica fragrans)         0.94         10.86         3.39         6.71         16.63         5.47         5.61         6.68         0.72         3.44         1.03         2.24         5.50         2.66         4.31           Onion, big (Allium cepa)         1.27         9.22         2.19         2.40         25.86         1.79         3.88         3.16         0.77         3.02         0.78         2.38         3.45         2.72           Onion, small, shallots (Allium cepa)         0.72         9.48         3.18         2.34         26.49         2.81         6.12         5.25         1.07         3.93         1.98         3.40         2.02         3.90           Pepper, black (Piper nigrum)         NA	SLK014	Mint leaves ( <i>Mentha spicata</i> )	1.15	13.23	4.16	4.33	15.46	4.06	4.75	5.26	0.65	5.51	1.50	4.12	7.89	3.14	4.84	1.69	2.89	4.84
Onion, big (Allium cepa)         1.27         9.22         2.19         2.40         25.86         1.79         3.88         3.16         0.77         3.02         0.78         2.38         3.45         2.05           Onion, small, shallots (Allium cepa)         0.72         9.48         3.18         2.34         26.49         2.81         6.12         5.25         1.07         3.93         1.98         3.53         4.02         2.02           Pepper, black (Piper nigrum)         NA         NA <th>SLK015</th> <td>Nutmeg (<i>Myristica fragrans</i>)</td> <td>0.94</td> <td>10.86</td> <td>3.39</td> <td>6.71</td> <td>16.63</td> <td>5.47</td> <td>5.61</td> <td>6.68</td> <td>0.72</td> <td>3.44</td> <td>1.03</td> <td>2.24</td> <td>5.50</td> <td>2.66</td> <td>4.31</td> <td>1.63</td> <td>3.74</td> <td>7.60</td>	SLK015	Nutmeg ( <i>Myristica fragrans</i> )	0.94	10.86	3.39	6.71	16.63	5.47	5.61	6.68	0.72	3.44	1.03	2.24	5.50	2.66	4.31	1.63	3.74	7.60
Onion, small, shallots (Allium cepa)         0.72         9.48         3.18         2.34         26.49         2.81         6.12         5.25         1.07         3.93         1.98         3.53         4.02         2.02           Pepper, black ( <i>Piper nigrum</i> )         NA	SLK016	Onion, big (Allium cepa)	1.27	9.22	2.19	2.40	25.86	1.79	3.88	3.16	0.77	3.02	0.78	2.38	3.45	2.05	2.72	1.82	4.49	13.02
Pepper, black ( <i>Piper nigrum</i> ) NA	SLK017	Onion, small, shallots (Allium cepa)	0.72	9.48	3.18	2.34	26.49	2.81	6.12	5.25	1.07	3.93	1.98	3.53	4.02	2.02	3.90	1.60	2.53	12.29
Turrmeric nownler (Currening domectica) 186 15.08 4.25 3.98 13.67 2.53 4.73 3.70 0.90 5.91 0.89 4.85 8.77 3.41	SLK018	Pepper, black ( <i>Piper nigrum</i> )	NA	NA	NA	ΝA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	ΝA	ΝA	ΝA	NA
	SLK019	Turmeric powder (Curcuma domestica)	1.86	15.08	4.25	3.98	13.67	2.53	4.73	3.70	06.0	5.91	0.89	4.85	8.77	3.41	6.12	1.91	4.01	5.59

### Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

	Food Name				Saturated Fatty Acids	ated Acids					Mono Fa	Mono Unsaturated Fatty Acids	irated Is		Poly Fi	Poly Unsaturated Fatty Acids	ated
		letoT	(C12:0) Lauric	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	letoT	Palmitoleic (Cn1:812)	Oleic) (6n1:812)	Eicosaenoic (C20:109)	Nervonic (C24:1n9)	letoT	Linoleic (ðnS:812)	A-Linolenic) (EnE:812)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		тg	тд	тg	mg	тg	тд	тg	тg	тg	шg	тg	тд	mg	тg	тд	тg
SLK001 C	Cardamom ( <i>Elettaria cardamomum</i> )	638	1	1	571	67.49	1	1	.	975	38.03	937	1	1	587	416	171
SLK002 CI	Chillies, dark green, short (Capsicum annum)	130	ı	5.39	91.33	21.73	4.13	3.58	3.64	36.14	5.62	30.52	ī	ı	442	399	43.18
+SLK003 CI	Chillies, yellowish green, long (Capsicum annum)	135	ı	4.98	96.01	22.94	4.04	3.42	4.00	36.94	4.40	32.54	ı	ı		387	40.77
SLK004 CI	Chillies, red, dry (Capsicum annum)	1092	ı	61.80	836	143	20.93	16.17	14.18	615	20.37	541	6.92	46.78		3258	163
<b>SLK005</b> CI	Cloves (Syzygium aromaticum)	2707	ī		2024	682	·			575		575	ī	ı		2774	705
SLK006 C	Coriander seeds ( <i>Coriandrum sativum</i> )	941	ı	73.24		140	27.33	64.32	33.64	10670	22.73	10608	39.05	ı	2156	2114	41.60
SLK007 C	Coriander, leaves (Coriandrum sativum)	234	ı	17.95		49.57	3.10	7.93	7.90	9.43	ı	8.61	0.82	ı	314	153	161
<b>SLK008</b> C	Cumin seeds (Cuminum cyminum)	607	ı	ı		96.70	18.88	ı	ı	8404	34.50	8370	ı	ı	4316	4274	42.06
<b>SLK009</b> C	Curry leaves (Murraya koenigii)	251				30.60	'	·		43.83	ī	43.83	ı	ı	537	135	402
SLK010 Fe	Fenugreek seeds (Trigonella foenum graecum)	761	ı	ı		185	52.77	18.45	10.45	652	ı	637	15.15	ı	3175	2081	1094
SLK011 G	Garlic (Allium sativum)	34.51	ī	ī	25.71	3.66	1.42	2.50	1.22	14.36	ı	14.36	T	1	63.13	58.36	4.77
SLK012 G	Ginger fresh, large (Zingiber officinale)	224	23.58	11.32		19.76	ı	I	1	71.11	I	71.11	I	ı	353	291	61.74
SLK013 G	Ginger fresh, small (Curcuma amada)	167		,		28.54	'	,		48.77	ı	48.77	ı	ı	320	239	80.94
SLK014 N	Mint leaves (Mentha spicata)	119	ī	2.16		17.60	ı	ı	ı	12.72	I	12.72	I	ı	332	61.81	270
SLK015 N	Nutmeg ( <i>Myristica fragrans</i> )	3262	768	ī		269	·	ı	1	1732	36.28	1672	24.29	ı	382	298	83.80
SLK016 0	Onion, big (Allium cepa)	61.11	ı	ŀ		4.64	'	4.02	3.77	40.01	ı	40.01	ı	ı	107	100	6.55
SLK017 0	Onion, small, shallots (Allium cepa)	39.30	·		30.15	4.40	ı	2.61	2.14	13.43	ı	13.43	ı	ı	67.27	62.88	4.39
SLK018 Pe	Pepper, black ( <i>Piper nigrum)</i>	670	ŀ	ŀ	566	104	,	ı	ı	465	ı	465	ī	ı	1072	813	260
SLK019 Ti	Turmeric powder (Curcuma domestica)	1703	ı	ī	780	740	182	I	-	375	ı	375	ı	ı	1954	1550	404

