

Table 7. FATTY ACID PROFILE

(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	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
A CEREALS AND MILLETS													
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1			15.64	1043	155	38.00	16.07	12.14			1020
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6			10.68±1.35	891±54.5	172±14.1	36.02±2.68	15.61±1.31	13.51±2.06			1030±64.3
A003	Bajra (<i>Pennisetum typhoideum</i>)	6				729±21.3	128±19.6	18.21±2.78				6.97±0.45	1040±39.8
A004	Barley (<i>Hordeum vulgare</i>)	6				209±9.4	23.35±2.74						90.79±5.63
A005	Jowar (<i>Sorghum vulgare</i>)	6				149±5.6	14.22±0.79						314±13.7
A006	Maize, dry (<i>Zea mays</i>)	6				363±4.6	42.45±2.76	7.14±0.95					700±17.9
A007	Maize, tender, local (<i>Zea mays</i>)	6				96.13±3.97	10.88±1.55	2.37±0.63					145±6.5
A008	Maize, tender, sweet (<i>Zea mays</i>)	4				106±2.4	14.36±0.59	2.95±0.08					174±6.1
A009	Quinoa(<i>Chenopodium quinoa</i>)	1			82.76	434	52.88				44.41	56.79	1323
A010	Ragi (<i>Eleusine coracana</i>)	5				290±15.4	27.86±2.43						585±36.3
A011	Rice flakes (<i>Oryza sativa</i>)	6				261±20.2	23.68±1.50						425±11.4
A012	Rice puffed (<i>Oryza sativa</i>)	6				43.29±5.23	3.55±0.45						39.77±5.05
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	1.39±0.31		30.42±3.15	273±14.9	33.01±4.34	3.09±0.21	1.98±0.21	2.49±0.38		2.77±0.46	197±15.4
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	0.63±0.21		13.22±1.52	120±8.0	13.83±1.67	1.31±0.18	0.91±0.18	0.93±0.24		1.19±0.21	84.09±6.47
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	0.85±0.30		13.19±3.00	143±28.0	14.50±3.27	1.46±0.40	1.98±1.49	1.14±0.35		1.49±0.47	109±21.2
A016	Samai (<i>Panicum miliare</i>)	6				487±26.1	102±11.9						868±24.2
A017	Varagu (<i>Setaria italica</i>)	5				211±0.9	28.40±1.22	3.84±0.78	2.22±0.24			3.21±0.11	291±7.2

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(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	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
A CEREALS AND MILLETS												
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	12.62			2259		20.91		1280	1033	2279
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	12.71±1.56			2223±129		43.03±2.70		1140±70.5	1043±65.8	2266±132
A003	Bajra (<i>Pennisetum typhoideum</i>)	6				1844±56.7		140±5.8		875±34.5	1047±39.9	1984±55.0
A004	Barley (<i>Hordeum vulgare</i>)	6				549±21.6		26.32±3.35		232±11.9	90.79±5.63	575±18.6
A005	Jowar (<i>Sorghum vulgare</i>)	6				508±18.3		16.54±1.31		163±6.2	314±13.7	524±18.3
A006	Maize, dry (<i>Zea mays</i>)	6	6.62±0.74			1565±18.2		40.76±2.43		413±5.6	706±17.4	1606±18.5
A007	Maize, tender, local (<i>Zea mays</i>)	6	1.85±0.61			337±4.9		10.46±0.74		109±4.4	147±6.8	347±5.2
A008	Maize, tender, sweet (<i>Zea mays</i>)	4	2.05±0.22			292±10.3		7.65±0.33		123±2.9	176±6.3	300±10.3
A009	Quinoa(<i>Chenopodium quinoa</i>)	1				2203		204		570	1424	2406
A010	Ragi (<i>Eleusine coracana</i>)	5				362±15.3		68.58±11.85		317±17.0	585±36.3	431±20.7
A011	Rice flakes (<i>Oryza sativa</i>)	6				553±38.2		24.37±4.81		284±20.6	425±11.4	577±36.4
A012	Rice puffed (<i>Oryza sativa</i>)	6				43.42±5.98		1.39±0.19		46.84±5.55	39.77±5.05	44.80±6.15
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	1.89±0.25		0.89±0.22	490±33.2		16.10±0.92		346±20.3	203±15.7	506±33.6
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	0.89±0.14		0.49±0.16	209±12.8		7.18±0.56		150±10.2	86.66±6.38	216±13.2
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	1.54±0.44		0.75±0.36	234±45.8		9.51±1.09		184±8.9	117±6.6	253±13.2
A016	Samai (<i>Panicum miliare</i>)	6				1230±42.9		47.20±5.17		589±31.9	868±24.2	1277±47.5
A017	Varagu (<i>Setaria italica</i>)	5	2.75±0.89			576±17.8		21.02±1.20		246±2.3	297±6.8	597±18.4

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6				91.24±1.50	7.31±0.73						50.64±2.98
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6				191±5.6	14.55±3.10						149±7.5
A020	Wheat, whole (<i>Triticum aestivum</i>)	6				176±7.4	14.83±2.25						141±9.4
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6				179±4.2	17.41±2.78						152±5.8
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6				81.63±4.28	7.24±1.49						67.34±3.25
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6				59.43±4.42	5.15±0.65						36.06±2.43
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6				46.97±4.72	2.98±0.21						28.84±1.22
B GRAIN LEGUMES													
B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6				405±6.6	51.90±2.23	11.55±1.42				7.89±0.99	855±18.9
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6				382±4.6	58.02±6.35	13.29±2.64				7.87±1.06	871±25.1
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6				221±9.9	54.60±2.89						186±8.1
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6				211±12.2	47.37±6.75						161±7.1
B005	Cowpea, brown (<i>Vigna catjang</i>)	6				227±5.6	33.10±1.30	6.84±0.76	11.52±0.79	4.43±0.43			57.69±6.88
B006	Cowpea, white (<i>Vigna catjang</i>)	1				228	34.43	6.34	12.19	4.05			67.63
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1				142	36.97	3.33	2.61	2.68			80.07
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1				149	39.16	3.66	3.01	3.04			127
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5				142±6.0	37.22±1.84	2.81±0.22	2.31±0.48	1.92±0.26			61.57±6.06
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6				208±6.3	39.24±4.70						35.85±4.30
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6				233±7.6	41.32±4.98						27.22±5.09
B012	Horse gram, whole (<i>Dolichus biflorus</i>)	6				114±2.1	13.59±0.76		4.45±0.21	2.65±0.19			68.89±1.85

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6				325±6.8		17.45±1.21		98.55±1.87	50.64±2.98	343±7.8
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6				697±19.4		44.93±1.64		206±8.2	149±7.5	742±19.2
A020	Wheat, whole (<i>Triticum aestivum</i>)	6				616±22.1		38.51±3.88		191±8.0	141±9.4	654±23.7
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6				657±9.0		42.69±3.34		196±2.6	152±5.8	700±11.3
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6				306±3.0		19.21±0.84		88.87±5.16	67.34±3.25	325±2.4
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6				209±17.4		11.26±0.74		64.59±4.94	36.06±2.43	220±17.8
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6				162±12.8		8.55±0.50		49.95±4.74	28.84±1.22	170±13.1

B GRAIN LEGUMES

B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	13.23±2.17			2360±51.0		116±5.1		469±8.0	876±17.9	2476±51.6
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	11.77±1.44			2220±73.6		117±7.9		453±10.6	890±24.6	2337±78.2
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6				176±7.7		566±25.6		276±12.2	186±8.1	742±32.5
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6				117±5.9		601±23.8		258±18.6	161±7.1	718±29.0
B005	Cowpea, brown (<i>Vigna catjang</i>)	6	2.89±0.50			343±9.8		207±16.0		283±5.3	60.58±6.62	550±24.0
B006	Cowpea, white (<i>Vigna catjang</i>)	1	2.49			354		203		285	70.12	557
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1				398		69.82		188	80.07	468
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1				389		70.06		198	127	460
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5				426±6.2		76.61±8.35		186±6.9	61.57±6.06	503±12.8
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6				377±14.8		157±14.9		247±9.5	35.85±4.30	534±28.2
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6				430±10.8		180±6.7		274±10.9	27.22±5.09	611±12.8
B012	Horse gram, whole (<i>Dolichus biflorus</i>)	6				207±3.8		51.68±3.81		135±2.3	68.89±1.85	258±6.4

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
B013	Lentil dal (<i>Lens culinaris</i>)	6				79.74±3.82	11.28±0.91						112±7.6
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6				70.01±2.45	11.20±0.99						102±5.3
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2				66.76	9.41						92.18
B016	Moth bean (<i>Vigna aconitifolia</i>)	6				320±7.9	97.75±3.22	7.94±0.27	4.79±0.50	2.83±0.28			72.25±5.74
B017	Peas, dry (<i>Pisum sativum</i>)	6				193±10.2	48.50±3.39						398±31.2
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2				216	21.97						105
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6				215±13.1	26.74±3.42						91.76±2.33
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3				225±6.0	30.51±5.16						87.84±14.82
B021	Red gram, dal (<i>Cajanus cajan</i>)	6				222±11.6	35.22±3.19						89.94±4.43
B022	Red gram, whole (<i>Cajanus cajan</i>)	6				236±11.0	40.95±3.31						78.55±6.71
B023	Ricebean (<i>Vigna umbellata</i>)	1				50.69	14.81	17.97	28.06	18.26			357
B024	Soya bean, brown (<i>Glycine max</i>)	6				2381±26.3	566±54.7	47.10±6.29	67.89±4.22	29.84±4.91		22.79±2.11	4499±230
B025	Soya bean, white (<i>Glycine max</i>)	1				2338	523.44	43.30	65.49	30.95		25.35	4723
C GREEN LEAFY VEGETABLES													
C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1				346	74.53	23.95	24.96	20.61		16.91	40.76
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6			18.47±4.66	143±5.4	16.15±1.99	2.57±0.38	4.74±1.26	9.09±1.70		16.05±2.51	31.26±2.04
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1			20.33	159	17.75	2.24	3.99	7.01		14.48	31.48
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4			18.37±3.07	144±12.5	19.16±3.23	2.83±0.36	5.03±1.01	7.93±1.14		12.28±3.08	32.72±2.99
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4			8.28±1.05	63.62±3.29	6.89±0.47	0.85±0.09	2.22±0.40	3.27±0.17		7.88±0.67	7.79±0.32

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
B013	Lentil dal (<i>Lens culinaris</i>)	6				266±15.4		70.14±4.07		91.02±3.30	112±7.6	336±18.9
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6				221±8.1		55.40±3.46		81.22±2.82	102±5.3	277±9.7
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2				217		57.16		76.17	92.18	274
B016	Moth bean (<i>Vigna aconitifolia</i>)	6				609±18.7		240±7.8		434±10.8	72.25±5.74	848±24.6
B017	Peas, dry (<i>Pisum sativum</i>)	6				728±31.5		145±12.8		242±9.7	398±31.2	873±41.5
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2				386		541		238	105	927
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6				344±7.7		552±26.6		242±14.1	91.76±2.33	896±26.7
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3				374±20.7		557±23.2		256±10.9	87.84±14.82	931±28.9
B021	Red gram, dal (<i>Cajanus cajan</i>)	6				600±29.5		51.44±7.77		257±14.3	89.94±4.43	651±36.2
B022	Red gram, whole (<i>Cajanus cajan</i>)	6				585±40.3		51.67±4.67		277±13.1	78.55±6.71	637±41.6
B023	Ricebean (<i>Vigna umbellata</i>)	1				62.93				172	357	62.93
B024	Soya bean, brown (<i>Glycine max</i>)	6	35.99±5.33			9969±135		1310±97.8		3092±75.9	4558±230	11279±188
B025	Soya bean, white (<i>Glycine max</i>)	1	68.10			9754		1318		3002	4817	11071

C GREEN LEAFY VEGETABLES												
C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1				125		407		490	57.67	532
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	1.57±0.20			111±8.6		247±10.9		194±3.2	48.87±2.73	358±17.3
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	1.39			112		214		210	47.34	326
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	1.59±0.28			118±11.1		214±13.8		197±14.8	46.59±2.31	332±23.5
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	0.34±0.10		0.45±0.10	39.00±2.30		147±10.4		85.13±4.42	16.46±0.79	186±10.8

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2			9.54	64.58	6.35	0.70	1.61	3.19		9.50	7.36
C007	Basella leaves (<i>Basella alba</i>)	2				89.46	11.97					12.32	38.96
C008	Bathua leaves (<i>Chenopodium album</i>)	2			1.87	96.94	7.52	3.51	7.48	2.74		8.61	
C009	Beet greens (<i>Beta vulgaris</i>)	6			5.11±0.11	160±0.6	11.83±0.23		5.65±0.19	5.17±0.18		7.13±0.22	72.38±0.41
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6			24.45±2.39	175±7.4	39.33±3.06		5.21±1.10	6.02±0.97		21.36±3.47	72.07±4.38
C011	Betel leaves, small (<i>Piper betle</i>)	4			14.65±2.55	177±10.0	37.34±2.31		4.15±0.69	5.07±1.26		17.93±2.52	64.74±3.26
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1				187	39.75						88.69
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1				29.26	3.76						15.97
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1				47.57	7.61	2.19	1.77	2.73			37.19
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	6				34.59±2.95	6.02±0.60	2.29±0.30	1.60±0.12	2.05±0.29			30.05±1.84
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	2				42.43	7.59	3.24	1.99	3.17			41.14
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6			2.76±0.27	85.30±6.47	14.28±1.21	3.92±0.24	3.31±0.43	5.33±0.56			20.80±0.81
C018	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6				334±7.5	52.40±3.04	17.92±1.43	14.16±2.89	7.55±0.70		17.24±2.64	30.39±2.21
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3			44.09±6.76	370±28.2	69.53±7.14		32.64±2.89	43.59±4.28			102±8.0
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5			22.49±2.23	130±8.6	30.27±2.37	6.85±0.63	4.44±0.67	4.67±0.34		9.09±1.23	11.06±1.16
C021	Garden cress (<i>Lepidium sativum</i>)	2				23.82	2.32	0.49	1.28	0.76		0.93	7.30
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4			25.70±2.61	170±7.5	27.48±2.77	6.90±1.10	7.41±1.42	6.86±0.77		16.63±0.41	21.97±1.52
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1			27.56	173	22.69	6.81	7.64	5.80		18.49	26.39
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2				67.77	32.78	2.48	1.42	2.39		5.84	13.07
C025	Lettuce (<i>Lactuca sativa</i>)	3			8.22±0.57	78.22±8.55	10.96±0.96		8.47±1.09	10.15±1.25		9.05±1.53	13.16±2.32

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2	0.49		0.42	36.85		131		85.96	17.77	168
C007	Basella leaves (<i>Basella alba</i>)	2				80.67		123		101	51.28	203
C008	Bathua leaves (<i>Chenopodium album</i>)	2				50.68		169		120	8.61	219
C009	Beet greens (<i>Beta vulgaris</i>)	6				101±0.6		207±0.6		188±0.5	79.51±0.62	308±0.4
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6				110±4.8		146±12.8		250±11.6	93.43±4.18	256±11.6
C011	Betel leaves, small (<i>Piper betle</i>)	4				104±8.4		172±8.9		238±15.9	82.67±2.65	277±16.9
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1				43.82		41.11		226	88.69	84.92
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1				11.68		43.33		33.01	15.97	55.01
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1				54.33		62.60		61.87	37.19	117
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	6				42.80±1.94		48.61±2.63		46.54±3.63	30.05±1.84	91.40±3.88
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	2				52.26		60.18		58.42	41.14	112
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6				84.83±4.23		139±9.5		115±7.7	20.80±0.81	224±11.8
C018	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6				353±12.1		335±13.5		426±9.1	47.63±4.33	689±24.8
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3				222±54.4		446±87.7		560±41.6	102±8.0	668±52.7
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5				82.83±5.58		362±11.4		199±9.0	20.15±1.30	445±13.0
C021	Garden cress (<i>Lepidium sativum</i>)	2				34.61		24.10		28.68	8.24	58.71
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4	1.25±0.40			150±5.5		434±19.0		245±10.6	39.85±1.61	584±23.3
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1	1.05			132		435		243	45.93	567
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2				43.00		111		107	18.91	154
C025	Lettuce (<i>Lactuca sativa</i>)	3				74.85±12.1		134±17.8		116±11.9	22.22±3.42	208±29.6

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
C026	Mustard leaves (<i>Brassica juncea</i>)	3			12.60±1.33	110±4.2	17.09±0.16		2.35±0.16			16.25±1.15	11.31±0.57
C027	Pak Choi leaves(<i>Brassica rapa</i> var. <i>Chinensis</i>)	1		1.53	2.18	33.69	1.58						23.03
C028	Parsley (<i>Petroselinum crispum</i>)	3			15.18±1.18	235±9.1	58.05±2.44	6.04±0.09	13.80±0.36	16.67±0.31		14.42±0.54	18.52±0.74
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2				148	17.43	2.93	8.73	27.61		9.77	23.61
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6			19.86±0.55	188±11.0	32.53±3.60	5.74±0.72	13.53±1.27	6.74±0.15		9.79±1.11	6.91±0.48
C031	Radish leaves (<i>Raphanus sativus</i>)	6			9.62±0.95	110±4.6	27.54±2.05					8.05±0.66	18.88±1.89
C032	Rumex leaves (<i>Rumex patientia</i>)	2			6.95	49.83	4.14					6.95	11.73
C033	Spinach (<i>Spinacia oleracea</i>)	6			17.01±0.72	147±6.3	9.54±1.17	1.29±0.25	4.13±0.29	3.99±0.39		8.77±0.84	32.87±1.74
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3			16.14±0.46	150±2.2		1.20±0.23	4.08±0.43	4.27±0.40		9.29±0.35	33.01±2.46
D OTHER VEGETABLES													
D001	Ash gourd (<i>Benincasa hispida</i>)	6			0.81±0.10	17.99±1.16	5.90±0.20	0.55±0.11				0.86±0.27	6.57±0.35
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1				35.75	1.84		1.72	1.77			7.45
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5			3.08±0.41	191±5.4	40.33±0.41	8.93±0.31	13.20±0.25	9.38±0.64		8.72±0.25	38.09±1.54
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6			2.99±0.57	78.62±5.32	50.55±3.47	2.89±0.60	3.65±0.77	5.78±0.77		1.03±0.30	4.55±0.40
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4			3.35±0.46	84.32±2.23	41.25±2.34	3.09±0.44	3.44±0.20	3.74±0.64		0.96±0.33	5.36±0.39
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1			4.25	86.82	40.28	3.16	3.47	4.14		1.05	3.91
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6			1.32±0.23	31.30±3.01	4.35±0.55	0.70±0.12	2.22±0.30	1.54±0.22			3.54±0.58

