

# Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(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	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							← g →				
<b>A CEREALS AND MILLETS</b>											
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	9.89	14.59	2.78	5.74	7.02	5.76	1.26	59.98	1490
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	9.20±0.40	13.27±0.34	3.05±0.30	5.56±0.33	7.47±0.09	5.80±0.17	1.67±0.21	61.46±0.60	1489±10
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	8.97±0.60	10.96±0.26	1.37±0.17	5.43±0.64	11.49±0.62	9.14±0.58	2.34±0.42	61.78±0.85	1456±18
A004	Barley ( <i>Hordeum vulgare</i> )	6	9.77±0.38	10.94±0.51	1.06±0.22	1.30±0.20	15.64±0.64	9.98±0.62	5.66±0.68	61.29±0.77	1321±19
A005	Jowar ( <i>Sorghum vulgare</i> )	6	9.01±0.77	9.97±0.43	1.39±0.34	1.73±0.31	10.22±0.49	8.49±0.40	1.73±0.40	67.68±1.03	1398±13
A006	Maize, dry ( <i>Zea mays</i> )	6	9.26±0.55	8.80±0.49	1.17±0.16	3.77±0.48	12.24±0.93	11.29±0.85	0.94±0.18	64.77±1.58	1398±25
A007	Maize, tender, local ( <i>Zea mays</i> )	6	68.29±0.52	3.57±0.42	0.38±0.04	1.40±0.30	3.67±0.26	3.23±0.23	0.43±0.07	22.69±0.94	502±7
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	74.40±0.71	4.16±0.41	0.36±0.06	1.35±0.07	3.30±0.51	2.71±0.53	0.59±0.11	16.42±0.89	405±14
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1	10.43	13.11	2.65	5.50	14.66	10.21	4.46	53.65	1374
A010	Ragi ( <i>Eleusine coracana</i> )	5	10.89±0.61	7.16±0.63	2.04±0.34	1.92±0.14	11.18±1.14	9.51±0.65	1.67±0.55	66.82±0.73	1342±10
A011	Rice flakes ( <i>Oryza sativa</i> )	6	10.36±0.53	7.44±0.35	0.85±0.13	1.14±0.11	3.46±0.32	2.65±0.34	0.81±0.12	76.75±0.96	1480±16
A012	Rice puffed ( <i>Oryza sativa</i> )	6	9.40±0.22	7.47±0.15	1.28±0.10	1.62±0.13	2.56±0.33	1.76±0.13	0.80±0.38	77.68±0.54	1514±4
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	9.33±0.39	9.16±0.75	1.04±0.18	1.24±0.08	4.43±0.54	3.60±0.55	0.82±0.15	74.80±0.85	1480±10
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	10.09±0.43	7.81±0.63	0.65±0.08	0.55±0.08	3.74±0.36	2.98±0.35	0.76±0.09	77.16±0.76	1471±8
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6	9.93±0.75	7.94±0.58	0.56±0.08	0.52±0.05	2.81±0.42	1.99±0.39	0.82±0.22	78.24±1.07	1491±15
A016	Samai ( <i>Panicum miliare</i> )	6	11.36±0.19	10.13±0.45	1.34±0.16	3.89±0.35	7.72±0.92	5.45±0.48	2.27±0.52	65.55±1.29	1449±19
A017	Varagu ( <i>Setaria italica</i> )	5	14.23±0.45	8.92±1.09	1.72±0.27	2.55±0.13	6.39±0.60	4.29±0.82	2.11±0.34	66.19±1.19	1388±10
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	11.34±0.93	10.36±0.29	0.51±0.07	0.76±0.07	2.76±0.29	2.14±0.30	0.62±0.14	74.27±0.92	1472±16

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	← g →	Dietary Fibre			Carbohydrate	Energy			
				Moisture	Protein	Ash	Total Fat				
				WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	11.10±0.35	10.57±0.37	1.28±0.19	1.53±0.12	11.36±0.29	9.73±0.47	1.63±0.64	64.17±0.32	1340±7
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	10.58±1.11	10.59±0.60	1.42±0.19	1.47±0.05	11.23±0.77	9.63±0.19	1.60±0.75	64.72±1.74	1347±23
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	8.61±0.32	10.84±0.75	1.23±0.06	1.45±0.02	8.81±0.45	6.56±0.20	2.25±0.38	69.06±0.74	1430±6
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	8.94±0.68	11.38±0.37	0.80±0.17	0.74±0.10	9.72±0.74	8.16±0.58	1.55±0.18	68.43±0.99	1396±18
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	9.59±0.37	9.70±0.52	0.60±0.04	0.45±0.03	9.28±0.69	7.53±0.51	1.75±0.24	70.39±0.61	1392±8
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	7.61±0.47	10.37±0.70	0.56±0.04	0.49±0.05	9.55±0.40	7.79±0.29	1.76±0.18	71.42±0.71	1423±13

**B GRAIN LEGUMES**

+	B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	9.18±0.58	21.55±1.45	2.10±0.10	5.31±0.06	15.15±0.17	12.67±0.22	2.48±0.15	46.72±1.29	1377±10
	B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	8.56±0.37	18.77±0.42	2.78±0.13	5.11±0.11	25.22±0.39	22.70±0.60	2.52±0.87	39.56±0.16	1201±9
	B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	9.16±0.35	23.06±0.59	3.17±0.02	1.69±0.12	11.93±0.26	7.58±0.13	4.35±0.15	51.00±0.80	1356±9
	B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	8.70±0.33	21.97±0.63	3.35±0.03	1.58±0.06	20.41±0.06	15.47±0.05	4.94±0.07	43.99±0.76	1219±5
	B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	9.42±0.39	20.36±0.59	2.90±0.11	1.15±0.06	11.54±0.13	8.75±0.09	2.80±0.05	54.62±0.49	1340±7
	B006	Cowpea, white ( <i>Vigna catjang</i> )	1	9.32	21.25	2.83	1.14	11.70	8.91	2.79	53.77	1340
	B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	9.57	19.93	2.73	0.92	23.40	17.99	5.41	43.46	1155
	B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	8.74	19.90	2.74	0.98	22.40	17.32	5.08	45.24	1184
	B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	8.61±0.36	19.84±1.04	3.09±0.15	0.94±0.02	22.99±0.83	17.45±2.27	5.54±2.28	44.53±1.42	1173±24
	B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	9.77±0.67	23.88±0.61	3.04±0.03	1.35±0.20	9.37±0.38	7.75±0.39	1.62±0.19	52.59±0.45	1363±10
	B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	9.95±0.42	22.53±0.43	3.22±0.04	1.14±0.17	17.04±0.38	14.59±0.42	2.44±0.15	46.13±0.64	1229±10
	B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	9.28±0.57	21.73±0.29	3.24±0.11	0.62±0.04	7.88±0.02	6.22±0.03	1.66±0.03	57.24±0.50	1379±9
	B013	Lentil dal ( <i>Lens culinaris</i> )	6	9.71±0.48	24.35±1.10	2.23±0.13	0.75±0.04	10.43±0.39	8.60±0.42	1.83±0.23	52.53±1.05	1349±11

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	9.20±0.77	22.49±0.58	2.39±0.35	0.64±0.02	16.82±1.30	14.16±1.33	2.66±0.42	48.47±1.12	1251±23
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	9.75	22.87	2.20	0.61	16.66	14.15	2.51	47.91	1246
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	8.14±0.49	19.75±0.38	3.14±0.18	1.76±0.09	15.12±0.49	14.50±0.44	0.62±0.10	52.09±0.96	1291±16
B017	Peas, dry ( <i>Pisum sativum</i> )	6	9.33±0.61	20.43±0.79	2.41±0.09	1.89±0.08	17.01±0.63	14.55±0.73	2.47±0.17	48.93±0.45	1269±13
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	8.69	19.01	3.35	1.62	17.74	15.16	2.58	49.59	1247
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	9.68±0.79	19.50±0.84	3.36±0.19	1.68±0.07	16.95±0.27	14.33±0.19	2.62±0.16	48.83±0.59	1245±12
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	9.87±0.30	19.91±1.44	3.28±0.21	1.77±0.04	16.57±0.63	13.86±0.43	2.70±0.20	48.61±0.65	1252±14
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	9.20±0.61	21.70±0.50	3.26±0.03	1.56±0.03	9.06±0.30	6.67±0.23	2.39±0.15	55.23±0.83	1384±10
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	9.30±0.45	20.47±0.72	3.53±0.03	1.38±0.08	22.84±0.43	19.69±0.30	3.15±0.34	42.48±0.77	1146±10
B023	Ricebean ( <i>Vigna umbellata</i> )	1	11.12	19.97	3.54	0.74	13.37	10.04	3.33	51.26	1265
B024	Soya bean, brown ( <i>Glycine max</i> )	6	5.51±0.13	35.58±0.66	4.74±0.31	19.82±0.26	21.55±0.66	16.56±0.30	5.00±0.52	12.79±0.97	1596±11
B025	Soya bean, white ( <i>Glycine max</i> )	1	5.47	37.80	4.52	19.42	22.63	17.04	5.59	10.16	1579

## C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	74.43	8.01	2.42	1.35	8.60	6.00	2.60	5.21	295
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	86.85±1.21	3.29±0.57	2.52±0.32	0.65±0.07	4.41±0.10	3.21±0.08	1.20±0.09	2.28±0.62	128±17
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1	85.56	3.93	2.61	0.63	4.91	3.72	1.19	2.37	140
C004	Amaranth leaves, red and green mix ( <i>Amaranthus gangeticus</i> )	4	86.37±0.38	3.09±0.14	2.55±0.20	0.53±0.03	4.60±0.36	3.23±0.18	1.37±0.23	2.87±0.35	132±6
C005	Amaranth spinosus, leaves, green ( <i>Amaranthus spinosus</i> )	4	86.46±0.48	3.54±0.31	2.94±0.21	0.36±0.02	5.10±0.32	3.89±0.26	1.20±0.07	1.61±0.40	110±5
C006	Amaranth spinosus, leaves, red and green mix ( <i>Amaranthus spinosus</i> )	2	86.64	2.80	3.20	0.34	5.57	3.82	1.75	1.45	99
C007	Basella leaves ( <i>Basella alba</i> )	2	92.68	1.57	1.09	0.45	2.21	1.64	0.57	2.01	82

