

Table 6. STARCH AND INDIVIDUAL SUGARS

(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	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
A CEREALS AND MILLETS									
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	56.71	55.83	0.10	0.22	0.46	0.10	0.88
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	60.13±1.30	59.33±1.31	0.10±0.01	0.22±0.04	0.48±0.04		0.80±0.07
A003	Bajra (<i>Pennisetum typhoideum</i>)	6	56.02±2.57	55.21±2.57	0.21±0.01	0.60±0.02			0.81±0.01
A004	Barley (<i>Hordeum vulgare</i>)	6	72.73±2.93	72.67±2.92		0.06±0.02			0.06±0.02
A005	Jowar (<i>Sorghum vulgare</i>)	6	60.96±1.70	59.70±1.70	0.57±0.07	0.10±0.01	0.60±0.04		1.27±0.05
A006	Maize, dry (<i>Zea mays</i>)	6	61.01±0.76	59.35±0.83	0.16±0.03	0.80±0.01	0.70±0.03		1.66±0.04
A007	Maize, tender, local (<i>Zea mays</i>)	6	17.35±2.78	15.88±2.80	0.27±0.03	0.80±0.06	0.40±0.04		1.47±0.05
A008	Maize, tender, sweet (<i>Zea mays</i>)	4	12.11±0.64	7.45±0.68	0.91±0.04	0.97±0.02	2.79±0.03		4.67±0.05
A009	Quinoa (<i>Chenopodium quinoa</i>)	1	49.82	48.41		1.41			1.41
A010	Ragi (<i>Eleusine coracana</i>)	5	62.47±1.24	62.13±1.31		0.25±0.06	0.12±0.02		0.34±0.06
A011	Rice flakes (<i>Oryza sativa</i>)	6	68.40±1.67	68.06±1.81		0.20±0.07	0.14±0.02		0.34±0.06
A012	Rice puffed (<i>Oryza sativa</i>)	6	69.89±2.19	69.25±2.16		0.49±0.07	0.15±0.03		0.64±0.08
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	72.00±1.87	71.31±1.91		0.55±0.08	0.14±0.02		0.69±0.08
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	76.80±5.71	76.14±5.73		0.51±0.24	0.16±0.06		0.67±0.25
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	76.39±2.76	75.70±2.70		0.54±0.25	0.15±0.06		0.69±0.28
A016	Samai (<i>Panicum miliare</i>)	6	56.43±4.09	56.07±4.12		0.24±0.10	0.13±0.01		0.37±0.09
A017	Varagu (<i>Setaria italica</i>)	5	66.25±2.90	64.96±2.93		0.89±0.11	0.40±0.02		1.29±0.10
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6	71.82±1.07	70.03±1.01	0.64±0.03	0.75±0.02	0.40±0.05		1.79±0.08

Table 6. Starch and Individual Sugars

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Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			↖	g ↗	STARCH	FRUS	GLUS	SUCS	MALS
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6	58.62±2.68	56.82±2.69	0.72±0.03	0.78±0.05	0.30±0.02		1.80±0.06
A020	Wheat, whole (<i>Triticum aestivum</i>)	6	59.30±1.86	57.53±1.86	0.74±0.11	0.73±0.08	0.30±0.09		1.77±0.15
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6	61.74±3.52	60.54±3.62	0.32±0.34	0.55±0.13	0.33±0.08		1.20±0.24
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6	59.85±2.99	58.20±2.95	0.60±0.04	0.55±0.03	0.50±0.04		1.65±0.08
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6	56.99±1.91	55.31±1.93	0.60±0.02	0.58±0.02	0.50±0.02		1.68±0.03
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6	56.69±2.10	54.55±2.05	0.63±0.16	1.01±0.02	0.50±0.05		2.14±0.17
B GRAIN LEGUMES									
B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	41.52±0.87	40.49±0.83	0.10±0.02	0.10±0.01	0.63±0.23	0.20±0.03	1.03±0.23
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	36.68±3.62	35.69±3.63	0.10±0.01	0.10±0.01	0.69±0.16	0.10±0.01	0.99±0.16
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6	48.73±1.91	47.89±1.90	0.20±0.03	0.20±0.02	0.44±0.14		0.84±0.15
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6	42.64±5.56	42.19±5.52	0.10±0.01	0.10±0.02	0.30±0.02		0.45±0.24
B005	Cowpea, brown (<i>Vigna catjang</i>)	6	47.09±0.79	45.49±0.66	0.30±0.19	0.61±0.24	0.68±0.20		1.60±0.38
B006	Cowpea, white (<i>Vigna catjang</i>)	1	47.51	46.33	0.13	0.39	0.67		1.18
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1	41.22	40.07	0.20	0.53	0.42		1.15
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1	43.47	42.30	0.20	0.29	0.68		1.17
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5	44.32±1.37	42.25±0.52	0.10±0.01	0.41±0.06	0.56±0.23		1.07±0.28
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6	42.01±0.79	41.06±0.64	0.10±0.01	0.30±0.02	0.55±0.20		0.95±0.41
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6	39.75±5.41	39.21±5.42	0.10±0.02	0.14±0.02	0.30±0.11		0.54±0.11
B012	Horse gram, whole (<i>Dolichos biflorus</i>)	6	48.31±1.68	47.96±1.68	0.10±0.03	0.15±0.03	0.10±0.01		0.35±0.05
B013	Lentil dal (<i>Lens culinaris</i>)	6	46.39±2.28	44.44±2.17	0.80±0.16	0.30±0.01	0.85±0.02		1.95±0.17
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6	43.03±1.05	41.41±0.92	0.78±0.22	0.15±0.06	0.71±0.11		1.63±0.33
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2	43.58	42.08	0.50	0.23	0.77		1.50