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
C026	Mustard leaves (<i>Brassica juncea</i>)	3				83.12±3.94		240±8.7		142±4.4	27.56±1.48	323±12.4
C027	Pak Choi leaves(<i>Brassica rapa</i> var. <i>Chinensis</i>)	1				60.03		77.96		38.98	23.03	138
C028	Parsley (<i>Petroselinum crispum</i>)	3				221±4.7		255±4.2		345±11.8	32.94±1.09	476±8.6
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2				107		143		204	33.38	250
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6	0.97±0.07			14.95±1.29		298±9.3		267±12.6	17.67±1.38	313±8.6
C031	Radish leaves (<i>Raphanus sativus</i>)	6				45.49±4.42		203±10.7		147±6.9	26.93±1.99	248±13.5
C032	Rumex leaves (<i>Rumex patientia</i>)	2				45.68		143		60.92	18.68	188
C033	Spinach (<i>Spinacia oleracea</i>)	6	1.19±0.12			75.06±4.22		220±8.3		183±8.1	42.83±2.54	295±12.2
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3				76.79±1.82		230±3.5		176±3.1	42.30±2.81	306±1.9
D OTHER VEGETABLES												
D001	Ash gourd (<i>Benincasa hispida</i>)	6				74.89±5.14		1.58±0.24		25.26±1.06	7.43±0.40	76.47±5.06
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1				42.23		9.24		41.09	7.45	51.46
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5				203±2.3		227±1.5		266±6.1	46.81±1.57	429±3.7
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6			2.50±0.38	17.74±1.99		23.04±1.87		144±8.3	8.08±0.53	40.78±3.79
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4			1.29±0.14	17.50±0.86		37.70±1.93		139±4.0	7.61±0.46	55.20±2.65
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1			1.68	22.75		36.50		142	6.63	59.25
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6				40.31±3.41		24.63±2.30		41.44±3.93	3.54±0.58	64.94±5.35

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5			1.30±0.32	30.78±1.18	4.54±0.26	0.71±0.12	2.13±0.19	1.61±0.05			3.47±0.54
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1			2.25	30.94	5.22	0.57	1.83	1.22		6.12	2.93
D010	Brinjal-1 (<i>Solanum melongena</i>)	1				50.39	34.59	5.96	1.90	1.69			27.94
D011	Brinjal-2 (<i>Solanum melongena</i>)	1				43.46	34.71	6.53	1.93	1.49			16.80
D012	Brinjal-3 (<i>Solanum melongena</i>)	2				39.19	25.72	4.67	1.41	1.35			21.05
D013	Brinjal-4 (<i>Solanum melongena</i>)	4				36.90±3.89	22.79±2.22	4.34±0.60	1.60±0.40	1.27±0.21			25.20±3.49
D014	Brinjal-5 (<i>Solanum melongena</i>)	3				35.38±10.09	25.00±9.38	5.27±2.03	1.82±0.78	1.77±1.06			18.56±2.24
D015	Brinjal-6 (<i>Solanum melongena</i>)	2				38.35	24.82	4.81	1.68	1.33			16.94
D016	Brinjal-7 (<i>Solanum melongena</i>)	1				41.45	22.97	4.46	1.30	1.54			22.92
D017	Brinjal-8 (<i>Solanum melongena</i>)	3				35.37±3.38	24.72±5.85	4.66±2.18	1.92±0.16	1.50±0.11			25.32±4.52
D018	Brinjal-9 (<i>Solanum melongena</i>)	2				42.11	29.38	5.86	1.55	1.59			25.08
D019	Brinjal-10 (<i>Solanum melongena</i>)	2				34.80	24.25	4.35	1.37	1.23			21.91
D020	Brinjal-11 (<i>Solanum melongena</i>)	6				35.70±7.89	24.58±6.59	4.79±1.63	1.61±0.47	1.47±0.50			21.59±5.15
D021	Brinjal-12 (<i>Solanum melongena</i>)	2				35.21	25.17	5.17	1.57	1.41			17.14
D022	Brinjal-13 (<i>Solanum melongena</i>)	1				40.89	33.26	5.71	1.49	1.61			15.45
D023	Brinjal-14 (<i>Solanum melongena</i>)	3				31.02±14.22	21.11±11.42	4.42±2.22	1.38±0.75	1.22±0.66			16.76±7.52
D024	Brinjal-15 (<i>Solanum melongena</i>)	4				36.27±6.79	23.11±4.70	4.37±0.45	1.69±0.44	1.64±0.55			24.66±5.89
D025	Brinjal-16 (<i>Solanum melongena</i>)	1				44.99	29.80	5.53	1.51	1.82			21.95
D026	Brinjal-17 (<i>Solanum melongena</i>)	1				45.54	26.97	5.06	1.96	1.60			28.21
D027	Brinjal-18 (<i>Solanum melongena</i>)	3				35.91±17.94	25.50±11.77	4.58±2.43	1.86±0.93	1.32±0.54			20.71±11.35

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5				40.53±3.68		22.12±2.98	0.82±0.07	41.07±1.27	3.47±0.54	63.46±6.66
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1				32.96		19.35	0.61	42.04	9.05	52.92
D010	Brinjal-1 (<i>Solanum melongena</i>)	1				171		38.73		94.53	27.94	210
D011	Brinjal-2 (<i>Solanum melongena</i>)	1				132		35.10		88.11	16.80	167
D012	Brinjal-3 (<i>Solanum melongena</i>)	2				143		27.38		72.34	21.05	171
D013	Brinjal-4 (<i>Solanum melongena</i>)	4				137±18.0		21.11±2.58		66.91±6.06	25.20±3.49	158±20.4
D014	Brinjal-5 (<i>Solanum melongena</i>)	3				121±20.0		26.20±10.62		69.24±23.29	18.56±2.24	147±29.2
D015	Brinjal-6 (<i>Solanum melongena</i>)	2				117		27.38		70.99	16.94	144
D016	Brinjal-7 (<i>Solanum melongena</i>)	1				136		17.62		71.72	22.92	153
D017	Brinjal-8(<i>Solanum melongena</i>)	3				135±8.9		23.15±3.45		68.17±11.36	25.32±4.52	159±12.4
D018	Brinjal-9(<i>Solanum melongena</i>)	2				147		23.60		80.49	25.08	170
D019	Brinjal-10 (<i>Solanum melongena</i>)	2				117		15.18		66.00	21.91	132
D020	Brinjal-11 (<i>Solanum melongena</i>)	6				119±23.6		20.90±6.40		68.14±16.35	21.59±5.15	140±28.6
D021	Brinjal-12 (<i>Solanum melongena</i>)	2				111		19.12		68.52	17.14	130
D022	Brinjal-13(<i>Solanum melongena</i>)	1				126		23.51		82.96	15.45	150
D023	Brinjal-14(<i>Solanum melongena</i>)	3				108±46.4		17.49±8.73		59.14±29.12	16.76±7.52	125±54.9
D024	Brinjal-15 (<i>Solanum melongena</i>)	4				131±12.0		19.20±4.01		67.08±12.14	24.66±5.89	150±10.2
D025	Brinjal-16(<i>Solanum melongena</i>)	1				143		23.91		83.65	21.95	166
D026	Brinjal-17(<i>Solanum melongena</i>)	1				150		28.31		81.14	28.21	179
D027	Brinjal-18 (<i>Solanum melongena</i>)	3				111±53.2		21.75±12.21		69.18±33.52	20.71±11.35	133±64.5

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
D028	Brinjal-19(<i>Solanum melongena</i>)	3				31.52±12.01	20.62±10.06	4.32±2.05	1.56±0.72	1.25±0.38			18.19±9.02
D029	Brinjal-20(<i>Solanum melongena</i>)	5				41.95±4.84	28.44±3.75	5.61±1.03	2.03±0.47	1.89±0.42			20.28±4.11
D030	Brinjal-21(<i>Solanum melongena</i>)	2				45.29	32.46	6.04	2.29	2.20			25.84
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6				37.54±8.01	25.49±6.41	4.92±1.34	1.69±0.49	1.52±0.49			21.45±5.45
D032	Broad beans (<i>Vicia faba</i>)	3			0.45±0.06	31.80±3.07	6.55±0.08	1.10±0.10	1.29±0.21	1.42±0.20		0.69±0.07	7.85±1.02
D033	Capsicum, green (<i>Capsicum annuum</i>)	6			1.80±0.10	48.13±3.56	20.10±1.90	2.95±0.21	2.29±0.08	1.76±0.21		1.42±0.23	11.29±1.34
D034	Capsicum, red (<i>Capsicum annuum</i>)	4			4.83±0.34	54.51±1.15	20.15±0.40	1.01±0.06	2.44±0.31	3.45±0.34		4.14±0.17	43.51±0.52
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4			4.03±0.05	65.88±1.32	25.21±0.80	1.68±0.10	2.66±0.18	2.84±0.22		4.11±0.30	51.44±1.22
D036	Cauliflower (<i>Brassica oleracea</i>)	6			1.73±0.20	88.50±5.84	15.93±1.08	4.27±0.30	2.09±0.22	4.35±0.81			24.83±1.38
D037	Celery stalk (<i>Apium graveolens</i>)	3				56.15±7.07	6.61±0.74						5.94±0.81
D038	Cho-cho-marrow (<i>Sechium edule</i>)	4				64±3.49	7.86±0.96	1.30±0.05	1.90±0.18	1.19±0.04			13.30±1.26
D039	Cluster beans (<i>Cyamopsis tetragonobola</i>)	6				64.93±3.40	21.69±0.93	8.46±0.47	6.62±0.79	5.24±0.49			30.24±1.96
D040	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1				85.69	8.24	2.10	3.98	2.93		1.86	13.12
D041	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5				53.81±5.81	7.73±0.93	1.42±0.21	2.51±0.42	2.06±0.41		1.42±0.16	6.37±1.14
D042	Corn, Baby(<i>Zea mays</i>)	6				180±0.6	31.08±0.93						384±2.2
D043	Cucumber, green, elongate(<i>Cucumis sativus</i>)	6			0.86±0.14	50.34±6.34	8.87±0.99	0.94±0.15	1.05±0.22	2.11±0.56		1.98±0.29	8.58±1.17
D044	Cucumber, green, short (<i>Cucumis sativus</i>)	6			1.06±0.15	52.54±6.03	8.80±0.93	1.29±0.12	1.97±0.66	2.11±0.40		1.16±0.36	7.24±0.92
D045	Cucumber, orange, round (<i>Cucumis sativus</i>)	2			1.06	55.72	9.31	1.30	2.45	2.06		1.98	5.42
D046	Drumstick (<i>Moringa oleifera</i>)	6			0.52±0.06	19.22±1.11	3.89±0.26	1.47±0.09	2.53±0.11	1.42±0.15		1.36±0.08	45.05±3.01
D047	Field beans, tender, broad (<i>Vicia faba</i>)	2			3.96	131	28.05	4.46	6.20	8.04			33.91

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D028	Brinjal-19(<i>Solanum melongena</i>)	3				107±48.3		16.89±7.99		59.27±25.07	18.19±9.02	124±56.3
D029	Brinjal-20(<i>Solanum melongena</i>)	5				140±15.9		26.55±5.05		79.91±9.82	20.28±4.11	167±14.8
D030	Brinjal-21(<i>Solanum melongena</i>)	2				140		30.14		88.28	25.84	170
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6				127±25.2		22.65±7.19		71.15±16.08	21.45±5.45	149±30.4
D032	Broad beans (<i>Vicia faba</i>)	3				42.97±0.63		21.88±2.24		42.62±3.73	8.53±0.94	64.85±2.87
D033	Capsicum, green (<i>Capsicum annuum</i>)	6				135±11.8		37.08±5.46		77.03±4.78	12.71±1.50	172±15.8
D034	Capsicum, red (<i>Capsicum annuum</i>)	4				180±1.0		37.77±0.56		86.39±1.81	47.65±0.52	217±1.2
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4				161±1.3		39.49±0.73		102±2.2	55.55±1.49	201±1.3
D036	Cauliflower (<i>Brassica oleracea</i>)	6				99±9.9		117±8.7		117±7.8	24.83±1.38	216±14.6
D037	Celery stalk (<i>Apium graveolens</i>)	3				99±13.1		32.33±2.43		62.76±7.71	5.94±0.81	131±15.5
D038	Cho-cho-marrow (<i>Sechium edule</i>)	4				12.60±1.51		9.98±0.81		76.12±4.59	13.30±1.26	22.58±2.22
D039	Cluster beans (<i>Cyamopsis tetragonobola</i>)	6				84.74±4.28		63.40±4.85		107±5.1	30.24±1.96	148±7.0
D040	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1				113		41.36		103	14.98	154
D041	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5				82.53±6.81		27.75±3.65		67.53±6.04	7.78±1.21	110±10.4
D042	Corn, Baby(<i>Zea mays</i>)	6	7.48±0.40			433±2.0		25.69±1.05		211±1.3	392±2.5	459±2.0
D043	Cucumber, green, elongate(<i>Cucumis sativus</i>)	6				59.30±7.23		8.63±1.02		64.17±7.74	10.57±1.32	67.93±8.19
D044	Cucumber, green, short (<i>Cucumis sativus</i>)	6				35.73±3.80		16.10±1.90		67.77±7.52	8.40±1.02	51.83±5.32
D045	Cucumber, orange, round (<i>Cucumis sativus</i>)	2				45.94		22.76		71.90	7.41	68.70
D046	Drumstick (<i>Moringa oleifera</i>)	6				19.14±1.29		8.07±1.01		29.05±1.51	46.40±2.95	27.21±2.16
D047	Field beans, tender, broad (<i>Vicia faba</i>)	2				204		96.74		182	33.91	301

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6			3.04±0.79	128±6.4	27.08±1.03	4.20±0.47	5.62±0.77	6.75±0.69			26.28±1.87
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5			1.42±0.38	49.22±2.45	12.87±1.42	2.31±0.34	2.35±0.45	2.89±0.37		2.53±1.91	8.60±0.97
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2			1.06	50.38	11.55	1.90	1.90			1.98	9.88
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5			0.65±0.05	35.32±1.18	3.64±0.11	3.58±0.05	1.72±0.21	2.46±0.17		0.63±0.02	21.79±1.05
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5				123±5.6	7.49±0.48	5.48±0.31	7.44±0.84	2.81±0.26			13.52±0.79
D053	Knol - Khol (<i>Brassica oleracea</i>)	6				77.30±2.05	11.42±0.29	3.39±0.42	2.29±0.31	3.01±0.18		4.34±0.18	27.29±0.54
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6			3.02±0.11	46.28±3.04	12.52±0.46	2.03±0.20	3.03±0.37	1.95±0.14		0.98±0.47	3.37±0.51
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1			2.82	55.20	10.68	2.49	1.91	2.22		0.55	3.97
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6			1.50±0.23	54.61±5.12	5.67±0.62	1.71±0.12	3.36±0.36	2.51±0.30		0.88±0.46	7.22±1.58
D057	Mango, green, raw (<i>Mangifera indica</i>)	6			0.67±0.18	23.36±2.23	1.30±0.19	0.55±0.10	0.55±0.07	0.86±0.09		2.10±0.29	7.15±1.16
D058	Onion, stalk (<i>Allium cepa</i>)	6			8.04±0.17	65.71±1.11	5.74±0.40		6.75±0.30	5.84±0.10			5.52±0.10
D059	Papaya, raw (<i>Carica papaya</i>)	6			1.35±0.34	52.81±6.87	7.78±1.60		3.25±0.42	3.97±0.78			44.53±4.38
D060	Parwar (<i>Trichosanthes dioica</i>)	6			2.96±0.28	72.84±3.17	14.99±1.86	2.26±0.16	1.43±0.07	1.45±0.19			13.19±0.91
D061	Peas, fresh (<i>Pisum sativum</i>)	6				15.88±1.57	3.13±0.18						28.75±1.96
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6			1.87±0.19	125±2.5	48.84±1.97	51.97±3.65	23.15±2.36	22.09±1.49		1.85±0.14	29.84±1.68
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6				53.89±2.49	3.25±0.36						16.21±0.79
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6				19.55±2.65	3.60±0.48	1.07±0.10	1.25±0.10	1.99±0.30		0.65±0.17	2.06±0.16
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1			1.10	41.66	7.66	0.81	0.96	1.12		1.17	23.99
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6			0.91±0.16	34.87±3.37	6.35±0.36	0.68±0.07	0.81±0.09	0.96±0.15		0.98±0.09	21.04±2.02
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1				181	30.02						51.13

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6				195±9.5		86.04±6.95		175±7.1	26.28±1.87	281±13.8
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5				59.21±3.46		68.19±5.62		71.07±3.81	11.13±2.53	127±8.3
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2				62.83		72.13		66.80	11.85	135
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5	9.38±0.34	79.52±1.02	3.94±0.23	68.67±1.56		38.57±1.44		47.36±1.50	115±2.3	107±2.9
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5		2.70±0.38		154±4.2		26.51±1.81		146±5.3	16.21±0.73	181±5.3
D053	Knol - Khol (<i>Brassica oleracea</i>)	6				59.04±0.71		71.39±2.18		97.40±2.23	31.62±0.54	130±2.3
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6				59.07±2.97		39.75±2.95		68.84±3.84	4.35±0.31	98.82±5.84
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1				83.07		29.10		75.33	4.51	112
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6				76.82±4.93		32.38±2.11		69.37±6.10	8.10±1.70	109±6.6
D057	Mango, green, raw (<i>Mangifera indica</i>)	6				17.53±1.91		12.61±2.16		27.28±2.69	9.25±1.40	30.13±3.60
D058	Onion, stalk (<i>Allium cepa</i>)	6				55.43±1.02		43.55±0.58		92.08±1.66	5.52±0.10	98.98±1.33
D059	Papaya, raw (<i>Carica papaya</i>)	6				66.04±7.94		9.60±1.94		69.15±9.33	44.53±4.38	75.64±9.60
D060	Parwar (<i>Trichosanthes dioica</i>)	6				91.87±4.02		20.35±1.26		95.93±2.64	13.19±0.91	112±5.0
D061	Peas, fresh (<i>Pisum sativum</i>)	6				46.75±3.62		9.49±0.59		19.01±1.69	28.75±1.96	56.24±4.15
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6				154±7.7		44.08±3.08		273±7.3	31.69±1.78	198±8.0
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6				72.89±2.96		33.77±2.31		57.13±2.83	16.21±0.79	107±4.7
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6				14.12±1.59		14.38±1.65		27.45±3.37	2.71±0.25	28.50±3.18
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1				38.94		26.57		53.32	25.17	65.51
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6				36.17±2.35		26.57±3.25		44.58±3.91	22.02±2.07	62.73±5.33
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1				427		47.24		211	51.13	474