## **Table 8. STARCH AND SUGARS**

code		Available		rree sugars	ugais		Uligosaccharides	narides	I OTAI STAFCH
		СНО	Total free sugars	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	g	g	g
SLK001 Car	Cardamom ( <i>Elettaria cardamomum</i> )	33.02	4.28	1.88	1.85	0.55	NA	NA	28.74
SLK002 Chil	Chillies, dark green, short (Capsicum annum)	2.92	1.00	0.89	0.10	0.01	NA	NA	1.92
SLK003 Chil	Chillies, yellowish green, long (Capsicum annum)	2.41	0.55	0.43	0.10	0.02	NA	NA	1.86
SLK004 Chil	Chillies, red, dry ( <i>Capsicum annum</i> )	8.75	4.33	2.12	1.98	0.23	NA	NA	4.45
SLK005 Clor	Cloves (Syzygium aromaticum)	10.54	2.18	1.72	0.46	NA	NA	NA	8.36
SLK006 Cor	Coriander seeds (Coriandrum sativum)	7.69	2.41	1.71	0.70	NA	0.37	NA	5.28
SLK007 Cor	Coriander, leaves (Coriandrum sativum)	1.39	0.21	0.14	0.02	0.05	0.01	NA	1.18
SLK008 Cur	Cumin seeds ( <i>Cuminum cyminum</i> )	15.14	1.00	0.49	0.51	NA	0.51	NA	14.14
SLK009 Cur	Curry leaves ( <i>Murraya koenigii</i> )	3.51	0.62	0.44	0.18	NA	NA	NA	2.94
SLK010 Fen	Fenugreek seeds (Trigonella foenum graecum)	4.10	0.52	0.31	0.11	0.09	0.57	1.40	3.58
SLK011 Gar	Garlic (Allium sativum)	20.59	4.90	1.50	1.11	2.29	0.24	0.21	15.69
SLK012 Gin	Ginger fresh, large (Zingiber officinale)	5.14	1.31	0.95	0.19	0.17	NA	NA	3.83
SLK013 Gin	Ginger fresh, small (Curcuma amada)	4.13	2.35	1.11	0.77	0.47	NA	NA	1.78
SLK014 Mir	Mint leaves (Mentha spicata)	1.11	0.06	0.01	0.05	NA	0.02	0.03	1.05
SLK015 Nut	Nutmeg ( <i>Myristica fragrans</i> )	27.55	0.99	0.25	0.54	0.20	NA	NA	26.56
SLK016 Oni	Onion, big (Allium cepa)	6.81	5.98	2.12	1.42	2.44	1.78	1.21	0.83
SLK017 Oni	Onion, small, shallots (Allium cepa)	6.88	5.99	1.27	1.75	2.97	0.10	NA	0.89
SLK018 Pep	Pepper, black ( <i>Piper nigrum)</i>	35.31	0.32	0.03	0.29	NA	NA	NA	35.05
SLK019 Tur	Turmeric powder (Curcuma domestica)	43.98	1.20	NA	0.70	0.50	NA	NA	42.78

### Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion)

Food	Food Name	Campesterol	Stigmasterol	β-Sitosterol
code			STGSTR	STGSTR
		mg	mg	mg
SLK001	Cardamom <i>(Elettaria cardamomum)</i>	3.47	2.19	46.93
SLK002	Chillies, dark green, short ( <i>Capsicum annum</i> )	3.78	0.98	15.70
SLK003	Chillies, yellowish green, long (Capsicum annum)	3.86	0.93	15.50
<b>SLK004</b>	Chillies, red, dry (Capsicum annum)	15.42	4.46	78.25
SLK005	Cloves (Syzygium aromaticum)	1.27	5.19	205
<b>SLK006</b>	Coriander seeds (Coriandrum sativum)	9.46	17.94	77.17
SLK007	Coriander, leaves ( <i>Coriandrum sativum)</i>	0.73	9.10	17.11
SLK008	Cumin seeds ( <i>Cuminum cyminum</i> )	9.77	33.16	102
SLK009	Curry leaves (Murraya koenigii)	10.58	0.73	72.04
SLK010	Fenugreek seeds (Trigonella foenum graecum)	11.72	6.37	124
SLK011	Garlic (Allium sativum)	1.36	0.30	12.75
SLK012	Ginger fresh, large (Zingiber officinale)	1.36	1.10	13.41
SLK013	Ginger fresh, small (Curcuma amada)	0.79	0.55	11.13
SLK014	Mint leaves (Mentha spicata)	1.76	2.43	35.82
SLK015	Nutmeg ( <i>Myristica fragrans</i> )	6.12	9.17	95.72
SLK016	Onion, big (Allium cepa)	0.46	0.29	7.82
SLK017	Onion, small, shallots (Allium cepa)	0.78	0.47	7.70
SLK018	Pepper, black ( <i>Piper nigrum</i> )	4.75	10.36	64.86
SLK019	Turmeric powder (Curcuma domestica)	5.15	7.30	64.73

