|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Essential Elements | Cooked Samples | | | | | | | | | | | | | | |
| 001 | 002 | 003 | 004 | 005 | 006 | 007 | 008 | 009 | 010 | 011 | 012 | 013 | 014 |
| Ca | 4.970 ± 0.008 | 5.260 ± 0.003 | 6.770 ± 0.001 | 5.610 ± 0.002 | 4.860 ± 0.009 | 5.98 ± 0.003 | 5.040 ± 0.008 | 3.98 ± 0.005 | 4.460 ± 0.007 | 5.040 ± 0.011 | 6.900 ± 0.002 | 6.850 ± 0.008 | 4.030 ± 0.002 | 5.190 ± 0.003 |
| Fe | 1.450 ± 0.001 | 1.730 ± 0.003 | 2.300 ± 0.001 | 1.480 ± 0.007 | 1.940 ± 0.002 | 1.030 ± 0.009 | 1.980 ± 0.007 | 1.490 ± 0.004 | 1.870 ± 0.008 | 1.170 ± 0.002 | 1.090 ± 0.003 | 2.110 ± 0.001 | 1.120 ± 0.006 | 1.610 ± 0.011 |
| K | 11.760 ± 0.004 | 17.430 ± 0.007 | 19.210 ± 0.001 | 17.090 ± 0.003 | 16.140 ± 0.004 | 18.190 ± 0.001 | 16.110 ± 0.004 | 19.320 ± 0.003 | 14.250 ± 0.005 | 17.420 ± 0.009 | 14.560 ± 0.008 | 18.930 ± 0.003 | 16.63 ± 0.004 | 19.390 ± 0.006 |
| Na | 9.070 ± 0.002 | 8.840 ± 0.009 | 6.940 ± 0.006 | 9.120 ± 0.001 | 9.520 ± 0.001 | 6.410 ± 0.004 | 5.490 ± 0.005 | 5.630 ± 0.002 | 7.570 ± 0.009 | 5.850 ± 0.004 | 7.030 ± 0.001 | 8.950 ± 0.002 | 9.720 ± 0.007 | 8.440 ± 0.004 |
| Se | 0.180 ± 0.002 | 0.480 ± 0.005 | 0.550 ± 0.001 | 0.740 ± 0.004 | 1.580 ± 0.002 | 1.440 ± 0.002 | 0.630 ± 0.004 | 0.440 ± 0.001 | 0.710 ± 0.003 | 0.590 ± 0.005 | 0.680 ± 0.001 | 0.470 ± 0.005 | 0.850 ± 0.001 | 1.210 ±0.006 |

Raw Cooked without mixed with other food item

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Samples | Raw Essential Elements | | | | | | |
| Ca | Fe | K | Mg | Na | Zn | Se |
| 001 NERICA 1 | 2.730 ± 0.001 | 1.670 ± 0.005 | 7.000 ± 0.063 | 2.430 ± 0.008 | 8.280 ± 0.001 | 0.617 ± 0.005 | 0.04 ± 0.002 |
| 002 FARO 59 | 3.540 ± 0.001 | 1.080 ± 0.002 | 7.160 ± 0.032 | 3.480 ± 0.008 | 7.240 ± 0.001 | 0.690 ± 0.015 | 0.39 ± 0.001 |
| 003 white Beans (PBR) | 5.000 ± 0.012 | 1.430 ± 0.008 | 5.960 ± 0.034 | 1.000 ± 0.009 | 6.680 ± 0.003 | 0.390 ± 0.010 | 0.24 ± 0.001 |
| 004 Plantain | 4.230 ± 0.012 | 0.680 ± 0.002 | 4.800 ± 0.006 | 3.560 ± 0.035 | 8.810 ± 0.010 | 0.085 ± 0.007 | 0.55 ± 0.007 |
| 005 Cassava flake | 4.770 ± 0.002 | 0.360 ± 0.006 | 3.680 ± 0.002 | 3.860 ± 0.027 | 8.280 ± 0.002 | 0.077 ± 0.010 | 0.136 ±0.011 |
| 006 Irish Potatoes | 3.420 ± 0.004 | 0.023 ± 0.006 | 6.350 ± 0.016 | 3.700 ± 0.002 | 3.870 ± 0.022 | 0.346 ± 0.030 | 0.136 ± 0.001 |
| 007 Yam | 4.320 ± 0.004 | 0.290 ± 0.010 | 3.730 ± 0.001 | 3.120 ± 0.019 | 2.240 ± 0.005 | 0.170 ± 0.018 | 0.50 ±0 0.011 |
| 008 beef | 2.720 ± 0.001 | 0.420 ± 0.009 | 7.750 ± 0.000 | 6.270 ± 0.019 | 4.28 ± 0.006 | 0.008 ± 0.005 | 0.610 ± 0.013 |
| 009 Chicken | 3.600 ± 0.10 | 0.610 ± 0.006 | 6.520 ± 0.012 | 2.180 ± 0.007 | 6.560 ± 0.009 | 0.630 ± 0.006 | 0.031 ± 0.007 |
| 010 brown beans | 14.450 ±0.005 | 2.459 ± 0.009 | 2.560 ±0.002 |  | 10.910 ± 0.007 |  | 0.890 ± 0.001 |

1. Jollof Rice FARO 59
2. Jollof Rice NERICA 1
3. White Rice FARO 59
4. White Rice NERICA 1
5. Fried rice FARO 59
6. Fried rice NERICA 1
7. Fried irish potatoes
8. White beans cooked
9. Mixed jollof and fried rice from FARO 59
10. Fried plantain
11. Cooked yam
12. Chicken and beef
13. Cabbage and cucumber
14. Brown beans