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
D068	Ridge gourd (<i>Luffa acutangula</i>)	6			0.83±0.17	42.19±2.81	6.33±0.68	1.22±0.16	1.56±0.18	2.37±0.15		0.82±0.11	1.75±0.12
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3			0.77±0.07	30.64±2.57	6.72±0.51	1.21±0.10	1.94±0.14	1.81±0.11		0.87±0.13	2.08±0.31
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6				72.23±2.64	11.64±1.09	3.77±0.23	4.33±0.38	2.94±0.16			4.89±0.85
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2				72.09	11.77	4.36	4.87	2.78			4.77
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1				76.61	10.02	3.87	5.04	4.41			2.96
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6			1.59±0.16	36.25±2.47	7.41±1.55	0.93±0.14	1.41±0.22	1.60±0.08		0.90±0.17	5.75±1.20
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6				33.68±0.98	10.37±0.70	1.36±0.08	0.72±0.01	0.77±0.03		0.64±0.02	35.51±1.06
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6				35.23±2.83	9.50±0.96	1.27±0.10	0.86±0.05	0.79±0.15		0.64±0.10	29.25±3.48
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6				58.47±2.78	16.77±1.47	1.94±0.13	1.23±0.11	1.17±0.14		1.22±0.15	56.55±6.33
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2		3.29		98.79	16.94					2.88	36.38
D078	Zucchini, yellow(<i>Cucurbita pepo</i>)	2		1.51		49.25	6.08					1.45	19.87

E FRUITS													
E001	Apple, big (<i>Malus domestica</i>)	6				103±1.8	39.27±0.63	11.40±0.55					51.13±0.74
E002	Apple, green (<i>Malus domestica</i>)	6				77.85±0.61	28.51±1.14	9.74±0.36					40.99±0.84
E003	Apple, small (<i>Malus domestica</i>)	6				90.18±6.12	33.40±1.55	10.58±0.96	8.68±1.10	6.23±0.63			46.96±6.37
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1				105	40.72	12.27	10.36	7.98			50.63
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6				168±5.3	32.58±3.32						118±3.4
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3				155±5.9	30.05±2.29						23.33±3.37
E007	Avocado fruit (<i>Persea americana</i>)	1				1237						495	8215

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D068	Ridge gourd (<i>Luffa acutangula</i>)	6				28.66±1.37		26.42±0.76		54.49±3.62	2.57±0.22	55.08±2.08
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3				29.79±2.44		28.19±1.90		43.07±3.45	2.95±0.44	57.98±4.32
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6				42.96±3.58		54.59±3.36		94.90±3.25	4.89±0.85	97.54±6.66
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2				45.65		53.71		95.87	4.77	99.36
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1				34.56		70.55		100	2.96	105
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6				46.46±5.00		30.39±2.13		48.97±5.84	6.28±1.61	76.11±9.46
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6			0.77±0.16	95.45±3.03		13.57±0.71		46.91±0.99	36.91±1.04	109±2.6
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6			0.62±0.10	104±12.8		14.70±1.58		47.65±3.66	30.50±3.59	119±13.4
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6			0.89±0.23	185±12.9		23.59±4.07		79.56±4.04	58.66±6.57	208±13.4
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2				98.72		152		119	37.83	251
D078	Zucchini, yellow(<i>Cucurbita pepo</i>)	2				43.00		71.42		56.92	21.32	114

E FRUITS												
E001	Apple, big (<i>Malus domestica</i>)	6				249±0.8		32.63±0.84		154±2.0	51.13±0.74	282±0.5
E002	Apple, green (<i>Malus domestica</i>)	6				173±1.0		49.73±0.55		116±1.5	40.99±0.84	223±1.1
E003	Apple, small (<i>Malus domestica</i>)	6				195±18.4		29.52±2.69		149±9.0	46.96±6.37	224±20.0
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1				211		41.61		176	50.63	253
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6				206±9.6		79.91±4.75		200±5.6	118±3.4	286±9.3
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3				165±8.6		154±7.8		185±7.7	23.33±3.37	319±6.7
E007	Avocado fruit (<i>Persea americana</i>)	1				1078		62.11	11.14	1237	8710	1141

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
E008	Bael fruit (<i>Aegle marmelos</i>)	1	0.45	2.81	3.38	103	18.55	1.58	0.93			4.17	107
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1				103	6.80					5.65	8.73
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2				105	8.02					3.83	28.45
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1				96.58	9.74					6.45	11.32
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6				106±3.6	8.15±1.46					6.61±0.44	14.28±1.77
E013	Black berry (<i>Rubus fruticosus</i>)	5			5.89±0.46	134±0.9	30.33±1.74	7.71±1.33	5.86±0.92	11.65±1.36		6.15±0.53	81.56±4.26
E014	Cherries, red (<i>Prunus cerasus</i>)	4				84±5	33.98±1.52	6.81±0.69					95.85±2.36
E015	Currants, black (<i>Ribes nigrum</i>)	1				51.94	24.41		2.05	4.93			298
E016	Custard apple (<i>Annona squamosa</i>)	1				90.45	30.45	5.67	3.87	7.56		4.89	34.85
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6				78.83±3.65	18.20±1.50						30.43±3.94
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2				91.15	22.69						21.00
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2				115	34.16						46.88
E020	Fig (<i>Ficus carica</i>)	6				71.61±0.74	7.19±0.20	8.46±0.13	3.48±0.13	2.26±0.17			41.38±1.12
E021	Goosberry (<i>Emblica officinalis</i>)	5				26.48±3.16	11.99±0.26						23.93±1.89
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4				72.49±3.32	15.26±1.74	4.45±0.15	8.15±1.27	5.60±1.35			12.73±2.37
E023	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5				62.35±3.72	12.95±0.85	3.74±0.25	7.38±0.66	6.01±0.50			11.10±1.44
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5				66.06±1.13	14.28±0.24	3.79±0.22	6.27±0.91	4.77±0.20			12.18±0.22
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5				31.45±3.84	9.99±0.89	1.96±0.63	2.21±0.65				33.96±0.80
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5				63.79±2.99	15.71±1.40	3.61±1.46	3.99±0.57				9.33±1.22

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E008	Bael fruit (<i>Aegle marmelos</i>)	1				87.01		66.18		190	112	154
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1				68.33		63.24		110	14.38	132
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2				65.50		69.67		113	32.29	135
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1				61.66		46.23		106	17.78	108
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6				53.50±2.61		73.44±1.80		114±4.4	20.89±1.70	127±2.8
E013	Black berry (<i>Rubus fruticosus</i>)	5				153±1.9		80.24±2.19		195±5.6	87.71±4.44	234±1.7
E014	Cherries, red (<i>Prunus cerasus</i>)	4				116±4.3		71.55±3.27		125±5.9	95.85±2.36	187±4.2
E015	Currants, black (<i>Ribes nigrum</i>)	1	3.22			30.58		8.47		83.33	302	39.06
E016	Custard apple (<i>Annona squamosa</i>)	1				78.56		53.47		138	39.74	132
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6				140±8.4		19.49±1.13		97.03±4.87	30.43±3.94	159±9.4
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2				129		16.35		114	21.00	145
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2				124		11.63		149	46.88	136
E020	Fig (<i>Ficus carica</i>)	6				50.57±0.50		46.52±0.54		89.44±9.07	41.38±1.12	97.09±0.80
E021	Goosberry (<i>Emblica officinalis</i>)	5				47.41±2.23		27.83±2.51		38.48±3.26	23.93±1.89	75.24±4.62
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4				94.88±6.61		44.44±2.81		106±6.7	12.73±2.37	139±8.6
E023	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5				82.21±4.28		36.68±2.24		92.42±3.73	11.10±1.44	119±6.3
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5				83.32±0.24		39.64±1.05		92.04±4.41	12.18±0.22	123±1.0
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5				172±1.3		11.29±1.01		45.63±5.51	33.96±0.80	183±1.9
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5				80.70±1.11		32.12±0.79		87.11±4.50	9.33±1.22	113±1.8

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5				86.20±0.29	17.98±0.07	6.88±0.20	9.73±0.24	8.05±0.16			12.97±0.07
E028	Guava, white flesh (<i>Psidium guajava</i>)	5			0.70±0.07	28.95±2.42	16.48±1.53	1.97±0.30	0.55±0.06	0.65±0.06			35.08±3.38
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5				17.96±2.31	9.22±0.63						13.97±2.14
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5				30.69±2.30	1.70±0.26	1.77±0.17	2.35±0.35	1.15±0.13		0.75±0.13	9.34±1.06
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2				43.42	19.46	3.62				3.17	17.56
E032	Karonda fruit (<i>Carissa carandas</i>)	1				42.89	20.47	3.45				3.64	20.48
E033	Lemon, juice (<i>Citrus limon</i>)	6				147±5.2	27.67±1.91		27.55±4.69				47.40±6.45
E034	Lime, sweet,pulp (<i>Citrus limetta</i>)	6				65.42±3.97	10.98±0.66					8.30±0.93	26.88±1.81
E035	Litchi (<i>Nephelium litchi</i>)	4				68.53±3.97	14.13±0.14		2.64±0.41	6.19±0.77		4.04±0.37	41.60±3.12
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6			7.01±1.49	150±6.1	7.12±0.55		1.90±0.23	3.96±0.64		52.48±6.23	81.18±8.57
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2		2.33	16.50	147	8.20	1.71	1.59	3.26		55.42	89.08
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3			5.81±0.78	154±2.7	6.63±0.30		2.01±0.13	4.99±0.27		60.51±0.90	73.42±3.26
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4			5.71±0.83	152±8.6	7.36±0.43		2.06±0.18	5.15±0.45		63.91±2.81	105±6.5
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2		3.08	17.21	141	6.64	2.44	1.87	5.59		56.63	89.89
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2		2.33	34.58	137	6.26	1.33	1.32	3.27		69.02	122.79
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1		2.43	21.79	136	7.56	1.44	1.53	3.96		70.57	97.56
E043	Mangosteen (<i>Garcinia mangostana</i>)	1		2.54	22.48	135	7.85	1.58	2.01	4.12		69.87	95.47
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1				20.98	3.54	0.97	1.07	1.25			33.45
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5				76.84±3.38	16.10±1.58					7.32±0.96	17.86±1.61
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6				62.61±3.89	16.39±1.48					5.75±0.28	15.37±1.64

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5				109±0.4		52.81±0.21		129±0.4	12.97±0.07	162±0.6
E028	Guava, white flesh (<i>Psidium guajava</i>)	5	0.64±0.08			165±13.4		11.08±1.05		49.30±3.97	35.72±3.43	176±14.4
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5				84.36±6.35		7.29±0.56		27.18±2.05	13.97±2.14	91.65±6.38
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	3.86±0.60	28.77±3.05	1.56±0.24	22.63±2.96		15.44±1.58		37.66±2.83	44.27±4.43	38.07±4.41
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2				42.40		6.37		66.49	20.73	48.77
E032	Karonda fruit (<i>Carissa carandas</i>)	1				45.12		7.48		66.81	24.12	52.60
E033	Lemon, juice (<i>Citrus limon</i>)	6				270±9.5		83.53±3.97		202±7.3	47.40±6.45	353±13.4
E034	Lime, sweet,pulp (<i>Citrus limetta</i>)	6				67.81±3.12		16.60±1.75		76.40±4.34	35.18±2.49	84.41±4.19
E035	Litchi (<i>Nephelium litchi</i>)	4				51.98±4.49		26.91±1.89		91.48±4.93	45.63±3.45	78.89±6.36
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6				30.72±2.87		101±5.5		170±6.6	134±10.3	132±7.5
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2				27.91		71.39		180	145	99.30
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3				16.00±1.74		111±9.1		174±3.3	134±4.2	127±10.2
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4				24.29±1.83		90.87±8.77		172±8.1	169±9.2	115±10.4
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2				16.56		98.95		178	147	116
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2				20.40		65.92		186	192	86.32
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1				18.64		70.06		175	168	88.71
E043	Mangosteen (<i>Garcinia mangostana</i>)	1				20.48		68.12		176	165	88.60
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1				6.01		13.48		27.81	33.45	19.49
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5				97.34±6.29		61.33±2.46		92.94±4.13	25.18±2.14	159±7.2
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6				72.56±4.65		41.54±2.55		79.00±5.34	21.12±1.78	114±7.1

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
E047	Orange, pulp (<i>Citrus aurantium</i>)	6				29.46±4.92	7.66±1.10					4.27±0.79	14.99±1.78
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1			2.45	22.45	8.46					5.47	32.85
E049	Papaya, ripe (<i>Carcia papaya</i>)	6			5.52±0.62	45.26±4.02	5.30±0.61					9.53±0.95	16.83±1.70
E050	Peach (<i>Prunus communis</i>)	1			0.32	17.24	5.98	0.03			0.03	1.32	207
E051	Pear (<i>Pyrus</i> sp.)	6				47.91±5.65	15.80±2.38	4.52±0.59	4.73±0.98	2.98±0.55			24.26±3.22
E052	Phalsa (<i>Grewia asiatica</i>)	2			2.18	107	45.72	4.21	3.06	2.17		5.70	162
E053	Pineapple (<i>Ananas comosus</i>)	6				42.57±5.87	8.52±1.57						31.15±4.54
E054	Plum (<i>Prunus domestica</i>)	3				16.00±0.07	4.05±0.11					4.09±0.22	166±0.5
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6		1.14±0.18	0.48±0.12	22.64±3.44	13.25±2.35	2.90±0.56	1.33±0.26	0.77±0.21			35.30±4.74
E056	Pummelo (<i>Citrus maxima</i>)	3				88.03±0.05	19.32±0.32		3.66±0.20	4.27±0.30		8.70±0.34	32.30±0.31
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6				46.97±2.24	15.49±0.72						46.53±3.32
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6				95.25±7.47	25.94±2.83						32.64±1.74
E059	Rambutan (<i>Nephelium lappaceum</i>)	1				120	24.12					14.25	145
E060	Sapota (<i>Achras sapota</i>)	6				343±5.4	45.33±3.97					35.05±4.86	220±9.8
E061	Soursop (<i>Annona muricata</i>)	1				89	28.84	4.98	4.01	7.98		4.56	33.98
E062	Star fruit (<i>Averrhoa carambola</i>)	1				10.23	10.54					3.50	30.12
E063	Strawberry (<i>Fragaria ananassa</i>)	6				50.68±4.43	10.62±0.38	3.81±0.56	1.11±0.11				77.87±0.85
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6				20.58±0.51	3.14±0.38	1.02±0.05	1.05±0.05	1.46±0.25			34.89±0.45
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6				32.40±2.17	7.31±0.63						24.84±1.71
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6				42.94±2.12	7.39±0.99						10.96±0.61

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E047	Orange, pulp (<i>Citrus aurantium</i>)	6				36.52±6.20		11.11±1.73		37.11±5.94	19.26±2.41	47.63±7.82
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1				50.64		25.78		33.36	38.32	76.42
E049	Papaya, ripe (<i>Carcia papaya</i>)	6				10.33±0.91		37.91±3.34		56.08±5.03	26.35±2.27	48.24±3.59
E050	Peach (<i>Prunus communis</i>)	1	0.30			62.16		0.44		23.90	209	62.61
E051	Pear (<i>Prunus persica</i>)	6				84.54±10.16		16.58±2.38		75.94±8.40	24.26±3.22	101±12.4
E052	Phalsa (<i>Grewia asiatica</i>)	2				362		18.66		164	167	381
E053	Pineapple (<i>Ananas comosus</i>)	6				17.75±2.51		30.00±3.84		51.09±7.38	31.15±4.54	47.76±6.32
E054	Plum (<i>Prunus sp</i>)	3				59.08±1.47				20.05±0.03	170±0.3	59.08±1.47
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	3.22±0.74			39.16±5.95		1.82±0.52		42.50±6.80	38.51±5.16	40.99±5.90
E056	Pummelo (<i>Citrus maxima</i>)	3				134±0.6		53.21±0.30		115±0.2	41.00±0.09	187±0.3
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6				147±10.0		11.91±1.51		62.47±2.78	46.53±3.32	159±10.7
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6				93.96±5.67		30.87±2.60		121±9.7	32.64±1.74	125±8.2
E059	Rambutan (<i>Nephelium lappaceum</i>)	1				160		202		144	160	362
E060	Sapota (<i>Achras sapota</i>)	6				233±6.8		125±4.4		389±6.0	255±6.4	358±10.6
E061	Soursop (<i>Annona muricata</i>)	1				77.98		54.02		135	38.54	132
E062	Star fruit (<i>Averrhoa carambola</i>)	1				151		39.90		20.77	33.62	191
E063	Strawberry (<i>Fragaria ananassa</i>)	6				179±0.9		112±6.1		66.21±4.91	77.87±0.85	291±6.2
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6				4.99±0.72		12.86±0.91		27.26±0.67	34.89±0.45	17.85±0.38
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6				51.90±3.73		15.55±0.97		39.70±2.75	24.84±1.71	67.46±4.22
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6				54.86±2.89		10.52±1.13		50.33±2.79	10.96±0.61	65.38±3.29