# **Table 10. CAROTENES AND XANTHOPHYLS**

						Cryptoxanthin	Carotene	Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB
		рц	бп	рц	бп	рц	рц	рц
	Cardamom <i>(Elettaria cardamomum)</i>	NA	26.50	33.50	NA	NA	NA	23.75
	Chillies, dark green, short ( <i>Capsicum annum</i> )	NA	356	31.56	NA	NA	NA	229
	Chillies, yellowish green, long (Capsicum annum)	NA	223	15.36	NA	NA	NA	193
	Chillies, red, dry <i>(Capsicum annum)</i>	27822	1972	3167	41.52	1326	NA	1964
	n aromaticum)	NA	15.70	1.27	NA	NA	9.21	73.42
	Coriander seeds ( <i>Coriandrum sativum</i> )	NA	197	8.12	NA	NA	NA	141
SLKUU/ CORIANGER, IEAVE	Coriander, leaves (Coriandrum sativum)	NA	5860	29.12	NA	NA	NA	3516
SLK008 Cumin seeds (CL	Cumin seeds ( <i>Cuminum cyminum</i> )	NA	165	41.00	NA	NA	NA	75.12
SLK009 Curry leaves (Murraya koenigii)	urraya koenigii)	NA	2725	27.36	NA	NA	146	8262
SLK010 Fenugreek seed	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	NA	617	211	NA	NA	NA	143
SLK011 Garlic (Allium sativum)	tivum)	NA	6.82	1.25	NA	NA	NA	NA
SLK012 Ginger fresh, lar	Ginger fresh, large (Zingiber officinale)	NA	19.40	3.66	NA	NA	NA	90.15
SLK013 Ginger fresh, sm	Ginger fresh, small (Curcuma amada)	NA	19.70	2.97	NA	NA	NA	63.54
SLK014 Mint leaves (Mentha spicata)	ntha spicata)	NA	2076	276	NA	NA	NA	4032
SLK015 Nutmeg ( <i>Myristica fragrans</i> )	ica fragrans)	NA	4.33	1.14	NA	NA	NA	15.82
SLK016 Onion, big (Allium cepa)	m cepa)	NA	2.12	2.52	NA	NA	NA	0.96
SLK017 Onion, small, sh	Onion, small, shallots ( <i>Allium cepa</i> )	NA	16.00	1.68	NA	NA	NA	1.10
SLK018 Pepper, black (Piper nigrum)	iper nigrum)	NA	615	152	NA	173	162	777
SLK019 Turmeric powde	Turmeric powder <i>(Curcuma domestica)</i>	NA	121	4.33	NA	NA	NA	54.82

# Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR

			Oxalates									tin	
					р			p	bioA :	þi		U rotidi	ibitor
		lstoT	əldulo2	əldulosni	ioA oinstraT	Quinic Acid	biɔA ɔillɕM	ioA oinioou2	oitinoɔA-ɛiϽ	isA siremu <del>1</del>	Рһутате	idnl nisqyıT	Trypsin Inhi Activity
			OXALAC		TARAC		MALAC	SUCAC		FUMAC			
		тд	тд	тg	шg	шg	шg	шg	тд	тд	тд	тд	шg
	(unuou	1840	1111	728	NA	5.00	21.52	75.14	5.15	NA	0.81	714	15.89
	um annum)	NA	NA	NA	12.82	NA	31.47	4.35	113	1.37	4.37	11.97	5.44
	osicum annum)	22.18	18.52	3.66	14.17	ΝA	34.01	7.79	132	1.55	2.29	17.58	4.95
	(u	80.33	67.82	12.51	NA	NA	65.60	0.64	16.19	NA	13.52	289	34.53
		1795	345	1451	19.80	AN	179	429	NA	1.16	0.45	356	21.26
	vum)	912	126	786	NA	NA	10.48	53.82	NA	1.42	5.86	1022	24.63
	tivum)	20.56	18.56	2.00	NA	17.40	65.82	542	NA	12.82	20.51	37.89	1.09
		937	42.82	894	NA	NA	33.02	46.52	NA	1.31	1.29	430	34.11
		101	11.08	90.00	6.81	13.52	7.48	65.20	35.63	0.73	1.26	39.10	0.52
	um graecum)	30.66	10.41	20.25	1.82	1.82	NA	5.18	NA	0.31	NA	591	80.42
		138	101	36.09	NA	NA	NA	0.82	21.82	NA	0.08	37.32	19.10
	nale)	235	18.88	217	NA	ΝA	NA	5.76	2.24	NA	1.08	14.40	7.00
	ida)	401	222	85.75	NA	4.12	34.82	55.28	3.63	NA	0.43	14.98	0.10
		79.65	6.97	72.68	NA	25.63	13.52	25.63	26.84	NA	3.52	47.89	NA
SLK015 Nutmeg ( <i>Myristica fragrans</i> )		105	50.20	55.00	NA	226	15.36	59.35	15.01	ΝA	58.39	685	15.68
SLK016 Onion, big (Allium cepa)		3.75	2.16	1.59	11.63	NA	397	33.81	87.00	42.63	0.45	11.61	4.39
SLK017 Onion, small, shallots (Allium cepa)	(r	10.66	9.32	1.34	NA	166	121	83.25	141	NA	0.04	8.98	0.16
SLK018 Pepper, black (Piper nigrum)		489	30.23	459	1.85	NA	13.58	136	122	3.81	1.69	359	22.00
SLK019 Turmeric powder (Curcuma domestica)	stica)	1746	1292	454	NA	NA	37.62	3.14	35.23	NA	0.12	366	14.63