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							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
C008	Bathua leaves ( <i>Chenopodium album</i> )	2	88.77	2.50	1.71	0.44	4.01	2.34	1.68	2.56	116
C009	Beet greens ( <i>Beta vulgaris</i> )	6	86.68±1.35	2.38±0.35	2.69±0.12	0.75±0.02	3.64±0.13	2.20±0.10	1.43±0.19	3.86±1.63	145±23
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	84.93±0.85	2.51±0.29	2.33±0.18	0.75±0.02	2.12±0.20	1.32±0.16	0.80±0.05	7.37±0.66	202±14
C011	Betel leaves, small ( <i>Piper betle</i> )	4	85.92±0.16	2.62±0.28	2.59±0.18	0.75±0.04	1.97±0.13	1.17±0.12	0.80±0.09	6.16±0.33	183±2
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1	84.39	4.26	1.47	0.50	4.29	3.35	0.94	5.09	185
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1	93.19	1.58	0.73	0.13	2.01	1.55	0.45	2.36	75
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	89.53	3.63	0.81	0.27	2.98	2.04	0.94	2.79	126
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i> )	6	91.85±0.97	1.36±0.07	0.67±0.06	0.12±0.01	2.76±0.20	1.91±0.18	0.85±0.10	3.25±0.91	90±16
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i> )	2	91.94	1.39	0.71	0.21	2.21	1.58	0.62	3.54	97
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	87.64±1.33	3.90±0.87	1.22±0.12	0.42±0.02	3.43±0.26	2.37±0.20	1.06±0.12	3.39±0.70	148±22
C018	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	6	83.61±0.59	3.42±0.29	2.30±0.11	1.38±0.09	5.60±0.18	4.32±0.16	1.29±0.12	3.69±0.49	182±9
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	75.65±1.49	6.41±0.35	2.46±0.18	1.64±0.12	8.21±0.19	6.12±0.08	2.10±0.11	5.62±1.44	282±27
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	86.73±0.66	3.68±0.36	1.69±0.19	0.83±0.02	4.90±0.21	3.20±0.14	1.70±0.09	2.17±0.32	144±10
C021	Garden cress ( <i>Lepidium sativum</i> )	2	84.02	5.62	2.48	0.80	2.60	1.77	0.83	4.48	208
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	87.42±0.41	1.86±0.16	0.98±0.08	1.09±0.03	4.59±0.39	3.24±0.16	1.35±0.30	4.06±0.18	152±2
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	87.98	1.85	0.97	1.07	3.89	2.66	1.23	4.24	153
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2	86.20	3.12	1.42	0.35	2.76	1.81	0.95	6.16	178
C025	Lettuce ( <i>Lactuca sativa</i> )	3	92.27±0.99	1.54±0.48	1.11±0.10	0.27±0.03	1.79±0.24	1.32±0.04	0.47±0.28	3.01±0.56	91±16
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	88.17±0.56	3.52±0.21	1.47±0.11	0.51±0.05	3.92±0.06	3.04±0.03	0.87±0.03	2.41±0.46	127±9
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	93.56	1.41	1.10	0.25	1.91	1.44	0.47	1.78	67

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C028	Parsley ( <i>Petroselinum crispum</i> )	3	77.76±1.13	5.55±0.34	2.25±0.17	1.14±0.12	3.87±0.05	2.79±0.15	1.09±0.12	9.43±1.05	305±18
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	79.43	5.29	2.65	0.71	6.74	5.63	1.11	5.17	213
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	85.82±1.04	4.21±0.41	2.24±0.21	0.74±0.03	2.25±0.09	1.56±0.13	0.69±0.15	4.75±1.01	185±15
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	91.19±0.53	2.22±0.23	1.50±0.21	0.51±0.05	1.82±0.10	1.18±0.04	0.63±0.07	2.77±0.34	109±9
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	93.18	1.62	1.27	0.33	1.27	0.93	0.34	2.33	82
C033	Spinach ( <i>Spinacia oleracea</i> )	6	90.31±0.46	2.14±0.14	2.47±0.38	0.64±0.03	2.38±0.24	1.52±0.15	0.86±0.10	2.05±0.31	102±7
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	71.69±0.06	5.84±0.01	1.25±0.06	0.49±0.01	10.70±0.02	9.34±0.01	1.36±0.01	10.04±0.02	299±1

## D OTHER VEGETABLES

D001	Ash gourd ( <i>Benincasa hispida</i> )	6	92.17±0.42	0.79±0.06	0.70±0.08	0.14±0.02	3.37±0.23	2.52±0.26	0.85±0.13	2.84±0.22	73±4
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	94.56	1.33	0.55	0.35	1.55	1.06	0.49	1.67	68
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	85.51±1.22	2.86±0.27	0.96±0.03	0.99±0.06	4.50±0.25	3.76±0.14	0.74±0.21	5.16±1.45	179±21
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	90.87±0.56	1.44±0.17	0.86±0.04	0.24±0.01	3.78±0.16	3.10±0.19	0.68±0.07	2.82±0.32	87±6
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	91.60±0.28	1.34±0.12	0.81±0.06	0.24±0.01	3.49±0.18	2.96±0.10	0.53±0.11	2.53±0.26	79±5
D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	91.24	1.61	0.88	0.26	3.72	3.05	0.67	2.29	81
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	95.17±0.33	0.53±0.05	0.36±0.04	0.13±0.02	2.12±0.07	1.65±0.05	0.48±0.07	1.68±0.33	46±6
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	94.50±0.32	0.42±0.02	0.34±0.05	0.12±0.03	2.10±0.15	1.72±0.13	0.38±0.05	2.53±0.21	57±3
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	94.63	0.49	0.40	0.13	2.11	1.74	0.37	2.25	54
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	89.95	1.77	0.83	0.39	3.57	2.37	1.20	3.49	114
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	90.28	1.82	0.85	0.34	4.01	2.80	1.21	2.71	99
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	90.02	1.36	0.65	0.33	4.26	3.10	1.16	3.38	102

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	← WATER	PROTCNT	ASH	FATCE	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g	→	KJ		
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	90.28±1.21	1.51±0.24	0.66±0.09	0.31±0.03	4.04±0.65	3.03±0.82	1.01±0.22	3.19±0.86	100±18
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	89.45±1.73	1.38±0.26	0.72±0.12	0.29±0.06	4.13±0.70	3.10±0.43	1.03±0.29	4.02±2.01	111±38
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	90.57	1.46	0.72	0.29	3.68	3.00	0.68	3.29	97
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	91.25	1.40	0.57	0.37	3.32	2.30	1.02	3.10	98
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	89.28±0.39	1.82±0.16	0.80±0.06	0.33±0.04	4.01±0.48	2.79±0.53	1.22±0.05	3.75±0.18	117±2
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	89.83	1.47	0.83	0.35	4.00	2.94	1.06	3.52	106
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	89.38	1.68	0.72	0.25	3.90	2.74	1.16	4.08	116
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	89.93±0.89	1.43±0.20	0.68±0.07	0.31±0.04	4.12±0.52	2.95±0.56	1.17±0.28	3.53±1.01	105±16
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	90.94	1.60	0.58	0.27	3.89	2.70	1.19	2.73	93
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	89.14	1.49	0.64	0.31	3.92	2.61	1.31	4.51	124
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	90.31±0.06	1.56±0.19	0.64±0.02	0.35±0.03	3.87±0.59	2.50±0.76	1.37±0.24	3.27±0.39	106±9
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	89.44±0.96	1.58±0.27	0.74±0.05	0.29±0.03	3.99±0.79	2.82±0.72	1.17±0.08	3.96±0.19	114±6
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	90.39	1.26	0.80	0.34	3.74	2.54	1.20	3.46	103
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	90.83	1.18	0.81	0.36	3.94	2.80	1.14	2.89	91
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	89.07±0.78	1.47±0.15	0.66±0.02	0.33±0.06	4.38±0.25	3.23±0.15	1.15±0.18	4.10±0.88	116±18
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	90.41±0.55	1.26±0.06	0.66±0.05	0.31±0.02	3.97±0.18	2.81±0.42	1.16±0.27	3.39±0.36	100±8
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	90.65±0.79	1.44±0.21	0.68±0.08	0.34±0.04	3.73±0.21	2.64±0.37	1.09±0.21	3.15±0.60	99±10
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	89.83	1.36	0.69	0.35	3.85	2.57	1.28	3.93	113
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	90.00±0.90	1.48±0.22	0.70±0.08	0.32±0.04	3.98±0.49	2.84±0.52	1.14±0.22	3.52±0.80	106±15
D032	Broad beans ( <i>Vicia faba</i> )	3	84.20±0.17	3.85±0.13	1.05±0.08	0.15±0.01	8.63±0.15	6.61±0.07	2.03±0.09	2.11±0.11	123±4
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6	93.89±0.32	1.11±0.11	0.76±0.05	0.34±0.03	2.06±0.22	1.33±0.29	0.73±0.17	1.84±0.32	68±6

