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| **Food Groups** | Weight/Volume (g/ml) | Energy (Kcals) |
| **A. Cereals and Millets** |  |  |
| Rice (Brown) | 100 | 353.7 |
| Rice Parboiled | 100 | 351.5 |
| Rice Raw milled | 100 | 356.3 |
| Wheat whole | 100 | 321.9 |
| Wheat flour | 100 | 320.2 |
| Bulgar wheat | 100 | 341.7 |
| Refined flour | 100 | 351.8 |
| Ragi | 100 | 320.7 |
| Rice flakes | 100 | 353.7 |
| Wheat semolina | 100 | 333.6 |
| Wheat vermicelli | 100 | 332.6 |
| Barley | 100 | 315.7 |
| Bajra | 100 | 347.9 |
| Jowar | 100 | 334.1 |
| Quinoa | 100 | 328.3 |
| Amaranth seed, Black | 100 | 356.1 |
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| **B. Grain legumes** |  |  |
| Bengal gram, dal | 100 | 329.1 |
| Bengal gram, whole | 100 | 287 |
| Black gram whole | 100 | 291.3 |
| Cow pea, brown | 100 | 320.2 |
| Cow pea, white | 100 | 320.2 |
| Green gram dal | 100 | 325.7 |
| Green gram, whole | 100 | 293.7 |
| Horse gram, whole | 100 | 329.5 |
| Lentil dal | 100 | 322.4 |
| Peas, dry | 100 | 303.2 |
| Rajma, red | 100 | 299.2 |
| Red gram, dal | 100 | 330.7 |
| Red gram, whole | 100 | 273.9 |
| Soya bean, brown | 100 | 381.4 |
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| **C. Green leafy vegetables** |  |  |
| Amaranth leaves | 100 | 30.5 |
| Beet greens | 100 | 34.6 |
| Brussels sprouts | 100 | 44.2 |
| Cabbage Chinese | 100 | 17.9 |
| Cabbage, green | 100 | 21.5 |
| Cauliflower leaves | 100 | 35.4 |
| Colocasia leaves, green | 100 | 43.4 |
| Drumstick leaves | 100 | 67.3 |
| Fenugreek leaves | 100 | 34.4 |
| Lettuce | 100 | 21.7 |
| Mustard leaves | 100 | 30.3 |
| Parsley | 100 | 72.8 |
| Radish leaves | 100 | 26.05 |
| Spinach | 100 | 24.3 |
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| **D. Other Vegetables** |  |  |
| Ash gourd | 100 | 17.4 |
| Bamboo shoot, tender | 100 | 16.2 |
| Bitter gourd | 100 | 20.7 |
| Bottle gourd | 100 | 10.9 |
| Brinjal | 100 | 25.3 |
| Broad beans | 100 | 29.3 |
| Capsicum | 100 | 16.2 |
| Cauliflower | 100 | 22.9 |
| Celery stalk | 100 | 16.4 |
| Cho-Cho-Marrow | 100 | 18.8 |
| Cluster beans | 100 | 40.1 |
| Cucumber | 100 | 19.5 |
| French beans | 100 | 24.3 |
| Knol-Khol | 100 | 16 |
| Kovai | 100 | 19.1 |
| Ladies finger | 100 | 27.4 |
| Parwar | 100 | 24.1 |
| Peas,fresh | 100 | 81.2 |
| Plantain stem | 100 | 39.4 |
| Pumpkin | 100 | 23.1 |
| Ridge gourd | 100 | 13.1 |
| Snake gourd | 100 | 12.4 |
| Tomato | 100 | 20.7 |
| Zucchini, green | 100 | 20 |
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| **E. Roots and Tubers** |  |  |
| Beetroot | 100 | 35.6 |
| Carrot | 100 | 33.2 |
| Potato brown | 100 | 69.7 |
| Radish,white | 100 | 32.2 |
| Sweet potato,brown | 100 | 108.9 |
| Tapioca | 100 | 79.8 |
| Yam | 100 | 84.3 |
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| **F. Fruits** |  |  |
| Apple | 100 | 62.3 |
| Apricot, dried | 100 | 31.5 |
| Avocado | 100 | 144.3 |
| Banana | 100 | 110.6 |
| Blackberry fruit | 100 | 54.2 |
| Cherries red | 100 | 59.7 |
| Blackcurrants | 100 | 54.2 |
| Custard apple | 100 | 98.9 |
| Dates, dry | 100 | 320.2 |
| Fig | 100 | 81.5 |
| Grapes | 100 | 60.7 |
| Guava | 100 | 32.2 |
| Jack fruit | 100 | 72.1 |
| Sweet lime | 100 | 27.2 |
