

### Table 3. FAT SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; All blank space in the table represent below detectable limit)

Food code	Food Name	No. of Regions	Ergocalciferol (D2) μg	Tocopherols				Tocotrienols				α-Tocopherol Equivalent VITE	Phylloquinones (K1) VITK1	
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta			
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	mg	→	μg
<b>A CEREALS AND MILLETS</b>														
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	58.67	0.05	0.28	0.04						0.17	1.80	
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	53.98±3.38	0.06±0.00	0.22±0.10	0.03±0.01						0.15±0.03	2.50±0.87	
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	5.65±0.27	0.10±0.01		1.42±0.20						0.24±0.02	2.85±0.63	
A004	Barley ( <i>Hordeum vulgare</i> )	6		0.01±0.01								0.01±0.01	1.85±0.79	
A005	Jowar ( <i>Sorghum vulgare</i> )	6	3.96±0.30	0.04±0.01		0.27±0.03						0.06±0.01	43.82±4.84	
63	A006	Maize, dry ( <i>Zea mays</i> )	6	33.60±2.82	0.21±0.04		1.29±0.17	0.38±0.05	0.05±0.00			0.36±0.03	2.50±0.76	
	A007	Maize, tender, local ( <i>Zea mays</i> )	6	42.34±4.28	0.05±0.01		0.40±0.03	0.03±0.01				0.09±0.01	2.00±0.13	
	A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	16.94±2.13	0.07±0.00		0.30±0.06	0.03±0.01				0.10±0.01	1.80±0.32	
	A009	Quinoa ( <i>Chenopodium quinoa</i> )	1		2.08	0.06	2.85					2.08	2.00	
	A010	Ragi ( <i>Eleusine coracana</i> )	5	41.46±3.12	0.09±0.01		0.66±0.06					0.16±0.01	3.00±0.44	
	A011	Rice flakes ( <i>Oryza sativa</i> )	6		0.05±0.01							0.05±0.01	1.00±0.53	
Table 3. Fat Soluble Vitamins	A012	Rice puffed ( <i>Oryza sativa</i> )	6		0.04±0.01							0.04±0.01	1.00±0.42	
	A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6		0.62±0.08	0.05±0.02	0.42±0.57		0.03±0.02		0.05±0.02	0.02±0.01	0.69±0.12	2.00±0.83
	A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6		0.06±0.04		0.13±0.12		0.05±0.02				0.09±0.04	1.50±0.50
	A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6		0.04±0.03		0.06±0.02		0.03±0.02		0.05±0.02		0.06±0.03	1.50±0.40
	A016	Samai ( <i>Panicum miliare</i> )	6	3.75±0.80	0.28±0.14	0.67±0.40					0.28±0.09		0.55±0.16	4.47±0.38
	A017	Varagu ( <i>Setaria italica</i> )	5		0.03±0.01		0.43±0.12				0.19±0.05		0.07±0.02	3.75±0.63
	A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	6.73±0.96	0.05±0.01			0.02±0.01					0.05±0.01	1.00±0.46

Table 3. Fat Soluble Vitamins

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Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)	
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta			
			µg	← mg →				µg						
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1				
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	13.43±1.77	0.21±0.09	0.06±0.01			0.06±0.03				0.26±0.09	1.50±0.47	
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	17.49±3.51	0.60±0.33	0.37±0.12			0.07±0.03				0.77±0.35	1.75±0.26	
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	6.27±0.31	0.20±0.01				0.05±0.02				0.21±0.01	1.50±0.41	
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	8.19±0.81	0.16±0.02	0.07±0.02			0.05±0.03				0.20±0.01	1.20±0.48	
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	4.06±0.35	0.03±0.01				0.03±0.02				0.03±0.01	1.00±0.51	
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	3.21±0.21	0.01±0.01				0.02±0.01				0.01±0.01	1.00±0.52	

## B GRAIN LEGUMES

B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	1.75±0.17	0.08±0.01		1.13±0.10	0.03±0.01					0.19±0.01	1.50±0.62	
B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	1.93±0.17	1.59±0.07		1.33±0.17	0.08±0.01					1.72±0.07	2.10±0.71	
B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	8.42±0.19	0.04±0.01		1.29±0.12	0.05±0.01					0.17±0.02	8.30±1.51	
B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	16.84±2.79	0.09±0.02		1.35±0.10	0.08±0.01					0.23±0.02	10.80±0.92	
B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	0.92±0.02	0.33±0.02		3.50±0.21	2.44±0.22					0.70±0.03	1.75±0.14	
B006	Cowpea, white ( <i>Vigna catjang</i> )	1	0.93	0.32		3.06	2.70					0.65	1.70	
B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	4.35	0.24		2.69	0.07					0.51	21.50	
B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	4.24	0.25		2.74	0.06					0.53	20.70	
B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	4.26±0.10	0.25±0.02		2.65±0.59	0.07±0.00					0.52±0.06	22.65±1.15	
B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	2.05±0.08	0.06±0.01		1.66±0.15						0.23±0.02	8.30±0.85	
B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	3.15±0.33	0.13±0.02		2.08±0.22						0.26±0.04	0.33±0.02	12.63±1.23
B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	1.80±0.06	0.06±0.01		2.06±0.16						0.27±0.02	10.24±1.40	
B013	Lentil dal ( <i>Lens culinaris</i> )	6	1.31±0.12	0.02±0.01		1.37±0.11	0.23±0.05					0.16±0.01	3.75±0.79	
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	14.52±1.68	0.03±0.00		1.64±0.18	0.30±0.03					0.19±0.02	7.27±0.69	

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	← mg →				$\mu\text{g}$					
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRД	VITE	VITK1			
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	17.68	0.03		1.58	0.30					0.19	5.25
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	9.77±0.17	0.29±0.02		5.04±0.44	0.26±0.02					0.79±0.05	22.75±1.22
B017	Peas, dry ( <i>Pisum sativum</i> )	6	15.21±0.77	0.07±0.01		2.50±0.24						0.32±0.02	11.45±1.24
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	27.98	0.05		1.62						0.21	5.05
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	25.82±3.22	0.08±0.02		1.58±0.13						0.23±0.03	5.50±0.85
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	26.73±3.93	0.07±0.02		1.56±0.13						0.23±0.01	4.90±0.85
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	2.12±0.08	0.13±0.02		0.63±0.09	0.06±0.01					0.19±0.02	42.25±7.70
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	2.78±0.05	0.65±0.07		1.53±0.31	0.11±0.02					0.80±0.06	91.83±7.96
B023	Ricebean ( <i>Vigna umbellata</i> )	1	8.26	0.90		1.43		0.05		0.18		1.06	21.85
B024	Soya bean, brown ( <i>Glycine max</i> )	6	66.22±5.10	1.04±0.04		2.28±0.18	0.58±0.10	0.05±0.01				1.29±0.04	45.80±8.48
B025	Soya bean, white ( <i>Glycine max</i> )	1	69.81	1.06		2.50	0.30	0.04				1.33	46.20

### C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	4.02	1.48	0.22	0.18		0.60	0.18		1.77	269
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	16.01±2.74	0.41±0.05		0.26±0.10					0.44±0.05	280±15.0
C003	Amaranth leaves, red mix ( <i>Amaranthus gangeticus</i> )	1	15.10	0.44		0.21					0.46	312
C004	Amaranth leaves, red and green mix ( <i>Amaranthus gangeticus</i> )	4	15.25±1.37	0.42±0.10		0.25±0.05					0.45±0.10	284±9.4
C005	Amaranth spinosus, leaves, green mix ( <i>Amaranthus spinosus</i> )	4	15.23±0.28	0.28±0.02		0.03±0.01					0.28±0.02	443±3.6
C006	Amaranth spinosus, leaves, red and green ( <i>Amaranthus spinosus</i> )	2	15.04	0.28		0.04					0.28	448
C007	Basella leaves ( <i>Basella alba</i> )	2	9.18	0.15		0.04		0.03			0.16	236
C008	Bathua leaves ( <i>Chenopodium album</i> )	2	1.01	0.25							0.25	224