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
E067	Wood Apple (<i>Limonia acidissima</i>)	3				657±19	162±14.0	28.01±4.59	16.23±2.07	12.98±0.13		35.39±5.97	559±19.0
E068	Zizyphus (<i>Zizyphus jujube</i>)	1		1.92	5.34	85.73	17.22	3.14	1.95	3.65		13.76	110
F ROOTS AND TUBERS													
F001	Beet root (<i>Beta vulgaris</i>)	6				27.82±2.97	1.57±0.14		0.70±0.09	1.08±0.16			21.96±2.57
F002	Carrot, orange (<i>Dacus carota</i>)	6				72.82±2.63	6.87±0.57	3.03±0.42	2.91±0.40	2.08±0.44			21.01±1.26
F003	Carrot, red (<i>Dacus carota</i>)	4				70.77±1.63	8.40±0.40	3.94±0.11	3.41±0.31	2.67±0.20			18.27±0.53
F004	Colocasia (<i>Colocasia antiquorum</i>)	6				38.35±2.80	3.49±0.43						22.92±1.60
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3				215±16.5	33.32±6.83						84.12±3.38
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6				36.34±1.32	7.21±0.68					9.75±1.66	4.06±0.33
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1				36.29	7.74					4.57	7.37
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1				32.95	6.92					12.38	2.53
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3				33.13±2.78	5.52±0.77	1.31±0.21	1.35±0.07	1.35±0.27		1.11±0.15	6.17±0.65
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6				34.72±2.68	5.15±0.83	1.39±0.34	1.25±0.31	1.38±0.18		1.20±0.18	7.94±0.71
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1				37.24	4.69	0.97	1.26	1.93		1.25	4.82
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2				34.12	3.97	0.86	0.84	1.36		1.17	11.47
F013	Sweet potato, brown skin (<i>Ipomoes batatas</i>)	4		7.39±0.73		48.29±2.45	10.42±1.43						4.10±0.60
F014	Sweet potato, pink skin (<i>Ipomoes batatas</i>)	3		11.17±0.84		72.86±4.19	17.06±1.03						9.35±1.72
F015	Tapioca (<i>Manihot esculenta</i>)	3		3.59±0.06		42.10±2.24	13.82±0.38						9.20±0.72
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1		0.29	1.82	65.00	14.52	2.68	1.55	1.56		0.88	100

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E067	Wood Apple (<i>Limonia acidissima</i>)	3				799±19.0		636±46.2		877±4.3	595±24.7	1435±27.7
E068	Zizyphus (<i>Zizyphus jujube</i>)	1	2.33			27.18		8.07		119	126	35.25
F ROOTS AND TUBERS												
F001	Beet root (<i>Beta vulgaris</i>)	6				57.23±5.65		6.98±0.71		31.17±3.30	21.96±2.57	64.21±6.24
F002	Carrot, orange (<i>Dacus carota</i>)	6				241±10.5		24.38±1.90		87.71±3.56	21.01±1.26	266±12.0
F003	Carrot, red (<i>Dacus carota</i>)	4				246±0.3		24.10±0.25		88.91±1.03	18.27±0.53	270±0.3
F004	Colocasia (<i>Colocasia antiquorum</i>)	6				69.01±5.43		8.40±0.39		41.84±2.89	22.92±1.60	77.41±5.53
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3				291±23.3		123±8.9		249±20.3	84.12±3.38	414±31.1
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6				97.45±6.16		31.84±2.68		43.56±1.88	13.82±1.65	129±8.2
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1				54.34		73.68		44.03	11.94	128
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1				92.44		28.78		39.87	14.91	121
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3				23.71±1.6		33.02±4.55		42.65±3.07	7.29±0.74	56.73±5.71
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6				21.64±2.09		32.00±1.60		43.88±3.78	9.14±0.86	53.64±3.41
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1				21.18		54.67		46.08	6.08	75.85
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2				15.71		46.49		41.15	12.64	62.20
F013	Sweet potato, brown skin (<i>Ipomoes batatas</i>)	4				96.29±7.72		19.52±0.67		66.10±3.26	4.10±0.60	116±8.3
F014	Sweet potato, pink skin (<i>Ipomoes batatas</i>)	3				154±7.2		25.92±2.35		101±4.4	9.35±1.72	180±6.1
F015	Tapioca (<i>Manihot esculenta</i>)	3				78.47±5.88		12.83±0.98		59.50±2.11	9.20±0.72	91.29±6.85
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1	2.08	1.52		97.81		6.16		87.42	105	104

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6				31.01±3.20	4.72±0.52						6.75±0.92
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4				39.42±1.05	3.21±0.38						13.04±1.03
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2				67.83	11.68						22.66
G CONDIMENTS AND SPICES-FRESH													
G001	Chillies, green-1 (<i>Capsicum annum</i>)	5			4.96±0.79	90.78±4.58	20.64±2.19	3.80±0.91	2.89±0.55	2.63±0.63		3.72±0.65	34.47±3.22
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3			6.20±1.91	91.42±7.84	21.54±4.36	4.16±0.97	4.08±0.53	3.96±0.67		4.85±0.79	28.54±2.23
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5			5.62±0.96	91.98±3.96	24.00±3.63	3.98±0.70	3.72±0.76	3.38±0.48		3.88±0.33	27.86±2.88
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3			6.02±1.15	92.27±4.73	29.74±3.89	6.91±0.73	6.21±0.97	6.75±1.48		5.19±0.87	24.06±3.21
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2			4.26±0.52	76.39±4.94	18.31±1.25	3.60±0.82	3.06±0.99	3.30±1.00		3.87±1.15	23.10±2.20
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1			8.14	80.61	18.97	4.87	4.50	4.16		4.67	22.90
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1			4.28	65.01	21.57	3.58	3.96	3.72		3.89	25.77
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6			5.58±1.41	88.25±8.70	22.68±4.67	4.43±1.35	4.00±1.27	3.94±1.53		4.32±0.88	27.88±4.64
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6			18.14±1.33	144±11.6	49.06±4.06	3.05±0.33	6.52±0.90	6.77±0.74			8.31±0.49
G010	Curry leaves (<i>Murraya koenigii</i>)	6				236±27.4	30.80±2.54						44.57±5.15
G011	Garlic, big clove (<i>Allium sativum</i>)	6				26.56±3.24	3.16±0.72	1.03±0.27	1.74±0.27	1.03±0.26			14.24±2.48
G012	Garlic, small clove (<i>Allium sativum</i>)	3				25.14±0.92	3.41±0.22	1.09±0.30	2.02±0.58	0.97±0.24			13.55±0.78
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1				28.56	2.19	1.36	1.35	1.31			10.83
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6		24.21±3.10	11.05±1.24	176±6.2	19.86±1.24						67.97±8.76
G015	Mango ginger (<i>Curcuma amada</i>)	3				146±6.6	30.59±1.78						52.26±3.28

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6				57.08±7.02		16.44±2.18		35.72±3.38	6.75±0.92	73.52±8.96
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4				56.32±3.93		16.02±0.85		42.63±1.24	13.04±1.03	72.34±4.73
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2				111		30.93		79.51	22.66	142

G	CONDIMENTS AND SPICES-FRESH											
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G001	Chillies, green-1 (<i>Capsicum annum</i>)	5				384±12.5		43.99±6.11		126±8.3	38.19±2.86	428±14.3
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3				391±19.6		41.73±4.99		131±14.9	33.39±2.72	433±24.1
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5				372±17.4		45.49±5.89		133±7.3	31.74±3.10	418±15.2
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3				364±7.9		47.37±0.69		148±5.9	29.25±2.42	412±7.8
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2				342±19.8		42.60±4.91		109±2.8	26.97±3.30	384±23.0
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1				329		34.57		121	27.57	363
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1				303		28.91		102	29.66	332
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6				370±26.7		43.14±5.96		129±14.9	32.20±4.48	413±29.5
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	0.75±0.12			151±10.6		169±20.1		228±16.0	9.06±0.59	320±29.4
G010	Curry leaves (<i>Murraya koenigii</i>)	6				152±19.6		417±39.3		267±29.4	44.57±5.15	569±58.4
G011	Garlic, big clove (<i>Allium sativum</i>)	6				60.62±7.90		6.28±0.63		33.52±4.39	14.24±2.48	66.90±8.48
G012	Garlic, small clove (<i>Allium sativum</i>)	3				56.95±3.67		4.86±0.88		32.63±2.10	13.55±0.78	61.82±4.48
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1				73.10		9.31		34.76	10.83	82.40
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6				302±14.0		78.99±9.71		231±7.4	67.97±8.76	381±16.4
G015	Mango ginger (<i>Curcuma amada</i>)	3				256±16.8		78.26±2.34		177±8.3	52.26±3.28	334±14.6

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
G016	Mint leaves (<i>Mentha spicata</i>)	4			2.18±0.18	105±8.6	17.59±1.10						13.23±1.01
G017	Onion, big (<i>Allium cepa</i>)	6				47.96±0.96	4.65±0.34		3.80±0.29	4.40±0.32			39.36±0.89
G018	Onion, small (<i>Allium cepa</i>)	5				32.07±2.47	4.08±0.41		2.50±0.21	2.37±0.42			15.83±1.73

G CONDIMENTS AND SPICES-DRY													
G019	Asafoetida (<i>Ferula assa-foetida</i>)	6			5.04±0.97	191±4.3	45.89±3.99					5.91±0.71	236±7.9
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6				557±22.5	66.70±6.98					32.49±5.63	858±65.5
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4				430±6.3	62.50±0.85					39.53±0.59	1043±13.7
G022	Chillies, red (<i>Capsicum annum</i>)	6			60.26±6.53	890±41.5	141±5.1	21.09±0.77	15.91±0.82	13.52±0.83		22.41±1.65	646±66.3
G023	Cloves (<i>Syzygium aromaticum</i>)	6				2020±33.4	659±23.8						605±47.7
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6			54.98±10.72	631±20.6	141±5.8	31.53±4.31	56.26±5.65	36.98±3.68		27.35±3.65	10702±135
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6				500±12.4	98.2±3.04	20.46±1.89				35.01±0.95	8344±88.0
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6				501±12.2	188±5.3	50.12±2.25	18.60±1.44	11.78±1.27			663±24.1
G027	Mace (<i>Myristica fragrans</i>)	6			362±38	8120±304	767±200	54.30±13.98				404±35.2	8898±398
G028	Nutmeg (<i>Myristica fragrans</i>)	6		783±18.0		2372±102	204±32.7					47.77±9.28	1562±117
G029	Omum (<i>Trachyspermum ammi</i>)	6			16.93±2.62	895±10.9	177±10.0	23.26±0.90				26.83±0.98	13810±152
G030	Pippali (<i>Piper longum</i>)	6				436±11.7	165±10.0					38.18±1.88	289±15.1
G031	Pepper, black (<i>Piper nigrum</i>)	6				548±23.3	106±5.9						463±24.8
G032	Poppy seeds (<i>Papaver somniferum</i>)	6			10.16±0.81	1644±46.6	397±11.0	22.27±1.91				27.62±2.90	2311±106
G033	Turmeric powder (<i>Curcuma domestica</i>)	6				769±42.7	691±44.7	174±16.1					448±83.7

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
G016	Mint leaves (<i>Mentha spicata</i>)	4				65.09±4.74		286±20.5		125±9.7	13.23±1.01	352±25.2
G017	Onion, big (<i>Allium cepa</i>)	6				100±1.5		6.63±0.54		60.81±0.53	39.36±0.89	107±1.9
G018	Onion, small (<i>Allium cepa</i>)	5				66.60±4.12		4.55±0.46		41.01±2.60	15.83±1.73	71.16±4.41

G CONDIMENTS AND SPICES-DRY

G019	Asafoetida (<i>Ferula assa-foetida</i>)	6	7.35±1.74			470±15.7		43.79±6.93		242±4.2	250±6.5	514±13.6
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6				411±9.4		172±7.3		624±24.3	891±68.8	583±16.1
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4				320±0.5		197±5.8		493±5.4	1083±14.3	517±5.6
G022	Chillies, red (<i>Capsicum annum</i>)	6	6.75±0.23		43.11±5.25	3081±111		182±14.3		1141±44.1	718±64.0	3263±101
G023	Cloves (<i>Syzygium aromaticum</i>)	6				2737±71.8		691±36.4		2679±52.7	605±47.7	3428±83.6
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	40.02±2.30			2203±60.9		44.01±5.39		952±10.1	10769±134	2247±62.1
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6				4269±48.2		44.00±3.65		619±16.3	8379±88.6	4313±47.1
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6	12.15±1.86			2051±23.7		1082±13.6		770±17.5	675±23.4	3133±35.9
G027	Mace (<i>Myristica fragrans</i>)	6				4571±233		159±33.1		9304±214	9302±370	4731±260
G028	Nutmeg (<i>Myristica fragrans</i>)	6	26.66±2.85			299±21.9		79.30±7.33		3359±88.8	1637±107	379±25.5
G029	Omum (<i>Trachyspermum ammi</i>)	6	42.03±3.51			5116±127		76.71±4.77		1112±18.0	13879±152	5193±128
G030	Pippali (<i>Piper longum</i>)	6				587±10.8		299±9.3		602±9.7	327±15.5	885±10.9
G031	Pepper, black (<i>Piper nigrum</i>)	6				818±5.8		258±10.7		654±24.1	463±24.8	1076±15.2
G032	Poppy seeds (<i>Papaver somniferum</i>)	6	14.09±1.15			13742±91.3		106±9.2		2074±56.7	2353±110	13847±94.7
G033	Turmeric powder (<i>Curcuma domestica</i>)	6				1563±22.9		377±44.9		1634±46.8	448±83.7	1940±32.3

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
H	NUTS AND OIL SEEDS												
H001	Almond (<i>Prunus amygdalus</i>)	6			30.36±3.96	3553±20.3	717±24.8	57.98±10.77				281±6.5	38012±162
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6		524±17.5	1527±27.0	487±8.8	56.30±2.94	9.72±0.46					461±21.5
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3		236±13.8	833±22.4	498±15.4	94.80±6.23	12.14±0.73					980±16.7
H004	Arecanut, fresh (<i>Areca catechu</i>)	2		586	2093	628	68.65	13.31					582
H005	Cashew nut (<i>Anacardium occidentale</i>)	6				4033±59	3447±89.3	233±5.2	47.13±1.73	56.25±3.84		163±7.9	27678±303
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6	2674±33.6	24525±379	10243±145	4322±185	1373±74.3	0.00±0.00	0.00±0.00	0.00±0.00			3710±133
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	1699±59.3	15442±303	6736±195	3067±157	1043±166	32.77±8.25	10.93±1.65	17.37±2.38			2434±59.5
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5			32.71±4.62	2190±36.2	730±21.6	800±24.0	219±12.4	130±7.6		55.48±2.08	5166±261
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6				3735±151	2230±164	263±11.9	51.25±6.32	38.42±6.09		62.24±4.91	15475±432
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4				3826±66.6	2090±46.5	251±3	47.61±8.43	35.87±1.72		56.96±2.60	15866±282
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5				3883±17.2	2206±143	256±22.8	50.85±10.31	33.17±5.10		55.87±7.22	16001±330
H012	Ground nut (<i>Arachis hypogea</i>)	6				4520±84.5	1303±96.2	598±66.3	1247±133	478±70		242±22.6	17719±562
H013	Mustard seeds (<i>Brassica juncea</i>)	6				856±29.4	389.3±38	289±27.8	348±31.2	230±36		69.74±7.52	4012±549
H014	Linseeds (<i>Linum usitatissimum</i>)	6				1503±68.1	1323±65.6	59.74±4.28	51.21±3.89	31.93±2.83		25.61±1.29	5049±303
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4			100±2.0	4750±57.7	951±52.8	91.53±2.82	23.39±1.53	27.87±2.13		98.16±5.18	8813±417
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5			136±28.3	6061±180	2651±104	250±25.2	386±147	253±17.2		131±19.7	4013±149
H017	Pine seed (<i>Pinus gerardiana</i>)	5			19.65±1.31	2640±69.1	791±67.9	246±22.5	74.80±5.21	30.03±3.06		31.06±1.90	18261±172
H018	Pistachio nuts (<i>Pistacla vera</i>)	6			39.96±3.16	3473±81.9	425±34.4	49.82±2.80	38.10±7.85	18.11±3.13		285±12.9	18478±209
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5			28.06±1.91	1789±132	546±21.4	90.69±5.27	58.62±3.79	36.13±3.31		17.08±2.37	3487±27
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5			47.49±10.65	3215±109	2166±179	175±7.7	411±33.7	145±12.2		71.56±7.04	17649±467

Table 7. Fatty Acid Profile

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Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
H	NUTS AND OIL SEEDS											
H001	Almond (<i>Prunus amygdalus</i>)	6	43.69±6.16			13183±153		32.04±3.78		4358±22.4	38336±159	13215±156
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6	4.87±0.65			396±23.1		7.42±0.62		2605±38.3	466±21.3	403±23.3
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3	7.24±0.47			901±22.5		16.78±0.07		1674±29.9	987±16.3	918±22.5
H004	Arecanut, fresh (<i>Areca catechu</i>)	2	16.44			506		15.67		3389	599	522
H005	Cashew nut (<i>Anacardium occidentale</i>)	6	66.58±3.22			7427±205		55.04±6.90		7816±148	27907±309	7482±203
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6	0.00±0.00			929±37.7				43138±268	3710±133	929±37.7
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	15.62±0.99			639±40.1				28048±174	2449±59.3	639±40.1
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5	2699±52.1		211±9.3	2839±50.1	141±8.8	7484±246		4101±69.3	8131±242	10464±234
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6	67.66±4.99			19123±472		136±32.3		6317±169	15605±437	19259±477
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4	66.30±2.49			18966±202		112±12.7		6250±36.6	15989±279	19078±208
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5	67.54±4.43			18477±495		120±14.1		6430±189	16124±329	18597±490
H012	Ground nut (<i>Arachis hypogea</i>)	6	376±30.0			11584±426		0.00±0.00		8144±214	18337±552	11584±426
H013	Mustard seeds (<i>Brassica juncea</i>)	6	1838±84.9	14468±820	644±33.6	4932±112	245±39.3	3341±379		2112±41.7	21032±503	8910±540
H014	Linseeds (<i>Linum usitatissimum</i>)	6	36.60±1.43			3191±144		12956±467		2968±48.4	5112±303	16147±378
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	122±11.5			21871±500		64.5±3.15		5945±88.9	9033±422	21935±499
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5	308±42.3			23300±300		265±23.6		9737±189	4452±129	23564±289
H017	Pine seed (<i>Pinus gerardiana</i>)	5	332±7.4			23874±310		140±27.5	188±10.1	3801±123	18624±177	24202±303
H018	Pistachio nuts (<i>Pistacla vera</i>)	6	144±2.7		13.87±1.80	11776±277		171±5.2		4043±94.4	18922±207	11946±281
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5	49.34±1.37		36.44±2.22	18760±227		21.90±0.73		2548±115	3589±26.7	18781±226
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5	82.25±11.93			25545±308		35.6±5.78		6159±310	17803±471	25580±305

