

## Table 5. MINERALS AND TRACE ELEMENTS

(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	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
<b>A CEREALS AND MILLETS</b>												
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	3.32			181	1.227	0.059	0.81	9.33	0.013	0.028
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	2.73±0.47		0.001±0.000	162±15.7	0.092±0.045	0.021±0.005	0.56±0.09	8.02±0.93	0.018±0.012	0.008±0.008
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	2.21±0.78	0.97±0.24	0.003±0.001	27.35±2.16	0.025±0.006	0.030±0.015	0.54±0.11	6.42±1.04	0.008±0.002	0.003±0.001
A004	Barley ( <i>Hordeum vulgare</i> )	6				28.64±3.49	0.029±0.009	0.027±0.010	0.43±0.17	1.56±0.15		
A005	Jowar ( <i>Sorghum vulgare</i> )	6	2.56±0.59	1.53±0.04	0.002±0.002	27.60±3.71	0.010±0.003	0.012±0.007	0.45±0.11	3.95±0.94	0.008±0.003	0.001±0.001
A006	Maize, dry ( <i>Zea mays</i> )	6	2.82±0.16			8.91±0.61	0.010±0.006	0.010±0.003	0.45±0.23	2.49±0.32		0.002±0.001
A007	Maize, tender, local ( <i>Zea mays</i> )	6	0.12±0.05			6.35±0.89	0.004±0.003		0.18±0.06	0.71±0.06	0.001±0.000	
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	0.11±0.02			6.37±1.07	0.002±0.001	0.001±0.000	0.11±0.02	0.54±0.07		
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1		0.03	0.002	198	0.004		0.48	7.51		
A010	Ragi ( <i>Eleusine coracana</i> )	5	3.64±0.69		0.004±0.004	364±58.0	0.032±0.019	0.022±0.009	0.67±0.22	4.62±0.36	0.005±0.002	0.003±0.003
A011	Rice flakes ( <i>Oryza sativa</i> )	6	2.44±0.60		0.002±0.001	9.19±1.33	0.050±0.027	0.007±0.003	0.26±0.05	4.46±0.81	0.005±0.003	0.002±0.002
A012	Rice puffed ( <i>Oryza sativa</i> )	6	2.41±0.61		0.004±0.003	15.09±2.92	0.028±0.007	0.007±0.002	0.25±0.05	4.55±1.03	0.013±0.006	0.004±0.002
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	0.60±0.18		0.002±0.001	10.93±1.79	0.005±0.002	0.011±0.003	0.37±0.14	1.02±0.35	0.002±0.001	
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	0.20±0.06		0.002±0.003	8.11±1.01	0.005±0.002	0.003±0.001	0.27±0.12	0.72±0.20	0.006±0.002	0.005±0.002
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6	0.44±0.30		0.002±0.002	7.49±1.26	0.005±0.003	0.003±0.002	0.23±0.06	0.65±0.11	0.005±0.004	0.002±0.002
A016	Samai ( <i>Panicum miliare</i> )	6		0.49±0.15	0.001±0.000	16.06±1.54	0.016±0.006	0.001±0.000	0.34±0.08	1.26±0.44		
A017	Varagu ( <i>Setaria italica</i> )	5	1.07±0.83			15.27±1.28	0.021±0.027	0.005±0.003	0.26±0.05	2.34±0.46		0.027±0.003
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	0.94±0.33		0.001±0.000	20.40±2.46	0.005±0.002	0.001±0.001	0.17±0.02	1.77±0.38	0.004±0.002	0.003±0.003