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				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	←				mg	→				$\mu\text{g}$
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1			
C009	Beet greens ( <i>Beta vulgaris</i> )	6	1.65±0.52	0.15±0.03	0.17±0.05							0.21±0.03	69.45±5.24
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	3.78±0.40	0.04±0.01		0.05±0.01		0.02±0.01				0.05±0.01	207±10.9
C011	Betel leaves, small ( <i>Piper betle</i> )	4	2.27±0.25	0.02±0.01		0.05±0.00		0.02±0.00				0.03±0.01	204±4.9
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1	0.26	0.21								0.21	23.60
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1	0.39	0.25								0.25	111
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	0.18	0.20								0.20	125
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i> )	6	0.21±0.02	0.05±0.03								0.05±0.03	113±0.5
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i> )	2	0.19	0.03								0.03	117
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	4.15±0.46	0.08±0.03		0.11±0.02						0.08±0.03	144±29.6
C018	Colocasia leaves, green ( <i>Colocasia antiquorum</i> )	6	1.70±0.31	0.07±0.01								0.07±0.01	318±37.3
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	14.33±0.19	0.30±0.01		0.05±0.01		0.02±0.01				0.31±0.01	479±26.6
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	2.36±0.30	0.36±0.14								0.36±0.14	428±32.3
C021	Garden cress ( <i>Lepidium sativum</i> )	2	0.55	0.74								0.74	458
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	4.28±0.14	0.46±0.16		0.43±0.17						0.50±0.15	433±1.6
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	4.27	0.47		0.32						0.50	438
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2	0.59	0.53								0.53	295
C025	Lettuce ( <i>Lactuca sativa</i> )	3	0.10±0.04	0.01±0.01								0.01±0.01	91.08±2.20
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	5.40±0.33	0.56±0.06		0.02±0.00						0.57±0.06	192±4.1
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	0.10	0.03								0.03	39.85
C028	Parsley ( <i>Petroselinum crispum</i> )	3	5.55±0.18	0.35±0.05								0.35±0.05	322±3.3
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	0.65	0.52	0.02		0.04					0.54	574

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				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	VITE	VITK1
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	3.19±0.18	1.24±0.04	0.28±0.01	3.25±0.10		0.02±0.01	0.03±0.01			1.69±0.05	243±11.1
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	1.39±0.08	0.06±0.02	0.04±0.03							0.08±0.03	185±3.3
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	0.10	0.46	0.03	0.45	0.18					0.51	126
C033	Spinach ( <i>Spinacia oleracea</i> )	6	0.26±0.03	1.27±0.03	0.01±0.01	0.06±0.00	0.03±0.00					1.29±0.02	325±2.3
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	2.62±0.00	0.69±0.03		1.18±0.25						0.81±0.01	249±6.6

## D OTHER VEGETABLES

67	D001	Ash gourd ( <i>Benincasa hispida</i> )	6	1.35±0.18	0.01±0.00	0.13±0.02						0.02±0.01	27.15±0.45
	D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	0.41		0.01	0.05						1.13
	D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	1.40±0.17	0.15±0.03							0.15±0.03	60.10±3.36
	D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	1.92±0.28	0.01±0.01	0.03±0.01			0.11±0.01		0.07±0.03	0.03±0.01	4.55±0.36
	D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	1.90±0.15	0.01±0.00	0.04±0.01			0.11±0.02		0.08±0.03	0.03±0.00	4.85±0.35
	D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	1.83	0.01	0.03			0.09		0.10	0.03	4.70
	D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	0.74±0.02	0.01±0.01			0.02±0.01				0.02±0.01	2.10±0.23
	D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	0.70±0.04	0.01±0.00			0.03±0.01				0.01±0.00	2.06±0.36
	D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	0.60	0.01			0.02				0.02	1.80
	D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	0.85	0.08							0.08	10.30
	D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	1.01	0.11							0.11	11.45
	D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	1.19	0.09							0.09	12.25
	D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	1.05±0.18	0.09±0.02							0.09±0.02	12.75±0.33

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				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	←				mg	→				$\mu\text{g}$
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1			
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	1.61±0.26	0.10±0.02								0.10±0.02	13.05±0.64
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	1.14	0.08								0.08	21.45
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	0.84	0.03								0.03	13.14
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	0.97±0.17	0.08±0.02								0.08±0.02	13.94±2.56
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	1.02	0.09								0.09	14.05
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	0.88	0.05								0.05	14.25
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	1.01±0.24	0.07±0.03								0.07±0.03	14.46±1.91
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	0.87	0.09								0.09	14.32
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	1.06	0.07								0.07	14.29
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	0.89±0.05	0.06±0.01								0.06±0.01	14.58±1.77
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	1.12±0.22	0.08±0.01								0.08±0.01	14.04±2.02
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	0.76	0.09								0.09	13.37
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	1.33	0.07								0.07	12.75
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	1.01±0.15	0.04±0.01								0.04±0.01	13.67±0.92
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	1.06±0.46	0.07±0.03								0.07±0.03	11.48±1.05
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	1.02±0.33	0.07±0.03								0.07±0.03	10.94±1.17
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	0.84	0.08								0.08	10.50
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	1.04±0.27	0.07±0.03								0.07±0.03	13.53±2.62
D032	Broad beans ( <i>Vicia faba</i> )	3	11.58±1.55	0.05±0.04	0.02±0.01							0.06±0.03	93.20±0.50
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6	0.70±0.21	0.07±0.03								0.07±0.03	24.66±2.89
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	0.52±0.11	0.19±0.02								0.19±0.02	28.42±8.83
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	0.89±0.18	0.18±0.03								0.18±0.03	35.25±12.82

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	← mg →				$\mu\text{g}$					
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
D036	Cauliflower ( <i>Brassica oleracea</i> )	6	1.32±0.16	0.02±0.00			0.09±0.01					0.02±0.00	14.33±0.34
D037	Celery stalk ( <i>Apium graveolens</i> )	3	1.39±0.07	0.03±0.03			0.02±0.00	0.01±0.00				0.03±0.03	25.87±3.13
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4	5.46±0.18	0.01±0.01		0.57±0.02		0.06±0.01				0.09±0.01	1.78±0.21
D039	Cluster beans ( <i>Cyamopsis tetragononbola</i> )	6	13.72±0.29	0.77±0.04		0.31±0.04	0.04±0.00			0.06±0.01		0.81±0.04	23.70±0.30
D040	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	1	0.21	0.06								0.06	35.75
D041	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	5	0.14±0.03	0.09±0.03								0.09±0.03	33.68±6.36
D042	Corn, Baby ( <i>Zea mays</i> )	6	31.20±3.77	0.13±0.02								0.13±0.02	75.05±0.00
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	1.26±0.22	0.02±0.01								0.02±0.01	8.20±1.25
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	1.36±0.19	0.02±0.01								0.02±0.01	8.00±1.51
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	1.59	0.02								0.02	7.50
D046	Drumstick ( <i>Moringa oleifera</i> )	6	1.67±0.25	0.31±0.07								0.31±0.07	358±3.4
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	7.14	0.08	0.25	0.06		0.04		0.11		26.45	
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	7.20±0.10	0.08±0.01	0.25±0.03	0.06±0.01		0.04±0.01		0.10±0.01		26.35±1.83	
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	1.82±0.14	0.06±0.02	0.12±0.01	0.09±0.01		0.03±0.00		0.07±0.03		15.12±1.18	
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	1.85	0.08	0.13	0.08		0.08		0.09		15.14	
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5	6.84±0.48	0.05±0.02		0.06±0.01		0.08±0.01		0.05±0.02		22.30±0.71	
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5	1.40±0.19	0.05±0.03		0.06±0.01		0.07±0.01		0.06±0.03		13.56±0.22	
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6	0.32±0.03	0.01±0.01	1.61±0.10	0.05±0.02						0.17±0.01	8.90±0.77
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	6.25±0.20	0.70±0.11	0.14±0.01							0.72±0.11	19.15±0.40
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1	6.06	0.68	0.13							0.70	19.10
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6	7.46±0.41	0.48±0.01	0.12±0.00							0.50±0.01	21.52±0.29