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
H021	Walnut (<i>Juglans regia</i>)	6				3661±50.6	1502±36.3	44.18±21.48				39.95±6.12	11168±799
I SUGARS													
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6				45.00±3.15	24.23±1.77						21.67±1.45
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6				119±4.4	20.80±2.38						29.70±2.99
J MUSHROOMS													
J001	Button mushroom, fresh (<i>Agaricus</i> sp.)	1			1.83	40.06	12.95	5.07	2.98			1.23	5.25
J002	Chicken mushroom, fresh (<i>Lactiporus</i> sp.)	1			0.79	54.83	3.99					0.62	2.40
J003	Shiitake mushroom, fresh (<i>Lentinula</i> sp.)	1			3.25	72.70	18.44	9.17	5.21			2.05	9.73
J004	Oyster mushroom, dried (<i>Pleurotus</i> sp.)	1			12.67	256	91.79	36.78	20.76			7.94	38.44
K MISCELLANEOUS FOODS													
K001	Toddy	10			2.10±0.38	21.04±0.93	7.50±0.40					4.19±0.81	30.49±1.14
K002	Coconut Water	6		47.14±3.52	24.62±2.06	16.18±0.97	5.56±1.10						10.78±0.38
L MILK AND MILK PRODUCTS													
L001	Milk, whole, Buffalo	6	158±6.6	220±3.3	806±16.9	1776±63.6	943±58.7				47.08±7.37	61.97±4.34	1671±103
L002	Milk, whole, Cow	6	172±8.8	98±3.08	451±11.8	1033±40.3	518±15.7					37.90±2.11	1176±30.3
L003	Panner	6	230±10.0	340±29.6	1600±60.9	4792±199	1755±166	88.14±15.40	28.73±6.32	17.14±2.69		385±33.5	3914±206
L004	Khoa	6	259±21.1	375±19.4	1932±112	7138±290	3099±286	61.24±12.26	43.03±15.56	28.18±7.46		398±57.1	5266±422

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
H021	Walnut (<i>Juglans regia</i>)	6	108±13.5			36205±626		8710±238		5208±74.2	11316±796	44915±830
I SUGARS												
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6				33.10±2.09				69.23±4.91	21.67±1.45	33.10±2.09
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6				145±12.5		28.34±4.27		140±3.1	29.70±2.99	173±16.1
J MUSHROOMS												
J001	Button mushroom, fresh (<i>Agaricus</i> sp.)	1	0.34			263				62.89	6.82	263
J002	Chicken mushroom, fresh (<i>Lactiporus</i> sp.)	1				111		26.43		59.60	3.02	137
J003	Shiitake mushroom, fresh (<i>Lentinula</i> sp.)	1	0.55			417	63.63			116	12.33	480
J004	Oyster mushroom, dried (<i>Pleurotus</i> sp.)	1	27.58			1491	301			422	73.96	1792
K MISCELLANEOUS FOODS												
K001	Toddy	10				44.90±1.71		20.28±0.78		30.65±0.93	34.68±0.79	65.18±2.11
K002	Coconut Water	6				3.73±0.91				93.49±4.64	24.11±32.54	3.73±0.91
L MILK AND MILK PRODUCTS												
L001	Milk, whole, Buffalo	6	139±2.8			132±5.4		34.76±2.06	21.78±0.89	4630±93.9	1919±106	200±7.8
L002	Milk, whole, Cow	6				106±2.9		20.52±2.24	7.03±0.49	2707±29.9	1214±29.4	138±2.6
L003	Panner	6				206±69.1		233±14.6		8851±136	4300±202	439±59.0
L004	Khoa	6				525±124		265±76.8		12936±221	5664±462	790±53.1

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
M	EGG AND EGG PRODUCTS										
M001	Egg, poultry, whole, raw	6			35.05±2.25		2167±44.9	596±28.9	10.22±0.56	137±7.4	11.99±1.23
M002	Egg, poultry, white, raw	6									
M003	Egg, poultry, yolk, raw	6			95.82±2.85		6236±107	1797±151	30.51±2.96	385±21.2	36.31±2.27
M004	Egg, poultry, whole, boiled	6			40.12±3.58		2524±112	713±54.2	13.50±0.80	157±12.4	16.48±2.66
M005	Egg, poultry, white, boiled	6									
M006	Egg, poultry, yolk, boiled	6			105±7.6		6448±64.3	1800±130	30.23±4.27	401±33.5	34.76±2.89
M007	Egg, poultry, omlet	3			39.43±1.66		2335±26.9	653±9.5	10.40±0.57	126±12.8	14.05±0.64
M008	Egg, country hen, whole, raw	1			35.26		2730	1020	6.51		
M009	Egg, country hen, whole, boiled	1			33.61		2917	1117	5.89		
M010	Egg, country hen, omlet	1			47.23		3463	1366	9.59		
M011	Egg, duck, whole, boiled	1	1.12	3.38	37.51	1.14	2791	713	33.49	17.38	
M012	Egg, duck, whole, raw	1	1.12	4.51	38.65	1.14	2640	632	36.95	18.54	
M013	Egg, duck, whole, omlet	1	1.20	6.03	42.55	1.22	2983	775	40.76	21.07	
M014	Egg, quial, whole, raw	1	0.93	1.87	71.59	2.79	2049	637	9.57	14.40	
M015	Egg, quial, whole, boiled	1	0.93	1.97	73.73	2.18	2083	535	11.52	15.42	
N	POULTRY										
N001	Chicken, poultry, leg, skinless	4			22.52±2.93		827±51.7	272±9.5	5.66±0.88	13.14±0.97	17.23±2.74
N002	Chicken, poultry, thigh, skinless	6			22.25±2.82		794±18.8	234±16.5	4.84±1.24	7.97±1.11	7.88±1.00
N003	Chicken, poultry, breast, skinless	5			14.36±3.18		586±17.1	189±6.3	3.66±0.24	11.95±0.32	11.21±1.47

Table 7. Fatty Acid Profile

Food Code	Food Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
M	EGG AND EGG PRODUCTS										
M001	Egg, poultry, whole, raw	6		318±10.3	3090±36.1	24.55±2.12		47.43±8.16	1022±45.8		28.06±3.24
M002	Egg, poultry, white, raw	6									
M003	Egg, poultry, yolk, raw	6		941±43.1	8919±58.8	68.58±3.61		139±22.6	2919±127		64.43±7.92
M004	Egg, poultry, whole, boiled	6		333±29.3	3573±92.5	26.62±1.90		58.25±7.43	1169±90.3		29.40±4.07
M005	Egg, poultry, white, boiled	6									
M006	Egg, poultry, yolk, boiled	6		897±51.9	9525±182	70.89±2.46		150±23.7	3009±147		63.64±8.26
M007	Egg, poultry, omlet	3		291±14.7	4247±26.5	30.49±0.64		46.96±1.69	2679±18.3		34.36±6.04
M008	Egg, country hen, whole, raw	1		254	4765	42.32			1518	17.36	39.95
M009	Egg, country hen, whole, boiled	1		273	5433	41.19			1401	15.30	29.28
M010	Egg, country hen, omlet	1		338	6031	54.81			1773	23.29	47.72
M011	Egg, duck, whole, boiled	1	7.95	445	5623	5.77	16.22		1495		45.95
M012	Egg, duck, whole, raw	1	10.22	399	5638	5.77	10.43		1453		45.94
M013	Egg, duck, whole, omlet	1	9.72	488	5963	7.41	14.87		1579		61.43
M014	Egg, quial, whole, raw	1	18.83	446	3717	24.87	3.84		2112		42.84
M015	Egg, quial, whole, boiled	1	21.73	427	3919	21.12	2.89		2137		41.07
N	POULTRY										
N001	Chicken, poultry, leg, skinless	4		205±27.5	1342±88.5	13.35±0.81			627±35.4		25.97±5.33
N002	Chicken, poultry, thigh, skinless	6		185±11.5	1263±43.6	12.79±1.77			490±21.1		22.52±6.11
N003	Chicken, poultry, breast, skinless	5		120±6.3	862±32	9.10±0.31			346±13.8		12.63±0.88

Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa- pentadecanoic (C20:5n3)	Docosa- hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
M	EGG AND EGG PRODUCTS									
M001	Egg, poultry, whole, raw	6	25.95±2.47	0.00±0.00		75.70±3.60	2958±51.8	3481±48.8	1152±39.8	366±2.6
M002	Egg, poultry, white, raw	6								
M003	Egg, poultry, yolk, raw	6	73.72±5.76			180±30.1	8580±203	10068±43.8	3238±139	1076±2.9
M004	Egg, poultry, whole, boiled	6	29.73±2.17			65.26±20.53	3464±131	3991±103	1294±91.7	365±1.8
M005	Egg, poultry, white, boiled	6								
M006	Egg, poultry, yolk, boiled	6	74.14±5.99			187±25.6	8819±128	10643±174	3333±149	1085±2.4
M007	Egg, poultry, omlet	3	28.27±1.68	380±63.9		46.76±1.69	3179±28.4	4615±27.1	3168±53.0	316±1.4
M008	Egg, country hen, whole, raw	1	13.01			92.46	3792	5061	1936	355
M009	Egg, country hen, whole, boiled	1	15.29	301		120	4074	5747	1882	369
M010	Egg, country hen, omlet	1	20.54	329		124	4886	6424	2317	318
M011	Egg, duck, whole, boiled	1		153	35.29	15.04	3598	6098	1745	856
M012	Egg, duck, whole, raw	1		133	35.97	16.20	3373	6063	1684	839
M013	Egg, duck, whole, omlet	1		185	41.93	18.57	3871	6483	1886	815
M014	Egg, quial, whole, raw	1		192	30.20	22.06	2788	4210	2399	833
M015	Egg, quial, whole, boiled	1		173	22.05	30.79	2726	4391	2403	855
N	POULTRY									
N001	Chicken, poultry, leg, skinless	4	8.33±1.08				1157±61.0	1560±115	661±37.7	84.25±1.38
N002	Chicken, poultry, thigh, skinless	6	7.36±1.97				1071±29.1	1461±48.5	520±24.4	91.93±1.10
N003	Chicken, poultry, breast, skinless	5	7.82±0.38				816±23.7	991±37.4	367±14.5	61.55±0.93

Table 7. Fatty Acid Profile

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
N004	Chicken, poultry, wing, skinless	5			24.51±2.38		914±38.4	274±24.8	5.68±1.37	11.85±1.68	10.85±1.73
N005	Poultry, chicken, liver	1					677	651			
N006	Poultry, chicken, gizzard	1			9.91		495	256	5.92	4.36	
N007	Country hen, leg, with skin	1			13.27	2.11	362	174	2.63		
N008	Country hen, thigh, with skin	1			18.74	2.73	421	167			
N009	Country hen, breast, with skin	1			10.33	1.35	286	122			
N010	Country hen, wing, with skin	1			19.17	2.94	467	199			
N011	Duck, meat, with skin	1					287	58			
N012	Emu, meat, skinless	1			3.36		137	60			
N013	Guinea fowl, meat, with skin	1	0.90	1.81	17.07	7.03	508	556	17.03	9.63	2.49
N014	Pigeon, meat, with skin	1			10.72		939	879			
N015	Quail, meat, skinless	1			44.53	6.70	1463	479	23.18		8.54
N016	Turkey, leg, with skin	1					667	313			
N017	Turkey, thigh, with skin	1					681	334			
N018	Turkey, breast, with skin	1					647	286			
N019	Turkey, wing, with skin	1					604	275			
O ANIMAL MEAT											
O001	Goat, shoulder	6		45.17±38.01	376±238		2638±337	2331±160	18.08±3.57		35.45±26.72
O002	Goat, chops	6		16.34±10.05	202±93.7		1383±160	1252±111	12.19±4.91		11.48±6.13
O003	Goat, legs	6		24.30±15.82	263±105		1795±154	1522±157	18.61±5.01		41.99±34.76

Food Code	Food Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
N004	Chicken, poultry, wing, skinless	5		238±14.9	1524±63	15.00±1.25			623±20.6		27.64±5.06
N005	Poultry, chicken, liver	1			681				680		140
N006	Poultry, chicken, gizzard	1		98	604	13.85			342		
N007	Country hen, leg, with skin	1		59	616	5.59			273	3.45	11.45
N008	Country hen, thigh, with skin	1		57	687	6.05			287		12.91
N009	Country hen, breast, with skin	1		28	422	3.65			182		7.26
N010	Country hen, wing, with skin	1		65	763	7.94			305		14.03
N011	Duck, meat, with skin	1		1467	748				217		86.54
N012	Emu, meat, skinless	1		20	221	1.00			90		7.97
N013	Guinea fowl, meat, with skin	1	1.52	21	879	17.33	1.86	6.23	816		30.49
N014	Pigeon, meat, with skin	1		283	2305				958		
N015	Quail, meat, skinless	1		392	2364	14.13		12.52	788		22.50
N016	Turkey, leg, with skin	1		0	938				908		150
N017	Turkey, thigh, with skin	1		0	927				904		131
N018	Turkey, breast, with skin	1		0	884				886		170
N019	Turkey, wing, with skin	1		0	826				787		126
O ANIMAL MEAT											
O001	Goat, shoulder	6		251±54.2	4563±318	87.48±42.27			432±149		33.28±10.52
O002	Goat, chops	6		113±27.3	2193±170	39.47±12.04			184±42.1		16.12±8.80
O003	Goat, legs	6		156±22.5	2805±340	77.43±30.80			374±74.8		21.85±2.70

Table 7. Fatty Acid Profile

Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa- pentaenoic (C20:5n3)	Docosa- hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
N004	Chicken, poultry, wing, skinless	5	7.31±0.38				1241±55.1	1777±73.9	658±22.3	54.52±0.78
N005	Poultry, chicken, liver	1				194	1328	681	1013	268
N006	Poultry, chicken, gizzard	1		122			772	716	464	57.24
N007	Country hen, leg, with skin	1	6.24	90		15.98	534	681	400	87.95
N008	Country hen, thigh, with skin	1	3.63	48		7.63	610	750	360	91.81
N009	Country hen, breast, with skin	1		72			419	453	262	66.03
N010	Country hen, wing, with skin	1	6.75	87	12.90	25.09	688	836	451	55.42
N011	Duck, meat, with skin	1					345	2215	304	81.76
N012	Emu, meat, skinless	1		34	5.94	5.26	200	242	144	72.69
N013	Guinea fowl, meat, with skin	1		1	45.45	102	1138	928	995	87.48
N014	Pigeon, meat, with skin	1		200	94.93	29.29	1828	2588	1282	107
N015	Quail, meat, skinless	1					2024	2789	810	77.87
N016	Turkey, leg, with skin	1					980	938	1058	83.44
N017	Turkey, thigh, with skin	1					1015	927	1035	85.35
N018	Turkey, breast, with skin	1					934	884	1055	81.28
N019	Turkey, wing, with skin	1					897	826	913	80.01
O ANIMAL MEAT										
O001	Goat, shoulder	6		178±54.8			5444±803	4902±415	643±214	82.18±3.33
O002	Goat, chops	6		59.35±12.87			2877±386	2346±210	259±63.7	88.37±7.14
O003	Goat, legs	6		172±52.3			3665±471	3038±393	567±130	82.52±5.47

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O004	Goat, brain	5			32.63±6.10		1007±97.9	1013±57.5	28.88±3.12	22.73±3.77	33.49±7.60
O005	Goat, tongue	4		37.79±18.66	388±150		2556±325	1976±377	21.00±2.75		49.13±42.98
O006	Goat, lungs	4		16.42±20.30	95.79±52.64		907±156	513±122	12.42±8.43		20.21±12.37
O007	Goat, heart	5		10.26±7.38	128±70.9		763±183	1017±273	6.51±2.66		13.97±13.54
O008	Goat, liver	6		3.97±1.08	37.41±14.69		735±173	944±137			49.82±39.91
O009	Goat, tripe	5		16.61±12.79	155±96.5		828±144	661±139	9.66±0.82		12.66±4.47
O010	Goat, spleen	4		9.23±3.32	56.89±9.62		555±51.2	553±138	9.47±4.33		17.09±9.01
O011	Goat, kidneys	4		7.80±3.94	70.83±36.59		557±61.7	470±66.4	5.20±1.56		32.65±23.84
O012	Goat, tube (small intestine)	3		28.28±23.62	294±258		1961±184	2103±792	24.09±6.81		35.02±35.16
O013	Goat, testis	2		3.15	33.66		899	259	5.88		14.56
O014	Sheep, shoulder	5		48.54±32.58	603±320		3569±629	2595±598	30.32±14.36		70.13±106
O015	Sheep, chops	4		18.76±13.09	221±123		1323±484	1190±331	10.63±2.76		9.19±2.99
O016	Sheep, leg	5		30.98±14.68	282±152		1797±145	1591±512	20.00±9.49		24.42±12.81
O017	Sheep, brain	1			24.69		938	990	23.43	14.85	49.24
O018	Sheep, tongue	1		251	408		2533	2384			
O019	Sheep, lungs	2		11.61	33.99		640	442	6.31		4.82
O020	Sheep, heart	1		20.40	186		773	690			
O021	Sheep, liver	4			24.79±14.41		681±103	1078±168			38.64±47.47
O022	Sheep, tripe	2		13.91	154		989	789	7.63		8.62
O023	Sheep, spleen	1		10.04	74.93		663	753	9.72		22.65
O024	Sheep, kidneys	2		7.08	60.88		505	543	4.56		5.57

