Sri Lanka Food Composition Tables



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SRI LANKA FOOD COMPOSITION TABLE

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TABLE OF CONTENTS

FOREWORD iii
MESSAGE FROM THE COUNTRY DIRECTOR, WORLD BANK SRI LANKA iv
RESEARCH TEAM v
ACKNOWLEDGMENTS vi
OUTLINE OF THE SRI LANKA FOOD COMPOSITION TABLE vii
CHAPTER 1: INTRODUCTION ix
CHAPTER 2: THE COMPILATION PROCESS x
CHAPTER 3: UNDERSTANDING THE TABLE xx
CHAPTER 4: NUTRIENT TABLES xxi
GROUP A: CEREALS AND CEREAL PRODUCTS 1
GROUP B: ROOTS AND TUBERS 17
GROUP C: PULSES 33
GROUP D: VEGETABLES 47
GROUP E: FRUITS 97
GROUP F: FISH AND AQUATIC FOOD 129
GROUP G: MILK AND DAIRY PRODUCTS 159
GROUP H: EGG, POULTRY AND MEATS 171
GROUP I: NUTS AND SEEDS 185
GROUP J: OILS AND FAT 201
GROUP K: CONDIMENTS, SPICES AND HERBS 207
GROUP L: BEVERAGES 223
REFERENCES 228

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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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[1].

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.

Table 1: Food groups and codes in the SLFCT

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

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.

Table 2: Prioritised key foods for analysis with food codes

Food code	English name	Food code	English name
SLA007	Rice, kaluhinati	SLE006	Banana, ripe, anamalu
SLA008	Rice, keeri samba	SLE012	Ceylon olive
SLA009	Rice, kekulu red	SLE021	Guava, kilo pera
SLA010	Rice, kekulu white	SLE029	Mandarine, heennaran
SLA011	Rice, nadu white	SLE031	Mango, ripe, karthakolomban
SLA012	Rice, samba	SLE032	Mango, ripe, Tom EJC
SLA013	Rice, samba kekulu	SLE039	Passion fruit, seeded, yellow
SLA014	Vermicelli, rice	SLF019	Sailfish, Indo-Pacific
SLA016	Water lily seeds	SLF020	Sardinella, Goldstripe
SLB004	Lasia stalk, kohila	SLF021	Sardinella, spotted
SLD004	Ambarella	SLF023	Scad, mackerel
SLD011	Beans, long, red	SLF024	Scad, yellow-stripe
SLD025	Canereed leaves	SLF034	Tuna, Frigate
SLD027	Capsicum, local	SLF037	Tuna, Yellowfin
SLD030	Cassava leaves	SLF052	Anchovy sprats
SLD044	Golden leather fern fiddlehead	SLF053	Baby shrimps
SLD045	Green milkweed climber	SLF054	Maldives fish
SLD046	Horse purslane	SLF055	Marlin
SLD048	Indian pennywort	SLF056	Queenfish
SLD054	Lasia shoots, kohila	SLF057	Shark
SLD055	Leeks	SLF058	Skipjack tuna
SLD057	Malabar spinach	SLF059	Smooth belly sardinella
SLD059	Mushroom, Oyster, white	SLG004	Curd, buffalo whole
SLD064	Passion fruit	SLI006	Coconut, kernal, fresh, scraped
SLD065	Plantain, ash	SLI013	Tropical Almond, Kottamba
SLD066	Plantain, ash, peels	SLJ001	Canola oil
SLD071	Pumpkin, common	SLJ002	Coconut oil
SLD076	Sessile joyweed	SLJ003	Corn oil
SLD079	Spiny gourd	SLJ006	Olive oil
SLD080	Sweet leaf	SLJ007	Palm Olein oil
SLD085	Turkey berry	SLJ009	Rice bran oil
SLD086	Water spinach	SLJ010	Sesame oil
SLD087	Winged bean	SLJ012	Sunflower oil
SLE005	Banana, ripe, ambul	SLK002	King coconut water

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 km², 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.

Table 3: Sample collection sites in each district and province

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

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.

Table 4: Method of transportation of food samples from the collection sites

Food item	Transportation method
Cereals	Transparent Ziplock bags
Vegetables	Wrapped in white papers
Fish	- 4^0C 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

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 – 80^0C 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[1]. 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 fibre			
Energy[1,3]	ENERC	Atwater conversion factors	kcal/kJ
Protein[2,5]	PROTCNT	Titrimetry by combustion/Kjeldahl/Mixed catalyst	g
Water[4]	WATER	Gravimetric using vacuum/Hot air oven	g
Total fat[6]	FATCE	Gravimetry; Ether extraction using Soxhlet apparatus	g
Available carbohydrate[7,8,9]	CHOAVLDF	Calculation by difference Trienzyme extraction and spectrophotometry	g
Total dietary fiber[8]	FIBTG	Enzymatic - gravimetric	g
Soluble dietary fiber[8]	FIBSOL	Enzymatic - gravimetric	g
Insoluble dietary fiber[8]	FIBINS	Enzymatic - gravimetric	g
Ash[10]	ASH	Gravimetric using Muffle furnace	g
Fat soluble vitamin			
Vitamin A[11,12] Retinol	VITA RETOL	HPLC	µg
Vitamin D2 Vitamin D3[13]	ERGCAL CHOCAL	RP-HPLC-APCI-MS	µg
Total Vitamin E[14,15] α-Tochopherols[16,17,18] β-Tochopherols[16,17,18] γ-Tochopherols[16,17,18] δ-Tochopherols[16,17,18] α-Tocotrienols[16,17,18] β-Tocotrienols[16,17,18] γ-Tocotrienols[16,17,18] δ-Tocotrienols[16,17,18]	VITE TOCPHA TOCPHB TOCPHG TOCPHD TOCTRA TOCTRB TOCTRG TOCTRD	HPLC	mg
Vitamin K1 Vitamin K2[19]	VITK1 VITK2	RP-HPLC-APCI-MS	µg
Water soluble vitamin			
Thiamin[20,21]	THIA	Fluorometry	mg

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

Isoleucin[42,43,44]	ILE	AAA-IEC	g
Leucine[23]	LEU	AAA-IEC	g
Tyrosine[42,43,44]	TYR	AAA-IEC	g
Phenylalanine[42,43,44]	PHE	AAA-IEC	g
Histidine[42,43,44]	HIS	AAA-IEC	g
Lysine[42,43,44]	LYS	AAA-IEC	g
Arginine[42,43,44]	ARG	AAA-IEC	g
Fatty acids			
Total Saturated Fatty Acids	FASAT		mg
Capric (C10:0)[54,46,47]	F10D0	Gas Chromatography with Flame Ionization Detector (GC-FID)	mg
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) [54,46,47]	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)[54,46,47]	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) [54,46,47]	F24D1C	GC-FID	mg
Poly Unsaturated Fatty Acids	FAPU	GC-FID	mg
Linoleic (C18:2n6) [54,46,47]	F18D2CN6	GC-FID	mg
A-Linolenic (C18:3n3) [54,46,47]	F18D3N3	GC-FID	mg
Eicosadienoic (C20:2) [54,46,47]	F20D2	GC-FID	mg
Eicosatrienoic (C20:3n3) [54,46,47]	F20D3N3	GC-FID	mg
Arachidonic (C20:4n6) [54,46,47]	F20D4N6	GC-FID	mg
Eicosapentaenoic (C20:5n3) [54,46,47]	F20D5N3	GC-FID	mg
Docosadienoic (C22:2) [54,46,47]	F22D2	GC-FID	mg
Docosahexaenoic (C22:6n3) [54,46,47]	F22D6N3	GC-FID	mg
Carbohydrates			
Free sugars			g
Fructose[48]	FRUS	HPLC-RID	g
Glucose[48]	GLUS	HPLC-RID	g
Sucrose[48]	SUCS	HPLC-RID	g
Maltose[48]	MALS	HPLC-RID	g
Oligosaccharides			
Raffinose[49,50,51]	RAFS	HPLC	g
Stachyose[49,50,51]	STAS	HPLC	g
Verbascose[49,50,51]	VERS	HPLC	g
Ajugose[49,50,51]		HPLC	g
Starch[52]			g
Phytosterol			
Campesterol[53]	CAMT	Gas Chromatography (GC)	mg
Stigmasterol[53]	STGSTR	GC	mg
β-Sitosterol[53]	SITSTR	GC	mg

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

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.

Table 6: Metabolisable energy conversion factors
General Atwater factors[1]

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

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.

Table 7: Nitrogen to protein conversion factors adapted from Jones (FAO/INFOODS, 2012)[2,60]

Food	Conversion Factor
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

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.

Table 8: Conversion of carbohydrate weights to monosaccharide equivalents

No.	Carbohydrate	Equivalent after hydrolysis (g/100g)	Conversion to monosaccharide equivalent
1	Monosaccharides e.g. Glucose	100	No conversion necessary
2	Disaccharides e.g. Sucrose, Lactose, Maltose	105	× 1.05 or ÷ 0.95
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 e.g. Starch	110	× 1.10 or ÷ 0.90

Total Dietary Fiber: Total dietary fiber is a mixture of soluble and insoluble polysaccharides, non-digestible 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 (β-carotene, α-carotene, β-cryptoxanthin, γ-carotene, lycopene, zeaxanthin, lutein). Total vitamin A activity expressed in µg/100g retinol equivalent (RE) = retinol + 1/6 β-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 = α-tocopherol + 0.4 β-tocopherol + 0.1 γ-tocopherol+ 0.01 δ-tocopherol+ 0.3 α-tocotrienol + 0.05 β-tocotrienol + 0.01 γ-tocotrienol + 0.01 δ-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_6: Vitamin B_6 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.



SLA001



SCIENTIFIC NAME:	*Hordeum vulgare*
ENGLISH NAME:	Barley
SINHALA NAME:	බාර්ලි
TAMIL NAME:	வார் கோதுமை

SLA002



SCIENTIFIC NAME:	*Zea mays*
ENGLISH NAME:	Maize, dry, local
SINHALA NAME:	වියලි බඩඉරිඟු ඇට
TAMIL NAME:	சோளம், உலர்ந்தது, உள்ளூர்

SLA003



SCIENTIFIC NAME:	*Zea mays*
ENGLISH NAME:	Maize, tender, local
SINHALA NAME:	බඩඉරිඟු, දේශීය
TAMIL NAME:	சோளம், உள்ளூர்

SLA004



SCIENTIFIC NAME:	*Zea mays*
ENGLISH NAME:	Maize, tender, sweet
SINHALA NAME:	බඩඉරිඟු, විදේශීය, පැනිරස
TAMIL NAME:	சோளம், இனிப்பு

SLA005



SCIENTIFIC NAME:	*Eleusine coracana*
ENGLISH NAME:	Millet, finger
SINHALA NAME:	කුරක්කන්
TAMIL NAME:	குரக்கன்

SLA006



SCIENTIFIC NAME:	*Oryza sativa*
ENGLISH NAME:	Rice, flakes
SINHALA NAME:	හබලපෙති
TAMIL NAME:	அவல்

SLA007



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, kaluheenati
SINHALA NAME: කලුහීනැටි
TAMIL NAME: கறுப்பு ஹீனத்தி

SLA008



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, keeri samba
SINHALA NAME: කීරි සම්බා
TAMIL NAME: கீரி சம்பா

SLA009



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, kekulu, red
SINHALA NAME: රතු කැකුලු
TAMIL NAME: சிவப்பு பச்சை அரிசி

SLA010



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, kekulu, white
SINHALA NAME: සුදු කැකුලු
TAMIL NAME: வெள்ளை பச்சை அரிசி

SLA011



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, nadu, white
SINHALA NAME: නාඩු සහල්
TAMIL NAME: வெள்ளை நாட்டரிசி

SLA012



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, samba
SINHALA NAME: සම්බා
TAMIL NAME: சம்பா அரிசி (அவித்தது)

SLA013



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, samba, kekulu
SINHALA NAME: සම්බා කැකුලු හාල්
TAMIL NAME: சம்பா அரிசி (அவிக்காதது)

SLA014



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Vermicelli, rice
SINHALA NAME: හාල්පිටි නූඩ්ල්ස්
TAMIL NAME: சேமியா(அரிசிமா)

SLA015



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Vermicelli, wheat
SINHALA NAME: තිරිඟු පිටි නූඩ්ල්ස්
TAMIL NAME: கோதுமை நூடில்ஸ்

SLA016



SCIENTIFIC NAME: *Nymphaea cereals*
ENGLISH NAME: Water lily seeds
SINHALA NAME: ඕලු හාල්
TAMIL NAME: நீர் அல்லி விதைகள்

SLA017



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Wheat, flour, atta
SINHALA NAME: ආටා පිටි
TAMIL NAME: ஆட்டா மா

SLA018



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Wheat, flour, refined
SINHALA NAME: තිරිඟු පිටි
TAMIL NAME: கோதுமை மா

SLA019



SCIENTIFIC NAME:	*Triticum aestivum*
ENGLISH NAME:	Wheat, semolina
SINHALA NAME:	රෑලං
TAMIL NAME:	ரவை

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		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	*kJ*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLA001	Barley *(Hordeum vulgare)*	313	1311	10.07	11.40	1.18	60.90	15.48	4.74	10.74	0.97
SLA002	Maize, dry, local *(Zea mays)*	338	1415	8.97	8.47	4.58	64.43	12.35	0.81	11.53	1.20
SLA003	Maize, tender, local *(Zea mays)*	119	500	68.39	3.01	1.23	23.54	3.46	0.39	3.07	0.37
SLA004	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 *(Eleusine coracana)*	322	1348	10.43	7.11	1.77	67.45	11.16	1.91	9.24	2.08
SLA006	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 *(Oryza sativa)*	348	1474	9.32	9.88	1.90	72.28	5.21	0.94	4.27	1.42
SLA008	Rice, keeri samba *(Oryza sativa)*	368	1564	7.82	8.47	1.84	79.41	1.17	0.24	0.94	1.30
SLA009	Rice, kekulu, red *(Oryza sativa)*	366	1552	7.92	8.64	2.12	77.59	3.18	0.98	2.21	0.57
SLA010	Rice, kekulu, white *(Oryza sativa)*	361	1534	9.29	9.88	1.52	76.67	2.36	0.79	1.57	0.30
SLA011	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 *(Oryza sativa)*	369	1567	7.51	6.86	2.45	79.53	3.24	0.94	2.30	0.43
SLA013	Rice, samba kekulu *(Oryza sativa)*	355	1507	8.54	8.81	1.53	76.12	4.42	0.86	3.57	0.59
SLA014	Vermicelli, rice *(Triticum aestivum)*	365	1549	7.58	7.29	1.13	80.97	2.68	0.85	1.83	0.36
SLA015	Vermicelli, wheat *(Triticum aestivum)*	332	1391	9.18	9.31	0.42	70.69	9.81	1.98	7.84	0.59
SLA016	Water lily seeds *(Nymphaea cereals)*	349	1482	7.67	9.84	2.22	71.89	6.96	1.34	5.63	1.43
SLA017	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 *(Triticum aestivum)*	355	1488	10.11	10.42	0.73	75.25	2.99	0.62	2.37	0.51
SLA019	Wheat, semolina *(Triticum aestivum)*	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	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	*µg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLA001	Barley *(Hordeum vulgare)*	NA	NA	1.98	0.01	0.01	NA	NA	NA	NA	NA
SLA002	Maize, dry, local *(Zea mays)*	42.41	32.60	2.68	0.30	0.13	NA	1.53	0.36	0.05	NA
SLA003	Maize, tender, local *(Zea mays)*	7.91	46.96	2.04	0.09	0.05	NA	0.36	0.04	NA	NA
SLA004	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 *(Eleusine coracana)*	0.22	41.82	3.25	0.15	0.08	NA	0.72	NA	NA	NA
SLA006	Rice, flakes *(Oryza sativa)*	NA	NA	0.95	0.06	0.06	NA	NA	NA	NA	NA
SLA007	Rice, kaluhinati *(Oryza sativa)*	-	ND	2.75	0.07	0.06	-	0.03	-	0.04	0.06
SLA008	Rice, keeri samba *(Oryza sativa)*	-	ND	2.56	0.08	0.06	-	0.03	-	0.06	0.04
SLA009	Rice, kekulu, red *(Oryza sativa)*	-	ND	2.67	0.09	0.07	-	0.03	-	0.05	0.05
SLA010	Rice, kekulu, white *(Oryza sativa)*	-	ND	2.85	0.08	0.06	-	0.03	-	0.04	0.06
SLA011	Rice, nadu, white *(Oryza sativa)*	-	ND	2.91	0.08	0.06	-	0.03	-	0.04	0.04
SLA012	Rice, samba *(Oryza sativa)*	-	ND	2.23	0.08	0.06	-	0.03	-	0.04	0.06
SLA013	Rice, samba kekulu *(Oryza sativa)*	-	ND	2.52	0.09	0.07	-	0.03	-	0.05	0.05
SLA014	Vermicelli, rice *(Triticum aestivum)*	-	ND	1.64	0.01	0.01	-	-	-	-	-
SLA015	Vermicelli, wheat *(Triticum aestivum)*	0.33	4.19	1.35	0.03	0.02	NA	NA	NA	0.02	NA
SLA016	Water lily seeds *(Nymphaea cereals)*	-	ND	2.84	0.07	0.07	-	-	0.03	-	-
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 *(Triticum aestivum)*	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 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*	*µg*	*mg*
SLA001	Barley *(Hordeum vulgare)*	0.28	0.19	2.74	0.15	0.32	26.47	NA
SLA002	Maize, dry, local *(Zea mays)*	0.33	0.08	2.64	0.35	0.35	28.30	NA
SLA003	Maize, tender, local *(Zea mays)*	0.14	0.11	1.13	0.43	0.44	65.34	4.07
SLA004	Maize, tender, sweet *(Zea mays)*	0.10	0.14	1.13	0.34	0.31	64.26	6.73
SLA005	Millet, finger *(Eleusine coracana)*	0.39	0.17	1.34	0.15	0.04	30.80	NA
SLA006	Rice, flakes *(Oryza sativa)*	0.14	0.04	1.70	0.43	0.02	8.61	NA
SLA007	Rice, kaluhinati *(Oryza sativa)*	ND	0.08	0.45	0.65	0.43	9.04	-
SLA008	Rice, keeri samba *(Oryza sativa)*	ND	0.03	1.57	0.57	0.13	12.29	-
SLA009	Rice, kekulu, red *(Oryza sativa)*	ND	0.05	1.50	0.65	0.10	8.39	-
SLA010	Rice, kekulu, white *(Oryza sativa)*	ND	0.03	0.89	0.52	0.09	10.67	-
SLA011	Rice, nadu, white *(Oryza sativa)*	ND	0.03	1.21	0.52	0.12	9.35	-
SLA012	Rice, samba *(Oryza sativa)*	ND	0.05	1.76	0.64	0.13	12.79	-
SLA013	Rice, samba kekulu *(Oryza sativa)*	ND	0.03	1.44	0.54	0.09	8.11	-
SLA014	Vermicelli, rice *(Triticum aestivum)*	ND	0.03	0.48	0.56	0.07	6.54	-
SLA015	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 *(Triticum aestivum)*	0.17	0.06	0.71	0.83	0.08	18.18	NA
SLA019	Wheat, semolina *(Triticum aestivum)*	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 code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLA001	Barley *(Hordeum vulgare)*	26.52	224	57.44	6.71	261
SLA002	Maize, dry, local *(Zea mays)*	9.20	268	139	4.61	288
SLA003	Maize, tender, local *(Zea mays)*	5.10	182	41.11	2.31	183
SLA004	Maize, tender, sweet *(Zea mays)*	6.52	111	34.71	2.19	298
SLA005	Millet, finger *(Eleusine coracana)*	419	246	148	4.72	418
SLA006	Rice, flakes *(Oryza sativa)*	11.10	214	98.29	2.48	148
SLA007	Rice, kaluhinati *(Oryza sativa)*	10.85	243	35.55	7.63	149
SLA008	Rice, keeri samba *(Oryza sativa)*	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 *(Oryza sativa)*	6.94	150	26.29	1.55	87.92
SLA011	Rice, nadu, white *(Oryza sativa)*	4.57	119	20.10	3.00	147
SLA012	Rice, samba *(Oryza sativa)*	8.71	192	37.26	2.16	154
SLA013	Rice, samba kekulu *(Oryza sativa)*	9.28	147	30.48	1.53	149
SLA014	Vermicelli, rice *(Triticum aestivum)*	1.74	95.94	23.67	17.83	61.98
SLA015	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 *(Triticum aestivum)*	26.78	106	41.80	2.00	290
SLA019	Wheat, semolina *(Triticum aestivum)*	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)

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
SLA001	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
SLA002	Maize, dry, local *(Zea mays)*	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
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
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
SLA005	Millet, finger *(Eleusine coracana)*	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
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
SLA007	Rice, kaluhinati *(Oryza sativa)*	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
SLA008	Rice, keeri samba *(Oryza sativa)*	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
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
SLA010	Rice, kekulu, white *(Oryza sativa)*	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
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
SLA012	Rice, samba *(Oryza sativa)*	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
SLA013	Rice, samba kekulu *(Oryza sativa)*	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
SLA014	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
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
SLA016	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
SLA017	Wheat, flour, atta *(Triticum aestivum)*	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
SLA018	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 code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
SLA001	Barley *(Hordeum vulgare)*	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
SLA002	Maize, dry, local *(Zea mays)*	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
SLA003	Maize, tender, local *(Zea mays)*	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
SLA004	Maize, tender, sweet *(Zea mays)*	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 *(Eleusine coracana)*	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
SLA006	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
SLA007	Rice, kaluhinati *(Oryza sativa)*	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
SLA008	Rice, keeri samba *(Oryza sativa)*	1.13	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
SLA009	Rice, kekulu, red *(Oryza sativa)*	1.01	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 *(Oryza sativa)*	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
SLA011	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 *(Oryza sativa)*	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
SLA013	Rice, samba kekulu *(Oryza sativa)*	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
SLA015	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
SLA016	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
SLA019	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

Table 7. FATTY ACIDS

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

Food code	Food Name	Saturated Fatty Acids								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Capric (C10:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F10D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLA001	Barley *(Hordeum vulgare)*	233	-	-	209	23.90	-	-	-	93.10	-	93.10	-	-	593	569	23.90
SLA002	Maize, dry, local *(Zea mays)*	408	-	-	358	42.50	7.17	-	-	710	-	703	6.95	-	1603	1558	44.80
SLA003	Maize, tender, local *(Zea mays)*	104	-	-	92.80	9.25	2.06	-	-	144	-	142	1.89	-	355	344	11.30
SLA004	Maize, tender, sweet *(Zea mays)*	122	-	-	105	13.90	2.90	-	-	175	-	173	1.91	-	290	283	7.34
SLA005	Millet, finger *(Eleusine coracana)*	297	-	-	273	23.50	-	-	-	595	-	595	-	-	455	368	87.20
SLA006	Rice, flakes *(Oryza sativa)*	305	-	-	279	26.30	-	-	-	421	-	421	-	-	608	584	23.80
SLA007	Rice, kaluhinati *(Oryza sativa)*	452	-	12.64	376	43.11	9.48	4.01	6.86	606	-	606	-	-	556	548	7.76
SLA008	Rice, keeri samba *(Oryza sativa)*	626	-	29.80	546	39.23	11.38	-	-	393	-	393	-	-	544	532	12.25
SLA009	Rice, kekulu, red *(Oryza sativa)*	551	-	21.22	447	51.77	13.40	4.89	9.35	583	10.77	564	-	-	663	645	17.62
SLA010	Rice, kekulu, white *(Oryza sativa)*	470	-	21.27	374	45.21	8.98	9.15	11.70	323	-	323	-	-	499	484	15.32
SLA011	Rice, nadu, white *(Oryza sativa)*	512	-	34.03	418	47.93	12.13	-	-	312	-	312	-	-	434	413	20.70
SLA012	Rice, samba *(Oryza sativa)*	672	-	26.37	569	52.11	10.10	7.13	7.50	601	-	601	-	-	806	792	13.93
SLA013	Rice, samba kekulu *(Oryza sativa)*	470	-	19.02	400	40.86	9.35	-	-	338	-	338	-	-	489	479	10.35
SLA014	Vermicelli, rice *(Triticum aestivum)*	290	-	19.58	251	19.46	-	-	-	215	-	215	-	-	455	433	22.25
SLA015	Vermicelli, wheat *(Triticum aestivum)*	62.20	-	-	56.90	5.31	-	-	-	33.80	-	33.80	-	-	208	196	11.90
SLA016	Water lily seeds *(Nymphaea cereals)*	599	-	17.34	443	83.56	17.71	18.15	19.33	395	-	378	17.37	-	893	877	16.73
SLA017	Wheat, flour, atta *(Triticum aestivum)*	202	-	-	188	14.40	-	-	-	151	-	151	-	-	745	701	44.20
SLA018	Wheat, flour, refined *(Triticum aestivum)*	96.10	-	-	88.90	7.21	-	-	-	52.00	-	52.00	-	-	354	336	18.80
SLA019	Wheat, semolina *(Triticum aestivum)*	85.20	-	-	78.80	6.40	-	-	-	70.30	-	70.30	-	-	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 CHO	Free sugars					Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Maltose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	MALS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLA001	Barley *(Hordeum vulgare)*	76.70	0.07	NA	0.07	NA	NA	0.04	0.01	76.63
SLA002	Maize, dry, local *(Zea mays)*	62.31	1.62	0.17	0.80	NA	0.65	NA	NA	60.69
SLA003	Maize, tender, local *(Zea mays)*	16.70	1.46	0.25	0.88	NA	0.33	NA	NA	15.24
SLA004	Maize, tender, sweet *(Zea mays)*	12.64	4.68	0.89	0.99	NA	2.80	NA	NA	7.96
SLA005	Millet, finger *(Eleusine coracana)*	63.74	0.32	NA	0.19	NA	0.13	0.02	NA	63.42
SLA006	Rice, flakes *(Oryza sativa)*	67.51	0.28	NA	0.11	NA	0.17	NA	NA	67.23
SLA007	Rice, kaluhinati *(Oryza sativa)*	70.76	0.18	0.01	0.09	0.02	0.05	ND	ND	70.58
SLA008	Rice, keeri samba *(Oryza sativa)*	76.20	0.14	0.01	0.01	-	0.12	ND	ND	76.06
SLA009	Rice, kekulu, red *(Oryza sativa)*	75.67	0.18	0.01	0.08	0.06	0.03	ND	ND	75.49
SLA010	Rice, kekulu, white *(Oryza sativa)*	74.71	0.08	-	0.06	0.01	0.01	ND	ND	74.63
SLA011	Rice, nadu, white *(Oryza sativa)*	78.16	0.11	-	0.02	0.01	0.08	ND	ND	78.05
SLA012	Rice, samba *(Oryza sativa)*	77.29	0.16	-	0.05	0.03	0.08	ND	ND	77.13
SLA013	Rice, samba kekulu *(Oryza sativa)*	74.77	0.10	-	0.06	0.02	0.02	ND	ND	74.67
SLA014	Vermicelli, rice *(Triticum aestivum)*	79.24	0.08	-	0.04	0.03	0.01	ND	ND	79.15
SLA015	Vermicelli, wheat *(Triticum aestivum)*	55.53	1.68	0.62	0.58	NA	0.48	NA	NA	53.85
SLA016	Water lily seeds *(Nymphaea cereals)*	70.46	0.05	-	0.03	-	0.01	ND	ND	70.41
SLA017	Wheat, flour, atta *(Triticum aestivum)*	57.51	1.85	0.74	0.83	NA	0.28	0.52	0.03	55.66
SLA018	Wheat, flour, refined *(Triticum aestivum)*	72.95	1.83	0.62	0.77	NA	0.44	0.36	NA	71.12
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 code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLA001	Barley *(Hordeum vulgare)*	6.11	1.12	42.60
SLA002	Maize, dry, local *(Zea mays)*	12.22	4.28	89.23
SLA003	Maize, tender, local *(Zea mays)*	5.89	2.84	43.55
SLA004	Maize, tender, sweet *(Zea mays)*	5.57	2.64	41.48
SLA005	Millet, finger *(Eleusine coracana)*	5.66	2.51	54.43
SLA006	Rice, flakes *(Oryza sativa)*	3.93	2.15	20.33
SLA007	Rice, kaluhinati *(Oryza sativa)*	ND	ND	ND
SLA008	Rice, keeri samba *(Oryza sativa)*	ND	ND	ND
SLA009	Rice, kekulu, red *(Oryza sativa)*	ND	ND	ND
SLA010	Rice, kakulu, white *(Oryza sativa)*	ND	ND	ND
SLA011	Rice, nadu, white *(Oryza sativa)*	ND	ND	ND
SLA012	Rice, samba *(Oryza sativa)*	ND	ND	ND
SLA013	Rice, samba kekulu *(Oryza sativa)*	ND	ND	ND
SLA014	Vermicelli, rice *(Triticum aestivum)*	ND	ND	ND
SLA015	Vermicelli, wheat *(Triticum aestivum)*	2.68	0.39	22.72
SLA016	Water lily seeds *(Nymphaea cereals)*	ND	ND	ND
SLA017	Wheat, flour, atta *(Triticum aestivum)*	6.56	0.74	37.65
SLA018	Wheat, flour, refined *(Triticum aestivum)*	3.72	0.50	24.18
SLA019	Wheat, semolina *(Triticum aestivum)*	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)

Food code	Food Name	Lutein	Zeaxanthin	β - Cryptoxanthin	β - Carotene
		LUTN	ZEA	CRYPXB	CARTB
		µg	*µg*	*µg*	*µg*
SLA001	Barley *(Hordeum vulgare)*	3.56	1.64	NA	NA
SLA002	Maize, dry, local *(Zea mays)*	221	68.60	115	197
SLA003	Maize, tender, local *(Zea mays)*	154	26.54	31.81	31.58
SLA004	Maize, tender, sweet *(Zea mays)*	144	24.12	51.82	43.21
SLA005	Millet, finger *(Eleusine coracana)*	22.89	1.59	NA	1.34
SLA006	Rice, flakes *(Oryza sativa)*	1.42	NA	NA	NA
SLA007	Rice, kaluhinati *(Oryza sativa)*	-	-	-	-
SLA008	Rice, keeri samba *(Oryza sativa)*	-	-	-	-
SLA009	Rice, kekulu, red *(Oryza sativa)*	-	-	-	-
SLA010	Rice, kekulu, white *(Oryza sativa)*	-	-	-	-
SLA011	Rice, nadu, white *(Oryza sativa)*	-	-	-	-
SLA012	Rice, samba *(Oryza sativa)*	-	-	-	-
SLA013	Rice, samba kekulu *(Oryza sativa)*	-	-	-	-
SLA014	Vermicelli, rice *(Triticum aestivum)*	-	-	-	-
SLA015	Vermicelli, wheat *(Triticum aestivum)*	21.55	0.63	NA	2.01
SLA016	Water lily seeds *(Nymphaea cereals)*	-	-	-	-
SLA017	Wheat, flour, atta *(Triticum aestivum)*	32.12	0.75	NA	2.26
SLA018	Wheat, flour, refined *(Triticum aestivum)*	34.65	2.25	NA	2.97
SLA019	Wheat, semolina *(Triticum aestivum)*	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)

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity
		Total	Soluble	Insoluble									
		OXALAC			TARAC		MALAC	SUCAC		FUMAC			
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
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
SLA002	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
SLA003	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
SLA004	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
SLA005	Millet, finger *(Eleusine coracana)*	48.33	40.11	8.22	1.31	NA	0.94	2.71	NA	0.24	302	30.42	4.28
SLA006	Rice, flakes *(Oryza sativa)*	11.55	8.69	2.86	NA	NA	0.48	1.35	NA	1.28	482	24.84	3.41
SLA007	Rice, kaluhinati *(Oryza sativa)*	9.81	8.26	1.56	ND	ND	ND	ND	ND	ND	615	ND	ND
SLA008	Rice, keeri samba *(Oryza sativa)*	9.91	8.75	1.16	ND	ND	ND	ND	ND	ND	155	ND	ND
SLA009	Rice, kekulu, red *(Oryza sativa)*	9.41	8.24	1.17	ND	ND	ND	ND	ND	ND	479	ND	ND
SLA010	Rice, kekulu, white *(Oryza sativa)*	10.38	7.49	2.89	ND	ND	ND	ND	ND	ND	166	ND	ND
SLA011	Rice, nadu, white *(Oryza sativa)*	10.65	8.51	2.14	ND	ND	ND	ND	ND	ND	108	ND	ND
SLA012	Rice, samba *(Oryza sativa)*	9.52	8.17	1.35	ND	ND	ND	ND	ND	ND	329	ND	ND
SLA013	Rice, samba kekulu *(Oryza sativa)*	10.94	9.19	1.78	ND	ND	ND	ND	ND	ND	230	ND	ND
SLA014	Vermicelli, rice *(Triticum aestivum)*	2.06	1.21	0.85	ND	ND	ND	ND	ND	ND	101	ND	ND
SLA015	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
SLA016	Water lily seeds *(Nymphaea cereals)*	1.71	1.31	0.39	ND	ND	ND	ND	ND	ND	208	ND	ND
SLA017	Wheat, flour, atta *(Triticum aestivum)*	52.77	29.93	22.84	1.31	5.45	0.02	1.36	NA	1.58	614	35.68	3.48
SLA018	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
SLA019	Wheat, semolina *(Triticum aestivum)*	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.



SLB001



SCIENTIFIC NAME	*Beta vulgaris*
ENGLISH NAME:	Beet root
SINHALA NAME:	බීට් අල
TAMIL NAME:	பீற்றூட்

SLB002



SCIENTIFIC NAME	*Daucus carota*
ENGLISH NAME:	Carrot, orange
SINHALA NAME:	කැරට් අල
TAMIL NAME:	கரட்

SLB003



SCIENTIFIC NAME	*Colocasia antiquorum*
ENGLISH NAME:	Colocasia
SINHALA NAME:	කිරි අල
TAMIL NAME:	சேப்பங்கிழங்கு

SLB004



SCIENTIFIC NAME	*Lasia spinosa*
ENGLISH NAME:	Lasia stalk
SINHALA NAME:	කොහිල අල
TAMIL NAME:	கோகில கிழங்கு

SLB005



SCIENTIFIC NAME	*Nelumbium nelumbo*
ENGLISH NAME:	Lotus root
SINHALA NAME:	නෙලුම් අල
TAMIL NAME:	தாமரைக்கிழங்கு

SLB006



SCIENTIFIC NAME	*Solanum tuberrosum*
ENGLISH NAME:	Potato, brown skin
SINHALA NAME:	අර්තාපල්
TAMIL NAME:	உருளைக்கிழங்கு

SLB007



SCIENTIFIC NAME	*Raphanus sativus*
ENGLISH NAME:	Radish, elongated, white skin
SINHALA NAME:	රාඹු අල, සුදු, දිග
TAMIL NAME:	முள்ளங்கி, வெள்ளை

SLB008



SCIENTIFIC NAME	*Raphanus sativus*
ENGLISH NAME:	Radish, round, red skin
SINHALA NAME:	රාඹු අල, රතු, සලාද
TAMIL NAME:	முள்ளங்கி, சிவப்பு

SLB009



SCIENTIFIC NAME	*Raphanus sativus*
ENGLISH NAME:	Radish, round, white skin
SINHALA NAME:	රාඹු අල, සුදු, සලාද
TAMIL NAME:	முள்ளங்கி, வெள்ளை, வட்டம்

SLB010



SCIENTIFIC NAME	*Ipomoea batatas*
ENGLISH NAME:	Sweet potato, pink skin
SINHALA NAME:	බතල අල, මදය සුදු, පොක්ක දම්
TAMIL NAME:	வற்றாளைக்கிழங்கு

SLB011



SCIENTIFIC NAME	*Manihot esculenta*
ENGLISH NAME:	Tapioca, casava, manioc
SINHALA NAME:	මඤ්ඤොක්කා අල
TAMIL NAME:	மரவள்ளிக்கிழங்கு

SLB012



SCIENTIFIC NAME	*Amorphophallus campanulatus*
ENGLISH NAME:	Yam, elephant
SINHALA NAME:	කිඩාරම් අල
TAMIL NAME:	கருணைக்கிழங்கு

SLB013



SCIENTIFIC NAME	*Dioscoreaalata L*
ENGLISH NAME:	Yam, wild (Burkill)
SINHALA NAME:	ඉණි අල
TAMIL NAME:	இராசவள்ளிக்கிழங்கு

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC		WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	*kJ*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLB001	Beet root *(Beta vulgaris)*	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 *(Colocasia antiquorum)*	87	366	73.35	3.96	0.15	16.95	3.26	0.66	2.60	2.34
SLB004	Lasia stalk *(Lasia spinosa)*	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	0.90
SLB007	Radish, elongated, white skin *(Raphanus sativus)*	35	150	88.34	0.76	0.12	7.44	2.57	0.74	1.83	0.78
SLB008	Radish, round, red skin *(Raphanus sativus)*	31	130	89.68	0.89	0.16	6.07	2.29	0.73	1.56	0.91
SLB009	Radish, round, white skin *(Raphanus sativus)*	29	122	89.91	0.75	0.11	5.87	2.56	0.69	1.88	0.79
SLB010	Sweet potato, pink skin *(Ipomoea batatas)*	108	452	69.58	1.27	0.33	23.93	3.94	1.41	2.53	0.95
SLB011	Tapioca *(Manihot esculenta)*	78	328	75.33	0.92	0.19	17.58	4.75	0.81	3.94	1.24
SLB012	Yam, elephant *(Amorphophallus campanulatus)*	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)

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	VITDEQ	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	*µg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLB001	Beet root *(Beta vulgaris)*	1.52	0.16	2.92	0.09	0.09	NA	NA	NA	NA	NA
SLB002	Carrot, orange *(Daucus carota)*	1240	1.18	18.30	0.22	0.19	NA	0.18	NA	0.03	NA
SLB003	Colocasia *(Colocasia antiquorum)*	1.19	0.28	2.54	0.36	0.35	NA	0.09	0.12	NA	NA
SLB004	Lasia stalk *(Lasia spinosa)*	1.72	ND	6.30	0.08	-	0.07	0.54	0.21	-	-
SLB005	Lotus root *(Nelumbium nelumbo)*	NA	0.27	44.45	0.73	0.73	NA	NA	NA	NA	NA
SLB006	Potato, brown skin, *(Solanum tuberrosum)*	NA	0.19	2.50	0.05	0.05	NA	NA	NA	NA	NA
SLB007	Radish, elongated, white skin *(Raphanus sativus)*	NA	0.06	2.45	0.01	0.01	NA	NA	NA	NA	NA
SLB008	Radish, round, red skin *(Raphanus sativus)*	0.20	0.05	2.60	0.01	0.01	NA	NA	NA	NA	NA
SLB009	Radish, round, white skin *(Raphanus sativus)*	NA	0.03	NA	0.00	NA	NA	NA	NA	NA	NA
SLB010	Sweet potato, pink skin *(Ipomoea batatas)*	1.85	1.64	3.50	0.01	0.01	NA	NA	NA	NA	NA
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
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 code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Biotin (B7)	Total Folate (B9)	Total Ascorbic Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
		mg	*mg*	*mg*	*mg*	*mg*	*µg*	*µg*	*mg*
SLB001	Beet root *(Beta vulgaris)*	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 *(Colocasia antiquorum)*	0.07	0.03	0.49	0.11	0.16	3.50	20.17	2.71
SLB004	Lasia stalk *(Lasia spinosa)*	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 *(Raphanus sativus)*	0.03	0.02	0.30	0.18	0.07	2.92	24.59	15.69
SLB009	Radish, round, white skin *(Raphanus sativus)*	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 *(Amorphophallus campanulatus)*	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

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLB001	Beet root *(Beta vulgaris)*	20.29	41.51	34.88	70.11	298
SLB002	Carrot, orange *(Daucus carota)*	27.65	33.63	11.70	51.78	250
SLB003	Colocasia *(Colocasia antiquorum)*	30.79	96.77	41.52	3.69	511
SLB004	Lasia stalk *(Lasia spinosa)*	52.33	10.31	33.95	16.39	560
SLB005	Lotus root *(Nelumbium nelumbo)*	37.71	74.30	26.58	20.63	611
SLB006	Potato, brown skin, *(Solanum tuberrosum)*	9.83	57.97	23.84	4.08	541
SLB007	Radish, elongated, white skin *(Raphanus sativus)*	32.40	25.03	19.86	21.79	248
SLB008	Radish, round, red skin *(Raphanus sativus)*	35.76	28.27	22.25	32.27	308
SLB009	Radish, round, white skin *(Raphanus sativus)*	35.64	34.04	13.56	19.46	298
SLB010	Sweet potato, pink skin *(Ipomoea batatas)*	28.93	37.60	21.05	29.04	329
SLB011	Tapioca *(Manihot esculenta)*	19.78	44.90	23.73	10.75	276
SLB012	Yam, elephant *(Amorphophallus campanulatus)*	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

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

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Arsenic
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	AS
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*µg*
SLB001	Beet root *(Beta vulgaris)*	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
SLB002	Carrot, orange *(Daucus carota)*	0.59	0.34	0.06	0.25	0.15	NA	0.003	0.003	0.008	NA	0.52	NA	NA	NA
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
SLB004	Lasia stalk *(Lasia spinosa)*	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
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
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
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
SLB008	Radish, round, red skin *(Raphanus sativus)*	0.42	0.08	0.03	0.18	0.22	NA	0.016	0.003	0.003	NA	0.17	NA	NA	NA
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
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
SLB011	Tapioca *(Manihot esculenta)*	0.95	0.20	0.18	0.22	NA	0.002	NA	0.006	0.020	NA	0.17	0.001	NA	NA
SLB012	Yam, elephant *(Amorphophallus campanulatus)*	1.31	0.29	0.18	0.26	0.51	0.004	NA	0.009	0.014	NA	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)

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
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
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
SLB003	Colocasia *(Colocasia antiquorum)*	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
SLB004	Lasia stalk *(Lasia spinosa)*	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
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
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
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
SLB008	Radish, round, red skin *(Raphanus sativus)*	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
SLB009	Radish, round, white skin *(Raphanus sativus)*	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
SLB010	Sweet potato, pink skin *(Ipomoea batatas)*	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
SLB011	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	3.57	4.48
SLB012	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	3.01	9.85
SLB013	Yam, wild *(Dioscorea Dioscoreaalata 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	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	Saturated Fatty Acids							Mono Unsaturated Fatty Acids			Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic	Total	Linoleic	α-Linolenic
		FASAT	F12D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1CN9	FAPU	F18D2CN6	F18D3N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLB001	Beet root *(Beta vulgaris)*	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	-	-	-	24.20	-	24.20	78.04	69.75	8.29
SLB004	Lasia stalk *(Lasia spinosa)*	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	-	84.12	414	291	123
SLB006	Potato, brown skin, *(Solanum tuberrosum)*	46.24	-	37.82	8.42	-	-	-	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	-	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 code	Food Name	Available Carbohydrates	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLB001	Beet root *(Beta vulgaris)*	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 *(Colocasia antiquorum)*	15.04	0.92	0.53	0.25	0.14	NA	NA	14.12
SLB004	Lasia stalk *(Lasia spinosa)*	5.16	0.06	0.06	-	-	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 *(Manihot esculenta)*	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)

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
		CAMT	STGSTR	STGSTR
		mg	*mg*	*mg*
SLB001	Beet root *(Beta vulgaris)*	0.47	3.26	11.43
SLB002	Carrot, orange *(Daucus carota)*	1.68	2.32	16.34
SLB003	Colocasia *(Colocasia antiquorum)*	3.42	2.27	29.95
SLB004	Lasia stalk *(Lasia spinosa)*	ND	ND	ND
SLB005	Lotus root *(Nelumbium nelumbo)*	1.17	1.06	14.75
SLB006	Potato, brown skin, *(Solanum tuberrosum)*	0.02	0.15	2.11
SLB007	Radish, elongated, white skin *(Raphanus sativus)*	1.61	0.34	9.34
SLB008	Radish, round, red skin *(Raphanus sativus)*	1.54	0.32	9.88
SLB009	Radish, round, white skin *(Raphanus sativus)*	1.47	0.31	9.43
SLB010	Sweet potato, pink skin *(Ipomoea batatas)*	2.31	0.57	13.68
SLB011	Tapioca *(Manihot esculenta)*	2.21	0.87	15.47
SLB012	Yam, elephant *(Amorphophallus campanulatus)*	2.62	3.41	13.35
SLB013	Yam, wild *(Dioscorea Dioscoreaalata 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)

Food code	Food Name	Lutein	Zeaxanthin	Lycopene	α - Carotene	β - Carotene
		LUTN	ZEA	LYCPN	CARTA	CARTB
		µg	*µg*	*µg*	*µg*	*µg*
SLB001	Beet root *(Beta vulgaris)*	27.2	1.32	NA	NA	9.12
SLB002	Carrot, orange *(Daucus carota)*	198	19.32	128	3422	5733
SLB003	Colocasia *(Colocasia antiquorum)*	4.36	1.05	NA	NA	7.15
SLB004	Lasia stalk *(Lasia spinosa)*	0.87	1.54	-	-	10.31
SLB005	Lotus root *(Nelumbium nelumbo)*	13	NA	NA	NA	NA
SLB006	Potato, brown skin, *(Solanum tuberrosum)*	8.55	130	NA	NA	NA
SLB007	Radish, elongated, white skin *(Raphanus sativus)*	6.31	3.16	NA	NA	NA
SLB008	Radish, round, red skin *(Raphanus sativus)*	7.8	2.5	NA	NA	1.2
SLB009	Radish, round, white skin *(Raphanus sativus)*	NA	NA	NA	NA	NA
SLB010	Sweet potato, pink skin *(Ipomoea batatas)*	208	133	NA	NA	11.12
SLB011	Tapioca *(Manihot esculenta)*	6.15	3.46	NA	NA	NA
SLB012	Yam, elephant *(Amorphophallus campanulatus)*	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 code	Food Name	Oxalates			Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble										
		OXALAC				MALAC	CITAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*g*
SLB001	Beet root *(Beta vulgaris)*	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 *(Colocasia antiquorum)*	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 *(Lasia spinosa)*	1.44	1.09	0.35	ND	ND	ND	ND	ND	ND	49.26	ND	ND	ND
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 *(Raphanus sativus)*	NA	NA	NA	NA	6.41	6.12	2.82	3.27	1.36	7.07	NA	NA	NA
SLB009	Radish, round, white skin *(Raphanus sativus)*	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 *(Manihot esculenta)*	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.