Table 3. Fat Soluble Vitamins

Table 3. Fat Soluble Vitamins

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Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)	
				←		mg →								
				μg	ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	7.68±0.24	0.90±0.14	0.17±0.02								0.91±0.14	14.42±0.29
D058	Onion, stalk ( <i>Allium cepa</i> )	6	6.81±0.31	0.81±0.01									0.81±0.01	44.33±1.52
D059	Papaya, raw ( <i>Carica papaya</i> )	6	7.80±0.65	0.04±0.01					0.11±0.01				0.07±0.01	2.45±0.28
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	0.69±0.11	0.04±0.01									0.04±0.01	8.37±1.48
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	12.91±0.28	0.05±0.01	1.59±0.10								0.21±0.01	44.22±3.85
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	1.29±0.13	0.19±0.01									0.19±0.01	3.38±0.26
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	0.27±0.02	0.08±0.01									0.08±0.01	17.42±1.83
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	0.32±0.06	0.02±0.01									0.02±0.01	2.50±1.19
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	1.07	0.86	0.02				0.01				0.87	80.80
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	1.40±0.14	0.59±0.13	0.02±0.00				0.06±0.04				0.60±0.13	83.70±1.92
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	28.96	0.89	0.46				0.43				0.94	14.90
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6	0.37±0.03	0.02±0.00					0.05±0.01				0.02±0.00	11.23±0.31
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	0.34±0.04	0.02±0.01					0.04±0.01				0.02±0.01	11.57±0.15
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	2.67±0.31	0.01±0.00					0.04±0.00				0.01±0.00	8.35±0.28
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	3.08	0.01					0.05				0.01	8.40
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	3.12	0.01					0.05				0.01	8.30
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	2.76±0.09	0.05±0.03	0.03±0.01								0.05±0.03	2.73±0.77
D074	Tomato, green ( <i>Lycopersicon esculentum</i> )	6	1.10±0.22	0.37±0.27	0.11±0.03				0.04±0.01				0.39±0.27	16.10±1.51
D075	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6	11.83±1.41	0.14±0.03	0.67±0.07				0.02±0.01				0.22±0.03	24.12±2.96
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	12.24±1.05	0.19±0.02	0.75±0.05				0.02±0.01				0.27±0.02	17.18±1.73
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	0.40	3.90	0.05								3.90	41.05

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	←				mg	→				$\mu\text{g}$
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2	0.38	1.47		0.15						1.48	53.28

## E FRUITS

E001	Apple, big ( <i>Malus domestica</i> )	6	1.46±0.51	0.15±0.04								0.15±0.04	3.65±0.47
E002	Apple, green ( <i>Malus domestica</i> )	6	2.45±0.40	0.10±0.04								0.10±0.04	2.13±0.09
E003	Apple, small ( <i>Malus domestica</i> )	6	1.86±0.19	0.07±0.01								0.07±0.01	2.18±0.40
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	2.04	0.05								0.05	2.55
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	3.98±0.06	0.07±0.01	0.07±0.02	0.29±0.04	0.09±0.01					0.11±0.01	5.17±1.17
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	4.31±0.14	0.01±0.01	0.01±0.01	0.07±0.00	0.01±0.00					0.01±0.01	6.14±0.76
E007	Avocado fruit ( <i>Persea americana</i> )	1	2.10	0.02								0.02	38.74
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	1.60	0.60								0.60	4.50
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	0.20	0.08	0.07							0.09	2.20
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	0.24	0.07	0.08							0.08	2.60
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	0.21	0.09	0.06							0.09	1.90
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	0.22±0.03	0.08±0.01	0.05±0.01							0.09±0.01	2.80±1.11
E013	Black berry ( <i>Rubus fruticosus</i> )	5	14.65±0.40	0.49±0.04				0.07±0.02	0.05±0.01			0.52±0.04	1.82±0.04
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	4.30±0.44	0.07±0.02								0.06±0.04	5.56±1.10
E015	Currants, black ( <i>Ribes nigrum</i> )	1	3.01	0.45								0.45	27.52
E016	Custard apple ( <i>Annona squamosa</i> )	1	0.18	0.19	0.01							0.19	58.00
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	2.60±0.23	0.02±0.00				0.03±0.00				0.03±0.00	3.34±0.26
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	0.68	0.01				0.06				0.03	4.53
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	0.83	0.02				0.04				0.03	4.93

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	← mg →				$\mu\text{g}$					
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1			
E020	Fig ( <i>Ficus carica</i> )	6	1.47±0.15	0.42±0.16		1.17±0.08						0.54±0.17	5.75±1.51
E021	Goosberry ( <i>Emblica officinalis</i> )	5	0.27±0.02	0.11±0.01		0.01±0.00	0.06±0.01	0.05±0.01				0.12±0.02	1.64±0.31
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4	6.19±0.19	0.05±0.02		0.02±0.00			0.01±0.00			0.05±0.02	3.65±0.40
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5	3.59±0.15	0.07±0.02		0.03±0.01			0.02±0.01			0.07±0.02	7.26±0.43
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5	6.87±0.22	0.07±0.02		0.04±0.02			0.01±0.00			0.07±0.02	5.20±0.59
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5	6.42±0.33	0.05±0.03		0.04±0.03			0.04±0.02			0.05±0.03	3.40±0.66
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5	3.54±0.25	0.08±0.01		0.02±0.01			0.01±0.00			0.08±0.01	7.15±0.76
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5	6.23±0.45	0.06±0.02		0.04±0.01			0.02±0.01			0.06±0.02	3.00±1.16
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5	1.68±0.23	0.06±0.01	0.02±0.01		0.04±0.01		0.03±0.01	0.74±0.03		0.09±0.01	3.68±0.38
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5	0.93±0.06	0.07±0.02	0.03±0.01		0.09±0.01		0.01±0.01	0.25±0.04		0.11±0.01	5.35±0.61
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5	7.49±0.25	0.06±0.01		0.06±0.01		0.09±0.01				0.07±0.01	37.00±3.73
E031	Jambu fruit, ripe ( <i>Syzygium cumini</i> )	2	0.82	0.04								0.04	7.94
E032	Karonda fruit ( <i>Carissa carandas</i> )	1	1.43	0.04								0.04	2.50
E033	Lemon, juice ( <i>Citrus limon</i> )	6	0.39±0.04	0.06±0.01								0.06±0.01	1.80±0.63
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6	0.30±0.09	0.07±0.02								0.07±0.02	2.20±1.01
E035	Litchi ( <i>Nephelium litchi</i> )	4	0.33±0.09	0.06±0.01								0.06±0.01	7.81±2.06
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6	3.71±0.21	0.26±0.06		0.20±0.04						0.28±0.06	4.77±0.20
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2	3.91	0.19		0.16						0.20	4.80
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3	3.73±0.11	0.29±0.08		0.20±0.07						0.31±0.09	4.40±0.26
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4	3.68±0.38	0.24±0.01		0.20±0.05						0.26±0.02	4.75±0.33
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2	3.72	0.24		0.19						0.29	5.00

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	←				mg	→				$\mu\text{g}$
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1			
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2	3.62	0.35		0.20						0.37	4.80
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1	3.77	0.27		0.26						0.30	4.60
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1		0.05								0.05	5.50
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1		0.38								0.38	33.18
E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5	4.41±0.57	0.01±0.00								0.01±0.00	5.70±0.27
E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6	2.33±0.23	0.02±0.01								0.02±0.01	1.74±0.44
E047	Orange, pulp ( <i>Citrus aurantium</i> )	6	0.34±0.08	0.03±0.01			0.02±0.01					0.04±0.01	2.50±0.75
E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1		0.01			0.03					0.02	3.60
E049	Papaya, ripe ( <i>Carcia papaya</i> )	6	11.47±1.00	0.03±0.01			0.02±0.00					0.04±0.01	2.59±0.35
E050	Peach ( <i>Prunus communis</i> )	1	2.41	0.02								0.02	4.40
E051	Pear ( <i>Pyrus sp.</i> )	6	1.48±0.19	0.29±0.10			0.04±0.02					0.30±0.10	12.57±1.55
E052	Phalsa ( <i>Grewia asiatica</i> )	2	1.34	0.87		0.58						0.93	5.36
E053	Pineapple ( <i>Ananas comosus</i> )	6	0.21±0.01	0.36±0.09			0.31±0.01					0.45±0.09	2.40±0.29
E054	Plum ( <i>Prunus domestica</i> )	3	3.32±0.42	0.50±0.04								0.50±0.04	8.50±0.74
E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6	109±2.1	0.01±0.01			0.05±0.00					0.03±0.01	18.50±2.35
E056	Pummelo ( <i>Citrus maxima</i> )	3	0.98±0.11	0.46±0.10	0.03±0.02							0.50±0.09	4.88±0.82
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6	1.76±0.17	0.01±0.01			0.02±0.01					0.02±0.01	1.63±0.32
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6	11.87±1.10	0.01±0.00			0.03±0.00					0.02±0.00	1.71±0.20
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1	2.40	0.08								0.08	19.70
E060	Sapota ( <i>Achras sapota</i> )	6	0.65±0.03	0.25±0.02								0.25±0.02	4.30±0.26
E061	Soursop ( <i>Annona muricata</i> )	1	3.24	0.06								0.06	2.60
E062	Star fruit ( <i>Averrhoa carambola</i> )	1	0.96	0.40								0.40	2.00