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			←	STARCH	FRUS	GLUS	SUCS	MALS	→
B016	Moth bean (<i>Vigna aconitifolia</i>)	6	48.00±0.72	46.64±0.76	0.10±0.01	0.62±0.03	0.64±0.11		1.36±0.11
B017	Peas, dry (<i>Pisum sativum</i>)	6	45.07±2.32	43.04±2.09	0.61±0.04	0.48±0.26	0.94±0.08		2.03±0.26
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2	40.46	38.45		0.18	1.84		2.02
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6	40.32±2.28	38.05±2.28		0.39±0.16	1.88±0.49		2.27±0.53
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3	40.07±0.51	38.55±0.28		0.23±0.04	1.29±0.23		1.52±0.26
B021	Red gram, dal (<i>Cajanus cajan</i>)	6	50.60±1.41	48.53±1.24	0.10±0.02	0.20±0.02	1.78±0.17		2.08±0.14
B022	Red gram, whole (<i>Cajanus cajan</i>)	6	40.27±2.16	38.97±1.91	0.10±0.01	0.20±0.02	1.00±0.07		1.30±0.09
B023	Ricebean (<i>Vigna umbellata</i>)	1	45.38	44.05	0.20	0.73	0.40		1.33
B024	Soya bean, brown (<i>Glycine max</i>)	6	9.16±1.10	6.65±1.34	0.20±0.02	0.63±0.25	1.68±0.39		2.51±0.43
B025	Soya bean, white (<i>Glycine max</i>)	1	9.46	7.26	0.20	0.56	1.44		2.20

C GREEN LEAFY VEGETABLES

C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1	3.95	3.72	0.10	0.10	0.03		0.23
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	1.02±0.02	0.70±0.01	0.09±0.01	0.19±0.02	0.04±0.02		0.32±0.02
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	1.05	0.77	0.24	0.04			0.28
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	1.10±0.12	0.95±0.04	0.03±0.02	0.12±0.10			0.15±0.11
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	0.83±0.03	0.69±0.02	0.01±0.01	0.13±0.02			0.14±0.02
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2	0.86	0.73	0.01	0.12			0.13
C007	Basella leaves (<i>Basella alba</i>)	2	1.69	1.67	0.01	0.01	0.01		0.02
C008	Bathua leaves (<i>Chenopodium album</i>)	2	1.59	1.07	0.01	0.51			0.52
C009	Beet greens (<i>Beta vulgaris</i>)	6	2.18±0.05	2.05±0.03	0.03±0.02	0.10±0.01			0.13±0.02
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6	6.61±0.06	6.24±0.04	0.20±0.01	0.17±0.02			0.37±0.03

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			<	STARCH	FRUS	GLUS	SUCS	MALS	→
C011	Betel leaves, small (<i>Piper betle</i>)	4	5.54±0.03	5.14±0.02	0.20±0.02	0.20±0.02			0.40±0.03
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1	4.42	4.31	0.04	0.05	0.08		0.17
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1	1.42	1.00	0.20	0.10	0.12		0.42
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1	2.35	1.59	0.41	0.24	0.11		0.76
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	6	1.54±0.21	0.53±0.13	0.52±0.08	0.26±0.09	0.23±0.08		1.00±0.11
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	2	1.33	0.54	0.43	0.18	0.19		0.80
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6	2.15±0.07	1.53±0.03	0.32±0.01	0.24±0.02	0.05±0.03		0.61±0.04
C018	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6	2.72±0.09	2.10±0.03	0.20±0.04	0.10±0.01	0.33±0.03		0.63±0.07
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3	2.51±0.12	2.49±0.12		0.02±0.01			0.02±0.01
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5	1.48±0.05	0.60±0.07	0.71±0.08	0.17±0.03			0.88±0.08
C021	Garden cress (<i>Lepidium sativum</i>)	2	2.17	1.25	0.10	0.72	0.10		0.92
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4	1.16±0.06	1.15±0.06		0.01±0.01			0.01±0.01
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1	1.17	1.16		0.01			0.01
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2	4.57	4.47		0.05	0.05		0.10
C025	Lettuce (<i>Lactuca sativa</i>)	3	1.72±0.09	1.50±0.14	0.17±0.04	0.05±0.01			0.22±0.05
C026	Mustard leaves (<i>Brassica juncea</i>)	3	1.45±0.09	1.41±0.07		0.02±0.01	0.02±0.02		0.04±0.03
C027	Pak Choi leaves (<i>Brassica rapa</i> var. <i>Chinensis</i>)	1	1.62	1.10	0.10	0.20	0.22		0.52
C028	Parsley (<i>Petroselinum crispum</i>)	3	7.05±0.07	6.36±0.10	0.29±0.02	0.20±0.03	0.20±0.02		0.69±0.03
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2	4.10	3.66	0.11	0.33			0.44
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6	2.20±0.03	2.10±0.02		0.10±0.02			0.10±0.02
C031	Radish leaves (<i>Raphanus sativus</i>)	6	2.09±0.07	1.80±0.03	0.14±0.03	0.05±0.02	0.10±0.01		0.29±0.05

