

## Table 2. WATER 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	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			<———— mg —————>				<———— μg —————>			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
<b>A CEREALS AND MILLETS</b>										
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	0.04	0.04	0.45	0.24	0.50	1.92	27.44	
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	0.04±0.007	0.04±0.007	0.52±0.05	0.28±0.03	0.33±0.023	1.87±0.24	24.65±3.21	
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	0.25±0.044	0.20±0.038	0.86±0.10	0.50±0.05	0.27±0.009	0.64±0.05	36.11±5.05	
A004	Barley ( <i>Hordeum vulgare</i> )	6	0.36±0.059	0.18±0.030	2.84±0.08	0.14±0.02	0.31±0.026	2.38±0.11	31.58±3.79	
A005	Jowar ( <i>Sorghum vulgare</i> )	6	0.35±0.039	0.14±0.014	2.10±0.09	0.27±0.02	0.28±0.023	0.70±0.06	39.42±3.13	
A006	Maize, dry ( <i>Zea mays</i> )	6	0.33±0.032	0.09±0.009	2.69±0.06	0.34±0.03	0.34±0.017	0.49±0.05	25.81±1.44	
A007	Maize, tender, local ( <i>Zea mays</i> )	6	0.17±0.024	0.12±0.021	1.13±0.02	0.35±0.04	0.45±0.033	1.70±0.27	62.96±5.66	4.26±0.55
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	0.10±0.008	0.14±0.007	1.14±0.02	0.32±0.04	0.38±0.084	1.91±0.30	59.71±7.70	5.72±0.76
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1	0.83	0.22	1.70	0.62	0.21	0.62	173	
A010	Ragi ( <i>Eleusine coracana</i> )	5	0.37±0.041	0.17±0.008	1.34±0.02	0.29±0.19	0.05±0.007	0.88±0.05	34.66±4.97	
A011	Rice flakes ( <i>Oryza sativa</i> )	6	0.12±0.020	0.04±0.006	1.60±0.09	0.48±0.06	0.02±0.002	0.39±0.09	8.46±0.93	
A012	Rice puffed ( <i>Oryza sativa</i> )	6	0.11±0.018	0.04±0.017	1.87±0.10	0.38±0.03	0.07±0.005	1.26±0.08		
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	0.27±0.023	0.06±0.011	3.40±0.12	0.61±0.04	0.37±0.035	1.38±0.21	11.51±1.69	
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	0.17±0.023	0.06±0.018	2.51±0.49	0.55±0.06	0.22±0.017	0.31±0.02	9.75±2.10	
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6	0.05±0.019	0.05±0.006	1.69±0.13	0.57±0.05	0.12±0.012	0.60±0.12	9.32±1.93	
A016	Samai ( <i>Panicum miliare</i> )	6	0.26±0.042	0.05±0.008	1.29±0.02	0.60±0.07	0.04±0.005	6.03±0.57	36.20±7.04	
A017	Varagu ( <i>Setaria italica</i> )	5	0.29±0.054	0.20±0.018	1.49±0.08	0.63±0.07	0.07±0.017	1.49±0.18	39.49±4.52	
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	0.15±0.017	0.06±0.008	0.77±0.07	0.72±0.08	0.08±0.008	0.58±0.09	16.25±2.62	

Table 2. Water Soluble Vitamins

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Food code	Food Name	No. of Regions	Thiamine	Riboflavin	Niacin	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid		
			(B1)	(B2)	(B3)			(B7)				
			← mg →	← mg →	← mg →	← μg →	mg	THIA	RIBF	NIA	PANTAC	VITB6C
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	0.42±0.044	0.15±0.010	2.37±0.10	0.87±0.04	0.25±0.032	0.76±0.12	29.22±1.92			
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	0.46±0.067	0.15±0.041	2.68±0.19	1.08±0.21	0.26±0.036	1.03±0.58	30.09±3.79			
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	0.24±0.027	0.12±0.004	2.05±0.05	0.84±0.03	0.24±0.011	2.50±0.35	26.30±3.61			
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	0.29±0.025	0.04±0.004	1.13±0.10	0.75±0.08	0.11±0.010	0.44±0.04	25.68±3.64			
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	0.13±0.011	0.01±0.003	0.86±0.02	0.52±0.05	0.03±0.004	2.00±0.19	14.35±2.38			
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	0.12±0.012	0.01±0.002	0.67±0.05	0.49±0.05	0.03±0.001	1.34±0.18	13.21±2.15			

## B GRAIN LEGUMES

B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	0.35±0.029	0.15±0.003	1.87±0.06	1.60±0.24	0.19±0.008	0.81±0.09	182±4.5	
B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	0.37±0.040	0.24±0.011	2.10±0.06	2.38±0.26	0.36±0.025	0.93±0.07	233±12.9	
B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	0.21±0.005	0.09±0.003	1.76±0.09	2.95±0.26	0.22±0.029	0.81±0.13	88.75±2.35	
B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	0.32±0.024	0.11±0.008	1.85±0.13	3.98±0.70	0.53±0.039	1.28±0.18	134±14.2	
B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	0.33±0.087	0.09±0.009	1.64±0.03	1.47±0.31	0.30±0.033	3.97±0.12	231±27.3	
B006	Cowpea, white ( <i>Vigna catjang</i> )	1	0.34	0.09	1.51	1.66	0.26	4.28	249	
B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	0.35	0.07	1.88	0.85	0.35	0.66	291	
B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	0.32	0.07	2.04	0.97	0.37	0.76	292	
B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	0.37±0.082	0.07±0.009	1.96±0.09	0.92±0.19	0.38±0.017	0.68±0.11	289±27.0	
B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	0.35±0.071	0.12±0.016	1.84±0.23	1.68±0.17	0.19±0.011	0.65±0.06	92.11±5.11	
B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	0.45±0.027	0.27±0.011	2.16±0.13	2.02±0.24	0.35±0.034	1.35±0.16	145±5.4	
B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	0.32±0.002	0.24±0.033	1.82±0.26	1.58±0.06	0.21±0.017	0.59±0.07	163±5.3	
B013	Lentil dal ( <i>Lens culinaris</i> )	6	0.34±0.034	0.16±0.005	1.81±0.02	1.32±0.03	0.18±0.022	1.25±0.20	49.99±4.91	

Food code	Food Name	No. of Regions	Thiamine	Riboflavin	Niacin	Pantothenic Acid (B5)	Total B6	Biotin	Total Folates	Total Ascorbic Acid
			(B1)	(B2)	(B3)			(B7)	(B9)	mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	0.40±0.073	0.22±0.026	2.54±0.12	1.84±0.22	0.46±0.022	1.74±0.16	132±6.7	
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	0.42	0.22	2.56	1.68	0.47	1.63	121	
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	0.45±0.070	0.09±0.005	1.87±0.08	1.41±0.06	0.16±0.009	2.12±0.21	349±10.8	
B017	Peas, dry ( <i>Pisum sativum</i> )	6	0.56±0.049	0.16±0.013	2.69±0.15	1.26±0.03	0.26±0.045	0.53±0.12	110±9.3	
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	0.21	0.19	2.61	1.91	0.23	0.63	332	
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	0.26±0.035	0.21±0.005	2.37±0.12	2.06±0.05	0.21±0.016	0.77±0.13	330±29.6	
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	0.30±0.020	0.19±0.018	2.42±0.15	1.82±0.10	0.21±0.033	0.77±0.18	316±20.1	
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	0.45±0.046	0.11±0.006	2.09±0.14	1.27±0.08	0.24±0.026	0.31±0.04	108±8.7	
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	0.74±0.028	0.15±0.015	2.42±0.18	1.56±0.13	0.42±0.033	0.65±0.04	229±19.0	
B023	Ricebean ( <i>Vigna umbellata</i> )	1	0.46	0.14	2.32	0.98	0.13	2.65	122	1.11
B024	Soya bean, brown ( <i>Glycine max</i> )	6	0.59±0.069	0.24±0.002	2.12±0.14	1.97±0.25	0.43±0.012	0.73±0.09	297±26.1	
B025	Soya bean, white ( <i>Glycine max</i> )	1	0.61	0.23	2.28	1.97	0.45	0.77	288	

## C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	0.26	0.33	1.18	0.53	0.22	7.75	120	121
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	0.01±0.000	0.19±0.028	0.71±0.06	0.41±0.09	0.21±0.010	2.46±0.25	70.33±8.10	83.54±10.54
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1	0.010	0.269	0.62	0.37	0.22	2.95	81.95	86.20
C004	Amaranth leaves, red and green mix ( <i>Amaranthus gangeticus</i> )	4	0.01±0.000	0.22±0.030	0.69±0.04	0.37±0.03	0.19±0.015	2.41±0.24	69.08±6.27	77.24±7.57
C005	Amaranth spinosus, leaves, green ( <i>Amaranthus spinosus</i> )	4	0.01±0.000	0.13±0.011	0.63±0.02	0.33±0.02	0.22±0.051	3.07±0.09	41.44±3.48	82.56±8.24
C006	Amaranth spinosus, leaves, red and green mix ( <i>Amaranthus spinosus</i> )	2	0.01	0.15	0.72	0.31	0.20	2.91	44.23	77.30
C007	Basella leaves ( <i>Basella alba</i> )	2	0.06	0.15	0.46	0.48	0.18	1.07	90.31	63.35