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	← mg →				$\mu\text{g}$					
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1			
E063	Strawberry ( <i>Fragaria ananassa</i> )	6	3.95±0.18	0.26±0.05								0.26±0.05	19.81±1.60
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6	25.65±1.86	0.10±0.01								0.10±0.01	1.67±0.33
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6	0.56±0.03	0.04±0.00								0.04±0.00	2.10±1.22
E066	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	0.56±0.03	0.05±0.01								0.05±0.01	2.80±0.87
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	28.71±2.87	0.01±0.00	0.15±0.01							0.07±0.01	6.80±0.58
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	16.70	0.02								0.02	2.50

## F ROOTS AND TUBERS

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F001	Beet root ( <i>Beta vulgaris</i> )	6	0.18±0.01	0.09±0.01								0.09±0.01	2.98±0.94
F002	Carrot, orange ( <i>Ducus carota</i> )	6	1.36±0.13	0.19±0.01	0.18±0.01	0.03±0.00						0.21±0.01	18.35±0.19
F003	Carrot, red ( <i>Ducus carota</i> )	4	1.39±0.09	0.19±0.03	0.20±0.03	0.03±0.01						0.22±0.03	18.75±0.81
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6	0.27±0.01	0.32±0.02	0.08±0.01	0.12±0.01						0.33±0.02	3.15±0.90
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3	0.27±0.06	0.73±0.11								0.73±0.11	44.45±4.37
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6	0.19±0.02	0.06±0.01								0.06±0.01	2.12±0.31
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	0.22	0.07								0.07	1.80
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	0.20	0.06								0.06	2.30
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	0.04±0.02	0.01±0.01								0.01±0.01	2.10±0.12
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	0.05±0.02	0.01±0.00								0.01±0.00	2.50±0.19
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	0.05	0.01								0.01	2.60
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	0.04	0.01								0.01	1.90
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4	1.26±0.31	0.01±0.01								0.01±0.01	3.00±0.84

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	← mg →				$\mu\text{g}$					
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1			
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3	1.64±0.25	0.01±0.01								0.01±0.01	3.50±0.95
F015	Tapioca ( <i>Manihot esculenta</i> )	3	0.13±0.01	0.19±0.02								0.19±0.02	2.80±0.83
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	1.20	0.09								0.09	3.50
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	1.30±0.23	0.06±0.01	0.69±0.04			0.03±0.01		0.17±0.02		0.34±0.02	4.80±1.46
F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	0.23±0.00	0.23±0.01	0.35±0.11			0.04±0.00		0.43±0.03		0.39±0.04	5.50±1.02
F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2	1.18	0.40	0.28			0.05		0.13		0.53	6.00

## G CONDIMENTS AND SPICES-FRESH

75	G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	3.14±1.19	0.07±0.02		1.93±0.05					0.26±0.02	20.12±3.87
	G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	3.49±0.84	0.06±0.02		2.10±0.16					0.27±0.02	19.51±3.43
	G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	3.17±0.79	0.06±0.02		2.03±0.25					0.26±0.02	18.05±3.76
	G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	2.87±0.60	0.07±0.02		2.27±0.24					0.30±0.03	22.16±3.48
	G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	3.26±0.51	0.08±0.01		1.73±0.25					0.25±0.03	15.70±1.86
	G006	Chillies, green-6 ( <i>Capsicum annuum</i> )	1	2.19	0.07		2.46					0.31	18.00
	G007	Chillies, green-7 ( <i>Capsicum annuum</i> )	1	2.43	0.04		1.80					0.22	19.50
	G008	Chillies, green - all varieties ( <i>Capsicum annuum</i> )	6	3.11±0.81	0.06±0.02		2.04±0.28					0.27±0.03	19.18±3.42
	G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	3.55±0.21	0.42±0.03			0.12±0.00		0.07±0.02		0.46±0.03	274±23.4
	G010	Curry leaves ( <i>Murraya koenigii</i> )	6	117±4.5	1.71±0.27			0.82±0.07	0.34±0.12			1.82±0.30	275±14.8
	G011	Garlic, big clove ( <i>Allium sativum</i> )	6	1.88±0.37	0.07±0.01							0.07±0.01	2.80±1.70
	G012	Garlic, small clove ( <i>Allium sativum</i> )	3	1.97±0.19	0.06±0.01							0.06±0.01	3.20±1.22
	G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	2.89	0.05							0.05	4.50

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	←				mg	→				$\mu\text{g}$
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRД	VITE	VITK1			
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6	4.09±0.35	0.28±0.03		0.47±0.08						0.32±0.03	25.55±2.45
G015	Mango ginger ( <i>Curcuma amada</i> )	3	3.10±0.39	0.35±0.07				0.79±0.09				0.59±0.10	27.71±0.70
G016	Mint leaves ( <i>Mentha spicata</i> )	4	3.37±0.16	0.45±0.07		0.07±0.02						0.46±0.07	164±37.2
G017	Onion, big ( <i>Allium cepa</i> )	6	0.73±0.19	0.05±0.01								0.05±0.01	4.50±1.47
G018	Onion, small ( <i>Allium cepa</i> )	5	0.12±0.03	0.06±0.02								0.06±0.02	5.30±1.46

## G CONDIMENTS AND SPICES-DRY

G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	12.59±1.40	0.73±0.08				0.12±0.01				0.77±0.08	46.56±2.21	
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	43.72±2.28	0.14±0.02	1.13±0.09			0.59±0.09				0.77±0.06	6.81±0.55	
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	43.55±3.33	0.36±0.07	0.83±0.26			1.38±0.06				1.10±0.08	5.74±0.43	
G022	Chillies, red ( <i>Capsicum annum</i> )	6	24.36±2.56	0.69±0.21		2.91±1.02						0.98±0.30	274±6.6	
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	45.07±2.37	0.46±0.04	0.77±0.07			0.01±0.00				0.77±0.04	161±36.7	
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	1.31±0.01	0.91±0.07				0.32±0.02	0.47±0.02	0.24±0.02	1.01±0.06	35.70±2.52		
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	12.10±0.07	1.49±0.05								1.49±0.05	146±2.2	
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	1.98±0.08	0.02±0.00				0.02±0.00				0.02±0.00	1.50±0.84	
G027	Mace ( <i>Myristica fragrans</i> )	6	44.92±2.28	1.05±0.05				10.36±0.16				4.16±0.08	70.44±4.62	
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	46.67±0.45	1.18±0.07				0.09±0.00				1.21±0.07	60.92±1.42	
G029	Omum ( <i>Trachyspermum ammi</i> )	6	2.62±0.19	0.01±0.00				0.41±0.02				0.11±0.01	0.01±0.00	30.36±3.99
G030	Pippali ( <i>Piper longum</i> )	6	118±1.6	0.01±0.00		0.26±0.03						0.03±0.00	93.45±1.89	
G031	Pepper, black ( <i>Piper nigrum</i> )	6	25.68±0.51	0.59±0.15	1.58±0.15	0.45±0.05		0.01±0.00				1.27±0.16	171±31.5	
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	33.92±1.81	1.66±0.15		0.10±0.01						1.67±0.15	95.18±2.16	
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	18.67±1.38	2.63±0.67	0.28±0.10			0.60±0.06				2.92±0.70	12.80±1.26	