| Litchi | 100 | 53.7 |
| Mango | 100 | 41.8 |
| Musk melon | 100 | 23.1 |
| Orange | 100 | 37.2 |
| Papaya | 100 | 23.9 |
| Peach | 100 | 40.1 |
| Pear | 100 | 37.5 |
| Pineapple | 100 | 43 |
| Plum | 100 | 56.8 |
| Pomegranate | 100 | 54.7 |
| Raisins, black | 100 | 305.6 |
| Sapota | 100 | 73.3 |
| Strawberry | 100 | 24.6 |
| Watermelon | 100 | 20.3 |
| Wood apple | 100 | 78.1 |
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| **G. Condiments and Spices** |  |  |
| Green chillies | 100 | 45.6 |
| Coriander seeds | 100 | 268.8 |
| Curry leaves | 100 | 63.5 |
| Garlic | 100 | 123.8 |
| Ginger, fresh | 100 | 54.9 |
| Mint leaves | 100 | 37 |
| Onion | 100 | 48 |
| Asafoetida | 100 | 331.5 |
| Cardamom, green | 100 | 255 |
| Red chillies | 100 | 236.6 |
| Cloves | 100 | 186.6 |
| Cumin seeds | 100 | 304.4 |
| Black cumin (Kalonji) | 100 | 345 |
| Fenugreek seeds | 100 | 234.9 |
| Nutmeg | 100 | 463.6 |
| Basil seeds | 100 | 22 |
| Anise seeds | 100 | 153.3 |
| Pepper, black | 100 | 217.4 |
| Poppy seeds | 100 | 422.5 |
| Turmeric powder | 100 | 280.5 |
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| **H. Nuts and Oil seeds** |  |  |
| Almond | 100 | 609.2 |
| Arecanut dried | 100 | 350.6 |
| Cashew nut | 100 | 582.6 |
| Coconut dry | 100 | 624 |
| Coconut fresh | 100 | 408.9 |
| Gingelly seeds | 100 | 507.6 |
| Ground nut | 100 | 520 |
| Linseeds | 100 | 443.8 |
| Pine seed | 100 | 594.1 |
| Pistachio nuts | 100 | 539.4 |
| Sunflower seeds | 100 | 586.2 |
| Walnut | 100 | 671 |
| Flax seeds | 100 | 534 |
| Chia seeds | 100 | 486 |
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| **I. Sugars** |  |  |
| Jaggery cane | 100 | 353.7 |
| Sugarcane, juice | 100 | 57.8 |
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| **J. Milk and Milk Products** |  |  |
| Milk, whole, buffalo | 100 | 107.3 |
| Milk, whole, cow | 100 | 72.8 |
| Paneer | 100 | 257.8 |
| Khoa | 100 | 315.9 |
| Soy milk | 100 | 54 |
| Tofu | 100 | 76 |
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| **K. Egg, Poultry and Animal Meat** |  |  |
| Egg, whole, raw | 100 | 134.7 |
| Egg white, raw | 100 | 44.6 |
| Egg, yolk, raw | 100 | 296.8 |
| Chicken, leg, skinless | 100 | 383.6 |
| Chicken, thigh, skinless | 100 | 199.8 |
| Chicken, breast, skinless | 100 | 168.2 |
| Chicken, liver | 100 | 123.8 |
| Goat | 100 | 188 |
| Sheep, shoulder | 100 | 200.7 |
| Sheep, chops | 100 | 118.5 |
| Beef, chops | 100 | 139.8 |
| Pork, shoulder | 100 | 237.3 |
| Pork, chops | 100 | 178.7 |
| **Fish and seafood** |  |  |
| Cat fish | 100 | 108.9 |
| Mackerel | 100 | 101 |
| Matha | 100 | 92.9 |
| Pomfret | 100 | 123 |
| Salmon | 100 | 172.3 |
| Sardine | 100 | 152.2 |
| Shark | 100 | 95.1 |
| Silver fish | 100 | 132.6 |
| Catla | 100 | 94.1 |
| Tuna | 100 | 112.3 |
| Crab | 100 | 81.9 |
| Lobster | 100 | 89.6 |
| Oyster | 100 | 60.2 |
| Tiger prawns | 100 | 65.2 |
| Clam | 100 | 58 |
| Squid | 100 | 80 |
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| **L. Fats and Oils** |  |  |
| Ghee | 100 | 920 |
| Butter | 100 | 717 |
| Oil | 100 | 900 |
| Cheese | 100 | 264.5 |
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| **M. Miscellaneous foods** |  |  |
| Coconut water | 100 | 15.2 |