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			(B1)	(B2)	(B3)			(B7)	(B9)	
			←	mg	→	← μg →	mg			
THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC			
C008	Bathua leaves ( <i>Chenopodium album</i> )	2	0.06	0.51	0.54	0.41	0.17	1.25	42.55	41.03
C009	Beet greens ( <i>Beta vulgaris</i> )	6	0.02±0.01	0.17±0.05	0.43±0.08	0.29±0.07	0.13±0.03	4.66±0.66	11.52±1.39	35.83±5.51
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	0.03±0.012	0.08±0.012	0.45±0.05	0.51±0.09	0.04±0.007	2.18±0.25	15.96±2.25	18.40±2.49
C011	Betel leaves, small ( <i>Piper betle</i> )	4	0.02±0.010	0.07±0.009	0.47±0.07	0.47±0.04	0.04±0.005	1.28±0.15	16.56±2.67	24.51±8.66
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1	0.06	0.16	0.50	0.47	0.19	2.45	85.01	89.45
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1	0.01	0.05	0.38	0.58	0.19	1.08	54.51	19.32
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	0.03	0.05	0.26	0.49	0.24	1.38	63.46	40.76
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i> )	6	0.03±0.005	0.05±0.001	0.24±0.02	0.24±0.01	0.13±0.016	1.41±0.14	46.36±4.48	33.25±4.21
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i> )	2	0.04	0.05	0.27	0.25	0.17	1.43	34.81	43.49
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	0.05±0.010	0.05±0.011	0.21±0.01	0.34±0.02	0.23±0.016	1.38±0.03	42.99±3.13	52.84±0.94
C018	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	6	0.08±0.013	0.07±0.015	0.80±0.07	0.27±0.07	0.29±0.031	12.10±1.25	159±18.5	40.71±7.47
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	0.06±0.006	0.45±0.042	0.82±0.09	0.39±0.04	0.87±0.074	2.26±0.09	42.89±5.31	108±16.7
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	0.11±0.015	0.22±0.023	0.70±0.05	0.49±0.03	0.38±0.106	4.82±0.62	75.26±9.18	58.25±17.08
C021	Garden cress ( <i>Lepidium sativum</i> )	2	0.03	0.06	1.20	0.22	0.20	12.01	58.10	42.75
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	0.13±0.006	0.06±0.009	0.58±0.04	0.70±0.04	0.33±0.012	3.38±0.20	74.94±12.55	29.65±9.71
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	0.12	0.05	0.56	0.71	0.31	3.43	88.63	35.43
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2	0.06	0.15	0.86	0.27	0.28	13.57	41.55	71.11
C025	Lettuce ( <i>Lactuca sativa</i> )	3	0.05±0.013	0.09±0.008	0.17±0.02	0.11±0.01	0.08±0.016	2.15±0.09	30.69±6.48	11.91±3.07
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	0.08±0.011	0.18±0.015	0.58±0.07	0.26±0.01	0.16±0.007	1.70±0.21	110±6.6	60.32±1.32
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	0.02	0.22	0.66	0.31	0.96	10.25	98.50	55.60
C028	Parsley ( <i>Petroselinum crispum</i> )	3	0.19±0.022	0.10±0.005	0.36±0.01	0.20±0.03	0.19±0.011	13.47±1.03	197±13.9	133±16.3

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			(B1)	(B2)	(B3)			(B7)	(B9)	
			← mg →	THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	0.02	0.10	0.32	0.21	0.19	11.18	48.42	103
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	0.07±0.010	0.13±0.025	1.49±0.09	0.36±0.01	0.17±0.022	3.40±0.29	33.82±4.70	12.33±0.17
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	0.06±0.005	0.13±0.024	0.47±0.06	0.14±0.01	0.16±0.032	4.39±0.12	53.14±5.32	65.76±18.69
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	0.03	0.14	0.33	0.25	0.09	1.30	41.01	53.76
C033	Spinach ( <i>Spinacia oleracea</i> )	6	0.16±0.016	0.10±0.009	0.33±0.03	0.22±0.03	0.15±0.011	4.14±0.27	142±10.3	30.28±4.71
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	0.12±0.020	0.03±0.007	0.79±0.02	0.30±0.04	0.14±0.010	3.29±0.60	91.82±9.56	28.22±8.82

## D OTHER VEGETABLES

D001	Ash gourd ( <i>Benincasa hispida</i> )	6	0.03±0.003	0.01±0.001	0.12±0.02	0.37±0.03	0.18±0.058	2.01±0.15	14.11±1.85	11.41±1.31
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	0.06	0.06	0.25	0.22	0.13	5.93	17.05	15.74
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	0.13±0.016	0.12±0.016	0.52±0.08	0.42±0.03	0.31±0.021	12.26±1.53	45.26±0.73	6.61±1.00
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	0.05±0.005	0.04±0.009	0.27±0.03	0.33±0.09	0.05±0.009	5.76±0.52	60.28±7.22	46.53±2.81
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	0.06±0.008	0.04±0.005	0.29±0.03	0.36±0.01	0.04±0.004	5.55±1.17	51.45±6.97	50.87±3.03
D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	0.06	0.04	0.30	0.28	0.05	6.85	60.03	54.30
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	0.03±0.003	0.01±0.001	0.14±0.01	0.56±0.09	0.02±0.005	2.55±0.29	41.99±3.56	4.33±1.55
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	0.03±0.004	0.01±0.001	0.14±0.01	0.50±0.06	0.02±0.006	2.33±0.14	49.59±3.82	4.54±1.78
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	0.03	0.01	0.14	0.59	0.01	2.54	46.31	3.80
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	0.07	0.13	0.74	0.29	0.05	1.17	37.22	1.58
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	0.09	0.11	0.56	0.27	0.05	1.83	27.22	1.03
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	0.050	0.109	0.60	0.29	0.07	1.32	32.29	2.34
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	0.06±0.019	0.11±0.003	0.52±0.07	0.42±0.10	0.07±0.013	1.70±0.62	36.67±7.69	2.22±0.57

Table 2. Water Soluble Vitamins

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Food code	Food Name	No. of Regions	Thiamine	Riboflavin	Niacin	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			(B1)	(B2)	(B3)			(B7)		
			← mg →	← mg →	← mg →	← μg →	mg			
THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC			
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	0.07±0.023	0.11±0.002	0.49±0.05	0.29±0.04	0.08±0.012	1.42±0.49	32.21±4.79	3.15±0.88
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	0.05	0.11	0.51	0.30	0.07	1.65	34.21	1.49
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	0.05	0.12	0.44	0.33	0.07	1.32	26.58	1.08
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	0.07±0.004	0.11±0.015	0.65±0.01	0.39±0.09	0.07±0.02	1.55±0.32	33.89±6.18	1.89±0.83
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	0.06	0.11	0.56	0.30	0.09	2.30	35.89	1.72
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	0.06	0.10	0.50	0.29	0.08	1.27	37.11	2.40
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	0.06±0.016	0.11±0.014	0.53±0.09	0.29±0.04	0.08±0.017	1.68±0.51	34.24±4.37	2.24±0.65
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	0.04	0.10	0.46	0.35	0.06	1.11	27.83	2.55
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	0.04	0.12	0.54	0.34	0.09	2.29	30.99	1.49
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	0.06±0.012	0.10±0.017	0.46±0.01	0.28±0.03	0.07±0.016	1.36±0.14	38.99±0.97	1.83±0.96
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	0.07±0.017	0.11±0.008	0.51±0.02	0.32±0.07	0.07±0.027	1.91±0.63	32.48±9.70	2.01±0.78
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	0.04	0.11	0.44	0.29	0.10	2.14	30.87	1.53
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	0.08	0.09	0.53	0.34	0.10	3.57	27.70	1.95
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	0.04±0.012	0.10±0.010	0.57±0.05	0.30±0.04	0.07±0.025	2.16±0.36	38.27±3.60	1.97±1.44
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	0.04±0.007	0.10±0.012	0.53±0.08	0.26±0.08	0.09±0.023	2.54±0.64	34.32±5.55	2.53±1.07
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	0.06±0.015	0.10±0.014	0.55±0.09	0.29±0.04	0.07±0.012	1.77±0.44	33.44±4.68	2.21±0.86
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	0.05	0.11	0.53	0.32	0.08	1.93	32.60	1.38
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	0.06±0.016	0.11±0.011	0.53±0.08	0.31±0.06	0.07±0.016	1.76±0.58	33.93±5.33	2.09±0.85
D032	Broad beans ( <i>Vicia faba</i> )	3	0.12±0.01	0.10±0.03	0.76±0.00	0.45±0.03	0.23±0.01	10.03±0.75	20.46±0.04	10.98±0.97
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6	0.05±0.007	0.03±0.011	0.56±0.05	0.21±0.03	0.15±0.011	4.59±0.46	51.85±3.38	123±7.8
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	0.10±0.042	0.03±0.014	0.66±0.21	0.25±0.03	0.24±0.007	5.47±0.98	62.54±2.15	112±5.5

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← µg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	0.14±0.012	0.02±0.009	0.59±0.20	0.21±0.02	0.25±0.040	6.33±0.85	66.15±2.56	127±12.5
D036	Cauliflower ( <i>Brassica oleracea</i> )	6	0.04±0.003	0.07±0.007	0.31±0.02	0.62±0.09	0.13±0.020	2.47±0.29	45.95±2.95	47.14±7.47
D037	Celery stalk ( <i>Apium graveolens</i> )	3	0.03±0.007	0.04±0.008	0.48±0.05	0.42±0.02	0.06±0.010	2.09±0.08	22.48±1.33	12.30±2.89
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4	0.01±0.000	0.03±0.003	0.23±0.02	0.21±0.01	0.07±0.015	1.06±0.03	63.03±9.04	20.21±5.48
D039	Cluster beans ( <i>Cyamopsis tetragonobolus</i> )	6	0.05±0.006	0.03±0.005	0.71±0.05	0.35±0.03	0.12±0.008	5.35±0.70	41.24±4.35	17.96±5.83
D040	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	1	0.02	0.04	0.16	0.47	0.06	3.80	30.88	5.15
D041	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	5	0.02±0.004	0.03±0.013	0.22±0.03	0.50±0.12	0.07±0.007	3.46±0.37	25.32±3.00	5.83±1.28
D042	Corn, Baby ( <i>Zea mays</i> )	6	0.15±0.054	0.07±0.032	0.53±0.07	0.94±0.16	0.16±0.046	0.79±0.08	45.53±11.69	8.59±1.48
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	0.02±0.003	0.01±0.000	0.35±0.04	0.45±0.04	0.06±0.013	2.82±0.47	16.84±3.17	6.11±1.49
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	0.02±0.005	0.01±0.000	0.35±0.04	0.32±0.06	0.07±0.008	2.97±0.73	14.67±1.24	6.21±2.14
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	0.02	0.01	0.36	0.34	0.04	3.13	18.77	6.24
D046	Drumstick ( <i>Moringa oleifera</i> )	6	0.04±0.002	0.07±0.007	0.62±0.03	0.57±0.07	0.12±0.011	4.29±0.43	62.75±6.71	71.86±19.13
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	0.07	0.07	0.32	0.41	0.42	4.11	123	5.99
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	0.08±0.006	0.07±0.007	0.33±0.02	0.35±0.03	0.38±0.069	4.11±0.36	127±28.9	3.84±1.24
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	0.04±0.005	0.06±0.004	0.83±0.03	0.28±0.01	0.37±0.053	4.71±0.25	47.45±8.98	15.81±4.23
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	0.05	0.05	0.77	0.27	0.44	5.93	61.98	1.38
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5	0.05±0.014	0.05±0.010	0.19±0.02	0.37±0.02	0.04±0.005	4.37±0.14	35.73±5.62	17.51±6.00
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5	0.06±0.010	0.03±0.008	0.19±0.02	0.36±0.01	0.08±0.005	4.10±0.31	54.58±12.31	9.68±6.44
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6	0.04±0.012	0.06±0.014	0.37±0.02	0.38±0.03	0.19±0.033	2.46±0.11	14.76±1.64	64.70±10.78
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	0.04±0.004	0.02±0.002	0.55±0.03	0.27±0.03	0.08±0.012	2.96±0.33	48.68±5.10	17.62±7.24
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1	0.04	0.02	0.51	0.28	0.05	2.87	50.13	21.08