Food code	Food Name	No. of Regions	Ergocaliferol (D2)	Tocopherols				Tocotrienols				$\alpha$ -Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			$\mu\text{g}$	← mg →				$\mu\text{g}$					
ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTR B	TOCTR G	TOCTR D	VITE	VITK1			
<b>H NUTS AND OIL SEEDS</b>													
H001	Almond ( <i>Prunus amygdalus</i> )	6	1.61±0.16	24.88±3.55	1.87±0.06	1.68±0.19	0.08±0.01	0.21±0.02				25.86±3.54	8.40±0.93
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	12.77±1.10	0.06±0.00	0.22±0.10	0.03±0.01						0.15±0.03	3.78±0.57
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	12.60±1.17	0.04±0.01	0.27±0.01	0.04±0.00						0.17±0.01	3.90±0.55
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	11.03	0.01	0.13	0.02						0.06	3.71
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	3.85±0.23	1.05±0.05	0.05±0.01	5.26±0.05						1.05±0.06	1.83±0.21
H006	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6		6.02±0.54		0.44±0.01						6.06±0.54	2.88±0.57
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6		2.39±1.11	0.05±0.02	3.19±0.45						2.72±1.09	23.22±1.76
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	1.92±0.11	1.07±0.01								0.07±0.01	24.66±3.01
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	67.83±4.18	1.08±0.01			0.03±0.01					0.09±0.01	110±6.1
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	76.51±2.78	1.22±0.08			0.04±0.01					0.23±0.08	113±7.6
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	62.74±3.34	1.24±0.17			0.07±0.02					1.26±0.17	106±2.4
H012	Ground nut ( <i>Arachis hypogaea</i> )	6	7.10±0.72	4.26±0.10			0.04±0.01					0.28±0.10	2.50±0.75
H013	Mustard seeds ( <i>Brassica juncea</i> )	6	31.79±1.56	1.44±0.08			0.04±0.01					0.45±0.08	8.20±1.27
H014	Linseeds ( <i>Linum usitatissimum</i> )	6	0.55±0.13	7.79±0.81		1.51±0.13		1.12±0.01				8.28±0.81	19.17±0.70
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	2.52±0.41	2.59±0.09		7.79±1.04	1.05±0.03		1.08±0.02			1.44±0.17	110±13.5
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	2.70±0.18	2.18±0.10		4.18±0.33	1.25±0.21		1.12±0.02			2.66±0.11	105±14.3
H017	Pine seed ( <i>Pinus gerardiana</i> )	5	0.61±0.08	4.01±0.00								0.01±0.00	44.55±2.44
H018	Pistachio nuts ( <i>Pistacia vera</i> )	6	1.80±0.34	31.41±5.46	4.10±0.67	8.48±1.38	1.55±0.23	0.02±0.01				33.92±5.53	18.65±0.70
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5	1.91±0.17	31.74±6.84	5.88±0.69	9.62±3.19	1.98±0.15	0.06±0.01				35.09±7.13	8.80±1.13
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	1.54±0.18	21.39±0.37	3.42±0.67	3.41±0.32						12.93±1.24	9.20±0.89

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocaliferol (D2) μg	Tocopherols				Tocotrienols				α-Tocopherol Equivalent VITE	Phylloquinones (K1) VITK1	
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta			
				TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD			
H021	Walnut ( <i>Juglans regia</i> )	6	46.31±2.64	2.65±1.09	3.50±0.44	0.43±0.15	0.16±0.03	0.10±0.00					4.12±1.14	84.92±1.55
<b>I SUGARS</b>														
I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6	0.47±0.06	0.04±0.01									0.04±0.01	
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	0.41±0.01	0.02±0.01									0.02±0.01	
<b>J MUSHROOMS</b>														
J001	Button mushroom, fresh ( <i>Agaricus</i> sp.)	1	20.54	0.01									0.01	12.50
J002	Chicken mushroom, fresh ( <i>Lactiporus</i> sp.)	1	27.58	0.02									0.02	16.29
J003	Shiitake mushroom, fresh ( <i>Lentinula</i> sp.)	1	36.40	0.01									0.01	12.50
J004	Oyster mushroom, dried ( <i>Pleurotus</i> sp.)	1	109	0.01									0.01	11.80
<b>K MISCELLANEOUS FOODS</b>														
K001	Toddy	10						0.02±0.01					0.01±0.00	
K002	Coconut Water	6	0.45±0.03										0.45±0.03	2.69±0.18
<b>L MILK AND MILK PRODUCTS</b>														
L001	Milk, whole, Buffalo	6	1.63±0.13	0.12±0.02	0.09±0.02			0.10±0.02	0.08±0.02				0.19±0.02	
L002	Milk, whole, Cow	6	1.22±0.21	0.14±0.02	0.11±0.01			0.15±0.02	0.08±0.01				0.22±0.02	
L003	Panner	6	0.13±0.04	0.02±0.01									0.02±0.01	
L004	Khoa	6	0.12±0.03	0.03±0.02									0.03±0.02	

Food Code	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
						← μg →	← mg →							μg	
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
<b>M EGG AND EGG PRODUCTS</b>															
M001	Egg, poultry, whole, raw	6	198±6.7	0.84±0.13		1.47±0.41	0.05±0.01	0.02±0.01	0.03±0.02	0.07±0.01	0.01±0.01	0.02±0.01		1.51±0.41	14.61±0.27
M002	Egg, poultry, white, raw	6		1.05±0.09											
M003	Egg, poultry, yolk, raw	6	539±26.2	3.25±0.47	0.04±0.04	2.94±0.37	0.02±0.01	0.01±0.01	0.04±0.02	0.06±0.02	0.01±0.01	0.01±0.01		2.97±0.36	45.14±3.21
M004	Egg, poultry, whole, boiled	6	180±10.5	0.74±0.10		1.31±0.11	0.04±0.01	0.02±0.01		0.03±0.02	0.01±0.01			1.34±0.10	13.02±1.35
M005	Egg, poultry, white, boiled	6		0.18±0.02											
M006	Egg, poultry, yolk, boiled	6	456±31.2	3.04±0.33		2.77±0.27	0.02±0.01	0.01±0.00	0.03±0.01	0.05±0.02	0.01±0.01			2.80±0.28	40.29±6.52
M007	Egg, poultry, omlet	3	181±18.0	2.98±0.27		1.82±0.17	0.06±0.01	0.03±0.01	0.25±0.10	0.11±0.02	0.01±0.01			1.88±0.17	16.62±1.49
M008	Egg, country hen, whole, raw	1	206	4.46		2.05	0.06	0.03		0.08	0.01			2.10	64.00
M009	Egg, country hen, whole, boiled	1	195	2.99		2.00	0.05	0.03		0.08	0.01			2.05	60.00
M010	Egg, country hen, omlet	1	202	3.44		2.70	0.07	0.04		0.18	0.01			2.79	66.00
M011	Egg, duck, whole, boiled	1	171	1.90		2.04		0.04		0.04				2.06	117
M012	Egg, duck, whole, raw	1	181	2.67		2.45		0.04		0.05				2.47	118
M013	Egg, duck, whole, omlet	1	166	2.10		2.62		0.06		0.11				2.66	111
M014	Egg, quail, whole, raw	1	151	5.72		0.98		0.01		0.05				0.99	8.19
M015	Egg, quail, whole, boiled	1	140	4.91		0.82		0.01		0.04				0.84	4.46
<b>N POULTRY</b>															
N001	Chicken, poultry, leg, skinless	4	10.95±2.21	1.12	0.02±0.00	0.60±0.10		0.10±0.00		0.02±0.01	0.01±0.01			0.61±0.10	10.78±1.41
N002	Chicken, poultry, thigh, skinless	6	16.48±2.85	1.22	0.02±0.00	0.65±0.13		0.10±0.00		0.01±0.01	0.02±0.01			0.66±0.13	16.17±1.12

Table 3. Fat Soluble Vitamins

Food Code	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← μg →		← mg →				→ μg						
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
N003	Chicken, poultry, breast, skinless	5	6.96±1.36	1.38		0.29±0.10		0.05±0.00		0.01±0.01		0.02±0.01		0.29±0.10	27.80±5.84
N004	Chicken, poultry, wing, skinless	5	31.21±4.75	1.11±0.12		0.57±0.14		0.08±0.00		0.01±0.01		0.02±0.01		0.58±0.14	28.17±3.06
N005	Poultry, chicken, liver	1	3486	2.62	0.02	0.72		0.10						0.73	14.30
N006	Poultry, chicken, gizzard	1	46.78	1.60		0.63								0.63	28.58
N007	Country hen, leg, with skin	1	17.44	1.12		0.69		0.10		0.01	0.01	0.01		0.70	11.31
N008	Country hen, thigh, with skin	1	27.00	1.05		0.54		0.10		0.01	0.02			0.55	18.50
N009	Country hen, breast, with skin	1	8.52	0.80		0.35		0.06		0.01	0.02			0.36	28.88
N010	Country hen, wing, with skin	1	27.52	0.61		0.57		0.08		0.01		0.02		0.58	31.65
N011	Duck, meat, with skin	1	48.86	0.91		0.70				0.01				0.70	7.88
N012	Emu, meat, skinless	1	2.84	0.67		0.40		0.15		0.02				0.42	8.06
N013	Guinea fowl, meat, with skin	1	2.26	1.02		1.75		1.30				0.01		1.88	11.05
N014	Pigeon, meat, with skin	1	15.25	1.20		1.52		0.15			0.01			1.54	7.10
N015	Quail, meat, skinless	1	12.84	1.53		1.59		0.81		0.01				1.67	7.30
N016	Turkey, leg, with skin	1	8.15	0.50		0.72		0.01		0.01				0.72	18.46
N017	Turkey, thigh, with skin	1	13.11	0.36		0.62		0.02		0.01				0.63	25.36
N018	Turkey, breast, with skin	1	8.97	0.52		0.56		0.03		0.02				0.57	26.43
N019	Turkey, wing, with skin	1	18.07	0.52		0.43		0.02		0.01				0.44	18.43
<b>O ANIMAL MEAT</b>															
O001	Goat, shoulder	6	7.57±1.04	0.80		0.35±0.04								0.35±0.04	5.80±1.29