SLC001



SCIENTIFIC NAME	*Cicer arietinum*
ENGLISH NAME:	Bengal gram, dhal
SINHALA NAME:	කඩල පරිප්පු
TAMIL NAME:	கடலைப்பருப்பு

SLC002



SCIENTIFIC NAME	*Cicer arietinum*
ENGLISH NAME:	Bengal gram, whole
SINHALA NAME:	කොණ්ඩ කඩල
TAMIL NAME:	கொண்டல் கடலை

SLC003



SCIENTIFIC NAME	***Phaseolus mungo***
ENGLISH NAME:	Black gram, dhal
SINHALA NAME:	උඳු පරිප්පු
TAMIL NAME:	உளுந்து

SLC004



SCIENTIFIC NAME	***Vigna catjang***
ENGLISH NAME:	Cowpea, brown
SINHALA NAME:	කවුපි, දුඹුරු
TAMIL NAME:	கௌபி, மண்ணிறம்

SLC005



SCIENTIFIC NAME	*Vigna catjang*
ENGLISH NAME:	Cowpea, white
SINHALA NAME:	කවුපි, සුදු
TAMIL NAME:	கௌபி, வெள்ளை

SLC006



SCIENTIFIC NAME	*Vigna radiata*
ENGLISH NAME:	Green gram, dhal
SINHALA NAME:	මුං පරිප්පු
TAMIL NAME:	பயற்றம்பருப்பு

SLC007



SCIENTIFIC NAME	*Vigna radiata*
ENGLISH NAME:	Green gram, whole
SINHALA NAME:	මුං ඇට
TAMIL NAME:	பாசிப்பயறு

SLC008



SCIENTIFIC NAME	*Dolichos biflorus*
ENGLISH NAME:	Horse gram, whole
SINHALA NAME:	කොල්ලු
TAMIL NAME:	கொள்ளு

SLC009



SCIENTIFIC NAME	*Lens culinaris*
ENGLISH NAME:	Lentil, dhal
SINHALA NAME:	මයිසූර් පරිප්පු
TAMIL NAME:	மைசூர்ப்பருப்பு

SLC010



SCIENTIFIC NAME	*Pisum sativum*
ENGLISH NAME:	Peas, green, dry
SINHALA NAME:	ග්‍රීන් පීස්
TAMIL NAME:	பச்சைப்பட்டாணி

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		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	*kJ*	*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 *(Cicer arietinum)*	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 *(Vigna catjang)*	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 *(Vigna radiata)*	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 *(Lens culinaris)*	319	1335	10.42	23.09	0.77	53.08	10.49	1.45	9.04	2.15
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

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

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	γ - Tocopherols	δ - Tocopherols	δ -Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD
		µg	*µg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	26.83	1.49	1.62	0.19	0.09	1.04	0.03	NA
SLC002	Bengal gram, whole *(Cicer arietinum)*	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 *(Vigna radiata)*	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 *(Pisum sativum)*	11.91	15.00	13.20	0.30	0.08	2.20	NA	NA

Table 3. WATER SOLUBLE VITAMINS

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

Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Vitamin B6	Biotin (B7)	Total Folate (B9)	Total Ascorbic Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
		mg	*mg*	*mg*	*mg*	*mg*	*µg*	*µg*	*mg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	0.35	0.16	1.91	1.40	0.20	0.83	180	NA
SLC002	Bengal gram, whole *(Cicer arietinum)*	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 *(Vigna catjang)*	0.50	0.11	1.68	1.61	0.27	4.19	273	NA
SLC005	Cowpea, white *(Vigna catjang)*	0.34	0.09	1.51	1.66	0.26	4.28	249	NA
SLC006	Green gram, dhal *(Vigna radiata)*	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	NA
SLC008	Horse gram, whole *(Dolichos biflorus)*	0.32	0.21	1.92	1.62	0.22	0.57	172	NA
SLC009	Lentil, dhal *(Lens culinaris)*	0.32	0.16	1.80	1.33	0.22	1.12	55.00	NA
SLC010	Peas, dry *(Pisum sativum)*	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 code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	50.78	311	108	20.79	919
SLC002	Bengal gram, whole *(Cicer arietinum)*	166	262	165	26.45	903
SLC003	Black gram, dhal *(Phaseolus mungo)*	46.58	326	174	21.59	1169
SLC004	Cowpea, brown *(Vigna catjang)*	81.83	382	194	13.77	1235
SLC005	Cowpea, white *(Vigna catjang)*	84.10	378	213	12.52	1243
SLC006	Green gram, dhal *(Vigna radiata)*	38.87	380	147	10.28	1215
SLC007	Green gram, whole *(Vigna radiata)*	98.96	338	146	12.47	1127
SLC008	Horse gram, whole *(Dolichos biflorus)*	309	295	132	11.89	1045
SLC009	Lentil, dhal *(Lens culinaris)*	41.27	308	66.63	10.24	798
SLC010	Peas, dry *(Pisum sativum)*	75.93	336	118	23.51	886

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Lithium	Mercury	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	LI	HG	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*µg*	*µg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	5.94	1.43	0.71	3.65	39.01	0.017	0.014	0.020	0.004	1.85	NA
SLC002	Bengal gram, whole *(Cicer arietinum)*	6.04	2.35	0.68	3.10	40.84	0.016	0.115	0.012	0.003	1.96	0.58
SLC003	Black gram, dhal *(Phaseolus mungo)*	5.15	1.43	0.50	3.19	21.06	0.021	0.027	0.009	NA	1.68	NA
SLC004	Cowpea, brown *(Vigna catjang)*	4.95	1.35	0.75	3.40	22.35	0.014	0.151	0.011	0.004	NA	NA
SLC005	Cowpea, white *(Vigna catjang)*	5.04	1.35	0.68	3.57	26.55	0.017	0.226	0.004	0.007	NA	NA
SLC006	Green gram, dhal *(Vigna radiata)*	3.88	0.97	0.85	2.62	38.69	0.005	0.043	0.001	NA	0.02	NA
SLC007	Green gram, whole *(Vigna radiata)*	4.15	1.02	0.83	2.86	26.05	0.010	0.092	0.022	NA	0.02	NA
SLC008	Horse gram, whole *(Dolichos biflorus)*	7.82	3.60	1.29	2.60	31.50	0.027	0.059	0.019	0.001	1.43	NA
SLC009	Lentil, dhal *(Lens culinaris)*	7.45	1.37	0.80	3.34	69.26	0.008	0.047	0.003	0.001	0.11	NA
SLC010	Peas, dry *(Pisum sativum)*	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)

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	1.12	11.20	3.17	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	7.97
SLC002	Bengal gram, whole *(Cicer arietinum)*	0.86	11.40	3.24	4.09	18.50	3.76	3.75	4.51	1.29	5.23	0.93	4.69	7.84	3.00	7.59	2.35	6.74	8.10
SLC003	Black gram, dhal *(Phaseolus mungo)*	1.16	11.10	3.13	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	6.02
SLC004	Cowpea, brown *(Vigna catjang)*	1.04	10.20	4.99	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	9.61
SLC005	Cowpea, white *(Vigna catjang)*	0.92	11.00	4.10	4.80	18.20	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
SLC006	Green gram, dhal *(Vigna radiata)*	1.43	11.30	3.21	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	6.71
SLC007	Green gram, whole *(Vigna radiata)*	1.17	10.40	3.30	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	6.61
SLC008	Horse gram, whole *(Dolichos biflorus)*	1.08	11.00	3.47	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	6.39
SLC009	Lentil, dhal *(Lens culinaris)*	0.84	11.60	3.36	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	7.94
SLC010	Peas, dry *(Pisum sativum)*	0.92	11.40	3.67	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	8.26

Table 7. FATTY ACIDS

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

Food code	Food Name	Saturated Fatty Acids						Mono Unsaturated Fatty Acids				Poly Unsaturated Fatty Acids		
		Total	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1)	Eicosaenoic (C20:1)	Total	Linoleic (C18:2)	A-Linolenic (C18:3)
		FASAT	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1CN9	F20D1N9F	FAPU	F18D2CN6	F18D3N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	481	416	53.04	12.46	-	-	884	9.34	863	11.91	2465	2354	112
SLC002	Bengal gram, whole *(Cicer arietinum)*	451	380	57.70	13.41	-	-	924	8.77	904	11.75	2232	2122	111
SLC003	Black gram, dhal *(Phaseolus mungo)*	284	227	57.20	-	-	-	185	-	185	-	748	175	573
SLC004	Cowpea, brown *(Vigna catjang)*	277	222	32.58	5.94	11.74	4.13	59.42	-	56.93	2.49	528	329	199
SLC005	Cowpea, white *(Vigna catjang)*	285	228	34.43	6.34	12.19	4.05	70.12	-	67.63	2.49	557	354	203
SLC006	Green gram, dhal *(Vigna radiata)*	244	212	32.75	-	-	-	42.48	-	42.48	-	570	400	170
SLC007	Green gram, whole *(Vigna radiata)*	260	224	35.64	-	-	-	21.69	-	21.69	-	633	446	187
SLC008	Horse gram, whole *(Dolichos biflorus)*	133	113	13.53	-	4.34	2.84	65.66	-	65.66	-	262	207	54.37
SLC009	Lentil, dhal *(Lens culinaris)*	93.06	82.26	10.80	-	-	-	115	-	115	-	346	274	71.69
SLC010	Peas, dry *(Pisum sativum)*	243	191	51.35	-	-	-	379	-	379	-	839	700	139

Table 8. STARCH AND SUGARS

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

Food code	Food Name	Available CHO	Free sugars					Oligosaccharides				Total Starch
			Total	Fructose	Glucose	Maltose	Sucrose	Raffinose	Stachyose	Verbascose	Ajugose	
				FRUS	GLUS	MALS	SUCS	RAFS	STAS	VERS		STARCH
		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 *(Lens culinaris)*	45.95	2.01	0.86	0.30	NA	0.85	0.07	0.62	0.08	NA	43.94
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)

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	7.34	3.60	90.64
SLC002	Bengal gram, whole *(Cicer arietinum)*	6.86	6.15	85.37
SLC003	Black gram, dhal *(Phaseolus mungo)*	2.97	11.58	40.36
SLC004	Cowpea, brown *(Vigna catjang)*	6.67	33.89	60.72
SLC005	Cowpea, white *(Vigna catjang)*	6.86	32.64	65.43
SLC006	Green gram, dhal *(Vigna radiata)*	3.06	12.49	53.22
SLC007	Green gram, whole *(Vigna radiata)*	2.95	11.65	51.71
SLC008	Horse gram, whole *(Dolichos biflorus)*	3.84	11.75	49.22
SLC009	Lentil, dhal *(Lens culinaris)*	5.75	3.22	70.45
SLC010	Peas, dry *(Pisum sativum)*	6.16	2.88	81.49

Table 10. CAROTENES AND XANTHOPHYLS

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

Food code	Food Name	Lutein	Zeaxanthin	β - Carotene
		LUTN	ZEA	CARTB
		µg	*µg*	*µg*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	240	1.33	161
SLC002	Bengal gram, whole *(Cicer arietinum)*	354	16.31	162
SLC003	Black gram, dhal *(Phaseolus mungo)*	56.74	NA	10.12
SLC004	Cowpea, brown *(Vigna catjang)*	97.32	NA	5.76
SLC005	Cowpea, white *(Vigna catjang)*	78.52	NA	8.21
SLC006	Green gram, dhal *(Vigna radiata)*	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 *(Lens culinaris)*	10.87	NA	6.41
SLC010	Peas, dry *(Pisum sativum)*	429	31.45	71.46

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

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

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble										
		OXALAC			TARAC		MALAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*g*
SLC001	Bengal gram, dhal *(Cicer arietinum)*	6.63	4.88	1.75	NA	NA	0.52	0.86	NA	55.02	413	77.79	3.87	1.12
SLC002	Bengal gram, whole *(Cicer arietinum)*	6.58	4.99	1.59	NA	NA	0.64	1.89	NA	79.12	571	73.37	4.15	1.95
SLC003	Black gram, dhal *(Phaseolus mungo)*	42.56	23.72	18.84	NA	NA	0.67	0.51	NA	1.00	591	75.68	3.37	1.22
SLC004	Cowpea, brown *(Vigna catjang)*	16.02	12.31	3.71	NA	NA	0.76	7.28	0.02	1.25	559	74.95	3.70	2.87
SLC005	Cowpea, white *(Vigna catjang)*	17.23	1.29	15.94	NA	NA	0.82	1.35	0.02	1.21	573	78.84	3.71	2.98
SLC006	Green gram, dhal *(Vigna radiata)*	1.57	1.33	0.24	NA	NA	1.64	1.51	NA	1.37	171	64.74	2.77	1.00
SLC007	Green gram, whole *(Vigna radiata)*	11.98	10.30	1.68	NA	NA	1.89	1.16	NA	4.57	381	56.74	2.58	1.27
SLC008	Horse gram, whole *(Dolichos biflorus)*	166	133	33.18	NA	NA	0.33	0.47	NA	39.13	375	82.00	3.86	2.10
SLC009	Lentil, dhal *(Lens culinaris)*	10.85	8.96	1.89	0.33	26.31	0.11	0.89	NA	1.15	218	31.79	1.38	1.54
SLC010	Peas, dry *(Pisum sativum)*	8.49	5.82	2.67	NA	95.46	0.49	6.54	3.89	0.84	387	44.00	2.29	1.24

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.



SLD001



SCIENTIFIC NAME	*Amaranthus gangeticus*
ENGLISH NAME:	Amaranth leaves, green
SINHALA NAME:	කොළ තම්පලා
TAMIL NAME:	முளைக்கீரை, பச்சை

SLD002



SCIENTIFIC NAME	*Amaranthus gangeticus*
ENGLISH NAME:	Amaranth leaves, Red
SINHALA NAME:	රතු තම්පලා
TAMIL NAME:	முளைக்கீரை,சிவப்பு

SLD003



SCIENTIFIC NAME	*Amaranthus spinosus*
ENGLISH NAME:	Amaranthus -Spiny, leaves
SINHALA NAME:	කටු තම්පලා
TAMIL NAME:	முள்ளு கீரை

SLD004



SCIENTIFIC NAME	*Spondias dulcis*
ENGLISH NAME:	Ambarella
SINHALA NAME:	ඇඹරැල්ලා
TAMIL NAME:	அம்பரில்லா

SLD005



SCIENTIFIC NAME	*Benincasa hispida*
ENGLISH NAME:	Ash gourd
SINHALA NAME:	අළු පූහුල්
TAMIL NAME:	நீற்றுப்பூசணி

SLD006



SCIENTIFIC NAME	*Phaseolus coccineus*
ENGLISH NAME:	Bean, scarlet, tender
SINHALA NAME:	බෝංචි
TAMIL NAME:	பச்சை போஞ்சி

SLD007



SCIENTIFIC NAME	*Vicia faba*
ENGLISH NAME:	Beans, fava
SINHALA NAME:	ෆාවා බෝංචි
TAMIL NAME:	பனி அவரை

SLD008



SCIENTIFIC NAME	*Dolichos lablab*
ENGLISH NAME:	Beans, field, tender
SINHALA NAME:	අවර
TAMIL NAME:	அவரை

SLD009



SCIENTIFIC NAME	*Phaseolus vulgaris*
ENGLISH NAME:	Beans, French, country
SINHALA NAME:	බෝංචි
TAMIL NAME:	போஞ்சி

SLD010



SCIENTIFIC NAME	*Phaseolus vulgaris*
ENGLISH NAME:	Beans, French, hybrid
SINHALA NAME:	බෝංචි දෙමුහුන්
TAMIL NAME:	மஞ்சள் போஞ்சி

SLD011



SCIENTIFIC NAME	*Vigna unguiculata sesquipedalis*
ENGLISH NAME:	Beans, long, red
SINHALA NAME:	රතු මෑ
TAMIL NAME:	பயிற்றங்காய்

SLD012



SCIENTIFIC NAME	*Beta vulgaris*
ENGLISH NAME:	Beet greens
SINHALA NAME:	බීට් කොළ
TAMIL NAME:	பீட்ரூட் இலை

SLD013



SCIENTIFIC NAME	*Momordica charantia*
ENGLISH NAME:	Bitter gourd, elongate
SINHALA NAME:	කරවිල
TAMIL NAME:	பாகற்காய்

SLD014



SCIENTIFIC NAME	*Momordica charantia*
ENGLISH NAME:	Bitter gourd, short
SINHALA NAME:	කොටු කරවිල
TAMIL NAME:	குருவித்தலைப் பாகற்காய்

SLD015



SCIENTIFIC NAME	*Lagenaria vulgaris*
ENGLISH NAME:	Bottle gourd, elongate, pale green
SINHALA NAME:	දිග දිය ලබු
TAMIL NAME:	பச்சை கெக்கரிக்காய்

SLD016



SCIENTIFIC NAME	*Lagenaria vulgaris*
ENGLISH NAME:	Bottle gourd, round, pale green
SINHALA NAME:	දිය ලබු
TAMIL NAME:	சுரக்காய்

SLD017



SCIENTIFIC NAME	*Solanum melongena*
ENGLISH NAME:	Brinjal, Chinese eggplant
SINHALA NAME:	දිග වම්බටු
TAMIL NAME:	கத்தரிக்காய்

SLD018



SCIENTIFIC NAME	*Solanum melongena*
ENGLISH NAME:	Brinjal, little prince eggplant
SINHALA NAME:	බේ්ල වම්බටු
TAMIL NAME:	வட்ட கத்தரிக்காய்

SLD019



SCIENTIFIC NAME	*Solanum melongena*
ENGLISH NAME:	Brinjal, pandora striped
SINHALA NAME:	වම්බටු
TAMIL NAME:	கண்டங்கத்தரி

SLD020



SCIENTIFIC NAME	*Solanum melongena*
ENGLISH NAME:	Brinjal, Thai eggplant, green eggplant
SINHALA NAME:	තලන බටු, එළ බටු
TAMIL NAME:	சுண்டங்கத்தரிக்காய்

SLD021



SCIENTIFIC NAME	*Brassica rapa*
ENGLISH NAME:	Cabbage, Chinese
SINHALA NAME:	චීන ගෝවා
TAMIL NAME:	சீன முட்டைகோஸ்

SLD022



SCIENTIFIC NAME	*Brassica oleracea var. viridis*
ENGLISH NAME:	Cabbage, collard greens
SINHALA NAME:	අතු ගෝවා
TAMIL NAME:	கோவா இலை

SLD023



SCIENTIFIC NAME	*Brassica oleracea var. capitata f. alba*
ENGLISH NAME:	Cabbage, green
SINHALA NAME:	ගෝවා (ගෙඩි ගෝවා)
TAMIL NAME:	கோவா

SLD024



SCIENTIFIC NAME	*Brassica oleracea var. capitata f. rubra*
ENGLISH NAME:	Cabbage, violet
SINHALA NAME:	දම් ගෝවා
TAMIL NAME:	சிவப்பு கோவா

SLD025



SCIENTIFIC NAME	*Costus speciosus*
ENGLISH NAME:	Canereed leaves
SINHALA NAME:	නෙඵු කොළ
TAMIL NAME:	தெபு இலைகள்

SLD026



SCIENTIFIC NAME	*Capsicum annuum*
ENGLISH NAME:	Capsicum, green
SINHALA NAME:	කොළ බෙල් පෙපර්
TAMIL NAME:	குடை மிளகாய், பச்சை

SLD027



SCIENTIFIC NAME	*Capsicum annuum*
ENGLISH NAME:	Capsicum, local
SINHALA NAME:	මාළු මිරිස්
TAMIL NAME:	கறி மிளகாய்

SLD028



SCIENTIFIC NAME:	*Capsicum annuum*
ENGLISH NAME:	Capsicum, red
SINHALA NAME:	රතු බෙල් පෙපර්
TAMIL NAME:	குடை மிளகாய், சிவப்பு

SLD029



SCIENTIFIC NAME:	*Capsicum annuum*
ENGLISH NAME:	Capsicum, yellow
SINHALA NAME:	කහ බෙල් පෙපර්
TAMIL NAME:	குடை மிளகாய், மஞ்சள்

SLD030



SCIENTIFIC NAME:	*Manihot esculenta*
ENGLISH NAME:	Cassava leaves
SINHALA NAME:	මඤ්ඤොක්කා කොළ
TAMIL NAME:	மரவள்ளி இலைகள்

SLD031



SCIENTIFIC NAME: *Brassica oleracea*
ENGLISH NAME: Cauliflower
SINHALA NAME: මල්ගෝවා
TAMIL NAME: பூகோவா

SLD032



SCIENTIFIC NAME *Apium graveolens*
ENGLISH NAME: Celery stalk
SINHALA NAME: සැල්දිරි
TAMIL NAME: செலரித்தண்டு

SLD033



SCIENTIFIC NAME *Sechium edule*
ENGLISH NAME: Cho-cho-marrow
SINHALA NAME: චව් චව්
TAMIL NAME: சௌ-சௌ

SLD034



SCIENTIFIC NAME *Colocasia anti-quorum*
ENGLISH NAME: Colocasia leaves, green
SINHALA NAME: ගහල කොළ
TAMIL NAME: சேம்பு இலைகள்

SLD035



SCIENTIFIC NAME *Colocasia anti-quorum*
ENGLISH NAME: Colocasia stem, black
SINHALA NAME: කලු පැහැති ගහල පිති
TAMIL NAME: சேம்புத்தண்டு-கறுப்பு

SLD036



SCIENTIFIC NAME *Colocasia anti-quorum*
ENGLISH NAME: Colocasia stem, green
SINHALA NAME: කොළ පැහැති ගහල පිති
TAMIL NAME: சேம்புத்தண்டு-பச்சை

SLD037



SCIENTIFIC NAME	*Zea mays*
ENGLISH NAME:	Corn, Baby
SINHALA NAME:	ලපටි බඩ ඉරිඟු
TAMIL NAME:	பேபி சோளம்

SLD038



SCIENTIFIC NAME	*Cucumis sativus*
ENGLISH NAME:	Cucumber, Indian cucumber
SINHALA NAME:	කොළ පිපිඤ්ඤා
TAMIL NAME:	கெக்கரிக்காய்

SLD039



SCIENTIFIC NAME	*Cucumis sativus*
ENGLISH NAME:	Cucumber, Mangalore cucumber
SINHALA NAME:	කැකිරි
TAMIL NAME:	வட்ட கெக்கரி

SLD040



SCIENTIFIC NAME	*Cucumis sativus*
ENGLISH NAME:	Cucumber, Persian cucumber
SINHALA NAME:	සලාද පිපිඤ්ඤා
TAMIL NAME:	கெக்கரிக்காய்

SLD041



SCIENTIFIC NAME	*Moringa oleifera*
ENGLISH NAME:	Drumstick
SINHALA NAME:	මුරුංගා
TAMIL NAME:	முருங்கைக்காய்

SLD042



SCIENTIFIC NAME	*Moringa oleifera*
ENGLISH NAME:	Drumstick leaves
SINHALA NAME:	මුරුංගා කොළ
TAMIL NAME:	முருங்கை இலை

SLD043



SCIENTIFIC NAME	*Lepidium sativum*
ENGLISH NAME:	Garden cress
SINHALA NAME:	ගාර්ඩන් ක්‍රෙස්
TAMIL NAME:	சாரணை

SLD044



SCIENTIFIC NAME	*Acrostichum aureum*
ENGLISH NAME:	Golden leather fern fiddleheads
SINHALA NAME:	කැරන් කොකු
TAMIL NAME:	கரன் கொக்கு

SLD045



SCIENTIFIC NAME	*Wattakaka volubilis*
ENGLISH NAME:	Green milkweed climber
SINHALA NAME:	අහුන කොළ
TAMIL NAME:	கொடி பாலை இலை

SLD046



SCIENTIFIC NAME	*Boerhavia diffusa*
ENGLISH NAME:	Horse purslane
SINHALA NAME:	සාරන
TAMIL NAME:	சாரண

SLD047



SCIENTIFIC NAME	*Sesbania grandiflora*
ENGLISH NAME:	Hummingbird tree leaves
SINHALA NAME:	කතුරුමුරුංගා
TAMIL NAME:	அகத்தி இலைகள்

SLD048



SCIENTIFIC NAME	*Centella asiatica*
ENGLISH NAME:	Indian pennywort
SINHALA NAME:	ගොටුකොළ
TAMIL NAME:	வல்லாரை

SLD049



SCIENTIFIC NAME	*Artocarpus heterophyllus*
ENGLISH NAME:	Jack fruit, raw, unripen
SINHALA NAME:	කොස්
TAMIL NAME:	பலாக்காய்

SLD050



SCIENTIFIC NAME	*Artocarpus heterophyllus*
ENGLISH NAME:	Jack fruit seed, mature
SINHALA NAME:	කොස් ඇට
TAMIL NAME:	பலா விதைகள்

SLD051



SCIENTIFIC NAME	*Brassica oleracea*
ENGLISH NAME:	Knol - Khol
SINHALA NAME:	නෝකෝල්
TAMIL NAME:	நோல்கோல்

LD052



SCIENTIFIC NAME	*Brassica oleracea*
ENGLISH NAME:	Knol - Khol leaves
SINHALA NAME:	නෝකෝල් කොළ
TAMIL NAME:	முள்ளங்கி இலைகள்

SLD053



SCIENTIFIC NAME	*Abelmoschus esculentus*
ENGLISH NAME:	Ladies finger
SINHALA NAME:	බණ්ඩක්කා
TAMIL NAME:	வெண்டிக்காய்

SLD054



SCIENTIFIC NAME	*Lasia spinosa*
ENGLISH NAME:	Lasia shoots
SINHALA NAME:	කොහිල දළු
TAMIL NAME:	கோகில இளம் இலைகள்

SLD055



SCIENTIFIC NAME	*Allium ampeloprasum*
ENGLISH NAME:	Leeks
SINHALA NAME:	ලීක්ස්
TAMIL NAME:	லீக்ஸ்

SLD056



SCIENTIFIC NAME	*Lactuca sativa*
ENGLISH NAME:	Lettuce
SINHALA NAME:	සලාද කොළ
TAMIL NAME:	சலாது இலை

SLD057



SCIENTIFIC NAME	*Basella alba*
ENGLISH NAME:	Malabar spinach
SINHALA NAME:	නිවිති කොළ
TAMIL NAME:	கொடிப்பசளி

SLD058



SCIENTIFIC NAME	*Mangifera indica*
ENGLISH NAME:	Mango, green, raw
SINHALA NAME:	අඹ අඹ
TAMIL NAME:	மாங்காய்

SLD059



SCIENTIFIC NAME	*Pleurotus ostreatus*
ENGLISH NAME:	Mushroom, Oyster, white
SINHALA NAME:	හතු
TAMIL NAME:	காளான்

SLD060



SCIENTIFIC NAME	*Allium cepa*
ENGLISH NAME:	Onion, stalk
SINHALA NAME:	ලූනු කොළ
TAMIL NAME:	வெங்காய தார்

SLD061



SCIENTIFIC NAME	*Brassica rapa var. Chinensis*
ENGLISH NAME:	Pak Choi leaves
SINHALA NAME:	පැක් චෝයි කොළ
TAMIL NAME:	பக் சோய் இலைகள்

SLD062



SCIENTIFIC NAME	*Carica papaya*
ENGLISH NAME:	Papaya, raw
SINHALA NAME:	අමු ගස්ලබු
TAMIL NAME:	பப்பாசி

SLD063



SCIENTIFIC NAME	*Petroselinum crispum*
ENGLISH NAME:	Parsley
SINHALA NAME:	පාර්ස්ලි
TAMIL NAME:	கொத்தமல்லி

SLD064



SCIENTIFIC NAME	*Passiflora edulis*
ENGLISH NAME:	Passion fruit leaves
SINHALA NAME:	පැෂන් කොළ
TAMIL NAME:	கொடித்தோடை இலைகள்

SLD065



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Plantain, ash
SINHALA NAME:	අළු කෙසෙල්
TAMIL NAME:	சாம்பல் வாழைக்காய்

SLD066



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Plantain, ash, peels
SINHALA NAME:	අළු කෙසෙල් පොතු
TAMIL NAME:	சாம்பல் வாழைத்தோல்

SLD067



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Plantain, flower
SINHALA NAME:	කෙසෙල් මුව
TAMIL NAME:	வாழைப்பூ

SLD068



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Plantain, green
SINHALA NAME:	මාළු කෙසෙල්
TAMIL NAME:	மொந்தன் வாழைக்காய்

SLD069



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Plantain, stem
SINHALA NAME:	කෙසෙල් බඩ
TAMIL NAME:	வாழைத்தண்டு

SLD070



SCIENTIFIC NAME	*Cucurbita maxima*
ENGLISH NAME:	Pumpkin leaves, tender
SINHALA NAME:	වට්ටක්කා දළු
TAMIL NAME:	பூசணி இலைகள்

SLD071



SCIENTIFIC NAME	*Cucurbita maxima*
ENGLISH NAME:	Pumpkin, common
SINHALA NAME:	වට්ටක්කා
TAMIL NAME:	பூசணிக்காய்

SLD072



SCIENTIFIC NAME	*Cucurbita maxima*
ENGLISH NAME:	Pumpkin, green, cylindrical
SINHALA NAME:	හේන් වට්ටක්කා
TAMIL NAME:	பூசணிக்காய்,உருளை

SLD073



SCIENTIFIC NAME	*Cucurbita maxima*
ENGLISH NAME:	Pumpkin, orange
SINHALA NAME:	කහ පහැනි වට්ටක්කා
TAMIL NAME:	பூசணிக்காய்

SLD074



SCIENTIFIC NAME	*Raphanus sativus*
ENGLISH NAME:	Radish leaves
SINHALA NAME:	රාබු කොළ
TAMIL NAME:	முள்ளங்கி இலை

SLD075



SCIENTIFIC NAME	*Luffa acutangula*
ENGLISH NAME:	Ridge gourd
SINHALA NAME:	වැටකොළු
TAMIL NAME:	பீர்க்கங்காய்

SLD076



SCIENTIFIC NAME	*Alternanthera sessilis*
ENGLISH NAME:	Sessile joyweed
SINHALA NAME:	මුකුණුවැන්න
TAMIL NAME:	பொன்னாங்கண்ணி

SLD077



SCIENTIFIC NAME	*Trichosanthes anguina*
ENGLISH NAME:	Snake gourd, long, dark green
SINHALA NAME:	තද කොළ පතෝල
TAMIL NAME:	புடலங்காய்-அடர் பச்சை

SLD078



SCIENTIFIC NAME	*Trichosanthes anguina*
ENGLISH NAME:	Snake gourd, long, pale green
SINHALA NAME:	පතෝල
TAMIL NAME:	புடலங்காய்

SLD079



SCIENTIFIC NAME	*Momordica dioica*
ENGLISH NAME:	Spiny gourd
SINHALA NAME:	තුඹ කරවිල
TAMIL NAME:	தும்பை பாகற்காய்

SLD080



SCIENTIFIC NAME	*Sauropus androgynus*
ENGLISH NAME:	Sweet leaf
SINHALA NAME:	ජපන් බටු කොළ
TAMIL NAME:	தவசி முருங்கை

SLD081



SCIENTIFIC NAME	*Tamarindus indica*
ENGLISH NAME:	Tamarind leaves, tender
SINHALA NAME:	සියඹලා දළු
TAMIL NAME:	புளியம் இலைகள்

SLD082



SCIENTIFIC NAME	*Lycopersicon esculentum*
ENGLISH NAME:	Tomato, green
SINHALA NAME:	කොළ තක්කාලි
TAMIL NAME:	தக்காளி பச்சை

SLD083



SCIENTIFIC NAME	*Lycopersicon esculentum*
ENGLISH NAME:	Tomato, ripe, hybrid (beef tomato)
SINHALA NAME:	දෙමුහුන් තක්කාලි
TAMIL NAME:	தக்காளிப்பழம்

SLD084



SCIENTIFIC NAME	*Lycopersicon esculentum*
ENGLISH NAME:	Tomato, ripe, local
SINHALA NAME:	තක්කාලි
TAMIL NAME:	தக்காளிப்பழம்

SLD085



SCIENTIFIC NAME	*Solanum torvum*
ENGLISH NAME:	Turkey berry
SINHALA NAME:	තිබ්බටු
TAMIL NAME:	சுண்டங்காய்

SLD086



SCIENTIFIC NAME	*Ipomoea aquatica*
ENGLISH NAME:	Water spinach
SINHALA NAME:	කං කූ
TAMIL NAME:	வள்ளல்கீரை/கங்குன்கீரை

SLD087



SCIENTIFIC NAME	*Psopocarpus tetragonolobus*
ENGLISH NAME:	Winged bean
SINHALA NAME:	දඹුල
TAMIL NAME:	சிறகு அவரை

SLD088



SCIENTIFIC NAME	*Cucurbita pepo*
ENGLISH NAME:	Zucchini, green
SINHALA NAME:	කොළ සුකිනි
TAMIL NAME:	சீமைச்சுரக்காய்

SLD089



SCIENTIFIC NAME	*Cucurbita pepo*
ENGLISH NAME:	Zucchini, yellow
SINHALA NAME:	කහ සුකිනි
TAMIL NAME:	சீமைச்சுரக்காய்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL DF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	*kJ*	*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 *(Spondias dulcis)*	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 *(Phaseolus coccineus)*	46	196	84.67	2.85	0.98	6.26	4.28	0.65	3.63	0.95
SLD007	Beans, fava *(Vicia faba)*	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 (*Phaseolus vulgaris*)	26	110	88.50	2.68	0.24	3.04	4.41	0.48	3.93	1.13
SLD010	Beans, French, hybrid *(Phaseolus vulgaris)*	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 *(Beta vulgaris)*	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 *(Momordica charantia)*	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 *(Solanum melongena)*	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 *(B. oleracea* var. *viridis*)	30	126	89.53	3.63	0.27	2.79	2.98	0.94	2.04	0.81
SLD023	Cabbage, green *(B. oleracea* var. *capitata f. alba*)	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 *(Capsicum annuum)*	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 *(Capsicum annuum)*	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

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL DF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	*kJ*	*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 *(Brassica oleracea)*	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 *(Colocasia antiquorum)*	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 *(Zea mays)*	73	306	75.44	2.69	1.33	11.66	6.09	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 *(Moringa oleifera)*	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 *(Brassica oleracea)*	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 *(Basella alba)*	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	0.09	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 code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL DF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	*kJ*	*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 *(Brassica rapa* var. *chinensis)*	16	67	93.56	1.41	0.25	1.78	1.91	0.47	1.44	1.10
SLD062	Papaya, raw *(Carica papaya)*	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 *(Musa paradisiaca)*	76	325	77.33	2.84	0.56	14.75	3.93	0.64	3.29	0.60
SLD066	Plantain, ash, peels *(Musa paradisiaca)*	34	145	89.23	1.13	0.69	5.53	2.34	0.84	1.51	1.10
SLD067	Plantain, flower *(Musa x paradisiaca)*	19	81	89.88	1.36	0.63	1.79	5.12	0.53	4.58	1.22
SLD068	Plantain, green *(Musa x paradisiaca)*	79	333	75.98	0.99	0.22	17.71	3.84	0.89	2.95	1.26
SLD069	Plantain, stem *(Musa x paradisiaca)*	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 *(Cucurbita maxima)*	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 *(Cucurbita maxima)*	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 *(Cucurbita pepo)*	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)