Table 2. Water Soluble Vitamins

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Food code	Food Name	No. of Regions	Thiamine	Riboflavin	Niacin	Pantothenic Acid (B5)	Total B6	Biotin	Total Folates	Total Ascorbic Acid
			(B1)	(B2)	(B3)			(B7)	(B9)	
			← mg →	← μg →	mg					VITC
THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM				
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6	0.04±0.005	0.07±0.009	0.61±0.01	0.28±0.04	0.27±0.027	1.58±0.33	63.68±10.76	22.51±1.60
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	0.02±0.003	0.02±0.001	0.26±0.02	0.13±0.02	0.13±0.013	1.41±0.16	25.86±7.38	90.24±10.47
D058	Onion, stalk ( <i>Allium cepa</i> )	6	0.03±0.020	0.05±0.014	0.14±0.02	0.19±0.05	0.17±0.052	6.99±2.48	57.61±11.87	27.23±4.22
D059	Papaya, raw ( <i>Carica papaya</i> )	6	0.02±0.004	0.03±0.007	0.12±0.01	0.24±0.04	0.03±0.008	1.24±0.20	29.79±2.21	20.73±2.35
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	0.05±0.007	0.05±0.011	0.67±0.04	0.25±0.05	0.20±0.019	9.86±0.74	19.96±1.76	19.24±6.61
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	0.27±0.027	0.03±0.004	1.28±0.03	0.68±0.13	0.19±0.020	4.04±0.33	54.77±12.01	38.40±6.42
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	0.02±0.005	0.02±0.005	0.28±0.03	0.35±0.07	0.13±0.009	2.44±0.25	49.27±7.30	6.49±1.15
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	0.01±0.001	0.05±0.005	0.33±0.04	0.26±0.02	0.10±0.006	0.60±0.05	18.96±1.29	23.28±2.40
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	0.02±0.003	0.02±0.004	0.18±0.02	0.24±0.09	0.14±0.01	4.42±0.41	12.85±2.18	3.77±2.74
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	0.03	0.02	0.44	0.16	0.05	1.41	31.60	7.29
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	0.03±0.005	0.03±0.003	0.41±0.01	0.18±0.01	0.08±0.015	1.63±0.26	24.14±3.70	8.04±0.87
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	0.23	0.09	2.14	0.71	0.30	2.91	94.21	15.13
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6	0.02±0.003	0.01±0.002	0.20±0.01	0.28±0.04	0.07±0.005	2.27±0.18	29.26±3.12	5.42±1.06
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	0.02±0.004	0.01±0.001	0.21±0.01	0.25±0.02	0.09±0.007	2.22±0.29	27.36±2.98	8.10±2.67
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	0.03±0.003	0.03±0.002	0.34±0.02	0.27±0.03	0.10±0.017	2.50±0.30	18.34±1.87	2.72±1.15
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	0.03	0.03	0.33	0.27	0.07	2.43	16.52	2.85
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	0.03	0.02	0.33	0.31	0.06	2.50	17.74	2.30
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	0.02±0.000	0.03±0.005	0.56±0.02	0.39±0.03	0.06±0.008	3.26±0.72	43.23±5.74	14.20±0.88
D074	Tomato, green ( <i>Lycopersicon esculentum</i> )	6	0.08±0.043	0.05±0.043	0.46±0.16	0.30±0.12	0.07±0.024	4.74±1.99	12.51±4.01	16.41±2.52
D075	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6	0.04±0.004	0.02±0.007	0.51±0.02	0.18±0.01	0.08±0.006	1.09±0.10	15.41±2.70	25.27±3.52
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	0.03±0.004	0.03±0.004	0.52±0.01	0.20±0.03	0.09±0.005	1.18±0.11	19.46±2.99	27.47±1.77

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← µg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	0.05	0.09	1.03	0.99	0.25	1.02	18.85	15.78
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2	0.03	0.02	0.42	0.72	0.20	1.13	21.50	16.71
<b>E FRUITS</b>										
E001	Apple, big ( <i>Malus domestica</i> )	6	0.03±0.017	0.01±0.011	0.25±0.07	0.09±0.04	0.04±0.027	0.34±0.08	3.04±0.94	3.57±0.58
E002	Apple, green ( <i>Malus domestica</i> )	6	0.01±0.023	0.02±0.016	0.21±0.06	0.12±0.04	0.08±0.016	0.41±0.09	3.43±0.68	2.90±0.32
E003	Apple, small ( <i>Malus domestica</i> )	6	0.01±0.001	0.01±0.000	0.09±0.01	0.09±0.01	0.03±0.004	0.47±0.06	3.52±0.37	4.00±0.72
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	0.01	0.01	0.09	0.12	0.04	0.44	3.97	4.24
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	0.04±0.011	0.04±0.006	1.66±0.12	0.62±0.13	0.10±0.005	1.47±0.21	10.50±1.59	0.42±0.14
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	0.25±0.011	0.04±0.007	1.07±0.07	0.25±0.02	0.17±0.011	1.55±0.27	5.42±0.98	7.98±1.75
E007	Avocado fruit ( <i>Persea americana</i> )	1	0.07	0.08	0.90	1.26	0.18	1.25	67.17	9.36
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	0.03	0.04	0.25	1.62	0.03	1.14	55.22	7.50
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	0.01	0.04	0.48	0.35	0.51	1.54	17.93	8.06
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	0.01	0.03	0.43	0.40	0.50	1.79	19.95	6.74
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	0.01	0.02	0.46	0.41	0.45	1.35	18.92	6.74
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	0.01±0.000	0.03±0.005	0.47±0.04	0.36±0.03	0.44±0.045	1.69±0.07	16.81±1.95	4.76±1.34
E013	Black berry ( <i>Rubus fruticosus</i> )	5	0.01±0.002	0.02±0.005	0.40±0.09	0.21±0.12	0.05±0.011	1.65±0.19	22.95±1.38	19.45±1.54
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	0.07±0.006	0.02±0.004	0.19±0.01	0.23±0.03	0.04±0.005	1.52±0.25	4.92±1.30	8.82±0.57
E015	Currants, black ( <i>Ribes nigrum</i> )	1	0.03	0.03	0.35	0.28	0.09	2.41	8.48	182
E016	Custard apple ( <i>Annona squamosa</i> )	1	0.13	0.09	0.69	0.19	0.07	0.76	7.60	21.51

Table 2. Water Soluble Vitamins

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid	
			← mg →				← µg →				
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC	
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	0.03±0.012	0.03±0.008	1.47±0.07	0.51±0.07	0.14±0.009	0.82±0.11	18.65±1.39	4.42±0.54	
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	0.02	0.03	1.09	0.53	0.153	0.94	12.80	3.84	
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	0.05	0.02	0.51	0.52	0.06	2.50	24.53	15.51	
E020	Fig ( <i>Ficus carica</i> )	6	0.04±0.020	0.02±0.008	0.27±0.08	0.26±0.08	0.15±0.016	2.64±1.09	13.67±3.81	16.92±4.26	
E021	Goosberry ( <i>Emblica officinalis</i> )	5	0.01±0.009	0.03±0.012	0.12±0.02	0.35±0.04	0.27±0.054	1.42±0.35	7.86±1.27	252±30.4	
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4	0.03±0.009	0.03±0.005	0.14±0.03	0.07±0.00	0.11±0.020	1.14±0.22	8.69±1.60	18.30±2.32	
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5	0.03±0.005	0.02±0.004	0.13±0.02	0.07±0.01	0.09±0.015	1.08±0.15	8.35±0.75	17.10±5.63	
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5	0.04±0.027	0.03±0.018	0.10±0.03	0.11±0.03	0.10±0.017	1.09±0.27	7.49±1.15	20.59±3.45	
42	E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5	0.03±0.021	0.02±0.015	0.15±0.04	0.11±0.04	0.11±0.011	0.97±0.11	7.22±1.23	27.32±5.18
	E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5	0.04±0.023	0.03±0.019	0.12±0.04	0.10±0.04	0.08±0.015	1.20±0.20	8.31±1.46	16.47±2.06
	E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5	0.03±0.019	0.03±0.029	0.13±0.05	0.11±0.03	0.08±0.011	1.27±0.23	8.89±2.54	22.79±3.45
	E028	Guava, white flesh ( <i>Psidium guajava</i> )	5	0.05±0.006	0.04±0.008	0.60±0.04	0.25±0.02	0.11±0.014	0.74±0.13	29.76±0.66	214±13.6
	E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5	0.03±0.010	0.03±0.005	0.59±0.07	0.20±0.03	0.16±0.027	1.25±0.23	32.17±2.69	222±27.0
	E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5	0.05±0.004	0.01±0.004	0.42±0.08	0.16±0.01	0.22±0.010	4.00±0.37	32.15±2.27	6.73±1.59
	E031	Jambu fruit, ripe ( <i>Syzygium cumini</i> )	2	0.02	0.02	0.14	0.31	0.03	2.57	7.63	16.47
	E032	Karonda fruit ( <i>Carissa carandas</i> )	1	0.01	0.02	0.25	0.67	0.08	1.55	8.72	135
	E033	Lemon, juice ( <i>Citrus limon</i> )	6	0.04±0.007	0.01±0.000	0.10±0.01	0.12±0.01	0.03±0.004	1.92±0.14	12.43±1.85	48.16±4.35
	E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6	0.06±0.005	0.01±0.003	0.17±0.02	0.25±0.03	0.05±0.013	2.23±0.23	15.38±4.15	46.96±7.64
	E035	Litchi ( <i>Nephelium litchi</i> )	4	0.02±0.003	0.06±0.008	0.23±0.02	0.19±0.10	0.07±0.010	2.80±0.34	15.69±5.09	33.82±5.24
	E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6	0.03±0.005	0.04±0.004	0.26±0.03	0.12±0.02	0.12±0.02	1.60±0.11	82.05±7.90	32.97±7.14