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							← g →				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	92.99±1.47	1.47±0.36	0.76±0.14	0.47±0.05	2.19±0.17	1.58±0.13	0.61±0.10	2.14±1.06	83±24
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	93.38±0.37	1.35±0.35	0.72±0.12	0.41±0.02	2.19±0.13	1.39±0.06	0.80±0.08	1.95±0.16	78±4
D036	Cauliflower ( <i>Brassica oleracea</i> )	6	90.76±0.22	2.15±0.15	0.91±0.10	0.44±0.03	3.71±0.27	2.66±0.35	1.04±0.13	2.03±0.22	96±5
D037	Celery stalk ( <i>Apium graveolens</i> )	3	92.87±0.22	0.98±0.13	1.50±0.16	0.24±0.04	2.09±0.13	1.57±0.07	0.52±0.16	2.33±0.23	69±6
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4	93.78±0.12	0.66±0.07	0.38±0.05	0.15±0.03	1.55±0.08	1.19±0.07	0.36±0.12	3.47±0.18	79±2
D039	Cluster beans ( <i>Cyamopsis tetragonobolus</i> )	6	84.65±0.83	3.55±0.38	1.68±0.13	0.37±0.04	4.83±0.54	3.55±0.48	1.28±0.13	4.91±0.58	168±15
D040	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	1	91.15	0.76	0.91	0.34	3.01	1.81	1.20	3.83	100
D041	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	5	92.67±0.44	0.91±0.16	1.00±0.04	0.22±0.02	2.33±0.06	1.26±0.03	1.07±0.08	2.86±0.34	81±7
D042	Corn, Baby ( <i>Zea mays</i> )	6	75.44±0.98	2.69±0.23	2.79±0.21	1.33±0.23	6.09±0.50	4.47±0.28	1.62±0.31	11.66±1.40	306±18
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	92.96±0.48	0.71±0.11	0.54±0.06	0.16±0.04	2.14±0.42	1.52±0.43	0.63±0.11	3.48±0.47	82±8
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	93.52±0.44	0.83±0.14	0.52±0.06	0.18±0.05	2.13±0.26	1.60±0.33	0.54±0.16	2.82±0.49	73±10
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	92.80	0.98	0.52	0.24	2.46	1.78	0.68	3.01	82
D046	Drumstick ( <i>Moringa oleifera</i> )	6	85.39±0.64	2.62±0.22	1.27±0.09	0.12±0.01	6.83±0.22	5.60±0.26	1.23±0.06	3.76±0.70	123±11
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	86.98	3.06	0.94	0.64	5.64	4.84	0.79	2.75	129
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	85.57±1.32	3.71±0.62	1.08±0.12	0.60±0.02	6.19±0.47	5.37±0.43	0.82±0.10	2.85±0.32	140±15
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	89.14±0.52	2.49±0.21	1.05±0.09	0.26±0.02	4.38±0.41	3.88±0.36	0.51±0.11	2.68±0.48	102±8
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	90.11	2.12	0.77	0.19	4.18	3.53	0.65	2.63	93
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5	85.52±0.86	1.98±0.16	0.99±0.10	0.35±0.05	7.69±0.20	7.15±0.13	0.54±0.08	3.48±0.70	110±15
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5	72.32±0.53	5.79±0.14	1.02±0.16	0.44±0.03	8.63±0.09	7.83±0.05	0.80±0.07	11.81±0.74	322±10
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6	93.14±0.27	1.58±0.24	0.79±0.03	0.35±0.02	2.75±0.07	2.31±0.09	0.44±0.04	1.39±0.21	67±4
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	92.78±0.61	1.39±0.23	0.58±0.07	0.24±0.08	3.00±0.26	2.19±0.18	0.81±0.11	2.01±0.54	73±10

Table 1. Proximate Principles and Dietary Fibre

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Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			$\leftarrow \text{g} \rightarrow$						KJ		
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1	92.40	1.22	0.47	0.24	3.25	2.14	1.12	2.41	80
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6	89.06±0.30	2.08±0.37	0.94±0.09	0.22±0.03	4.08±0.20	2.80±0.29	1.28±0.37	3.62±0.26	115±5
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	85.14±0.59	0.69±0.09	0.49±0.07	0.08±0.02	3.01±0.19	1.68±0.15	1.34±0.11	10.59±0.37	205±8
D058	Onion, stalk ( <i>Allium cepa</i> )	6	88.35±0.79	2.07±0.21	1.13±0.09	0.26±0.02	5.21±0.10	3.76±0.07	1.45±0.11	2.99±0.50	107±12
D059	Papaya, raw ( <i>Carica papaya</i> )	6	92.04±0.44	0.50±0.06	0.55±0.06	0.23±0.03	2.28±0.05	1.32±0.04	0.96±0.04	4.40±0.37	100±7
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	91.57±0.27	1.40±0.10	0.59±0.03	0.30±0.04	2.61±0.07	1.82±0.04	0.79±0.07	3.54±0.32	101±5
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	73.37±1.13	7.25±1.03	1.05±0.02	0.13±0.02	6.32±0.26	5.04±0.19	1.28±0.25	11.88±0.67	340±19
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	89.14±0.59	1.47±0.12	1.35±0.09	0.63±0.02	5.25±0.39	4.72±0.44	0.52±0.07	2.15±0.43	89±8
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	76.15±0.42	1.18±0.20	1.27±0.14	0.23±0.02	3.60±0.27	2.79±0.25	0.81±0.05	17.58±0.35	334±6
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	87.53±1.01	0.35±0.05	1.20±0.09	0.16±0.07	2.12±0.04	1.33±0.08	0.80±0.09	8.64±0.93	165±15
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	91.73	0.87	0.47	0.18	2.53	1.28	1.25	4.22	103
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	91.85±0.45	0.84±0.21	0.58±0.09	0.16±0.02	2.56±0.11	1.44±0.14	1.12±0.08	4.00±0.64	97±8
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	64.00	8.09	1.64	0.92	5.90	3.66	2.25	19.46	520
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6	94.99±0.35	0.91±0.08	0.44±0.04	0.14±0.01	1.81±0.13	1.20±0.16	0.61±0.08	1.72±0.46	55±7
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	94.27±0.62	0.98±0.13	0.53±0.06	0.13±0.01	1.85±0.28	1.31±0.17	0.54±0.10	2.24±0.41	64±8
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	94.81±0.28	0.98±0.33	0.42±0.04	0.25±0.01	2.27±0.11	1.69±0.15	0.58±0.08	1.27±0.15	52±4
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	94.92	0.89	0.45	0.25	2.27	1.69	0.58	1.23	50
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	94.35	0.54	0.41	0.26	2.29	1.61	0.68	2.15	61
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	94.41±0.32	1.02±0.04	0.51±0.03	0.17±0.01	2.00±0.04	1.68±0.06	0.32±0.02	1.90±0.37	58±6
D074	Tomato, green ( <i>Lycopersicon esculentum</i> )	6	93.21±0.46	1.12±0.08	0.60±0.03	0.27±0.07	1.62±0.08	1.05±0.07	0.57±0.04	3.18±0.40	87±7
D075	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6	93.79±0.42	0.76±0.03	0.43±0.05	0.25±0.02	1.58±0.16	1.27±0.13	0.30±0.05	3.20±0.30	79±6

Food code	Food Name	No. of Regions	← g →	Dietary Fibre			Carbohydrate	Energy			
				Moisture	Protein	Ash	Total Fat	Total	Insoluble	Soluble	
				WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	93.62±0.16	0.90±0.07	0.52±0.08	0.47±0.06	1.77±0.04	1.44±0.11	0.33±0.08	2.71±0.08	82±4
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	92.83	1.10	0.93	0.51	2.30	1.42	0.88	2.33	84
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2	93.15	1.31	1.08	0.44	1.84	1.37	0.47	2.20	79
<b>E FRUITS</b>											
E001	Apple, big ( <i>Malus domestica</i> )	6	83.01±0.94	0.29±0.08	0.36±0.04	0.64±0.04	2.59±0.15	1.43±0.15	1.16±0.17	13.11±0.76	261±15
E002	Apple, green ( <i>Malus domestica</i> )	6	85.54±0.98	0.46±0.07	0.31±0.04	0.50±0.05	2.54±0.26	1.72±0.22	0.81±0.16	10.65±1.00	214±17
E003	Apple, small ( <i>Malus domestica</i> )	6	82.91±0.48	0.31±0.05	0.24±0.02	0.53±0.05	2.06±0.12	1.44±0.09	0.62±0.12	13.95±0.48	267±8
E004	Apple, small, Kashmir ( <i>Malus sylvestris</i> )	1	82.79	0.27	0.29	0.60	2.07	1.53	0.54	13.99	269
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	16.68±0.59	3.17±0.29	3.46±0.14	0.74±0.03	3.32±0.13	2.72±0.11	0.60±0.04	72.63±0.27	1321±9
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	85.75±0.81	1.47±0.15	0.61±0.16	0.64±0.04	0.59±0.01	0.43±0.02	0.16±0.02	10.93±0.88	236±12
E007	Avocado fruit ( <i>Persea americana</i> )	1	73.56	2.95	1.19	13.86	6.69	5.26	1.42	1.75	604
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	61.36	2.63	0.91	0.57	6.31	3.31	3.00	28.21	569
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	70.13	1.25	1.15	0.32	2.21	1.43	0.78	24.95	463
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	71.32	1.49	1.09	0.35	2.33	1.29	1.04	23.41	445
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	70.28	1.29	0.95	0.29	1.98	1.26	0.72	25.21	467
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	71.93±0.85	1.23±0.08	0.94±0.17	0.33±0.01	1.94±0.07	1.23±0.10	0.71±0.07	23.63±0.74	440±14
E013	Black berry ( <i>Rubus fruticosus</i> )	5	82.94±0.42	0.92±0.10	0.52±0.04	0.63±0.02	4.35±0.25	3.44±0.16	0.91±0.13	10.64±0.35	227±6
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	83.61±0.21	1.49±0.22	0.45±0.02	0.46±0.05	2.12±0.12	1.35±0.09	0.78±0.06	11.87±0.31	250±4
E015	Currants, black ( <i>Ribes nigrum</i> )	1	83.27	1.51	0.69	0.53	4.07	2.43	1.64	9.93	227
E016	Custard apple ( <i>Annona squamosa</i> )	1	71.55	1.62	0.68	0.67	5.10	3.17	1.93	20.38	414