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	*µg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
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 *(Spondias dulcis)*	3.36	ND	16.23	0.43	-	0.89	0.11	0.36	-	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 *(Phaseolus coccineus)*	6.64	1.62	64.13	0.11	0.11	NA	NA	NA	NA	NA
SLD007	Beans, fava *(Vicia faba)*	99.00	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD008	Beans, field, tender, *(Dolichos lablab)*	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 *(Phaseolus vulgaris)*	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	-	0.40	-	-
SLD012	Beet greens *(Beta vulgaris)*	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	NA	NA	NA	NA
SLD019	Brinjal, pandora striped *(Solanum melongena)*	23.00	1.06	14.29	0.07	0.07	NA	NA	NA	NA	NA
SLD020	Brinjal, Thai eggplant *(Solanum melongena)*	18.33	1.80	12.35	0.08	0.08	NA	NA	NA	NA	NA
SLD021	Cabbage, Chinese *(Brassica rupa)*	0.91	0.39	111	0.25	0.25	NA	NA	NA	NA	NA
SLD022	Cabbage, collard, greens *(B. oleracea* 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	-	0.04	-	-	-
SLD026	Capsicum, green *(Capsicum annuum)*	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	-	0.07	0.27	-	-
SLD028	Capsicum, red *(Capsicum annuum)*	51.83	NA	20.00	0.19	0.19	NA	NA	NA	NA	NA
SLD029	Capsicum, yellow *(Capsicum annuum)*	30.16	1.12	51.31	0.14	0.14	NA	NA	NA	NA	NA

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	µg	µg	mg	mg	mg	mg	mg	mg	mg
SLD030	Cassava leaves *(Manihot esculenta)*	1374	ND	80.35	-	-	-	-	-	-	-
SLD031	Cauliflower *(Brassica oleracea)*	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 *(Colocasia anti-quorum)*	NA	2.12	390	NA	NA	NA	NA	NA	NA	NA
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	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 *(Zea mays)*	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 *(Cucumis sativus)*	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 *(Moringa oleifera)*	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	-	0.06	-	-	-	-
SLD045	Green milkweed climber *(Wattakaka volubilis)*	2419	ND	116	0.56	0.55	-	0.07	-	-	-
SLD046	Horse purslane *(Boerhavia diffusa)*	1149	ND	158	0.46	0.46	-	0.05	-	-	-
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	-	-	-
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 *(Lasia spinosa)*	300	ND	88.89	0.02	0.02	-	0.01	-	-	-
SLD055	Leeks *(Allium ampeloprasum)*	18.56	ND	27.75	0.44	0.44	0.06	0.20	-	-	-
SLD056	Lettuce *(Lactuca sativa)*	NA	0.05	88.71	0.01	0.01	NA	NA	NA	NA	NA
SLD057	Malabar spinach *(Basella alba)*	959	ND	351	0.50	0.49	ND	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)*	-	ND	13.59	0.03	0.03	-	-	-	-	-

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	µg	µg	mg	mg	mg	mg	mg	mg	mg
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 *(Brassica rapa* var. *chinensis)*	205	14.43	281	0.50	0.48	NA	0.27	NA	NA	NA
SLD062	Papaya, raw *(Carica papaya)*	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	-	0.06	-	-	-
SLD065	Plantain, ash *(Musa paradisiaca)*	0.06	ND	14.94	0.02	0.01	-	0.12	-	-	-
SLD066	Plantain, ash, peels *(Musa paradisiaca)*	7.98	ND	5.25	0.05	0.03	0.01	0.05	-	-	0.03
SLD067	Plantain, flower *(Musa x paradisiaca)*	4.27	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD068	Plantain, green *(Musa x paradisiaca)*	0.36	7.08	26.90	0.08	0.06	NA	0.26	0.05	NA	0.05
SLD069	Plantain, stem *(Musa x paradisiaca)*	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 *(Cucurbita maxima)*	30.41	ND	134	2.38	2.08	-	2.96	0.19	-	-
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 *(Cucurbita maxima)*	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	ND	202	0.31	0.31	-	0.05	-	-	-
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	ND	6.21	-	-	-	0.03	0.03	-	-
SLD080	Sweet leaf *(Sauropus androgynus)*	507	ND	137	0.23	0.21	0.04	0.05	0.08	-	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	ND	70.20	3.22	3.22	-	0.02	0.05	-	-
SLD086	Water spinach *(Ipomoea aquatica)*	1614	ND	84.07	0.38	0.38	-	0.05	-	-	-
SLD087	Winged bean *(Psopocarpus tetragonolobus)*	38.74	ND	32.17	0.10	-	-	1.03	-	-	-
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 *(Cucurbita pepo)*	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 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*	*µg*	*mg*
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 *(Vicia faba)*	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 (*Phaseolus vulgaris*)	0.05	0.05	0.87	0.28	0.41	33.96	10.97
SLD010	Beans, French, hybrid *(Phaseolus vulgaris)*	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 *(Momordica charantia)*	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 *(Solanum melongena)*	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 *(Solanum melongena)*	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 *(B. oleracea* 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 *(B. oleracea* var. *capitata f. rubra)*	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 *(Capsicum annuum)*	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 *(Capsicum annuum)*	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

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*	*µg*	*mg*
SLD030	Cassava leaves *(Manihot esculenta)*	ND	0.15	0.99	0.33	0.28	78.03	63.72
SLD031	Cauliflower *(Brassica oleracea)*	0.04	0.06	0.31	0.60	0.11	46.67	50.17
SLD032	Celery stalk *(Apium graveolens)*	0.02	0.04	0.51	0.40	0.06	23.06	14.95
SLD033	Cho-cho-marrow *(Sechium edule)*	0.01	0.04	0.25	0.22	0.07	63.81	23.76
SLD034	Colocasia leaves, green *(Colocasia anti-quorum)*	0.06	0.07	0.89	0.25	0.30	160	44.99
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	0.02	0.04	0.16	0.47	0.06	30.88	5.15
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	0.02	0.03	0.22	0.50	0.07	25.32	5.83
SLD037	Corn, Baby *(Zea mays)*	0.15	0.07	0.53	0.94	0.16	45.53	8.59
SLD038	Cucumber, Indian cucumber *(Cucumis sativus)*	0.02	0.01	0.31	0.44	0.08	19.66	4.08
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 *(Moringa oleifera)*	0.05	0.06	0.63	0.58	0.12	60.48	92.33
SLD042	Drumstick leaves *(Moringa oleifera)*	0.06	0.48	0.89	0.43	0.93	45.52	92.00
SLD043	Garden cress *(Lepidium sativum)*	0.03	0.05	1.25	0.21	0.19	57.85	46.55
SLD044	Golden leather fern fiddlehead *(A. aureum)*	ND	0.01	0.38	0.47	0.11	17.84	4.92
SLD045	Green milkweed climber *(Wattakaka volubilis)*	ND	0.09	0.33	0.55	0.51	115	45.75
SLD046	Horse purslane *(Boerhavia diffusa)*	ND	0.03	1.00	0.63	0.13	58.54	9.89
SLD047	Hummingbird tree leaves *(Sesbania grandiflora)*	0.26	0.33	1.18	0.53	0.22	120	121
SLD048	Indian pennywort *(Centella asiatica)*	ND	0.07	0.70	0.37	0.23	70.11	6.74
SLD049	Jack fruit, raw *(Artocarpus heterophyllus)*	0.03	0.03	0.18	0.37	0.04	30.70	24.77
SLD050	Jack fruit, seed, mature *(Artocarpus heterophyllus)*	0.06	0.02	0.18	0.36	0.08	58.91	15.24
SLD051	Knol - Khol *(Brassica oleracea)*	0.04	0.05	0.35	0.39	0.19	12.70	77.64
SLD052	Knol - Khol, leaves *(B. oleracea* var. *gongylodes)*	0.06	0.15	0.86	0.27	0.28	41.55	71.11
SLD053	Ladies finger *(Abelmoschus esculentus)*	0.04	0.08	0.60	0.24	0.28	70.62	24.48
SLD054	Lasia shoots *(Lasia spinosa)*	ND	0.02	0.10	0.54	0.17	56.76	5.56
SLD055	Leeks *(Allium ampeloprasum)*	ND	0.02	0.43	0.25	0.19	42.63	4.65
SLD056	Lettuce *(Lactuca sativa)*	0.04	0.10	0.18	0.12	0.06	37.48	11.64
SLD057	Malabar spinach *(Basella alba)*	-	0.06	0.93	0.29	0.11	74.05	10.26
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 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*	*µg*	*mg*
SLD060	Onion, stalk *(Allium cepa)*	0.02	0.04	0.12	0.17	0.18	56.80	23.38
SLD061	Pak Choi leaves *(Brassica rapa* var. *chinensis)*	0.02	0.22	0.66	0.31	0.96	98.50	55.60
SLD062	Papaya, raw *(Carica papaya)*	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 *(Musa paradisiaca)*	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 *(Musa x paradisiaca)*	0.02	0.02	0.27	0.24	0.12	40.51	8.16
SLD068	Plantain, green *(Musa x paradisiaca)*	0.01	0.05	0.34	0.26	0.10	19.12	24.48
SLD069	Plantain, stem *(Musa x paradisiaca)*	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 *(Cucurbita maxima)*	ND	0.02	0.62	0.20	0.09	17.72	8.73
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	0.03	0.02	0.44	0.16	0.05	31.60	7.29
SLD073	Pumpkin, orange, round *(Cucurbita maxima)*	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 *(Luffa acutangula)*	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 *(Trichosanthes anguina)*	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 *(Momordica dioica)*	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 *(Tamarindus indica)*	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 *(Cucurbita pepo)*	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 code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		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 *(Spondias dulcis)*	20.70	14.60	9.28	5.99	174
SLD005	Ash gourd *(Benincasa hispida)*	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 *(Vicia faba)*	67.95	73.73	38.69	20.28	352
SLD008	Beans, field, tender, *(Dolichos lablab)*	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 *(Phaseolus vulgaris)*	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 *(Beta vulgaris)*	172	33.85	113	75.00	486
SLD013	Bitter gourd, elongate *(Momordica charantia)*	25.19	41.42	35.81	12.98	323
SLD014	Bitter gourd, short *(Momordica charantia)*	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 *(Lagenaria vulgaris)*	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 *(Solanum melongena)*	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 *(B. oleracea* var. *viridis*)	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 *(Capsicum annuum)*	17.53	21.10	10.90	1.91	157
SLD027	Capsicum, local *(Capsicum annuum)*	12.65	24.47	11.21	4.61	240
SLD028	Capsicum, red *(Capsicum annuum)*	15.73	37.97	27.07	1.74	188
SLD029	Capsicum, yellow *(Capsicum annuum)*	20.13	58.08	22.53	1.49	185

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLD030	Cassava leaves *(Manihot esculenta)*	196	56.63	26.93	13.83	500
SLD031	Cauliflower *(Brassica oleracea)*	22.44	51.40	18.52	34.32	291
SLD032	Celery stalk *(Apium graveolens)*	38.41	39.05	11.41	10.63	289
SLD033	Cho-cho-marrow *(Sechium edule)*	20.55	24.02	13.02	1.24	141
SLD034	Colocasia leaves, green *(Colocasia anti-quorum)*	266	55.72	72.12	15.21	314
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	29.46	20.31	11.07	0.45	381
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	40.21	30.73	19.56	0.60	414
SLD037	Corn, Baby *(Zea mays)*	76.51	8.69	25.47	1.40	260
SLD038	Cucumber, Indian cucumber *(Cucumis sativus)*	22.10	29.51	18.22	6.13	266
SLD039	Cucumber, Mangalore *(Cucumis sativus)*	25.72	34.13	26.20	8.06	229
SLD040	Cucumber, Persian cucumber *(Cucumis sativus)*	14.05	25.13	16.22	5.99	149
SLD041	Drumstick *(Moringa oleifera)*	22.27	42.07	28.51	21.99	336
SLD042	Drumstick leaves *(Moringa oleifera)*	308	104	97.12	8.70	399
SLD043	Garden cress *(Lepidium sativum)*	223	38.53	79.86	25.31	380
SLD044	Golden leather fern fiddlehead *(A. aureum)*	11.30	57.62	23.75	13.77	491
SLD045	Green milkweed climber *(Wattakaka volubilis)*	383	42.33	56.08	37.75	233
SLD046	Horse purslane *(Boerhavia diffusa)*	59.57	38.17	42.93	53.50	252
SLD047	Hummingbird tree leaves *(Sesbania grandiflora)*	901	52.52	96.64	18.12	674
SLD048	Indian pennywort *(Centella asiatica)*	96.31	21.93	41.42	46.29	381
SLD049	Jack fruit, raw *(Artocarpus heterophyllus)*	37.32	32.23	26.08	3.89	341
SLD050	Jack fruit, seed, mature *(Artocarpus heterophyllus)*	40.87	32.19	50.14	3.87	459
SLD051	Knol - Khol *(Brassica oleracea)*	40.09	43.16	19.35	27.46	367
SLD052	Knol - Khol, leaves *(B. oleracea* var. *gongylodes)*	368	55.02	66.00	26.80	309
SLD053	Ladies finger *(Abelmoschus esculentus)*	92.26	57.99	55.23	7.58	254
SLD054	Lasia shoots *(Lasia spinosa)*	19.50	12.77	20.32	13.87	120
SLD055	Leeks *(Allium ampeloprasum)*	29.28	31.63	11.77	14.93	252
SLD056	Lettuce *(Lactuca sativa)*	58.23	31.24	36.89	18.39	228
SLD057	Malabar spinach *(Basella alba)*	163	44.79	61.37	64.51	409
SLD058	Mango, green, raw *(Mangifera indica)*	28.56	13.59	17.74	33.08	165
SLD059	Mushroom, Oyster, white (*Pleurotus ostreatus)*	0.90	46.82	14.42	9.04	317

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLD060	Onion, stalk *(Allium cepa)*	35.21	33.81	74.95	17.45	362
SLD061	Pak Choi leaves *(Brassica rapa* var. *chinensis)*	150	25.95	45.28	33.73	250
SLD062	Papaya, raw *(Carica papaya)*	23.12	21.74	14.84	7.52	177
SLD063	Parsley *(Petroselinum crispum)*	288	78.56	49.18	53.08	466
SLD064	Passion fruit leaves *(Passiflora edulis)*	248	43.30	53.62	15.77	343
SLD065	Plantain, ash *(Musa paradisiaca)*	5.19	19.65	22.55	13.25	271
SLD066	Plantain, ash, peels *(Musa paradisiaca)*	154	28.95	88.22	2.46	235
SLD067	Plantain, flower *(Musa x paradisiaca)*	35.09	41.77	31.43	7.44	422
SLD068	Plantain, green *(Musa x paradisiaca)*	16.61	35.81	40.76	18.37	417
SLD069	Plantain, stem *(Musa x paradisiaca)*	13.12	18.35	35.30	25.12	372
SLD070	Pumpkin leaves, tender *(Cucurbita maxima)*	255	67.36	87.62	12.32	481
SLD071	Pumpkin, common *(Cucurbita maxima)*	18.75	24.57	9.93	5.57	244
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	24.10	24.51	13.27	5.21	186
SLD073	Pumpkin, orange, round *(Cucurbita maxima)*	16.87	19.08	7.37	8.71	213
SLD074	Radish leaves *(Raphanus sativus)*	288	36.30	63.62	20.96	301
SLD075	Ridge gourd *(Luffa acutangula)*	14.67	31.42	14.01	4.69	121
SLD076	Sessile joyweed *(Alternanthera sessilis)*	135	42.44	45.38	31.87	450
SLD077	Snake gourd, dark green *(Trichosanthes anguina)*	27.11	31.03	21.70	5.04	104
SLD078	Snake gourd, pale green *(Trichosanthes anguina)*	26.83	26.90	25.84	8.76	133
SLD079	Spiny gourd *(Momordica dioica)*	38.83	52.33	40.81	4.82	146
SLD080	Sweet leaf *(Sauropus androgynus)*	43.32	37.37	35.34	2.21	669
SLD081	Tamarind leaves, tender *(Tamarindus indica)*	66.93	86.86	42.10	13.43	465
SLD082	Tomato, green *(Lycopersicon esculentum)*	8.25	22.81	13.88	8.69	220
SLD083	Tomato, ripe, hybrid *(Lycopersicon esculentum)*	9.04	18.06	10.76	15.72	152
SLD084	Tomato, ripe, local *(Lycopersicon esculentum)*	9.69	17.17	14.93	14.04	190
SLD085	Turkey berry *(Solanum torvum)*	105	85.78	57.46	23.20	484
SLD086	Water spinach *(Ipomoea aquatica)*	49.21	21.61	18.35	35.34	271
SLD087	Winged bean *(Psopocarpus tetragonolobus)*	68.24	38.19	31.38	11.48	318
SLD088	Zucchini, green *(Cucurbita pepo)*	17.26	21.38	15.41	0.40	178
SLD089	Zucchini, yellow *(Cucurbita pepo)*	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 code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
SLD001	Amaranth, leaves, green *(Amaranthus gangeticus)*	3.50	1.61	0.33	1.40	18.35	0.008	-	0.017	0.029	0.009	4.37	NA	NA	0.002	NA	NA
SLD002	Amaranth, leaves, red *(Amaranthus gangeticus)*	7.25	2.15	0.22	1.37	22.55	0.023	0.013	0.028	0.026	0.009	3.03	NA	NA	0.002	NA	NA
SLD003	Amaranth, spinosus, green *(Amaranthus spinosus)*	7.53	1.03	0.26	2.09	30.15	0.002	0.043	0.037	0.020	0.002	3.75	0.002	NA	NA	NA	NA
SLD004	Ambarella *(Spondias dulcis)*	0.70	0.09	0.32	0.12	2.52	-	0.005	0.004	0.005	-	0.09	0.014	0.70	-	0.88	3.53
SLD005	Ash gourd *(Benincasa hispida)*	0.48	0.09	0.04	0.13	0.92	NA	0.008	0.005	0.005	0.001	0.06	0.002	NA	NA	NA	NA
SLD006	Bean, scarlet, tender *(Phaseolus coccineus)*	0.70	0.39	0.17	0.59	0.01	0.001	0.059	NA	0.015	NA	NA	NA	NA	NA	0.35	0.07
SLD007	Beans, fava *(Vicia faba)*	1.09	0.49	0.21	0.57	7.86	0.003	0.029	0.001	0.050	NA	NA	0.003	NA	NA	0.23	0.17
SLD008	Beans, field, tender, *(Dolichos lablab)*	1.90	0.42	0.16	0.44	NA	0.002	0.018	0.005	0.022	NA	0.60	0.002	NA	NA	NA	NA
SLD009	Beans, French, country (*Phaseolus vulgaris*)	1.09	0.38	0.13	0.43	NA	0.006	0.091	0.011	0.073	NA	0.30	0.002	NA	NA	NA	NA
SLD010	Beans, French, hybrid *(Phaseolus vulgaris)*	0.98	0.27	0.07	0.37	NA	0.008	0.017	0.004	0.037	NA	0.35	NA	NA	NA	NA	NA
SLD011	Beans, long, red *(Vigna unguiculata sesquipedalis)*	1.01	0.55	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
SLD012	Beet greens *(Beta vulgaris)*	6.10	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
SLD013	Bitter gourd, elongate *(Momordica charantia)*	1.75	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
SLD014	Bitter gourd, short *(Momordica charantia)*	1.63	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
SLD015	Bottle gourd, elongate *(Lagenaria vulgaris)*	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
SLD016	Bottle gourd, round *(Lagenaria vulgaris)*	0.28	0.11	0.05	0.15	1.80	0.001	0.001	0.003	0.013	NA	0.05	NA	NA	NA	NA	NA
SLD017	Brinjal, Chinese eggplant *(Solanum melongena)*	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
SLD018	Brinjal, little prince eggplant *(Solanum melongena)*	0.31	0.12	0.07	0.22	NA	0.002	NA	0.012	0.007	0.002	0.04	NA	NA	0.001	NA	NA
SLD019	Brinjal, pandora striped *(Solanum melongena)*	0.32	0.15	0.11	0.19	NA	0.003	NA	0.005	0.007	0.003	0.04	NA	NA	NA	NA	NA
SLD020	Brinjal, Thai eggplant *(Solanum melongena)*	0.37	0.15	0.11	0.24	NA	0.001	NA	0.003	0.002	0.008	0.08	NA	NA	0.002	NA	NA
SLD021	Cabbage, Chinese *(Brassica rupa)*	0.39	0.19	0.05	0.19	1.85	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA
SLD022	Cabbage, collard, greens *(B. oleracea* var. *viridis*)	2.67	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
SLD023	Cabbage, green *(B. oleracea* var. *capitata f. alba*)	0.33	0.22	0.03	0.16	1.10	0.002	0.001	0.008	0.008	NA	NA	NA	NA	NA	NA	NA
SLD024	Cabbage, violet *(B. oleracea* var. *capitata f. rubra)*	0.17	0.15	0.02	0.11	0.95	0.001	0.002	0.003	0.001	0.001	NA	NA	NA	NA	NA	NA
SLD025	Canereed leaves *(Costus speciosus)*	0.18	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
SLD026	Capsicum, green *(Capsicum annuum)*	0.59	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
SLD027	Capsicum, local *(Capsicum annuum)*	0.21	0.16	0.13	0.31	2.10	0.002	0.002	0.006	0.008	-	0.11	0.001	0.69	0.002	0.38	0.30
SLD028	Capsicum, red *(Capsicum annuum)*	0.36	0.30	0.08	0.32	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD029	Capsicum, yellow *(Capsicum annuum)*	0.55	0.23	0.09	0.37	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
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 *(Brassica oleracea)*	0.76	0.20	0.04	0.27	0.43	0.002	0.003	0.005	0.011	0.001	0.19	0.005	NA	NA	NA	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	NA	NA	NA	NA	NA	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 *(Zea mays)*	1.45	0.19	0.12	1.13	0.22	0.001	NA	0.002	NA	NA	NA	NA	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 *(Moringa oleifera)*	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 *(Boerhavia diffusa)*	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	-	-	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 *(Brassica oleracea)*	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	NA	NA
SLD054	Lasia shoots *(Lasia spinosa)*	0.25	-	0.02	0.30	6.68	0.001	0.001	0.005	0.005	-	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 *(Basella alba)*	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 (*Pleurotus ostreatus)*	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 code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
SLD060	Onion, stalk *(Allium cepa)*	3.15	0.22	0.14	0.77	7.08	0.003	0.012	0.077	0.021	0.007	1.56	0.007	NA	0.002	2.41	0.12
SLD061	Pak Choi leaves *(Brassica rapa* var. *chinensis)*	3.78	0.36	0.06	0.16	0.79	0.002	0.020	0.028	0.024	0.005	3.16	0.014	0.08	3.090	3.29	NA
SLD062	Papaya, raw *(Carica papaya)*	0.19	0.04	0.04	0.07	2.42	0.001	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	1.29	10.24	0.002	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	0.95	45.45	0.002	0.033	0.003	0.009	0.002	1.37	0.012	5.54	0.001	1.60	0.55
SLD065	Plantain, ash *(Musa paradisiaca)*	0.39	0.30	0.16	0.21	1.37	-	0.002	0.007	0.011	-	0.11	0.114	0.70	-	0.88	1.48
SLD066	Plantain, ash, peels *(Musa paradisiaca)*	1.30	53.52	0.15	0.75	5.35	-	0.003	0.002	0.009	-	0.41	0.011	9.43	0.005	0.58	0.24
SLD067	Plantain, flower *(Musa x paradisiaca)*	0.38	1.11	0.09	0.39	3.35	NA	0.003	0.005	0.009	NA	0.07	NA	NA	NA	NA	NA
SLD068	Plantain, green *(Musa x paradisiaca)*	0.28	0.29	0.10	0.19	0.26	NA	NA	0.001	0.005	NA	NA	NA	0.14	NA	NA	NA
SLD069	Plantain, stem *(Musa x paradisiaca)*	0.35	0.19	0.06	0.08	0.58	0.002	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	0.66	1.43	0.002	0.035	0.044	0.017	0.002	4.82	0.007	NA	NA	NA	NA
SLD071	Pumpkin, common *(Cucurbita maxima)*	0.49	0.15	0.15	0.25	3.30	0.004	0.001	0.007	0.047	-	0.23	0.005	0.73	0.001	0.48	0.11
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	0.29	0.08	0.04	0.14	0.34	NA	NA	0.004	NA	NA	0.09	NA	NA	NA	NA	NA
SLD073	Pumpkin, orange, round *(Cucurbita maxima)*	0.39	0.08	0.05	0.10	0.35	NA	NA	0.001	NA	NA	0.07	NA	NA	NA	NA	NA
SLD074	Radish leaves *(Raphanus sativus)*	4.42	0.54	0.29	0.45	NA	NA	NA	NA	NA	NA	1.81	NA	NA	NA	NA	NA
SLD075	Ridge gourd *(Luffa acutangula)*	4.42	0.54	0.29	0.45	NA	NA	NA	NA	NA	NA	1.81	NA	NA	NA	NA	NA
SLD076	Sessile joyweed *(Alternanthera sessilis)*	1.70	2.45	0.20	1.03	31.78	0.013	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	0.20	NA	0.001	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	0.11	NA	0.003	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	0.44	3.53	0.004	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	1.42	34.19	0.003	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	0.93	2.45	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA
SLD082	Tomato, green *(Lycopersicon esculentum)*	0.42	0.10	0.07	0.15	8.76	0.002	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	0.08	NA	0.001	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	0.12	NA	NA	NA	0.004	NA	NA	0.06	NA	NA	NA	NA	NA
SLD085	Turkey berry *(Solanum torvum)*	1.06	0.91	0.29	0.59	14.17	0.007	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	0.44	18.23	0.002	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	0.44	4.01	0.001	0.003	0.005	0.007	-	0.19	0.002	0.20	-	1.16	0.29
SLD088	Zucchini, green *(Cucurbita pepo)*	0.52	0.13	0.07	0.29	0.21	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA
SLD089	Zucchini, yellow *(Cucurbita pepo)*	0.34	0.21	0.11	0.27	0.30	NA	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 code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
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	5.12	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	6.65	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	3.59	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 *(Phaseolus coccineus)*	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 *(Vicia faba)*	0.90	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, *(Dolichos lablab)*	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 (*Phaseolus vulgaris*)	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 *(Phaseolus vulgaris)*	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 *(Beta vulgaris)*	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 *(Momordica charantia)*	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 *(Lagenaria vulgaris)*	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 *(Brassica rupa)*	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 *(B. oleracea* var. *capitata f. alba*)	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 *(B. oleracea* var. *capitata f. rubra)*	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 *(Capsicum annuum)*	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 *(Capsicum annuum)*	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 code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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
SLD030	Cassava leaves *(Manihot esculenta)*	0.71	9.33	4.36	4.64	11.02	5.63	4.95	5.85	0.86	4.71	0.95	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	4.58	4.39	9.34	0.62	7.05	0.93	4.33	6.89	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	3.05	0.43	4.61	0.85	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	5.44	5.33	7.08	0.83	7.51	1.53	5.58	9.37	2.81	5.16	1.21	3.04	0.95
SLD034	Colocasia leaves, green *(Colocasia anti-quorum)*	0.74	5.88	4.27	4.56	13.73	5.16	4.25	11.70	1.34	3.30	2.20	2.60	7.17	3.88	3.76	4.88	4.21	0.74
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	0.75	13.23	4.28	5.53	16.36	4.63	5.87	7.77	1.51	5.96	1.22	4.10	7.53	3.56	4.06	2.28	4.09	0.75
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	0.73	11.84	4.22	4.94	18.86	4.14	6.69	7.37	0.80	5.96	1.20	4.26	7.20	3.08	4.14	2.37	3.33	0.73
SLD037	Corn, Baby *(Zea mays)*	0.96	12.40	4.83	4.23	17.20	4.66	5.84	6.85	1.27	4.87	1.59	4.35	8.03	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	3.91	5.34	7.49	0.86	5.23	0.72	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	4.75	6.70	0.77	5.98	0.76	4.34	6.33	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	4.13	3.95	9.16	0.72	5.84	0.73	3.82	6.52	2.85	2.82	2.14	3.27	0.20
SLD041	Drumstick *(Moringa oleifera)*	0.81	9.14	3.94	4.90	24.81	3.23	3.66	6.78	0.64	5.24	0.88	2.92	6.43	2.10	3.05	1.88	3.43	0.81
SLD042	Drumstick leaves *(Moringa oleifera)*	1.12	13.77	4.33	4.24	15.11	4.45	4.47	7.36	0.78	5.53	1.12	4.10	7.41	3.20	6.38	2.27	4.55	1.12
SLD043	Garden cress *(Lepidium sativum)*	1.54	14.02	5.04	2.43	12.49	6.42	5.11	7.97	0.44	7.84	2.45	5.09	9.42	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	4.54	5.63	6.49	0.89	5.57	1.10	4.67	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	13.08	5.46	4.99	5.61	0.93	5.09	1.33	4.62	8.46	4.03	5.88	2.45	5.34	5.69
SLD046	Horse purslane *(Boerhavia diffusa)*	0.75	9.19	4.23	4.64	13.67	5.58	4.67	5.81	1.00	4.61	1.55	4.92	8.70	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	5.47	7.22	0.85	5.99	1.28	2.80	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	5.37	5.61	6.17	0.77	5.61	0.80	4.74	8.49	4.79	6.08	2.68	5.43	5.98
SLD049	Jack fruit, raw *(Artocarpus heterophyllus)*	0.44	20.03	3.79	4.05	9.79	3.50	5.76	5.92	0.62	5.56	0.72	4.69	6.38	2.68	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	5.19	5.96	4.86	0.57	6.91	1.09	5.83	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	3.54	3.39	6.63	0.68	5.09	0.92	3.26	4.17	2.13	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	5.39	5.31	6.76	0.95	5.70	1.37	4.31	7.20	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	4.44	5.16	0.70	4.97	0.88	3.93	5.55	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	5.08	4.56	5.62	0.94	4.85	1.39	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	3.22	4.37	6.35	0.85	4.39	0.56	4.01	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	4.06	5.80	6.63	0.79	4.93	0.89	2.47	5.75	2.43	2.42	1.64	4.80	0.89
SLD057	Malabar spinach *(Basella alba)*	0.88	8.04	4.47	4.49	13.10	5.13	4.93	5.76	0.91	4.82	0.88	4.64	8.09	3.77	5.90	2.42	5.27	6.09
SLD058	Mango, green, raw *(Mangifera indica)*	1.49	10.04	4.53	4.77	13.24	4.69	5.30	8.33	0.75	6.17	1.31	4.79	8.20	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	9.07	0.91	5.78	1.51	6.08	7.87	3.27	3.65	2.25	5.68	2.29

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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 *(Carica papaya)*	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 *(Musa paradisiaca)*	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 *(Musa x paradisiaca)*	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 *(Musa x paradisiaca)*	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 *(Musa x paradisiaca)*	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 *(Cucurbita maxima)*	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 *(Cucurbita maxima)*	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 *(Raphanus sativus)*	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 *(Momordica dioica)*	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 *(Cucurbita pepo)*	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

Table 7. FATTY ACIDS

(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								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
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	-	20.33	159	17.75	2.24	3.99	7.01	47.34	14.48	31.48	1.39	-	326	112	210
SLD003	Amaranth, spinosus, green *(Amaranthus spinosus)*	82.72	-	8.85	61.08	6.28	0.90	2.46	3.15	16.67	8.14	7.67	0.45	0.41	189	35.90	82.72
SLD004	Ambarella *(Spondias dulcis)*	147	-	4.33	116	15.42	3.17	3.15	5.35	132	-	132	-	-	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	-	-	428	201	259
SLD007	Beans, fava *(Vicia faba)*	45.25	-	0.50	33.97	6.61	1.17	1.44	1.56	7.87	0.74	7.13	-	-	66.87	43.41	45.25
SLD008	Beans, field, tender, *(Dolichos lablab)*	187	-	4.89	137	27.46	4.24	5.86	7.79	36.17	-	36.17	-	-	297	203	187
SLD009	Beans, French, country (*Phaseolus vulgaris*)	66.74	-	1.32	47.06	11.59	2.10	2.00	2.67	10.05	1.28	8.77	-	-	115	54.08	66.74
SLD010	Beans, French, hybrid *(Phaseolus vulgaris)*	66.80	-	1.06	50.38	11.55	1.90	1.90	-	11.85	1.98	9.88	-	-	135	62.83	66.80
SLD011	Beans, long, red *(Vigna unguiculata sesquipedalis)*	122	-	0.73	87.83	17.38	2.81	4.29	5.20	8.79	-	8.79	-	-	109	70.34	39.13
SLD012	Beet greens *(Beta vulgaris)*	189	-	5.09	160	12.03	-	6.01	4.99	78.74	6.85	71.89	-	-	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	-	3.76	86.88	39.50	2.79	3.66	3.61	7.23	1.27	4.78	-	1.18	52.59	17.09	140
SLD015	Bottle gourd, elongate *(Lagenaria vulgaris)*	46.04	-	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	-	1.30	30.78	4.54	0.71	2.13	1.61	3.47	-	3.47	-	-	63.46	40.53	41.07
SLD017	Brinjal, Chinese eggplant *(Solanum melongena)*	82.07	-	-	41.37	30.42	6.35	2.30	1.64	20.20	-	20.20	-	-	162	139	82.07
SLD018	Brinjal, little prince eggplant *(Solanum melongena)*	26.96	-	-	15.67	8.54	1.51	0.71	0.53	10.51	-	10.51	-	-	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	-	-	28.31	17.29	3.82	1.22	0.91	17.93	-	17.93	-	-	139	120	51.54
SLD021	Cabbage, Chinese *(Brassica rupa)*	33.01	-	-	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	-	-	42.02	7.26	2.89	1.79	3.10	40.60	-	40.60	-	-	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	-	1.87	43.07	18.57	2.79	2.35	1.48	11.37	1.13	10.24	-	-	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 Acids								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLD029	Capsicum, yellow *(Capsicum annuum)*	99.00	-	4.02	64.26	24.20	1.55	2.54	2.53	57.30	4.50	52.80	-	-	199	161	99.00
SLD030	Cassava leaves *(Manihot esculenta)*	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
SLD031	Cauliflower *(Brassica oleracea)*	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	-	-	49.06	5.76	-	-	-	5.21	-	5.21	-	-	116	86.00	54.82
SLD033	Cho-cho-marrow *(Sechium edule)*	78.00	-	-	65.00	8.47	1.34	1.96	1.20	13.37	-	13.37	-	-	20.63	11.33	78.00
SLD034	Colocasia leaves, green *(Colocasia anti-quorum)*	435	-	-	341	55.65	16.85	13.98	8.23	46.52	17.56	28.96	-	-	655	335	435
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	103	-	-	85.69	8.24	2.10	3.98	2.93	14.98	1.86	13.12	-	-	154	113	103
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	67.53	-	-	53.81	7.73	1.42	2.51	2.06	7.78	1.42	6.37	-	-	110	82.53	67.53
SLD037	Corn, Baby *(Zea mays)*	211	-	-	180	31.08	-	-	-	392	-	384	7.48	-	459	433	211
SLD038	Cucumber, Indian cucumber *(Cucumis sativus)*	70.05	-	1.02	55.29	9.12	1.14	1.67	1.81	8.57	0.58	7.98	-	-	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	-	-	69.62	60.20	64.23
SLD041	Drumstick *(Moringa oleifera)*	28.48	-	0.51	18.86	3.98	1.44	2.41	1.29	43.63	1.46	42.17	-	-	23.89	17.66	28.48
SLD042	Drumstick leaves *(Moringa oleifera)*	588	-	43.42	387	77.53	-	35.97	44.54	111	-	111	-	-	693	268	588
SLD043	Garden cress *(Lepidium sativum)*	23.90	-	-	19.48	1.73	0.48	1.46	0.75	8.10	0.72	7.38	-	-	59.26	33.27	23.90
SLD044	Golden leather fern fiddlehead *(A. aureum)*	144	-	1.08	116	11.22	0.36	6.11	8.66	34.96	1.04	18.02	-	-	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	-	-	123	65.90	287
SLD046	Horse purslane *(Boerhavia diffusa)*	48.12	-	4.18	36.72	3.86	1.03	0.63	1.56	10.45	0.44	10.01	-	-	109	20.09	89.34
SLD047	Hummingbird tree leaves *(Sesbania grandiflora)*	490	-	-	346	74.53	23.95	24.96	20.61	57.67	16.91	40.76	-	-	532	125	490
SLD048	Indian pennywort *(Centella asiatica)*	140	-	2.53	124	6.75	1.63	3.24	1.32	18.06	0.58	14.59	2.88	-	214	121	92.31
SLD049	Jack fruit, raw *(Artocarpus heterophyllus)*	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
SLD050	Jack fruit, seed, mature *(Artocarpus heterophyllus)*	153	-	-	130	7.84	5.07	7.41	3.30	13.46	-	13.46	-	-	182	157	153
SLD051	Knol - Khol *(Brassica oleracea)*	97.12	-	-	77.60	11.33	2.85	2.39	2.94	30.77	4.22	26.55	-	-	128	59.55	97.12
SLD052	Knol - Khol, leaves *(B. oleracea* var. *gongylodes)*	107	-	-	67.77	32.78	2.48	1.42	2.39	18.91	5.84	13.07	-	-	154	43.00	107
SLD053	Ladies finger *(Abelmoschus esculentus)*	60.90	-	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	-	10.37	199	34.87	4.23	7.96	6.90	27.64	-	25.09	2.56	-	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	-	7.51	9.06	19.03	8.46	10.57	-	-	182	65.92	103
SLD057	Malabar spinach *(Basella alba)*	123	-	1.14	108	9.04	0.52	0.95	3.01	170	0.85	29.11	140	-	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	-	-	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								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLD060	Onion, stalk *(Allium cepa)*	94.01	-	8.12	66.89	6.21	-	6.89	5.90	5.48	-	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	-	-	-	23.03	-	23.03	-	-	138	60.03	38.98
SLD062	Papaya, raw *(Carica papaya)*	62.96	-	1.38	48.24	7.16	-	3.01	3.19	42.06	-	42.06	-	-	70.97	63.11	62.96
SLD063	Parsley *(Petroselinum crispum)*	345	-	15.18	235	58.05	6.04	13.80	16.67	32.94	14.42	18.52	-	-	476	221	345
SLD064	Passion fruit leaves *(Passiflora edulis)*	374	-	7.29	302	43.52	8.08	3.53	6.22	92.81	3.26	89.55	-	-	561	296	263
SLD065	Plantain, ash *(Musa x paradisiaca)*	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 *(Musa xparadisiaca)*	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 *(Musa x paradisiaca)*	280	-	1.98	128	46.98	55.30	24.64	22.59	32.51	1.80	30.71	-	-	192	146	280
SLD068	Plantain, green *(Musa x paradisiaca)*	58.54	-	-	55.03	3.50	-	-	-	16.27	-	16.27	-	-	101	70.00	58.54
SLD069	Plantain, stem *(Musa x paradisiaca)*	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 *(Cucurbita maxima)*	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	-	-	99.29	58.72	40.22
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	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	-	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 *(Raphanus sativus)*	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	-	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	-	-	65.51	38.94	53.32
SLD078	Snake gourd, pale green *(Trichosanthes anguina)*	42.07	-	0.80	33.25	5.82	0.69	0.68	0.83	22.90	0.98	21.92	-	-	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	-	-	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	-	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	-	4.53	237	61.86	6.59	6.98	6.03	148	24.67	123	-	-	1092	1030	61.99
SLD086	Water spinach *(Ipomoea aquatica)*	178	-	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	-	2.85	34.72	41.85	4.33	4.17	3.43	27.95	-	27.95	-	-	34.73	27.15	7.58
SLD088	Zucchini, green *(Cucurbita pepo)*	119	3.29	-	98.79	16.94	-	-	-	39.26	2.88	36.38	-	-	251	98.72	119
SLD089	Zucchini, yellow *(Cucurbita pepo)*	56.84	1.51	-	49.25	6.08	-	-	-	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 component not available from reference sources)

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			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 *(Vicia faba)*	2.11	1.24	0.61	0.41	0.22	NA	NA	0.86
SLD008	Beans, field, tender, *(Dolichos lablab)*	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 *(Phaseolus vulgaris)*	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 *(Beta vulgaris)*	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)*	0.90	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 *(B. oleracea* var. *capitata f. alba*)	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 *(Capsicum annuum)*	3.32	0.61	0.45	0.16	-	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

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLD030	Cassava leaves *(Manihot esculenta)*	4.97	0.15	0.01	0.09	0.05	ND	ND	4.82
SLD031	Cauliflower *(Brassica oleracea)*	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 *(Colocasia anti-quorum)*	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 *(Colocasia antiquorum)*	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 *(Cucumis sativus)*	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 *(Moringa oleifera)*	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	-	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 *(Boerhavia diffusa)*	1.84	0.09	0.09	-	-	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 *(Centella asiatica)*	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 *(Lasia spinosa)*	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 *(Basella alba)*	1.89	0.14	0.10	0.04	-	ND	ND	1.74
SLD058	Mango, green, raw *(Mangifera indica)*	8.04	2.74	1.78	0.95	NA	NA	NA	5.30
SLD059	Mushroom, Oyster, white (*Pleurotus ostreatus)*	2.56	-	-	-	-	ND	ND	2.56