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid	
			← mg →				← µg →				
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC	
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2	0.03	0.04	0.23	0.11	0.13	1.01	84.35	27.65	
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3	0.03±0.005	0.03±0.004	0.27±0.04	0.11±0.00	0.10±0.030	1.46±0.02	90.98±6.12	49.09±23.24	
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4	0.03±0.007	0.04±0.006	0.26±0.02	0.11±0.01	0.10±0.014	1.67±0.23	90.43±8.24	29.08±4.61	
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2	0.03	0.04	0.23	0.14	0.12	1.02	68.70	29.93	
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2	0.03	0.04	0.28	0.10	0.23	1.73	65.28	30.75	
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1	0.02	0.05	0.27	0.13	0.12	1.64	77.69	25.26	
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1	0.01	0.01	0.58	0.15	0.18	0.81	13.52	26.33	
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1	0.18	0.14	0.40	0.18	0.04	0.22	4.24	55.78	
43	E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5	0.01±0.000	0.01±0.003	0.41±0.05	0.13±0.02	0.05±0.005	0.75±0.18	22.31±2.48	22.76±3.42
	E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6	0.01±0.018	0.02±0.013	0.43±0.08	0.11±0.03	0.06±0.015	0.80±0.08	20.23±5.16	21.32±1.19
	E047	Orange, pulp ( <i>Citrus aurantium</i> )	6	0.07±0.009	0.02±0.005	0.28±0.04	0.20±0.05	0.04±0.003	2.88±0.42	19.46±1.09	42.72±4.81
	E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1	0.01		0.46	0.13	0.07	2.49	24.40	0.25
	E049	Papaya, ripe ( <i>Carica papaya</i> )	6	0.03±0.009	0.11±0.008	0.33±0.03	0.44±0.07	0.04±0.003	3.05±0.27	60.90±6.64	43.09±7.02
	E050	Peach ( <i>Prunus communis</i> )	1	0.02	0.02	0.29	0.15	0.10	1.43	6.34	5.49
Table 2. Water Soluble Vitamins	E051	Pear ( <i>Pyrus sp.</i> )	6	0.02±0.005	0.02±0.008	0.13±0.03	0.05±0.01	0.09±0.015	1.41±0.27	5.28±1.17	3.31±0.90
	E052	Phalsa ( <i>Grewia asiatica</i> )	2	0.03	0.06	0.40	0.17	0.03	1.49	22.56	5.11
	E053	Pineapple ( <i>Ananas comosus</i> )	6	0.05±0.007	0.03±0.011	0.12±0.02	0.13±0.02	0.13±0.015	1.05±0.23	18.21±1.65	36.37±3.65
	E054	Plum ( <i>Prunus domestica</i> )	3	0.02±0.011	0.02±0.001	0.44±0.02	0.16±0.05	0.05±0.007	0.30±0.17	14.29±1.96	2.26±0.00
	E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6	0.06±0.005	0.01±0.004	0.20±0.03	0.42±0.04	0.29±0.032	0.60±0.09	38.64±2.93	12.69±1.36
	E056	Pummelo ( <i>Citrus maxima</i> )	3	0.06±0.045	0.02±0.011	0.23±0.08	0.05±0.03	0.04±0.011	1.81±0.30	13.44±1.47	48.89±1.52

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← µg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6	0.09±0.013	0.04±0.017	0.48±0.04	0.21±0.05	0.17±0.020	0.73±0.11	38.30±4.98	2.05±0.14
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6	0.09±0.012	0.04±0.006	0.64±0.05	0.18±0.06	0.17±0.03	0.75±0.14	34.68±4.36	1.85±0.27
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1	0.11	0.01	0.26	0.14	0.04	0.64	7.35	65.00
E060	Sapota ( <i>Achras sapota</i> )	6	0.01±0.001	0.03±0.005	0.24±0.02	0.24±0.02	0.12±0.019	1.48±0.31	10.83±1.91	20.96±4.62
E061	Soursop ( <i>Annona muricata</i> )	1	0.03	0.04	0.85	0.12	0.03	0.23	6.09	59.54
E062	Star fruit ( <i>Averrhoa carambola</i> )	1	0.08	0.02	0.34	0.26	0.06	0.13	8.43	33.55
E063	Strawberry ( <i>Fragaria ananassa</i> )	1	0.06±0.063	0.01±0.003	0.48±0.11	0.18±0.06	0.09±0.026	0.07±0.04	8.91±3.84	50.20±4.97
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6	0.34±0.039	0.07±0.004	1.56±0.16	0.17±0.02	0.08±0.013	0.66±0.04	9.79±0.80	3.62±0.85
44	E065 Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6	0.02±0.004	0.02±0.003	0.28±0.03	0.19±0.01	0.10±0.019	0.59±0.06	5.88±0.55	13.26±2.66
	E066 Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	0.02±0.003	0.02±0.002	0.30±0.04	0.19±0.00	0.07±0.025	0.57±0.06	5.55±1.61	11.45±2.09
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	0.04±0.009	0.01±0.001	0.55±0.05	0.22±0.02	0.17±0.021	1.65±0.14	6.51±0.44	22.17±7.49
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	0.01	0.02	0.33	0.14	0.11	2.22	5.99	60.93

## F ROOTS AND TUBERS

F001	Beet root ( <i>Beta vulgaris</i> )	6	0.01±0.001	0.01±0.002	0.21±0.01	0.26±0.04	0.07±0.011	2.56±0.19	97.37±7.06	5.26±0.85
F002	Carrot, orange ( <i>Ducus carota</i> )	6	0.04±0.003	0.03±0.003	0.22±0.02	0.30±0.03	0.11±0.016	1.50±0.23	24.04±2.07	6.22±1.99
F003	Carrot, red ( <i>Ducus carota</i> )	4	0.04±0.017	0.03±0.016	0.25±0.05	0.27±0.04	0.07±0.012	1.30±0.14	23.67±3.25	6.76±1.56
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6	0.06±0.007	0.03±0.002	0.51±0.09	0.12±0.02	0.17±0.038	3.69±0.22	19.91±2.90	1.83±0.64
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3	0.07±0.008	0.05±0.023	0.43±0.05	0.20±0.02	0.19±0.017	2.85±0.32	26.49±6.85	26.63±7.02
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6	0.06±0.004	0.01±0.001	1.04±0.14	0.38±0.06	0.10±0.008	1.35±0.17	15.51±1.66	23.15±3.98

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid	
			← mg →				← µg →				
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC	
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	0.05	0.01	1.36	0.49	0.12	1.82	13.85	26.41	
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	0.06	0.01	1.13	0.39	0.10	1.68	17.83	25.04	
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	0.03±0.007	0.02±0.004	0.31±0.02	0.13±0.01	0.07±0.002	2.65±0.07	24.65±5.84	17.63±3.89	
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	0.02±0.004	0.02±0.003	0.30±0.03	0.15±0.03	0.07±0.008	2.48±0.21	29.75±8.30	19.91±5.69	
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	0.03	0.02	0.30	0.18	0.07	2.92	24.59	15.69	
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	0.03	0.02	0.24	0.15	0.07	2.59	22.60	14.00	
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4	0.07±0.085	0.04±0.012	0.67±0.09	0.89±0.10	0.12±0.006	5.19±0.78	15.62±2.13	17.94±1.40	
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3	0.06±0.012	0.04±0.001	0.69±0.12	0.56±0.34	0.09±0.007	5.71±0.28	14.44±2.06	22.20±2.32	
45	F015	Tapioca ( <i>Manihot esculenta</i> )	3	0.07±0.003	0.02±0.001	0.45±0.01	0.17±0.05	0.09±0.006	1.93±0.09	25.64±0.47	15.51±3.19
	F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	0.02	0.02	0.74	0.52	0.13	1.08	9.80	5.26
	F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	0.04±0.004	0.05±0.017	0.61±0.10	0.23±0.03	0.22±0.044	4.51±0.37	20.54±2.42	15.22±1.84
	F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	0.04±0.003	0.02±0.006	0.56±0.06	0.32±0.04	0.17±0.06	4.19±0.41	15.68±1.61	13.88±3.43
	F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2	0.121	0.015	0.70	0.23	0.20	4.09	21.01	14.06

## G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	0.11±0.029	0.09±0.024	0.80±0.09	0.19±0.03	0.45±0.043	0.50±0.13	25.31±2.47	79.50±5.94
G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	0.08±0.009	0.09±0.042	0.93±0.16	0.20±0.03	0.29±0.048	0.64±0.12	25.93±5.56	90.97±9.19
G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	0.09±0.035	0.11±0.034	0.87±0.17	0.24±0.13	0.24±0.030	0.64±0.05	20.45±1.69	93.63±9.46
G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	0.09±0.057	0.12±0.025	0.90±0.07	0.23±0.05	0.18±0.029	0.62±0.08	15.92±1.13	102±6.1
G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	0.08±0.047	0.16±0.031	1.06±0.08	0.20±0.03	0.20±0.025	0.57±0.05	17.75±2.38	97.77±4.28