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			<	g	→				
				STARCH	FRUS	GLUS	SUCS	MALS	
C032	Rumex leaves (<i>Rumex patientia</i>)	2	1.55	1.10	0.11	0.21	0.14		0.45
C033	Spinach (<i>Spinacia oleracea</i>)	6	1.62±0.20	1.38±0.24	0.07±0.03	0.18±0.04			0.24±0.04
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3	7.01±0.02	6.85±0.02	0.05±0.02	0.12±0.02			0.17±0.00

D OTHER VEGETABLES

D001	Ash gourd (<i>Benincasa hispida</i>)	6	1.20±0.06	1.01±0.01	0.12±0.04	0.05±0.02	0.02±0.02		0.19±0.06
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1	0.60	0.51	0.07	0.02			0.09
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	4.56±0.05	3.53±0.02	0.38±0.02	0.51±0.03	0.14±0.02		1.03±0.04
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6	0.96±0.09	0.92±0.08	0.04±0.01				0.04±0.01
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4	0.99±0.08	0.93±0.07	0.06±0.01				0.06±0.01
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1	0.95	0.87	0.08				0.08
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6	1.03±0.12	0.67±0.09	0.23±0.05	0.13±0.03			0.36±0.06
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5	1.02±0.06	0.67±0.07	0.25±0.03	0.10±0.01			0.34±0.04
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1	0.97	0.58	0.33	0.06			0.39
D010	Brinjal-1 (<i>Solanum melongena</i>)	1	1.92	1.04	0.66	0.03	0.19		0.88
D011	Brinjal-2 (<i>Solanum melongena</i>)	1	1.99	1.01	0.79	0.04	0.15		0.98
D012	Brinjal-3 (<i>Solanum melongena</i>)	2	1.44	0.51	0.52	0.32	0.10		0.93
D013	Brinjal-4 (<i>Solanum melongena</i>)	4	1.83±0.07	0.97±0.02	0.55±0.01	0.15±0.04	0.17±0.02		0.86±0.06
D014	Brinjal-5 (<i>Solanum melongena</i>)	3	1.84±0.33	0.85±0.21	0.67±0.13	0.10±0.06	0.22±0.15		0.99±0.13
D015	Brinjal-6 (<i>Solanum melongena</i>)	2	2.36	1.36	0.52	0.26	0.23		1.00
D016	Brinjal-7 (<i>Solanum melongena</i>)	1	2.27	0.89	1.01	0.30	0.07		1.38

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D017	Brinjal-8 (<i>Solanum melongena</i>)	3	2.77±0.07	1.98±0.02	0.41±0.20	0.11±0.03	0.27±0.18		0.79±0.06
D018	Brinjal-9 (<i>Solanum melongena</i>)	2	2.45	1.54	0.47	0.23	0.21		0.91
D019	Brinjal-10 (<i>Solanum melongena</i>)	2	2.15	1.29	0.50	0.23	0.13		0.86
D020	Brinjal-11 (<i>Solanum melongena</i>)	6	2.81±0.10	1.76±0.04	0.54±0.03	0.21±0.01	0.30±0.06		1.05±0.08
D021	Brinjal-12 (<i>Solanum melongena</i>)	2	1.97	0.75	0.82	0.14	0.27		1.22
D022	Brinjal-13 (<i>Solanum melongena</i>)	1	2.27	1.12	0.59	0.37	0.19		1.15
D023	Brinjal-14 (<i>Solanum melongena</i>)	3	1.80±0.16	0.92±0.01	0.40±0.02	0.28±0.07	0.20±0.20		0.88±0.17
D024	Brinjal-15 (<i>Solanum melongena</i>)	4	1.90±0.12	1.08±0.01	0.40±0.02	0.15±0.02	0.27±0.13		0.82±0.12
D025	Brinjal-16 (<i>Solanum melongena</i>)	1	1.60	0.61	0.54	0.13	0.32		0.99
D026	Brinjal-17 (<i>Solanum melongena</i>)	1	1.47	0.62	0.40	0.26	0.19		0.85
D027	Brinjal-18 (<i>Solanum melongena</i>)	3	2.72±0.85	1.28±0.57	0.95±0.44	0.20±0.23	0.29±0.28		1.44±0.43
D028	Brinjal-19 (<i>Solanum melongena</i>)	3	2.02±0.02	1.05±0.02	0.50±0.03	0.32±0.04	0.14±0.02		0.96±0.01
D029	Brinjal-20 (<i>Solanum melongena</i>)	5	2.83±0.04	2.08±0.02	0.42±0.02	0.21±0.02	0.12±0.01		0.76±0.03
D030	Brinjal-21 (<i>Solanum melongena</i>)	2	2.01	1.08	0.70	0.07	0.15		0.93
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6	2.28±0.51	1.31±0.48	0.55±0.19	0.20±0.09	0.22±0.12		0.97±0.21
D032	Broad beans (<i>Vicia faba</i>)	3	2.06±0.06	0.84±0.03	0.61±0.02	0.41±0.02	0.20±0.02		1.22±0.05
D033	Capsicum, green (<i>Capsicum annuum</i>)	6	1.16±0.10	0.31±0.02	0.42±0.04	0.20±0.07	0.23±0.01		0.86±0.11
D034	Capsicum, red (<i>Capsicum annuum</i>)	4	1.01±0.05	0.08±0.02	0.34±0.03	0.26±0.02	0.33±0.01		0.93±0.05
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4	1.10±0.03	0.12±0.01	0.38±0.02	0.25±0.03	0.35±0.03		0.97±0.04
D036	Cauliflower (<i>Brassica oleracea</i>)	6	1.05±0.07	0.59±0.11	0.27±0.06	0.14±0.03	0.06±0.06		0.47±0.10
D037	Celery stalk (<i>Apium graveolens</i>)	3	1.42±0.08	0.68±0.03	0.15±0.03	0.25±0.04	0.35±0.02		0.75±0.06

