

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)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	← mg →						μg		
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG		
A	CEREALS AND MILLETS												
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
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
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

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	mg						μg		
				ERG CAL	TOC PHA	TOC PHB	TOC PHG	TOC PHD	TOC TRA	TOC TRB	TOC TRG		
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>Dolichus 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	Ergocalcife	Tocopherols				Tocotrienols				α-Tocopherol	Phylloquino
			rol (D2)	Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →								µg	
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	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	

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)		
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta				
				μg	mg										
				ERG CAL	TOC PHA	TOC PHB	TOC PHG	TOC PHD	TOC TRA	TOC TRB	TOC TRG			TOC TRD	VITE
C009	Beet greens (Beta vulgaris)	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) (Piper betle)	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 (Piper betle)	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 (Brassica oleracea var. gemmifera)	1	0.26	0.21									0.21	23.60	
C013	Cabbage, Chinese (Brassica rupa)	1	0.39	0.25									0.25	111	
C014	Cabbage, collard greens (Brassica oleracea var. viridis)	1	0.18	0.20									0.20	125	
C015	Cabbage, green (Brassica oleracea var. capitata f. alba)	6	0.21±0.02	0.05±0.03									0.05±0.03	113±0.5	
C016	Cabbage, violet (Brassica oleracea var. capitata f. rubra)	2	0.19	0.03									0.03	117	
C017	Cauliflower leaves (Brassica oleracea var. botrytis)	6	4.15±0.46	0.08±0.03					0.11±0.02				0.08±0.03	144±29.6	
C018	Colocasia leaves, green (Colocasia anti-quorum)	6	1.70±0.31	0.07±0.01									0.07±0.01	318±37.3	
C019	Drumstick leaves (Moringa oleifera)	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 (Trigonella foenum graecum)	5	2.36±0.30	0.36±0.14									0.36±0.14	428±32.3	
C021	Garden cress (Lepidium sativum)	2	0.55	0.74									0.74	458	
C022	Gogu leaves, green (Hibiscus cannabinus)	4	4.28±0.14	0.46±0.16	0.43±0.17								0.50±0.15	433±1.6	
C023	Gogu leaves, red (Hibiscus cannabinus)	1	4.27	0.47	0.32								0.50	438	
C024	Knol-Khol, leaves (Brassica oleracea var. gongylodes)	2	0.59	0.53									0.53	295	
C025	Lettuce (Lactuca sativa)	3	0.10±0.04	0.01±0.01									0.01±0.01	91.08±2.20	
C026	Mustard leaves (Brassica juncea)	3	5.40±0.33	0.56±0.06	0.02±0.00								0.57±0.06	192±4.1	
C027	Pak Choi leaves (Brassica rapa var. Chinensis)	1	0.10	0.03									0.03	39.85	
C028	Parsley (Petroselinum crispum)	3	5.55±0.18	0.35±0.05									0.35±0.05	322±3.3	
C029	Ponnaganni (Alternanthera sessilis)	2	0.65	0.52	0.02	0.04								0.54	574

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-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
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														
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		

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	mg								
				ERG CAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG		
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	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	← mg →						μg		
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG		
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 tetragonobola</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

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	mg						μg		
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG		
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	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	mg								
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG		
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		0.04±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±0.00		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	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)			
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta					
				μg	←—————→						mg			—————→		μg
				ERG CAL	TOC PHA	TOC PHB	TOC PHG	TOC PHD	TOC TRA	TOC TRB	TOC TRG			TOC TRD	VITE	VIT K1
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			

[illegible]

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	← mg →						μg		
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG		
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

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>Dacus 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>Dacus 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>Ipomoes batatas</i>)	4	1.26±0.31	0.01±0.01								0.01±0.01	3.00±0.84

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-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
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	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-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

H	NUTS AND OIL SEEDS												
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 hypogea</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	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-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
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			
I	SUGARS															
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				
J	MUSHROOMS															
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			
K	MISCELLANEOUS FOODS															
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			
L	MILK AND MILK PRODUCTS															
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
M	EGG AND EGG PRODUCTS														
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, quial, whole, raw	1	151	5.72		0.98		0.01		0.05				0.99	8.19
M015	Egg, quial, whole, boiled	1	140	4.91		0.82		0.01		0.04				0.84	4.46
N	POULTRY														
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
O	ANIMAL MEAT														
O001	Goat, shoulder	6	7.57±1.04	0.80		0.35±0.04								0.35±0.04	5.80±1.29

[illegible]

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
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	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
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

Food Code	Fish Name	No. of Regions	Retinol	Cholecalci ferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquin ones (K2)		
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta				
			← 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	Kiriyan (<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

Food Code	Fish Name	No. of Regions	Retinol	Cholecalci ferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquin ones (K2)		
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta				
			← μg →			← mg →											μg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	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>Pygopritis</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	Cholecalci ferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquin ones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			←	µg	→	←	mg				→				µg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	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 duvauceli</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	Fish Name	No. of Regions	Retinol	Cholecalci ferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquin ones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← µg →			← mg →									µg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	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