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLD060	Onion, stalk *(Allium cepa)*	1.58	0.48	NA	0.10	0.09	NA	NA	1.10
SLD061	Pak Choi leaves *(Brassica rapa* var*. chinensis)*	1.62	0.52	0.10	0.20	0.22	NA	NA	1.10
SLD062	Papaya, raw *(Carica papaya)*	3.83	3.83	2.80	1.03	NA	NA	NA	NA
SLD063	Parsley *(Petroselinum crispum)*	7.05	0.69	0.29	0.20	0.20	NA	NA	6.36
SLD064	Passion fruit leaves *(Passiflora edulis)*	3.35	0.67	0.35	0.20	0.11	ND	ND	2.68
SLD065	Plantain, ash *(Musa paradisiaca)*	14.08	0.77	0.36	0.41	NA	ND	ND	13.31
SLD066	Plantain, ash, peels *(Musa paradisiaca)*	4.56	0.03	0.01	NA	0.02	ND	ND	4.54
SLD067	Plantain, flower *(Musa x paradisiaca)*	1.82	0.16	0.12	0.04	NA	NA	NA	1.66
SLD068	Plantain, green *(Musa x paradisiaca)*	14.57	0.85	0.74	0.11	NA	NA	NA	13.72
SLD069	Plantain, stem *(Musa x paradisiaca)*	4.91	0.50	NA	0.50	NA	NA	NA	4.41
SLD070	Pumpkin leaves, tender *(Cucurbita maxima)*	2.20	0.11	NA	0.11	NA	0.03	NA	2.09
SLD071	Pumpkin, common *(Cucurbita maxima)*	4.63	1.98	0.74	0.51	0.72	ND	ND	2.64
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	3.10	2.90	1.03	1.01	0.86	0.02	NA	0.20
SLD073	Pumpkin, orange, round *(Cucurbita maxima)*	3.20	2.84	1.84	0.50	0.49	0.01	NA	0.37
SLD074	Radish leaves *(Raphanus sativus)*	2.10	0.31	0.15	0.07	0.09	NA	NA	1.79
SLD075	Ridge gourd *(Luffa acutangula)*	1.34	0.68	0.44	0.13	0.03	NA	NA	0.69
SLD076	Sessile joyweed *(Alternanthera sessilis)*	2.08	0.66	0.60	0.02	0.04	ND	ND	1.42
SLD077	Snake gourd, dark green *(Trichosanthes anguina)*	1.19	0.45	0.30	0.10	0.01	NA	NA	0.74
SLD078	Snake gourd, pale green *(Trichosanthes anguina)*	1.15	0.46	0.33	0.02	0.03	NA	NA	0.69
SLD079	Spiny gourd *(Momordica dioica)*	8.04	0.84	0.49	0.32	0.03	ND	ND	7.20
SLD080	Sweet leaf *(Sauropus androgynus)*	4.83	2.06	0.64	1.09	0.34	ND	ND	2.76
SLD081	Tamarind leaves, tender *(Tamarindus indica)*	7.01	0.17	0.05	0.12	NA	NA	NA	6.85
SLD082	Tomato, green *(Lycopersicon esculentum)*	1.35	0.84	0.42	0.42	NA	NA	NA	0.51
SLD083	Tomato, ripe, hybrid *(Lycopersicon esculentum)*	1.92	1.92	1.76	0.16	NA	NA	NA	NA
SLD084	Tomato, ripe, local *(Lycopersicon esculentum)*	1.58	1.58	1.29	0.28	NA	NA	NA	NA
SLD085	Turkey berry *(Solanum torvum)*	7.76	0.48	0.04	0.03	0.40	ND	ND	7.27
SLD086	Water spinach *(Ipomoea aquatica)*	2.27	0.15	0.15	-	-	ND	ND	2.12
SLD087	Winged bean *(Psopocarpus tetragonolobus)*	2.56	0.91	-	0.63	0.28	ND	ND	1.65
SLD088	Zucchini, green *(Cucurbita pepo)*	1.61	0.14	0.12	0.02	NA	NA	NA	1.47
SLD089	Zucchini, yellow *(Cucurbita pepo)*	1.37	0.29	0.19	0.10	NA	NA	NA	1.07

Table 9. PHYTOSTEROLS

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

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLD001	Amaranth, leaves, green *(Amaranthus gangeticus)*	1.06	2.79	14.88
SLD002	Amaranth, leaves, red *(Amaranthus gangeticus)*	1.08	2.85	16.34
SLD003	Amaranth, spinosus, green *(Amaranthus spinosus)*	0.73	5.86	30.52
SLD004	Ambarella *(Spondias dulcis)*	ND	ND	ND
SLD005	Ash gourd *(Benincasa hispida)*	0.16	0.43	2.33
SLD006	Bean, scarlet, tender *(Phaseolus coccineus)*	1.82	7.02	18.37
SLD007	Beans, fava *(Vicia faba)*	0.81	3.27	13.81
SLD008	Beans, field, tender, *(Dolichos lablab)*	0.72	4.21	15.24
SLD009	Beans, French, country (*Phaseolus vulgaris*)	0.96	4.29	18.83
SLD010	Beans, French, hybrid *(Phaseolus vulgaris)*	0.98	4.09	17.65
SLD011	Beans, long, red *(Vigna unguiculata sesquipedalis)*	ND	ND	ND
SLD012	Beet greens *(Beta vulgaris)*	0.86	3.21	15.56
SLD013	Bitter gourd, elongate *(Momordica charantia)*	0.48	1.94	11.15
SLD014	Bitter gourd, short *(Momordica charantia)*	0.43	1.67	11.07
SLD015	Bottle gourd, elongate *(Lagenaria vulgaris)*	0.21	0.96	6.55
SLD016	Bottle gourd, round *(Lagenaria vulgaris)*	0.21	1.00	6.02
SLD017	Brinjal, Chinese eggplant *(Solanum melongena)*	0.79	1.98	8.38
SLD018	Brinjal, little prince eggplant *(Solanum melongena)*	0.74	1.95	8.26
SLD019	Brinjal, pandora striped *(Solanum melongena)*	0.76	1.80	8.10
SLD020	Brinjal, Thai eggplant *(Solanum melongena)*	0.74	1.76	8.47
SLD021	Cabbage, Chinese *(Brassica rupa)*	2.06	0.13	17.27
SLD022	Cabbage, collard, greens *(B. oleracea* var. *viridis*)	2.55	0.28	16.43
SLD023	Cabbage, green *(B. oleracea* var. *capitata f. alba*)	2.40	0.22	16.97
SLD024	Cabbage, violet *(B. oleracea* var. *capitata f. rubra)*	2.52	0.24	14.83
SLD025	Canereed leaves *(Costus speciosus)*	ND	ND	ND
SLD026	Capsicum, green *(Capsicum annuum)*	1.29	0.23	4.80
SLD027	Capsicum, local *(Capsicum annuum)*	ND	ND	ND
SLD028	Capsicum, red *(Capsicum annuum)*	0.91	0.73	1.89
SLD029	Capsicum, yellow *(Capsicum annuum)*	0.07	0.31	10.64

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLD030	Cassava leaves *(Manihot esculenta)*	ND	ND	ND
SLD031	Cauliflower *(Brassica oleracea)*	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 *(Colocasia anti-quorum)*	3.56	10.25	23.83
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	3.15	2.03	16.77
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	3.42	2.03	17.77
SLD037	Corn, Baby *(Zea mays)*	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 *(Moringa oleifera)*	3.95	2.18	16.83
SLD042	Drumstick leaves *(Moringa oleifera)*	4.35	2.06	27.86
SLD043	Garden cress *(Lepidium sativum)*	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 *(Sesbania grandiflora)*	4.42	1.37	5.94
SLD048	Indian pennywort *(Centella asiatica)*	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 *(Brassica oleracea)*	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 *(Lasia spinosa)*	ND	ND	ND
SLD055	Leeks *(Allium ampeloprasum)*	ND	ND	ND
SLD056	Lettuce *(Lactuca sativa)*	0.41	1.78	6.37
SLD057	Malabar spinach *(Basella alba)*	ND	ND	ND
SLD058	Mango, green, raw *(Mangifera indica)*	2.02	1.60	28.54
SLD059	Mushroom, Oyster, white (*Pleurotus ostreatus)*	ND	ND	ND

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLD060	Onion, stalk *(Allium cepa)*	1.16	18.47	17.24
SLD061	Pak Choi leaves *(Brassica rapa* var. *chinensis)*	2.02	0.93	14.35
SLD062	Papaya, raw *(Carica papaya)*	3.26	2.45	9.35
SLD063	Parsley *(Petroselinum crispum)*	2.08	16.48	13.64
SLD064	Passion fruit leaves *(Passiflora edulis)*	ND	ND	ND
SLD065	Plantain, ash *(Musa paradisiaca)*	ND	ND	ND
SLD066	Plantain, ash, peels *(Musa paradisiaca)*	ND	ND	ND
SLD067	Plantain, flower *(Musa x paradisiaca)*	6.28	6.14	9.50
SLD068	Plantain, green *(Musa x paradisiaca)*	2.10	1.70	16.07
SLD069	Plantain, stem *(Musa x paradisiaca)*	6.17	8.30	31.56
SLD070	Pumpkin leaves, tender *(Cucurbita maxima)*	0.33	2.50	18.24
SLD071	Pumpkin, common *(Cucurbita maxima)*	ND	ND	ND
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	0.18	0.72	2.34
SLD073	Pumpkin, orange, round *(Cucurbita maxima)*	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 *(Momordica dioica)*	ND	ND	ND
SLD080	Sweet leaf *(Sauropus androgynus)*	ND	ND	ND
SLD081	Tamarind leaves, tender *(Tamarindus indica)*	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 *(Cucurbita pepo)*	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 code	Food Name	Capsanthin	Lutein	Zeaxanthin	Lycopene	β – Cryptoxanthin	α – Carotene	β – Carotene	γ – Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB	CARTG
		µg	µg	µg	µg	µg	µg	µg	µg
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 *(Spondias dulcis)*	-	4.7	4.05	-	-	-	20.18	-
SLD005	Ash gourd *(Benincasa hispida)*	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 *(Vicia faba)*	NA	115	31.57	NA	NA	NA	5.94	NA
SLD008	Beans, field, tender, *(Dolichos lablab)*	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 *(Phaseolus vulgaris)*	NA	228	13.35	NA	NA	388	NA	3.18
SLD011	Beans, long, red *(Vigna unguiculata sesquipedalis)*	-	37.38	-	-	-	-	-	-
SLD012	Beet greens *(Beta vulgaris)*	NA	NA	NA	NA	NA	NA	NA	NA
SLD013	Bitter gourd, elongate *(Momordica charantia)*	NA	399	6.54	NA	NA	413	124	NA
SLD014	Bitter gourd, short *(Momordica charantia)*	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 *(Solanum melongena)*	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 *(Solanum melongena)*	NA	111	1.33	NA	NA	NA	110	NA
SLD021	Cabbage, Chinese *(Brassica rupa)*	NA	58	1.5	NA	NA	NA	5.5	NA
SLD022	Cabbage, collard, greens *(B. oleracea* var. *viridis*)	NA	143	2.68	NA	NA	104	NA	NA
SLD023	Cabbage, green *(B. oleracea* var. *capitata f. alba*)	NA	5.15	NA	NA	NA	NA	20.15	NA
SLD024	Cabbage, violet *(B. oleracea* var. *capitata f. rubra)*	NA	55.34	1.9	NA	NA	NA	31.82	NA
SLD025	Canereed leaves *(Costus speciosus)*	-	4376	24	-	-	-	1720	-
SLD026	Capsicum, green *(Capsicum annuum)*	1694	143	11.64	NA	NA	NA	317	NA
SLD027	Capsicum, local *(Capsicum annuum)*	-	99.66	4.81	-	-	-	233	-
SLD028	Capsicum, red *(Capsicum annuum)*	NA	180	16.79	NA	NA	NA	311	NA
SLD029	Capsicum, yellow *(Capsicum annuum)*	1580	278	11.42	NA	NA	NA	181	NA

Food code	Food Name	Capsanthin	Lutein	Zeaxanthin	Lycopene	β – Cryptoxanthin	α – Carotene	β – Carotene	γ – Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB	CARTG
		µg	µg	µg	µg	µg	µg	µg	µg
SLD030	Cassava leaves *(Manihot esculenta)*	-	7805	4605	-	-	-	8244	-
SLD031	Cauliflower *(Brassica oleracea)*	NA	35.30	2.64	NA	NA	NA	0.89	NA
SLD032	Celery stalk *(Apium graveolens)*	NA	174	2.11	NA	NA	NA	401	NA
SLD033	Cho-cho-marrow *(Sechium edule)*	NA	9.66	1.54	NA	NA	NA	1.85	NA
SLD034	Colocasia leaves, green *(Colocasia anti-quorum)*	NA	NA	NA	NA	NA	NA	NA	NA
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	NA	97.12	5.30	NA	NA	4.97	NA	NA
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	NA	99.60	1.96	NA	NA	2.30	NA	NA
SLD037	Corn, Baby *(Zea mays)*	NA	5.79	1.90	NA	NA	NA	1.52	NA
SLD038	Cucumber, Indian cucumber *(Cucumis sativus)*	NA	6.72	NA	NA	NA	NA	3.52	NA
SLD039	Cucumber, Mangalore *(Cucumis sativus)*	NA	2.12	NA	NA	NA	NA	4.58	NA
SLD040	Cucumber, Persian cucumber *(Cucumis sativus)*	NA	1.52	NA	NA	NA	NA	5.52	NA
SLD041	Drumstick *(Moringa oleifera)*	NA	129	7.16	NA	NA	NA	18.83	NA
SLD042	Drumstick leaves *(Moringa oleifera)*	NA	11433	229	NA	NA	NA	15987	NA
SLD043	Garden cress *(Lepidium sativum)*	NA	1564	21.65	NA	NA	NA	NA	NA
SLD044	Golden leather fern fiddlehead *(A. aureum)*	-	89.96	4.98	-	-	-	100	-
SLD045	Green milkweed climber *(Wattakaka volubilis)*	-	6542	2742	-	-	-	14518	-
SLD046	Horse purslane *(Boerhavia diffusa)*	-	5388	656	-	-	-	6894	-
SLD047	Hummingbird tree leaves *(Sesbania grandiflora)*	NA	12941	559	NA	NA	NA	12582	NA
SLD048	Indian pennywort *(Centella asiatica)*	-	1896	8.00	-	-	-	1361	-
SLD049	Jack fruit, raw *(Artocarpus heterophyllus)*	NA	6.45	3.12	NA	NA	NA	NA	NA
SLD050	Jack fruit, seed, mature *(Artocarpus heterophyllus)*	NA	2.16	2.33	NA	NA	NA	NA	NA
SLD051	Knol - Khol *(Brassica oleracea)*	NA	3.66	0.16	NA	NA	NA	NA	NA
SLD052	Knol - Khol, leaves *(B. oleracea* var. *gongylodes)*	NA	15.62	2.77	NA	NA	12.04	NA	NA
SLD053	Ladies finger *(Abelmoschus esculentus)*	NA	783	3.11	NA	NA	NA	74.51	NA
SLD054	Lasia shoots *(Lasia spinosa)*	-	2686	160	-	-	-	1805	-
SLD055	Leeks *(Allium ampeloprasum)*	-	50.00	6.00	-	-	-	111	-
SLD056	Lettuce *(Lactuca sativa)*	NA	2178	8.15	NA	NA	NA	NA	NA
SLD057	Malabar spinach *(Basella alba)*	-	6887	3800	-	-	-	5760	-
SLD058	Mango, green, raw *(Mangifera indica)*	NA	103	0.16	NA	11.84	NA	81.08	NA
SLD059	Mushroom, Oyster, white (*Pleurotus ostreatus)*	-	-	-	-	-	-	-	-

Food code	Food Name	Capsanthin	Lutein	Zeaxanthin	Lycopene	β – Cryptoxanthin	α – Carotene	β – Carotene	γ – Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB	CARTG
		µg	µg	µg	µg	µg	µg	µg	µg
SLD060	Onion, stalk *(Allium cepa)*	NA	454	3.15	NA	NA	NA	NA	NA
SLD061	Pak Choi leaves *(Brassica rapa* var. *chinensis)*	NA	2655	5.5	NA	11.84	2450	NA	NA
SLD062	Papaya, raw *(Carica papaya)*	NA	329	NA	NA	87.54	NA	103	NA
SLD063	Parsley *(Petroselinum crispum)*	NA	3574	11.92	NA	NA	2710	NA	NA
SLD064	Passion fruit leaves *(Passiflora edulis)*	-	4317	178	-	-	-	5669	-
SLD065	Plantain, ash *(Musa x paradisiaca)*	-	0.06	0.08	-	-	-	0.37	-
SLD066	Plantain, ash, peels *(Musa x paradisiaca)*	-	44.35	5.55	.	-	-	47.87	-
SLD067	Plantain, flower *(Musa x paradisiaca)*	NA	71.4	4.66	NA	NA	NA	25.64	NA
SLD068	Plantain, green *(Musa x paradisiaca)*	NA	23.00	2.64	NA	NA	NA	2.15	NA
SLD069	Plantain, stem *(Musa x paradisiaca)*	NA	29.30	4.12	NA	NA	NA	2.16	NA
SLD070	Pumpkin leaves, tender *(Cucurbita maxima)*	NA	6453	45.36	NA	NA	NA	1431	NA
SLD071	Pumpkin, common *(Cucurbita maxima)*	-	89.14	11.76	-	-	83.83	140	-
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	NA	394	26.6	NA	NA	363	NA	63.91
SLD073	Pumpkin, orange, round *(Cucurbita maxima)*	NA	150	39.49	NA	NA	94.31	142	NA
SLD074	Radish leaves *(Raphanus sativus)*	NA	1853	27.31	NA	NA	NA	3047	NA
SLD075	Ridge gourd *(Luffa acutangula)*	NA	163	14.32	NA	NA	NA	356	NA
SLD076	Sessile joyweed *(Alternanthera sessilis)*	-	1035	9.00	-	-	-	554	-
SLD077	Snake gourd, dark green *(Trichosanthes anguina)*	NA	39.60	5.41	NA	NA	61.64	NA	NA
SLD078	Snake gourd, pale green *(Trichosanthes anguina)*	NA	27.60	6.45	NA	NA	NA	62.47	NA
SLD079	Spiny gourd *(Momordica dioica)*	-	88.91	4.17	-	-	-	108	-
SLD080	Sweet leaf *(Sauropus androgynus)*	-	15215	118	-	-	-	3047	-
SLD081	Tamarind leaves, tender *(Tamarindus indica)*	NA	58.83	1.88	NA	NA	NA	168	NA
SLD082	Tomato, green *(Lycopersicon esculentum)*	NA	38.20	0.16	38.93	NA	NA	35.98	6.8
SLD083	Tomato, ripe, hybrid *(Lycopersicon esculentum)*	NA	1763	9.33	2343	NA	NA	1549	6.5
SLD084	Tomato, ripe, local *(Lycopersicon esculentum)*	NA	674	19.75	1264	NA	NA	991	9.9
SLD085	Turkey berry *(Solanum torvum)*	-	33.21	3.20	-	-	-	95.33	-
SLD086	Water spinach *(Ipomoea aquatica)*	-	1650	16.00	-	-	-	9685	-
SLD087	Winged bean *(Psopocarpus tetragonolobus)*	-	142	8.27	-	-	-	232	-
SLD088	Zucchini, green *(Cucurbita pepo)*	NA	87.86	16.23	NA	NA	85.79	NA	NA
SLD089	Zucchini, yellow *(Cucurbita 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	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble											
		OXALAC			TARAC		MALAC	CITAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*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	NA	4.44	2.98
SLD006	Bean, scarlet, tender *(Phaseolus coccineus)*	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 *(Vicia faba)*	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 (*Phaseolus vulgaris*)	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 *(Phaseolus vulgaris)*	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	ND	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 *(Momordica charantia)*	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 *(Lagenaria vulgaris)*	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 *(Solanum melongena)*	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 *(Solanum melongena)*	29.12	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 *(Solanum melongena)*	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 *(B. oleracea* var. *viridis*)	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 *(B. oleracea* var. *capitata f. alba*)	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	ND	ND	ND	ND	ND	ND	49.46	ND	ND	ND
SLD026	Capsicum, green *(Capsicum annuum)*	20.25	12.84	7.41	NA	NA	186	102	241	NA	0.29	15.94	0.05	20.25	12.84
SLD027	Capsicum, local *(Capsicum annuum)*	1.40	0.44	0.96	ND	ND	ND	ND	ND	ND	ND	81.32	ND	ND	ND
SLD028	Capsicum, red *(Capsicum annuum)*	15.43	11.42	4.01	NA	8.64	116	44.32	111	NA	0.34	NA	NA	15.43	11.42

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble											
		OXALAC			TARAC		MALAC	CITAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*g*
SLD029	Capsicum, yellow *(Capsicum annuum)*	21.66	9.64	12.02	NA	NA	101	48.82	136	NA	1.13	NA	NA	21.66	9.64
SLD030	Cassava leaves *(Manihot esculenta)*	32.22	3.56	28.66	ND	ND	ND	ND	ND	ND	ND	180	ND	ND	ND
SLD031	Cauliflower *(Brassica oleracea)*	8.69	2.15	6.54	3.30	4.38	11.22	106	286	0.34	4.12	19.25	0.13	8.69	2.15
SLD032	Celery stalk *(Apium graveolens)*	46.31	26.31	20.00	NA	50.39	5.58	156	8.70	NA	NA	25.97	NA	46.31	26.31
SLD033	Cho-cho-marrow *(Sechium edule)*	1.87	1.38	0.49	0.31	34.35	NA	53.32	28.81	0.12	NA	18.98	NA	1.87	1.38
SLD034	Colocasia leaves, green *(Colocasia anti-quorum)*	799	223	576	NA	NA	55.36	22.36	NA	NA	4.97	14.13	NA	799	223
SLD035	Colocasia, stem, black *(Colocasia antiquorum)*	250	177	73.00	NA	NA	296	20.30	62.60	NA	4.65	25.85	NA	250	177
SLD036	Colocasia, stem, green *(Colocasia antiquorum)*	229	172	57.00	NA	NA	156	24.01	96.99	NA	0.15	26.49	NA	229	172
SLD037	Corn, Baby *(Zea mays)*	6.54	2.14	4.40	4.38	5.57	NA	21.14	60.48	0.29	4.15	26.44	NA	6.54	2.14
SLD038	Cucumber, Indian cucumber *(Cucumis sativus)*	9.45	2.18	7.27	NA	4.52	64.63	80.35	42.68	NA	3.12	17.02	NA	9.45	2.18
SLD039	Cucumber, Mangalore *(Cucumis sativus)*	12.78	2.24	10.54	NA	NA	NA	NA	NA	NA	NA	16.08	NA	12.78	2.24
SLD040	Cucumber, Persian cucumber *(Cucumis sativus)*	14.33	2.29	12.04	NA	1.44	66.14	55.38	41.86	NA	4.12	17.48	NA	14.33	2.29
SLD041	Drumstick *(Moringa oleifera)*	129	69.72	59.64	128	25.63	406	90.42	49.02	13.32	44.26	83.36	0.27	129	69.72
SLD042	Drumstick leaves *(Moringa oleifera)*	126	12.10	114	NA	105	86.63	21.36	86.00	NA	NA	135	0.21	126	12.10
SLD043	Garden cress *(Lepidium sativum)*	128	35.10	93.16	NA	NA	85.63	8.80	153	NA	9.12	16.87	NA	128	35.10
SLD044	Golden leather fern fiddlehead *(A. aureum)*	17.64	3.55	14.10	ND	ND	ND	ND	ND	ND	ND	202	ND	ND	ND
SLD045	Green milkweed climber *(Wattakaka volubilis)*	9.87	2.44	7.43	ND	ND	ND	ND	ND	ND	ND	185	ND	ND	ND
SLD046	Horse purslane *(Boerhavia diffusa)*	26.95	5.91	21.03	ND	ND	ND	ND	ND	ND	ND	327	ND	ND	ND
SLD047	Hummingbird tree leaves *(Sesbania grandiflora)*	178	8.06	170	NA	NA	7.59	2.46	3.27	NA	7.26	63.33	1.43	178	8.06
SLD048	Indian pennywort *(Centella asiatica)*	5.61	1.95	3.66	ND	ND	ND	ND	ND	ND	ND	152	ND	ND	ND
SLD049	Jack fruit, raw *(Artocarpus heterophyllus)*	11.34	8.77	2.57	NA	501	NA	NA	NA	5.40	6.44	67.63	NA	11.34	8.77
SLD050	Jack fruit, seed, mature *(Artocarpus heterophyllus)*	31.75	27.64	4.11	NA	411	83.86	20.82	NA	1.14	7.69	125	NA	31.75	27.64
SLD051	Knol - Khol *(Brassica oleracea)*	NA	NA	NA	NA	228	6.12	16.23	7.18	NA	7.36	15.78	0.11	NA	NA
SLD052	Knol - Khol, leaves *(B. oleracea* var. *gongylodes)*	2.92	1.88	1.04	NA	NA	38.98	5.47	26.96	NA	3.87	47.33	NA	2.92	1.88
SLD053	Ladies finger *(Abelmoschus esculentus)*	83.89	5.94	77.95	NA	154	16.47	14.87	116	3.22	64.89	3.75	0.13	83.89	5.94
SLD054	Lasia shoots *(Lasia spinosa)*	28.82	10.72	18.10	ND	ND	ND	ND	ND	ND	ND	393	ND	ND	ND
SLD055	Leeks *(Allium ampeloprasum)*	3.92	0.80	3.12	ND	ND	ND	ND	ND	ND	ND	244	ND	ND	ND
SLD056	Lettuce *(Lactuca sativa)*	296	40.04	256	NA	12.52	62.93	9.82	57.00	NA	2.15	50.12	NA	296	40.04
SLD057	Malabar spinach *(Basella alba)*	14.91	2.12	12.80	ND	ND	ND	ND	ND	ND	ND	318	ND	ND	ND
SLD058	Mango, green, raw *(Mangifera indica)*	8.54	3.89	4.65	NA	NA	NA	NA	NA	NA	NA	15.35	NA	8.54	3.89
SLD059	Mushroom, Oyster, white (*Pleurotus ostreatus)*	1.68	0.41	1.27	ND	ND	ND	ND	ND	ND	ND	893	ND	ND	ND

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble											
		OXALAC			TARAC		MALAC	CITAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*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 *(Carica papaya)*	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	ND	ND	ND	ND	ND	ND	ND	170	ND	ND	ND
SLD065	Plantain, ash *(Musa x paradisiaca)*	16.89	9.24	7.65	ND	ND	ND	ND	ND	ND	ND	64.01	ND	ND	ND
SLD066	Plantain, ash, peels *(Musa x paradisiaca)*	9.30	3.92	5.38	ND	ND	ND	ND	ND	ND	ND	88.68	ND	ND	ND
SLD067	Plantain, flower *(Musa x paradisiaca)*	155	120	35.15	NA	NA	NA	65.25	NA	0.04	2.76	2.54	NA	155	120
SLD068	Plantain, green *(Musa x paradisiaca)*	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 *(Musa x paradisiaca)*	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	ND	ND
SLD072	Pumpkin, green, cylindrical *(Cucurbita maxima)*	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	ND	ND	ND	ND	ND	346	ND	ND	ND
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	ND
SLD080	Sweet leaf *(Sauropus androgynus)*	128	24.66	104	ND	ND	ND	ND	ND	ND	ND	153	ND	ND	ND
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	ND	ND	ND	ND	ND	ND	ND	298	ND	ND	ND
SLD086	Water spinach *(Ipomoea aquatica)*	4.97	1.24	3.74	ND	ND	ND	ND	ND	ND	ND	278	ND	ND	ND
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 *(Cucurbita pepo)*	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 *(Cucurbita pepo)*	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.



SLE001



SCIENTIFIC NAME	*Malus domestica*
ENGLISH NAME:	Apple, green
SINHALA NAME:	ඇපල් කොළ
TAMIL NAME:	பச்சை அப்பிள்

SLE002



SCIENTIFIC NAME	*Malus domestica*
ENGLISH NAME:	Apple, Red
SINHALA NAME:	ඇපල් , රතු
TAMIL NAME:	சிவப்பு அப்பிள்

SLE003



SCIENTIFIC NAME	*Persea americana*
ENGLISH NAME:	Avocado fruit
SINHALA NAME:	අලිගැටපේර
TAMIL NAME:	ஆனைக்கொய்யா

SLE004



SCIENTIFIC NAME	*Aegle marmelos*
ENGLISH NAME:	Bael fruit, Indian bael, Slime apple
SINHALA NAME:	බෙලි
TAMIL NAME:	வில்வம் பழம்

SLE005



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Banana, ripe, ambul
SINHALA NAME:	ඇඹුල් කෙසෙල්
TAMIL NAME:	கதலி வாழைப்பழம்

SLE006



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Banana, ripe, anamalu
SINHALA NAME:	ආනමාළු කෙසෙල්
TAMIL NAME:	ஆனை வாழைப்பழம்

SLE007



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Banana, ripe, pome
SINHALA NAME:	පුවාළු කෙසෙල්
TAMIL NAME:	இதரை வாழைப்பழம்

SLE008



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Banana, ripe, Silk
SINHALA NAME:	කෝලිකුට්ටු කෙසෙල්
TAMIL NAME:	கப்பல் வாழைப்பழம்

SLE009



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Banana, ripe, Red
SINHALA NAME:	රතු කෙසෙල්
TAMIL NAME:	செவ்வாழைப்பழம்

SLE010



SCIENTIFIC NAME	*Musa x paradisiaca*
ENGLISH NAME:	Banana, ripe,rubosta, cavendish
SINHALA NAME:	කැවෙන්ඩිෂ්
TAMIL NAME:	சீனி வாழைப்பழம்

SLE011



SCIENTIFIC NAME	*Syzygium cumini*
ENGLISH NAME:	Black-purple berries (Java plum)
SINHALA NAME:	මා දං
TAMIL NAME:	நாவல்ப்பழம்

SLE012



SCIENTIFIC NAME	***Elaeocarpus serratus***
ENGLISH NAME:	Ceylon olive
SINHALA NAME:	වෙරළු
TAMIL NAME:	வெரலு

SLE013



SCIENTIFIC NAME	*Annona squamosa*
ENGLISH NAME:	Custard apple, sugar-apples, sweetsops
SINHALA NAME:	ගැට අනෝදා
TAMIL NAME:	அன்னமுன்னாப்பழம்

SLE014



SCIENTIFIC NAME	*Phoenix dactylifera*
ENGLISH NAME:	Dates, processed
SINHALA NAME:	රට ඉඳි
TAMIL NAME:	பேரிச்சம் பழம்

SLE015



SCIENTIFIC NAME	*Emblica officinalis*
ENGLISH NAME:	Goosberry, Indian gooseberry
SINHALA NAME:	බෙහෙත් නෙල්ලි
TAMIL NAME:	முழு நெல்லிக்காய்

SLE016



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Grapes, seeded, round, black
SINHALA NAME:	කලු මිදි , ඇට ඇති
TAMIL NAME:	கறுப்பு திராட்சைப்பழம்

SLE017



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Grapes, seeded, round, green
SINHALA NAME:	කොළ මිදි ඇට ඇති
TAMIL NAME:	பச்சை திராட்சைப்பழம்

SLE018



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Grapes, seeded, round, red
SINHALA NAME:	රතු මිදි ඇට ඇති
TAMIL NAME:	சிவப்பு திராட்சைப்பழம் (வித்து உள்ளது)

SLE019



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Grapes, seedless, oval, black
SINHALA NAME:	කලු මිදි ඇට නැති
TAMIL NAME:	கறுப்பு திராட்சைப்பழம் (வித்து அற்றது)

SLE020



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Grapes, seedless, round, green
SINHALA NAME:	කොළ මිදි ඇට නැති
TAMIL NAME:	பச்சை திராட்சைப்பழம் (வித்து அற்றது)

SLE021



SCIENTIFIC NAME	*Psidium guajava*
ENGLISH NAME:	Guava, kilo pera
SINHALA NAME:	කිලෝ පේර
TAMIL NAME:	பெரிய கொய்யாப்பழம்

SLE022



SCIENTIFIC NAME	*Psidium cattleyanum*
ENGLISH NAME:	Guava, pink flesh
SINHALA NAME:	රතු පේර
TAMIL NAME:	சிவப்பு கொய்யாப்பழம்

SLE023



SCIENTIFIC NAME	*Psidium guajava*
ENGLISH NAME:	Guava, white flesh
SINHALA NAME:	සුදු පේර
TAMIL NAME:	வெள்ளை கொய்யாப்பழம்

SLE024



SCIENTIFIC NAME	*Artocarpus heterophyllus*
ENGLISH NAME:	Jack fruit, ripe
SINHALA NAME:	වරකා
TAMIL NAME:	பலாப்பழம்

SLE025



SCIENTIFIC NAME	*Syzygium cumini*
ENGLISH NAME:	Jamun fruit, Rose apple, water apple
SINHALA NAME:	පිනි ජම්බු
TAMIL NAME:	ஜம்பு

SLE026



SCIENTIFIC NAME	*Carissa carandas*
ENGLISH NAME:	Karanda, Carandas plum, Bengal
SINHALA NAME:	ජැම්සන්, මහ කරඹ
TAMIL NAME:	களாக்காய்

SLE027



SCIENTIFIC NAME	*Citrus limon*
ENGLISH NAME:	Lemon, juice
SINHALA NAME:	ලෙමන්
TAMIL NAME:	கொடித்தேசி

SLE028



SCIENTIFIC NAME	*Citrus limetta*
ENGLISH NAME:	Lime
SINHALA NAME:	දෙහි
TAMIL NAME:	தேசிக்காய்

SLE029



SCIENTIFIC NAME	*Citrus reticulate*
ENGLISH NAME:	Mandarine, heen naran
SINHALA NAME:	හීන් නාරං
TAMIL NAME:	மண்டரின்

SLE030



SCIENTIFIC NAME	*Mangifera indica*
ENGLISH NAME:	Mango, ripe, bud
SINHALA NAME:	බඩ අඹ
TAMIL NAME:	வெள்ளை கொழும்பான் மாம்பழம்

SLE031



SCIENTIFIC NAME	*Mangifera indica*
ENGLISH NAME:	Mango, ripe, karthakolomban
SINHALA NAME:	කර්තකොලොම්බන් අඹ
TAMIL NAME:	கறுத்தகொழும்பான் மாம்பழம்

SLE032



SCIENTIFIC NAME	*Mangifera indica*
ENGLISH NAME:	Mango, ripe, Tom EJC
SINHALA NAME:	ටොම් ජේ සී අඹ
TAMIL NAME:	மாம்பழம் Tom EJC

SLE033



SCIENTIFIC NAME	*Mangifera indica*
ENGLISH NAME:	Mango, ripe, Vilad
SINHALA NAME:	විලාඩ් අඹ
TAMIL NAME:	விலாட் மாம்பழம்

SLE034



SCIENTIFIC NAME	*Garcinia mangostana*
ENGLISH NAME:	Mangosteen
SINHALA NAME:	මැන්ගුස්
TAMIL NAME:	மங்குஸ்தான் பழம்

SLE035



SCIENTIFIC NAME	*Pithecellobium dulce*
ENGLISH NAME:	Manila tamarind
SINHALA NAME:	අන්දර
TAMIL NAME:	கொறக்காய் புளி

SLE036



SCIENTIFIC NAME	*Cucumis melon*
ENGLISH NAME:	Musk melon, orange flesh (cantaloup)
SINHALA NAME:	කැන්ටලූප් කොමඩු
TAMIL NAME:	முலாம் பழம்

SLE037



SCIENTIFIC NAME	*Borassus flabellifer*
ENGLISH NAME:	Palm fruit, (palmyra) tender
SINHALA NAME:	තල් ම‍ද
TAMIL NAME:	நுங்கு

SLE038



SCIENTIFIC NAME	*Carcia papaya*
ENGLISH NAME:	Papaya, ripe
SINHALA NAME:	ගස්ලබු
TAMIL NAME:	பப்பாளிப்பழம்

SLE039



SCIENTIFIC NAME	*Passiflora edulls*
ENGLISH NAME:	Passion fruit, seeded, yellow
SINHALA NAME:	කහ පෑෂන්, ඇට ඇති
TAMIL NAME:	கொடித்தோடை

SLE040



SCIENTIFIC NAME	*Prunus persica*
ENGLISH NAME:	Pear
SINHALA NAME:	පෙයාස්
TAMIL NAME:	பேரிக்காய்

SLE041



SCIENTIFIC NAME	*Ananas comosus*
ENGLISH NAME:	Pineapple
SINHALA NAME:	අන්නාසි
TAMIL NAME:	அன்னாசிப்பழம்

SLE042



SCIENTIFIC NAME	*Punica granatum*
ENGLISH NAME:	Pomegranate, maroon seeds
SINHALA NAME:	රතු දෙලුම්
TAMIL NAME:	மாதுளம்பழம்

SLE043



SCIENTIFIC NAME	*Citrus maxima*
ENGLISH NAME:	Pummelo
SINHALA NAME:	ජම්බෝල
TAMIL NAME:	நாரத்தங்காய்

SLE044



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Raisins, (currants)
SINHALA NAME:	වියලි මිදි, කලු
TAMIL NAME:	உலர் திராட்சை(கறுப்பு)

SLE045



SCIENTIFIC NAME	*Vitis vinifera*
ENGLISH NAME:	Raisins, (sultanas)
SINHALA NAME:	වියලි මිදි, කොළ
TAMIL NAME:	முந்திரிகை வற்றல்

SLE046



SCIENTIFIC NAME	*Nephelium lappaceum*
ENGLISH NAME:	Rambutan
SINHALA NAME:	රඹුටන්
TAMIL NAME:	றம்புட்டான்

SLE047



SCIENTIFIC NAME	*Achras sapota*
ENGLISH NAME:	Sapota
SINHALA NAME:	සැපතිල්ලා
TAMIL NAME:	சீமை இழுப்பை

SLE048



SCIENTIFIC NAME	*Annona muricata*
ENGLISH NAME:	Soursop
SINHALA NAME:	කටු අන්නෝදා
TAMIL NAME:	சீத்தாப்பழம்

SLE049



SCIENTIFIC NAME	*Averrhoa carambola*
ENGLISH NAME:	Star fruit
SINHALA NAME:	කොමරංකා
TAMIL NAME:	கிளாக்காய்

SLE050



SCIENTIFIC NAME	*Fragaria ananassa*
ENGLISH NAME:	Strawberry
SINHALA NAME:	ස්ට්‍රෝබෙරි
TAMIL NAME:	ஸ்டோபரி

SLE051



SCIENTIFIC NAME	*Tamarindus indicus*
ENGLISH NAME:	Tamarind
SINHALA NAME:	සියඹලා
TAMIL NAME:	புளியம்பழம்

SLE052



SCIENTIFIC NAME	*Citrullus vulgaris*
ENGLISH NAME:	Water melon, dark green
SINHALA NAME:	කොමඩු, තද කොළ
TAMIL NAME:	வத்தகைப்பழம் (கடும்பச்சை)

SLE053



SCIENTIFIC NAME	*Citrullus vulgaris*
ENGLISH NAME:	Water melon, pale green
SINHALA NAME:	කොමඩු, ලා කොළ
TAMIL NAME:	வத்தகைப்பழம்

SLE054



SCIENTIFIC NAME	*Limonia acidissima*
ENGLISH NAME:	Wood Apple
SINHALA NAME:	දිවුල්
TAMIL NAME:	விளாம்பழம்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

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

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohydra -te	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	*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 (*Musa x paradisiaca*)	109	463	71.25	1.11	1.09	23.37	2.27	0.81	1.46	0.92
SLE006	Banana, ripe, anamalu (*Musa x acuminata*)	102	432	71.54	1.04	0.72	22.50	3.55	0.67	2.88	0.67
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	110	463	70.13	1.25	0.32	24.95	2.21	0.78	1.43	1.15
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	107	449	71.36	1.38	0.34	23.92	1.91	0.78	1.13	1.09
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	111	467	70.28	1.29	0.29	25.21	1.98	0.72	1.26	0.95
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	99	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	0.90	0.65	10.95	4.76	1.13	3.63	0.48
SLE012	Ceylon olive (*Elaeocarpus serratus*)	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
SLE018	Grapes, seeded, round, red *(Vitis vinifera)*	49	209	86.51	0.95	0.23	10.69	1.21	0.39	0.82	0.40
SLE019	Grapes, seedless, oval, black *(Vitis vinifera)*	99	415	73.93	1.72	0.64	20.99	1.86	0.62	1.23	0.86
SLE020	Grapes, seedless, round, green *(Vitis vinifera)*	58	244	84.47	0.68	0.25	12.93	1.24	0.43	0.81	0.44
SLE021	Guava, kilo pera (*Psidium guajava*)	39	165	84.18	1.53	0.38	6.88	6.31	1.08	5.23	0.74
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	47	200	81.40	1.14	0.27	9.48	6.83	1.17	5.66	0.88
SLE023	Guava, white flesh *(Psidium guajava)*	31	131	84.10	1.50	0.31	4.85	8.54	1.41	7.13	0.71
SLE024	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
SLE026	Karonda fruit *(Carissa carandas)*	33	141	86.04	1.15	1.67	2.87	7.25	1.38	5.87	1.02
SLE027	Lemon, juice *(Citrus limon)*	38	159	91.29	0.37	0.76	7.36	-	-	-	0.24