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			<	STARCH	FRUS	GLUS	SUCS	MALS	→
D038	Cho-cho-marrow (<i>Sechium edule</i>)	4	1.93±0.03	1.17±0.02	0.40±0.01	0.25±0.02	0.12±0.01		0.76±0.02
D039	Cluster beans (<i>Cyamopsis tetragonobolus</i>)	6	4.54±0.04	4.42±0.03		0.10±0.01	0.02±0.01		0.12±0.02
D040	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1	1.08	0.55	0.37	0.16			0.53
D041	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5	1.14±0.20	0.89±0.19	0.09±0.02	0.16±0.08			0.25±0.09
D042	Corn, Baby (<i>Zea mays</i>)	6	4.61±0.05	4.12±0.03	0.20±0.02	0.15±0.02	0.14±0.03		0.49±0.02
D043	Cucumber, green, elongate (<i>Cucumis sativus</i>)	6	0.76±0.13	0.50±0.10	0.25±0.03	0.02±0.01			0.27±0.04
D044	Cucumber, green, short (<i>Cucumis sativus</i>)	6	0.79±0.11	0.58±0.12	0.19±0.04	0.02±0.01			0.21±0.04
D045	Cucumber, orange, round (<i>Cucumis sativus</i>)	2	0.75	0.53	0.18	0.05			0.22
D046	Drumstick (<i>Moringa oleifera</i>)	6	2.77±0.22	1.31±0.46	1.02±0.36	0.20±0.10	0.24±0.07		1.47±0.50
D047	Field beans, tender, broad (<i>Vicia faba</i>)	2	2.63	1.68	0.68	0.21	0.06		0.95
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6	2.27±0.21	1.51±0.01	0.59±0.18	0.15±0.04	0.02±0.02		0.76±0.21
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5	1.82±0.11	0.75±0.05	0.60±0.14	0.12±0.02	0.12±0.05	0.22±0.18	1.06±0.13
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2	1.77	0.77	0.65	0.14	0.10	0.12	1.00
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5	2.04±0.06	0.02±0.01	1.21±0.02	0.26±0.03	0.55±0.03		2.02±0.05
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5	8.77±0.05	6.54±0.03	1.45±0.03	0.67±0.02	0.11±0.01		2.23±0.03
D053	Knol - Khol (<i>Brassica oleracea</i>)	6	0.94±0.05	0.51±0.01	0.05±0.02	0.11±0.01	0.27±0.04		0.43±0.04
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6	1.21±0.29	0.22±0.04	0.74±0.16	0.06±0.03		0.19±0.13	0.98±0.29
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1	1.19	0.12	0.83	0.10		0.14	1.07
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6	1.37±0.07	0.89±0.04	0.40±0.05	0.07±0.01	0.05±0.01		0.48±0.08
D057	Mango, green, raw (<i>Mangifera indica</i>)	6	8.32±0.46	5.80±0.54	1.84±0.23	0.52±0.30			2.42±0.31
D058	Onion, stalk (<i>Allium cepa</i>)	6	1.51±0.04	1.10±0.02		0.05±0.04	0.06±0.02	0.31±0.05	0.41±0.05

Table 6. Starch and Individual Sugars

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Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			<	STARCH	FRUS	GLUS	SUCS	MALS	→
D059	Papaya, raw (<i>Carica papaya</i>)	6	3.63±0.24		2.64±0.17	0.99±0.07			3.63±0.24
D060	Parwar (<i>Trichosanthes dioica</i>)	6	1.26±0.21	0.90±0.09	0.31±0.12	0.06±0.05			0.37±0.17
D061	Peas, fresh (<i>Pisum sativum</i>)	6	7.89±0.50	6.92±0.49	0.41±0.02	0.20±0.02	0.36±0.02		0.97±0.02
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6	2.03±0.11	1.86±0.11	0.13±0.01	0.04±0.01			0.17±0.01
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6	16.29±1.65	15.43±1.15	0.76±0.59	0.10±0.11			0.86±0.67
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6	5.15±0.70	4.51±0.34		0.65±0.45			0.65±0.45
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1	3.10	0.20	1.03	1.01	0.86		2.90
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6	3.30±0.12	0.33±0.08	1.90±0.24	0.33±0.15	0.74±0.33		2.97±0.15
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1	14.57	14.02	0.22	0.10	0.23		0.55
D068	Ridge gourd (<i>Luffa acutangula</i>)	6	1.40±0.07	0.81±0.12	0.45±0.11	0.08±0.05	0.03±0.00	0.06±0.01	0.62±0.18
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3	1.19±0.16	0.79±0.05	0.32±0.11	0.06±0.04	0.02±0.02	0.01±0.00	0.41±0.16
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6	1.20±0.56	0.78±0.55	0.31±0.03	0.05±0.05	0.01±0.01	0.05±0.02	0.42±0.05
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2	1.19	0.74	0.30	0.10	0.01	0.04	0.45
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1	1.18	0.72	0.31	0.12	0.01	0.01	0.46
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6	1.07±0.06	0.64±0.02	0.25±0.03	0.07±0.03		0.12±0.02	0.44±0.06
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6	1.31±0.04	0.48±0.03	0.41±0.02	0.42±0.02			0.83±0.02
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6	1.82±0.18		1.65±0.15	0.18±0.05			1.82±0.18
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6	1.34±0.19		1.16±0.18	0.18±0.07			1.34±0.19
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2	1.61	1.47	0.12	0.02			0.14
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2	1.37	1.07	0.19	0.10			0.29