Table 1. Proximate Principles and Dietary Fibre

Table 1. Proximate Principles and Dietary Fibre

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Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	11.14±0.73	2.45±0.24	2.20±0.07	0.35±0.03	8.95±0.23	7.53±0.22	1.42±0.14	74.91±0.52	1340±12
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	13.13	2.38	2.39	0.35	9.10	7.57	1.53	72.67	1301
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	22.01	1.18	1.93	0.41	6.52	5.68	0.84	67.95	1197
E020	Fig ( <i>Ficus carica</i> )	6	75.60±1.16	2.03±0.22	1.08±0.18	0.37±0.06	4.64±0.41	2.59±0.22	2.05±0.23	16.28±1.13	341±18
E021	Goosberry ( <i>Embllica officinalis</i> )	5	87.02±0.78	0.34±0.03	0.34±0.05	0.16±0.04	7.75±0.64	6.20±0.43	1.55±0.43	4.39±1.09	99±19
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4	83.88±0.56	0.76±0.13	0.46±0.04	0.32±0.02	1.35±0.14	0.82±0.06	0.52±0.09	13.23±0.60	254±11
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5	85.07±0.29	0.77±0.12	0.43±0.05	0.29±0.03	1.25±0.04	0.81±0.02	0.44±0.02	12.19±0.20	235±4
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5	84.46±1.60	0.95±0.11	0.48±0.07	0.29±0.04	1.28±0.10	0.85±0.05	0.43±0.09	12.55±1.38	244±26
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5	75.30±1.55	1.41±0.26	0.70±0.13	0.46±0.11	1.64±0.15	0.98±0.19	0.66±0.08	20.48±0.97	395±23
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5	85.55±1.70	0.62±0.13	0.47±0.08	0.26±0.02	1.28±0.05	0.85±0.05	0.44±0.01	11.81±1.52	224±28
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5	76.90±1.40	1.24±0.25	0.49±0.05	0.35±0.03	1.15±0.19	0.83±0.04	0.32±0.15	19.86±1.58	374±25
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5	83.79±0.30	1.44±0.09	0.72±0.05	0.32±0.03	8.59±0.05	7.14±0.02	1.45±0.04	5.13±0.33	135±5
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5	81.22±0.45	1.19±0.19	0.81±0.06	0.25±0.03	7.39±0.38	6.12±0.29	1.28±0.09	9.14±0.27	195±6
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5	78.56±0.34	2.74±0.47	0.91±0.08	0.15±0.02	3.62±0.17	2.21±0.17	1.41±0.06	14.01±0.56	302±3
E031	Jambu fruit, ripe ( <i>Syzygium cumini</i> )	2	83.33	0.82	0.31	0.17	3.07	2.40	0.67	12.30	235
E032	Karonda fruit ( <i>Carissa carandas</i> )	1	86.04	1.15	1.02	1.67	7.25	5.87	1.38	2.87	141
E033	Lemon, juice ( <i>Citrus limon</i> )	6	91.59±0.53	0.41±0.05	0.28±0.03	0.75±0.02				6.97±0.56	153±9
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6	91.32±0.33	0.76±0.09	0.47±0.03	0.20±0.06	2.07±0.11	1.33±0.04	0.74±0.08	5.18±0.37	114±5
E035	Litchi ( <i>Nephelium litchi</i> )	4	85.56±0.27	0.99±0.09	0.44±0.06	0.26±0.02	1.34±0.05	0.81±0.10	0.53±0.06	11.41±0.20	225±5
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6	88.44±0.55	0.54±0.10	0.42±0.04	0.55±0.03	1.88±0.15	1.01±0.08	0.87±0.11	8.18±0.49	175±9
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2	86.65	0.52	0.32	0.53	1.67	1.03	0.64	10.32	209

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g				KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3	88.04±0.10	0.46±0.04	0.38±0.02	0.54±0.02	1.55±0.13	0.82±0.19	0.73±0.06	9.03±0.26	187±5
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4	85.07±0.59	0.54±0.05	0.44±0.07	0.57±0.03	2.02±0.20	1.09±0.05	0.93±0.14	11.36±0.49	231±8
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2	88.41	0.68	0.38	0.55	1.77	0.97	0.79	8.21	178
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2	87.69	0.68	0.42	0.58	1.97	0.99	0.98	8.67	188
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1	84.14	0.41	0.47	0.49	1.73	0.95	0.78	12.75	248
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1	85.52	0.63	0.33	0.24	1.87	1.23	0.64	11.41	219
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1	74.54	3.56	2.82	1.14	4.40	3.30	1.10	13.54	342
E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5	92.97±0.38	0.42±0.06	0.52±0.02	0.35±0.02	1.51±0.28	0.84±0.20	0.67±0.11	4.24±0.40	97±8
E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6	91.84±0.93	0.53±0.05	0.48±0.04	0.26±0.02	1.49±0.10	0.79±0.08	0.70±0.05	5.40±1.04	116±18
E047	Orange, pulp ( <i>Citrus aurantium</i> )	6	89.61±0.19	0.70±0.12	0.36±0.02	0.13±0.02	1.29±0.05	0.73±0.05	0.56±0.02	7.92±0.27	156±4
E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1	91.93	0.50	0.13	0.12	2.40	1.87	0.53	4.92	101
E049	Papaya, ripe ( <i>Carcia papaya</i> )	6	91.47±0.76	0.42±0.05	0.51±0.03	0.16±0.01	2.83±0.26	1.75±0.16	1.08±0.10	4.61±0.48	100±9
E050	Peach ( <i>Prunus communis</i> )	1	88.31	0.86	0.51	0.37	2.13	1.22	0.91	7.82	168
E051	Pear ( <i>Pyrus sp.</i> )	6	86.49±0.18	0.36±0.04	0.32±0.02	0.27±0.04	4.48±0.08	4.02±0.07	0.46±0.03	8.09±0.23	157±3
E052	Phalsa ( <i>Grewia asiatica</i> )	2	77.48	1.66	1.09	0.14	4.54	3.44	1.09	15.09	299
E053	Pineapple ( <i>Ananas comosus</i> )	6	86.06±1.19	0.52±0.09	0.38±0.04	0.16±0.02	3.46±0.12	2.88±0.08	0.59±0.06	9.42±1.15	180±19
E054	Plum ( <i>Prunus domestica</i> )	3	84.44±1.25	0.64±0.13	0.35±0.16	0.40±0.16	2.07±0.36	1.23±0.22	0.84±0.16	12.10±1.47	238±19
E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6	83.55±0.39	1.33±0.07	0.57±0.04	0.15±0.02	2.83±0.06	2.26±0.05	0.57±0.02	11.58±0.43	229±6
E056	Pummelo ( <i>Citrus maxima</i> )	3	86.97±1.52	0.68±0.06	0.49±0.03	0.42±0.01	0.80±0.04	0.49±0.03	0.31±0.01	10.64±1.54	210±26
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6	19.69±0.59	2.57±0.20	2.19±0.14	0.34±0.02	3.92±0.23	2.55±0.30	1.37±0.17	71.29±0.48	1279±12
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6	21.50±0.51	2.76±0.26	2.04±0.17	0.35±0.03	4.56±0.50	3.04±0.55	1.53±0.26	68.79±1.00	1241±16

Table 1. Proximate Principles and Dietary Fibre

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Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1	80.87	0.68	0.43	0.16	1.02	0.71	0.30	16.84	306
E060	Sapota ( <i>Achras sapota</i> )	6	73.64±1.01	0.92±0.07	0.68±0.05	1.26±0.02	9.60±0.57	8.46±0.58	1.14±0.04	13.90±1.13	307±18
E061	Soursop ( <i>Annona muricata</i> )	1	80.85	0.74	0.58	0.94	4.95	3.79	1.16	11.94	260
E062	Star fruit ( <i>Averrhoa carambola</i> )	1	91.18	0.79	0.33	0.39	2.81	2.17	0.64	4.51	110
E063	Strawberry ( <i>Fragaria ananassa</i> )	6	92.03±0.64	0.97±0.10	0.54±0.02	0.56±0.02	2.50±0.03	1.51±0.08	0.99±0.08	3.40±0.64	103±11
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6	20.83±0.57	2.92±0.22	3.44±0.31	0.15±0.02	5.31±0.27	3.73±0.24	1.58±0.09	67.35±0.45	1207±7
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6	94.54±0.63	0.60±0.06	0.13±0.02	0.16±0.01	0.70±0.14	0.35±0.11	0.34±0.05	3.86±0.59	85±10
E066	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	95.33±0.22	0.59±0.03	0.12±0.01	0.16±0.01	0.78±0.11	0.40±0.07	0.38±0.08	3.02±0.21	70±4
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	79.36±0.17	3.14±0.30	1.15±0.05	3.62±0.03	5.21±0.38	3.77±0.08	1.44±0.40	7.52±0.58	327±3
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	84.39	1.34	0.80	0.35	3.73	2.71	1.02	9.40	204

## F ROOTS AND TUBERS

F001	Beet root ( <i>Beta vulgaris</i> )	6	86.95±0.50	1.95±0.14	1.46±0.21	0.14±0.01	3.31±0.32	2.60±0.30	0.71±0.06	6.18±0.61	149±9
F002	Carrot, orange ( <i>Ducus carota</i> )	6	87.69±0.56	0.95±0.15	1.16±0.09	0.47±0.02	4.18±0.30	2.81±0.18	1.37±0.21	5.55±0.48	139±9
F003	Carrot, red ( <i>Ducus carota</i> )	4	86.07±1.34	1.04±0.09	1.22±0.10	0.47±0.04	4.49±0.19	3.09±0.26	1.40±0.21	6.71±1.11	160±19
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6	73.49±0.32	3.31±0.59	1.95±0.27	0.17±0.03	3.22±0.34	2.54±0.30	0.68±0.05	17.85±0.94	372±9
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3	76.26±0.87	1.94±0.32	1.50±0.10	0.93±0.06	4.70±0.04	2.86±0.01	1.84±0.05	14.67±0.45	332±14
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6	80.72±0.40	1.54±0.17	0.92±0.08	0.23±0.02	1.71±0.03	1.13±0.02	0.58±0.04	14.89±0.40	292±7
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	82.97	1.35	0.87	0.22	1.69	1.15	0.54	12.90	255
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	79.72	1.83	1.13	0.22	1.68	1.11	0.57	15.43	306
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	89.32±0.29	0.67±0.03	0.73±0.02	0.13±0.02	2.46±0.16	1.96±0.03	0.49±0.15	6.71±0.12	134±3