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← µg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
G006	Chillies, green-6 ( <i>Capsicum annuum</i> )	1	0.07	0.13	0.92	0.27	0.29	0.73	18.87	108
G007	Chillies, green-7 ( <i>Capsicum annuum</i> )	1	0.08	0.11	0.80	0.24	0.22	1.21	19.39	112
G008	Chillies, green - all varieties ( <i>Capsicum annuum</i> )	6	0.09±0.033	0.11±0.038	0.89±0.15	0.22±0.06	0.28±0.100	0.63±0.16	21.50±4.83	94.07±11.67
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	0.09±0.005	0.05±0.004	0.73±0.03	0.63±0.07	0.19±0.025	4.17±0.89	51.01±3.98	23.87±7.33
G010	Curry leaves ( <i>Murraya koenigii</i> )	6	0.07±0.016	0.13±0.008	0.85±0.10	0.51±0.04	0.57±0.096	1.77±0.22	117±19.3	6.04±1.36
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	0.20±0.029	0.25±0.026	0.38±0.05	1.57±0.16	0.56±0.039	2.55±0.34	85.77±15.61	12.62±1.15
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	0.20±0.023	0.23±0.015	0.36±0.04	1.51±0.35	0.77±0.112	2.54±0.21	78.82±22.76	13.57±0.70
G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	0.25	0.22	0.42	1.86	0.97	2.85	92.25	15.38
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6	0.04±0.005	0.04±0.003	0.42±0.05	0.24±0.02	0.20±0.025	1.07±0.15	10.82±1.61	5.43±1.22
G015	Mango ginger ( <i>Curcuma amada</i> )	3	0.02±0.001	0.07±0.015	0.45±0.01	0.26±0.02	0.18±0.010	1.49±0.49	22.62±0.48	1.62±0.30
G016	Mint leaves ( <i>Mentha spicata</i> )	4	0.02±0.005	0.19±0.029	0.74±0.23	0.34±0.09	0.17±0.028	2.21±0.43	106±6.3	17.16±6.75
G017	Onion, big ( <i>Allium cepa</i> )	6	0.04±0.005	0.01±0.001	0.34±0.10	0.30±0.05	0.10±0.014	2.61±0.19	28.88±2.85	6.69±0.63
G018	Onion, small ( <i>Allium cepa</i> )	5	0.07±0.012	0.02±0.004	0.21±0.01	0.14±0.01	0.12±0.009	2.69±0.63	29.68±1.98	10.96±2.00

## G CONDIMENTS AND SPICES-DRY

G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	0.82±0.037	0.01±0.006	0.43±0.05	0.14±0.03	0.02±0.003	2.27±0.34	26.28±4.12
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	0.12±0.016	0.07±0.013	1.13±0.13	0.27±0.05	0.15±0.007	4.94±0.39	2.85±1.05
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	0.05±0.015	0.13±0.047	0.52±0.11	0.27±0.08	0.20±0.021	4.76±0.88	4.96±1.62
G022	Chillies, red ( <i>Capsicum annuum</i> )	6	0.46±0.036	0.83±0.009	6.94±0.55	0.57±0.09	0.42±0.009	0.92±0.04	51.50±2.87
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	0.53±0.122	0.22±0.022	1.15±0.12	0.36±0.03	0.03±0.003	2.41±0.23	32.81±1.90

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← µg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	0.19±0.018	0.23±0.022	1.20±0.16	0.28±0.02	0.04±0.002	1.46±0.34	22.07±4.23	
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	0.52±0.055	0.13±0.022	2.87±0.38	0.22±0.01	0.39±0.010	1.20±0.22	27.79±2.55	
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	0.28±0.029	0.14±0.026	1.19±0.10	0.27±0.03	0.77±0.128	1.54±0.29	51.11±4.69	
G027	Mace ( <i>Myristica fragrans</i> )	6	0.13±0.020	0.13±0.033	0.92±0.11	0.35±0.05	0.30±0.041	1.80±0.27	32.65±2.63	
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	0.04±0.015	0.05±0.011	0.51±0.06	0.33±0.06	0.10±0.008	1.59±0.27	74.78±6.70	
G029	Omum ( <i>Trachyspermum ammi</i> )	6	0.30±0.032	0.23±0.024	1.23±0.19	0.22±0.04	0.24±0.006	1.78±0.30	51.79±1.08	
G030	Pippali ( <i>Piper longum</i> )	6	0.06±0.011	0.14±0.030	1.06±0.11	0.23±0.04	0.60±0.051	2.34±0.37	66.45±15.02	
G031	Pepper, black ( <i>Piper nigrum</i> )	6	0.06±0.012	0.09±0.013	0.85±0.02	0.30±0.03	0.27±0.013	3.49±0.38	21.89±2.08	
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	0.87±0.081	0.10±0.013	0.77±0.10	0.32±0.04	0.42±0.012	3.25±0.18	78.73±7.90	
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	0.06±0.004	0.01±0.000	1.55±0.10	0.13±0.02	0.13±0.006	0.76±0.14	13.86±2.38	

## H NUTS AND OIL SEEDS

H001	Almond ( <i>Prunus amygdalus</i> )	6	0.15±0.024	0.26±0.046	3.71±0.24	0.73±0.09	0.09±0.005	2.39±0.35	36.46±5.67	0.74±0.07
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	0.04±0.012	0.03±0.008	0.71±0.07	0.12±0.01	0.32±0.024	1.66±0.16	7.54±0.86	
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	0.03±0.007	0.24±0.025	0.80±0.02	0.08±0.01	0.21±0.034	2.94±0.17	8.57±0.46	
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	0.038	0.031	0.74	0.21	0.25	1.70	26.51	
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	0.61±0.042	0.03±0.017	1.03±0.06	1.40±0.19	0.16±0.010	2.58±0.33	25.20±5.11	
H006	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6	0.04±0.005	0.04±0.015	0.71±0.11	0.21±0.01	0.15±0.008	1.01±0.07	24.27±3.16	
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6	0.03±0.003	0.08±0.006	0.30±0.02	0.21±0.02	0.10±0.008	0.63±0.04	25.41±2.66	0.80±0.24
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	0.52±0.023	0.15±0.004	5.67±0.06	0.28±0.03	0.05±0.008	8.66±0.62	30.92±6.34	
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	0.34±0.027	0.10±0.009	3.12±0.26	0.49±0.07	0.64±0.034	3.06±0.39	127±11.8	

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← µg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
	<b>H010</b> Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	0.27±0.025	0.08±0.009	3.05±0.45	0.49±0.04	0.49±0.033	3.48±0.24	92.63±5.90	
	<b>H011</b> Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	0.36±0.047	0.07±0.009	3.94±0.14	0.48±0.04	0.62±0.029	3.46±0.46	131±4.3	
	<b>H012</b> Ground nut ( <i>Arachis hypogaea</i> )	6	0.57±0.052	0.12±0.017	11.35±0.36	1.01±0.03	0.23±0.023	1.61±0.22	90.87±4.80	
	<b>H013</b> Mustard seeds ( <i>Brassica juncea</i> )	6	0.55±0.065	0.33±0.010	3.80±0.41	0.48±0.04	0.24±0.019	1.45±0.36	94.88±4.67	
	<b>H014</b> Linseeds ( <i>Linum usitatissimum</i> )	6	0.28±0.018	0.05±0.001	1.09±0.05	0.37±0.03	0.35±0.020	21.25±0.49	86.50±2.75	
	<b>H015</b> Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	0.46±0.043	0.23±0.031	1.14±0.09	0.49±0.03	0.45±0.061	2.37±0.11	140±29.3	
	<b>H016</b> Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	0.38±0.064	0.35±0.042	0.88±0.15	0.46±0.03	0.34±0.025	2.40±0.29	73.13±4.56	
	<b>H017</b> Pine seed ( <i>Pinus gerardiana</i> )	5	0.36±0.051	0.08±0.004	3.52±0.05	0.50±0.03	0.11±0.004	18.46±0.62	31.64±2.70	
	<b>H018</b> Pistachio nuts ( <i>Pistacia vera</i> )	6	0.98±0.144	0.04±0.002	0.86±0.01	0.58±0.03	0.96±0.029	11.82±2.20	64.90±7.22	
48	<b>H019</b> Safflower seeds ( <i>Carthamus tinctorius</i> )	5	0.85±0.019	0.15±0.006	1.12±0.02	0.89±0.05	0.93±0.072	17.37±2.17	82.41±1.80	
	<b>H020</b> Sunflower seeds ( <i>Helianthus annuus</i> )	5	0.59±0.064	0.13±0.027	1.60±0.27	0.97±0.05	0.94±0.150	2.44±0.18	81.79±21.37	
	<b>H021</b> Walnut ( <i>Juglans regia</i> )	6	0.40±0.020	0.12±0.006	0.86±0.03	0.84±0.03	0.80±0.072	13.05±1.48	57.95±9.72	0.88±0.10
	<hr/>									
	<b>I SUGARS</b>									
	<b>I001</b> Jaggery, cane ( <i>Saccharum officinarum</i> )	6	0.04±0.006	0.01±0.000	0.02±0.00	0.23±0.01	0.71±0.084	0.58±0.06	14.40±2.40	
	<b>I002</b> Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	0.03±0.003	0.04±0.004	0.14±0.02	0.07±0.01	0.40±0.089	0.59±0.06	44.53±4.14	6.73±1.56
	<hr/>									
	<b>J MUSHROOMS</b>									
	<b>J001</b> Button mushroom, fresh ( <i>Agaricus</i> sp.)	1	0.01	0.03	0.68	0.43	0.12	9.23	8.28	
	<b>J002</b> Chicken mushroom, fresh ( <i>Lactiporus</i> sp.)	1	0.37	0.06	1.45	1.48	0.11	8.94	11.13	0.45
	<b>J003</b> Shiitake mushroom, fresh ( <i>Lentinula</i> sp.)	1	0.05	0.16	1.92	2.04	0.45	10.60	10.92	
	<b>J004</b> Oyster mushroom, dried ( <i>Pleurotus</i> sp.)	1	0.24	0.17	3.77	2.33	0.85	22.51	10.40	