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars	
			<	g	→	STARCH	FRUS	GLUS	SUCS	MALS
E FRUITS										
E001	Apple, big (<i>Malus domestica</i>)	6	9.53±0.23		8.36±0.23	1.03±0.02	0.14±0.02		9.53±0.23	
E002	Apple, green (<i>Malus domestica</i>)	6	8.39±0.06		7.19±0.04	1.08±0.03	0.12±0.02		8.39±0.06	
E003	Apple, small (<i>Malus domestica</i>)	6	9.80±0.09		8.52±0.08	1.17±0.02	0.11±0.02		9.80±0.09	
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1	9.15		7.18	1.60	0.37		9.15	
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6	70.10±2.52	44.38±2.30	16.52±0.74	6.98±0.05	2.21±0.02		25.72±0.71	
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3	9.34±0.02	4.99±0.02	1.33±0.02	0.43±0.02	2.60±0.04		4.36±0.04	
E007	Avocado fruit (<i>Persea americana</i>)	1	1.75	0.10	1.00	0.44	0.21		1.65	
E008	Bael fruit (<i>Aegle marmelos</i>)	1	23.55	7.20	9.58	2.65	4.12		16.35	
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1	18.22	3.32	6.32	7.68	0.90		14.90	
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2	17.26	4.72	5.43	6.12	0.99		12.54	
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1	18.53	3.96	6.03	4.05	4.49		14.57	
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6	18.94±0.07	5.29±0.04	6.50±0.07	4.05±0.05	3.10±0.05		13.65±0.06	
E013	Black berry (<i>Rubus fruticosus</i>)	5	7.61±0.27		4.47±0.28	2.50±0.04	0.64±0.02		7.61±0.27	
E014	Cherries, red (<i>Prunus cerasus</i>)	4	10.72±0.05		5.91±0.05	4.61±0.02	0.20±0.03		10.72±0.05	
E015	Currants, black (<i>Ribes nigrum</i>)	1	8.89	2.56	2.98	2.85	0.50		6.33	
E016	Custard apple (<i>Annona squamosa</i>)	1	13.69	0.34	9.10	4.25			13.35	
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6	67.50±2.87	0.87±0.08	14.90±0.05	6.15±0.02	45.58±2.94		66.63±2.90	
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2	69.83	0.99	15.04	6.26	47.54		68.84	
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2	58.74	1.78	22.34	5.00	29.62		56.96	
E020	Fig (<i>Ficus carica</i>)	6	9.79±0.07	1.15±0.02	5.89±0.02	1.20±0.01	1.55±0.03		8.64±0.06	

Table 6. Starch and Individual Sugars

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Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			<	STARCH	FRUS	GLUS	SUCS	MALS	→
E021	Goosberry (<i>Embllica officinalis</i>)	5	3.95±0.05	0.56±0.03	2.10±0.02	1.29±0.02			3.39±0.02
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4	10.02±0.05		7.10±0.02	2.77±0.03	0.15±0.03		10.02±0.05
E023	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5	9.59±0.02		7.11±0.03	2.38±0.02	0.10±0.01		9.59±0.02
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5	10.47±0.07		7.80±0.02	2.57±0.04	0.10±0.02		10.47±0.07
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5	9.19±0.03		7.08±0.01	2.01±0.02	0.10±0.01		9.19±0.03
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5	9.60±0.06		7.35±0.06	2.15±0.01	0.10±0.03		9.60±0.06
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5	10.88±0.05		7.49±0.03	3.29±0.03	0.10±0.02		10.88±0.05
E028	Guava, white flesh (<i>Psidium guajava</i>)	5	4.74±0.08	0.63±0.02	2.00±0.04	1.90±0.02	0.20±0.03		4.10±0.07
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5	8.49±0.58	0.70±0.03	4.01±0.32	3.60±0.02	0.18±0.01		7.79±1.29
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	12.71±0.04	0.50±0.03	4.12±0.03	3.33±0.03	4.76±0.03		12.21±0.02
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2	8.32	1.48	4.47	2.21	0.16		6.84
E032	Karonda fruit (<i>Carissa carandas</i>)	1	2.55	0.80	1.19	0.56			1.75
E033	Lemon, juice (<i>Citrus limon</i>)	6	2.59±0.06		1.01±0.03	1.28±0.04	0.30±0.02		2.59±0.06
E034	Lime, sweet,pulp (<i>Citrus limetta</i>)	6	3.94±0.03	0.52±0.03	0.70±0.02	2.60±0.01	0.12±0.01		3.42±0.01
E035	Litchi (<i>Nephelium litchi</i>)	4	9.30±0.06		4.05±0.04	2.17±0.04	3.08±0.02		9.30±0.06
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6	7.77±0.07		2.38±0.03	0.73±0.02	4.66±0.09		7.77±0.07
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2	8.13		3.90	2.60	1.63		8.13
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3	8.06±0.07		4.50±0.01	0.55±0.04	3.01±0.02		8.06±0.07
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4	9.00±0.05		4.80±0.02	2.65±0.01	1.55±0.04		9.00±0.05
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2	7.94		4.42	2.71	0.81		7.94
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2	8.48		4.95	2.46	1.07		8.48