Food code	Food Name	No. of Regions	← WATER	PROTCNT	ASH	FATCE	Dietary Fibre			Carbohydrate	Energy KJ
							Total	Insoluble	Soluble		
			g →								
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	89.05±0.72	0.77±0.08	0.82±0.10	0.15±0.02	2.65±0.15	1.98±0.16	0.67±0.08	6.56±0.70	135±11
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	89.68	0.89	0.91	0.16	2.29	1.56	0.73	6.07	130
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	89.76	0.80	0.80	0.14	2.37	1.63	0.74	6.13	129
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4	69.21±0.83	1.33±0.12	0.96±0.07	0.26±0.06	3.99±0.05	2.57±0.07	1.43±0.04	24.25±0.77	456±15
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3	69.58±0.22	1.27±0.09	0.95±0.01	0.33±0.06	3.94±0.10	2.53±0.04	1.41±0.07	23.93±0.15	452±4
F015	Tapioca ( <i>Manihot esculenta</i> )	3	75.23±0.55	1.03±0.10	1.12±0.11	0.20±0.01	4.61±0.12	3.85±0.08	0.76±0.05	17.81±0.57	334±10
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	73.34	0.86	0.95	0.37	3.02	2.15	0.87	21.46	400
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	74.39±0.31	2.56±0.28	1.29±0.10	0.14±0.02	4.17±0.05	3.25±0.03	0.92±0.03	17.46±0.55	353±5
F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	74.28±0.63	2.18±0.26	1.64±0.19	0.17±0.02	4.08±0.07	3.32±0.32	0.76±0.25	17.65±0.57	349±12
F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2	69.35	3.07	1.76	0.30	4.57	3.29	1.29	20.95	430

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## G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	84.47±0.29	2.62±0.35	1.01±0.14	0.73±0.02	4.86±0.65	3.31±0.42	1.55±0.35	6.32±0.41	191±5
G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	85.72±0.49	2.28±0.13	0.85±0.06	0.75±0.04	5.13±0.56	3.79±0.33	1.34±0.27	5.27±0.42	167±7
G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	85.59±0.79	2.38±0.40	0.95±0.13	0.75±0.02	5.10±0.10	3.61±0.46	1.50±0.49	5.23±0.71	169±12
G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	85.29±0.53	2.33±0.30	0.87±0.13	0.74±0.01	4.15±0.29	2.84±0.17	1.31±0.26	6.63±0.61	190±9
G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	85.93±0.11	2.01±0.26	0.82±0.08	0.65±0.03	3.95±0.60	2.83±0.37	1.12±0.32	6.64±0.39	180±10
G006	Chillies, green-6 ( <i>Capsicum annuum</i> )	1	84.93	3.01	0.96	0.64	5.15	3.91	1.24	5.31	175
G007	Chillies, green-7 ( <i>Capsicum annuum</i> )	1	85.83	2.12	0.90	0.60	4.95	3.75	1.20	5.61	163
G008	Chillies, green - all varieties ( <i>Capsicum annuum</i> )	6	85.39±0.68	2.36±0.34	0.91±0.12	0.72±0.05	4.77±0.61	3.41±0.52	1.37±0.34	5.86±0.77	177±14
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	86.99±0.41	3.52±0.26	2.19±0.15	0.70±0.06	4.66±0.24	3.24±0.21	1.42±0.15	1.93±0.27	130±9

Table 1. Proximate Principles and Dietary Fibre

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Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
G010	Curry leaves ( <i>Murraya koenigii</i> )	6	65.33±1.57	7.41±0.26	4.86±0.58	1.06±0.04	16.83±0.78	13.81±0.43	3.02±0.44	4.51±1.79	266±32
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	64.38±0.56	6.92±0.20	1.40±0.11	0.16±0.02	5.22±0.41	2.56±0.38	2.66±0.17	21.93±0.82	518±12
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	64.42±0.30	6.75±0.24	1.38±0.17	0.14±0.01	5.47±0.07	2.61±0.02	2.86±0.07	21.84±0.74	514±8
G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	64.49	6.12	1.76	0.16	4.01	2.20	1.81	23.46	523
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6	81.27±0.22	2.22±0.16	1.33±0.13	0.85±0.03	5.36±0.40	4.28±0.25	1.08±0.21	8.97±0.28	230±4
G015	Mango ginger ( <i>Curcuma amada</i> )	3	84.55±0.16	1.45±0.37	1.57±0.14	0.70±0.03	4.74±0.50	3.79±0.13	0.95±0.62	6.98±0.15	177±3
G016	Mint leaves ( <i>Mentha spicata</i> )	4	84.24±0.71	4.66±0.15	2.18±0.17	0.65±0.05	5.89±0.49	4.49±0.54	1.40±0.06	2.39±0.36	155±4
G017	Onion, big ( <i>Allium cepa</i> )	6	85.76±0.43	1.50±0.10	0.50±0.04	0.24±0.03	2.45±0.21	1.92±0.15	0.53±0.08	9.56±0.44	201±9
G018	Onion, small ( <i>Allium cepa</i> )	5	84.67±0.12	1.82±0.20	0.61±0.07	0.16±0.01	1.16±0.19	0.70±0.18	0.46±0.09	11.58±0.37	237±4
<b>G CONDIMENTS AND SPICES-DRY</b>											
G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	9.42±0.56	6.34±0.53	5.90±0.12	1.26±0.02	5.13±0.33	3.90±0.37	1.23±0.25	71.95±0.71	1387±9
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	11.24±0.51	8.10±0.41	7.21±0.46	2.60±0.15	23.10±0.14	20.46±0.09	2.64±0.10	47.76±0.47	1067±16
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	6.69±0.47	6.69±0.31	7.84±0.40	2.80±0.24	23.46±0.58	20.73±0.39	2.74±0.37	52.53±1.51	1132±13
G022	Chillies, red ( <i>Capsicum annum</i> )	6	14.57±0.42	12.69±0.22	5.73±0.15	6.40±0.04	31.15±0.04	26.55±0.17	4.60±0.15	29.46±0.62	990±8
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	26.49±0.68	5.86±0.21	5.99±0.23	8.41±0.15	34.52±0.48	28.07±0.42	6.46±0.10	18.73±0.39	781±6
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	8.72±0.47	10.66±0.33	5.36±0.15	17.47±0.22	44.81±2.36	35.27±1.77	9.54±2.42	12.98±2.62	1125±38
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	10.59±0.51	13.91±0.50	5.90±0.09	16.64±0.15	30.35±0.71	25.73±0.77	4.62±0.27	22.62±1.05	1274±19
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	7.82±0.37	25.41±0.24	2.93±0.15	5.72±0.02	47.55±0.54	27.63±0.59	19.92±0.51	10.57±0.57	983±10
G027	Mace ( <i>Myristica fragrans</i> )	6	20.06±0.70	6.24±0.27	2.47±0.28	24.41±0.20	20.31±0.23	16.78±0.23	3.54±0.17	26.51±0.81	1488±12
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	15.55±0.55	6.30±0.24	1.99±0.11	36.52±0.04	11.99±0.18	10.54±0.18	1.46±0.14	27.64±0.70	1940±11
G029	Omum ( <i>Trachyspermum ammi</i> )	6	9.71±0.18	15.89±0.61	8.18±0.23	21.11±0.08	20.58±0.04	17.20±0.02	3.38±0.04	24.53±0.68	1495±7

Food code	Food Name	No. of Regions	← g →	Dietary Fibre			Carbohydrate	Energy			
				Moisture	Protein	Ash	Total Fat	Total	Insoluble	Soluble	
				WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF
G030	Pippali ( <i>Piper longum</i> )	6	10.95±0.48	10.53±0.45	6.41±0.07	2.27±0.02	34.14±0.60	29.57±0.55	4.57±0.39	35.70±0.45	906±8
G031	Pepper, black ( <i>Piper nigrum</i> )	6	13.18±0.40	10.12±0.40	4.58±0.13	2.74±0.02	33.16±0.29	30.61±0.29	2.54±0.11	36.22±0.45	910±8
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	4.22±0.32	20.31±0.40	6.04±0.19	30.38±1.87	26.68±3.04	15.62±2.29	11.06±1.75	12.37±1.95	1768±77
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	10.58±0.49	7.66±0.44	6.13±0.38	5.03±0.07	21.38±0.29	18.79±0.42	2.59±0.29	49.22±0.55	1174±7

## H NUTS AND OIL SEEDS

H001	Almond ( <i>Prunus amygdalus</i> )	6	4.37±0.31	18.41±0.04	2.62±0.13	58.49±0.04	13.06±0.31	10.55±0.22	2.52±0.34	3.04±0.24	2549±4
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	6.63±0.15	5.78±0.45	1.39±0.09	4.35±0.03	11.44±0.64	10.14±0.44	1.30±0.32	70.42±0.81	1467±12
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	6.30±0.32	6.46±0.51	1.41±0.04	4.46±0.03	11.11±0.34	10.09±0.25	1.03±0.27	70.27±0.96	1477±9
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	37.70	2.73	1.43	5.51	7.63	6.59	1.03	45.00	1024
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	4.44±0.22	18.78±0.58	2.25±0.08	45.20±0.07	3.86±0.47	2.23±0.35	1.63±0.24	25.46±0.70	2438±11
H006	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6	3.97±0.73	7.27±0.02	1.61±0.17	63.26±0.30	15.88±0.79	14.55±0.23	1.33±0.99	8.01±1.02	2611±9
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6	36.14±0.36	3.84±0.04	1.93±0.15	41.38±0.42	10.42±0.28	9.43±0.24	0.99±0.07	6.30±0.43	1711±13
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	4.60±0.21	23.36±0.32	6.37±0.11	23.74±0.09	8.27±0.04	6.33±0.06	1.95±0.10	33.66±0.50	1863±3
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	4.51±0.44	19.17±0.64	5.78±0.22	43.10±0.03	17.16±0.19	13.57±0.13	3.59±0.13	10.29±0.74	2124±8
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	3.62±0.32	21.61±0.71	4.58±0.13	43.22±0.08	17.21±0.18	13.58±0.18	3.63±0.11	9.76±1.01	2161±8
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	3.30±0.28	21.70±0.44	4.13±0.16	43.05±0.04	16.99±0.30	13.49±0.19	3.51±0.15	10.83±0.50	2174±9
H012	Ground nut ( <i>Arachis hypogea</i> )	6	6.97±0.69	23.65±0.85	2.11±0.07	39.63±0.29	10.38±0.18	8.58±0.15	1.79±0.22	17.27±0.33	2176±9
H013	Mustard seeds ( <i>Brassica juncea</i> )	6	5.67±0.48	19.51±0.23	3.73±0.05	40.19±0.21	14.10±0.66	10.63±0.57	3.47±0.20	16.80±0.71	2132±16
H014	Linseeds ( <i>Linum usitatissimum</i> )	6	5.48±0.28	18.55±0.15	3.15±0.10	35.67±0.70	26.17±0.39	21.83±0.60	4.33±0.84	10.99±0.86	1857±16
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	4.65±0.59	18.92±1.61	3.91±0.26	38.61±0.41	10.93±0.05	10.50±0.03	0.43±0.04	22.98±2.64	2144±11