Table 7. Fatty Acid Profile

Food Code	Food Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
O004	Goat, brain	5		23.08±5.65	1304±88	119±83.2			43.20±16.81		80.48±72.83
O005	Goat, tongue	4		289±34.9	4498±607	129±54.1			504±134		67.38±29.75
O006	Goat, lungs	4		43.19±6.3	836±186	15.22±3.36			135±15.8		13.74±7.83
O007	Goat, heart	5		37.69±10.44	953±210	35.14±3.75			292±83.0		9.52±2.65
O008	Goat, liver	6		42.04±12.85	879±337				368±67.1		56.53±24.71
O009	Goat, tripe	5		63.87±26.62	1063±234	27.10±7.84			154±50.1		11.70±4.47
O010	Goat, spleen	4		25.25±3.79	575±114	15.79±5.62			143±17.3		10.56±4.54
O011	Goat, kidneys	4		23.91±8.08	523±42.7	19.00±9.32			236±6.5		10.37±5.92
O012	Goat, tube (small intestine)	3		113±27.1	2339±327	51.10±34.11			340±203		33.46±7.08
O013	Goat, testis	2		21.27	552	16.51			88.56		9.27
O014	Sheep, shoulder	5		329±195	4598±970	169±54.9			717±147		141±206
O015	Sheep, chops	4		92.36±46.71	1766±727	57.91±24.42			220±80.0		25.59±6.62
O016	Sheep, leg	5		126±44.9	2377±162	103±22.3			472±254		33.55±9.35
O017	Sheep, brain	1		28.00	1060	94.94			41		85.88
O018	Sheep, tongue	1		618	4999	258			397		471
O019	Sheep, lungs	2		22.22	730	15.63			124		8.92
O020	Sheep, heart	1		37.52	815	20.02			206		29.15
O021	Sheep, liver	4		30.36±13.93	742±145				346±46.4		74.97±25.31
O022	Sheep, tripe	2		85.72	1417	31.48			134		13.10
O023	Sheep, spleen	1		26.60	716	20.83			168		14.37
O024	Sheep, kidneys	2		20.68	540	27.78			222		8.25

Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa- pentaenoic (C20:5n3)	Docosa- hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
O004	Goat, brain	5		300±21.5		516±52.1	2138±176	1447±176	939±163	1340±21.6
O005	Goat, tongue	4		187±93.8			5028±917	4916±696	758±257	206±1.8
O006	Goat, lungs	4		226±48.9			1564±372	894±196	374±72.5	448±5.6
O007	Goat, heart	5		125±55.6			1939±551	1025±224	427±141	122±1.8
O008	Goat, liver	6		362±80.1		138±64.0	1770±365	921±350	924±236	415±26.4
O009	Goat, tripe	5		80.27±33.71			1682±397	1154±268	246±88.3	113±3.5
O010	Goat, spleen	4		199±46.8			1200±215	616±123	352±68.7	243±10.4
O011	Goat, kidneys	4		233±22.0			1143±194	566±60.1	480±34.4	419±10.3
O012	Goat, tube (small intestine)	3		245±277			4445±1300	2504±388	619±487	176±3.6
O013	Goat, testis	2		284			1215	590	382	118
O014	Sheep, shoulder	5		240±99			6916±1700	5096±1221	1099±451	74.72±2.97
O015	Sheep, chops	4		62.73±25.59			2773±866	1916±796	309±100	86.14±3.09
O016	Sheep, leg	5		164±120			3745±846	2605±229	669±383	84.84±2.53
O017	Sheep, brain	1		289		449	2040	1183	866	1336
O018	Sheep, tongue	1		69.76			5576	5875	938	210
O019	Sheep, lungs	2		167			1138	767	301	431
O020	Sheep, heart	1		84.05	13.62		1677	873	332	112
O021	Sheep, liver	4		364±88		229±31.7	1822±333	772±159	1014±192	430±10.7
O022	Sheep, tripe	2		63.32			1962	1534	210	113
O023	Sheep, spleen	1		283			1533	764	466	262
O024	Sheep, kidneys	2		233			1127	588	463	299

Table 7. Fatty Acid Profile

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O025	Beef, shoulder	6		32.91±2.41	392±160		3772±410	2768±554	41.78±11.66		39.47±17.43
O026	Beef, chops	4		14.18±1.20	168±65.4		1625±193	1188±218	18.13±5.57		17.01±7.72
O027	Beef, round (leg)	6		13.58±1.50	135±16.2		1732±197	1023±136	42.45±4.10		52.78±6.67
O028	Beef, brain	4			67.09±33.46		1131±90.0	1188±149	19.51±3.09		84.15±13.23
O029	Beef, tongue	4		24.35±2.26	364±42.7		3197±262	2663±402	25.09±2.92		13.19±4.30
O030	Beef, lungs	3		3.95±0.23	71.64±69.29		625±123	468±78.5	14.22±9.86		13.92±8.94
O031	Beef, heart	5		5.69±1.23	44.89±16.77		614±121	787±119	9.39±2.42		19.06±11.57
O032	Beef, liver	6		5.86±0.74	34.29±13.79		664±179	806±119	6.72±1.34		26.54±17.71
O033	Beef, tripe	5		4.83±1.70	80.33±26.92		653±179	619±277	9.13±5.37		4.84±1.46
O034	Beef, spleen	6		4.08±0.89	26.85±7.72		505±70.9	592±69.2	10.29±1.57		22.43±8.41
O035	Beef, kidneys	3		5.50±0.00	56.58±0.00		777±0.0	892±0.0	6.79±0.00		5.40±0.00
O036	Calf, shoulder	2		13.57	133		1649	1646	22.73		45.09
O037	Calf, chops	2		3.39	60.78		830	1036	15.26		20.25
O038	Calf, round (leg)	2		7.65	85.35		1189	893	41.78		45.74
O039	Calf, brain	2			53.44		1048	1064	17.15		18.83
O040	Calf, tongue	2		18.97	320		2813	2415	22.44		40.10
O041	Calf, heart	1		5.23	46.27		602	814	9.22		12.28
O042	Calf, liver	1		5.46	28.39		666	898	9.71		8.59
O043	Calf, spleen	1		3.43	27.07		486	498	5.85		9.81
O044	Calf, kidneys	2		4.25	52.12		660	734	7.18		6.04
O045	Mithun, shoulder	1			96.92		1427	2772	60.51		79.49

Food Code	Food Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
O025	Beef, shoulder	6		486±151	5669±825	72.41±34.10			575±325		153±44.0
O026	Beef, chops	4		209±63.6	2440±351	30.87±13.32			249±142		66.06±18.97
O027	Beef, round (leg)	6		207±34.6	3026±253	46.84±4.27			201±21.0		67.90±6.17
O028	Beef, brain	4		37.16±8.99	1653±128	178±63.1			39.04±14.09		56.26±9.07
O029	Beef, tongue	4		351±86.8	4302±421	88.41±16.12			341±64.2		56.10±6.72
O030	Beef, lungs	3		41.34±5.15	588±63.5	17.58±5.02			92.04±24.05		6.14±1.51
O031	Beef, heart	5		39.33±17.31	780±199	28.50±24.56			351±91.7		11.43±6.51
O032	Beef, liver	6		51.37±16.51	740±171	33.85±14.75			236±52.0		8.51±2.53
O033	Beef, tripe	5		56.14±19.48	767±194	10.65±2.12			49.93±15.98		9.64±5.00
O034	Beef, spleen	6		25.01±8.71	442±119	13.83±2.95			127±24.4		12.22±3.88
O035	Beef, kidneys	3		33.01±0.00	790±0	12.02±0.00			148±0.0		8.72±0.00
O036	Calf, shoulder	2		166	2452	29.26			388		69.72
O037	Calf, chops	2		50.00	966	17.69			311		32.78
O038	Calf, round (leg)	2		180	2207	46.47			213		51.96
O039	Calf, brain	2		46.39	1357	56.90			45		45.48
O040	Calf, tongue	2		308	4050	47.58			434		46.48
O041	Calf, heart	1		19.68	656	20.82			563		11.84
O042	Calf, liver	1		30.8	618	21.19			271		14.64
O043	Calf, spleen	1		26.95	474	11.50			118		9.70
O044	Calf, kidneys	2		31.46	613	15.59			243		8.65
O045	Mithun, shoulder	1		108	2049				2339		385

Table 7. Fatty Acid Profile

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Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa- pentaenoic (C20:5n3)	Docosa- hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
O025	Beef, shoulder	6		280±168			7046±1155	6227±1010	1008±536	66.36±4.77
O026	Beef, chops	4		122±74.7			3031±491	2680±428	437±236	45.97±5.89
O027	Beef, round (leg)	6		211±12.7			2998±361	3280±291	480±40	55.81±1.96
O028	Beef, brain	4		321±77.3		432±99.1	2490±289	1869±200	848±200	1668±28.5
O029	Beef, tongue	4		86.44±28.31			6287±716	4741±524	484±99	141±1.1
O030	Beef, lungs	3		146±85.9			1198±290	647±73.6	244±111	334±8.8
O031	Beef, heart	5		128±38			1479±273	848±240	490±136	92.73±5.29
O032	Beef, liver	6		218±79.7		103±27.5	1543±331	826±202	566±162	261±9.9
O033	Beef, tripe	5		35.70±4.88			1371±491	833±216	95.26±25.86	82.66±4.33
O034	Beef, spleen	6		254±84.3			1160±159	480±130	393±113	353±8.3
O035	Beef, kidneys	3		135±0.0			1743±0.0	835±0.0	291±0.0	439±3.8
O036	Calf, shoulder	2		231			3510	2647	689	58.27
O037	Calf, chops	2		105			1966	1034	449	62.05
O038	Calf, round (leg)	2		233			2263	2433	497	50.10
O039	Calf, brain	2		264		249	2202	1460	603	1345
O040	Calf, tongue	2		256			5630	4406	737	107
O041	Calf, heart	1		198			1489	696	773	130
O042	Calf, liver	1		265		92.00	1616	670	643	306
O043	Calf, spleen	1		269			1030	513	397	360
O044	Calf, kidneys	2		239			1464	660	491	271
O045	Mithun, shoulder	1		889			4436	2157	3613	45.07

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O046	Mithun, chops	1			65.47		859	1748	34.94		28.37
O047	Mithun, round (leg)	1			41.28		491	817	36.27		57.04
O048	Pork, shoulder	6			259±107		4438±899	2151±502	39.02±23.54		
O049	Pork, chops	6			157±20.5		3080±135	1531±483	33.99±16.58		
O050	Pork, ham	6			269±63.7		4510±482	2101±467	59.11±57.10		
O051	Pork, lungs	4			34.48±12.10		776±70.9	431±73.4	6.29±4.17		
O052	Pork, heart	4			47.89±24.92		858±192	660±148	8.55±3.25		
O053	Pork, liver	5			15.29±4.18		549±33.6	753±85.0	6.89±0.71		
O054	Pork, stomach	1			102		1864	1342	19.31		
O055	Pork, spleen	3			27.99±8.02		691±190	520±144	6.41±2.90		
O056	Pork, kidneys	5			29.58±13.59		672±123	461±87.9	6.33±3.02		
O057	Pork, tube (small intestine)	1			126		2318	1639	25.50		
O058	Hare, shoulder	1			183		2202	313			
O059	Hare, chops	1			80.96		827	121			
O060	Hare, leg	1			59.34		754	97			
O061	Rabbit, shoulder	1			282		2634	227			
O062	Rabbit, chops	1			180		1606	121			
O063	Rabbit, leg	1			163		1295	117			

Table 7. Fatty Acid Profile

Food Code	Food Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
O046	Mithun, chops	1		70.10	1206				1095		160
O047	Mithun, round (leg)	1		48.11	1870				1056		186
O048	Pork, shoulder	6		418±106	7696±1111				1839±775		170±115
O049	Pork, chops	6		242±12.2	4731±361				521±141		112±41.5
O050	Pork, ham	6		466±108	7600±769				1598±387		163±107
O051	Pork, lungs	4		32.88±10.53	834±103				326±40.8		21.91±17.54
O052	Pork, heart	4		46.51±14.55	1201±335				725±243		38.38±27.92
O053	Pork, liver	5		21.63±6.99	678±206				494±186		26.57±13.51
O054	Pork, stomach	1		127	2563				841		94.61
O055	Pork, spleen	3		34.64±7.32	785±276				237±35.1		23.79±18.93
O056	Pork, kidneys	5		28.23±12.20	817±162				474±80.5		26.28±13.50
O057	Pork, tube (small intestine)	1		190	2984				638		85.90
O058	Hare, shoulder	1		240	1366				1261		267
O059	Hare, chops	1		90	523				496		105
O060	Hare, leg	1		75	439				407		57.78
O061	Rabbit, shoulder	1		504	1828				1242		365
O062	Rabbit, chops	1		310	1170				737		252
O063	Rabbit, leg	1		268	935				609		184

Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa- pentaenoic (C20:5n3)	Docosa- hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids	Total Poly Unsaturated Fatty Acids	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
O046	Mithun, chops	1		340			2736	1276	1596	46.99
O047	Mithun, round (leg)	1		458			1442	1918	1700	44.01
O048	Pork, shoulder	6		121±134			6887±1531	8114±1217	2129±1024	44.38±2.76
O049	Pork, chops	6		26.53±10.54			4803±655	4972±373	660±193	46.98±3.18
O050	Pork, ham	6		114±72.8			6938±1069	8065±876	1875±567	47.08±1.64
O051	Pork, lungs	4		121±91.6			1247±161	867±113	469±150	232±11.0
O052	Pork, heart	4		255±119			1575±367	1247±350	1019±391	134±4.2
O053	Pork, liver	5		376±85			1325±123	700±213	896±285	216±1.4
O054	Pork, stomach	1		154			3327	2690	1090	187
O055	Pork, spleen	3		137±23.9			1245±345	820±283	397±78	201±70.8
O056	Pork, kidneys	5		214±36.5			1169±228	846±174	714±130	267±2.1
O057	Pork, tube (small intestine)	1		168			4109	3174	892	180
O058	Hare, shoulder	1		191			2698	1606	1720	79.93
O059	Hare, chops	1		89			1028	613	690	77.70
O060	Hare, leg	1		90			910	514	555	78.81
O061	Rabbit, shoulder	1		205			3142	2332	1813	82.56
O062	Rabbit, chops	1		94			1907	1480	1083	79.17
O063	Rabbit, leg	1		85			1575	1203	877	76.70

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			← mg →								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P	MARINE FISH										
P001	Allathi (<i>Elops machnata</i>)	1		36.99	5.65	205	90.69	3.48	2.17	1.87	49.07
P002	Aluva (<i>Parastromateus niger</i>)	3		46.21±24.45	17.84±4.87	479±164	197±30.5	9.56±2.03	5.53±2.16		56.73±34.83
P003	Anchovy (<i>Stolephorus indicus</i>)	2		14.33	4.16	178	51.19				20.17
P004	Ari fish (<i>Aprion virescens</i>)	1		19.68	7.17	251	122	5.11	2.52		25.05
P005	Betki (<i>Lates calcarifer</i>)	1	1.82	5.33		56.47	22.78				16.28
P006	Black snapper(<i>Macolor niger</i>)	1		52.75		312	106				87.36
P007	Bombay duck (<i>Harpadon nehereus</i>)	2		45.49		283	70.16				69.09
P008	Bommuralu(<i>Muraenesox cinerius</i>)	3		145±41.1	25.20±3.00	793±144	261±30.1	10.96±2.39	1.72±2.98		254±69.1
P009	Cat fish (<i>Tachysurus thalassinus</i>)	1		39.00	12.62	485	249	6.85			86.44
P010	Chakla (<i>Rachycentron canadum</i>)	5		60.90±63.59	11.16±7.83	392±267	182±96.3	6.68±4.15	1.08±2.43		87.08±78.54
P011	Chappal (<i>Aluterus monoceros</i>)	1		5.76		130	63.46				7.31
P012	Chelu (<i>Elagatis bipinnulata</i>)	2		11.18	2.74	148	64.54	1.77	0.65	0.62	18.24
P013	Chembali (<i>Lutjanus quinquelineatus</i>)	1		61.97	8.54	461	155	7.13	5.48		92.54
P014	Eri meen (<i>Pristipomoides filamentosus</i>)	1		66.39	19.03	445	189	13.49	5.45		74.18
P015	Gobro (<i>Epinephelus diacanthus</i>)	2		22.46	5.10	177	81.09	3.44			39.29
P016	Guitar fish (<i>Rhinobatus prahli</i>)	1		1.53	1.16	68.68	41.53	0.71			3.57
P017	Hilsa (<i>Tenualosa ilisha</i>)	2	17.71	1650		6091	1468	35.64	23.62		2225
P018	Jallal (<i>Arius</i> sp.)	1		36.18	8.83	323	142	5.39	3.69		74.02
P019	Jathi vela meen (<i>Lethrinus lentjan</i>)	2	1.05	61.34	10.16	559	191	7.98	6.24		91.30
P020	Kadal bral (<i>Synodus indicus</i>)	1		54.74	8.22	298	108	5.33	3.34		76.91

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P	MARINE FISH										
P001	Allathi (<i>Elops machnata</i>)	1	108	4.33		3.19	9.62	1.85			1.93
P002	Aluva (<i>Parastromateus niger</i>)	3	199±69.0	18.37±3.56	6.90±1.20	6.69±0.86	19.37±6.06	4.26±0.25			2.66±2.31
P003	Anchovy (<i>Stolephorus indicus</i>)	2	28.58			1.61	7.13				
P004	Ari fish (<i>Aprion virescens</i>)	1	126	7.89	3.06	4.42	21.32	3.05			2.33
P005	Betki (<i>Lates calcarifer</i>)	1	36.98				9.67	4.12			2.69
P006	Black snapper(<i>Macolor niger</i>)	1	163				22.35	8.43			6.43
P007	Bombay duck (<i>Harpadon nehereus</i>)	2	102				10.25				
P008	Bommuralu (<i>Muraenesox cinerius</i>)	3	407±55.0	31.72±5.57	2.39±4.14	6.61±5.77	35.74±4.93	11.91±4.61			9.25±2.88
P009	Cat fish (<i>Tachysurus thalassinus</i>)	1	327	16.84			22.11	7.03			
P010	Chakla (<i>Rachycentron canadum</i>)	5	249±148	10.42±6.85	0.63±1.40	4.88±4.98	23.29±20.54	4.23±5.02			0.63±1.42
P011	Chappal (<i>Aluterus monoceros</i>)	1	67.20				17.09				
P012	Chelu (<i>Elagatis bipinnulata</i>)	2	81.83	2.28	0.34	0.88	10.42	0.48			0.51
P013	Chembali (<i>Lutjanus quinquelineatus</i>)	1	254	12.89	5.02	4.73	13.59	5.15			2.88
P014	Eri meen (<i>Pristipomoides filamentosus</i>)	1	235	15.94	6.33	8.64	33.47	8.58			
P015	Gobro (<i>Epinephelus diacanthus</i>)	2	92.53	5.81			14.46				
P016	Guitar fish (<i>Rhinobatus prahli</i>)	1	32.65	0.29		0.36	7.11	0.91			0.73
P017	Hilsa (<i>Tenualosa ilisha</i>)	2	3695	101			136	209	104		49.10
P018	Jallal (<i>Arius</i> sp.)	1	217	14.21	2.70	3.45	20.97	5.14			3.55
P019	Jathi vela meen (<i>Lethrinus lentjan</i>)	2	415	9.74		3.33	17.71	4.64			
P020	Kadal bral (<i>Synodus indicus</i>)	1	102	6.77		6.14	14.47	3.33			