#### Group L

#### Beverages

From water to hard coffee and from soft drinks to alcohol, many types of beverages are consumed by an average person throughout the day. Beverages add taste, energy and micronutrients to the diet.





Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; NA indicates component not available from reference sources)

Food code	Food Name	Energy	٨ <u>ع</u>	Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary	Soluble Dietary	Insoluble Dietary	Ash
								FIDIE	FIDIE	FIDIE	
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	g	g	g	g	g	g	g	g
SLL001	SLL001 Coconut water, green, immature	20	83	94.50	0.60	0.30	3.20	1.10	NA	NA	0.30
SLL002	SLL002 Coconut water, orange (king coconut)	4	17	98.41	0.29	ı	0.71	ı	ı	ı	0.60

## **Table 3. WATER SOLUBLE VITAMINS**

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Thiamine (B1)	Thiamine (B1) Riboflavin (B2)	Niacin	Pantothenic	Total vitamin	<b>Total Folate</b>	<b>Total Ascorbic</b>
code				(B3)	acid (B5)	(B6)	(B9)	Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		тд	тд	тд	тд	тд	рц	тд
SLL001	SLL001 Coconut water, green	0.06	0.03	0.10	NA	0.03	3.00	3.30
SLL002	SLL002 Coconut water, orange (king coconut)	ND	I	0.04	0.40	0.03	6.15	I

## **Table 4. MAJOR MINERALS**

(All values are expressed per 100g edible portion)

code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	ď	MG	NA	Х
		шд	тд	вш	тд	шg
SLL001 Coconut water, green	t water, green	20.00	18.00	25.00	96.00	260
SLL002 Coconut	SLL002 Coconut water, orange (king coconut)	8.98	35.97	24.36	63.98	304

# Table 5. TRACE ELEMENTS AND HEAVY METALS

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium
		H	MM	CU	ZN	SE
		тд	вш	вш	тд	тд
SLL001	SLL001 Coconut water, green	0.20	NA	0.04	0.10	NA
SLL002	<b>SLL002</b> Coconut water, orange (king coconut)	0.16	1.11	0.05	0.81	4.93

## **Table 8. STARCH AND SUGAR**

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food	Food Name	Total		Free	Free sugars		Oligosaccharides	charides	<b>Total Starch</b>
code		Carbohydrates Total fresugars	Total free sugars	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	sucs	RAFS	STAS	STARCH
		g	g	g	g	g	g	g	g
SLL001	SLL001 Coconut water, green	NA	NA	NA	NA	NA	NA	NA	NA
SLL002	SLL002 Coconut water, orange (king coconut)	0.70	0.70	0.33	0.31	0.05	ND	ND	ND

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