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohydra -te	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	*kJ*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLE028	Lime, sweet, pulp *(Citrus limetta)*	26	111	91.70	0.66	0.26	4.99	1.92	0.62	1.30	0.47
SLE029	Mandarine, heen naran (*Citrus reticulate*)	46	195	86.90	1.07	0.37	9.27	2.27	0.70	1.57	0.14
SLE030	Mango, ripe, bud *(Mangifera indica)*	40	169	88.57	0.57	0.57	7.67	2.13	0.99	1.14	0.48
SLE031	Mango, ripe, karthakolomban (Mangifera indica)	79	338	79.13	0.80	0.92	16.70	1.98	0.78	1.20	0.47
SLE032	Mango, ripe, Tom EJC (*Mangifera indica)*	75	318	80.48	0.76	0.98	15.49	1.70	0.68	1.03	0.60
SLE033	Mango, ripe, vilad *(Mangifera indica)*	44	185	87.97	0.76	0.58	8.44	1.82	0.85	0.97	0.44
SLE034	Mangosteen *(Garcinia mangostana)*	52	219	85.52	0.63	0.24	11.41	1.87	0.64	1.23	0.33
SLE035	Manila tamarind *(Pithecellobium dulce)*	81	342	74.54	3.56	1.14	13.54	4.40	1.10	3.30	2.82
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
SLE037	Palm fruit, tender *(Borassus flabellifer)*	24	101	91.93	0.50	0.12	4.92	2.40	0.53	1.87	0.13
SLE038	Papaya, ripe *(Carcia papaya)*	26	112	90.44	0.42	0.16	5.28	3.18	1.22	1.96	0.53
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
SLE040	Pear *(Prunus persica)*	37	158	86.60	0.40	0.29	8.08	4.34	0.44	3.90	0.29
SLE041	Pineapple (*Ananas comosus)*	37	158	87.25	0.41	0.17	8.23	3.53	0.56	2.97	0.41
SLE042	Pomegranate, maroon seeds *(Punica granatum)*	55	233	83.25	1.42	0.11	11.80	2.85	0.55	2.30	0.56
SLE043	Pummelo *(Citrus maxima)*	43	182	88.62	0.63	0.43	8.99	0.83	0.32	0.52	0.50
SLE044	Raisins, dried, black *(Vitis vinifera)*	308	1291	19.18	2.65	0.37	71.83	3.85	1.48	2.37	2.13
SLE045	Raisins, dried, golden *(Vitis vinifera)*	294	1232	22.00	2.54	0.32	68.74	4.36	1.09	3.27	2.05
SLE046	Rambutan *(Nephelium lappaceum)*	73	306	80.87	0.68	0.16	16.84	1.02	0.30	0.71	0.43
SLE047	Sapota *(Achras sapota)*	78	327	72.45	0.90	1.28	15.02	9.69	1.10	8.59	0.67
SLE048	Soursop *(Annona muricata)*	62	260	80.85	0.74	0.94	11.94	4.95	1.16	3.79	0.58
SLE049	Star fruit *(Averrhoa carambola)*	26	110	91.18	0.79	0.39	4.51	2.81	0.64	2.17	0.33
SLE050	Strawberry *(Fragaria ananassa)*	24	103	92.03	0.97	0.56	3.40	2.50	0.99	1.51	0.54
SLE051	Tamarind, pulp *(Tamarindus indicus)*	289	1211	20.32	2.48	0.15	67.98	5.73	1.68	4.05	3.33
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
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	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	µg	µg	mg	mg	mg	mg	mg	mg	mg
SLE001	Apple, green *(Malus domestica)*	0.40	2.45	2.13	0.10	0.10	NA	NA	NA	NA	NA
SLE002	Apple, red *(Malus domestica)*	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 *(Aegle marmelos)*	0.42	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE005	Banana, ripe, ambul (*Musa x paradisiaca*)	9.68	ND	5.44	0.78	0.77	-	0.04	-	-	-
SLE006	Banana, ripe, anamalu (*Musa x acuminata*)	16.4	ND	3.10	0.08	0.06	-	0.14	-	-	-
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 *(Musa x paradisiaca)*	8.8	0.21	1.90	0.01	0.09	NA	0.06	NA	NA	NA
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	8.76	0.20	4.67	0.08	0.08	NA	0.05	NA	NA	NA
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	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 (*Elaeocarpus serratus*)	9.94	ND	7.10	0.01	-	-	0.04	0.04	-	-
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 (*Psidium guajava*)	19.67	ND	2.98	0.09	0.07	0.02	-	-	0.04	0.05
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	29.17	1.46	3.90	0.11	0.08	0.03	NA	NA	0.04	0.04
SLE023	Guava, white flesh *(Psidium guajava)*	52.5	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE024	Jack fruit, ripe *(Artocarpus heterophyllus)*	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 *(Carissa carandas)*	2.6	0.34	2.55	0.06	0.06	NA	NA	NA	NA	NA
SLE027	Lemon, juice *(Citrus limon)*	0.43	0.43	2.24	0.04	0.04	NA	NA	NA	NA	NA

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - Ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	µg	µg	mg	mg	mg	mg	mg	mg	mg
SLE028	Lime, sweet, pulp *(Citrus limetta)*	0.36	3.72	5.00	0.34	0.32	NA	0.22	NA	NA	NA
SLE029	Mandarine, heen naran (*Citrus reticulate*)	23.44	ND	2.07	0.02	0.01	-	-	-	0.01	-
SLE030	Mango, ripe, bud *(Mangifera indica)*	173	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	259	ND	5.15	0.28	0.26	-	0.19	-	-	-
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	169	ND	4.90	0.23	0.21	-	0.19	-	-	-
SLE033	Mango, ripe, vilad *(Mangifera indica)*	146	NA	5.50	0.05	0.05	NA	NA	NA	NA	NA
SLE034	Mangosteen *(Garcinia mangostana)*	0.3	NA	33.18	0.38	0.38	NA	NA	NA	NA	NA
SLE035	Manila tamarind *(Pithecellobium dulce)*	0.36	4.79	5.28	0.01	0.01	NA	NA	NA	NA	NA
SLE036	Musk melon, cantaloupe, orange *(Cucumis melon)*	142	NA	3.60	0.02	0.01	NA	NA	NA	0.03	NA
SLE037	Palm fruit, tender *(Borassus flabellifer)*	NA	11.57	2.79	0.03	0.03	NA	NA	NA	0.02	NA
SLE038	Papaya, ripe *(Carcia papaya)*	171	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE039	Passion fruit, seeded, yellow (*Passiflora edulls*)	97.5	ND	0.84	0.43	0.20	0.39	0.51	0.42	-	1.37
SLE040	Pear *(Prunus persica)*	2.34	0.21	2.45	0.40	0.31	NA	NA	NA	0.30	NA
SLE041	Pineapple (*Ananas comosus)*	5.76	106	18.93	0.02	0.01	NA	NA	NA	0.05	NA
SLE042	Pomegranate, maroon seeds *(Punica granatum)*	0.51	0.97	5.65	0.55	0.54	0.03	NA	NA	NA	NA
SLE043	Pummelo *(Citrus maxima)*	ND	1.78	1.54	0.02	0.01	NA	NA	NA	0.02	NA
SLE044	Raisins, dried, black *(Vitis vinifera)*	0.44	13.72	1.80	0.02	0.01	NA	NA	NA	0.03	NA
SLE045	Raisins, dried, golden *(Vitis vinifera)*	0.44	2.40	19.70	0.08	0.08	NA	NA	NA	NA	NA
SLE046	Rambutan *(Nephelium lappaceum)*	0.48	0.65	4.00	0.27	0.27	NA	NA	NA	NA	NA
SLE047	Sapota *(Achras sapota)*	13.15	3.24	2.60	0.06	0.06	NA	NA	NA	NA	NA
SLE048	Soursop *(Annona muricata)*	0.36	0.96	2.00	0.40	0.40	NA	NA	NA	NA	NA
SLE049	Star fruit *(Averrhoa carambola)*	0.23	3.95	19.81	0.26	0.26	NA	NA	NA	NA	NA
SLE050	Strawberry *(Fragaria ananassa)*	0.36	26.21	1.70	0.11	0.11	NA	NA	NA	NA	NA
SLE051	Tamarind, pulp *(Tamarindus indicus)*	0.24	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE052	Water melon, dark green *(Citrullus vulgaris)*	130	0.59	2.68	0.05	0.05	NA	NA	NA	NA	NA
SLE053	Water melon, pale green *(Citrullus vulgaris)*	63.66	31.83	NA	0.07	0.01	0.15	NA	NA	NA	NA
SLE054	Wood Apple *(Limonia acidissima)*	0.46	NA	NA	NA	NA	NA	NA	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 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*	*µg*	*mg*
SLE001	Apple, green *(Malus domestica)*	0.03	0.01	0.25	0.09	0.04	3.04	3.57
SLE002	Apple, red *(Malus domestica)*	0.01	0.02	0.21	0.12	0.08	3.43	2.90
SLE003	Avocado fruit *(Persea americana)*	0.07	0.08	0.90	1.26	0.18	67.17	9.36
SLE004	Bael fruit *(Aegle marmelos)*	0.03	0.04	0.25	1.62	0.03	55.22	7.50
SLE005	Banana, ripe, ambul (*Musa x paradisiaca*)	ND	0.05	0.82	0.33	0.64	32.98	13.61
SLE006	Banana, ripe, anamalu (*Musa x acuminata*)	ND	0.04	1.53	0.54	0.65	21.07	3.66
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	0.01	0.04	0.48	0.35	0.51	17.93	8.06
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	0.01	0.03	0.44	0.38	0.47	18.12	7.71
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	0.01	0.02	0.46	0.41	0.45	18.92	6.74
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	0.01	0.03	0.46	0.39	0.38	18.01	3.20
SLE011	Black-purple berries, Java plum (*Syzygium cumini*)	0.01	0.02	0.41	0.26	0.07	24.75	19.44
SLE012	Ceylon olive (*Elaeocarpus serratus*)	ND	0.17	1.45	0.07	0.24	20.20	23.99
SLE013	Custard apple, sweetsop *(Annona squamosa)*	0.13	0.09	0.69	0.19	0.07	7.60	21.51
SLE014	Dates, processed *(Phoenix dactylifera)*	0.06	0.02	0.45	0.50	0.06	25.46	18.65
SLE015	Gooseberry, Indian *(Emblica officinalis)*	0.01	0.03	0.10	0.38	0.35	9.39	213
SLE016	Grapes, seeded, round, black *(Vitis vinifera)*	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 (*Psidium guajava*)	ND	0.01	0.61	0.26	0.11	25.24	30.88
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	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 *(Carissa carandas)*	0.01	0.02	0.25	0.67	0.08	8.72	135
SLE027	Lemon, juice *(Citrus limon)*	0.04	0.01	0.09	0.10	0.04	14.34	49.04

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*	*µg*	*mg*
SLE028	Lime, sweet, pulp *(Citrus limetta)*	0.06	0.01	0.21	0.25	0.05	12.10	38.05
SLE029	Mandarine, heen naran (*Citrus reticulate*)	ND	0.01	2.26	0.35	0.28	14.46	20.19
SLE030	Mango, ripe, bud *(Mangifera indica)*	0.03	0.04	0.22	0.11	0.10	69.68	32.08
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	ND	0.01	0.39	0.51	0.10	35.52	17.74
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	ND	0.01	0.53	0.13	0.16	27.91	31.85
SLE033	Mango, ripe, vilad *(Mangifera indica)*	0.02	0.05	0.29	0.09	0.26	67.60	29.97
SLE034	Mangosteen *(Garcinia mangostana)*	0.01	0.01	0.58	0.15	0.18	13.52	26.33
SLE035	Manila tamarind *(Pithecellobium dulce)*	0.18	0.14	0.40	0.18	0.04	4.24	55.78
SLE036	Musk melon, cantaloupe, orange *(Cucumis melon)*	0.01	0.01	0.45	0.11	0.05	22.20	25.20
SLE037	Palm fruit, tender *(Borassus flabellifer)*	0.01	NA	0.46	0.13	0.07	24.40	0.25
SLE038	Papaya, ripe *(Carcia papaya)*	0.02	0.11	0.39	0.51	0.04	54.85	48.62
SLE039	Passion fruit, seeded, yellow (*Passiflora edulls)*	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 *(Citrus maxima)*	0.06	0.01	0.22	0.05	0.04	13.41	48.98
SLE044	Raisins, dried, black *(Vitis vinifera)*	0.09	0.05	0.48	0.16	0.14	38.81	1.92
SLE045	Raisins, dried, golden *(Vitis vinifera)*	0.10	0.03	0.57	0.16	0.14	29.43	2.18
SLE046	Rambutan *(Nephelium lappaceum)*	0.11	0.01	0.26	0.14	0.04	7.35	65.00
SLE047	Sapota *(Achras sapota)*	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 *(Tamarindus indicus)*	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 *(Citrullus vulgaris)*	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

Table 4. MAJOR MINERALS

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

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

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLE028	Lime, sweet, pulp *(Citrus limetta)*	26.00	19.46	15.25	0.81	200
SLE029	Mandarine, heen naran (*Citrus reticulate*)	31.18	13.88	20.36	1.74	226
SLE030	Mango, ripe, bud *(Mangifera indica)*	13.51	12.40	14.87	1.32	160
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	3.12	7.88	6.72	1.48	259
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	3.88	12.22	9.35	1.40	288
SLE033	Mango, ripe, vilad *(Mangifera indica)*	16.93	17.33	14.79	1.60	171
SLE034	Mangosteen *(Garcinia mangostana)*	4.69	7.18	12.00	3.79	46.93
SLE035	Manila tamarind *(Pithecellobium dulce)*	8.51	73.53	32.98	1.35	376
SLE036	Musk melon, cantaloupe, orange *(Cucumis melon)*	7.64	18.04	8.01	16.63	150
SLE037	Palm fruit, tender *(Borassus flabellifer)*	NA	NA	NA	1.25	158
SLE038	Papaya, ripe *(Carcia papaya)*	16.77	15.12	8.90	6.57	181
SLE039	Passion fruit, seeded, yellow (*Passiflora edulls*)	6.22	38.84	29.48	5.00	374
SLE040	Pear *(Prunus persica)*	5.04	5.25	6.58	1.69	103
SLE041	Pineapple (*Ananas comosus)*	10.37	10.82	10.71	1.39	133
SLE042	Pomegranate, maroon seeds *(Punica granatum)*	12.11	37.99	11.64	2.19	204
SLE043	Pummelo *(Citrus maxima)*	14.92	12.38	8.61	1.08	186
SLE044	Raisins, dried, black *(Vitis vinifera)*	72.88	81.59	32.80	10.39	1167
SLE045	Raisins, dried, golden *(Vitis vinifera)*	46.66	80.45	30.43	10.12	985
SLE046	Rambutan *(Nephelium lappaceum)*	8.67	6.98	21.38	1.75	131
SLE047	Sapota *(Achras sapota)*	17.97	21.72	16.85	4.63	275
SLE048	Soursop *(Annona muricata)*	10.05	25.83	17.70	6.78	264
SLE049	Star fruit *(Averrhoa carambola)*	4.97	11.67	11.53	1.56	159
SLE050	Strawberry *(Fragaria ananassa)*	15.28	26.31	15.53	1.19	140
SLE051	Tamarind, pulp *(Tamarindus indicus)*	154	98.00	92.59	27.18	839
SLE052	Water melon, dark green *(Citrullus vulgaris)*	4.05	13.60	9.76	1.53	134
SLE053	Water melon, pale green *(Citrullus vulgaris)*	3.85	10.07	7.29	1.57	130
SLE054	Wood Apple *(Limonia acidissima)*	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 code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
SLE001	Apple, green *(Malus domestica)*	0.26	0.05	0.04	0.09	0.47	0.261	0.839	0.007	3.798	0.592	0.23	0.058	0.01	0.040	0.96	NA
SLE002	Apple, red *(Malus domestica)*	0.20	0.02	0.33	0.08	0.25	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA
SLE003	Avocado fruit *(Persea americana)*	0.81	0.74	0.39	0.75	NA	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA
SLE004	Bael fruit *(Aegle marmelos)*	0.23	0.10	0.15	0.14	0.72	0.419	0.819	0.002	0.042	2.446	0.11	0.077	0.07	0.030	0.65	NA
SLE005	Banana, ripe, ambul (*Musa xparadisiaca*)	0.51	1.50	0.18	0.23	6.14	0.001	0.002	0.008	0.007	-	0.19	0.026	0.96	0.009	0.89	0.14
SLE006	Banana, ripe, anamalu (*Musa xacuminata*)	1.39	1.01	0.22	0.27	3.52	0.001	0.002	0.010	0.005	-	0.14	0.014	1.21	0.013	0.76	0.17
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	0.40	0.36	0.12	0.15	NA	NA	NA	0.017	0.013	NA	NA	0.002	NA	NA	NA	NA
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	0.32	0.10	0.11	0.14	NA	NA	0.002	0.011	0.012	0.002	NA	NA	NA	NA	NA	NA
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	0.24	0.19	0.06	0.09	NA	NA	NA	0.008	0.006	0.001	NA	0.001	NA	NA	NA	NA
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	0.22	0.23	0.21	0.11	NA	NA	0.002	0.012	0.016	0.001	NA	0.001	NA	NA	NA	NA
SLE011	Black-purple berries, Java plum (*Syzygium cumini*)	0.69	0.46	0.05	0.15	NA	NA	NA	NA	0.023	0.002	NA	NA	NA	NA	NA	NA
SLE012	Ceylon olive (*Elaeocarpus serratus*)	0.51	0.20	0.34	0.18	7.39	-	0.001	0.008	0.007	-	0.22	0.019	0.84	0.011	1.02	3.79
SLE013	Custard apple, sweetsop *(Annona squamosa)*	0.42	0.15	0.19	0.22	NA	NA	NA	0.003	NA	NA	NA	NA	NA	NA	NA	NA
SLE014	Dates, processed *(Phoenix dactylifera)*	0.91	0.41	0.27	0.40	0.42	0.001	0.003	0.010	0.032	0.002	2.64	0.005	NA	NA	NA	NA
SLE015	Gooseberry, Indian *(Emblica officinalis)*	1.27	0.13	0.12	0.05	NA	NA	0.001	0.011	0.010	NA	0.08	0.006	NA	NA	NA	NA
SLE016	Grapes, seeded, round, black *(Vitis vinifera)*	0.22	0.08	0.06	0.05	NA	NA	NA	0.008	0.003	NA	NA	0.001	NA	NA	NA	NA
SLE017	Grapes, seeded, round, green *(Vitis vinifera)*	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE018	Grapes, seeded, round, red *(Vitis vinifera)*	0.28	0.10	0.05	0.07	NA	0.001	0.001	0.005	0.001	NA	NA	NA	NA	NA	NA	NA
SLE019	Grapes, seedless, oval, black *(Vitis vinifera)*	0.25	0.15	0.16	0.11	NA	0.001	0.005	0.003	0.025	0.001	NA	NA	NA	NA	NA	NA
SLE020	Grapes, seedless, round, green *(Vitis vinifera)*	0.26	0.08	0.72	0.05	NA	NA	NA	NA	0.002	NA	NA	0.001	NA	NA	NA	NA
SLE021	Guava, kilo pera (*Psidium guajava*)	0.53	0.21	0.59	0.33	4.86	0.003	0.001	0.007	0.006	-	0.10	0.015	1.50	0.001	1.00	4.14
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	0.34	0.17	0.15	0.22	2.85	0.004	0.005	0.008	0.016	NA	NA	0.017	NA	NA	NA	NA
SLE023	Guava, white flesh *(Psidium guajava)*	0.25	0.25	0.12	0.18	2.10	0.003	NA	0.005	0.008	NA	NA	NA	NA	NA	NA	NA
SLE024	Jack fruit, ripe *(Artocarpus heterophyllus)*	0.19	0.49	0.12	0.12	NA	NA	NA	0.003	0.005	NA	NA	0.003	NA	NA	NA	NA
SLE025	Jamun fruit, rose apple, ripe, white *(Syzygium cumini)*	0.45	0.05	0.04	0.07	NA	NA	NA	0.015	0.015	NA	0.45	0.001	NA	NA	NA	NA
SLE026	Karonda fruit *(Carissa carandas)*	0.87	0.24	0.71	0.25	1.57	0.620	0.010	NA	0.010	1.400	0.99	0.021	0.07	1.810	1.84	NA
SLE027	Lemon, juice *(Citrus limon)*	0.13	0.02	0.03	0.07	NA	NA	NA	0.001	0.002	NA	0.09	NA	NA	NA	NA	NA

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
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
SLE029	Mandarine, heen naran (*Citrus reticulate*)	0.81	0.14	0.15	0.35	4.63	-	-	0.090	0.020	-	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 (*Mangifera indica*)	0.10	-	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	-	0.001	0.008	0.006	-	0.11	0.020	1.48	0.009	0.87	4.34
SLE033	Mango, ripe, vilad *(Mangifera indica)*	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 *(Garcinia mangostana)*	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 *(Pithecellobium dulce)*	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 *(Borassus flabellifer)*	NA	NA	NA	0.05	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE038	Papaya, ripe *(Carcia papaya)*	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	-	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 (*Ananas comosus)*	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 *(Citrus maxima)*	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 *(Vitis vinifera)*	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 *(Vitis vinifera)*	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 *(Achras sapota)*	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 *(Fragaria ananassa)*	0.36	0.43	0.07	0.14	0.30	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE051	Tamarind, pulp *(Tamarindus indicus)*	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 *(Limonia acidissima)*	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 code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
SLE001	Apple, green *(Malus domestica)*	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 *(Malus domestica)*	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 *(Persea americana)*	1.04	15.56	3.48	4.46	13.37	4.48	4.25	5.38	1.58	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	0.65	4.62	1.26	3.29	5.86	2.43	4.81	2.52	4.86	3.86
SLE005	Banana, ripe, ambul (*Musa x paradisiaca*)	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 (*Musa x acuminata*)	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 *(Musa x paradisiaca)*	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 *(Musa x paradisiaca)*	0.90	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 *(Musa x paradisiaca)*	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 *(Musa x paradisiaca)*	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 (*Elaeocarpus serratus*)	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 (*Psidium guajava*)	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 *(Psidium cattleyanum)*	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 *(Psidium guajava)*	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 *(Carissa carandas)*	0.85	15.38	3.66	4.85	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 *(Citrus limon)*	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 code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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
SLE028	Lime, sweet, pulp *(Citrus limetta)*	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLE029	Mandarine, heen naran (*Citrus reticulate*)	0.51	15.81	3.84	5.84	14.16	8.13	4.45	5.53	1.16	4.75	0.64	3.85	5.23	4.29	3.25	2.17	7.03	3.94
SLE030	Mango, ripe, bud *(Mangifera indica)*	1.37	11.34	5.16	4.12	14.72	4.25	5.17	8.16	0.87	6.35	1.43	3.55	8.74	1.36	3.31	2.28	5.50	3.67
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	0.94	9.43	4.55	5.06	12.85	4.41	5.19	5.90	0.83	6.17	1.48	5.01	7.70	4.30	7.93	2.99	5.51	5.53
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	0.91	8.94	4.18	4.87	13.12	4.72	5.22	6.92	0.82	5.95	1.15	4.64	6.87	4.56	7.42	2.74	5.04	8.10
SLE033	Mango, ripe, vilad *(Mangifera indica)*	1.48	11.29	5.27	4.02	14.84	3.98	5.33	9.82	0.98	6.03	0.55	4.35	8.33	2.08	4.25	1.93	3.00	3.91
SLE034	Mangosteen *(Garcinia mangostana)*	1.21	14.16	6.87	4.76	13.30	4.27	7.07	7.60	0.81	5.36	1.29	4.54	9.10	2.86	6.21	2.51	2.83	2.64
SLE035	Manila tamarind *(Pithecellobium dulce)*	1.14	13.85	4.81	4.86	16.45	3.56	4.21	6.25	0.59	4.92	1.26	3.64	5.60	1.85	4.35	2.78	2.21	3.35
SLE036	Musk melon, cantaloupe, orange *(Cucumis melon)*	0.36	11.13	3.25	4.41	26.91	2.39	3.83	12.48	0.87	3.32	0.96	2.14	4.22	1.43	1.88	0.92	1.61	2.44
SLE037	Palm fruit, tender *(Borassus flabellifer)*	0.44	13.86	4.32	5.18	16.82	4.17	4.56	6.84	1.10	4.31	0.85	4.16	3.74	1.25	2.76	3.14	2.35	3.85
SLE038	Papaya, ripe *(Carcia papaya)*	1.73	14.35	2.76	3.91	11.64	3.79	5.08	4.37	0.69	4.69	0.68	2.19	4.75	2.81	2.01	0.52	4.89	2.25
SLE039	Passion fruit, seeded, yellow (*Passiflora edulls*)	0.58	12.02	2.73	4.86	19.95	5.15	4.20	4.95	1.12	3.55	1.61	3.10	5.69	2.99	5.93	2.55	3.55	9.00
SLE040	Pear *(Prunus persica)*	0.44	24.87	3.35	4.59	10.66	2.91	4.09	6.65	0.61	4.70	0.72	3.23	4.15	1.21	3.78	1.33	2.27	2.18
SLE041	Pineapple (*Ananas comosus)*	0.97	24.68	2.79	4.88	12.93	3.82	4.60	8.25	2.29	4.20	1.30	2.64	4.02	2.94	2.12	1.48	4.13	3.04
SLE042	Pomegranate, maroon seeds *(Punica granatum)*	0.41	8.46	2.97	5.53	30.56	3.76	3.62	4.95	0.85	2.22	0.53	1.40	5.13	1.35	3.41	1.99	0.62	5.10
SLE043	Pummelo *(Citrus maxima)*	0.51	27.67	3.16	4.78	12.33	9.39	2.74	7.62	0.79	4.22	0.88	2.84	4.66	1.84	2.41	1.75	3.82	5.15
SLE044	Raisins, dried, black *(Vitis vinifera)*	0.93	6.86	2.98	4.44	10.40	9.29	3.07	6.57	0.57	2.93	0.93	2.00	4.80	1.53	2.20	1.86	2.54	12.86
SLE045	Raisins, dried, golden *(Vitis vinifera)*	0.69	6.52	3.40	4.86	11.22	9.13	3.45	8.00	0.76	2.81	0.76	1.81	4.07	1.41	2.64	3.12	3.30	13.56
SLE046	Rambutan *(Nephelium lappaceum)*	1.25	12.73	4.01	2.69	28.08	4.66	6.62	5.87	0.76	4.77	1.12	1.90	4.66	2.70	2.41	3.38	3.54	6.75
SLE047	Sapota *(Achras sapota)*	0.63	12.10	5.49	4.93	11.76	3.97	5.42	6.04	0.59	6.00	1.08	3.20	6.44	3.61	4.67	3.87	4.02	7.45
SLE048	Soursop *(Annona muricata)*	0.84	15.84	4.56	5.17	19.99	5.69	5.07	4.30	0.57	5.91	1.02	4.45	6.62	3.31	4.99	2.93	4.67	3.63
SLE049	Star fruit *(Averrhoa carambola)*	0.87	17.40	3.89	4.67	18.55	3.35	4.45	6.10	0.74	4.21	0.91	2.80	5.67	3.89	4.07	2.60	5.30	5.37
SLE050	Strawberry *(Fragaria ananassa)*	0.93	19.70	4.32	4.10	15.88	3.41	5.63	4.98	0.67	4.51	0.86	3.61	5.61	2.88	2.50	2.56	3.14	4.51
SLE051	Tamarind, pulp *(Tamarindus indicus)*	0.75	13.22	3.52	3.08	15.60	4.41	4.19	4.13	0.87	4.50	1.03	3.91	5.76	3.28	6.45	2.32	5.11	3.99
SLE052	Water melon, dark green *(Citrullus vulgaris)*	1.34	17.85	4.25	2.84	13.87	3.45	1.78	4.12	0.77	3.71	0.81	3.61	3.12	2.16	2.61	2.36	3.51	8.10
SLE053	Water melon, pale green *(Citrullus vulgaris)*	1.34	15.24	4.33	3.67	15.24	4.35	2.15	3.67	0.91	3.77	0.88	3.12	3.26	1.77	2.91	2.91	3.12	7.89
SLE054	Wood Apple *(Limonia acidissima)*	0.91	26.57	2.36	4.86	19.32	5.32	3.76	6.34	0.52	4.03	0.71	4.04	3.25	2.56	1.52	1.39	2.63	8.94

Table 7. FATTY ACIDS

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

Food code	Food Name	Saturated Fatty Acids								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D 2CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLE001	Apple, green *(Malus domestica)*	154	-		103	39.27	11.40	-	-	51.13	-	51.13	-	-	282	249	32.60
SLE002	Apple, red *(Malus domestica)*	116	-	-	77.85	28.51	9.74	-	-	40.99	-	40.99	-	-	223	173	49.73
SLE003	Avocado fruit *(Persea americana)*	1237	-	-	1237	-	-	-	-	8710	495	8215	-	-	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	-	-	154	87.01	66.18
SLE005	Banana, ripe, ambul (*Musa xparadisiaca*)	396	-	7.75	326	29.99	8.15	6.67	8.82	56.66	20.12	36.54	-	-	419	250	169
SLE006	Banana, ripe, anamalu (*Musa xacuminata*)	265	-	5.28	232	17.69	5.40	-	-	55.81	17.41	38.40	-	-	251	137	114
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	110	-	-	103	6.80	-	-	-	14.38	5.65	8.73	-	-	132	68.33	63.24
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	110	-	-	102	8.16	-	-	-	31.50	3.63	27.87	-	-	130	63.44	66.93
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	106	-	-	96.58	9.74	-	-	-	17.78	6.45	11.32	-	-	108	61.66	46.23
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	118	-	-	109	9.53	-	-	-	22.64	5.88	16.77	-	-	123	48.31	74.67
SLE011	Black-purple berries, Java plum (*Syzygium cumini*)	193	-	5.58	133	29.88	7.33	6.43	11.16	94.79	6.44	88.34	-	-	232	156	76.48
SLE012	Ceylon olive (*Elaeocarpus serratus*)	113	-	6.10	83.17	19.46	4.20	-	-	31.14	-	31.14	-	-	71.93	33.22	37.71
SLE013	Custard apple, sweetsop *(Annona squamosa)*	138	-	-	90.45	30.45	5.67	3.87	7.56	39.74	4.89	34.85	-	-	132	78.56	53.47
SLE014	Dates, processed *(Phoenix dactylifera)*	150	-	-	114	35.56	-	-	-	46.73	-	46.73	-	-	132	122	9.88
SLE015	Gooseberry, Indian *(Emblica officinalis)*	35.70	-	-	23.62	12.08	-	-	-	22.17	-	22.17	-	-	70.14	44.98	25.16
SLE016	Grapes, seeded, round, black *(Vitis vinifera)*	106	-	-	72.49	15.26	4.45	8.15	5.60	12.73	-	12.73	-	-	139	94.88	44.44
SLE017	Grapes, seeded, round, green *(Vitis vinifera)*	90.86	-	-	61.62	12.29	3.41	7.74	5.80	11.92	-	11.92	-	-	121	84.71	36.51
SLE018	Grapes, seeded, round, red *(Vitis vinifera)*	88.20	-	-	64.56	14.55	4.05	-	5.04	11.98	-	11.98	-	-	124	83.42	40.79
SLE019	Grapes, seedless, oval, black *(Vitis vinifera)*	52.46	-	-	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	-	-	63.45	16.89	2.89	4.95	-	9.35	-	9.35	-	-	112	79.98	31.54
SLE021	Guava, kilo pera (*Psidium guajava*)	56.44	-	1.04	39.65	13.63	2.12	-	-	19.98	0.70	19.28	-	-	223	213	10.14
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	26.59	-	-	16.99	9.60	-	-	-	13.84	-	13.84	-	-	95.57	88.52	7.05
SLE023	Guava, white flesh *(Psidium guajava)*	46.16	-	0.61	26.91	15.59	1.94	0.50	0.61	33.18	-	32.55	0.63	-	169	158	10.71
SLE024	Jack fruit, ripe *(Artocarpus heterophyllus)*	36.42	-	-	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	-	-	46.14	20.35	3.82	-	-	21.70	3.34	18.36	-	-	51.99	45.51	6.47
SLE026	Karonda fruit *(Carissa carandas)*	66.81	-	-	42.89	20.47	3.45	-	-	24.12	3.64	20.48	-	-	52.60	45.12	7.48
SLE027	Lemon, juice *(Citrus limon)*	211	-	-	152	27.64	-	31.56	-	47.73		47.73	-	-	349	266	83.14

Food code	Food Name	Saturated Fatty Acids								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLE028	Lime, sweet, pulp *(Citrus limetta)*	81.65	-	-	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	-	-	122	80.52	41.62
SLE030	Mango, ripe, bud *(Mangifera indica)*	174	-	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	-	23.84	250	11.57	3.13	-	-	308	136	172	-	-	140	38.62	102
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	309	2.19	17.36	265	10.15	3.56	3.77	6.69	355	244	111	-	-	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	-	-	82.96	19.60	63.37
SLE034	Mangosteen *(Garcinia mangostana)*	176	2.54	22.48	135	7.85	1.58	2.01	4.12	165	69.87	95.47	-	-	88.60	20.48	68.12
SLE035	Manila tamarind *(Pithecellobium dulce)*	27.81	-	-	20.98	3.54	0.97	1.07	1.25	33.45	-	33.45	-	-	19.49	6.01	13.48
SLE036	Musk melon, cantaloupe, orange *(Cucumis melon)*	90.48	-	-	73.87	16.61	-	-	-	25.49	6.87	18.62	-	-	156	95.43	60.60
SLE037	Palm fruit, tender *(Borassus flabellifer)*	33.36	-	2.45	22.45	8.46	-	-	-	38.32	5.47	32.85	-	-	76.42	50.64	25.78
SLE038	Papaya, ripe *(Carcia papaya)*	55.77	-	5.55	45.49	4.72	-	-	-	24.29	9.01	15.28	-	-	47.95	10.87	37.08
SLE039	Passion fruit, seeded, yellow (*Passiflora edulls*)	281	-	1.89	219	51.25	3.43	1.93	2.36	261	6.50	252	3.02	-	1393	1357	35.69
SLE040	Pear *(Prunus persica)*	85.28	-	-	55.90	18.18	4.57	3.55	3.08	29.57	-	29.57	-	-	117	96.50	20.64
SLE041	Pineapple (*Ananas comosus)*	52.37	-	-	43.16	9.21	-	-	-	34.97	-	34.97	-	-	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	-	37.09	2.32	-	33.31	31.32	1.99
SLE043	Pummelo *(Citrus maxima)*	115	-	-	88.05	19.41	-	3.56	4.32	41.08	8.62	32.46	-	-	188	134	53.10
SLE044	Raisins, dried, black *(Vitis vinifera)*	66.68	-	-	50.74	15.94	-	-	-	51.61	-	51.61	-	-	178	164	13.41
SLE045	Raisins, dried, golden *(Vitis vinifera)*	111	-	-	85.60	25.10	-	-	-	29.59	-	29.59	-	-	116	87.88	27.84
SLE046	Rambutan *(Nephelium lappaceum)*	144	-	-	120	24.12	-	-	-	160	14.25	145	-	-	362	160	202
SLE047	Sapota *(Achras sapota)*	392	-	-	346	45.87	-	-	-	248	42.48	205	-	-	353	232	120
SLE048	Soursop *(Annona muricata)*	135	-	-	89.00	28.84	4.98	4.01	7.98	38.54	4.56	33.98	-	-	132	77.98	54.02
SLE049	Star fruit *(Averrhoa carambola)*	20.77	-	-	10.23	10.54	-	-	-	33.62	3.50	30.12	-	-	191	151	39.90
SLE050	Strawberry *(Fragaria ananassa)*	66.21	-	-	50.68	10.62	3.81	1.11	-	77.87	-	77.87	-	-	291	179	112
SLE051	Tamarind, pulp *(Tamarindus indicus)*	28.18	-	-	21.18	3.03	0.98	1.06	1.93	34.63	-	34.63	-	-	17.19	5.58	11.60
SLE052	Water melon, dark green *(Citrullus vulgaris)*	38.79	-	-	31.64	7.16	-	-	-	24.40	-	24.40	-	-	64.81	49.86	14.95
SLE053	Water melon, pale green *(Citrullus vulgaris)*	48.03	-	-	40.59	7.43	-	-	-	10.35	-	10.35	-	-	61.62	52.81	8.82
SLE054	Wood Apple *(Limonia acidissima)*	872	-	-	643	164	32.56	18.62	12.98	575	32.14	543	-	-	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)

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLE001	Apple, green *(Malus domestica)*	9.53	9.53	8.36	1.03	0.14	NA	NA	NA
SLE002	Apple, red *(Malus domestica)*	8.39	8.39	7.19	1.08	0.12	NA	NA	NA
SLE003	Avocado fruit *(Persea americana)*	1.75	1.65	1.00	0.44	0.21	NA	NA	0.10
SLE004	Bael fruit *(Aegle marmelos)*	23.55	16.35	9.58	2.65	4.12	NA	NA	7.20
SLE005	Banana, ripe, ambul (*Musa x paradisiaca*)	21.65	19.49	9.29	7.84	2.36	ND	ND	2.16
SLE006	Banana, ripe, anamalu (*Musa xacuminata*)	21.83	18.76	9.72	2.69	6.36	ND	ND	3.07
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	18.22	14.90	6.32	7.68	0.90	NA	NA	3.32
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	17.32	12.58	5.45	6.14	0.98	NA	NA	4.74
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	18.53	14.57	6.03	4.05	4.49	NA	NA	3.96
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	19.06	13.73	6.59	3.99	3.15	NA	NA	5.33
SLE011	Black-purple berries, Java plum (*Syzygium cumini*)	7.87	7.87	4.67	2.54	0.66	NA	NA	NA
SLE012	Ceylon olive (*Elaeocarpus serratus*)	16.77	15.70	8.89	2.70	4.12	ND	ND	1.07
SLE013	Custard apple, sweetsop *(Annona squamosa)*	13.69	13.35	9.10	4.25	NA	NA	NA	0.34
SLE014	Dates, processed *(Phoenix dactylifera)*	58.66	56.90	22.32	4.98	29.60	NA	NA	1.76
SLE015	Gooseberry, Indian *(Emblica officinalis)*	3.93	3.40	2.08	1.32	NA	NA	NA	0.53
SLE016	Grapes, seeded, round, black *(Vitis vinifera)*	10.02	10.02	7.10	2.77	0.15	NA	NA	NA
SLE017	Grapes, seeded, round, green *(Vitis vinifera)*	9.58	9.58	7.11	2.36	0.11	NA	NA	NA
SLE018	Grapes, seeded, round, red *(Vitis vinifera)*	10.39	10.39	7.78	2.51	0.10	NA	NA	NA
SLE019	Grapes, seedless, oval, black *(Vitis vinifera)*	9.15	9.15	7.09	1.98	0.08	NA	NA	NA
SLE020	Grapes, seedless, round, green *(Vitis vinifera)*	9.64	9.64	7.41	2.16	0.07	NA	NA	NA
SLE021	Guava, kilo pera (*Psidium guajava*)	5.97	5.76	3.36	1.31	1.09	ND	ND	0.21
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	8.17	7.46	3.68	3.59	0.19	NA	NA	0.71
SLE023	Guava, white flesh *(Psidium guajava)*	4.63	4.02	1.97	1.88	0.17	NA	NA	0.61
SLE024	Jack fruit, ripe *(Artocarpus heterophyllus)*	12.75	12.21	4.08	3.37	4.76	NA	NA	0.54
SLE025	Jamun fruit, rose apple, ripe, white *(Syzygium cumini)*	8.24	6.78	4.45	2.19	0.14	NA	NA	1.46
SLE026	Karonda fruit *(Carissa carandas)*	2.55	1.75	1.19	0.56	NA	NA	NA	0.80
SLE027	Lemon, juice *(Citrus limon)*	2.63	2.63	1.04	1.26	0.33	NA	NA	NA

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*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 *(Mangifera indica)*	7.83	7.83	2.33	0.77	4.73	NA	NA	NA
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	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 *(Carcia papaya)*	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 *(Citrus maxima)*	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 *(Achras sapota)*	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)