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			← mg →				← μg →			
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
<b>K MISCELLANEOUS FOODS</b>										
K001	Toddy	10	0.01±0.002	0.27±0.048	0.35±0.05	0.08±0.02	0.03±0.014	1.96±0.28	0.73±0.11	0.92±0.25
K002	Coconut Water	6	0.01±0.000	0.01±0.000	0.04±0.01	0.26±0.02	0.06±0.006	0.21±0.02	10.88±1.86	0.64±0.11
<b>L MILK AND MILK PRODUCTS</b>										
L001	Milk, whole, Buffalo	6	0.05±0.006	0.13±0.031	0.07±0.01	0.38±0.03	0.04±0.004	2.16±0.19	8.57±0.44	2.37±0.19
L002	Milk, whole, Cow	6	0.03±0.006	0.11±0.019	0.08±0.01	0.34±0.01	0.04±0.007	1.98±0.13	7.03±0.39	2.01±0.28
L003	Panner	6	0.02±0.000	0.10±0.019	0.13±0.03	0.49±0.01	0.04±0.006	21.04±0.57	93.31±14.37	
L004	Khoa	6	0.11±0.013	0.11±0.005	0.43±0.03	0.33±0.01	0.06±0.006	20.39±0.86	94.25±8.57	

Table 2. Water Soluble Vitamins

Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	
			< mg >		< µg >		< µg >		< µg >	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	
<b>M EGG AND EGG PRODUCTS</b>										
M001	Egg, poultry, whole, raw	6	0.06±0.01	0.19±0.01	0.11±0.01	1.47±0.04	0.16±0.02	18.24±1.33	49.32±2.35	
M002	Egg, poultry, white, raw	6	0.02±0.01	0.16±0.01	0.01±0.00	1.35±0.17		4.36±0.84	4.96±0.39	
M003	Egg, poultry, yolk, raw	6	0.11±0.01	0.16±0.01	0.69±0.03	2.78±0.05	0.29±0.02	65.22±5.01	112±6.1	
M004	Egg, poultry, whole, boiled	6	0.06±0.01	0.18±0.01	0.21±0.01	1.42±0.03	0.14±0.01	15.36±1.41	48.25±2.37	
M005	Egg, poultry, white, boiled	6	0.02±0.01	0.18±0.01	0.01±0.00	0.18±0.00		4.37±0.27	4.10±0.21	
M006	Egg, poultry, yolk, boiled	6	0.17±0.01	0.15±0.01	0.45±0.02	2.57±0.10	0.27±0.02	58.43±6.73	110±6.1	
M007	Egg, poultry, omlet	3	0.11±0.02	0.20±0.00	0.33±0.01	2.06±0.04	0.14±0.01	17.13±2.25	37.66±1.03	
M008	Egg, country hen, whole, raw	1	0.14	0.08	0.14	1.03	0.18	19.35	54.60	
M009	Egg, country hen, whole, boiled	1	0.11	0.08	0.12	0.96	0.18	20.15	59.98	
M010	Egg, country hen, omlet	1	0.14	0.07	0.14	0.94	0.18	18.55	58.79	
M011	Egg, duck, whole, boiled	1	0.21	0.07	0.18	1.14	0.15	13.87	73.32	
M012	Egg, duck, whole, raw	1	0.18	0.07	0.13	0.51	0.15	14.52	75.48	
M013	Egg, duck, whole, omlet	1	0.31	0.09	0.14	1.05	0.15	13.81	67.95	
M014	Egg, quail, whole, raw	1	0.15	0.11	0.12	0.93	0.17	18.82	54.86	
M015	Egg, quail, whole, boiled	1	0.11	0.08	0.15	0.81	0.15	16.53	51.72	
<b>N POULTRY</b>										
N001	Chicken, poultry, leg, skinless	4	0.17±0.04	0.13±0.02	5.60±0.96	1.28±0.24	0.33±0.01	4.58±0.71	7.47±0.19	
N002	Chicken, poultry, thigh, skinless	6	0.13±0.01	0.10±0.01	5.62±1.05	1.06±0.46	0.38±0.07	3.86±0.74	9.00±0.62	

Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	
			< mg >		< µg >		< µg >		< µg >	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	
N003	Chicken, poultry, breast, skinless	5	0.10±0.04	0.06±0.01	8.06±0.87	1.15±0.18	0.53±0.05	4.11±0.49	10.44±0.55	
N004	Chicken, poultry, wing, skinless	5	0.08±0.02	0.07±0.01	6.66±1.00	1.28±0.14	0.39±0.06	3.61±0.55	7.87±0.45	
N005	Poultry, chicken, liver	1	0.28	0.20	4.44	6.39	0.92	4.07	1032	
N006	Poultry, chicken, gizzard	1	0.01	0.11	2.87	0.70	0.14	5.12	8.72	
N007	Country hen, leg, with skin	1	0.17	0.10	2.44	0.73	0.36	4.60	8.10	
N008	Country hen, thigh, with skin	1	0.11	0.13	3.62	0.89	0.42	2.91	10.42	
N009	Country hen, breast, with skin	1	0.11	0.04	5.62	0.81	0.59	3.06	12.98	
N010	Country hen, wing, with skin	1	0.07	0.03	3.19	0.85	0.43	5.13	9.19	
N011	Duck, meat, with skin	1	0.22	0.13	2.24	0.74	0.31	4.27	27.98	
N012	Emu, meat, skinless	1	0.10	0.17	3.26	2.21	0.35	NA	7.07	
N013	Guinea fowl, meat, with skin	1	0.02	0.18	3.64	0.71	0.58	NA	5.69	
N014	Pigeon, meat, with skin	1	0.18	0.39	3.45	0.79	0.48	NA	8.41	
N015	Quail, meat, skinless	1	0.05	0.24	4.69	0.81	0.56	NA	9.33	
N016	Turkey, leg, with skin	1	0.05	0.11	4.92	1.59	0.48	NA	8.55	
N017	Turkey, thigh, with skin	1	0.04	0.12	1.94	1.54	0.51	NA	10.91	
N018	Turkey, breast, with skin	1	0.06	0.10	4.49	1.53	0.56	NA	14.67	
N019	Turkey, wing, with skin	1	0.03	0.09	4.38	1.36	0.45	NA	10.41	

NA-Not Analysed

Table 2. Water Soluble Vitamins

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Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			< mg >					
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
<b>O ANIMAL MEAT</b>								
O001	Goat, shoulder	6	0.07±0.01	0.17±0.01	5.14±0.56	1.07±0.10	0.26±0.03	2.08±0.44
O002	Goat, chops	6	0.05±0.01	0.13±0.01	5.51±0.57	0.98±0.09	0.30±0.02	1.53±0.10
O003	Goat, legs	6	0.07±0.01	0.15±0.04	5.15±0.36	0.99±0.04	0.31±0.02	2.25±0.59
O004	Goat, brain	5	0.13±0.02	0.17±0.02	2.04±0.19	1.52±0.42	0.28±0.04	1.30±0.18
O005	Goat, tongue	4	0.14±0.00	0.22±0.03	3.04±0.24	0.88±0.06	0.17±0.04	2.54±0.18
O006	Goat, lungs	4	0.08±0.01	0.32±0.02	2.79±0.15	0.83±0.11	0.14±0.03	1.80±0.44
O007	Goat, heart	5	0.36±0.02	0.33±0.05	5.97±0.25	1.72±0.20	0.23±0.08	1.63±0.38
O008	Goat, liver	6	0.20±0.04	0.37±0.04	12.88±0.44	7.01±0.11	0.65±0.27	178±34.9
O009	Goat, tripe	5	0.02±0.01	0.10±0.01	0.81±0.14	0.21±0.03	0.20±0.05	2.36±0.30
O010	Goat, spleen	4	0.06±0.01	0.16±0.02	5.20±0.39	6.58±0.12	0.33±0.07	3.30±0.36
O011	Goat, kidneys	4	0.34±0.03	0.34±0.05	5.50±0.17	6.54±0.34	0.40±0.07	68.76±2.10
O012	Goat, tube (small intestine)	3	0.01±0.00	0.11±0.01	0.64±0.14	0.53±0.13	0.21±0.05	1.87±0.10
O013	Goat, testis	2	0.15	0.11	1.72	1.58	0.24	2.01
O014	Sheep, shoulder	5	0.05±0.01	0.18±0.03	4.53±0.41	0.96±0.10	0.15±0.04	3.16±0.17
O015	Sheep, chops	4	0.07±0.01	0.16±0.03	4.94±0.15	1.01±0.10	0.18±0.02	1.61±0.24
O016	Sheep, leg	5	0.08±0.02	0.16±0.02	5.25±0.32	1.04±0.11	0.24±0.04	1.81±0.25
O017	Sheep, brain	1	0.12	0.21	2.66	1.73	0.33	1.86
O018	Sheep, tongue	1	0.15	0.20	2.78	0.35	0.16	2.40
O019	Sheep, lungs	2	0.07	0.23	2.75	0.88	0.02	13.89
O020	Sheep, heart	1	0.34	0.30	5.43	1.66	0.30	2.17

Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			<	mg	→			μg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
O021	Sheep, liver	4	0.17±0.04	0.35±0.02	15.66±0.44	6.95±0.18	0.26±0.05	206±26.8
O022	Sheep, tripe	2	0.02	0.08	0.63	0.20	0.22	1.87
O023	Sheep, spleen	1	0.07	0.23	5.42	6.07	0.27	3.19
O024	Sheep, kidneys	2	0.35	0.31	5.51	6.22	0.51	46.21
O025	Beef, shoulder	6	0.03±0.01	0.12±0.02	5.18±0.21	1.14±0.09	0.48±0.04	8.06±1.30
O026	Beef, chops	4	0.02±0.01	0.06±0.01	4.36±0.17	1.27±0.08	0.34±0.03	5.69±0.82
O027	Beef, round (leg)	6	0.04±0.01	0.06±0.01	6.30±0.26	0.84±0.12	0.44±0.11	2.11±0.28
O028	Beef, brain	4	0.12±0.01	0.13±0.01	1.91±0.48	1.76±0.09	0.25±0.01	5.39±2.10
O029	Beef, tongue	4	0.05±0.01	0.13±0.01	2.93±0.05	0.72±0.03	0.19±0.04	10.81±1.33
O030	Beef, lungs	3	0.09±0.01	0.12±0.02	3.13±0.05	0.85±0.06	0.23±0.01	6.98±0.78
O031	Beef, heart	5	0.24±0.04	0.30±0.05	5.38±0.45	1.55±0.06	0.25±0.07	8.50±1.25
O032	Beef, liver	6	0.17±0.03	0.34±0.05	14.01±0.44	9.32±0.03	0.30±0.05	1744±71.2
O033	Beef, tripe	5	0.03±0.01	0.08±0.03	1.31±0.12	1.09±0.09	0.23±0.07	1.45±0.19
O034	Beef, spleen	6	0.31±0.02	0.25±0.03	7.45±0.43	7.30±0.21	0.26±0.03	3.40±0.88
O035	Beef, kidneys	3	0.26±0.04	0.27±0.05	6.52±0.25	2.05±0.18	0.22±0.02	53.68±4.93
O036	Calf, shoulder	2	0.10	0.20	6.11	0.98	0.50	9.25
O037	Calf, chops	2	0.07	0.17	5.11	0.94	0.37	2.13
O038	Calf, round (leg)	2	0.03	0.17	5.97	0.87	0.41	7.81
O039	Calf, brain	2	0.07	0.19	3.19	1.61	0.30	1.50
O040	Calf, tongue	2	0.11	0.22	4.31	0.79	0.17	5.20
O041	Calf, heart	1	0.26	0.29	5.30	2.29	0.41	9.41

Table 2. Water Soluble Vitamins

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Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			<	mg	→			μg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
O042	Calf, liver	1	0.17	0.31	12.98	8.95	0.59	1473
O043	Calf, spleen	1	0.09	0.28	7.61	6.83	0.44	3.58
O044	Calf, kidneys	2	0.32	0.35	4.16	2.49	0.30	33.48
O045	Mithun, shoulder	1	0.04	0.06	6.29	1.31	0.37	1.86
O046	Mithun, chops	1	0.20	0.18	4.76	1.62	0.34	1.90
O047	Mithun, round (leg)	1	0.02	0.05	5.30	1.36	0.29	1.86
O048	Pork, shoulder	6	0.18±0.01	0.10±0.02	4.22±0.43	0.86±0.06	0.41±0.08	6.70±1.09
O049	Pork, chops	6	0.30±0.02	0.11±0.02	4.49±0.30	0.72±0.13	0.36±0.10	7.74±1.03
O050	Pork, ham	6	0.24±0.02	0.10±0.01	4.59±0.68	0.79±0.06	0.25±0.06	1.51±0.21
O051	Pork, lungs	4	0.08±0.02	0.14±0.02	3.11±0.19	1.79±0.20	0.19±0.02	6.36±0.75
O052	Pork, heart	4	0.28±0.03	0.30±0.04	5.13±0.18	1.49±0.15	0.30±0.05	4.73±0.80
O053	Pork, liver	5	0.16±0.02	0.31±0.05	13.76±0.76	7.93±0.20	0.37±0.16	954±88.6
O054	Pork, stomach	1	0.10	0.06	1.90	3.10	0.19	6.87
O055	Pork, spleen	3	0.13±0.02	0.27±0.12	7.80±0.43	4.87±0.34	0.22±0.04	5.92±0.49
O056	Pork, kidneys	5	0.24±0.14	0.37±0.05	6.46±0.38	2.52±0.27	0.16±0.04	59.61±10.30
O057	Pork, tube (small intestine)	1	0.08	0.10	0.90	3.02	0.19	7.84
O058	Hare, shoulder	1	0.07	0.27	5.04	0.70	0.28	2.20
O059	Hare, chops	1	0.07	0.28	4.85	0.61	0.22	3.85
O060	Hare, leg	1	0.08	0.22	5.63	0.64	0.24	1.95
O061	Rabbit, shoulder	1	0.03	0.14	4.38	0.69	0.30	1.80
O062	Rabbit, chops	1	0.02	0.08	7.54	0.73	0.24	2.10
O063	Rabbit, leg	1	0.03	0.10	5.02	0.70	0.26	1.80

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)	
			← mg →					μg	
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	
<b>P MARINE FISH</b>									
P001	Allathi ( <i>Elops machnata</i> )	1	0.08	0.04	3.67	0.72	194	1230	
P002	Aluva ( <i>Parastromateus niger</i> )	3	0.05±0.01	0.02±0.00	2.35±0.50	0.74±0.12	158±8.5	1132±159	
P003	Anchovy ( <i>Stolephorus indicus</i> )	2	0.03	0.04	0.91	1.21	61.25	1170	
P004	Ari fish ( <i>Apion virescens</i> )	1	0.06	0.03	3.65	0.23	218	602	
P005	Betki ( <i>Lates calcarifer</i> )	1	0.01	0.04	1.54	0.40	85.00	2079	
P006	Black snapper ( <i>Macolor niger</i> )	1		0.02	2.89	0.54	106	1772	
P007	Bombay duck ( <i>Harpodon nehereus</i> )	2	0.03	0.02	0.64	1.48	98.00	2784	
P008	Bommuralu ( <i>Muraenesox cinerius</i> )	3	0.05±0.02	0.02±0.00	1.34±1.09	0.64±0.08	68.63±18.97	1004±91	
55	P009	Cat fish ( <i>Tachysurus thalassinus</i> )	1	0.05	0.05	1.38	1.24	223	1136
	P010	Chakla ( <i>Rachycentron canadum</i> )	5	0.06±0.01	0.04±0.02	2.37±0.75	0.67±0.03	99.11±11.25	572±107
	P011	Chappal ( <i>Aluterus monoceros</i> )	1	0.06	0.02	3.95	0.18	185	776
	P012	Chelu ( <i>Elagatis bipinnulata</i> )	2	0.06	0.02	2.19	1.07	161	677
	P013	Chembali ( <i>Lutjanus quinquelineatus</i> )	1	0.03	0.06	1.80	0.27	146	1221
	P014	Eri meen ( <i>Pristipomoides filamentosus</i> )	1	0.04	0.03	2.88	0.57	190	579
	P015	Gobro ( <i>Epinephelus diacanthus</i> )	2	0.07	0.02	1.27	0.24	43.72	302
	P016	Guitar fish ( <i>Rhinobatos prahli</i> )	1	0.03	0.02	2.01	0.15	139	1532
	P017	Hilsa ( <i>Tenualoosa ilisha</i> )	2	0.01	0.04	2.85	2.33	120	2875
	P018	Jallal ( <i>Arius</i> sp.)	1	0.02	0.02	3.24	0.91	89.14	627
	P019	Jathi vela meen ( <i>Lethrinus lentjan</i> )	2	0.12	0.02	2.82	0.29	67.45	828
	P020	Kadal bral ( <i>Synodus indicus</i> )	1	0.01	0.06	1.76	0.19	89.19	1178
	P021	Kadali ( <i>Nemipterus mesoprion</i> )	1	0.04	0.01	1.86	0.32	184	1317

Table 2. Water Soluble Vitamins

Table 2. Water Soluble Vitamins

Food Code	Fish Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →							
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM		
P022	Kalamaara ( <i>Leptomelanosoma indicum</i> )	2	0.06	0.03	2.22	0.65	160	657		
P023	Kalava ( <i>Epinephelus coioides</i> )	1	0.06	0.05	2.24	0.22	135	1194		
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2	0.06	0.01	1.22	1.46	83.86	1167		
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3	0.04±0.02	0.03±0.00	1.81±0.27	1.07±0.07	67.09±9.46	561±115		
P026	Karimeen ( <i>Etorplus suratensis</i> )	1	0.08	0.05	1.15	0.23	90.62	1199		
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1	0.07	0.01	0.98	1.39	60.47	377		
P028	Kayrai ( <i>Thunnus albacores</i> )	2	0.08	0.07	5.18	1.29	264	884		
P029	Kirian ( <i>Atule mate</i> )	1	0.04	0.13	2.75	1.36	121	604		
P030	Kite fish ( <i>Mobula kuhlii</i> )	1	0.04	0.07	2.50	0.45	127	1334		
P031	Korka ( <i>Terapon jarbua</i> )	1	0.03	0.17	3.42	0.40	316	751		
P032	Kulam paarai ( <i>Carangoides fulvoguttatus</i> )	1	0.06	0.01	1.97	0.57	218	699		
P033	Maagaa ( <i>Polynemus plebeius</i> )	1	0.02	0.01	0.73	0.40	106	695		
P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3	0.07±0.02	0.10±0.03	2.67±2.00	1.35±0.08	100±2.9	713±112		
P035	Manda clathi ( <i>Naso reticulatus</i> )	1	0.03	0.02	2.77	1.02	87.58	738		
P036	Matha ( <i>Acanthurus mata</i> )	2	0.05	0.05	2.37	1.40	42.45	1157		
P037	Milk fish ( <i>Chanos chanos</i> )	1	0.05	0.07	5.21	1.03	76.51	1132		
P038	Moon fish ( <i>Mene maculata</i> )	1	0.07	0.07	1.83	1.72	136	772		
P039	Mullet ( <i>Mugil cephalus</i> )	3	0.05±0.02	0.09±0.11	2.52±2.20	1.11±0.06	135±15.2	1189±267		
P040	Mural ( <i>Tylosurus crocodilus crocodilus</i> )	1	0.06	0.03	2.65	0.37	67.24	1146		
P041	Myil meen ( <i>Istiophorus platypterus</i> )	2	0.04	0.04	4.41	0.71	119	808		
P042	Nalla bontha ( <i>Epinephelus</i> sp.)	1	0.04	0.01	0.56	0.22	83.41	1714		
P043	Narba ( <i>Caranx sexfasciatus</i> )	2	0.05	0.04	1.51	0.75	153	1303		