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	rachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P	MRINE FISH									
P001	Allathi (<i>Elops machnata</i>)	1	30.50	54.35	21.54	141	346	165	261	13.98
P002	Aluva (<i>Parastromateus niger</i>)	3	90.30±10.41	77.61±41.72	70.40±22.65	226±72.7	755±224	288±105	490±150	21.97±11.26
P003	Anchovy (<i>Stolephorus indicus</i>)	2	26.26	60.00	10.15	187	248	50.36	290	29.56
P004	Ari fish (<i>Aprion virescens</i>)	1	58.12	18.53	21.75	194	408	166	319	15.99
P005	Betki (<i>Lates calcarifer</i>)	1	20.38	5.74		14.76	86.40	53.27	57.36	18.99
P006	Black snapper(<i>Macolor niger</i>)	1	49.55	41.48		165	470	251	293	30.45
P007	Bombay duck (<i>Harpadon nehereus</i>)	2	43.72	61.27		137	398	171	252	46.43
P008	Bommuralu (<i>Muraenesox cinerius</i>)	3	79.66±9.02	116±17.6	128±46.4	214±12.8	1238±199	701±122	594±60.4	44.68±33.13
P009	Cat fish (<i>Tachysurus thalassinus</i>)	1	133	75.24	61.60	320	792	430	619	18.36
P010	Chakla (<i>Rachycentron canadum</i>)	5	74.42±33.79	76.10±81.26	39.35±26.20	204±116	654±435	352±231	422±267	30.39±18.24
P011	Chappal (<i>Aluterus monoceros</i>)	1	36.64	16.28	8.92	129	199	74.51	208	10.84
P012	Chelu (<i>Elagatis bipinnulata</i>)	2	19.95	20.13	8.79	118	229	104	179	22.64
P013	Chembali (<i>Lutjanus quinquelineatus</i>)	1	59.85	99.82	49.26	209	700	369	440	10.86
P014	Eri meen (<i>Pristipomoides filamentosus</i>)	1	88.36	95.68	53.02	387	739	340	666	13.17
P015	Gobro (<i>Epinephelus diacanthus</i>)	2	41.11	30.09	28.02	138	289	138	251	21.38
P016	Guitar fish (<i>Rhinobatus prahli</i>)	1	30.26	11.92	5.69	86.04	114	36.87	143	10.48
P017	Hilsa (<i>Tenuailisha ilisha</i>)	2	146	925		232	9286	6021	1801	82.42
P018	Jallal (<i>Arius</i> sp.)	1	64.74	69.13	42.00	184	519	311	389	19.26
P019	Jathi vela meen (<i>Lethrinus lentjan</i>)	2	41.76	35.89	27.75	166	837	519	294	19.98
P020	Kadal bral (<i>Synodus indicus</i>)	1	42.90	95.53	34.93	244	478	192	436	26.09

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			← mg →								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P021	Kadali (<i>Nemipterus mesoprion</i>)	1		152	23.58	936	469	17.05	12.93		154
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2		403	35.00	1242	394	21.37	11.41		417
P023	Kalava (<i>Epinephelus coioides</i>)	1		37.86	8.41	267	133	4.99	3.44		57.29
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2		23.79	4.18	125	52.05	3.14	1.19		22.96
P025	Kannadi paarai (<i>Alectis indicus</i>)	3		20.27±15.04	24.65±16.09	291±147	137±44.6	3.57±0.95	2.50±2.32		46.51±23.91
P026	Karimeen (<i>Eetroplus suratensis</i>)	1		42.45	13.14	355	158	4.47	3.22		69.74
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1		11.52	4.51	170	68.25				20.12
P028	Kayrai (<i>Thunnus albacores</i>)	2		102	21.89	664	290	8.01	9.38		139
P029	Kiriyan (<i>Atule mate</i>)	1		226	31.67	1275	523	29.07	17.16		276
P030	Kite fish (<i>Mobula kuhlii</i>)	1		3.27	8.29	96.98	60.88				6.93
P031	Korka (<i>Terapon jarbua</i>)	1		157	28.23	881	312	18.35	10.26		203
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1		130	25.86	878	366	9.05	11.03	10.74	184
P033	Maagaa (<i>Polynemus plebeius</i>)	1		14.28	3.96	124	54.85	1.82	1.43		26.84
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3		48.67±45.57	10.05±7.88	351±278	180±142	7.34±7.62	4.24±3.76	3.17±5.49	78.69±74.54
P035	Manda clathi (<i>Naso reticulatus</i>)	1		28.79	6.56	207	87.83	3.87	2.62		55.63
P036	Matha (<i>Acanthurus mata</i>)	2		25.00	6.94	191	66.74	4.59	1.89		22.06
P037	Milk fish (<i>Chanos chanos</i>)	1		15.37	4.42	231	106	4.21	4.14		18.02
P038	Moon fish (<i>Mene maculata</i>)	1		293	67.40	1751	721	40.94	32.96	23.61	336
P039	Mullet (<i>Mugil cephalus</i>)	3		54.67±21.48	18.50±12.89	305±71.4	114±39.6	1.99±3.44	1.53±2.65		84.01±26.32
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1		26.63	8.10	242	72.52				35.46
P041	Myil meen (<i>Istiophorus platypterus</i>)	2		5.94	0.56	89.37	51.87	1.84			9.19

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α -Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			mg								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P021	Kadali (<i>Nemipterus mesoprion</i>)	1	602	34.85		27.45	71.26	12.12			13.25
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2	604	39.48	6.17	12.74	62.64	9.20			10.24
P023	Kalava (<i>Epinephelus coioides</i>)	1	182	7.24		2.76	11.88	3.52	2.06	3.50	2.05
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2	75.04	8.85	2.45	3.65	6.06	1.53			0.88
P025	Kannadi paarai (<i>Alectis indicus</i>)	3	175±75.0	9.30±6.60	1.52±2.64	1.62±2.81	7.57±1.22	2.11±1.83			1.12±1.95
P026	Karimeen (<i>Eetroplus suratensis</i>)	1	207	13.41			52.96	6.76			
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1	61.06			4.08	8.70				
P028	Kayrai (<i>Thunnus albacores</i>)	2	401	16.02		26.88	41.99	10.68			6.40
P029	Kiriyan (<i>Atule mate</i>)	1	747	21.80	6.86	16.35	52.33	9.83			6.83
P030	Kite fish (<i>Mobula kuhlii</i>)	1	55.16	5.53			10.33	4.08			
P031	Korka (<i>Terapon jarbua</i>)	1	428	27.37	12.07	15.74	41.31	12.03			5.41
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1	458	15.51	6.16	15.29	49.85	8.72			7.43
P033	Maagaa (<i>Polynemus plebeius</i>)	1	61.92	4.00	1.12	2.24	9.83	1.73			
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3	123±87.2	6.76±5.61	2.64±3.57	4.78±5.73	28.10±7.72	1.25±1.27			7.56±8.01
P035	Manda clathi (<i>Naso reticulatus</i>)	1	107	6.56		2.55	9.67	3.40			2.13
P036	Matha (<i>Acanthurus mata</i>)	2	67.56	9.82	3.37	3.19	8.97	1.25			0.74
P037	Milk fish (<i>Chanos chanos</i>)	1	152	12.81		4.59	7.77				
P038	Moon fish (<i>Mene maculata</i>)	1	527	26.86	8.13	34.34	56.87				
P039	Mullet (<i>Mugil cephalus</i>)	3	125±45.0	7.60±2.26		1.63±2.82	16.03±8.89	1.85±3.20			
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1	42.48			2.82	5.88				
P041	Myil meen (<i>Istiophorus platypterus</i>)	2	44.24	1.81			7.49	0.30			0.31

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P021	Kadali (<i>Nemipterus mesoprion</i>)	1	259	116	130	740	1611	818	1342	19.88
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2	110	289	130	295	2107	1079	907	28.79
P023	Kalava (<i>Epinephelus coioides</i>)	1	53.08	40.36	29.63	129	455	250	275	20.59
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2	23.16	21.90	16.80	97.85	209	113	168	22.07
P025	Kannadi paarai (<i>Alectis indicus</i>)	3	56.43±10.95	39.73±16.63	29.33±5.78	193±66	479±200	234±94.3	329±88.6	18.56±9.50
P026	Karimeen (<i>Eetroplus suratensis</i>)	1	40.90	26.57	46.90	100	577	290	274	15.62
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1	36.10	42.63	15.53	198	255	85.26	301	35.40
P028	Kayrai (<i>Thunnus albacores</i>)	2	106	170	62.91	581	1096	583	980	29.85
P029	Kiriyan (<i>Atule mate</i>)	1	106	248	129	518	2102	1068	1069	11.15
P030	Kite fish (<i>Mobula kuhlii</i>)	1	40.10	4.34	10.67	73.54	169	67.62	143	15.01
P031	Korka (<i>Terapon jarbua</i>)	1	112	154	119	455	1407	687	898	107
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1	119	211	72.89	638	1430	678	1107	55.40
P033	Maagaa (<i>Polynemus plebeius</i>)	1	20.27	23.82	13.74	76.47	201	96.12	146	7.24
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3	54.37±27.93	72.72±55.10	47.11±39.83	259±89.5	604±487	216±176	470±218	46.48±24.87
P035	Manda clathi (<i>Naso reticulatus</i>)	1	47.05	42.06	35.57	138	337	171	278	21.03
P036	Matha (<i>Acanthurus mata</i>)	2	39.13	27.57	10.64	100	297	106	188	20.55
P037	Milk fish (<i>Chanos chanos</i>)	1	68.80	16.56	33.07	194	366	188	321	21.38
P038	Moon fish (<i>Mene maculata</i>)	1	45.16	57.92	52.58	161	2929	932	374	68.88
P039	Mullet (<i>Mugil cephalus</i>)	3	48.89±8.96	72.91±29.78	41.83±19.78	196±100	495±115	219±17	378±136	18.30±13.42
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1	28.93	68.62	23.25	228	349	80.76	354	17.43
P041	Myil meen (<i>Istiophorus platypterus</i>)	2	31.36	17.03	8.59	114	150	55.25	179	21.72

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			mg								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P042	Nalla bontha (<i>Epinephelus</i> sp.)	1		18.45	3.48	151	62.80	2.51			31.42
P043	Narba (<i>Caranx sexfasciatus</i>)	2		29.59	9.57	338	213	7.45	2.44	2.58	41.23
P044	Paarai (<i>Caranx heberi</i>)	1		63.05	13.28	413	216	8.38	6.03		70.25
P045	Padayappa (<i>Canthidermis maculata</i>)	1		3.51	2.88	95.50	67.48				6.50
P046	Pali kora (<i>Panna microdon</i>)	1		59.38	10.90	547	129	9.02	6.55		172
P047	Pambada (<i>Lepturacanthus savala</i>)	2		214	35.05	1226	451	17.67	9.97	6.56	248
P048	Pandukopa (<i>Pseudosciaena manchurica</i>)	1		10.89	2.92	117	64.25				17.03
P049	Parava (<i>Lactarius lactarius</i>)	1		82.46	12.71	798	265	16.27	9.99		138
P050	Parcus (<i>Psettodes erumei</i>)	1		4.84	2.36	101	57.55				9.45
P051	Parrot fish (<i>Scarus ghobban</i>)	1		10.07	1.81	122	37.08	1.17	2.34		18.24
P052	Perinkilichai (<i>Pinjalo pinjalo</i>)	1		13.14		185	91.47				16.89
P053	Phopat (<i>Coryphaena hippurus</i>)	4		34.95±25.54	9.00±7.54	259±120	136±43.4	2.86±3.31			50.32±32.06
P054	Piranha (<i>Pygoprits</i> sp.)	1		79.47	8.32	1460	419	6.93			392
P055	Pomfret, black (<i>Parastromateus niger</i>)	2		115		1428	622	45.61	18.49		157
P056	Pomfret, snub nose (<i>Trachinotus blochii</i>)	2		5.86	1.67	92.19	44.27	1.50			6.31
P057	Pomfret, white (<i>Pampus argenteus</i>)	2		258	41.43	1598	532	45.58	19.93	174	851
P058	Pranel (<i>Gerres</i> sp.)	1		61.61	17.66	525	212	7.48	3.59		95.01
P059	Pulli paarai (<i>Gnathanodon speciosus</i>)	1		35.67	7.52	372	173	4.46			53.92
P060	Queen fish (<i>Scomberoides commersonianus</i>)	3		69.84±81.60	11.18±11.97	413±438	190±180	2.14±2.05	4.26±5.70	3.01±5.22	93.60±104
P061	Raai fish (<i>Lobotes surinamensis</i>)	2		51.00	8.47	414	174	6.01			79.09
P062	Raai vanthu (<i>Epinephelus chlorostigma</i>)	1		80.47	17.01	536	209	10.03	5.89	5.33	113

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P042	Nalla bontha (<i>Epinephelus</i> sp.)	1	88.99	4.86		1.93	6.80				
P043	Narba (<i>Caranx sexfasciatus</i>)	2	199	9.95		8.93	18.28	2.29			
P044	Paarai (<i>Caranx heberi</i>)	1	190	8.06		7.16	22.66	5.06			3.00
P045	Padayappa (<i>Canthidermis maculata</i>)	1	77.16				8.70				
P046	Pali kora (<i>Panna microdon</i>)	1	163	9.79		8.29	20.89	3.88			2.33
P047	Pambada (<i>Lepturacanthus savala</i>)	2	564	21.14	4.83	18.76	56.78	5.36			4.81
P048	Pandukopa (<i>Pseudosciaena manchurica</i>)	1	69.08	3.52			6.30				
P049	Parava (<i>Lactarius lactarius</i>)	1	464	9.95		9.04	17.88	3.88			
P050	Parcus (<i>Psettodes erumei</i>)	1	58.44	2.65			9.57				
P051	Parrot fish (<i>Scarus ghobban</i>)	1	113	2.26		0.90	2.79	1.01			0.47
P052	Perinkilichai (<i>Pinjalo pinjalo</i>)	1	79.22	4.70			9.75				
P053	Phopat (<i>Coryphaena hippurus</i>)	4	143±67.5	4.66±3.53			14.55±5.41	1.31±2.61			1.03±2.06
P054	Piranha (<i>Pygoprits</i> sp.)	1	1941	24.26			475			12.81	
P055	Pomfret, black (<i>Parastromateus niger</i>)	2	716	98.65			51.50	37.96			10.52
P056	Pomfret, snub nose (<i>Trachinotus blochii</i>)	2	59.76	4.90		1.79	4.81				
P057	Pomfret, white (<i>Pampus argenteus</i>)	2	98.93	40.22	25.27	33.66	14.07	4.20			5.82
P058	Pranel (<i>Gerres</i> sp.)	1	254	19.02	5.38		17.80	14.62			6.98
P059	Pulli paarai (<i>Gnathanodon speciosus</i>)	1	149	5.51			15.81	3.54			2.89
P060	Queen fish (<i>Scomberoides commersonianus</i>)	3	221±236	8.57±9.40		9.00±11.47	20.40±22.82	6.04±8.87			3.34±5.78
P061	Raai fish (<i>Lobotes surinamensis</i>)	2	205	20.08	3.51	3.70	18.79				
P062	Raai vanthu (<i>Epinephelus chlorostigma</i>)	1	268	22.89	4.94	14.47	24.10	5.67			4.35

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			mg							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P042	Nalla bontha (<i>Epinephelus</i> sp.)	1	28.64	17.49	15.84	97.29	238	127	166	15.00
P043	Narba (<i>Caranx sexfasciatus</i>)	2	61.54	39.57	55.82	310	603	259	487	16.06
P044	Paarai (<i>Caranx heberi</i>)	1	77.56	80.85	38.83	350	720	276	578	23.29
P045	Padayappa (<i>Canthidermis maculata</i>)	1	68.29	26.69	12.24	132	169	83.65	248	9.65
P046	Pali kora (<i>Panna microdon</i>)	1	50.32	105	30.86	219	761	352	431	33.18
P047	Pambada (<i>Lepturacanthus savala</i>)	2	116	220	161	620	1959	857	1185	54.63
P048	Pandukopa (<i>Pseudosciaena manchurica</i>)	1	42.95	20.37	19.69	92.80	195	89.63	182	26.43
P049	Parava (<i>Lactarius lactarius</i>)	1	54.33	117	44.29	372	1184	621	610	26.20
P050	Parcus (<i>Psettodes erumei</i>)	1	34.99	15.04	9.42	128	166	70.55	197	10.03
P051	Parrot fish (<i>Scarus ghobban</i>)	1	11.50	9.48	7.06	45.69	174	135	78.00	9.95
P052	Perinkilichai (<i>Pinjalo pinjalo</i>)	1	51.34	31.69	18.23	167	290	101	278	17.24
P053	Phopat (<i>Coryphaena hippurus</i>)	4	65.13±17.15	63.93±31.67	35.03±21.16	275±78	441±197	198±102	456±153	13.53±6.40
P054	Piranha (<i>Pygopritis</i> sp.)	1	53.43	7.91	6.95	33.75	1973	2357	589	97.50
P055	Pomfret, black (<i>Parastromateus niger</i>)	2	252	244		565	2229	972	1161	48.16
P056	Pomfret, snub nose (<i>Trachinotus blochii</i>)	2	26.07	6.29	13.32	77.16	145	72.77	128	7.48
P057	Pomfret, white (<i>Pampus argenteus</i>)	2	130	167	174	423	2669	1049	919	41.56
P058	Pranel (<i>Gerres</i> sp.)	1	85.41	55.68	58.34	180	827	374	419	29.01
P059	Pulli paarai (<i>Gnathanodon speciosus</i>)	1	70.56	154	24.08	234	593	208	505	47.79
P060	Queen fish (<i>Scomberoides commersonianus</i>)	3	62.12±64.23	100±120	44.63±43.26	299±286	693±720	332±361	536±550	21.93±19.96
P061	Raai fish (<i>Lobotes surinamensis</i>)	2	75.89	59.25	53.96	257	654	311	465	24.95
P062	Raai vanthu (<i>Epinephelus chlorostigma</i>)	1	65.02	59.33	69.42	368	864	423	596	21.98