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			<	STARCH	FRUS	GLUS	SUCS	MALS	→
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1	9.24		7.33	1.05	0.86		9.24
E043	Mangosteen (<i>Garcinia mangostana</i>)	1	9.41	0.50	5.12	1.67	2.12		8.91
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1	12.63	0.50	3.45	4.12	4.56		12.13
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5	2.99±0.05		0.62±0.02	0.71±0.01	1.65±0.06		2.99±0.05
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6	2.36±0.06		0.51±0.02	0.84±0.02	1.01±0.03		2.36±0.06
E047	Orange, pulp (<i>Citrus aurantium</i>)	6	6.86±0.06		2.86±0.03	1.21±0.02	2.79±0.03		6.86±0.06
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1	1.03	0.84	0.17	0.02			0.19
E049	Papaya, ripe (<i>Carcia papaya</i>)	6	4.09±0.17		2.44±0.13	1.15±0.02	0.50±0.03		4.09±0.17
E050	Peach (<i>Prunus communis</i>)	1	6.95		1.15	0.89	4.61	0.30	6.95
E051	Pear (<i>Pyrus sp.</i>)	6	7.39±0.77		3.51±0.21	2.74±0.30	1.12±0.01		7.39±0.77
E052	Phalsa (<i>Grewia asiatica</i>)	2	13.75	0.75	6.12	4.66	2.22		13.00
E053	Pineapple (<i>Ananas comosus</i>)	6	8.56±0.05		1.21±0.02	3.12±0.02	4.23±0.02		8.56±0.05
E054	Plum (<i>Prunus domestica</i>)	3	10.13±0.03		3.50±0.03	3.42±0.03	3.21±0.03		10.13±0.03
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	10.87±0.05		1.01±0.03	1.74±0.04	8.12±0.04		10.87±0.05
E056	Pummelo (<i>Citrus maxima</i>)	3	4.85±0.05	0.46±0.02	2.09±0.02	1.44±0.03	0.86±0.04		4.38±0.07
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6	62.80±2.05	1.29±0.03	23.12±1.79	16.22±0.66	22.17±0.93		61.51±2.02
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6	58.17±2.00	1.05±0.03	26.54±0.56	15.58±2.03	15.00±0.23		57.12±2.02
E059	Rambutan (<i>Nephelium lappaceum</i>)	1	15.80		8.78	6.00	1.02		15.80
E060	Sapota (<i>Achras sapota</i>)	6	12.30±0.05		8.60±0.03	2.85±0.06	0.85±0.03		12.30±0.05
E061	Soursop (<i>Annona muricata</i>)	1	9.95	0.12	7.99	1.66	0.18		9.83
E062	Star fruit (<i>Averrhoa carambola</i>)	1	3.95		2.22	1.73			3.95

Table 6. Starch and Individual Sugars

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Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			<	STARCH	FRUS	GLUS	SUCS	MALS	→
E063	Strawberry (<i>Fragaria ananassa</i>)	6	3.66±0.11	0.10±0.01	1.90±0.05	1.60±0.14	0.07±0.03		3.56±0.11
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6	52.88±2.38		12.31±1.27	14.53±0.83	26.04±1.08		52.88±2.38
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6	3.66±0.27		1.91±0.15	0.31±0.03	1.44±0.02		3.66±0.27
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6	3.00±0.25		2.57±0.39	0.21±0.02	0.22±0.01		3.00±0.25
E067	Wood Apple (<i>Limonia acidissima</i>)	3	6.60±0.04	2.79±0.02	1.38±0.02	1.41±0.02	1.02±0.02		3.81±0.02
E068	Zizyphus (<i>Zizyphus jujube</i>)	1	8.29		4.30	2.98	1.01		8.29
F ROOTS AND TUBERS									
F001	Beet root (<i>Beta vulgaris</i>)	6	6.04±0.94	1.69±0.43	1.67±0.02	1.46±0.02	1.21±0.03		4.35±0.02
F002	Carrot, orange (<i>Ducus carota</i>)	6	4.48±0.65	1.24±0.27	0.11±0.02	1.15±0.03	1.98±0.02		3.23±0.03
F003	Carrot, red (<i>Ducus carota</i>)	4	5.35±0.03	1.39±0.05	1.08±0.02	1.13±0.02	1.75±0.02		3.96±0.03
F004	Colocasia (<i>Colocasia antiquorum</i>)	6	14.78±0.71	13.88±0.74	0.54±0.03	0.25±0.03	0.12±0.02		0.90±0.05
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3	13.46±0.78	13.22±0.82	0.07±0.02	0.11±0.02	0.07±0.02		0.24±0.04
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6	11.79±0.76	11.47±0.71	0.24±0.02	0.05±0.02	0.04±0.02		0.32±0.02
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1	10.73	10.29	0.26	0.08	0.10		0.44
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1	13.46	13.08	0.22	0.10	0.05		0.38
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3	1.56±0.04	0.41±0.02	0.48±0.06	0.27±0.04	0.40±0.04		1.15±0.03
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6	1.54±0.11	0.59±0.09	0.31±0.05	0.03±0.01	0.62±0.03		0.95±0.04
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1	1.50	0.64	0.38	0.18	0.30		0.86
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2	1.46	0.30	0.36	0.30	0.50		1.16
F013	Sweet potato, brown skin (<i>Ipomoea batatas</i>)	4	22.45±1.75	18.82±1.74	0.46±0.04	0.71±0.04	2.47±0.05		3.63±0.05
F014	Sweet potato, pink skin (<i>Ipomoea batatas</i>)	3	23.91±1.54	19.88±1.53	0.90±0.03	0.97±0.02	2.16±0.04		4.03±0.03