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
<b>A CEREALS AND MILLETS</b>												
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	325	5.29		0.016	0.345	374	433	16.46	2.70	2.66
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	270±33.2	4.44±0.27		0.049±0.014	0.048±0.017	412±22.0	413±45.9	21.41±6.15	2.81±0.22	2.52±0.20
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	124±19.5	1.12±0.17	0.77±1.48	0.050±0.025	0.056±0.022	289±25.3	365±18.0	30.40±5.22	4.11±0.09	2.76±0.36
A004	Barley ( <i>Hordeum vulgare</i> )	6	48.97±6.1	1.24±0.11	1.84±0.50	0.032±0.005		178±26.8	268±20.4	18.61±1.32	7.56±1.52	1.50±0.27
A005	Jowar ( <i>Sorghum vulgare</i> )	6	133±14.8	1.19±0.11	2.62±2.15	0.042±0.021	0.059±0.021	274±35.7	328±25.1	26.29±11.08	5.42±0.21	1.96±0.31
A006	Maize, dry ( <i>Zea mays</i> )	6	145±12.4	0.71±0.08	3.19±2.64	0.035±0.014	0.035±0.013	279±35.3	291±27.7	8.69±1.81	4.44±0.18	2.27±0.23
A007	Maize, tender, local ( <i>Zea mays</i> )	6	47.62±5.32	0.36±0.07		0.009±0.009	0.016±0.007	163±25.7	167±36.8	3.83±2.28	2.24±0.07	0.97±0.14
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	36.51±1.87	0.32±0.04		0.006±0.001	0.009±0.004	121±13.6	297±4.1	2.17±1.11	2.23±0.06	0.77±0.09
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1	119	1.77			0.004	212	474	7.81	4.50	3.31
A010	Ragi ( <i>Eleusine coracana</i> )	5	146±10.7	3.19±0.88	3.96±1.41	0.011±0.008	0.078±0.020	210±58.4	443±59.6	15.30±6.23	4.75±0.14	2.53±0.51
A011	Rice flakes ( <i>Oryza sativa</i> )	6	77.92±12.75	0.89±0.13		0.049±0.011	0.043±0.015	195±20.5	148±13.8		2.58±0.06	1.49±0.21
A012	Rice puffed ( <i>Oryza sativa</i> )	6	64.59±6.01	0.91±0.15		0.034±0.024	0.048±0.014	152±20.6	140±14.0		3.69±0.87	1.45±0.29
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	93.91±9.11	1.70±0.45		0.053±0.026	0.038±0.024	267±64.9	199±40.9	2.26±0.43	3.64±0.08	1.68±0.33
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	26.72±8.52	0.79±0.25		0.055±0.017	0.027±0.009	140±25.0	142±20.3	1.19±0.14	3.16±1.33	1.08±0.20
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6	19.30±6.99	0.73±0.21		0.056±0.037	0.022±0.012	96±16.30	108±10.9	1.01±0.13	2.34±0.28	1.21±0.17
A016	Samai ( <i>Panicum miliare</i> )	6	91.41±12.63	0.23±0.08		0.020±0.010	0.086±0.029	130±27.5	105±15.7	40.41±24.09	4.77±0.14	1.82±0.14
A017	Varagu ( <i>Setaria italica</i> )	5	122±5.9	0.33±0.05	0.74±0.15	0.020±0.007	0.074±0.019	101±5.2	94±10.7	14.12±2.26	3.35±0.04	1.65±0.18
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	30.69±2.77	0.63±0.09		0.013±0.003	0.005±0.003	110±9.8	148±7.0		1.54±0.48	0.88±0.07

Food code	Food Name	No. of Regions	Aluminium	Arsenic	Cadmium	Calcium	Chromium	Cobalt	Copper	Iron	Lead	Lithium
			(Al)	(As)	(Cd)	(Ca)	(Cr)	(Co)	(Cu)	(Fe)	(Pb)	(Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
AL	AS	CD	CA	CR	CO	CU	FE	PB	LI			
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	1.54±0.53		0.001±0.001	30.94±3.65	0.006±0.005	0.006±0.003	0.48±0.11	4.10±0.67	0.006±0.003	0.002±0.001
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	0.55±0.23		0.002±0.001	39.36±5.65	0.006±0.003	0.003±0.002	0.49±0.12	3.97±0.78		0.005±0.004
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	0.43±0.16	0.40±0.18	0.001±0.001	27.09±1.62	0.007±0.002	0.001±0.000	0.40±0.07	3.86±0.34	0.008±0.011	
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	0.64±0.19		0.002±0.001	29.38±2.11	0.006±0.003	0.003±0.002	0.46±0.11	2.98±0.34	0.004±0.000	0.002±0.002
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	1.15±0.38		0.001±0.001	19.42±1.74	0.006±0.005	0.002±0.001	0.19±0.03	2.02±0.41	0.008±0.002	0.001±0.001
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	1.20±0.16		0.001±0.000	22.63±3.46	0.007±0.002	0.003±0.002	0.22±0.05	2.09±0.42	0.009±0.008	0.001±0.000