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			← mg →								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P063	Rani (<i>Pink perch</i>)	1	10.46	207		1869	790	31.55	17.92		409
P064	Ray fish, bow head, spotted (<i>Rhina ancylostoma</i>)	1				100	86.38				8.55
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1		44.11	7.38	290	130	5.91	3.24	3.59	63.93
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1		99.01	25.83	528	194	8.45	6.06		119
P067	Sadaya (<i>Platax orbicularis</i>)	1		27.81	12.00	601	407	11.09			51.61
P068	Salmon (<i>Salmo salar</i>)	1		384	90.84	2697	1057	51.90	23.76		667
P069	Sangada (<i>Nemipterus japonicus</i>)	1		78.25	25.16	659	336	17.22	12.31		126
P070	Sankata paarai (<i>Caranx ignobilis</i>)	1		352	47.55	2069	767	39.77	19.60	21.07	495
P071	Sardine (<i>Sardinella longiceps</i>)	1		215		765	246	15.52	7.79		289
P072	Shark (<i>Carcharhinus sorrah</i>)	2		21.83	2.34	156	94.89				35.41
P073	Shark, hammer head (<i>Sphyrna mokarran</i>)	1		7.35		143	110		4.35		15.15
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1		20.61	4.05	142	83.13	2.75			35.19
P075	Shelavu (<i>Sphyrna jello</i>)	4		99.11±49.21	10.42±3.27	411±120	145±43.5	8.58±3.07	2.62±2.63		126±58.3
P076	Silan (<i>Silonia silondia</i>)	1		284		2641	667	15.26	7.25		84.03
P077	Silk fish (<i>Beryx</i> sp.)	1		54.36	10.70	295	127	6.97	3.50		77.19
P078	Silver carp (<i>Hypophthalmichthys molitrix</i>)	1	11.09	247		1318	220	17.51	11.87		615
P079	Sole fish (<i>Cynoglossus arel</i>)	1		31.31	13.72	227	138	6.13			36.41
P080	Stingray (<i>Dasyatis pastinaca</i>)	1		10.96		150	129				14.47
P081	Tarlava (<i>Drepane punctata</i>)	2		43.41	8.13	328	117	5.19	3.17		72.27
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2		78.58	15.88	557	190	8.64	3.46	2.91	107

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P063	Rani (<i>Pink perch</i>)	1	1408	60.70			58.64	64.54			14.87
P064	Ray fish, bow head, spotted (<i>Rhina ancylostoma</i>)	1	90.15				21.44				
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1	217	11.92		6.06	19.08	4.01			
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1	278	9.65			35.43	6.63			
P067	Sadaya (<i>Platax orbicularis</i>)	1	377	15.31			35.21	13.72			
P068	Salmon (<i>Salmo salar</i>)	1	1682	55.53	12.79	34.82	119	25.48			17.29
P069	Sangada (<i>Nemipterus japonicus</i>)	1	343	27.12	4.50	11.87	34.50	12.97			5.42
P070	Sankata paarai (<i>Caranx ignobilis</i>)	1	1295	41.15	13.30	30.89	80.54	14.64			18.12
P071	Sardine (<i>Sardinella longiceps</i>)	1	327	13.37			42.33	16.50			8.29
P072	Shark (<i>Carcharhinus sorrah</i>)	2	83.76	6.85			6.05	3.39			
P073	Shark, hammer head (<i>Sphyrna mokarran</i>)	1	88.26				11.86				
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1	97.68	4.04			8.77				
P075	Shelavu (<i>Sphyraena jello</i>)	4	219±105	7.66±2.05	1.07±1.84	14.41±11.03	11.86±11.32	1.62±2.81			3.56±0.97
P076	Silan (<i>Silonia silondia</i>)	1	3015	99.55			860	49.53	36.12		64.19
P077	Silk fish (<i>Beryx</i> sp.)	1	185	7.35	4.01	7.53	32.87	5.93			2.71
P078	Silver carp (<i>Hypophthalmichthys molitrix</i>)	1	1283	65.76			194	256	13.72		48.70
P079	Sole fish (<i>Cynoglossus arel</i>)	1	101			30.56	17.45				
P080	Stingray (<i>Dasyatis pastinaca</i>)	1	159				38.98				
P081	Tarlava (<i>Drepane punctata</i>)	2	124	7.65	3.72		11.98	1.84			1.38
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2	367	20.25	2.43	13.22	22.18	6.41			7.23

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P063	Rani (<i>Pink perch</i>)	1	163	317		494	2926	1878	1112	69.04
P064	Ray fish, bow head, spotted (<i>Rhina ancylostoma</i>)	1	64.36	15.87	27.42	93.05	187	98.70	222	13.91
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1	57.90	40.85	31.73	172	485	299	325	132
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1	89.21	162	33.67	406	861	407	734	38.42
P067	Sadaya (<i>Platax orbicularis</i>)	1	316	86.49	94.23	582	1059	444	1128	61.97
P068	Salmon (<i>Salmo salar</i>)	1	209	406	329	1192	4305	2453	2297	61.27
P069	Sangada (<i>Nemipterus japonicus</i>)	1	99.19	127	88.66	338	1128	513	706	75.77
P070	Sankata paarai (<i>Caranx ignobilis</i>)	1	204	398	197	834	3317	1876	1746	64.34
P071	Sardine (<i>Sardinella longiceps</i>)	1	88.19	297		317	1250	630	770	49.12
P072	Shark (<i>Carcharhinus sorrah</i>)	2	34.77	35.47	28.68	121	275	126	230	24.40
P073	Shark, hammer head (<i>Sphyrna mokarran</i>)	1	48.70	23.08		148	264	103	232	55.81
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1	39.42	23.66	19.30	77.52	253	137	169	13.75
P075	Shelavu (<i>Sphyraena jello</i>)	4	47.67±7.39	116±68.3	43.52±15.52	207±70.2	677±197	369±135	431±137	30.50±22.45
P076	Silan (<i>Silonia silondia</i>)	1	60.16	22.45		47.48	3615	3199	1140	58.93
P077	Silk fish (<i>Beryx</i> sp.)	1	58.25	82.20	38.02	286	497	281	506	10.71
P078	Silver carp (<i>Hypophthalmichthys molitrix</i>)	1	86.03	171		125	1826	1964	894	68.54
P079	Sole fish (<i>Cynoglossus arel</i>)	1	53.78	78.35	44.56	176	416	167	370	16.00
P080	Stingray (<i>Dasyatis pastinaca</i>)	1	39.38	20.07		75.62	289	173	174	62.47
P081	Tarlava (<i>Drepane punctata</i>)	2	66.49	55.77	60.03	67.22	504	207	265	18.94
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2	51.15	72.74	65.02	257	856	510	481	59.73

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			← mg →								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P083	Tilapia (<i>Oreochromis niloticus</i>)	1		61.56		270	76.21	4.72			113
P084	Tuna (<i>Euthynnus affinis</i>)	5		53.12±59.44	11.08±11.43	399±317	184±108	8.50±10.28	3.75±4.37		76.97±85.13
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1		30.58	8.29	243	137	5.87			35.30
P086	Valava (<i>Chirocentrus nudus</i>)	1		33.97	7.72	262	96.64	3.31			29.78
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2		325	33.96	1352	464	28.87	17.73	7.74	431
P088	Vela meen (<i>Aprion virescens</i>)	1		50.60		1255	528	11.77	11.42		103
P089	Vora (<i>Siganus javus</i>)	2	44.09	144	29.09	767	197	15.68	8.16	1.14	143
P090	Whale shark (<i>Galeocерdo cuvier</i>)	1		22.76	5.18	164	69.44	3.06	2.07		43.98
P091	Xiphinis (<i>Xiphias gladius</i>)	1		39.39	5.47	235	73.36	6.43	3.36		27.21
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1		67.15		1206	526	5.72	12.81		197
Q MARINE SHELLFISH											
Q001	Crab (<i>Menippe mercenaria</i>)	1		10.85		131	71.80				29.24
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1		5.70	1.01	63.49	57.40	0.99			20.35
Q003	Lobster, brown (<i>Thenus orientalis</i>)	1		6.83	2.32	56.45	37.70	2.26			19.88
Q004	Lobster, king size (<i>Thenus orientalis</i>)	1		7.51		95.24	71.66				28.21
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1		4.36		52.71	38.05				17.87
Q006	Oyster (<i>Crassostrea</i> sp.)	1		126	27.48	736	190	8.39			137
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1		7.19	3.11	65.63	43.57	1.20			25.87
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1		5.20	5.31	94.05	72.64				24.59

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P083	Tilapia (<i>Oreochromis niloticus</i>)	1	134	7.52			49.44	32.45			7.95
P084	Tuna (<i>Euthynnus affinis</i>)	5	207±171	8.72±7.33	1.69±2.87	5.46±5.81	23.05±17.65	4.76±4.29			1.98±2.86
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1	133				25.61				
P086	Valava (<i>Chirocentrus nudus</i>)	1	73.60	3.48			16.91				
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2	603	26.17	6.59	12.16	59.97	9.87			11.94
P088	Vela meen (<i>Aprion virescens</i>)	1	685	46.68		15.80	16.40				
P089	Vora (<i>Siganus javus</i>)	2	278	27.36	7.74	10.31	23.58	5.64			4.76
P090	Whale shark (<i>Galeocерdo cuvier</i>)	1	84.28	5.18		2.01	7.65	2.69			1.69
P091	Xiphinis (<i>Xiphias gladius</i>)	1	130	16.28	6.73	3.72	3.95	1.30			0.89
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1	905	23.32			290	98.50	18.91		72.11
Q MRINE SHELLFISH											
Q001	Crab (<i>Menippe mercenaria</i>)	1	111				16.26				
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1	41.99			1.99	5.83	2.42			1.26
Q003	Lobster, brown (<i>Thenus orientalis</i>)	1	49.96	1.25		1.65	19.92	2.23			1.40
Q004	Lobster, king size (<i>Thenus orientalis</i>)	1	101				15.75				
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1	48.75				11.56	3.26			
Q006	Oyster (<i>Crassostrea</i> sp.)	1	90.00	71.16			55.37				7.36
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1	48.27	2.40			12.55	2.04			0.99
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1	58.66	5.05			20.99				

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P083	Tilapia (<i>Oreochromis niloticus</i>)	1	35.03	14.76		59.16	413	254	199	26.36
P084	Tuna (<i>Euthynnus affinis</i>)	5	69.44±36.77	90.61±91.77	40.23±33.78	345±262	660±508	300±268	575±441	46.10±42.20
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1	37.61	40.39	11.68	191	424	168	306	64.06
P086	Valava (<i>Chirocentrus nudus</i>)	1	33.28	38.19	14.57	233	403	107	336	15.60
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2	140	422	115	626	2229	1078	1384	67.71
P088	Vela meen (<i>Aprion virescens</i>)	1	190	136	94.40	761	1857	851	1199	35.85
P089	Vora (<i>Siganus javus</i>)	2	102	54.20	123	333	1207	467	647	19.34
P090	Whale shark (<i>Galeocerdo cuvier</i>)	1	37.20	33.44	28.12	109	266	135	220	25.33
P091	Xiphinis (<i>Xiphias gladius</i>)	1	16.88	24.11	25.23	61.55	363	184	134	27.59
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1	223	156		577	1818	1125	1436	269

Q MARINE SHELLFISH

Q001	Crab (<i>Menippe mercenaria</i>)	1	49.09	82.64		108	214	140	256	53.87
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1	31.72	30.35	6.97	67.91	129	64.32	146	23.18
Q003	Lobster, brown (<i>Thenus orientalis</i>)	1	26.66	23.17	4.72	40.06	106	72.73	118	32.64
Q004	Lobster, king size (<i>Thenus orientalis</i>)	1	54.59	67.46		68.32	174	129	206	41.13
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1	35.64	41.52	5.53	31.76	95.11	66.63	129	7.10
Q006	Oyster (<i>Crassostrea</i> sp.)	1	95.01	256	26.65	210	1087	298	651	32.45
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1	22.95	19.83	6.63	35.72	121	76.53	101	70.80
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1	54.81	69.78	8.28	50.40	177	88.30	204	19.47

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			← mg →								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
R MARINE MOLLUSKS											
R001	Clam, green shell (<i>Perna viridis</i>)	1		42.42	14.06	185	42.78	1.35			57.16
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1		36.15	10.27	256	132	5.94			52.47
R003	Octopus (<i>Octopus vulgaris</i>)	1		17.36		173	135				23.57
R004	Squid, black (<i>Loligo</i> sp.)	1		19.70		201	65.78				6.59
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1		12.75	3.64	135	74.11	1.60			13.13
R006	Squid, red (<i>Loligo duvaucelii</i>)	2		31.31	6.46	323	87.45				12.49
R007	Squid, white, small (<i>Uroteuthis duvauceli</i>)	1		15.78		182	106				6.79
S FRESH WATER FISH AND SHELLFISH											
S001	Cat fish (<i>Tandanus tandanus</i>)	2	28.88±30.76	177±133		1554±1062	395±209	16.30±7.57	11.03±4.77		538±436
S002	Catla (<i>Catla catla</i>)	6		162±40.1		1162±142	330±126	15.51±2.56			273±89.9
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	8.87	94.91		640	217	14.44	5.84		204
S004	Gold fish (<i>Carassius auratus</i>)	2	7.45	77.02		647	154	8.78	3.43		260
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6		58.54±26.07		635±269	161±56.7	7.82±1.68			132±52.4
S006	Rohu (<i>Labeo rohita</i>)	6	6.94±6.00	337±81.1		2234±531	571±95.7	13.83±3.99	19.47±16.17		123±17.4
S007	Crab (<i>Pachygrapsus</i> sp.)	1		10.85		131	71.80				29.24
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1		4.50		53.55	28.81				14.59
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3		10.71		133	53.52				22.05
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2		4.78		83.75	45.91				16.21

Table 7. Fatty Acid Profile

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
R MRINE MOLLUSKS											
R001	Clam, green shell (<i>Perna viridis</i>)	1	18.53	16.55			19.74	2.38			
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1	60.30	14.05			16.94	29.48			
R003	Octopus (<i>Octopus vulgaris</i>)	1	46.38				9.32				
R004	Squid, black (<i>Loligo</i> sp.)	1	36.20	13.63			8.46				
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1	37.90	10.63			3.25	2.32			
R006	Squid, red (<i>Loligo duvaucelii</i>)	2	61.11	9.77			17.81	1.87			
R007	Squid, white, small (<i>Uroteuthis duvauceli</i>)	1	37.64	18.13			8.22				
S FRESH WTER FISH ND SHELLFISH											
S001	Cat fish (<i>Tandanus tandanus</i>)	2	1428±1049	88.89±56.90			458±327	132±104	36.82±28.10		51.98±23.47
S002	Catla (<i>Catla catla</i>)	6	910±35.6	53.36±16.22			214±51.9	89.97±95.09			26.26±10.65
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	493	35.62			190	90.12	20.95		24.90
S004	Gold fish (<i>Carassius auratus</i>)	2	715	102			302	26.52			24.29
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6	510±243	71.60±60.25			221±87.0	57.41±48.71			16.97±5.91
S006	Rohu (<i>Labeo rohita</i>)	6	2401±807	93.13±55.77			531±149	46.60±48.01			44.91±22.09
S007	Crab (<i>Pachygrapsus</i> sp.)	1	111				16.26				
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1	39.93	2.25			17.75	3.91			
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3	130				41.37	14.44			
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2	95.76	7.92			29.27				

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
R MARINE MOLLUSKS										
R001	Clam, green shell (<i>Perna viridis</i>)	1	41.76	80.79	9.94	108	285	92.24	263	43.74
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1	47.16	85.90	21.13	217	441	127	418	23.98
R003	Octopus (<i>Octopus vulgaris</i>)	1	121	72.24		181	325	69.95	383	118
R004	Squid, black (<i>Loligo</i> sp.)	1	47.53	70.73		261	287	56.42	388	231
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1	57.49	48.52	14.05	178	227	61.67	303	60.32
R006	Squid, red (<i>Loligo duvaucelii</i>)	2	72.08	82.28	29.27	342	448	83.36	545	126
R007	Squid, white, small (<i>Uroteuthis duvauceli</i>)	1	67.70	95.50		269	304	62.57	441	324
S FRESH WATER FISH AND SHELLFISH										
S001	Cat fish (<i>Tandanus tandanus</i>)	2	80.31±46.30	78.77±14.57		140±58	2182±1422	2055±1457	978±519	84.01±8.02
S002	Catla (<i>Catla catla</i>)	6	120±72.8	123±65.2		242±98.5	1670±137	1237±106	815±362	64.42±4.06
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	137	17.91		119	981	733	600	58.64
S004	Gold fish (<i>Carassius auratus</i>)	2	130	69.13		73.36	1077	625	0.85	
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6	66.70±12.72	42.15±13.34		106±33.7	863±338	714±240	510±103	66.89±1.40
S006	Rohu (<i>Labeo rohita</i>)	6	53.52±15.00	23.61±18.53		46.72±11.33	2047±1113	2618±857	747±181	47.72±3.94
S007	Crab (<i>Pachygrapsus</i> sp.)	1	49.09	82.64		108	214	140	256	52.91
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1	17.87	27.14		27.94	86.86	56.77	94.61	87.28
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3	39.35	58.02		12.73	197	152	166	112
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2	53.06	36.11		17.38	134	120	136	78.87