Table 1. Proximate Principles and Dietary Fibre

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Food code	Food Name	No. of Regions	← WATER	PROTCNT	ASH	FATCE	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
							g →				KJ
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	5.66±0.29	18.34±2.11	4.92±0.22	39.53±0.26	10.96±0.14	10.54±0.12	0.41±0.03	20.59±1.85	2128±6
H017	Pine seed ( <i>Pinus gerardiana</i> )	5	5.32±0.15	12.55±0.25	2.78±0.10	48.79±0.10	3.79±0.03	2.23±0.03	1.57±0.03	26.77±0.35	2486±3
H018	Pistachio nuts ( <i>Pistacia vera</i> )	6	4.68±0.22	23.35±0.35	3.02±0.13	42.49±0.34	10.64±0.16	8.23±0.15	2.41±0.11	15.82±0.52	2257±10
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5	5.24±0.16	17.66±0.54	2.57±0.15	30.87±0.98	13.49±0.45	10.24±0.27	3.25±0.22	30.18±1.20	1981±20
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	3.53±0.29	23.53±0.56	3.44±0.26	51.85±0.07	10.80±0.13	8.51±0.17	2.29±0.07	6.85±0.99	2453±8
H021	Walnut ( <i>Juglans regia</i> )	6	3.56±0.22	14.92±0.62	1.72±0.08	64.27±0.05	5.39±0.19	4.74±0.17	0.65±0.03	10.14±0.69	2809±3
<b>I SUGARS</b>											
I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6	11.20±0.49	1.85±0.19	1.92±0.17	0.16±0.02				84.87±0.63	1480±9
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	85.54±0.99	0.16±0.03	0.23±0.02	0.40±0.05	0.56±0.09	0.40±0.05	0.16±0.05	13.11±0.93	242±18
<b>J MUSHROOMS</b>											
J001	Button mushroom, fresh ( <i>Agaricus</i> sp.)	1	90.09	3.68	0.71	0.42	3.11	2.76	0.35	1.98	115
J002	Chicken mushroom, fresh ( <i>Lactiporus</i> sp.)	1	92.43	1.84	0.74	0.25	1.99	1.82	0.18	2.76	89
J003	Shiitake mushroom, fresh ( <i>Lentinula</i> sp.)	1	82.94	3.19	1.11	0.76	3.02	2.03	0.99	8.98	243
J004	Oyster mushroom, dried ( <i>Pleurotus</i> sp.)	1	4.51	19.04	1.41	2.86	39.12	35.64	3.48	33.07	1019
<b>K MISCELLANEOUS FOODS</b>											
K001	Toddy	10	93.86±0.59	0.18±0.05	0.21±0.03	0.03±0.01				5.72±0.55	101±10
K002	Coconut Water	6	95.77±0.42	0.26±0.04	0.65±0.06	0.16±0.02				3.16±0.39	64±7

Food code	Food Name	No. of Regions	Moisture ← WATER	Protein PROTCNT	Ash ASH	Total Fat FATCE	Dietary Fibre			Carbohydrate CHOAVLDF	Energy ENERC
							Total	Insoluble	Soluble		
							g →				KJ
<b>L MILK AND MILK PRODUCTS</b>											
L001	Milk, whole, Buffalo	6	80.68±0.66	3.68±0.13	0.67±0.02	6.58±0.20				8.39±0.71	449±9
L002	Milk, whole, Cow	6	86.64±1.10	3.26±0.06	0.68±0.02	4.48±0.29				4.94±1.02	305±23
L003	Panner	6	51.96±0.76	18.86±0.75	1.98±0.08	14.78±0.17				12.41±0.12	1079±13
L004	Khoa	6	42.51±0.21	16.34±0.61	4.00±0.14	20.62±0.83				16.53±1.26	1322±14

Table 1. Proximate Principles and Dietary Fibre

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Food Code	Food Name	No. of Regions	Moisture		Protein		Ash		Total Fat		Energy	
			← g →		WATER	PROTCNT	ASH	FATCE	KJ		ENERC	
<b>M EGG AND EGG PRODUCTS</b>												
M001	Egg, poultry, whole, raw	6	76.51±0.20		13.28±0.29		0.81±0.04		9.15±0.14		564±3	
M002	Egg, poultry, white, raw	6	86.68±0.11		10.84±0.07		0.75±0.03		0.06±0.01		187±1	
M003	Egg, poultry, yolk, raw	6	53.57±0.40		15.74±0.33		1.05±0.05		26.34±0.17		1242±9	
M004	Egg, poultry, whole, boiled	6	73.46±0.22		13.43±0.28		0.86±0.04		10.54±0.19		618±6	
M005	Egg, poultry, white, boiled	6	83.54±0.18		12.37±0.16		0.81±0.04		0.26±0.02		220±3	
M006	Egg, poultry, yolk, boiled	6	51.42±0.22		16.13±0.45		1.38±0.14		27.46±0.24		1290±8	
M007	Egg, poultry, omlet	3	68.48±0.13		16.53±0.43		0.96±0.03		11.60±0.22		710±4	
M008	Egg, country hen, whole, raw	1	72.96		13.14		0.86		13.00		704	
M009	Egg, country hen, whole, boiled	1	70.43		14.43		0.94		14.10		767	
M010	Egg, country hen, omlet	1	67.80		14.80		1.08		16.30		855	
M011	Egg, duck, whole, boiled	1	71.61		13.80		0.97		13.61		738	
M012	Egg, duck, whole, raw	1	70.53		14.60		0.99		13.83		760	
M013	Egg, duck, whole, omlet	1	68.90		15.10		1.18		14.80		804	
M014	Egg, quail, whole, raw	1	75.11		12.39		0.94		11.46		635	
M015	Egg, quail, whole, boiled	1	74.41		13.03		0.99		11.50		647	
<b>N POULTRY</b>												
N001	Chicken, poultry, leg, skinless	4	67.61±0.30		19.44±0.79		1.14±0.08		12.64±0.53		1605±23	
N002	Chicken, poultry, thigh, skinless	6	67.58±0.46		18.18±0.57		1.14±0.10		14.23±0.84		836±38	
N003	Chicken, poultry, breast, skinless	5	67.15±0.18		21.81±0.81		1.19±0.09		9.00±0.52		704±24	
N004	Chicken, poultry, wing, skinless	5	67.48±0.21		17.42±0.60		1.13±0.05		13.81±0.26		807±17	

Food Code	Food Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			← g →		WATER	PROTCNT	ASH	FATCE	KJ
									ENERC
N005	Poultry, chicken, liver	1	73.20		21.57		1.11	4.08	518
N006	Poultry, chicken, gizzard	1	78.05		18.22		1.46	2.07	386
N007	Country hen, leg, with skin	1	70.02		17.01		1.20	11.73	723
N008	Country hen, thigh, with skin	1	67.46		18.29		1.23	12.82	785
N009	Country hen, breast, with skin	1	66.53		22.08		1.14	10.20	753
N010	Country hen, wing, with skin	1	68.01		18.65		1.14	12.09	764
N011	Duck, meat, with skin	1	73.49		19.07		1.22	6.03	547
N012	Emu, meat, skinless	1	71.65		22.65		0.98	4.62	556
N013	Guinea fowl, meat, with skin	1	75.21		20.52		0.92	3.24	469
N014	Pigeon, meat, with skin	1	74.61		17.94		1.32	6.03	528
N015	Quail, meat, skinless	1	71.58		20.92		1.35	5.95	576
N016	Turkey, leg, with skin	1	69.24		20.30		1.21	8.15	647
N017	Turkey, thigh, with skin	1	72.17		20.46		0.97	6.31	581
N018	Turkey, breast, with skin	1	68.44		21.96		1.01	8.04	671
N019	Turkey, wing, with skin	1	66.16		21.91		0.97	10.77	771
<b>O ANIMAL MEAT</b>									
O001	Goat, shoulder	6	66.39±0.40		20.33±0.50		0.90±0.02	11.94±0.78	787±33
O002	Goat, chops	6	72.46±1.10		20.39±0.83		0.99±0.01	5.98±0.37	568±26
O003	Goat, legs	6	68.85±0.86		22.07±0.63		0.97±0.03	7.94±0.62	669±26
O004	Goat, brain	5	76.74±1.02		13.82±0.80		1.29±0.07	8.06±0.46	533±23
O005	Goat, tongue	4	68.40±1.00		16.63±0.54		1.02±0.04	13.68±1.09	789±39