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			<	STARCH	FRUS	GLUS	SUCS	MALS	→
F015	Tapioca (<i>Manihot esculenta</i>)	3	17.50±0.10	15.36±0.12	0.13±0.03	0.29±0.02	1.72±0.02		2.14±0.05
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1	17.88	15.93	0.12	0.32	1.51		1.95
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6	15.94±0.20	14.36±0.18	0.70±0.02	0.16±0.03	0.72±0.03		1.58±0.05
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4	16.09±1.00	14.94±0.35	0.42±0.24	0.11±0.06	0.62±0.48		1.15±0.75
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2	16.89	15.35	0.62	0.12	0.80		1.54

G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 (<i>Capsicum annum</i>)	5	3.02±0.04	2.31±0.01	0.54±0.03	0.16±0.03	0.02±0.00		0.71±0.03
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3	3.01±0.09	1.96±0.04	0.93±0.03	0.11±0.02	0.02±0.01		1.05±0.05
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5	2.39±0.07	1.85±0.02	0.45±0.04	0.08±0.02	0.02±0.01		0.54±0.04
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3	2.27±0.07	1.65±0.03	0.47±0.05	0.14±0.02	0.01±0.00		0.62±0.06
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2	2.30±0.01	1.84±0.03	0.42±0.03	0.02±0.01	0.02±0.00		0.46±0.02
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1	2.29	1.70	0.43	0.15	0.01		0.59
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1	3.21	2.48	0.66	0.05	0.02		0.73
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6	2.63±0.37	1.96±0.26	0.55±0.17	0.11±0.05	0.02±0.00		0.67±0.18
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	1.23±0.13	1.06±0.09	0.07±0.04	0.06±0.03	0.05±0.02		0.17±0.04
G010	Curry leaves (<i>Murraya koenigii</i>)	6	3.66±0.17	3.08±0.16	0.41±0.03	0.20±0.01			0.60±0.03
G011	Garlic, big clove (<i>Allium sativum</i>)	6	20.81±1.23	14.84±0.97	4.20±0.34	1.20±0.02	0.57±0.21		5.97±0.43
G012	Garlic, small clove (<i>Allium sativum</i>)	3	19.70±0.97	14.86±0.87	1.48±0.06	1.08±0.03	2.28±0.06		4.84±0.11
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1	21.26	17.53	1.21	1.05	1.47		3.73
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6	5.11±0.11	3.80±0.04	1.00±0.07	0.15±0.03	0.17±0.14		1.31±0.12

Table 6. Starch and Individual Sugars

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			↖	g	↗				
				STARCH	FRUS	GLUS	SUCS	MALS	
G015	Mango ginger (<i>Curcuma amada</i>)	3	4.21±0.07	1.79±0.09	1.11±0.02	0.81±0.11	0.50±0.03		2.42±0.12
G016	Mint leaves (<i>Mentha spicata</i>)	4	1.10±0.03	1.02±0.03	0.01±0.00	0.07±0.02			0.08±0.02
G017	Onion, big (<i>Allium cepa</i>)	6	6.68±0.09	0.80±0.03	1.89±0.19	1.47±0.04	2.52±0.10		5.88±0.09
G018	Onion, small (<i>Allium cepa</i>)	5	6.37±1.15	0.75±0.26	1.44±0.26	1.63±0.09	2.55±1.06		5.62±1.06
G CONDIMENTS AND SPICES-DRY									
G019	Asafoetida (<i>Ferula assa-foetida</i>)	6	37.76±1.01	36.83±1.00	0.21±0.11	0.47±0.13	0.25±0.10		0.93±0.26
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6	33.75±1.38	29.47±1.39	1.84±0.02	1.89±0.04	0.55±0.05		4.28±0.06
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4	31.34±0.34	29.04±0.36	1.37±0.03	0.76±0.02	0.17±0.02		2.30±0.04
G022	Chillies, red (<i>Capsicum annum</i>)	6	9.45±0.59	4.75±0.22	2.68±0.33	1.82±0.33	0.20±0.02		4.70±0.38
G023	Cloves (<i>Syzygium aromaticum</i>)	6	10.67±0.35	8.57±0.45	1.68±0.16	0.43±0.05			2.10±0.15
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	8.45±0.77	6.07±0.76	1.61±0.84	0.77±0.16			2.38±0.95
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6	15.84±0.50	14.46±0.20	0.63±0.11	0.75±0.24			1.38±0.33
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6	4.22±0.20	3.66±0.20	0.31±0.02	0.12±0.01	0.11±0.02	0.01±0.01	0.55±0.05
G027	Mace (<i>Myristica fragrans</i>)	6	23.71±1.14	22.85±1.07	0.20±0.02	0.28±0.05	0.38±0.11		0.85±0.12
G028	Nutmeg (<i>Myristica fragrans</i>)	6	25.56±1.40	24.49±1.39	0.29±0.10	0.59±0.11	0.20±0.02		1.08±0.21
G029	Omum (<i>Trachyspermum ammi</i>)	6	18.51±1.26	15.75±1.05	2.07±0.13	0.47±0.28	0.22±0.06		2.76±0.37
G030	Pippali (<i>Piper longum</i>)	6	34.46±0.61	31.72±0.72	1.24±0.23	0.51±0.10	1.00±0.02		2.75±0.25
G031	Pepper, black (<i>Piper nigrum</i>)	6	35.67±0.85	35.35±1.12	0.09±0.04	0.23±0.05			0.32±0.05
G032	Poppy seeds (<i>Papaver somniferum</i>)	6	12.28±0.79	10.43±0.81	0.78±0.43	0.77±0.11	0.30±0.13		1.85±0.40
G033	Turmeric powder (<i>Curcuma domestica</i>)	6	45.67±1.50	44.44±1.34		0.49±0.22	0.75±0.42		1.23±0.35