Table 2. Water Soluble Vitamins

Food Code	Fish Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
					← mg →				
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	
P044	Paarai ( <i>Caranx heberi</i> )	1	0.03	0.02	2.86	0.27	173	1612	
P045	Padayappa ( <i>Canthidermis maculata</i> )	1	0.03	0.05	4.53	0.68	68.93	1337	
P046	Pali kora ( <i>Panna microdon</i> )	1	0.03	0.05	0.78	0.43	126	887	
P047	Pambada ( <i>Lepturacanthus savala</i> )	2	0.04	0.03	1.96	0.64	76.49	1163	
P048	Pandukopa ( <i>Pseudosciaena manchurica</i> )	1	0.04	0.02	0.54	0.42	262	1651	
P049	Parava ( <i>Lactarius lactarius</i> )	1	0.03	0.03	0.98	0.09	153	796	
P050	Parcus ( <i>Psettodes erumei</i> )	1	0.04	0.02	0.88	0.21	202	488	
P051	Parrot fish ( <i>Scarus ghobban</i> )	1	0.06	0.02	1.89	1.15	132	556	
P052	Perinkilichai ( <i>Pinjalo pinjalo</i> )	1	0.08	0.01	1.48	0.43	119	511	
57	P053 Phopat ( <i>Coryphaena hippurus</i> )	4	0.06±0.02	0.04±0.02	4.28±1.13	1.13±0.06	131±11	502±163	
	P054 Piranha ( <i>Pygopristis sp.</i> )	1	0.04	0.05	0.97	1.04	67.91	774	
	P055 Pomfret, black ( <i>Parastromateus niger</i> )	1	0.06	0.02	2.61	0.75	76.00	2056	
	P056 Pomfret, snub nose ( <i>Trachinotus blochii</i> )	2	0.08	0.05	1.94	0.61	77.51	651	
	P057 Pomfret, white ( <i>Pampus argenteus</i> )	2	0.05	0.03	1.38	1.11	130	961	
	P058 Pranel ( <i>Gerres sp.</i> )	1	0.04	0.13	3.37	0.76	120	1251	
	P059 Pulli paarai ( <i>Gnathanodon speciosus</i> )	1	0.05	0.04	1.94	1.13	101	1387	
	P060 Queen fish ( <i>Scomberoides commersonianus</i> )	3	0.06±0.02	0.04±0.03	3.24±1.34	0.63±0.04	118±2.8	1073±177	
	P061 Raai fish ( <i>Lobotes surinamensis</i> )	2	0.07	0.02	1.63	0.31	108	1638	
	P062 Raai vanthu ( <i>Epinephelus chlorostigma</i> )	1	0.03	0.01	0.72	0.31	112	1562	
	P063 Rani (Pink perch)	1		0.01	1.33	0.53	75.70	1217	
	P064 Ray fish, bow head, spotted ( <i>Rhina aequipinnata</i> )	1	0.05	0.03	1.99	0.23	120	1244	
	P065 Red snapper ( <i>Lutjanus argentimaculatus</i> )	1	0.02	0.02	3.14	0.52	66.93	1386	

Table 2. Water Soluble Vitamins

Food Code	Fish Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
					← mg →				
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	
P066	Red snapper, small ( <i>Priacanthus hamrur</i> )	1	0.06	0.03	3.43	0.96	172	906	
P067	Sadaya ( <i>Platax orbicularis</i> )	1	0.07	0.38	2.45	1.07	125	459	
P068	Salmon ( <i>Salmo salar</i> )	1	0.07	0.06	4.45	1.15	150	1136	
P069	Sangada ( <i>Nemipterus japonicus</i> )	1	0.01	0.02	0.68	0.22	101	1675	
P070	Sankata paarai ( <i>Caranx ignobilis</i> )	1	0.03	0.06	3.70	1.19	181	1076	
P071	Sardine ( <i>Sardinella longiceps</i> )	1	0.01	0.06	0.91	0.77	140	2266	
P072	Shark ( <i>Carcharhinus sorrah</i> )	2	0.03	0.04	2.68	1.15	110	857	
P073	Shark, hammer head ( <i>Sphyrna mokarran</i> )	1	0.02	0.04	2.72	0.66	73.11	2006	
P074	Shark, spotted ( <i>Stegostoma fasciatum</i> )	1	0.05	0.05	1.02	0.67	76.56	1323	
58	P075 Shelavu ( <i>Sphyraena jello</i> )	4	0.05±0.01	0.06±0.03	2.10±0.71	0.44±0.05	110±6.5	790±101	
	P076 Silan ( <i>Silonia silondia</i> )	1	0.02	0.07	1.27	0.90	122	2438	
	P077 Silk fish ( <i>Beryx</i> sp.)	1	0.03	0.04	2.24	0.17	169	802	
	P078 Silver carp ( <i>Hypophthalmichthys molitrix</i> )	1	0.02	0.02	1.87	1.33	136	2462	
	P079 Sole fish ( <i>Cynoglossus arel</i> )	1	0.01	0.02	0.47	0.91	68.89	1393	
	P080 Stingray ( <i>Dasyatis pastinaca</i> )	1	0.03	0.02	2.74	0.98	214	2559	
	P081 Tarlava ( <i>Drepane punctata</i> )	2	0.04	0.04	2.13	0.25	149	1380	
	P082 Tholam ( <i>Plectorhinchus schotaf</i> )	2	0.04	0.03	2.74	1.22	160	824	
	P083 Tilapia ( <i>Oreochromis niloticus</i> )	1	0.02	0.18	1.40	0.78	176	829	
	P084 Tuna ( <i>Euthynnus affinis</i> )	5	0.06±0.02	0.07±0.03	4.73±1.83	1.34±0.13	68.24±14.90	1374±204	
	P085 Tuna, striped ( <i>Katsuwonus pelamis</i> )	1	0.07	0.15	5.04	1.27	122	789	
	P086 Valava ( <i>Chirocentrus nudus</i> )	1	0.13	0.02	0.86	0.61	104	1438	
	P087 Vanjaram ( <i>Scomberomorus commerson</i> )	2	0.03	0.07	3.46	1.22	163	1545	

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
P088	Vela meen ( <i>Apriion virescens</i> )	1	0.05	0.04	5.15	0.22	97.92	1632
P089	Vora ( <i>Siganus javus</i> )	2	0.06	0.07	3.72	0.28	121	1480
P090	Whale shark ( <i>Galeocerdo cuvier</i> )	1	0.06	0.04	2.90	0.84	125	1605
P091	Xiphinis ( <i>Xiphias gladius</i> )	1	0.06	0.05	3.24	0.21	65.79	820
P092	Eggs, Cat fish ( <i>Ompok bimaculatus</i> )	1		0.19	1.09	0.83	148	2059

## Q MARINE SHELLFISH

Q001	Crab ( <i>Menippe mercenaria</i> )	1	0.01	0.10	1.66	0.71	120	2304
Q002	Crab, sea ( <i>Portunus sanguinolentus</i> )	1	0.05	0.06	0.97	1.53	117	774
Q003	Lobster, brown ( <i>Thenus orientalis</i> )	1	0.01	0.01	0.63	1.44	216	1129
Q004	Lobster, king size ( <i>Thenus orientalis</i> )	1	0.01	0.02	1.87	1.25	156	1997
Q005	Mud crab ( <i>Scylla tranquebarica</i> )	1	0.06	0.14	0.60	1.30	180	1383
Q006	Oyster ( <i>Crassostrea</i> sp.)	1	0.06	0.07	0.71	1.18	145	1612
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1	0.01	0.03	1.03	1.68	104	1537
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1	0.03	0.03	1.18	1.47	112	807

## R MARINE MOLLUSKS

R001	Clam, green shell ( <i>Perna viridis</i> )	1	0.06	0.10	0.96	1.14	96.00	907
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	0.06	0.11	0.90	0.97	108	900
R003	Octopus ( <i>Octopus vulgaris</i> )	1	0.05	0.05	1.18	0.94	87.71	2087
R004	Squid, black ( <i>Loligo</i> sp.)	1	0.02	0.04	1.04	0.72	236	1233
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	0.02	0.02	0.65	1.22	41.50	622

Table 2. Water Soluble Vitamins

Food Code	Fish Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
					← mg →					μg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM		
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	0.03	0.02	0.71	0.95	101	1300		
R007	Squid, white, small ( <i>Uroteuthis duvauceli</i> )	1	0.01	0.03	0.71	0.77	118	1833		

## S FRESHWATER FISH AND SHELLFISH

S001	Cat fish ( <i>Tandanus tandanus</i> )	2	0.01±0.00	0.07±0.03	1.74±0.26	1.12±0.12	114±12.3	1395±168		
S002	Catla ( <i>Catla catla</i> )	6	0.01±0.00	0.03±0.01	2.21±0.19	1.00±0.05	116±13.5	1926±277		
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1		0.31	2.30	1.52	106	1294		
S004	Gold fish ( <i>Carassius auratus</i> )	2		0.05	1.86	1.13	225	2457		
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6		0.05±0.01	1.28±0.21	0.66±0.06	229±17.2	1323±305		
S006	Rohu ( <i>Labeo rohita</i> )	6		0.04±0.01	2.33±0.43	1.18±0.07	240±23.3	1263±101		
S007	Crab ( <i>Pachygrapsus</i> sp.)	1	0.01	0.11	1.54	0.79	202	1783		
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1		0.02	1.31	1.74	186	1826		
S009	Prawns, small ( <i>Macrobrachium</i> sp.)	3	0.01	0.03	0.54	1.74	207	1306		
S010	Tiger prawns ( <i>Macrobrachium</i> sp.)	2	0.01	0.04	1.28	1.87	216	1875		