Food Code	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
						← μg →	← mg →							μg	
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
O002	Goat, chops	6	2.55±0.50	0.40		0.15±0.03								0.15±0.03	6.50±1.06
O003	Goat, legs	6	8.51±1.19	0.28	0.04±0.00	0.09±0.03								0.09±0.03	9.50±1.86
O004	Goat, brain	5	1.98±0.92	0.30±0.30		0.08±0.01								0.07±0.04	3.80±1.23
O005	Goat, tongue	4	8.95±2.16	0.02	0.33±0.00	0.08±0.01								0.08±0.01	1.70±0.16
O006	Goat, lungs	4	2.75±0.59	0.09	1.31±0.00	0.08±0.01								0.08±0.01	4.60±0.91
O007	Goat, heart	5	5.90±0.36	0.60		0.09±0.01								0.09±0.01	10.60±0.97
O008	Goat, liver	6	15655±972	0.56	0.18±0.00	0.61±0.08								0.61±0.08	12.64±2.43
O009	Goat, tripe	5	2.17±0.52			0.10±0.02								0.10±0.02	11.50±2.06
O010	Goat, spleen	4	7.85±0.84	0.10	0.36±0.00	0.08±0.02								0.08±0.02	9.00±0.74
O011	Goat, kidneys	4	68.56±3.91			0.09±0.01								0.09±0.01	3.50±1.46
O012	Goat, tube (small intestine)	3	2.62±1.01			0.19±0.02								0.13±0.12	11.00±0.99
O013	Goat, testis	2	2.48	0.55	0.07	0.09								0.09	2.50
O014	Sheep, shoulder	5	8.71±1.66	0.07±0.04		0.31±0.06								0.31±0.06	6.80±0.57
O015	Sheep, chops	4	3.49±0.44	0.47		0.10±0.02								0.10±0.02	7.30±0.45
O016	Sheep, leg	5	9.93±1.67	2.14	0.65±0.00	0.08±0.02								0.08±0.02	8.90±1.38
O017	Sheep, brain	1	1.55	1.06		0.09								0.09	2.80
O018	Sheep, tongue	1	7.33			0.07								0.07	1.50
O019	Sheep, lungs	2	2.45	0.12	0.19	0.08								0.08	4.90
O020	Sheep, heart	1	4.64	0.80		0.15								0.15	9.70
O021	Sheep, liver	4	14106±866	0.31	0.36±0.00	0.60±0.04								0.60±0.04	14.70±1.24
O022	Sheep, tripe	2	2.72			0.20								0.20	10.90

Table 3. Fat Soluble Vitamins

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Food Code	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
			← μg →			Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta	→ μg	
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
O023	Sheep, spleen	1	6.61			0.10								0.10	7.50
O024	Sheep, kidneys	2	68.68	0.37	0.07	0.10								0.10	2.90
O025	Beef, shoulder	6	15.51±2.43	0.46	0.14±0.00	0.40±0.12								0.40±0.12	2.90±1.12
O026	Beef, chops	4	2.43±0.40	0.47	0.05±0.00	0.30±0.03								0.30±0.03	2.80±1.07
O027	Beef, round (leg)	6	2.52±0.64	0.43	0.11±0.00	0.40±0.09								0.40±0.09	5.80±1.29
O028	Beef, brain	4	2.18±0.22	0.69	0.05±0.00	0.10±0.02								0.10±0.02	2.70±0.85
O029	Beef, tongue	4	5.56±0.53	0.61	0.15±0.00	0.11±0.02								0.11±0.02	1.90±0.26
O030	Beef, lungs	3	1.89±0.16			0.11±0.04								0.11±0.04	3.70±1.05
O031	Beef, heart	5	10.13±1.52	5.71	0.27±0.00	0.10±0.02								0.10±0.02	2.50±1.02
O032	Beef, liver	6	9119±707		4.00±0.00	0.60±0.06								0.60±0.06	4.00±1.31
O033	Beef, tripe	5	4.29±0.30	4.00	0.06±0.00	0.41±0.08								0.41±0.08	3.50±0.64
O034	Beef, spleen	6	8.71±1.00	0.33		0.10±0.01								0.10±0.01	2.50±1.00
O035	Beef, kidneys	3	98.04±9.31	0.53	0.11±0.00	0.08±0.03								0.08±0.03	2.50±0.92
O036	Calf, shoulder	2	13.17			0.30								0.30	3.50
O037	Calf, chops	2	2.10	0.74		0.30								0.30	3.20
O038	Calf, round (leg)	2	2.42	0.97		0.20								0.20	6.20
O039	Calf, brain	2	1.41	0.61	7.98	0.10								0.10	3.00
O040	Calf, tongue	2	4.63			0.10								0.10	1.70
O041	Calf, heart	1	4.83			0.10								0.10	1.90
O042	Calf, liver	1	9664			0.50								0.50	5.00
O043	Calf, spleen	1	6.32	0.29		0.10								0.10	2.50

Food Code	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent		
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta	Equivalent (K2)		
			← μg →		← mg →				μg							
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2	
O044	Calf, kidneys	2	95.73			0.10								0.10	3.10	
O045	Mithun, shoulder	1	12.68	0.06		0.30								0.30	3.80	
O046	Mithun, chops	1	2.62	0.08		0.20								0.20	4.20	
O047	Mithun, round (leg)	1	2.47	0.04		0.30								0.30	8.50	
O048	Pork, shoulder	6	5.12±0.89	9.03	0.35±0.00	0.30±0.18								0.30±0.18	1.80±0.34	
O049	Pork, chops	6	1.51±0.26	4.83±0.60	2.27±1.00	0.11±0.02								0.11±0.02	2.20±0.73	
O050	Pork, ham	6	2.98±0.30	5.85		0.20±0.04								0.20±0.04	5.30±1.39	
O051	Pork, lungs	4	5.14±0.40	1.91	0.14±0.00	0.11±0.03								0.11±0.03	3.80±0.68	
O052	Pork, heart	4	7.16±0.88			0.10±0.02								0.10±0.02	3.50±0.93	
O053	Pork, liver	5	8759±798	2.97	0.23±0.00	0.85±0.08								0.85±0.08	4.50±0.92	
O054	Pork, stomach	1	3.34	0.42	0.13	0.30								0.30	3.50	
O055	Pork, spleen	3	8.44±0.81			0.17±0.06								0.17±0.06	2.50±0.83	
O056	Pork, kidneys	5	72.53±6.91	2.92	0.24±0.00	0.19±0.06								0.19±0.06	1.50±0.19	
O057	Pork, tube (small intestine)	1	1.13	1.01		0.20								0.20	3.50	
O058	Hare, shoulder	1	8.88	0.06		1.46								0.58	1.46	25.59
O059	Hare, chops	1	2.84	0.09		1.73								0.69	1.73	23.65
O060	Hare, leg	1	1.26	0.08		1.44								0.58	1.44	22.18
O061	Rabbit, shoulder	1	5.90	0.57		1.22								0.49	1.22	24.68
O062	Rabbit, chops	1	3.88	0.70		0.83								0.33	0.83	25.88
O063	Rabbit, leg	1	8.49	0.43		0.72								0.29	0.72	23.85