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			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 *(Aegle marmelos)*	0.30	0.41	3.39
SLE005	Banana, ripe, ambul (*Musa xparadisiaca*)	ND	ND	ND
SLE006	Banana, ripe, anamalu (*Musa xacuminata*)	ND	ND	ND
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	1.18	1.23	10.15
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	1.33	1.50	12.28
SLE009	Banana, ripe, red *(Musa x paradisiaca)*	1.22	1.39	12.20
SLE010	Banana, ripe, Cavendish *(Musa x paradisiaca)*	0.87	0.89	9.66
SLE011	Black-purple berries, Java plum (*Syzygium cumini*)	0.75	0.11	34.99
SLE012	Ceylon olive (*Elaeocarpus serratus*)	ND	ND	ND
SLE013	Custard apple, sweetsop *(Annona squamosa)*	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 (*Psidium guajava*)	ND	ND	ND
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	0.58	0.22	40.40
SLE023	Guava, white flesh *(Psidium guajava)*	0.59	0.10	44.37
SLE024	Jack fruit, ripe *(Artocarpus heterophyllus)*	1.00	17.93	33.69
SLE025	Jamun fruit, rose apple, ripe, white *(Syzygium cumini)*	0.78	0.15	26.08
SLE026	Karonda fruit *(Carissa carandas)*	0.72	0.48	4.92
SLE027	Lemon, juice *(Citrus limon)*	NA	NA	NA

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLE028	Lime, sweet, pulp *(Citrus limetta)*	NA	NA	NA
SLE029	Mandarine, heen naran (*Citrus reticulate*)	ND	ND	ND
SLE030	Mango, ripe, bud *(Mangifera indica)*	0.87	0.48	10.37
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	ND	ND	ND
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	ND	ND	ND
SLE033	Mango, ripe, vilad *(Mangifera indica)*	0.92	0.47	12.64
SLE034	Mangosteen *(Garcinia mangostana)*	0.67	0.37	4.32
SLE035	Manila tamarind *(Pithecellobium dulce)*	0.29	0.97	16.43
SLE036	Musk melon, cantaloupe, orange *(Cucumis melon)*	0.16	0.38	2.74
SLE037	Palm fruit, tender *(Borassus flabellifer)*	NA	NA	NA
SLE038	Papaya, ripe *(Carcia papaya)*	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 *(Citrus maxima)*	34.21	0.93	24.23
SLE044	Raisins, dried, black *(Vitis vinifera)*	1.91	1.04	41.02
SLE045	Raisins, dried, golden *(Vitis vinifera)*	1.68	0.96	37.97
SLE046	Rambutan *(Nephelium lappaceum)*	NA	NA	NA
SLE047	Sapota *(Achras sapota)*	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 *(Tamarindus indicus)*	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 *(Limonia acidissima)*	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)

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

Food code	Food Name	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin	α - Carotene	β – Carotene
		LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB
		µg	µg	µg	µg	µg	µg
SLE028	Lime, sweet, pulp *(Citrus limetta)*	10.30	1.74	NA	NA	NA	2.21
SLE029	Mandarine, heen naran (*Citrus reticulate*)	12.72	42.24	-	146	18.53	58.40
SLE030	Mango, ripe, bud *(Mangifera indica)*	2.89	1.94	NA	4.85	NA	1034
SLE031	Mango, ripe, karthakolomban (*Mangifera indica*)	8.44	1.14	-	2.74	-	1551
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	5.28	0.74	-	1.81	-	1014
SLE033	Mango, ripe, vilad *(Mangifera indica)*	2.87	5.41	NA	1.15	NA	876
SLE034	Mangosteen *(Garcinia mangostana)*	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 *(Borassus flabellifer)*	5.80	1.50	NA	NA	NA	NA
SLE038	Papaya, ripe *(Carcia papaya)*	6.15	345	782	775	NA	641
SLE039	Passion fruit, seeded, yellow (*Passiflora edulls*)	53.63	6.00	-	-	-	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 *(Citrus maxima)*	ND	ND	ND	NA	NA	ND
SLE044	Raisins, dried, black *(Vitis vinifera)*	9.42	1.22	NA	NA	NA	2.65
SLE045	Raisins, dried, golden *(Vitis vinifera)*	29.30	3.49	NA	NA	NA	2.66
SLE046	Rambutan *(Nephelium lappaceum)*	16.80	2.50	NA	NA	NA	2.90
SLE047	Sapota *(Achras sapota)*	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 *(Tamarindus indicus)*	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 *(Citrullus vulgaris)*	799	10.64	1019	NA	NA	382
SLE054	Wood Apple *(Limonia acidissima)*	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)

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble											
		OXALAC			TARAC		MALAC	CITAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*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	NA	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	NA	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 (*Musa x paradisiaca*)	1.45	0.80	0.65	ND	ND	ND	ND	ND	ND	ND	45.93	ND	ND	ND
SLE006	Banana, ripe, anamalu (*Musa x acuminata*)	13.30	3.60	9.70	ND	ND	ND	ND	ND	ND	ND	9.90	ND	ND	ND
SLE007	Banana, ripe, pome *(Musa x paradisiaca)*	NA	NA	NA	5.12	NA	2.32	290	NA	NA	0.67	12.49	0.28	0.23	NA
SLE008	Banana, ripe, silk *(Musa x paradisiaca)*	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 *(Musa x paradisiaca)*	NA	NA	NA	4.15	NA	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 (*Elaeocarpus serratus*)	13.27	0.82	12.45	ND	ND	ND	ND	ND	ND	ND	39.86	ND	ND	ND
SLE013	Custard apple, sweetsop *(Annona squamosa)*	35.10	22.28	12.82	NA	NA	1.11	11.23	6.53	NA	12.81	15.22	NA	NA	NA
SLE014	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	ND	ND	ND	ND	62.02	ND	ND	ND
SLE022	Guava, pink flesh *(Psidium cattleyanum)*	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 *(Psidium guajava)*	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
SLE026	Karonda fruit *(Carissa carandas)*	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

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble											
		OXALAC			TARAC		MALAC	CITAC	SUCAC		FUMAC				
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*g*
SLE028	Lime, sweet, pulp *(Citrus limetta)*	0.66	0.29	0.37	NA	NA	118	3451	414	NA	0.43	NA	NA	NA	NA
SLE029	Mandarine, heen naran (*Citrus reticulate*)	7.74	1.57	6.18	ND	ND	ND	ND	ND	ND	ND	110	ND	ND	ND
SLE030	Mango, ripe, bud *(Mangifera indica)*	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	ND	ND	ND	ND	ND	ND	ND	22.17	ND	ND	ND
SLE032	Mango, ripe, Tom EJC (*Mangifera indica*)	1.93	1.17	0.75	ND	ND	ND	ND	ND	ND	ND	72.28	ND	ND	ND
SLE033	Mango, ripe, vilad *(Mangifera indica)*	9.71	7.79	1.92	NA	NA	74.82	442	3.84	0.31	0.42	79.32	NA	NA	NA
SLE034	Mangosteen *(Garcinia mangostana)*	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 *(Carcia papaya)*	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	ND	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 *(Citrus maxima)*	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 *(Vitis vinifera)*	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	NA	NA	NA	12.65	NA	NA	1.77	5.65	NA	NA	NA
SLE047	Sapota *(Achras sapota)*	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 *(Fragaria ananassa)*	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 *(Citrullus vulgaris)*	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.



Marine and Brackish Water Fish

SLF001



SCIENTIFIC NAME: *Stolephorus indicus*
ENGLISH NAME: Anchovy
SINHALA NAME: හැඳැල්ලා
TAMIL NAME: நெத்தலி மீன்

SLF002



SCIENTIFIC NAME: *Lates calcarifer*
ENGLISH NAME: Asian Seabass
SINHALA NAME: මෝදා
TAMIL NAME: கொடுவா

SLF003



SCIENTIFIC NAME: *Sphyraena jello*
ENGLISH NAME: Barracuda, Pickhandle
SINHALA NAME: තීලාවා
TAMIL NAME: சீலா

SLF004



SCIENTIFIC NAME: *Tachysurus thalassinus*
ENGLISH NAME: Cat fish
SINHALA NAME: ඇංගුලුවා
TAMIL NAME: கெழுத்தி மீன்

SLF005



SCIENTIFIC NAME: *Rachycentron canadum*
ENGLISH NAME: Cobia
SINHALA NAME: මූදිල්ලා
TAMIL NAME: அறக்குளா

SLF006



SCIENTIFIC NAME: *Lethrinus nebulosus*
ENGLISH NAME: Emperor fish, Spangled
SINHALA NAME: මීවැටි
TAMIL NAME: விளைமீன்

SLF007



SCIENTIFIC NAME: *Etroplus suratensis*
ENGLISH NAME: Green chromide
SINHALA NAME: කලපු කොරලියා
TAMIL NAME: கருமுரல்

SLF008



SCIENTIFIC NAME: *Epinephelus coioides*
ENGLISH NAME: Grouper
SINHALA NAME: ගල් කොස්සා
TAMIL NAME: களவாய்

SLF009



SCIENTIFIC NAME: *Lepturacanthus savala*
ENGLISH NAME: Hairtail fish
SINHALA NAME: සාවාලයා
TAMIL NAME: விலாங்கு

SLF010



SCIENTIFIC NAME: *Rastrelliger kanagurta*
ENGLISH NAME: Indian mackerel
SINHALA NAME: කුම්බලා
TAMIL NAME: புச்ச கண்ணி

SLF011



SCIENTIFIC NAME: *Aluterus monoceros*
ENGLISH NAME: Leatherjacket fish
SINHALA NAME: සිවියා
TAMIL NAME: கோழிகிளாத்தி

SLF012



SCIENTIFIC NAME: *Coryphaena hippurus*Betel
ENGLISH NAME: Mahi-mahi
SINHALA NAME: වන්නා
TAMIL NAME: பார்லா

SLF013



SCIENTIFIC NAME: *Istiompax indica*
ENGLISH NAME: Marlin
SINHALA NAME: කොප්පරා
TAMIL NAME: கொப்பரா

SLF014



SCIENTIFIC NAME: *Nemipterus mesoprion*
ENGLISH NAME: Mauve-lip thread-fin bream
SINHALA NAME: සුද්දා
TAMIL NAME: துள்ளுவண்டு மீன்

SLF015



SCIENTIFIC NAME: *Parastromateus niger*
ENGLISH NAME: Pomfret, Black
SINHALA NAME: වව්වාලයා,
TAMIL NAME: வௌவால் மீன்

SLF016



SCIENTIFIC NAME: *Elagatis bipinnulata*
ENGLISH NAME: Rainbow runner
SINHALA NAME: ලේනපරා
TAMIL NAME: கெளிச்சல் மீன்

SLF017



SCIENTIFIC NAME: *Mobula kuhlii*
ENGLISH NAME: Ray, Shortfin devil
SINHALA NAME: අංග මඩුවා
TAMIL NAME: கொம்பு திருக்கை

SLF018



SCIENTIFIC NAME: *Dasyatis Pastinaca*
ENGLISH NAME: Ray, Stingray
SINHALA NAME: මඩුවා
TAMIL NAME: திருக்கை

SLF019



SCIENTIFIC NAME: *Istiophorus platypterus*
ENGLISH NAME: Sailfish, Indo-Pacific
SINHALA NAME: තලපත්
TAMIL NAME: மயில் மீன்

SLF020



SCIENTIFIC NAME: *Sardinella gibbose*
ENGLISH NAME: Sardinella, Goldstripe
SINHALA NAME: සාලයා
TAMIL NAME: நோனலாய்

SLF021



SCIENTIFIC NAME: *Amblygaster sirm*
ENGLISH NAME: Sardinella, spotted
SINHALA NAME: හුරුල්ලා
TAMIL NAME: சாலை மீன்

SLF022



SCIENTIFIC NAME: *Sardinella albella*
ENGLISH NAME: Sardinella, White
SINHALA NAME: සුඩයා
TAMIL NAME: சூடை

SLF023



SCIENTIFIC NAME: *decapterus macarellus*
ENGLISH NAME: Scad, mackerel
SINHALA NAME: ලින්නා
TAMIL NAME: போலா பாரகுட்டி

SLF024



SCIENTIFIC NAME: *Selaroides leptolepis*
ENGLISH NAME: Scad, yellow-stripe
SINHALA NAME: සුරා පරවා
TAMIL NAME: செம்பாரை

SLF025



SCIENTIFIC NAME: *scomberomorus commerson*
ENGLISH NAME: Seer fish
SINHALA NAME: තෝරා
TAMIL NAME: அறகுளா

SLF026



SCIENTIFIC NAME: *Sphyrna mokarran*
ENGLISH NAME: Shark, great hammerhead
SINHALA NAME: උදලු මෝරා
TAMIL NAME: கொம்பன் சுறா

SLF027



SCIENTIFIC NAME: *Carcharhinus falciformis*
ENGLISH NAME: Shark, Silky shark
SINHALA NAME: බල මෝරා, කිරි මෝරා
TAMIL NAME: பால் சுறா

SLF028



SCIENTIFIC NAME: *Xiphias gladius*
ENGLISH NAME: Swordfish
SINHALA NAME: සප්පරා
TAMIL NAME: கடு கொப்பறா

SLF029



SCIENTIFIC NAME: *Carnax heberi*
ENGLISH NAME: Trevally, Blacktip
SINHALA NAME: ගුරු පරවා
TAMIL NAME: கருங்கண்ணி பாரை

SLF030



SCIENTIFIC NAME: *Alectis indicus*
ENGLISH NAME: Trevally, Diamond
SINHALA NAME: කණ්නාඩි පරවා
TAMIL NAME: கண்ணாடி பாரை

SLF031



SCIENTIFIC NAME: *Caranx ignobilis*
ENGLISH NAME: Trevally, giant
SINHALA NAME: ගොලියා පරවා
TAMIL NAME: வத்தாவா பாரை

SLF032



SCIENTIFIC NAME: *Caranx sexfasciatus*
ENGLISH NAME: Trevally,Bigeye
SINHALA NAME: ඇටනගුළු පරවා
TAMIL NAME: ஊசி பாரை

SLF033



SCIENTIFIC NAME: *Canthidermis maculanta*
ENGLISH NAME: Triggerfish
SINHALA NAME: මුහුදු කුකුලා
TAMIL NAME: கிளாத்தி

SLF034



SCIENTIFIC NAME: *Auxis thazard*
ENGLISH NAME: Tuna, frigate
SINHALA NAME: අලගොඩුවා
TAMIL NAME: எலிச்சூரை

SLF035



SCIENTIFIC NAME: *Euthynnus affinis*
ENGLISH NAME: Tuna, Mackerel
SINHALA NAME: ඇටවල්ලා
TAMIL NAME: சூரை

SLF036



SCIENTIFIC NAME: *Katsuwonus pelamis*
ENGLISH NAME: Tuna, Skipjack
SINHALA NAME: බලයා
TAMIL NAME: வரிச்சூரை

SLF037



SCIENTIFIC NAME: *Thunnus albacares*
ENGLISH NAME: Tuna, Yellowfin
SINHALA NAME: කෙලවල්ලා
TAMIL NAME: மஞ்சள் சூரை

SLF038



SCIENTIFIC NAME: *Chirocentrus nudus*
ENGLISH NAME: Wolf-herring
SINHALA NAME: කටුවල්ලා
TAMIL NAME: முள்ளு வாளை

Marine and Brackish Water Shell Fish

SLF039



SCIENTIFIC NAME: *Sopia pharaonic*
ENGLISH NAME: Squid, hardshell
SINHALA NAME: පොතු දැල්ලා
TAMIL NAME: ஓட்டு கணவாய்

SLF040



SCIENTIFIC NAME: *Loligo singhalensis*
ENGLISH NAME: Squid, Long barrel
SINHALA NAME: බෝතල් දැල්ලා
TAMIL NAME: ஊசி கணவாய்

SLF041



SCIENTIFIC NAME: *Loligo duvaucelii*
ENGLISH NAME: Squid, red
SINHALA NAME: අහින් දැල්ලා
TAMIL NAME: கூந்தல் கணவாய்

SLF042



SCIENTIFIC NAME: *Octopus vulgaris*
ENGLISH NAME: Octopus
SINHALA NAME: බුවල්ලා
TAMIL NAME: பாய் கணவாய்

SLF043



SCIENTIFIC NAME: *Penaeus semisulcatus*
ENGLISH NAME: Prawn, green tiger
SINHALA NAME: කුරුටු ඉස්සා
TAMIL NAME: வரி இறால்

SLF044



SCIENTIFIC NAME: *Penaeus monodon*
ENGLISH NAME: Prawn, giant tiger
SINHALA NAME: කරවදු ඉස්සා
TAMIL NAME: கருவண்டு இறால்

SLF045



SCIENTIFIC NAME: *Scylla tranquebarica*
ENGLISH NAME: Crab, mud
SINHALA NAME: කලපු කකුලුවා
TAMIL NAME: பச்சை நண்டு

SLF046



SCIENTIFIC NAME: *Portunus sanguinolentus*
ENGLISH NAME: Crab, Three-spot
SINHALA NAME: මිදු කකුලුවා
TAMIL NAME: முக்கண் நண்டு

SLF047



SCIENTIFIC NAME: *Meretrix meretrix*
ENGLISH NAME: Clam, white shell
SINHALA NAME: මට්ටි, කලපු බෙල්ලෝ
TAMIL NAME: மட்டி

Fresh Water Fish and Shell Fish

SLF048



SCIENTIFIC NAME: *Heteropneustes fossilis*
ENGLISH NAME: Fresh water Cat fish
SINHALA NAME: මාගුර
TAMIL NAME: கெழுத்தி மீன்-நன்னீர்

SLF049



SCIENTIFIC NAME: *Anguilla bengalensis*
ENGLISH NAME: Fresh water Eel
SINHALA NAME: ආඳා
TAMIL NAME: விலாங்கு

SLF050



SCIENTIFIC NAME: *Oreochromis niloticus*
ENGLISH NAME: Fresh water, Thilapia
SINHALA NAME: කොරලියා
TAMIL NAME: ஜிலாபி மீன்

SLF051



SCIENTIFIC NAME: *Macrobrachium rosenbergii*
ENGLISH NAME: Fresh water Prawn, giant
SINHALA NAME: මිරිදිය ඉස්සා
TAMIL NAME: இறால்-நன்னீர்

Dried Fish

SLF052



SCIENTIFIC NAME: *Stolephorus commersonnii*
ENGLISH NAME: Anchovy sprats
SINHALA NAME: හාල්මැස්සා
TAMIL NAME: நெத்தலி கருவாடு

SLF053



SCIENTIFIC NAME: *karandi spp.*
ENGLISH NAME: Baby shrimps, brown
SINHALA NAME: කුනිස්සා
TAMIL NAME: கூனி இறால்

SLF054



SCIENTIFIC NAME: *Tuna spp.*
ENGLISH NAME: Maldives fish
SINHALA NAME: උම්බලකඩ
TAMIL NAME: மாசி

SLF055



SCIENTIFIC NAME: *Istiophorus platypterus*
ENGLISH NAME: Marlin, Indo-Pacific Sailfish
SINHALA NAME: තලපත් කරවල
TAMIL NAME: கொப்பரா கருவாடு

SLF056



SCIENTIFIC NAME: *Seriphus politus*
ENGLISH NAME: Queenfish
SINHALA NAME: කට්ටා කරවල
TAMIL NAME: கட்டா பாரை கருவாடு

SLF057



SCIENTIFIC NAME: *Carcharhinus falciformis*
ENGLISH NAME: Shark,
SINHALA NAME: කීලන්, මෝර කරවල
TAMIL NAME: சுறா கருவாடு

SLF058



SCIENTIFIC NAME: *Katsuwonus pelamis*
ENGLISH NAME: Skipjack tuna
SINHALA NAME: බල කරවල
TAMIL NAME: சூரை கருவாடு

SLF059



SCIENTIFIC NAME: *Amblygaster leiogaster*
ENGLISH NAME: Smooth belly sardinella
SINHALA NAME: කීරමීන් කරවල
TAMIL NAME: சூடை கருவாடு

Table 1. PROXIMATE PRINCIPLES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Ash
		ENERC		WATER	PROTCNT	FATCE	ASH
		kcal	*kJ*	*g*	*g*	*g*	*g*
	Marine and Brackish Water 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 *(Sphyraena jello)*	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 *(Rachycentron canadum)*	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 *(Lepturacanthus savala)*	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 *(Coryphaena hippurus)*	101	424	76.42	22.05	1.33	1.24
SLF013	Marlin *(Istiompax indica)*	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 *(Parastromateus niger)*	104	434	75.71	21.60	1.80	1.39
SLF016	Rainbow runner *(Elagatis bipinnulata)*	87	366	76.36	20.02	0.70	1.28
SLF017	Ray, Shortfin devil *(Mobula kuhlii)*	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 (*Istiophorus platypterus)*	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 (*decapterus macarellus)*	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 *(Carnax heberi)*	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

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Ash
		ENERC		WATER	PROTCNT	FATCE	ASH
		kcal	*kJ*	*g*	*g*	*g*	*g*
SLF031	Trevally, giant *(Caranx ignobilis)*	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 *(Katsuwonus pelamis)*	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 and Brackish Water Shell Fish						
SLF039	Squid, hardshell *(Sopia pharaonis)*	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 *(Penaeus semisulcatus)*	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 *(Meretrix meretrix)*	59	250	80.27	11.82	1.34	0.85
	Fresh Water Fish and Shell 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 *(karandi spp)*	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

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	Vitamin A	Vitamin D			Vitamin E	Vitamin K
		Retinol	Vitamin D equivalent	Cholecalciferol (D3)	25-OH-D3	α - Tocopherols	Vit K2
		RETOL	VITDEQ	CHOCAL	CHOCALOH	TOCPHA	VITK2
		µg	µg	µg	µg	mg	µg
	Marine and Brackish Water 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 *(Sphyraena jello)*	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 *(Rastrelliger kanagurta)*	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 *(Coryphaena hippurus)*	3.52	1.68	0.43	0.25	0.58	0.75
SLF013	Marlin *(Istiompax indica)*	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
SLF019	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 *(Sardinella albella)*	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 *(Xiphias gladius)*	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 code	Food Name	Vitamin A	Vitamin D			Vitamin E	Vitamin K
		Retinol	Vitamin D equivalent	Cholecalciferol (D3)	25-OH-D3	α - Tocopherols	Vit K2
		RETOL	VITDEQ	CHOCAL	CHOCALOH	TOCPHA	VITK2
		µg	µg	µg	µg	mg	µg
SLF031	Trevally, giant *(Caranx ignobilis)*	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	0.90	1.11
SLF033	Triggerfish *(Canthidermis maculanta)*	1.46	1.02	0.62	0.08	0.25	0.63
SLF034	Tuna, Frigate *(Auxis thazard)*	14.42	ND	ND	ND	1.67	0.90
SLF035	Tuna, Mackerel *(Euthynnus affinis)*	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 *(Thunnus albacares)*	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 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 *(Penaeus monodon)*	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 *(Meretrix meretrix)*	8.50	2.58	2.08	0.10	1.21	1.53
	Fresh Water Fish and Shell 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	ND	ND	-	1.12
SLF053	Baby shrimps *(karandi spp)*	13.79	ND	ND	ND	1.34	1.40
SLF054	Maldives fish *(Tuna spp)*	22.29	ND	ND	ND	0.41	0.66
SLF055	Marlin, Indo-Pacific Sailfish (*Istiophorus platypterus)*	9.38	ND	ND	ND	0.64	1.17
SLF056	Queenfish *(Seriphus politus)*	2.48	ND	ND	ND	0.07	0.94
SLF057	Shark *(Carcharhinus falciformis)*	10.31	ND	ND	ND	0.90	0.16
SLF058	Skipjack tuna *(Katsuwonus pelamis)*	14.32	ND	ND	ND	-	0.48
SLF059	Smooth belly sardinella *(Amblygaster leiogaster)*	12.92	ND	ND	ND	0.01	1.54

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 code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Total Folate (B9)
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM
		mg	*mg*	*mg*	*mg*	*mg*	*µg*
Marine and Brackish Water 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)*	ND	0.18	5.77	0.14	1.39	60.87
SLF021	Sardinella, spotted *(Amblygaster sirm)*	ND	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)*	ND	0.23	0.77	0.38	0.68	59.78
SLF024	Scad, yellow-stripe *(Selaroides leptolepis)*	ND	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

Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Total Folate (B9)
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM
		mg	*mg*	*mg*	*mg*	*mg*	*µg*
SLF031	Trevally, giant *(Caranx ignobilis)*	0.03	0.06	3.70	1.19	0.18	10.76
SLF032	Trevally, Bigeye *(Caranx sexfasciatus)*	0.05	0.04	1.51	0.75	0.15	13.03
SLF033	Triggerfish *(Canthidermis maculanta)*	0.03	0.05	4.53	0.68	0.07	13.37
SLF034	Tuna, Frigate *(Auxis thazard)*	ND	0.32	3.39	0.62	0.32	69.03
SLF035	Tuna, Mackerel *(Euthynnus affinis)*	0.06	0.07	4.73	1.34	0.07	13.74
SLF036	Tuna, Skipjack *(Katsuwonus pelamis)*	0.07	0.15	5.04	1.27	0.12	7.89
SLF037	Tuna, Yellowfin *(Thunnus albacares)*	ND	0.17	0.43	0.27	0.73	77.39
SLF038	Wolf-herring *(Chirocentrus nudus)*	0.13	0.02	0.86	0.61	0.10	14.38
	Marine and Brackish Water Shell Fish						
SLF039	Squid, hardshell *(Sopia pharaonis)*	0.02	0.02	0.65	1.22	0.04	6.22
SLF040	Squid, Long barrel *(Loligo singhalensis)*	0.01	0.03	0.71	0.77	0.12	18.33
SLF041	Squid, red *(Loligo duvaucelii)*	0.03	0.02	0.71	0.95	0.10	13.00
SLF042	Octopus *(Octopus vulgaris)*	0.05	0.05	1.18	0.94	0.09	20.87
SLF043	Prawn, green tiger *(Penaeus semisulcatus)*	0.01	0.03	1.03	1.68	0.10	15.37
SLF044	Prawn, giant tiger *(Penaeus monodon)*	0.03	0.03	1.18	1.47	0.11	8.07
SLF045	Crab, mud *(Scylla tranquebarica)*	0.06	0.14	0.60	1.30	0.18	13.83
SLF046	Crab, Three-spot *(Portunus sanguinolentus)*	0.05	0.06	0.97	1.53	0.12	7.74
SLF047	Clam, white shell *(Meretrix meretrix)*	0.06	0.11	0.90	0.97	0.11	9.00
	Fresh Water Fish and Shell Fish						
SLF048	Cat fish, (*Heteropneustes fossilis)*	0.01	0.07	1.74	1.12	0.11	13.95
SLF049	Eel *(Anguilla bengalensis)*	NA	0.31	2.30	1.52	0.11	12.94
SLF050	Thilapia *(Oreochromis niloticus)*	0.02	0.18	1.40	0.78	0.18	8.29
SLF051	Prawn, giant *(Macrobrachium rosenbergii)*	NA	0.02	1.31	1.74	0.19	18.26
	Dried Fish						
SLF052	Anchovy sprats *(Stolephorus indicus)*	ND	0.25	5.72	0.63	0.62	438
SLF053	Baby shrimps *(karandi spp)*	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 (*Istiophorus platypterus)*	ND	0.04	0.11	0.48	0.43	97.80
SLF056	Queenfish *(Seriphus politus)*	ND	0.03	1.78	0.65	0.35	80.40
SLF057	Shark *(Carcharhinus falciformis)*	ND	0.04	3.27	0.81	0.32	187
SLF058	Skipjack tuna *(Katsuwonus pelamis)*	ND	0.12	2.98	1.64	1.98	213
SLF059	Smooth belly sardinella *(Amblygaster leiogaster)*	ND	0.13	2.18	0.40	2.41	144

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
	Marine 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 *(Sphyraena jello)*	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 *(Epinephelus coioides)*	10.66	177	22.87	40.14	279
SLF009	Hairtail fish *(Lepturacanthus savala)*	16.53	170	29.87	82.65	263
SLF010	Indian mackerel *(Rastrelliger kanagurta)*	31.27	231	37.46	83.01	309
SLF011	Leatherjacket fish *(Aluterus monoceros)*	10.22	203	25.85	37.12	306
SLF012	Mahi-mahi *(Coryphaena hippurus)*	9.32	258	32.27	36.20	439
SLF013	Marlin *(Istiompax indica)*	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
SLF016	Rainbow runner *(Elagatis bipinnulata)*	8.17	252	31.68	37.60	406
SLF017	Ray, Shortfin devil *(Mobula kuhlii)*	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 (*Istiophorus platypterus)*	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 (*decapterus macarellus)*	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
SLF026	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 *(Carnax heberi)*	13.52	284	27.59	45.22	384
SLF030	Trevally, Diamond *(Alectis indicus)*	9.04	252	32.36	59.57	432

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLF031	Trevally, giant *(Caranx ignobilis)*	6.03	246	27.53	22.33	379
SLF032	Trevally, Bigeye *(Caranx sexfasciatus)*	7.21	235	26.33	49.51	384
SLF033	Triggerfish *(Canthidermis maculanta)*	9.83	256	28.98	33.87	490
SLF034	Tuna, Frigate *(Auxis thazard)*	43.38	211	30.89	85.82	319
SLF035	Tuna, Mackerel *(Euthynnus affinis)*	9.82	292	35.85	52.89	357
SLF036	Tuna, Skipjack *(Katsuwonus pelamis)*	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 and Brackish Water Shell Fish					
SLF039	Squid, hardshell *(Sopia pharaonis)*	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 *(Penaeus semisulcatus)*	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 *(Meretrix meretrix)*	50.00	192	86.64	404	245
	Fresh Water Fish and Shell Fish					
SLF048	Cat fish, (*Heteropneustes fossilis)*	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 *(karandi spp)*	1978	532	319	9146	1024
SLF054	Maldives fish *(Tuna spp)*	51.12	461	133	10612	804
SLF055	Marlin, Indo-Pacific Sailfish (*Istiophorus platypterus)*	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	7909	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 code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*
Marine and Brackish Water 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 *(Sphyraena jello)*	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 *(Rachycentron canadum)*	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	0.009	0.003	NA	NA	0.004	NA	0.001	NA
SLF009	Hairtail fish *(Lepturacanthus savala)*	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 *(Rastrelliger kanagurta)*	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 *(Coryphaena hippurus)*	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 *(Istiompax indica)*	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 *(Mobula kuhlii)*	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	0.09	0.07	1.05	113	0.001	0.001	0.009	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 (*decapterus macarellus)*	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	-
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	NA	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 *(Carnax heberi)*	0.69	0.01	0.03	0.45	35.63	NA	0.003	0.011	0.007	0.001	NA	NA	NA	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	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*
SLF031	Trevally, giant *(Caranx ignobilis)*	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 *(Caranx sexfasciatus)*	1.11	0.01	0.10	0.45	42.50	NA	NA	0.004	0.003	0.002	NA	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 *(Auxis thazard)*	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 *(Katsuwonus pelamis)*	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
	Marine and Brackish Water Shell Fish															
SLF039	Squid, hardshell *(Sopia pharaonis)*	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 *(Meretrix meretrix)*	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 Water Fish and Shell Fish															
SLF048	Cat fish, (*Heteropneustes fossilis)*	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															
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 *(karandi spp)*	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
SLF054	Maldives fish *(Tuna spp)*	3.44	0.25	0.45	3.02	811	0.009	0.003	0.017	0.099	0.005	0.90	0.042	14.97	0.012	418
SLF055	Marlin, Indo-Pacific Sailfish (*Istiophorus platypterus)*	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 *(Amblygaster leiogaster)*	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 code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
Marine and Brackish Water Fish																			
SLF001	Anchovy *(Stolephorus indicus)*	0.81	7.89	5.55	4.39	14.66	3.35	5.57	5.28	1.82	5.49	3.28	4.59	7.72	4.15	4.61	3.65	5.67	5.83
SLF002	Asian Seabass *(Lates calcarifer)*	0.81	10.35	5.19	4.46	13.28	5.55	6.51	2.15	1.95	5.33	3.15	4.62	6.98	5.28	5.79	4.54	7.60	5.93
SLF003	Barracuda, Pickhandle *(Sphyraena jello)*	1.08	9.05	5.06	4.24	14.24	3.39	5.41	5.58	1.35	5.46	3.37	4.66	8.18	3.87	5.56	2.76	6.33	7.31
SLF004	Cat fish *(Tachysurus thalassinus)*	0.55	12.00	4.83	4.18	15.36	3.62	5.19	5.84	1.42	5.59	2.12	5.04	8.35	3.91	4.40	2.06	6.13	5.77
SLF005	Cobia *(Rachycentron canadum)*	1.02	10.25	5.15	4.30	13.92	3.44	4.96	5.57	1.83	5.28	2.52	4.62	7.59	4.41	5.63	3.61	6.26	6.88
SLF006	Emperor fish, Spangled *(Lethrinus nebulosus)*	1.00	9.92	4.75	4.23	14.07	3.73	5.38	5.61	1.75	5.70	3.79	4.63	8.25	4.18	4.40	3.58	6.72	6.42
SLF007	Green chromide *(Etroplus suratensis)*	0.78	11.62	5.11	4.50	15.32	3.69	6.34	6.36	1.70	5.24	3.61	4.59	8.06	3.20	4.03	2.30	6.50	6.48
SLF008	Grouper *(Epinephelus coioides)*	1.28	9.33	5.10	4.44	14.20	3.82	5.83	5.41	1.72	5.19	3.50	4.82	8.00	4.50	5.61	3.81	6.04	6.54
SLF009	Hairtail fish *(Lepturacanthus savala)*	0.94	8.95	6.13	4.43	14.10	3.77	6.45	5.71	1.27	5.20	3.38	4.58	7.77	5.59	5.51	2.73	6.44	6.09
SLF010	Indian mackerel *(Rastrelliger kanagurta)*	1.00	9.96	5.71	4.46	13.38	3.27	5.28	5.41	1.68	5.47	2.56	4.64	7.91	4.59	5.25	3.63	6.39	5.81
SLF011	Leatherjacket fish *(Aluterus monoceros)*	1.18	9.16	5.76	4.97	14.10	3.75	6.10	5.73	1.91	5.75	4.10	4.82	8.35	3.35	4.72	3.04	5.47	8.17
SLF012	Mahi-mahi *(Coryphaena hippurus)*	1.00	10.00	5.18	4.41	14.08	3.55	5.54	5.63	1.57	5.39	3.02	4.66	7.72	4.89	3.99	3.40	7.30	6.02
SLF013	Marlin *(Istiompax indica)*	0.90	8.56	5.34	4.50	13.97	3.53	5.65	5.44	1.94	5.94	2.03	4.78	7.94	4.08	4.48	2.95	7.21	7.37
SLF014	Mauve-lip thread -fin green *(Nemipterus mesoprion)*	1.11	8.51	5.48	3.87	16.44	3.74	5.13	6.23	1.21	5.24	2.33	4.71	8.01	5.27	5.77	3.63	7.43	5.35
SLF015	Pomfret, Black *(Parastromateus niger)*	0.99	9.56	5.57	4.34	13.13	3.53	5.47	5.55	1.42	5.74	2.28	4.57	8.65	5.13	6.43	3.72	5.91	6.97
SLF016	Rainbow runner *(Elagatis bipinnulata)*	1.13	9.86	5.82	5.11	14.88	3.34	5.07	5.15	1.58	5.63	4.15	4.70	7.41	4.47	4.37	2.96	6.31	6.98
SLF017	Ray, Shortfin devil *(Mobula kuhlii)*	1.56	10.35	5.66	4.47	14.85	3.57	6.30	5.25	1.31	4.98	3.10	4.67	8.18	4.96	4.97	3.07	5.80	6.70
SLF018	Ray, Stingray *(Dasyatis pastinaca)*	0.92	8.21	4.71	5.65	13.94	4.18	5.65	5.21	1.88	5.58	2.86	3.56	6.37	4.33	5.12	4.54	5.66	5.94
SLF019	Sailfish, Indo-Pacific (*Istiophorus platypterus)*	0.82	8.81	4.47	4.15	15.84	5.66	5.54	6.12	0.59	4.59	2.54	4.71	7.71	3.92	4.12	4.70	8.66	6.58
SLF020	Sardinella, Goldstripe *(Sardinella gibbosa)*	0.91	9.04	4.40	4.04	16.27	6.30	6.88	7.04	1.02	4.55	2.30	4.36	7.52	3.54	4.70	2.60	8.21	6.38
SLF021	Sardinella, spotted *(Amblygaster sirm)*	0.99	9.49	4.63	4.94	15.51	4.39	5.28	6.83	1.27	4.40	2.49	4.16	8.04	3.46	4.24	5.12	8.39	6.18
SLF022	Sardinella, White *(Sardinella albella)*	1.57	10.65	5.30	4.62	13.86	4.41	5.66	5.36	1.84	5.18	3.00	4.73	8.17	4.11	5.24	4.31	6.43	6.45
SLF023	Scad, mackerel (*decapterus macarellus)*	0.89	8.61	4.60	3.99	15.00	5.55	4.95	6.38	1.23	4.79	2.31	4.59	7.78	3.76	4.52	5.92	8.96	5.81
SLF024	Scad, yellow-stripe *(Selaroides leptolepis)*	1.01	9.46	5.52	5.22	14.40	6.93	5.05	6.62	1.17	4.88	2.49	3.73	7.35	3.76	4.28	3.77	7.55	6.60
SLF025	Seer fish *(Scomberomorus commerson)*	1.05	10.31	5.05	4.35	14.51	3.74	5.90	5.71	1.76	5.76	3.51	4.93	8.29	3.74	4.19	3.82	5.21	6.81

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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
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	5.19	4.13	7.99	4.23
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	3.65	3.81	3.58	5.73	6.71
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	7.90	4.38	4.82	5.94	5.92	5.67
SLF029	Trevally, Blacktip *(Carnax heberi)*	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	3.36	4.86	3.09	7.08	6.08
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	4.28	5.61	4.13	6.11	6.01
SLF031	Trevally, giant *(Caranx ignobilis)*	1.39	10.62	5.31	4.87	14.54	3.59	4.94	5.56	1.65	5.69	3.36	4.86	8.36	4.55	6.11	2.04	6.56	4.90
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	7.58	4.74	5.47	5.32	6.54	6.11
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	3.84	2.45	6.22	6.06
SLF034	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	4.13	3.73	8.31	5.74
SLF035	Tuna, Mackerel *(Euthynnus affinis)*	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	5.40	3.37	5.70	6.46
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	4.29	2.70	7.11	7.02
SLF037	Tuna, Yellowfin *(Thunnus albacares)*	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	4.37	5.50	8.47	5.77
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	4.65	3.14	7.62	5.02
	Marine and Brackish Water Shell Fish																		
SLF039	Squid, hardshell *(Sopia pharaonis)*	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	3.21	3.89	5.09	7.03
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	5.99	4.46	4.38	4.54	7.94	4.67
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	5.63	6.47	3.54	5.58	6.75
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	8.48	6.32	6.37	4.48	7.55	6.59
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	7.72	3.79	4.60	2.03	7.49	7.69
SLF044	Prawn, giant tiger *(Penaeus monodon)*	0.71	8.60	4.90	4.07	14.50	3.41	5.95	5.37	2.04	5.13	3.81	4.67	7.39	3.40	3.68	2.11	7.93	5.65
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	6.90	3.88	4.07	1.73	6.78	7.47
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	3.81	4.11	2.20	7.82	6.91
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	3.19	2.23	4.62	7.54
	Fresh Water Fish and Shell Fish																		
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	5.30	4.80	8.11	4.03
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	3.41	3.78	4.07	3.67	5.94	4.06
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	6.02	4.21	7.71	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	6.72	2.66	4.57	4.66	7.79	3.28

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
Dried 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 *(karandi spp)*	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 *(Tuna spp)*	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
SLF058	Skipjack tuna *(Katsuwonus pelamis)*	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 code	Food Name	Saturated Fatty Acids									Mono Unsaturated Fatty Acids					
		Total	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1 N9F	F22D1 N9	F24D1C
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
Marine and Brackish Water 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	-	-	-
SLF003	Barracuda, Pickhandle *(Sphyraena jello)*	677	-	99.11	10.42	411	145	8.58	2.62	-	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	-	-
SLF005	Cobia *(Rachycentron canadum)*	654	-	60.90	11.16	392	182	6.68	1.08	-	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	-	3.33
SLF007	Green chromide *(Etroplus suratensis)*	577	-	42.45	13.14	355	158	4.47	3.22	-	290	69.74	207	13.41	-	-
SLF008	Grouper *(Epinephelus coioides)*	455	-	37.86	8.41	267	133	4.99	3.44	-	250	57.29	182	7.24	-	2.76
SLF009	Hairtail fish *(Lepturacanthus savala)*	1959	-	214	35.05	1226	451	17.67	9.97	6.56	857	248	564	21.14	4.83	18.76
SLF010	Indian mackerel *(Rastrelliger kanagurta)*	604	-	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	-	5.76	-	130	63.46	-	-	-	74.51	7.31	67.20	-	-	-
SLF012	Mahi-mahi *(Coryphaena hippurus)*	441	-	34.95	9.00	259	136	2.86	-	-	198	50.32	143	4.66	-	-
SLF013	Marlin *(Istiompax indica)*	150	-	5.94	0.56	89.37	51.87	1.84	-	-	55.25	9.19	44.24	1.81	-	-
SLF014	Mauve-lip thread Fin bream *(Nemipterus mesoprion)*	1611	-	152	23.58	936	469	17.05	12.93	-	818	154	602	34.85	-	27.45
SLF015	Pomfret, Black *(Parastromateus niger)*	755	-	46.21	17.84	479	197	9.56	5.53	-	288	56.73	199	18.37	6.90	6.69
SLF016	Rainbow runner *(Elagatis bipinnulata)*	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	-	3.27	8.29	96.98	60.88	-	-	-	67.62	6.93	55.16	5.53	-	-
SLF018	Ray, Stingray *(Dasyatis pastinaca)*	289	-	10.96	-	150	129	-	-	-	173	14.47	159	-	-	-
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 *(Sardinella gibbosa)*	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	-	9.55	3.84	88.52
SLF022	Sardinella, White *(Sardinella albella)*	1250	-	215	-	765	246	15.52	7.79	-	630	289	327	13.37	-	-
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	-	325	33.96	1352	464	28.87	17.73	7.74	1078	431	603	26.17	6.59	12.16