Table 1. Proximate Principles and Dietary Fibre

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Food Code	Food Name	No. of Regions	Moisture		Ash	Total Fat	Energy KJ			
			← g →							
			WATER	PROTCNT						
O006	Goat, lungs	4	79.03±1.20	16.86±0.71	0.74±0.01	3.09±0.56	401±32			
O007	Goat, heart	5	75.15±1.23	19.38±0.80	0.95±0.09	4.40±0.71	492±33			
O008	Goat, liver	6	73.37±1.16	20.32±0.92	1.30±0.07	4.88±0.73	526±31			
O009	Goat, tripe	5	80.94±0.84	15.36±0.50	0.23±0.02	3.36±0.29	386±19			
O010	Goat, spleen	4	77.93±0.50	18.45±0.15	1.15±0.09	2.37±0.36	401±14			
O011	Goat, kidneys	4	80.26±1.07	15.60±1.15	1.10±0.05	2.93±0.18	374±18			
O012	Goat, tube (small intestine)	3	78.12±0.63	12.92±0.54	0.54±0.01	8.26±1.08	525±32			
O013	Goat, testis	2	84.29	12.32	0.87	2.39	298			
O014	Sheep, shoulder	5	66.51±2.51	18.24±1.41	0.86±0.01	14.31±1.37	840±68			
O015	Sheep, chops	4	75.66±2.78	18.00±1.22	1.09±0.02	5.15±2.05	496±86			
O016	Sheep, leg	5	68.26±1.01	21.42±0.43	0.94±0.01	8.69±0.74	686±25			
O017	Sheep, brain	1	78.36	13.05	1.19	7.29	492			
O018	Sheep, tongue	1	68.70	16.61	1.06	13.53	783			
O019	Sheep, lungs	2	80.41	16.12	0.97	2.41	363			
O020	Sheep, heart	1	77.06	18.19	0.97	3.66	445			
O021	Sheep, liver	4	69.71±1.12	22.26±1.46	1.26±0.07	4.87±0.12	559±21			
O022	Sheep, tripe	2	78.81	16.76	0.26	4.05	435			
O023	Sheep, spleen	1	79.66	16.02	1.17	3.02	384			
O024	Sheep, kidneys	2	79.77	16.22	1.00	2.92	384			
O025	Beef, shoulder	6	63.84±0.59	20.56±1.32	0.95±0.01	14.59±0.86	889±12			
O026	Beef, chops	4	72.40±0.34	19.82±0.43	0.96±0.02	6.71±0.45	585±13			
O027	Beef, round (leg)	6	68.04±1.36	22.64±1.03	1.19±0.01	7.38±0.71	658±37			

Food Code	Food Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			← g →		WATER	PROTCNT	ASH	FATCE	KJ
									ENERC
O028	Beef, brain	4	78.71±1.43		10.55±0.50		1.37±0.17	9.28±0.92	523±42
O029	Beef, tongue	4	70.97±1.20		15.63±0.67		0.73±0.00	12.57±0.63	731±32
O030	Beef, lungs	3	80.83±0.18		15.66±0.42		1.13±0.05	2.28±0.21	351±1
O031	Beef, heart	5	77.77±0.72		17.68±0.51		0.87±0.01	3.57±0.46	433±20
O032	Beef, liver	6	74.15±1.31		20.73±0.96		1.07±0.03	3.96±0.45	499±30
O033	Beef, tripe	5	83.74±0.62		13.10±0.29		0.55±0.01	2.51±0.74	316±25
O034	Beef, spleen	6	79.03±0.73		17.42±0.55		1.22±0.04	2.22±0.24	378±16
O035	Beef, kidneys	3	77.59±0.66		17.09±0.30		1.22±0.04	4.01±0.36	439±17
O036	Calf, shoulder	2	70.49		20.98		0.94	7.47	633
O037	Calf, chops	2	72.66		22.47		0.92	3.85	524
O038	Calf, round (leg)	2	71.13		21.10		0.74	6.92	615
O039	Calf, brain	2	81.19		9.84		1.26	7.60	448
O040	Calf, tongue	2	69.44		17.78		0.93	11.76	737
O041	Calf, heart	1	73.44		18.84		0.86	3.75	459
O042	Calf, liver	1	73.66		21.02		1.26	3.95	503
O043	Calf, spleen	1	78.65		17.71		1.41	2.12	379
O044	Calf, kidneys	2	80.23		15.16		1.02	3.50	387
O045	Mithun, shoulder	1	68.86		19.05		0.84	11.14	736
O046	Mithun, chops	1	73.81		18.19		0.79	6.12	536
O047	Mithun, round (leg)	1	72.25		19.61		0.90	4.10	485
O048	Pork, shoulder	6	62.92±0.74		17.41±0.71		0.75±0.12	18.83±0.88	993±28
O049	Pork, chops	6	68.40±1.25		19.41±0.68		0.64±0.05	11.30±1.33	748±51

Table 1. Proximate Principles and Dietary Fibre

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Food Code	Food Name	No. of Regions	Moisture		Ash	Total Fat	Energy KJ			
			← g →							
			WATER	PROTCNT						
O050	Pork, ham	6	61.94±0.39	18.83±0.59	0.62±0.02	18.55±0.78	1006±20			
O051	Pork, lungs	4	81.12±0.72	15.13±0.52	0.93±0.01	2.74±0.23	358±16			
O052	Pork, heart	4	77.74±0.88	16.31±0.16	1.01±0.01	4.87±0.84	457±32			
O053	Pork, liver	5	74.88±1.23	19.89±1.16	1.18±0.03	3.94±0.34	484±24			
O054	Pork, stomach	1	76.51	15.36	0.23	7.81	550			
O055	Pork, spleen	3	80.93±1.08	15.13±0.79	1.13±0.05	2.71±0.71	357±31			
O056	Pork, kidneys	5	80.92±0.87	14.35±1.03	0.97±0.10	3.65±0.55	379±21			
O057	Pork, tube (small intestine)	1	75.42	14.96	0.55	8.98	587			
O058	Hare, shoulder	1	71.06	21.13	1.17	6.58	603			
O059	Hare, chops	1	75.47	20.62	1.27	2.55	445			
O060	Hare, leg	1	73.00	20.52	1.26	4.16	503			
O061	Rabbit, shoulder	1	70.75	20.01	1.19	7.96	635			
O062	Rabbit, chops	1	71.03	22.61	1.35	4.88	565			
O063	Rabbit, leg	1	70.33	21.31	1.26	5.99	584			

Food Code	Fish Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →			KJ	
			WATER	PROTCNT	ASH	FATCE	ENERC
<b>P MARINE FISH</b>							
P001	Allathi ( <i>Elops machnata</i> )	1	75.91	21.77	1.06	0.98	406
P002	Aluva ( <i>Parastromateus niger</i> )	3	75.71±0.06	21.63±0.28	1.39±0.08	1.80±0.51	434±17
P003	Anchovy ( <i>Stolephorus indicus</i> )	2	77.77	19.88	1.62	0.78	367
P004	Ari fish ( <i>Aprion virescens</i> )	1	77.09	22.01	1.34	1.11	415
P005	Betki ( <i>Lates calcarifer</i> )	1	82.52	15.28	1.12	0.29	284
P006	Black snapper ( <i>Macolor niger</i> )	1	78.09	19.50	1.19	1.24	377
P007	Bombay duck ( <i>Harpodon nehereus</i> )	2	83.24	13.53	1.07	1.03	287
P008	Bommuralu ( <i>Muraenesox cinerius</i> )	3	76.42±0.05	22.30±0.27	1.21±0.20	2.87±0.29	485±14
P009	Cat fish ( <i>Tachysurus thalassinus</i> )	1	76.22	22.18	1.32	2.13	456
P010	Chakla ( <i>Rachycentron canadum</i> )	5	78.36±0.07	20.21±0.70	1.07±0.09	1.68±1.00	406±36
P011	Chappal ( <i>Aluterus monoceros</i> )	1	80.61	17.17	1.23	0.67	317
P012	Chelu ( <i>Elagatis bipinnulata</i> )	2	76.36	20.02	1.28	0.70	366
P013	Chembali ( <i>Lutjanus quinquelineatus</i> )	1	77.54	20.06	0.86	1.77	406
P014	Eri meen ( <i>Pristipomoides filamentosus</i> )	1	76.54	22.30	1.28	2.02	454
P015	Gobro ( <i>Epinephelus diacanthus</i> )	2	78.84	19.37	0.98	0.88	362
P016	Guitar fish ( <i>Rhinobatos prahli</i> )	1	75.73	22.56	1.32	0.44	400
P017	Hilsa ( <i>Tenuilosa ilisha</i> )	2	60.09	21.80	1.11	18.49	1083
P018	Jallal ( <i>Arius sp.</i> )	1	77.50	21.55	1.17	1.46	420
P019	Jathi vela meen ( <i>Lethrinus lentjan</i> )	2	75.66	22.45	1.26	1.92	453
P020	Kadal bral ( <i>Synodus indicus</i> )	1	79.66	18.72	1.27	1.34	368
P021	Kadali ( <i>Nemipterus mesopion</i> )	1	73.74	22.07	1.06	4.20	530

Table 1. Proximate Principles and Dietary Fibre

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Food Code	Fish Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			← g →		WATER	PROTCNT	ASH	FATCE	KJ
									ENERC
P022	Kalamaara ( <i>Leptomelanosoma indicum</i> )	2	75.50		20.89		1.08	4.54	523
P023	Kalava ( <i>Epinephelus coioides</i> )	1	80.02		19.38		1.34	1.20	374
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2	77.59		20.19		1.07	0.65	367
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3	76.25±0.65		22.09±0.24		1.28±0.19	1.27±0.40	423±11
P026	Karimeen ( <i>Etroplus suratensis</i> )	1	78.66		19.68		0.97	1.38	386
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1	79.22		19.52		1.45	0.84	363
P028	Kayrai ( <i>Thunnus albacores</i> )	2	72.69		20.15		1.28	3.00	454
P029	Kiriyen ( <i>Atule mate</i> )	1	72.39		22.49		0.94	4.70	556
P030	Kite fish ( <i>Mobula kuhlii</i> )	1	77.61		23.07		1.50	0.56	413
P031	Korka ( <i>Terapon jarbua</i> )	1	72.25		23.72		1.09	3.36	528
P032	Kulam paarai ( <i>Carangoides fulvoguttatus</i> )	1	73.44		21.62		1.25	3.60	501
P033	Maagaa ( <i>Polynemus plebeius</i> )	1	79.23		20.11		1.01	0.67	366
P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3	74.55±1.14		21.51±0.34		1.20±0.43	1.53±0.93	423±40
P035	Manda clathi ( <i>Naso reticulatus</i> )	1	76.32		21.27		1.48	1.00	398
P036	Matha ( <i>Acanthurus mata</i> )	2	79.81		21.17		1.35	0.79	389
P037	Milk fish ( <i>Chanos chanos</i> )	1	72.22		23.66		1.12	1.09	442
P038	Moon fish ( <i>Mene maculata</i> )	1	74.21		20.74		1.69	4.69	526
P039	Mullet ( <i>Mugil cephalus</i> )	3	76.12±0.33		20.23±1.30		1.16±0.13	1.32±0.27	393±26
P040	Mural ( <i>Tylosurus crocodilus crocodilus</i> )	1	78.96		19.04		1.11	0.58	345
P041	Myil meen ( <i>Istiophorus platypterus</i> )	2	75.57		22.89		1.21	0.56	410
P042	Nalla bontha ( <i>Epinephelus</i> sp.)	1	79.32		19.82		1.00	0.72	364
P043	Narba ( <i>Caranx sexfasciatus</i> )	2	76.37		21.95		1.17	1.60	432