Table 3. Fat Soluble Vitamins

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Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)
			← μg →		← mg →				← mg →			← μg →		
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	VITE
<b>P MARINE FISH</b>														
P001	Allathi ( <i>Elops machnata</i> )	1	9.60	1.03	0.25	1.02							1.02	1.98
P002	Aluva ( <i>Parastromateus niger</i> )	3	14.30±1.94	0.79±0.02	0.34±0.08	1.00±0.56							1.00±0.56	8.88±0.03
P003	Anchovy ( <i>Stolephorus indicus</i> )	2	12.18	2.76	0.11	0.73							0.73	0.60
P004	Ari fish ( <i>Apriion virescens</i> )	1	1.56	1.02	0.02	0.10							0.10	0.88
P005	Betki ( <i>Lates calcarifer</i> )	1	5.58	1.05	0.06	0.38							0.38	0.63
P006	Black snapper ( <i>Macolor niger</i> )	1	14.55	1.31	0.18	0.51							0.51	115
P007	Bombay duck ( <i>Harpodon nehereus</i> )	2	3.38	0.96	0.29	0.75							0.75	1.04
P008	Bommuralu ( <i>Muraenesox cinerius</i> )	3	3.28±1.70	3.19±0.09	0.08±0.04	0.54±0.46							0.54±0.46	0.94±0.04
P009	Cat fish ( <i>Tachysurus thalassinus</i> )	1	14.08	1.42	0.47	0.38							0.38	0.96
P010	Chakla ( <i>Rachycentron canadum</i> )	5	1.39±0.37	2.07±0.04	0.08±0.02	0.72±0.43							0.72±0.43	0.62±0.03
P011	Chappal ( <i>Aluterus monoceros</i> )	1	1.37	0.21	0.04	1.09							1.09	0.77
P012	Chelu ( <i>Elagatis bipinnulata</i> )	2	1.49	0.86	0.17	0.41							0.41	1.06
P013	Chembali ( <i>Lutjanus quinquefasciatus</i> )	1	1.59	0.72	0.16	1.20							1.20	1.44
P014	Eri meen ( <i>Pristipomoides filamentosus</i> )	1	13.24	0.33	0.01	0.10							0.10	0.92
P015	Gobro ( <i>Epinephelus diacanthus</i> )	2	1.82	0.15		0.89							0.89	1.58
P016	Guitar fish ( <i>Rhinobatus prahlii</i> )	1	1.27	0.12	0.30	0.34							0.34	3.43
P017	Hilsa ( <i>Tenualosa ilisha</i> )	2	7.42	4.96	1.02	1.35							1.35	0.94
P018	Jallal ( <i>Arius sp.</i> )	1	8.49	0.94	0.03	0.62							0.62	0.64
P019	Jathi vela meen ( <i>Lethrinus lentjan</i> )	2	3.16	0.93	0.10	1.49							1.49	1.06

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)	
			← μg →			← mg →									
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
P020	Kadal bral ( <i>Synodus indicus</i> )	1	10.63	1.20	0.42	0.12								0.12	0.55
P021	Kadali ( <i>Nemipterus mesoprion</i> )	1	25.61	0.84	0.20	0.58								0.58	1.02
P022	Kalamaara ( <i>Leptomelanosoma indicum</i> )	2	9.04	1.45	0.05	0.82								0.82	0.85
P023	Kalava ( <i>Epinephelus coioides</i> )	1	1.29	1.86	0.07	0.33								0.33	1.63
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2	16.42	0.82	0.34	0.59								0.59	2.15
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3	12.37±5.10	0.10±0.03	0.19±0.03	0.70±0.24								0.70±0.24	0.92±0.05
P026	Karimeen ( <i>Etroplus suratensis</i> )	1	1.29	0.87	0.13	0.37								0.37	12.04
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1	1.82	1.24	0.04	0.12								0.12	0.85
P028	Kayrai ( <i>Thunnus albacores</i> )	2	10.19	3.12	0.13	0.75								0.75	1.70
P029	Kiriyana ( <i>Atule mate</i> )	1	1.62	0.38	0.38	0.35								0.35	0.93
P030	Kite fish ( <i>Mobula kuhlii</i> )	1	1.52	0.03	0.01	0.24								0.24	1.54
P031	Korka ( <i>Terapon jarbua</i> )	1	6.55	0.34	0.02	0.63								0.63	1.31
P032	Kulam paarai ( <i>Carangoides fulvoguttatus</i> )	1	3.64	2.45	0.31	1.05								1.05	0.88
P033	Maagaa ( <i>Polynemus plebeius</i> )	1	1.76	1.18	0.09	1.03								1.03	0.75
P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3	16.34±16.88	0.22±0.02	0.23±0.02	0.71±0.29								0.71±0.29	5.25±0.01
P035	Manda clathi ( <i>Naso reticulatus</i> )	1	1.99	1.46	0.45	0.16								0.16	0.46
P036	Matha ( <i>Acanthurus mata</i> )	2	4.99	1.95	0.11	0.61								0.61	0.78
P037	Milk fish ( <i>Chanos chanos</i> )	1	3.29	1.20	0.02	1.86								1.86	1.18
P038	Moon fish ( <i>Mene maculata</i> )	1	8.94	0.48	0.09	1.20								1.20	4.20
P039	Mullet ( <i>Mugil cephalus</i> )	3	18.38±15.27	0.31±0.07	0.19±0.02	0.53±0.63								0.53±0.63	0.83±0.03

Table 3. Fat Soluble Vitamins

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Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)	
			$\leftarrow \text{ } \mu\text{g} \rightarrow$			$\leftarrow \text{ } \text{mg} \rightarrow$									
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	VITE	VITK2
P040	Mural ( <i>Tylosurus crocodilus crocodilus</i> )	1	1.61	0.86	0.01	0.44								0.44	1.34
P041	Myil meen ( <i>Istiophorus platypterus</i> )	2	21.51	0.18	0.22	0.53								0.53	0.89
P042	Nalla bontha ( <i>Epinephelus</i> sp.)	1	2.40	0.54	0.01	0.11								0.11	1.20
P043	Narba ( <i>Caranx sexfasciatus</i> )	2	2.93	0.19	0.20	0.90								0.90	1.11
P044	Paarai ( <i>Caranx heberi</i> )	1	3.23	1.40	0.38	0.30								0.30	0.97
P045	Padayappa ( <i>Canthidermis maculata</i> )	1	1.46	0.62	0.08	0.25								0.25	0.63
P046	Pali kora ( <i>Panna microdon</i> )	1	1.89	0.11	0.02	0.44								0.44	1.92
P047	Pambada ( <i>Lepturacanthus savala</i> )	2	2.88	1.15	0.20	0.55								0.55	0.98
P048	Pandukopa ( <i>Pseudosciaena manchurica</i> )	1	1.33	0.20	0.10	0.47								0.47	0.62
P049	Parava ( <i>Lactarius lactarius</i> )	1	2.56	1.12	0.01	0.55								0.55	0.66
P050	Parcus ( <i>Psettodes erumei</i> )	1	1.72	0.57	0.20	0.30								0.30	1.84
P051	Parrot fish ( <i>Scarus ghobban</i> )	1	2.47	0.67	0.01	0.26								0.26	2.83
P052	Perinkilichai ( <i>Pinjalo pinjalo</i> )	1	1.62	0.36	0.08	1.10								1.10	0.95
P053	Phopat ( <i>Coryphaena hippurus</i> )	4	3.52±3.27	0.43±0.24	0.25±0.16	0.58±0.60								0.58±0.60	0.75±0.11
P054	Piranha ( <i>Pygopristis</i> sp.)	1	1.05	1.06	0.09	0.37								0.37	3.15
P055	Pomfret, black ( <i>Parastromateus niger</i> )	1	10.55	2.28	0.66	0.60								0.60	102
P056	Pomfret, snub nose ( <i>Trachinotus blochii</i> )	2	3.91	0.51	0.08	1.54								1.54	0.84
P057	Pomfret, white ( <i>Pampus argenteus</i> )	2	30.31	0.61	0.10	1.26								1.26	0.99
P058	Pranel ( <i>Gerres</i> sp.)	1	1.84	0.54	0.01	0.42								0.42	0.69
P059	Pulli paarai ( <i>Gnathanodon speciosus</i> )	1	1.75	1.60	0.01	0.82								0.82	1.24