Food code	Food Name	Saturated Fatty Acids									Mono Unsaturated Fatty Acids					
		Total	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1 N9F	F22D1 N9	F24D1C
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLF026	Shark, Great Hammerhead *(Sphyrna mokarran)*	264	-	7.35	-	143	110	-	4.35	-	103	15.15	88.26	-	-	-
SLF027	Shark, Silky *(Carcharhinus falciformis)*	275	-	21.83	2.34	156	94.89	-	-	-	126	35.41	83.76	6.85	-	-
SLF028	Swordfish *(Xiphias gladius)*	363	-	39.39	5.47	235	73.36	6.43	3.36	-	184	27.21	130	16.28	6.73	3.72
SLF029	Trevally, Blacktip *(Carnax heberi)*	720	-	63.05	13.28	413	216	8.38	6.03	-	276	70.25	190	8.06	-	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	-	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	-	8.93
SLF033	Triggerfish *(Canthidermis maculanta)*	169	-	3.51	2.88	95.50	67.48	-	-	-	83.65	6.50	77.16	-	-	-
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	-	53.12	11.08	399	184	8.50	3.75	-	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	-	-	-
SLF037	Tuna, Yellowfin *(Thunnus albacares)*	907	-	44.18	14.93	536	285	8.87	11.36	5.99	629	56.83	383	9.09	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	-	-
	Marine and Brackish Water Shell Fish															
SLF039	Squid, hardshell *(Sopia pharaonis)*	227	-	12.75	3.64	135	74.11	1.60	-	-	61.67	13.13	37.90	10.63	-	-
SLF040	Squid, Long barrel *(Loligo singhalensis)*	304	-	15.78	-	182	106	-	-	-	62.57	6.79	37.64	18.13	-	-
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	-	-	-
SLF043	Prawn, green tiger *(Penaeus semisulcatus)*	121	-	7.19	3.11	65.63	43.57	1.20	-	-	76.53	25.87	48.27	2.40	-	-
SLF044	Prawn, giant tiger *(Penaeus monodon)*	177	-	5.20	5.31	94.05	72.64	-	-	-	88.30	24.59	58.66	5.05	-	-
SLF045	Crab, mud *(Scylla tranquebarica)*	95.11	-	4.36	-	52.71	38.05	-	-	-	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 *(Meretrix meretrix)*	441	-	36.15	10.27	256	132	5.94	-	-	127	52.47	60.30	14.05	-	-
	Fresh Water Fish and Shell Fish															
SLF048	Cat fish, (*Heteropneustes fossilis)*	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	-	-
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	-	-	-	56.77	14.59	39.93	2.25	-	-

Food code	Food Name	Saturated Fatty Acids									Mono Unsaturated Fatty Acids					
		Total	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1C N9	F20D1 N9F	F22D1 N9	F24D1C
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
Dried Fish																
SLF052	Anchovy sprats *(Stolephorus indicus)*	2497	-	290	76.04	1572	479	41.81	16.07	21.30	1164	278	315	16.09	178	361
SLF053	Baby shrimps *(karandi spp)*	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 *(Tuna spp)*	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	-	171	34.54	1118	490	18.55	9.91	3.59	1469	169	917	71.68	156	148
SLF056	Queenfish *(Seriphus politus)*	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 *(Katsuwonus pelamis)*	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 *(Amblygaster leiogaster)*	2068	12.77	328	52.73	1182	410	54.06	14.23	13.44	680	250	171	4.53	82.84	156

Food Code	Food Name	Poly Unsaturated Fatty Acids										Cholesterol
		Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)	Eicosadienoic (C20:2)	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosapentaenoic (C20:5n3)	Docosadienoic (C22:2)	Docosapentaenoic (C22:5n3)	Docosahexaenoic (C22:6n3)	
		FAPU	F18D2CN6	F18D3N3	F20D2	F20D3N6	F20D4N6	F20D5N3	F22D2	F22D5N3	F22:6n3	CHOLC
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
Marine and Brackish Water Fish												
SLF001	Anchovy *(Stolephorus indicus)*	290	7.13	-	-	-	26.26	60.00	-	10.15	187	29.56
SLF002	Asian Seabass *(Lates calcarifer)*	57.36	9.67	-	4.12	2.69	20.38	5.74	-	-	14.76	18.99
SLF003	Barracuda, Pickhandle *(Sphyraena jello)*	431	11.86	-	1.62	3.56	47.67	116	-	43.52	207	30.50
SLF004	Cat fish *(Tachysurus thalassinus)*	619	22.11	-	7.03	-	133	75.24	-	61.60	320	18.36
SLF005	Cobia *(Rachycentron canadum)*	422	23.29	-	4.23	0.63	74.42	76.10	-	39.35	204	30.39
SLF006	Emperor fish, Spangled *(Lethrinus nebulosus)*	294	17.71	-	4.64	-	41.76	35.89	-	27.75	166	19.98
SLF007	Green chromide *(Etroplus suratensis)*	274	52.96	-	6.76	-	40.90	26.57	-	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	-	5.36	4.81	116	220	-	161	620	54.63
SLF010	Indian mackerel *(Rastrelliger kanagurta)*	470	28.10	-	1.25	7.56	54.37	72.72	-	47.11	259	46.48
SLF011	Leatherjacket fish *(Aluterus monoceros)*	208	17.09	-	-	-	36.64	16.28	-	8.92	129	10.84
SLF012	Mahi-mahi *(Coryphaena hippurus)*	456	14.55	-	1.31	1.03	65.13	63.93	-	35.03	275	13.53
SLF013	Marlin *(Istiompax indica)*	179	7.49	-	0.30	0.31	31.36	17.03	-	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	-	4.26	2.66	90.30	77.61	-	70.40	226	21.97
SLF016	Rainbow runner *(Elagatis bipinnulata)*	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	-	4.08	-	40.10	4.34	-	10.67	73.54	15.01
SLF018	Ray, Stingray *(Dasyatis pastinaca)*	174	38.98	-	-	-	39.38	20.07	-	-	75.62	62.47
SLF019	Sailfish, Indo-Pacific (*Istiophorus platypterus)*	741	32.27	3.05	8.62	-	5.73	70.19	-	76.81	544	5.75
SLF020	Sardinella, Goldstripe *(Sardinella gibbosa)*	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	-	37.49	5.71	-	19.40	390	12.57
SLF022	Sardinella, White *(Sardinella albella)*	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	-	10.36	86.91	-	113	809	31.32
SLF024	Scad, yellow-stripe *(Selaroides leptolepis)*	707	28.34	9.35	5.80	-	2.90	74.43	-	42.97	543	35.25
SLF025	Seer fish *(Scomberomorus commerson)*	1384	59.97	-	9.87	11.94	140	422	-	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	-	3.39	-	34.77	35.47	-	28.68	121	24.40
SLF028	Swordfish *(Xiphias gladius)*	134	3.95	-	1.30	0.89	16.88	24.11	-	25.23	61.55	27.59
SLF029	Trevally, Blacktip *(Carnax heberi)*	578	22.66	-	5.06	3.00	77.56	80.85	-	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 Code	Food Name	Poly Unsaturated Fatty Acids										Cholesterol
		Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)	Eicosadienoic (C20:2)	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosapentaenoic (C20:5n3)	Docosadienoic (C22:2)	Docosapentaenoic (C22:5n3)	Docosahexaenoic (C22:6n3)	
		FAPU	F18D2CN6	F18D3N3	F20D2	F20D3N6	F20D4N6	F20D5N3	F22D2	F22D5N3	F22:6n3	CHOLC
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLF031	Trevally, giant *(Caranx ignobilis)*	1746	80.54	-	14.64	18.12	204	398	-	197	834	64.34
SLF032	Trevally, Bigeye *(Caranx sexfasciatus)*	487	18.28	-	2.29	-	61.54	39.57	-	55.82	310	16.06
SLF033	Triggerfish *(Canthidermis maculanta)*	248	8.70	-	-	-	68.29	26.69	-	12.24	132	9.65
SLF034	Tuna, Frigate *(Auxis thazard)*	510	58.92	5.77	14.29	-	5.50	36.26	-	52.42	336	35.41
SLF035	Tuna, Mackerel *(Euthynnus affinis)*	575	23.05	-	4.76	1.98	69.44	90.61	-	40.23	345	46.10
SLF036	Tuna, Skipjack *(Katsuwonus pelamis)*	306	25.61	-	-	-	37.61	40.39	-	11.68	191	64.06
SLF037	Tuna, Yellowfin *(Thunnus albacares)*	754	37.65	4.60	9.69	-	6.02	46.47	-	79.36	571	24.36
SLF038	Wolf-herring *(Chirocentrus nudus)*	336	16.91	-	-	-	33.28	38.19	-	14.57	233	15.60
	Marine and Brackish Water Shell Fish											
SLF039	Squid, hardshell *(Sopia pharaonis)*	303	3.25	-	2.32	-	57.49	48.52	-	14.05	178	60.32
SLF040	Squid, Long barrel *(Loligo singhalensis)*	441	8.22	-	-	-	67.70	95.50	-	-	269	324
SLF041	Squid, red *(Loligo duvaucelii)*	545	17.81	-	1.87	-	72.08	82.28	-	29.27	342	126
SLF042	Octopus *(Octopus vulgaris)*	383	9.32	-	-	-	121	72.24	-	-	181	118
SLF043	Prawn, green tiger *(Penaeus semisulcatus)*	101	12.55	-	2.04	0.99	22.95	19.83	-	6.63	35.72	70.80
SLF044	Prawn, giant tiger *(Penaeus monodon)*	204	20.99	-	-	-	54.81	69.78	-	8.28	50.40	19.47
SLF045	Crab, mud *(Scylla tranquebarica)*	129	11.56	-	3.26	-	35.64	41.52	-	5.53	31.76	7.10
SLF046	Crab, Three-spot *(Portunus sanguinolentus)*	146	5.83	-	2.42	1.26	31.72	30.35	-	6.97	67.91	23.18
SLF047	Clam, white shell *(Meretrix meretrix)*	418	16.94	-	29.48	-	47.16	85.90	-	21.13	217	23.98
	Fresh Water Fish and Shell 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	-	119	58.64
SLF050	Thilapia *(Oreochromis niloticus)*	199	49.44	-	32.45	7.95	35.03	14.76	-	-	59.16	26.36
SLF051	Prawn, giant *(Macrobrachium rosenbergii)*	94.61	17.75	-	3.91	-	17.87	27.14	-	-	27.94	87.28
	Dried Fish											
SLF052	Anchovy sprats *(Stolephorus indicus)*	1667	131	52.08	15.43	-	8.01	57.94	-	108	1294	171
SLF053	Baby shrimps *(karandi spp)*	324	115	27.72	8.11	-	4.79	9.27	-	9.61	149	306
SLF054	Maldives fish *(Tuna spp)*	1379	83.04	24.32	19.00	-	5.01	89.17	-	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 *(Seriphus politus)*	636	29.61	9.77	3.98	-	2.58	67.42	-	48.21	475	75.58
SLF057	Shark *(Carcharhinus falciformis)*	852	22.22	-	10.91	-	-	108	-	96.81	615	39.82
SLF058	Skipjack tuna *(Katsuwonus pelamis)*	604	61.73	7.96	15.91	-	4.46	24.24	-	83.31	407	77.14
SLF059	Smooth belly sardinella *(Amblygaster leiogaster)*	788	66.55	34.44	7.32	-	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.



SLG001



ENGLISH NAME: Butter
SINHALA NAME: බටර්
TAMIL NAME: வெண்ணெய்

SLG002



ENGLISH NAME: Cheese, cheddar, regular fat
SINHALA NAME: චෙඩාර් චීස්
TAMIL NAME: பாலாடைக்கட்டி

SLG003



ENGLISH NAME: Cheese, cottage, paneer
SINHALA NAME: පනීර්
TAMIL NAME: பன்னீர்

SLG004



ENGLISH NAME: Curd, buffalo. whole
SINHALA NAME: මී කිරි
TAMIL NAME: தயிர்

SLG005



ENGLISH NAME: Ghee, cow
SINHALA NAME: ගිතෙල්
TAMIL NAME: நெய்

SLG006



ENGLISH NAME: Milk, cow, condensed, sweetened
SINHALA NAME: ටින් කිරි
TAMIL NAME: கட்டிப்பால்

SLG007



ENGLISH NAME: Milk, cow, liquid, full cream
SINHALA NAME: එළකිරි, සම්පූර්ණ යොදය සහිත
TAMIL NAME: முழு ஆடைப்பால்

SLG008



ENGLISH NAME: Milk, cow, liquid, low fat
SINHALA NAME: එළකිරි, මේදය අඩු
TAMIL NAME: கொழுப்பு குறைந்த பால்

SLG009



ENGLISH NAME: Milk, cow, liquid, non-fat
SINHALA NAME: එළකිරි, මේදය රහිත
TAMIL NAME: ஆடை நீக்கிய பால்

SLG010



ENGLISH NAME: Milk, cow, powdered, skimmed
SINHALA NAME: කිරි පිටි, මේදය රහිත
TAMIL NAME: ஆடை நீக்கிய பால் மா

SLG011



ENGLISH NAME: Milk, cow, powdered, whole
SINHALA NAME: කිරි පිටි, සම්පූර්ණ යොදය සහිත
TAMIL NAME: முழு ஆடைப்பால்மா

SLG012

ENGLISH NAME: Milk, goat, whole
SINHALA NAME: එළු කිරි
TAMIL NAME: ஆட்டுப்பால்

SLG013	SLG014
	
ENGLISH NAME: Yoghurt, low fat, plain SINHALA NAME: යෝගට්, මේදය අඩු TAMIL NAME: யோக்கட் (கொழுப்பு குறைந்தது)	ENGLISH NAME: Yoghurt, whole, with sugar SINHALA NAME: යෝගට්, සීනි සහිත TAMIL NAME: யோக்கட்

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		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		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	0.90	81.00	0.20	-	-	-	2.10
SLG002	Cheese, cheddar, regular fat	380	1590	34.30	19.75	28.27	11.67	-	-	-	6.05
SLG003	Cheese, cottage, panner	346	1440	40.30	24.60	25.10	5.40	-	-	-	4.60
SLG004	Curd, buffalo. whole	99	415	83.12	6.32	6.55	3.86	-	-	-	0.16
SLG005	Ghee, Cow	898	3690	0.10	-	99.80	-	-	-	-	0.10
SLG006	Milk, cow, condensed, sweetened, whole	334	1410	26.50	8.20	9.40	54.00	-	-	-	1.80
SLG007	Milk, cow, liquid, full cream	63	263	88.30	3.10	3.70	4.30	-	-	-	0.60
SLG008	Milk, cow, liquid, low fat	52	217	91.70	3.71	1.31	6.27	-	-	-	0.96
SLG009	Milk, cow, liquid, non-fat	30	125	92.10	3.10	0.10	4.10	-	-	-	0.60
SLG010	Milk, cow, powdered, skimmed	358	1520	3.80	37.60	1.00	49.80	-	-	-	7.90
SLG011	Milk, cow, powdered, whole	497	2080	3.20	26.60	26.70	37.50	-	-	-	5.90
SLG012	Milk, goat, whole	68	285	87.50	3.50	4.10	4.20	-	-	-	0.90
SLG013	Yoghurt, low fat, plain	73	305	83.6	9.95	1.92	3.94	-	-	-	0.63
SLG014	Yoghurt, whole	94	393	79.50	4.51	3.04	12.03	-	-	-	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 code	Food Name	Vitamin A (RAE)	Vitamin D	Vitamin K	Vitamin E Equivalent
		VITA	ERGCAL	VITK1	VITE
		µg	*µg*	*µg*	*mg*
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	-	ND	-	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	-	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 code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Total vitamin (B6)	Total Folate (B9)	Total Vitamin C
		THIA	RIBF	NIA	VITB6C	FOLSUM	VITC
		mg	*mg*	*mg*	*mg*	*µg*	*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	-	0.05	6.30	-
SLG005	Ghee, Cow	NA	NA	NA	NA	NA	NA
SLG006	Milk, cow, condensed, sweetened, whole	0.09	0.44	2.30	0.05	13.00	3.30
SLG007	Milk, cow, liquid, full cream	0.06	0.28	0.80	0.05	9.00	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

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

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLG001	Butter, Salted	24.00	24.00	2.00	714	24.00
SLG002	Cheese, cheddar, regular fat	643	556	NA	1304	NA
SLG003	Cheese, cottage, panner	790	414	22.00	509	83.00
SLG004	Curd, buffalo. whole	90.65	90.89	9.39	9.49	86.92
SLG005	Ghee, Cow	1.00	NA	NA	2.00	1.00
SLG006	Milk, cow, condensed, sweetened, whole	287	247	28.00	134	366
SLG007	Milk, cow, liquid, full cream	103	90.00	13.00	51.00	131
SLG008	Milk, cow, liquid, low fat	127	106	12.00	50.00	168
SLG009	Milk, cow, liquid, non fat	103	90.00	13.00	51.00	131
SLG010	Milk, cow, powdered, skimmed	1370	956	110	435	1600
SLG011	Milk, cow, powdered, whole	959	758	92.00	365	1180
SLG012	Milk, goat, whole	152	111	14.00	50.00	204
SLG013	Yoghurt, low fat, plain	115	137	11.00	34.00	141
SLG014	Yoghurt, whole	127	113	NA	63.00	NA

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron	Copper	Zinc
		FE	CU	ZN
		mg	*mg*	*mg*
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	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
SLG001	Butter, Salted	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG002	Cheese, cheddar, regular fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG003	Cheese, cottage, panner	1.42	7.69	4.37	5.27	20.24	10.45	2.18	3.39	0.72	5.68	2.28	4.79	9.76	5.36	5.08	2.04	5.79	3.56
SLG004	Curd, buffalo. whole	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
SLG005	Ghee, Cow	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG006	Milk, cow, condensed, sweetened, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	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	6.40	2.51	6.20	10.66	5.48	5.09	2.14	8.59	3.25
SLG008	Milk, cow, liquid, low fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG009	Milk, cow, liquid, non fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG010	Milk, cow, powdered, skimmed	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG011	Milk, cow, powdered, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG012	Milk, goat, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG013	Yoghurt, low fat, plain	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG014	Yoghurt, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	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)

Food code	Food Name	Saturated Fatty Acids							Mono Unsaturated Fatty Acids			Poly Unsaturated Fatty Acids		
		Total	Butyric acid (C4:0)	Capric (C10:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT		F10D0	F14D0	F16D0	F18D0	F20D0	FAMS	F16D1C	F18D1CN9	FAPU	F18D2CN6	F18D3N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLG001	Butter, Salted	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG002	Cheese, cheddar, regular fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG003	Cheese, cottage, panner	8851	NA	230	1600	4792	1755	88.14	4300	385	3914	439	206	233
SLG004	Curd, buffalo. whole	4582	NA	84.19	827	2783	473	35.16	1475	148	1184	145	59.79	70.80
SLG005	Ghee, Cow	71.02	0.22	1.87	11.81	39.13	13.89	0.52	26.44	1.86	23.19	2.55	2.00	0.55
SLG006	Milk, cow, condensed, sweetened, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG007	Milk, cow, liquid, full cream	2707	NA	172	451	1033	518	NA	1214	37.90	1176	126	106	20.52
SLG008	Milk, cow, liquid, low fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG009	Milk, cow, liquid, non-fat	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG010	Milk, cow, powdered, skimmed	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG011	Milk, cow, powdered, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG012	Milk, goat, whole	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLG013	Yoghurt, low fat, plain	1230	47.00	67.00	194	570	195	3.00	486	31.00	381	76.00	48.00	7.00
SLG014	Yoghurt, whole	NA	NA	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.



Eggs

SLH001



ENGLISH NAME: Egg, country, whole, raw
SINHALA NAME: ගම් බිත්තර, අමු
TAMIL NAME: ஊர் முட்டை

SLH002



ENGLISH NAME: Egg, table, white, raw
SINHALA NAME: ෆාම් බිත්තර, සුදු මදය, අමු
TAMIL NAME: பா.ம் முட்டை (வெள்ளைக்கரு)

SLH003



ENGLISH NAME: Egg, table, whole, raw
SINHALA NAME: ෆාම් බිත්තර, අමු
TAMIL NAME: பா.ம் முட்டை

SLH004



ENGLISH NAME: Egg, table, yolk, raw
SINHALA NAME: ෆාම් බිත්තර, කහ මදය, අමු
TAMIL NAME: பா.ம் முட்டை (மஞ்சட்கரு)

SLH005



ENGLISH NAME: Egg, quail, whole, raw
SINHALA NAME: වටු බිත්තර, අමු
TAMIL NAME: காடை முட்டை

Poultry

SLH006



ENGLISH NAME: Chicken, Broiler, breast, skinless
SINHALA NAME: කුකුලු පපුව, බ්‍රොයිලර්, සම ඉවත් කල
TAMIL NAME: புறோயிலர் கோழி இறைச்சி,தோல் நீக்கியது

SLH007



ENGLISH NAME: Chicken, Broiler, drumstick, skinless
SINHALA NAME: කුකුලු කකුල්, බ්‍රොයිලර්, සම ඉවත් කල
TAMIL NAME: புறோயிலர் கோழி கால் துண்டு,தோல் நீக்கியது

SLH008



ENGLISH NAME: Chicken, Broiler, gizzard
SINHALA NAME: කුකුලු ආමාශය (බොකු), බ්‍රොයිලර්
TAMIL NAME: புறோயிலர் கோழி,இரைப்பை

SLH009



ENGLISH NAME: Chicken, Broiler, liver
SINHALA NAME: කුකුල් ඕකුළු, බ්‍රොයිලර්
TAMIL NAME: புறோயிலர் கோழி, ஈரல்

SLH010



ENGLISH NAME: Chicken, Broiler, thigh, skinless
SINHALA NAME: කුකුල් කලවා, බ්‍රොයිලර්, සම ඉවත්කල
TAMIL NAME: புறோயிலர் கோழி இறைச்சி தொடை, தோல் நீக்கியது

SLH011



ENGLISH NAME: Chicken, Country, breast, with skin
SINHALA NAME: කුකුල් පපුව, ගම්, සම සහිත
TAMIL NAME: புறோயிலர் கோழி இறைச்சி மார்பு,தோல் உள்ளது

SLH012



ENGLISH NAME: Chicken, county, leg, with skin
SINHALA NAME: කුකුල් කකුල්, ගම්, සම සහිත
TAMIL NAME: ஊர் கோழி கால்(தோல் நீக்காதது)

SLH013



ENGLISH NAME: Chicken, county, thigh, with skin
SINHALA NAME: කුකුල් කලවා, ගම්, සම සහිත
TAMIL NAME: ஊர் கோழி தொடை (தோல் நீக்காதது)

SLH014



ENGLISH NAME: Chicken, county, wing, with skin
SINHALA NAME: කුකුල් තටු, ගම්, සම සහිත
TAMIL NAME: ஊர் கோழி சிறகுப்பகுதி (தோல் நீக்காதது)

SLH015



ENGLISH NAME: Turkey, breast, with skin
SINHALA NAME: කලුකුම්, පපුව, සම සහිත
TAMIL NAME: வான் கோழி மார்பு (தோல் நீக்காதது)

Meats

SLH016



ENGLISH NAME: Beef, chops
SINHALA NAME: හරක් මස්, පිට පෙදෙස
TAMIL NAME: மாட்டிறைச்சி

SLH017



ENGLISH NAME: Beef, liver
SINHALA NAME: හරක් මස්, පීකුදු
TAMIL NAME: மாட்டு ஈரல்

SLH018



ENGLISH NAME: Goat, chops
SINHALA NAME: එළු මස්, පිට පෙදෙස
TAMIL NAME: ஆட்டிறைச்சி

SLH019



ENGLISH NAME: Pork, shoulder
SINHALA NAME: ඌරු මස්, උරහිස
TAMIL NAME: பன்றிஇறைச்சி

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(All values are expressed per 100g edible portion)

Food Code	Food Name	Energy		Moisture	Protein	Total Fat	Ash
		ENERC		WATER	PROTCNT	FATCE	ASH
		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				
SLH006	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

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

Food Code	Food Name	Vitamin A	Vitamin D	Vitamin E	Vitamin K
		Retinol	Cholecalciferol (D3)		Mequinones (K2)
		RETDL	CHOCAL	VITE	VITK2
		µg	*µg*	*mg*	*µg*
		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

(All values are expressed per 100g edible portion; 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)
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM
		mg	*mg*	*mg*	*mg*	*mg*	*µg*
	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	0.90	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 code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		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

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
Eggs																	
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	NA
SLH002	Egg, table, white, raw	0.09	NA	0.03	0.04	26.35	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLH003	Egg, table, whole, raw	2.39	0.03	0.08	1.73	36.35	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	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	NA	NA
SLH005	Egg, quail, whole, raw	2.55	0.03	0.09	1.51	50.63	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Poultry																	
SLH006	Chicken, Broiler, breast, skinless	0.75	0.02	0.16	0.64	21.65	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	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	NA	NA
SLH007	Chicken, Broiler, gizzard	3.19	0.03	0.20	2.65	54.66	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLH009	Chicken, Broiler, liver	9.92	0.21	0.29	2.65	46.35	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLH010	Chicken, Broiler, thigh, skinless	0.89	0.02	0.10	1.39	20.15	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	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	NA	NA
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	NA	NA
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	NA	NA
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	NA	NA
SLH015	Turkey, breast, with skin	1.01	0.02	0.10	1.28	14.33	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
Meats																	
SLH016	Beef, chops	2.41	0.01	0.09	3.31	22.11	NA	NA	0.01	0.02	NA	0.18	NA	0.01	NA	1.55	1.50
SLH017	Beef, liver	17.95	0.26	3.63	6.72	29.18	NA	0.11	0.01	0.02	NA	0.45	0.01	0.83	NA	2.58	0.11
SLH018	Goat, chops	1.62	NA	0.06	5.05	23.41	NA	NA	0.01	0.01	NA	0.14	0.00	0.10	NA	0.30	0.10
SLH019	Pork, shoulder	0.79	0.02	0.21	0.80	NA	NA	NA	0.02	NA	NA	0.42	NA	0.29	NA	1.12	0.83

Table 6. AMINO ACIDS

(All values are expressed per 100g of protein)

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
Eggs																			
SLH001	Egg, country, whole, raw	1.42	9.79	5.15	7.54	13.04	3.36	3.54	6.21	2.15	6.24	2.97	5.74	7.74	3.70	5.72	2.25	7.53	6.42
SLH002	Egg, table, white, raw	1.67	10.25	4.87	5.89	13.52	4.58	3.41	5.84	2.31	6.59	2.89	5.42	8.51	3.51	7.12	2.32	7.98	5.45
SLH003	Egg, table, whole, raw	1.72	9.58	4.75	6.72	13.60	4.11	3.30	6.55	2.26	6.45	3.10	5.45	8.40	3.99	5.71	2.15	8.11	6.61
SLH004	Egg, table, yolk, raw	1.59	9.66	5.66	7.58	12.95	4.21	2.98	5.99	1.99	5.98	2.56	5.64	9.01	4.25	5.12	2.34	6.98	7.35
SLH005	Egg, quail, whole, raw	-	10.79	4.86	6.43	13.77	3.36	4.14	6.18	1.85	6.50	2.64	5.77	7.96	3.73	5.73	2.40	7.11	6.03
Poultry																			
SLH006	Chicken, Broiler, breast, skinless	1.51	9.18	5.25	3.99	16.79	5.02	4.84	5.97	1.17	5.61	2.42	5.85	5.81	4.14	4.95	3.67	7.73	7.12
SLH008	Chicken, Broiler, drumstick, skinless	1.51	9.58	4.25	3.91	16.89	4.61	4.84	5.68	1.17	6.12	2.51	4.75	7.12	3.89	5.02	2.87	7.73	7.12
SLH007	Chicken, Broiler, gizzard	1.83	8.56	4.30	4.01	14.29	5.90	5.63	6.22	1.67	4.59	2.55	4.53	7.67	3.78	4.48	2.61	8.82	7.97
SLH009	Chicken, Broiler, liver	1.52	9.33	4.82	4.44	12.74	4.51	4.65	6.12	1.44	6.30	2.53	5.11	9.93	3.81	5.82	3.20	8.20	6.59
SLH010	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	2.47	7.73	7.12
SLH011	Chicken, country, breast, with skin	1.80	8.77	4.38	4.78	15.91	5.06	4.34	6.05	1.08	5.08	2.47	4.98	7.92	4.09	5.77	4.04	7.96	7.67
SLH012	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	7.42
SLH013	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	5.04	9.29	3.99	5.01	2.87	7.65	7.32
SLH014	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	5.70	3.50	7.90	6.50
SLH015	Turkey, breast, with skin	1.54	8.86	4.80	4.09	15.39	4.26	4.62	6.44	1.12	5.03	2.57	5.46	8.17	4.36	5.91	2.97	7.07	7.52
Meats																			
SLH016	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	7.04
SLH017	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	5.85
SLH018	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	5.71
SLH019	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	5.84

Table 7. FATTY ACIDS AND CHOLESTEROL

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

Food code	Food Name	Saturated Fatty Acids									Mono Unsaturated Fatty Acids			
		Total	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)
		FASAT	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1CN9	F20D1N9F
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
Eggs														
SLH001	Egg, country, whole, raw	3792	-	35.26	-	2730	1020	6.51	-	-	5061	254	4765	42.32
SLH002	Egg, table, white, raw	23.00	-	-	-	16.00	7.00	-	-	-	20.00	-	20.00	-
SLH003	Egg, table, whole, raw	2911	-	36.48		2133	581	10.70	137	12.30	3398	309	3064	25.16
SLH004	Egg, table, yolk, raw	8518	-	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	-	12.72	-	556	180	4.07	12.42	12.27	984	122	853	9.43
SLH008	Chicken, Broiler, drumstick, skinless	1103	-	22.88	-	781	262	6.14	13.45	17.23	1506	200	1294	12.59
SLH007	Chicken, Broiler, gizzard	772	-	9.91	-	495	256	5.92	4.36	-	716	98.00	604	13.85
SLH009	Chicken, Broiler, liver	1328	-	-	-	677	651	-	-	-	681	-	681	-
SLH010	Chicken, Broiler, thigh, skinless	1029	-	22.10	-	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	-	-	-	453	28.00	422	3.65
SLH012	Chicken, country, leg, with skin	534	-	13.27	2.11	362	174	2.63	-	-	681	59.00	616	5.59
SLH013	Chicken, country, thigh, with skin	610	-	18.74	2.73	421	167	-	-	-	750	57.00	687	6.05
SLH014	Chicken, country, wing, with skin	688	-	19.17	2.94	467	199	-	-	-	836	65.00	763	7.94
SLH015	Turkey, breast, with skin	934	-	-	-	647	286	-	-	-	884	-	884	-
Meats														
SLH016	Beef, chops	3059	14.07	135	-	1788	1025	43.22	-	53.18	3270	204	3019	47.33
SLH017	Beef, liver	1394	4.90	10.91	-	438	898	4.75	-	36.92	596	30.22	539	26.38
SLH018	Goat, chops	3129	33.12	338	-	1567	1173	8.62	-	8.68	2228	129	2048	50.57
SLH019	Pork, shoulder	8284	-	357	-	5169	2715	42.69	-	-	8200	532	7668	-

Food Code	Food Name	Poly Unsaturated Fatty Acids						Cholesterol
		Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n3)	Arachidonic (C20:4n6)	Docosahexaenoic (C22:6n3)	
		FAPU	F18D2CN6	F18D3N3	F20D3N6	F20D4N6	F22D5N3	CHOLC
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
Eggs								
SLH001	Egg, country, whole, raw	1663	1517	39.95	13.01	-	92.46	355
SLH002	Egg, table, white, raw	7.12	7.12	-	-	-	-	-
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	-	195	1073
SLH005	Egg, quail, whole, raw	2369	2112	42.84	-	192	22.06	833
Poultry								
SLH006	Chicken, Broiler, breast, skinless	355	336	11.86	7.33	-	-	61.67
SLH008	Chicken, Broiler, drumstick, skinless	651	610	32.88	7.18	-	-	86.08
SLH007	Chicken, Broiler, gizzard	464	342	-	-	122	-	57.24
SLH009	Chicken, Broiler, liver	1013	680	140	-	-	193	268
SLH010	Chicken, Broiler, thigh, skinless	539	502	31.48	5.06	-	-	91.93
SLH011	Chicken, country, breast, with skin	262	182	7.26	-	72.00	-	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	-	-	-	81.28
Meats								
SLH016	Beef, chops	496	206	70.30	-	220	-	52.23
SLH017	Beef, liver	636	268	5.77	-	303	59.23	263
SLH018	Goat, chops	353	256	13.72	-	83.00	-	87.55
SLH019	Pork, shoulder	1189	1141	26.50	-	21.30	-	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.



SLI001



SCIENTIFIC NAME: *Prunus amygdalus*
ENGLISH NAME: Almond
SINHALA NAME: ආමන්ඩ්
TAMIL NAME: பாதாம்

SLI002



SCIENTIFIC NAME: *Areca catechu*
ENGLISH NAME: Arecanut, dried, brown
SINHALA NAME: කරුංකා
TAMIL NAME: உலர்ந்த பாக்கு

SLI003



SCIENTIFIC NAME: *Areca catechu*
ENGLISH NAME: Arecanut, fresh
SINHALA NAME: පුවක්
TAMIL NAME: பச்சை பாக்கு

SLI004



SCIENTIFIC NAME: *Anacardium occidentale*
ENGLISH NAME: Cashew nut
SINHALA NAME: කජු ඵල
TAMIL NAME: மரமுந்திரி விதை

SLI005



SCIENTIFIC NAME: *Cocos nucifera*
ENGLISH NAME: Coconut, kernal, dry
SINHALA NAME: කොට්ට පොල්
TAMIL NAME: கொப்பரை

SLI006



SCIENTIFIC NAME: *Cocos nucifera*
ENGLISH NAME: Coconut, kernal, fresh, scraped
SINHALA NAME: පොල්, ගාන ලද, අමු
TAMIL NAME: தேங்காய்த்துருவல்

SLI007



SCIENTIFIC NAME: *Sesamum indicum*
ENGLISH NAME: Gingely seeds, black
SINHALA NAME: තල, කලු
TAMIL NAME: கறுப்பு எள்

SLI008



SCIENTIFIC NAME: *Sesamum indicum*
ENGLISH NAME: Gingely seeds, brown
SINHALA NAME: තල, සුදු
TAMIL NAME: வெள்ளை எள்

SLI009



SCIENTIFIC NAME: *Arachis hypogaea*
ENGLISH NAME: Ground nut
SINHALA NAME: රට කජු
TAMIL NAME: நிலக்கடலை/கச்சான்

SLI010



SCIENTIFIC NAME: *Linum usitatissimum*
ENGLISH NAME: Linseeds, flax seeds
SINHALA NAME: හන ඇට
TAMIL NAME: ஆளி

SLI011



SCIENTIFIC NAME: *Brassica juncea*
ENGLISH NAME: Mustard, seeds
SINHALA NAME: අබ
TAMIL NAME: கடுகு

SLI012



SCIENTIFIC NAME: *Pistacia vera*
ENGLISH NAME: Pistachio nut
SINHALA NAME: පිස්ටැච්යෝ ඇට
TAMIL NAME: பிஸ்தா

SLI013



SCIENTIFIC NAME: *Terminalia catappa*
ENGLISH NAME: Tropical Almond, kottamba
SINHALA NAME: කොට්ටම්බා
TAMIL NAME: தேக்கங்காய் (கொட்டங்காய்)

SLI014



SCIENTIFIC NAME: *Juglans regia*
ENGLISH NAME: Walnut
SINHALA NAME: වෝල්නට්
TAMIL NAME: வாதுமை விதை

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC		WATER	PROTCNT	FATCE	CHOAVLDF	FIBTG	FIBSOL	FIBINS	ASH
		kcal	kJ	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLI001	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 *(Areca catechu)*	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
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	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 *(Sesamum indicum)*	517	2167	3.70	21.96	43.27	9.56	16.99	3.68	13.31	4.51
SLI009	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 *(Pistacia vera)*	541	2266	4.90	23.64	42.95	15.06	10.45	2.33	8.12	3.00
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	458	1892	22.08	17.14	41.28	3.20	13.68	2.41	11.27	2.63
SLI014	Walnut *(Juglans regia)*	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)

Food code	Food Name	Vitamin A (RAE)	Vitamin D	Vitamin K	Vitamin E (α-tocopherol equivalents -TE)	α – Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols
		VITA	ERGCAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA
		µg	*µg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLI001	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 *(Cocos nucifera)*	NA	NA	2.69	5.28	5.24	NA	0.47	NA	NA
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	-	ND	-	0.41	0.41	-	-	-	-
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 *(Pistacia vera)*	20.83	1.72	19.25	24.48	22.01	4.18	7.87	1.45	0.02
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	-	ND	6.86	-	-	-	-	-	-
SLI014	Walnut *(Juglans regia)*	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
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		mg	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*
SLI001	Almond *(Prunus amygdalus)*	0.15	0.31	3.83	0.72	0.09	41.04	0.83
SLI002	Arecanut, dried, brown *(Areca catechu)*	0.05	0.02	0.69	0.12	0.31	7.65	NA
SLI003	Arecanut, fresh *(Areca catechu)*	0.04	0.02	0.73	0.21	0.23	4.87	NA
SLI004	Cashew nut *(Anacardium occidentale)*	0.58	0.05	1.11	1.68	0.16	15.28	NA
SLI005	Coconut, kernal, dry *(Cocos nucifera)*	0.04	0.05	0.83	0.21	0.16	25.05	NA
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	ND	0.05	0.31	0.80	0.11	14.86	-
SLI007	Gingely seeds, black *(Sesamum indicum)*	0.35	0.09	3.27	0.48	0.69	119	NA
SLI008	Gingely seeds, brown *(Sesamum indicum)*	0.26	0.08	3.46	0.43	0.54	87.75	NA
SLI009	Ground nut *(Arachis hypogaea)*	0.64	0.11	11.73	0.97	0.23	89.89	NA
SLI010	Linseeds *(Linum usitatissimum)*	0.29	0.05	1.12	0.37	0.37	89.88	NA
SLI011	Mustard, seeds *(Brassica juncea)*	0.52	0.34	3.73	0.52	0.23	95.11	NA
SLI012	Pistachio nut *(Pistacia vera)*	0.96	0.05	0.87	0.58	0.96	59.55	NA
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	ND	0.02	0.07	0.76	0.32	41.50	-
SLI014	Walnut *(Juglans regia)*	0.41	0.12	0.88	0.86	0.89	62.28	0.84

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLI001	Almond *(Prunus amygdalus)*	230	443	272	1.93	679
SLI002	Arecanut, dried, brown *(Areca catechu)*	72.00	99.00	108	12.62	597
SLI003	Arecanut, fresh *(Areca catechu)*	30.02	92.25	47.16	4.35	330
SLI004	Cashew nut *(Anacardium occidentale)*	34.00	537	272	8.94	645
SLI005	Coconut, kernal, dry *(Cocos nucifera)*	34.00	201	80.42	17.01	644
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	9.31	103	49.54	43.78	349
SLI007	Gingely seeds, black *(Sesamum indicum)*	1465	699	419	16.61	475
SLI008	Gingely seeds, brown *(Sesamum indicum)*	1168	682	318	11.81	480
SLI009	Ground nut *(Arachis hypogaea)*	58.00	390	200	12.80	664
SLI010	Linseeds *(Linum usitatissimum)*	254	460	352	39.53	603
SLI011	Mustard, seeds *(Brassica juncea)*	412	743	215	2.94	627
SLI012	Pistachio nut *(Pistacia vera)*	150	531	148	6.92	1050
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	200	548	123	7.67	331
SLI014	Walnut *(Juglans regia)*	104	464	160	0.83	435

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
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
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	NA	NA	NA	NA
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
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	NA	NA
SLI005	Coconut, kernal, dry *(Cocos nucifera)*	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	NA	NA
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	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
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
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
SLI009	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
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
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
SLI012	Pistachio nut *(Pistacia vera)*	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
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	2.79	1.36	2.13	4.54	56.14	0.009	0.004	0.011	0.042	0.001	1.13	0.035	1.83	0.002	7.49	0.70
SLI014	Walnut *(Juglans regia)*	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)