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars	
			<	g	→	STARCH	FRUS	GLUS	SUCS	MALS
H NUTS AND OIL SEEDS										
H001	Almond (<i>Prunus amygdalus</i>)	6	2.24±0.21	0.01±0.01	1.20±0.22	0.76±0.02	0.27±0.01		2.23±0.21	
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6	68.32±2.36	66.56±2.38	0.50±0.06	0.71±0.02	0.55±0.03		1.76±0.05	
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3	69.12±2.92	67.33±2.74	0.60±0.17	0.83±0.07	0.36±0.02		1.79±0.20	
H004	Arecanut, fresh (<i>Areca catechu</i>)	2	40.10	35.38	3.24	1.06	0.43		4.72	
H005	Cashew nut (<i>Anacardium occidentale</i>)	6	23.23±1.11	20.11±1.08	1.97±0.05	1.05±0.04	0.10±0.02		3.11±0.08	
H006	Coconut, kernel, dry (<i>Cocos nucifera</i>)	6	6.93±0.30		1.37±0.04	1.00±0.03	4.57±0.28		6.93±0.30	
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	6.20±0.26		1.00±0.08	0.89±0.04	4.31±0.20		6.20±0.26	
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5	31.03±1.87	30.12±1.74	0.09±0.01	0.21±0.08	0.61±0.08		0.91±0.16	
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6	9.53±0.59	8.54±0.58	0.31±0.02	0.47±0.02	0.21±0.02		0.99±0.05	
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4	9.31±1.09	7.92±1.06	0.50±0.02	0.21±0.03	0.68±0.03		1.39±0.04	
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5	8.61±0.73	7.94±0.74	0.09±0.02	0.33±0.01	0.26±0.03		0.67±0.04	
H012	Ground nut (<i>Arachis hypogaea</i>)	6	14.61±0.87	10.19±0.52	0.60±0.30	0.25±0.04	3.57±0.40		4.42±0.51	
H013	Mustard seeds (<i>Brassica juncea</i>)	6	14.12±1.06	9.05±0.80	1.13±0.46	1.40±0.42	2.55±0.56		5.07±0.72	
H014	Linseeds (<i>Linum usitatissimum</i>)	6	8.15±0.17	7.55±0.13	0.20±0.02	0.40±0.05			0.60±0.04	
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	16.76±0.85	15.01±0.82	1.34±0.12	0.31±0.02	0.10±0.01		1.75±0.11	
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5	16.75±0.15	16.34±0.20	0.11±0.01	0.20±0.03	0.10±0.10		0.41±0.08	
H017	Pine seed (<i>Pinus gerardiana</i>)	5	22.60±0.49	17.93±0.44	1.55±0.17	1.00±0.02	2.12±0.07		4.67±0.14	
H018	Pistachio nuts (<i>Pistacia vera</i>)	6	14.55±0.30	6.65±0.33	4.11±0.02	2.65±0.16	1.15±0.03		7.90±0.19	
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5	28.15±0.85	25.48±0.76	0.80±0.02	0.52±0.07	1.35±0.06		2.67±0.11	
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5	6.79±0.56	3.97±0.45	0.74±0.08	0.60±0.02	1.48±0.15		2.81±0.13	

Table 6. Starch and Individual Sugars

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			↖	g	↗				
				STARCH	FRUS	GLUS	SUCS	MALS	
H021	Walnut (<i>Juglans regia</i>)	6	10.05±0.73	6.63±0.34	1.10±0.02	0.36±0.03	1.76±0.10		3.22±0.08
I SUGARS									
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6	84.32±3.22		22.31±1.92	3.79±0.79	58.23±1.21		84.32±3.22
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6	12.85±0.80		0.55±0.22	2.27±0.49	10.03±0.33		12.85±0.80
J MUSHROOMS									
J001	Button mushroom, fresh (<i>Agaricus</i> sp.)	1	0.80	0.70	0.10				0.10
J002	Chicken mushroom, fresh (<i>Lactiporus</i> sp.)	1	1.96	1.86	0.10				0.10
J003	Shiitake mushroom, fresh (<i>Lentinula</i> sp.)	1	4.51	4.31	0.20				0.20
J004	Oyster mushroom, dried (<i>Pleurotus</i> sp.)	1	22.00	21.32	0.68				0.68
K MISCELLANEOUS FOODS									
K001	Toddy	10	5.73±0.17		5.73±0.17				5.73±0.17
K002	Coconut Water	6	3.06±0.07		3.06±0.07				3.06±0.07
L MILK AND MILK PRODUCTS									
L001	Milk, whole, Buffalo ¹	6	5.48±0.19		0.24±0.05	0.39±0.04	0.59±0.06		5.34±0.16
L002	Milk, whole, Cow ²	6	4.94±0.18		0.20±0.04	0.18±0.04	0.24±0.03		4.89±0.14
L003	Panner ³	6	12.01±0.08		0.50±0.03	1.11±0.24	0.84±0.08		11.57±0.28
L004	Khoa ⁴	6	16.33±3.84		0.80±0.04	1.57±0.34	0.91±0.04		16.14±1.11

Lactose content (g/100) (1) 4.12±0.14; (2) 4.28±0.10; (3) 9.12±0.20; (4) 12.86±1.03