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)	
			← μg →			← mg →				← mg →			→		
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	VITE	VITK2
P060	Queen fish ( <i>Scomberoides commersonianus</i> )	3	1.52±0.47	0.19±0.01		0.40±0.26								0.40±0.26	0.79±0.01
P061	Raai fish ( <i>Lobotes surinamensis</i> )	2	1.15	2.99	0.14	0.52								0.52	1.05
P062	Raai vanthu ( <i>Epinephelus chlorostigma</i> )	1	2.87	1.23		0.02								0.02	1.21
P063	Rani (Pink perch)	1	1.78	1.84	0.06	1.65								1.65	0.71
P064	Ray fish, bow head, spotted ( <i>Rhina ancylostoma</i> )	1	1.97	0.81	0.02	0.33								0.33	1.51
P065	Red snapper ( <i>Lutjanus argentimaculatus</i> )	1	4.77	2.32	0.05	0.41								0.41	98.48
P066	Red snapper, small ( <i>Priacanthus hamrur</i> )	1	20.87	3.05	0.13	0.85								0.85	0.97
P067	Sadaya ( <i>Platax orbicularis</i> )	1	64.20	1.56	0.05	0.52								0.52	1.77
P068	Salmon ( <i>Salmo salar</i> )	1	15.63	0.86	0.08	0.58								0.58	0.75
P069	Sangada ( <i>Nemipterus japonicus</i> )	1	3.07	0.92	0.13	0.36								0.36	0.71
P070	Sankata paarai ( <i>Caranx ignobilis</i> )	1	2.58	0.58	0.14	1.07								1.07	1.17
P071	Sardine ( <i>Sardinella longiceps</i> )	1	12.66	3.51		0.38								0.38	2.65
P072	Shark ( <i>Carcharhinus sorrah</i> )	2	1.11	0.18	0.18	0.22								0.22	0.78
P073	Shark, hammer head ( <i>Sphyrna mokarran</i> )	1	20.55	0.58	0.14	0.78								0.78	1.16
P074	Shark, spotted ( <i>Stegostoma fasciatum</i> )	1	12.43	1.23	0.14	0.19								0.19	0.86
P075	Shelavu ( <i>Sphyraena jello</i> )	4	24.82±22.75	1.77±0.10	0.10±0.01	0.36±0.21								0.36±0.21	1.72±0.01
P076	Silan ( <i>Silonia silondia</i> )	1	3.07	0.18		0.48								0.48	1.74
P077	Silk fish ( <i>Beryx sp.</i> )	1	1.69	0.68	0.04	0.72								0.72	0.98
P078	Silver carp ( <i>Hypophthalmichthys molitrix</i> )	1	6.74	0.69	0.17	0.60								0.60	0.83
P079	Sole fish ( <i>Cynoglossus arel</i> )	1	9.53	1.12	0.01	0.18								0.18	0.74

Table 3. Fat Soluble Vitamins

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Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)	
			← μg →			← mg →									
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	VITE	VITK2
P080	<b>Stingray</b> ( <i>Dasyatis pastinaca</i> )	1	7.55	0.67	0.23	0.28								0.28	0.90
P081	<b>Tarlava</b> ( <i>Drepane punctata</i> )	2	5.32	2.35	0.01	0.52								0.52	0.76
P082	<b>Tholam</b> ( <i>Plectorhinchus schotaf</i> )	2	250	2.80	0.75	0.60								0.60	1.33
P083	<b>Tilapia</b> ( <i>Oreochromis niloticus</i> )	1	17.14	0.85	0.08	1.86								1.86	3.65
P084	<b>Tuna</b> ( <i>Euthynnus affinis</i> )	5	16.65±8.35	0.11±0.03	0.63±0.18	0.57±0.17								0.57±0.17	11.63±0.28
P085	<b>Tuna, striped</b> ( <i>Katsuwonus pelamis</i> )	1	21.01	0.65	0.05	0.14								0.14	1.23
P086	<b>Valava</b> ( <i>Chirocentrus nudus</i> )	1	1.25	0.25	0.01	0.31								0.31	0.84
P087	<b>Vanjaram</b> ( <i>Scomberomorus commerson</i> )	2	81.90	1.57	0.07	0.67								0.67	0.65
P088	<b>Vela meen</b> ( <i>Aprion virescens</i> )	1	3.03	0.92		0.44								0.44	0.81
P089	<b>Vora</b> ( <i>Siganus javus</i> )	2	3.20	0.60	0.16	0.65								0.65	1.97
P090	<b>Whale shark</b> ( <i>Galeocerdo cuvier</i> )	1	1.97	1.82	0.35	0.17								0.17	0.81
P091	<b>Xiphinis</b> ( <i>Xiphias gladius</i> )	1	1.14	0.02	0.07	0.76								0.76	0.78
P092	<b>Eggs, Cat fish</b> ( <i>Ompok bimaculatus</i> )	1	2.55	2.80	0.47	0.28								0.28	0.53

## Q MARINE SHELLFISH

Q001	<b>Crab</b> ( <i>Menippe mercenaria</i> )	1	1.55	0.21	0.68	6.33								6.33	1.04
Q002	<b>Crab, sea</b> ( <i>Portunus sanguinolentus</i> )	1	5.02	0.63	0.10	2.06								2.06	1.11
Q003	<b>Lobster, brown</b> ( <i>Thenus orientalis</i> )	1	1.83	0.78	0.06	1.35								1.35	1.06
Q004	<b>Lobster, king size</b> ( <i>Thenus orientalis</i> )	1	15.02	0.19	0.09	0.52								0.52	1.25
Q005	<b>Mud crab</b> ( <i>Scylla tranquebarica</i> )	1	8.33	0.94	0.14	2.34								2.34	1.03

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)	
			← μg →			← mg →									
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRIB	TOCTRG	TOCTRD	VITE	VITK2
Q006	Oyster ( <i>Crassostrea</i> sp.)	1	25.36	0.82	0.04	1.11								1.11	1.72
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1	1.24	1.18	0.35	3.04								3.04	297
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1	6.55	1.62	0.63	2.87								2.87	2.32

## R MARINE MOLLUSKS

R001	Clam, green shell ( <i>Perna viridis</i> )	1	29.04	0.86	0.07	2.70								2.70	1.48
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	8.50	2.08	0.10	1.21								1.21	1.53
R003	Octopus ( <i>Octopus vulgaris</i> )	1	28.00	0.43	0.24	0.66								0.66	0.84
R004	Squid, black ( <i>Loligo</i> sp.)	1	2.55	0.57	0.32	0.68								0.68	1.14
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	1.93	0.78	0.22	0.55								0.55	2.26
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	4.72	1.05	0.18	0.47								0.47	1.14
R007	Squid, white, small ( <i>Uroteuthis duvaucelii</i> )	1	8.55	0.55	0.16	0.66								0.66	1.84

## S FRESHWATER FISH AND SHELLFISH

S001	Cat fish ( <i>Tandanus tandanus</i> )	2	13.59±0.70	1.37±0.12	0.11±0.02	0.38±0.00								0.38±0.00	0.96±0.00
S002	Catla ( <i>Catla catla</i> )	6	4.32±0.78	1.90±0.19	0.16±0.04	2.35±0.00								2.35±0.00	1.12±0.02
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1	866	3.81	0.57	1.80								1.80	1.23
S004	Gold fish ( <i>Carassius auratus</i> )	2	22.95	0.21	0.07	2.10								2.10	1.26
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6	14.59±0.00	0.20±0.04	0.08±0.04	2.80±0.00								2.80±0.00	0.92±0.07
S006	Rohu ( <i>Labeo rohita</i> )	6	3.87±0.94	0.84±0.11	0.17±0.03	2.40±0.00								2.40±0.00	1.03±0.24

Table 3. Fat Soluble Vitamins

Food Code spp	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols			Alpha Tocopherol Equivalent	Menaquinones (K2)
			$\leftarrow \mu\text{g} \rightarrow$		$\leftarrow \text{mg} \rightarrow$									
			RETOL	CHOCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTR B	TOCTR G	TOCTR D	VITE	VITK2
S007	Crab ( <i>Pachygrapsus sp.</i> )	1	12.55	1.20	0.17	4.85							4.85	0.91
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1	3.56	0.35	0.10	2.85								0.84
S009	Prawns, small ( <i>Macrobrachium sp.</i> )	3	2.78	0.95	0.15	1.75							1.75	0.80
S010	Tiger prawns ( <i>Macrobrachium sp.</i> )	2	0.55	1.34	0.27	1.65							1.65	1.02