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
SLI001	Almond *(Prunus amygdalus)*	0.96	12.15	2.43	3.93	28.16	4.01	6.12	4.95	0.67	4.00	0.93	2.44	4.12	3.22	5.54	2.24	2.26	11.31
SLI002	Arecanut, dried, brown *(Areca catechu)*	0.80	6.88	3.93	4.56	20.88	3.53	4.73	4.21	0.70	3.69	0.92	1.75	4.95	4.12	4.78	2.05	4.38	10.50
SLI003	Arecanut, fresh *(Areca catechu)*	0.80	7.88	3.93	6.56	20.88	3.53	4.73	4.21	0.70	5.69	1.35	1.75	4.75	4.12	4.78	2.05	4.38	10.50
SLI004	Cashew nut *(Anacardium occidentale)*	0.89	10.14	3.04	6.64	24.05	4.12	5.76	5.90	1.28	3.27	1.28	4.16	7.14	2.85	3.60	2.55	5.03	9.72
SLI005	Coconut, kernal, dry *(Cocos nucifera)*	0.50	8.56	2.75	4.09	23.54	3.83	4.01	5.24	1.71	5.88	1.91	3.64	6.78	2.76	6.17	2.08	3.91	12.22
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	0.97	8.83	3.26	4.65	21.88	3.41	5.00	4.93	1.24	5.40	1.07	3.99	6.25	3.31	4.70	2.41	3.94	14.59
SLI007	Gingely seeds, black *(Sesamum indicum)*	1.19	10.92	3.04	6.00	22.37	3.30	6.82	5.63	1.29	4.48	3.22	5.51	4.42	1.89	4.97	1.98	2.15	10.04
SLI008	Gingely seeds, brown *(Sesamum indicum)*	1.24	9.49	3.25	5.82	19.40	3.64	5.64	6.63	1.01	4.63	2.73	5.05	6.26	3.53	4.70	2.26	2.52	11.91
SLI009	Ground nut *(Arachis hypogaea)*	1.01	9.30	2.73	4.62	18.15	4.64	5.08	4.56	1.18	5.05	1.01	5.04	7.38	4.49	7.51	2.51	3.48	10.41
SLI010	Linseeds *(Linum usitatissimum)*	1.74	10.89	3.98	5.12	19.54	4.62	5.51	4.67	1.54	5.26	1.67	4.77	6.77	3.51	5.12	2.61	4.58	10.25
SLI011	Mustard, seeds *(Brassica juncea)*	1.30	7.19	3.74	3.61	21.41	6.18	4.85	4.57	1.55	5.59	2.10	4.20	7.11	3.34	5.78	2.72	5.32	6.50
SLI012	Pistachio nut *(Pistacia vera)*	1.25	10.25	4.29	4.67	17.02	3.67	5.98	5.21	1.45	5.12	1.64	5.21	7.99	2.78	5.52	2.34	3.16	7.86
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	1.12	8.18	3.07	4.36	19.34	4.68	5.97	4.04	1.30	4.61	0.99	4.06	6.83	3.64	6.57	2.55	3.39	14.35
SLI014	Walnut *(Juglans regia)*	1.10	10.53	3.07	6.54	20.55	3.40	5.36	5.66	1.29	5.40	0.67	4.73	6.41	2.84	4.78	2.50	2.40	13.50

Table 7. FATTY ACIDS

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

Food code	Food Name	Saturated Fatty Acids								Mono Unsaturated Fatty Acids						Poly Unsaturated Fatty Acids			
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Oleic	Eicosaenoic	Erucic	Nervonic	Total	Linoleic	A-Linolenic	Docosadienoic
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D 1C	F18D 1CN9	F20D 1N9F	F22D 1N9	F24D 1C	FAPU	F18D 2CN6	F18D 3N3	F22D2
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLI001	Almond *(Prunus amygdalus)*	4355	-	30.98	3549	716	59.32	-	-	38273	274	37952	47.22	-	-	13307	13275	32.02	-
SLI002	Arecanut, dried, brown *(Areca catechu)*	2605	506	1538	491	60.29	9.69	-	-	453	-	449	4.47	-	-	393	386	7.27	-
SLI003	Arecanut, fresh *(Areca catechu)*	3283	565	2033	607	65.06	12.89	-	-	566	-	549	16.45	-	-	499	483	15.13	-
SLI004	Cashew nut *(Anacardium occidentale)*	7653	-	-	3973	3350	226	45.77	58.26	28181	168	27940	72.49	-	-	7338	7287	50.48	-
SLI005	Coconut, kernal, dry *(Cocos nucifera)*	43032	24254	10311	4419	1385	-	-	-	3660	-	3660	-	-	-	957	957	-	-
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	30840	18293	7977	3394	1145	29.99	-	-	2539	-	2525	13.61	-	-	523	523	-	-
SLI007	Gingely seeds, black *(Sesamum indicum)*	6548	-	-	3659	2537	263	54.14	35.66	15390	64.57	15264	60.89	-	-	19275	19079	196	-
SLI008	Gingely seeds, brown *(Sesamum indicum)*	6209	-	-	3726	2145	255	45.10	38.07	16353	53.45	16235	64.28	-	-	18804	18707	97.00	-
SLI009	Ground nut *(Arachis hypogaea)*	8302	-	-	4634	1259	544	1401	463	18083	247	17452	385	-	-	11741	11741	-	-
SLI010	Linseeds *(Linum usitatissimum)*	2978	-	-	1451	1380	57.28	55.85	33.12	5356	24.54	5294	37.95	-	-	15681	3319	12362	-
SLI011	Mustard, seeds *(Brassica juncea)*	2095	-	-	862	414	283	317	219	20669	67.87	4572	1816	13546	667	9307	5070	3531	448
SLI012	Pistachio nut *(Pistacia vera)*	4185	-	42.54	3578	456	50.58	40.01	17.15	19123	300	18665	144	-	14.33	12016	11841	175	-
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	15825	7.57	40.43	13965	1499	213	69.38	31.00	12616	155	12421	41.35	-	-	10774	10739	34.26	-
SLI014	Walnut *(Juglans regia)*	5129	-	-	3632	1470	27.46	-	-	11627	36.33	11493	97.00	-	-	44722	36059	8663	-

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 code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total free sugars	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				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 *(Areca catechu)*	NA	NA	NA	NA	NA	NA	NA	NA
SLI004	Cashew nut *(Anacardium occidentale)*	23.24	3.13	1.92	1.10	0.11	2.16	0.17	20.11
SLI005	Coconut, kernal, dry *(Cocos nucifera)*	6.43	6.43	1.35	0.97	4.11	NA	NA	NA
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	3.16	-	-	-	-	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
SLI011	Mustard, seeds *(Brassica juncea)*	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	-	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 code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
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 *(Cocos nucifera)*	1.85	4.47	21.56
SLI006	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	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
SLI009	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 *(Pistacia vera)*	12.31	2.24	366
SLI013	Tropical Almond, kottamba (*Terminalia catappa)*	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 code	Food Name	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin	α - Carotene	β - Carotene
		LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB
		µg	µg	µg	µg	µg	µg
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 *(Cocos nucifera)*	71.10	3.44	NA	NA	NA	NA
SLI006	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 *(Brassica juncea)*	224	10.12	NA	NA	NA	41.92
SLI012	Pistachio nut *(Pistacia vera)*	168	NA	NA	NA	NA	125
SLI013	Walnut *(Juglans regia)*	34.70	3.55	NA	5.12	NA	8.52
SLI014	Tropical Almond, kottamba (*Terminalia catappa)*	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 code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Citric Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble	Insoluble											
		OXALAC			TARAC	MALAC	CITAC	SUCAC		FUMAC					
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*g*	*g*
SLI001	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	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	Arecanut, fresh *(Areca catechu)*	NA	NA	NA	NA	NA	NA	12.63	27.52	NA	24.52	426	15.95	3.96	NA
SLI004	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	Coconut, kernal, dry *(Cocos nucifera)*	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	Coconut, kernal, fresh, scraped *(Cocos nucifera)*	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND
SLI007	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	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	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	NA
SLI012	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	Walnut *(Juglans regia)*	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	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.



SLJ001



ENGLISH NAME: Canola oil
SINHALA NAME: කැනෝලා තෙල්
TAMIL NAME: **கனோலா எண்ணெய்**

SLJ002



ENGLISH NAME: Coconut oil
SINHALA NAME: පොල් තෙල්
TAMIL NAME: **தேங்காய் எண்ணெய்**

SLJ003



ENGLISH NAME: Corn oil
SINHALA NAME: බඩ ඉරිඟු තෙල්
TAMIL NAME: சோள எண்ணெய்

SLJ004



ENGLISH NAME: Margarine
SINHALA NAME: මාගරීන්
TAMIL NAME: மாஜரின்

SLJ005



ENGLISH NAME: Mustard seed oil
SINHALA NAME: අබ තෙල්
TAMIL NAME: கடுகு விதை எண்ணெய்

SLJ006



ENGLISH NAME: Olive oil
SINHALA NAME: ඔලිව් තෙල්
TAMIL NAME: ஒலிவ் எண்ணெய்

SLJ007



ENGLISH NAME: Palm Olein
SINHALA NAME: පාම් තෙල්
TAMIL NAME: **பாம் எண்ணெய்**

SLJ008



ENGLISH NAME: Peanut oil
SINHALA NAME: රටකජු තෙල්
TAMIL NAME: கச்சான் எண்ணெய்

SLJ009



ENGLISH NAME: Rice bran oil
SINHALA NAME: සහල් නිවිඩ්ඩේ තෙල්
TAMIL NAME: அரிசி தவிட்டு எண்ணெய்

SLJ010



ENGLISH NAME: Sesame oil
SINHALA NAME: තල තෙල්
TAMIL NAME: நல்லெண்ணெய்

SLJ011



ENGLISH NAME: Soy bean oil
SINHALA NAME: සෝයා තෙල්
TAMIL NAME: சோயா எண்ணெய்

SLJ012



ENGLISH NAME: Sunflower oil
SINHALA NAME: සූර්යකාන්ත තෙල්
TAMIL NAME: சூரியகாந்தி எண்ணெய்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

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

Food code	Food Name	Energy		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	kJ	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLJ001	Canola oil	900	3700	-	-	100	-	-	-	-	-
SLJ002	Coconut oil	900	3700	-	-	100	-	-	-	-	-
SLJ003	Corn oil	900	3700	-	-	100	-	-	-	-	-
SLJ004	Margarine	750	3080	16	0.30	83.30	-	-	-	-	0.40
SLJ005	Mustard seed oil	900	3700	-	-	100	-	-	-	-	-
SLJ006	Olive oil	900	3700	-	-	100	-	-	-	-	-
SLJ007	Palm Olein	900	3700			100					
SLJ008	Peanut oil	900	3700	-	-	100	-	-	-	-	-
SLJ009	Rice bran oil	900	3700	-	-	100					
SLJ010	Sesame oil	900	3700	-	-	100	-	-	-	-	-
SLJ011	Soy bean oil	900	3700	-	-	100	-	-	-	-	-
SLJ012	Sunflower oil	900	3700	-	-	100	-	-	-	-	-

Table 7. FATTY ACIDS

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

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids						Poly Unsaturated Fatty Acids		
		Total	Caprylic (C8:0)	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1)	Heptadecenoic (C17:1)	Oleic (C18:1)	Eicosaenoic (C20:1)	Erucic (C22:1)	Total	Linoleic (C18:2)	A-Linolenic (C18:3)
		FASAT	F8D0	F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1CN7	F17D1CN7	F18D1CN9	F20D1N9F	F22D1N9	FAPU	F18D2CN6	F18D3N3
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLJ001	Canola oil	6.84	-	-	0.02	0.06	4.31	2.11	0.21	0.07	0.03	63.31	0.04	0.10	61.81	1.19	0.02	28.96	19.95	9.01
SLJ002	Coconut oil	91.08	5.00	5.30	47.17	20.29	9.58	3.65	0.10	-	-	7.63	0.01	-	7.58	0.04	-	1.27	1.27	-
SLJ003	Corn oil	15.40	-	-	-	-	12.01	2.01	0.68	0.30	0.36	28.81	-	-	28.61	0.20	-	55.83	55.03	0.80
SLJ004	Margarine	31.30	0.35	0.12	5.60	2.11	14.80	8.30	-	-	-	27.50	-	-	25.90	0.51	-	15.90	12.80	3.12
SLJ005	Mustard seed oil	5.72	-	-	-	-	2.18	1.17	0.98	1.39	-	67.09	0.16	-	12.18	5.45	49.30	27.19	15.55	11.64
SLJ006	Olive oil	16.22	-	-	-	-	11.95	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	-	0.02	0.30	0.85	42.87	3.78	0.04	0.06	-	44.30	0.23	0.03	43.79	0.18	-	11.36	11.18	0.18
SLJ008	Peanut oil	17.40	-	-	-	-	9.25	2.71	1.17	2.54	1.74	50.47	0.07	-	49.40	1.00	-	32.10	31.70	0.19
SLJ009	Rice bran oil	24.10	-	-	-	0.38	19.84	2.00	1.10	0.18	0.60	42.20	0.20	-	42.00	-	-	33.70	33.10	0.60
SLJ010	Sesame oil	17.37	-	-	-	-	10.57	5.90	0.60	0.16	0.14	40.70	0.20	-	40.31	0.19	-	41.93	41.58	0.35
SLJ011	Soy bean oil	15.96	-	-	-	-	11.51	4.08	0.37	-	-	24.16	0.10	-	24.06	-	-	59.88	54.68	5.20
SLJ012	Sunflower oil	11.71	-	-	0.02	0.08	6.53	3.73	0.27	0.78	0.30	26.74	0.12	-	26.41	0.17	0.04	61.55	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.



SLK001



SCIENTIFIC NAME	*Elettaria cardamomum*
ENGLISH NAME:	Cardamom
SINHALA NAME:	එනසාල්
TAMIL NAME:	ஏலக்காய்

SLK002



SCIENTIFIC NAME	*Capsicum annum*
ENGLISH NAME:	Chillies, dark green, short
SINHALA NAME:	අමුමිරිස්, දේශීය
TAMIL NAME:	பச்சை மிளகாய் (கடும் பச்சை)

SLK003



SCIENTIFIC NAME	*Capsicum annum*
ENGLISH NAME:	Chillies, yellowish green, long
SINHALA NAME:	අමුමිරිස්, වැරණිය
TAMIL NAME:	பச்சை மிளகாய் (இளம் பச்சை)

SLK004



SCIENTIFIC NAME	*Capsicum annum*
ENGLISH NAME:	Chillies, red, dry
SINHALA NAME:	වියළි මිරිස්
TAMIL NAME:	செத்தல் மிளகாய்

SLK005



SCIENTIFIC NAME	***Syzygium aromaticum***
ENGLISH NAME:	Cloves
SINHALA NAME:	කරාබු නැටි
TAMIL NAME:	கராம்பு

SLK006



SCIENTIFIC NAME	***Coriandrum sativum***
ENGLISH NAME:	Coriander seeds
SINHALA NAME:	කොත්තමල්ලි
TAMIL NAME:	கொத்தமல்லி விதைகள்

SLK007



SCIENTIFIC NAME	*Coriandrum sativum*
ENGLISH NAME:	Coriander, leaves
SINHALA NAME:	කොත්තමල්ලි කොළ
TAMIL NAME:	கொத்தமல்லி இலைகள்

SLK008



SCIENTIFIC NAME	*Cuminum cyminum*
ENGLISH NAME:	Cumin seeds
SINHALA NAME:	සූදුරු
TAMIL NAME:	நற்சீரகம்

SLK009



SCIENTIFIC NAME	*Murraya koenigii*
ENGLISH NAME:	Curry leaves
SINHALA NAME:	කරපිංචා
TAMIL NAME:	கறிவேப்பிலை

SLK010



SCIENTIFIC NAME	*Trigonella foenum graecum*
ENGLISH NAME:	Fenugreek seeds
SINHALA NAME:	උලුහාල්
TAMIL NAME:	வெந்தயம்

SLK011



SCIENTIFIC NAME	*Allium sativum*
ENGLISH NAME:	Garlic
SINHALA NAME:	සුදු ලූනු
TAMIL NAME:	உள்ளி (பூண்டு)

SLK012



SCIENTIFIC NAME	*Zingiber officinale*
ENGLISH NAME:	Ginger fresh, large
SINHALA NAME:	ඉහුරු හයිබ්‍රිඩ්
TAMIL NAME:	இஞ்சி(பெரிது)

SLK013



SCIENTIFIC NAME	*Curcuma amada*
ENGLISH NAME:	Ginger fresh, small
SINHALA NAME:	ඉඟුරු, දේශීය
TAMIL NAME:	இஞ்சி(சிறிது)

SLK014



SCIENTIFIC NAME	*Mentha spicata*
ENGLISH NAME:	Mint leaves
SINHALA NAME:	මින්ච්
TAMIL NAME:	புதினா இலைகள்

SLK015



SCIENTIFIC NAME	*Myristica fragrans*
ENGLISH NAME:	Nutmeg
SINHALA NAME:	සාදික්කා
TAMIL NAME:	ஜாதிக்காய்

SLK016



SCIENTIFIC NAME	*Allium cepa*
ENGLISH NAME:	Onion, big
SINHALA NAME:	බී ලූනු
TAMIL NAME:	பெரிய வெங்காயம்

SLK017



SCIENTIFIC NAME	*Allium cepa*
ENGLISH NAME:	Onion, small, shallots
SINHALA NAME:	රතු ලූනු
TAMIL NAME:	சிறிய வெங்காயம்

SLK018



SCIENTIFIC NAME	*Piper nigrum*
ENGLISH NAME:	Pepper, black
SINHALA NAME:	ගම්මිරිස්
TAMIL NAME:	மிளகு

SLK019



CIENTIFIC NAME	*Curcuma domestica*
ENGLISH NAME:	Turmeric powder
SINHALA NAME:	කහ කුඩු
TAMIL NAME:	மஞ்சள் தூள்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		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	kJ	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLK001	Cardamom *(Elettaria cardamomum)*	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
SLK004	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 *(Coriandrum sativum)*	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 *(Curcuma amada)*	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	6.09	1.35	4.74	2.47
SLK015	Nutmeg *(Myristica fragrans)*	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 *(Piper nigrum)*	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

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

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)	Vitamin D (D2 - ergocalciferol)	Vitamin K (Vitamin K1)	Vitamin E (α-tocopherol equivalents -TE)	α - Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols	γ - Tocotrienols
		VITA	ERGCAL	VITK	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG
		µg	*µg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLK001	Cardamom *(Elettaria cardamomum)*	3.95	40.25	7.01	0.78	0.14	1.12	NA	NA	0.65	NA
SLK002	Chillies, dark green, short *(Capsicum annum)*	38.16	4.29	23.28	0.24	0.06	NA	1.85	NA	NA	NA
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	32.16	3.10	23.85	0.26	0.05	NA	2.12	NA	NA	NA
SLK004	Chillies, red, dry *(Capsicum annum)*	437	26.67	279	1.18	0.79	NA	3.98	NA	NA	NA
SLK005	Cloves *(Syzygium aromaticum)*	13.00	41.95	192	0.72	0.42	0.75	NA	NA	0.01	NA
SLK006	Coriander seeds *(Coriandrum sativum)*	23.50	1.30	32.70	0.96	0.85	NA	NA	NA	0.35	0.45
SLK007	Coriander, leaves *(Coriandrum sativum)*	586	3.78	276	0.41	0.38	NA	NA	NA	0.12	0.08
SLK008	Cumin seeds *(Cuminum cyminum)*	12.52	12.14	148	1.46	1.46	NA	NA	NA	NA	NA
SLK009	Curry leaves *(Murraya koenigii)*	1389	125	268	1.90	1.78	NA	NA	0.70	0.43	NA
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	23.83	2.00	1.67	0.02	0.02	NA	NA	NA	0.02	NA
SLK011	Garlic *(Allium sativum)*	NA	1.76	2.02	0.05	0.05	NA	NA	NA	NA	NA
SLK012	Ginger fresh, large *(Zingiber officinale)*	15.02	4.04	28.56	0.35	0.32	NA	0.39	NA	NA	NA
SLK013	Ginger fresh, small *(Curcuma amada)*	10.59	3.22	26.92	NA	NA	NA	NA	NA	NA	NA
SLK014	Mint leaves *(Mentha spicata)*	672	3.28	184	0.46	0.46	NA	0.06	NA	NA	NA
SLK015	Nutmeg *(Myristica fragrans)*	2.63	47.08	61.15	1.25	1.23	NA	NA	NA	0.09	NA
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
SLK018	Pepper, black *(Piper nigrum)*	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

(All values are expressed per 100g edible portion; 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*	*µg*	*mg*
SLK001	Cardamom *(Elettaria cardamomum)*	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
SLK006	Coriander seeds *(Coriandrum sativum)*	0.18	0.27	1.33	0.28	0.04	24.23	NA
SLK007	Coriander, leaves *(Coriandrum sativum)*	0.09	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 *(Curcuma amada)*	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 *(Myristica fragrans)*	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)*	0.09	0.02	0.22	0.13	0.13	30.15	14.26
SLK018	Pepper, black *(Piper nigrum)*	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)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLK001	Cardamom *(Elettaria cardamomum)*	329	135	259	14.78	1251
SLK002	Chillies, dark green, short *(Capsicum annum)*	20.25	59.83	36.91	2.94	379
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	15.36	49.55	29.99	2.59	317
SLK004	Chillies, red, dry *(Capsicum annum)*	107	345	231	22.45	2184
SLK005	Cloves *(Syzygium aromaticum)*	466	113	378	193	1402
SLK006	Coriander seeds *(Coriandrum sativum)*	724	295	366	34.01	1413
SLK007	Coriander, leaves *(Coriandrum sativum)*	142	43.30	49.97	46.50	373
SLK008	Cumin seeds *(Cuminum cyminum)*	905	381	432	129	1993
SLK009	Curry leaves *(Murraya koenigii)*	680	64.44	184	19.66	602
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	146	632	211	40.12	881
SLK011	Garlic *(Allium sativum)*	14.65	102	24.07	10.62	377
SLK012	Ginger fresh, large *(Zingiber officinale)*	20.69	46.33	59.93	11.73	401
SLK013	Ginger fresh, small *(Curcuma amada)*	11.53	73.48	29.62	5.81	381
SLK014	Mint leaves *(Mentha spicata)*	222	91.58	153	12.41	535
SLK015	Nutmeg *(Myristica fragrans)*	146	247	185	14.32	474
SLK016	Onion, big *(Allium cepa)*	14.82	36.80	16.94	4.94	214
SLK017	Onion, small, shallots *(Allium cepa)*	20.37	54.19	19.32	4.13	204
SLK018	Pepper, black *(Piper nigrum)*	456	127	154	28.94	1768
SLK019	Turmeric powder *(Curcuma domestica)*	110	296	238	26.01	2445

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium	Cobalt	Molybdenum	Chromium	Nickel	Lithium	Aluminium	Lead	Mercury	Cadmium	Arsenic	Antimony
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB
		mg	*mg*	*mg*	*mg*	*µg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*µg*	*mg*	*µg*	*µg*
SLK001	Cardamom *(Elettaria cardamomum)*	9.16	39.20	0.75	3.37	10.00	0.044	0.003	0.287	0.334	0.001	8.47	0.01	NA	0.001	1.82	NA
SLK002	Chillies, dark green, short *(Capsicum annum)*	1.25	0.31	0.16	0.29	NA	0.002	NA	0.005	0.067	0.009	0.26	NA	NA	0.002	NA	NA
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	1.27	0.21	0.12	0.24	NA	0.007	0.001	0.002	0.02	0.002	0.18	NA	NA	NA	NA	NA
SLK004	Chillies, red, dry *(Capsicum annum)*	5.39	1.59	0.90	1.65	16.75	0.033	0.003	0.097	0.033	0.008	3.76	0.015	1.60	0.003	NA	0.33
SLK005	Cloves *(Syzygium aromaticum)*	10.25	53.57	0.56	1.01	9.78	0.007	NA	0.085	0.058	0.004	5.88	0.055	NA	NA	4.79	1.69
SLK006	Coriander seeds *(Coriandrum sativum)*	16.42	2.78	1.48	3.56	6.22	0.011	0.011	0.038	0.134	0.015	5.11	NA	NA	NA	NA	NA
SLK007	Coriander, leaves *(Coriandrum sativum)*	7.87	0.62	0.21	0.49	0.32	0.003	0.011	0.04	0.037	0.007	1.95	0.001	NA	NA	NA	NA
SLK008	Cumin seeds *(Cuminum cyminum)*	13.88	3.95	1.10	3.96	2.89	0.016	0.015	0.089	0.129	0.037	5.42	NA	NA	NA	NA	NA
SLK009	Curry leaves *(Murraya koenigii)*	8.00	1.40	0.36	0.79	25.17	0.005	0.012	0.043	0.111	0.039	3.93	0.014	NA	0.002	6.00	0.56
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	10.50	1.85	1.54	5.07	8.54	0.049	0.119	0.014	0.238	NA	1.41	0.015	NA	NA	2.69	NA
SLK011	Garlic *(Allium sativum)*	0.63	0.22	0.13	0.66	0.42	0.001	NA	0.001	0.019	0.002	0.03	NA	NA	NA	NA	NA
SLK012	Ginger fresh, large *(Zingiber officinale)*	2.85	3.60	0.17	0.28	NA	0.005	0.001	0.019	0.046	0.003	2.45	NA	NA	0.001	NA	NA
SLK013	Ginger fresh, small *(Curcuma amada)*	3.78	0.93	0.10	0.32	NA	0.005	0.004	0.002	0.017	NA	NA	0.005	0.03	0.001	0.21	0.09
SLK014	Mint leaves *(Mentha spicata)*	10.60	2.00	0.33	0.85	12.46	0.007	0.02	0.063	0.042	0.009	1.38	0.019	0.21	NA	5.26	NA
SLK015	Nutmeg *(Myristica fragrans)*	2.09	3.54	1.11	1.31	1.59	0.001	0.002	0.002	0.199	NA	0.70	0.013	NA	NA	NA	NA
SLK016	Onion, big *(Allium cepa)*	0.45	0.15	0.08	0.25	0.45	0.001	NA	0.001	0.005	NA	0.05	NA	NA	NA	NA	NA
SLK017	Onion, small, shallots *(Allium cepa)*	0.31	0.13	0.09	0.28	1.00	0.003	0.003	0.001	0.005	NA	NA	NA	NA	NA	0.15	NA
SLK018	Pepper, black *(Piper nigrum)*	8.60	5.82	1.52	0.95	12.23	0.005	0.007	0.091	0.289	0.001	7.05	0.037	NA	0.001	2.17	NA
SLK019	Turmeric powder *(Curcuma domestica)*	46.00	6.91	0.45	2.52	5.28	0.051	NA	0.162	0.082	0.008	9.30	0.143	2.69	NA	1.74	NA

Table 6. AMINO ACIDS

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

Food code	Food Name	Tryptophan	Aspartic Acid	Threonine	Serine	Glutamic Acid	Proline	Glycine	Alanine	Cysteine	Valine	Methionine	Isoleucine	Leucine	Tyrosine	Phenylalanine	Histidine	Lysine	Arginine
		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*
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
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
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
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
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
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
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
SLK008	Cumin seeds *(Cuminum cyminum)*	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
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
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
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
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
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
SLK014	Mint leaves *(Mentha spicata)*	1.15	13.23	4.16	4.33	15.46	4.06	4.75	5.26	0.65	5.51	1.50	4.12	7.89	3.14	4.84	1.69	2.89	4.84
SLK015	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	1.63	3.74	7.60
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
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
SLK018	Pepper, black *(Piper nigrum)*	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLK019	Turmeric powder *(Curcuma domestica)*	1.86	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	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 code	Food Name	Saturated Fatty Acids								Mono Unsaturated Fatty Acids					Poly Unsaturated Fatty Acids		
		Total	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Total	Palmitoleic (C16:1n7)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Nervonic (C24:1n9)	Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLK001	Cardamom *(Elettaria cardamomum)*	638	-	-	571	67.49	-	-	-	975	38.03	937	-	-	587	416	171
SLK002	Chillies, dark green, short *(Capsicum annum)*	130	-	5.39	91.33	21.73	4.13	3.58	3.64	36.14	5.62	30.52	-	-	442	399	43.18
+SLK003	Chillies, yellowish green, long *(Capsicum annum)*	135	-	4.98	96.01	22.94	4.04	3.42	4.00	36.94	4.40	32.54	-	-	428	387	40.77
SLK004	Chillies, red, dry *(Capsicum annum)*	1092	-	61.80	836	143	20.93	16.17	14.18	615	20.37	541	6.92	46.78	3421	3258	163
SLK005	Cloves *(Syzygium aromaticum)*	2707	-		2024	682	-	-	-	575		575	-	-	3478	2774	705
SLK006	Coriander seeds *(Coriandrum sativum)*	941	-	73.24	603	140	27.33	64.32	33.64	10670	22.73	10608	39.05	-	2156	2114	41.60
SLK007	Coriander, leaves *(Coriandrum sativum)*	234	-	17.95	148	49.57	3.10	7.93	7.90	9.43	-	8.61	0.82	-	314	153	161
SLK008	Cumin seeds *(Cuminum cyminum)*	607	-	-	492	96.70	18.88	-	-	8404	34.50	8370	-	-	4316	4274	42.06
SLK009	Curry leaves *(Murraya koenigii)*	251	-	-	221	30.60	-	-	-	43.83	-	43.83	-	-	537	135	402
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	761	-	-	494	185	52.77	18.45	10.45	652	-	637	15.15	-	3175	2081	1094
SLK011	Garlic *(Allium sativum)*	34.51	-	-	25.71	3.66	1.42	2.50	1.22	14.36	-	14.36	-	-	63.13	58.36	4.77
SLK012	Ginger fresh, large *(Zingiber officinale)*	224	23.58	11.32	169	19.76	-	-	-	71.11	-	71.11	-	-	353	291	61.74
SLK013	Ginger fresh, small *(Curcuma amada)*	167	-	-	139	28.54	-	-	-	48.77	-	48.77	-	-	320	239	80.94
SLK014	Mint leaves *(Mentha spicata)*	119	-	2.16	99.00	17.60	-	-	-	12.72	-	12.72	-	-	332	61.81	270
SLK015	Nutmeg *(Myristica fragrans)*	3262	768	-	2226	269	-	-	-	1732	36.28	1672	24.29	-	382	298	83.80
SLK016	Onion, big *(Allium cepa)*	61.11	-	-	48.68	4.64	-	4.02	3.77	40.01	-	40.01	-	-	107	100	6.55
SLK017	Onion, small, shallots *(Allium cepa)*	39.30	-	-	30.15	4.40	-	2.61	2.14	13.43	-	13.43	-	-	67.27	62.88	4.39
SLK018	Pepper, black *(Piper nigrum)*	670	-	-	566	104	-	-	-	465	-	465	-	-	1072	813	260
SLK019	Turmeric powder *(Curcuma domestica)*	1703	-	-	780	740	182	-	-	375	-	375	-	-	1954	1550	404

Table 8. STARCH AND SUGARS

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

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total free sugars	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLK001	Cardamom *(Elettaria cardamomum)*	33.02	4.28	1.88	1.85	0.55	NA	NA	28.74
SLK002	Chillies, dark green, short *(Capsicum annum)*	2.92	1.00	0.89	0.10	0.01	NA	NA	1.92
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	2.41	0.55	0.43	0.10	0.02	NA	NA	1.86
SLK004	Chillies, red, dry *(Capsicum annum)*	8.75	4.33	2.12	1.98	0.23	NA	NA	4.45
SLK005	Cloves *(Syzygium aromaticum)*	10.54	2.18	1.72	0.46	NA	NA	NA	8.36
SLK006	Coriander seeds *(Coriandrum sativum)*	7.69	2.41	1.71	0.70	NA	0.37	NA	5.28
SLK007	Coriander, leaves *(Coriandrum sativum)*	1.39	0.21	0.14	0.02	0.05	0.01	NA	1.18
SLK008	Cumin seeds *(Cuminum cyminum)*	15.14	1.00	0.49	0.51	NA	0.51	NA	14.14
SLK009	Curry leaves *(Murraya koenigii)*	3.51	0.62	0.44	0.18	NA	NA	NA	2.94
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	4.10	0.52	0.31	0.11	0.09	0.57	1.40	3.58
SLK011	Garlic *(Allium sativum)*	20.59	4.90	1.50	1.11	2.29	0.24	0.21	15.69
SLK012	Ginger fresh, large *(Zingiber officinale)*	5.14	1.31	0.95	0.19	0.17	NA	NA	3.83
SLK013	Ginger fresh, small *(Curcuma amada)*	4.13	2.35	1.11	0.77	0.47	NA	NA	1.78
SLK014	Mint leaves *(Mentha spicata)*	1.11	0.06	0.01	0.05	NA	0.02	0.03	1.05
SLK015	Nutmeg *(Myristica fragrans)*	27.55	0.99	0.25	0.54	0.20	NA	NA	26.56
SLK016	Onion, big *(Allium cepa)*	6.81	5.98	2.12	1.42	2.44	1.78	1.21	0.83
SLK017	Onion, small, shallots *(Allium cepa)*	6.88	5.99	1.27	1.75	2.97	0.10	NA	0.89
SLK018	Pepper, black *(Piper nigrum)*	35.31	0.32	0.03	0.29	NA	NA	NA	35.05
SLK019	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 code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
			STGSTR	STGSTR
		mg	*mg*	*mg*
SLK001	Cardamom *(Elettaria cardamomum)*	3.47	2.19	46.93
SLK002	Chillies, dark green, short *(Capsicum annum)*	3.78	0.98	15.70
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	3.86	0.93	15.50
SLK004	Chillies, red, dry *(Capsicum annum)*	15.42	4.46	78.25
SLK005	Cloves *(Syzygium aromaticum)*	1.27	5.19	205
SLK006	Coriander seeds *(Coriandrum sativum)*	9.46	17.94	77.17
SLK007	Coriander, leaves *(Coriandrum sativum)*	0.73	9.10	17.11
SLK008	Cumin seeds *(Cuminum cyminum)*	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 *(Myristica fragrans)*	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 *(Piper nigrum)*	4.75	10.36	64.86
SLK019	Turmeric powder *(Curcuma domestica)*	5.15	7.30	64.73

Table 10. CAROTENES AND XANTHOPHYLS

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

Food code	Food Name	Capsanthin	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin	α – Carotene	β – Carotene
			LUTN	ZEA	LYCPN	CRYPXB	CARTA	CARTB
		µg	*µg*	*µg*	*µg*	*µg*	*µg*	*µg*
SLK001	Cardamom *(Elettaria cardamomum)*	NA	26.50	33.50	NA	NA	NA	23.75
SLK002	Chillies, dark green, short *(Capsicum annum)*	NA	356	31.56	NA	NA	NA	229
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	NA	223	15.36	NA	NA	NA	193
SLK004	Chillies, red, dry *(Capsicum annum)*	27822	1972	3167	41.52	1326	NA	1964
SLK005	Cloves *(Syzygium aromaticum)*	NA	15.70	1.27	NA	NA	9.21	73.42
SLK006	Coriander seeds *(Coriandrum sativum)*	NA	197	8.12	NA	NA	NA	141
SLK007	Coriander, leaves *(Coriandrum sativum)*	NA	5860	29.12	NA	NA	NA	3516
SLK008	Cumin seeds *(Cuminum cyminum)*	NA	165	41.00	NA	NA	NA	75.12
SLK009	Curry leaves *(Murraya koenigii)*	NA	2725	27.36	NA	NA	146	8262
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	NA	617	211	NA	NA	NA	143
SLK011	Garlic *(Allium sativum)*	NA	6.82	1.25	NA	NA	NA	NA
SLK012	Ginger fresh, large *(Zingiber officinale)*	NA	19.40	3.66	NA	NA	NA	90.15
SLK013	Ginger fresh, small *(Curcuma amada)*	NA	19.70	2.97	NA	NA	NA	63.54
SLK014	Mint leaves *(Mentha spicata)*	NA	2076	276	NA	NA	NA	4032
SLK015	Nutmeg *(Myristica fragrans)*	NA	4.33	1.14	NA	NA	NA	15.82
SLK016	Onion, big *(Allium cepa)*	NA	2.12	2.52	NA	NA	NA	0.96
SLK017	Onion, small, shallots *(Allium cepa)*	NA	16.00	1.68	NA	NA	NA	1.10
SLK018	Pepper, black *(Piper nigrum)*	NA	615	152	NA	173	162	777
SLK019	Turmeric powder *(Curcuma domestica)*	NA	121	4.33	NA	NA	NA	54.82

Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR

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

Food code	Food Name	Oxalates			Tartaric Acid	Quinic Acid	Mallic Acid	Succinic Acid	Cis-Aconitic Acid	Fumaric Acid	Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity
		Total	Soluble	Insoluble									
		OXALAC			TARAC		MALAC	SUCAC		FUMAC			
		mg	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*	*mg*
SLK001	Cardamom green *(Elettaria cardamomum)*	1840	1111	728	NA	5.00	21.52	75.14	5.15	NA	0.81	714	15.89
SLK002	Chillies, dark green, short *(Capsicum annum)*	NA	NA	NA	12.82	NA	31.47	4.35	113	1.37	4.37	11.97	5.44
SLK003	Chillies, yellowish green, long *(Capsicum annum)*	22.18	18.52	3.66	14.17	NA	34.01	7.79	132	1.55	2.29	17.58	4.95
SLK004	Chillies, red, dry *(Capsicum annum)*	80.33	67.82	12.51	NA	NA	65.60	0.64	16.19	NA	13.52	289	34.53
SLK005	Cloves *(Syzygium aromaticum)*	1795	345	1451	19.80	NA	179	429	NA	1.16	0.45	356	21.26
SLK006	Coriander seeds *(Coriandrum sativum)*	912	126	786	NA	NA	10.48	53.82	NA	1.42	5.86	1022	24.63
SLK007	Coriander, leaves *(Coriandrum sativum)*	20.56	18.56	2.00	NA	17.40	65.82	542	NA	12.82	20.51	37.89	1.09
SLK008	Cumin seeds *(Cuminum cyminum)*	937	42.82	894	NA	NA	33.02	46.52	NA	1.31	1.29	430	34.11
SLK009	Curry leaves *(Murraya koenigii)*	101	11.08	90.00	6.81	13.52	7.48	65.20	35.63	0.73	1.26	39.10	0.52
SLK010	Fenugreek seeds *(Trigonella foenum graecum)*	30.66	10.41	20.25	1.82	1.82	NA	5.18	NA	0.31	NA	591	80.42
SLK011	Garlic *(Allium sativum)*	138	101	36.09	NA	NA	NA	0.82	21.82	NA	0.08	37.32	19.10
SLK012	Ginger fresh, large *(Zingiber officinale)*	235	18.88	217	NA	NA	NA	5.76	2.24	NA	1.08	14.40	7.00
SLK013	Ginger fresh, small *(Curcuma amada)*	401	222	85.75	NA	4.12	34.82	55.28	3.63	NA	0.43	14.98	0.10
SLK014	Mint leaves *(Mentha spicata)*	79.65	6.97	72.68	NA	25.63	13.52	25.63	26.84	NA	3.52	47.89	NA
SLK015	Nutmeg *(Myristica fragrans)*	105	50.20	55.00	NA	226	15.36	59.35	15.01	NA	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)*	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)*	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.



SLL001



ENGLISH NAME: Coconut water, green, immature
SINHALA NAME: කුරුම්බා වතුර
TAMIL NAME: இளநீர்

SLL002



ENGLISH NAME: Coconut water, orange (king coconut)
SINHALA NAME: තැඹිලි වතුර
TAMIL NAME: செவ்விளநீர்

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		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	*kJ*	*g*	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLL001	Coconut water, green, immature	20	83	94.50	0.60	0.30	3.20	1.10	NA	NA	0.30
SLL002	Coconut water, orange (king coconut)	4	17	98.41	0.29	-	0.71	-	-	-	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 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*	*µg*	*mg*
SLL001	Coconut water, green	0.06	0.03	0.10	NA	0.03	3.00	3.30
SLL002	Coconut water, orange (king coconut)	ND	-	0.04	0.40	0.03	6.15	-

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	*mg*	*mg*	*mg*	*mg*
SLL001	Coconut water, green	20.00	18.00	25.00	96.00	260
SLL002	Coconut water, orange (king coconut)	8.98	35.97	24.36	63.98	304

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron	Manganese	Copper	Zinc	Selenium
		FE	MN	CU	ZN	SE
		mg	*mg*	*mg*	*mg*	*mg*
SLL001	Coconut water, green	0.20	NA	0.04	0.10	NA
SLL002	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 code	Food Name	Total Carbohydrates	Free sugars				Oligosaccharides		Total Starch
			Total free sugars	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
		g	*g*	*g*	*g*	*g*	*g*	*g*	*g*
SLL001	Coconut water, green	NA	NA	NA	NA	NA	NA	NA	NA
SLL002	Coconut water, orange (king coconut)	0.70	0.70	0.33	0.31	0.05	ND	ND	ND

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