Food Code	Fish Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			← g →		PROTCNT	ASH	FATCE	ENERC	KJ
			WATER						
P044	Paarai ( <i>Caranx heberi</i> )	1	75.77		21.58	1.21	1.84	435	
P045	Padayappa ( <i>Canthidermis maculata</i> )	1	79.18		19.70	1.26	0.69	360	
P046	Pali kora ( <i>Panna microdon</i> )	1	78.63		19.25	1.00	1.81	394	
P047	Pambada ( <i>Lepturacanthus savala</i> )	2	74.67		21.95	1.41	4.44	537	
P048	Pandukopa ( <i>Pseudosciaena manchurica</i> )	1	77.46		19.73	1.15	0.65	360	
P049	Parava ( <i>Lactarius lactarius</i> )	1	77.19		21.50	1.08	2.74	467	
P050	Parcus ( <i>Psettodes erumei</i> )	1	79.01		19.87	1.12	0.62	361	
P051	Parrot fish ( <i>Scarus ghobban</i> )	1	76.84		20.82	1.40	0.57	375	
P052	Perinkilichai ( <i>Pinjalo pinjalo</i> )	1	78.33		20.89	1.02	0.87	387	
P053	Phopat ( <i>Coryphaena hippurus</i> )	4	76.42±0.14		22.05±0.75	1.24±0.02	1.33±0.47	424±8	
P054	Piranha ( <i>Pygopritis</i> sp.)	1	76.15		20.46	0.93	5.43	549	
P055	Pomfret, black ( <i>Parastromateus niger</i> )	1	74.43		18.91	0.97	4.83	515	
P056	Pomfret, snub nose ( <i>Trachinotus blochii</i> )	2	77.81		21.05	1.29	0.46	375	
P057	Pomfret, white ( <i>Pampus argenteus</i> )	2	75.91		19.02	1.01	5.12	513	
P058	Pranel ( <i>Gerres</i> sp.)	1	79.54		19.69	0.76	1.89	405	
P059	Pulli paarai ( <i>Gnathanodon speciosus</i> )	1	75.99		20.06	1.19	1.55	399	
P060	Queen fish ( <i>Scomberoides commersonianus</i> )	3	76.63±0.23		20.97±0.31	1.22±0.09	1.17±0.20	400±12	
P061	Raai fish ( <i>Lobotes surinamensis</i> )	2	77.14		21.61	1.11	1.69	430	
P062	Raai vanthu ( <i>Epinephelus chlorostigma</i> )	1	79.95		19.39	0.92	2.17	410	
P063	Rani ( <i>Pink perch</i> )	1	78.55		18.83	1.01	1.49	377	
P064	Ray fish, bow head, spotted ( <i>Rhina aenocystoma</i> )	1	80.30		19.03	1.15	0.70	349	
P065	Red snapper ( <i>Lutjanus argentimaculatus</i> )	1	76.28		22.79	1.26	1.34	437	

Table 1. Proximate Principles and Dietary Fibre

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Food Code	Fish Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			← g →		PROTCNT	ASH	FATCE	KJ	ENERC
			WATER						
P066	Red snapper, small ( <i>Priacanthus hamrur</i> )	1	76.31		21.50	1.10	2.30	451	
P067	Sadaya ( <i>Platax orbicularis</i> )	1	75.53		20.68	1.32	2.97	462	
P068	Salmon ( <i>Salmo salar</i> )	1	67.84		20.97	1.13	9.86	721	
P069	Sangada ( <i>Nemipterus japonicus</i> )	1	78.51		20.26	1.26	2.67	443	
P070	Sankata paarai ( <i>Caranx ignobilis</i> )	1	74.88		21.87	1.18	1.68	434	
P071	Sardine ( <i>Sardinella longiceps</i> )	1	72.29		17.91	0.84	8.99	637	
P072	Shark ( <i>Carcharhinus sorrah</i> )	2	72.82		21.60	1.08	0.83	398	
P073	Shark, hammer head ( <i>Sphyraena mokarran</i> )	1	74.61		23.40	0.92	0.80	432	
P074	Shark, spotted ( <i>Stegostoma fasciatum</i> )	1	78.83		20.95	1.04	0.75	384	
P075	Shelavu ( <i>Sphyraena jello</i> )	4	74.60±1.68		22.46±1.34	1.26±0.07	1.74±0.50	446±41	
P076	Silan ( <i>Silonia silondia</i> )	1	70.12		22.72	0.77	6.68	633	
P077	Silk fish ( <i>Beryx</i> sp.)	1	77.61		20.65	1.05	1.53	408	
P078	Silver carp ( <i>Hypophthalmichthys molitrix</i> )	1	72.47		21.71	0.95	5.17	555	
P079	Sole fish ( <i>Cynoglossus arel</i> )	1	80.18		19.05	1.06	1.18	367	
P080	Stingray ( <i>Dasyatis pastinaca</i> )	1	75.67		23.98	1.14	0.68	408	
P081	Tarlava ( <i>Drepane punctata</i> )	2	76.76		21.72	1.14	1.20	414	
P082	Tholam ( <i>Plectorhinchus schotaf</i> )	2	76.20		20.78	1.06	2.13	432	
P083	Tilapia ( <i>Oreochromis niloticus</i> )	1	79.57		18.48	1.18	1.08	349	
P084	Tuna ( <i>Euthynnus affinis</i> )	5	72.12±0.42		24.50±0.27	1.11±0.12	1.44±0.42	470±16	
P085	Tuna, striped ( <i>Katsuwonus pelamis</i> )	1	77.76		21.28	0.87	1.12	403	
P086	Valava ( <i>Chirocentrus nudus</i> )	1	77.25		21.80	1.27	1.06	410	
P087	Vanjaram ( <i>Scomberomorus commerson</i> )	2	72.30		22.28	1.33	5.18	570	

Food Code	Fish Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			← g →		WATER	PROTCNT	ASH	FATCE	KJ
									ENERC
P088	Vela meen ( <i>Aprion virescens</i> )	1	71.82		22.16		1.34	4.34	537
P089	Vora ( <i>Siganus javus</i> )	2	76.94		20.14		1.26	2.14	422
P090	Whale shark ( <i>Galeocerdo cuvier</i> )	1	77.59		21.83		1.48	0.82	401
P091	Xiphinis ( <i>Xiphias gladius</i> )	1	79.22		19.82		1.15	0.88	370
P092	Eggs, Cat fish ( <i>Ompok bimaculatus</i> )	1	69.34		24.68		1.57	5.28	600

## Q MARINE SHELLFISH

Q001	Crab ( <i>Menippe mercenaria</i> )	1	79.77	10.23	1.74	1.41	343
Q002	Crab, sea ( <i>Portunus sanguinolentus</i> )	1	79.67	15.36	0.92	0.60	283
Q003	Lobster, brown ( <i>Thenu s orientalis</i> )	1	81.48	15.96	1.29	0.56	292
Q004	Lobster, king size ( <i>Thenu s orientalis</i> )	1	77.77	18.54	1.08	0.78	375
Q005	Mud crab ( <i>Scylla tranquebarica</i> )	1	83.10	10.00	2.60	0.55	190
Q006	Oyster ( <i>Crassostrea sp.</i> )	1	82.50	9.51	2.47	2.44	252
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1	82.41	14.85	0.94	0.56	273
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1	81.48	14.25	0.83	0.74	270

## R MARINE MOLLUSKS

R001	Clam, green shell ( <i>Perna viridis</i> )	1	80.07	12.14	2.44	0.98	243
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	80.27	11.82	0.85	1.34	250
R003	Octopus ( <i>Octopus vulgaris</i> )	1	80.45	14.71	1.21	1.12	334
R004	Squid, black ( <i>Loligo sp.</i> )	1	80.59	16.10	0.99	1.07	335
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	80.52	16.82	0.75	0.93	320

Table 1. Proximate Principles and Dietary Fibre

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Food Code	Fish Name	No. of Regions	Moisture		Protein		Ash	Total Fat	Energy
			$\leftarrow \text{g} \rightarrow$		WATER	PROTCNT	ASH	FATCE	KJ
									ENERC
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	80.85		16.25		1.15	1.44	329
R007	Squid, white, small ( <i>Uroteuthis duvauceli</i> )	1	79.38		17.41		1.19	1.15	353
<b>S FRESHWATER FISH AND SHELLFISH</b>									
S001	Cat fish ( <i>Tandanus tandanus</i> )	2	77.23±0.91		15.86±3.65		0.93±0.01	6.24±3.03	518±84
S002	Catla ( <i>Catla catla</i> )	6	78.43±0.71		17.94±1.36		0.94±0.01	2.15±0.34	394±6
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1	75.57		20.41		1.03	2.63	451
S004	Gold fish ( <i>Carassius auratus</i> )	2	79.07		16.91		1.10	2.94	396
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6	68.50±1.01		17.12±1.62		1.12±0.03	16.77±0.91	852±24
S006	Rohu ( <i>Labeo rohita</i> )	6	76.34±0.28		19.71±0.57		1.28±0.04	2.39±0.64	428±12
S007	Crab ( <i>Pachygrapsus</i> sp.)	1	80.58		13.23		1.23	0.89	327
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1	77.43		19.24		0.84	0.52	380
S009	Prawns, small ( <i>Macrobrachium</i> sp.)	3	82.58		13.07		0.86	0.78	297
S010	Tiger prawns ( <i>Macrobrachium</i> sp.)	2	83.24		14.24		0.83	0.66	284

**Table 2**

**WATER SOLUBLE  
VITAMINS**