## B GRAIN LEGUMES

115	B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	0.65±0.19		46.32±5.12	0.008±0.006	0.024±0.006	0.82±0.12	6.08±0.27	0.011±0.013	0.003±0.001
	B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	2.10±0.19		150±18.3	0.015±0.003	0.021±0.005	0.85±0.12	6.78±0.75	0.006±0.002	0.006±0.002
	B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	1.19±0.33		55.67±6.10	0.011±0.004	0.014±0.004	0.64±0.08	4.67±0.55	0.004±0.000	0.002±0.001
	B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	2.25±0.63		86.18±8.99	0.019±0.007	0.018±0.004	0.76±0.12	5.97±0.56	0.008±0.006	0.005±0.002
	B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	1.36±0.61		81.73±7.63	0.010±0.002	0.013±0.002	0.81±0.16	5.90±1.26		0.006±0.002
	B006	Cowpea, white ( <i>Vigna catjang</i> )	1	0.40		84.10	0.004	0.017	0.68	5.04		0.007
	B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	0.53		78.16	0.010	0.021	1.03	4.50		0.001
	B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	0.73		75.20	0.010	0.018	0.90	4.99		0.001
	B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	0.52±0.24		77.24±10.17	0.019±0.014	0.014±0.005	0.94±0.09	5.50±0.72		0.001±0.001
	B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	2.47±0.24		43.13±5.14	0.002±0.001	0.006±0.001	0.97±0.11	3.93±0.30	0.002±0.001	0.002±0.001
	B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	3.24±0.39		92.43±10.68	0.012±0.006	0.021±0.009	1.00±0.14	4.89±0.46		0.002±0.002
	B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	4.69±1.04	0.001±0.001	269±34.9	0.027±0.010	0.054±0.024	1.29±0.09	8.76±1.16	0.007±0.002	0.005±0.008
	B013	Lentil dal ( <i>Lens culinaris</i> )	6	1.60±0.14	1.19±0.76	44.32±4.74	0.006±0.002	0.009±0.003	0.96±0.11	7.06±0.55		0.003±0.003
	B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	2.60±0.43	0.46±0.47	76.13±7.23	0.022±0.013	0.015±0.004	0.98±0.07	7.57±0.67	0.016±0.013	0.004±0.002

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	125±11.5	2.98±0.36		0.022±0.009	0.021±0.015	315±41.4	311±38.3	53.12±5.47	2.04±0.31	2.85±0.32
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	125±14.8	3.19±0.59		0.073±0.030	0.014±0.005	315±41.8	366±59.6	47.76±5.96	2.50±0.20	2.85±0.65
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	116±14.0	1.95±0.13	2.01±0.12	0.029±0.013	0.018±0.016	245±27.9	330±33.4	10.54±2.23	2.09±0.34	1.97±0.25
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	37.89±3.71	1.98±0.18	2.67±3.69	0.018±0.011	0.008±0.006	119±8.5	284±26.5	10.93±5.06	2.31±0.61	2.13±0.32
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	34.18±5.28	0.67±0.11		0.031±0.016	0.008±0.002	99±12.94	163±26.7	15.33±3.25	2.71±0.79	0.83±0.12
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	39.03±7.18	0.75±0.15		0.019±0.004	0.010±0.005	107±21.6	177±30.3	14.29±3.11	3.43±0.14	0.88±0.22

## B GRAIN LEGUMES

116	B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	118±12.9	1.68±0.16	1.78±0.12	0.047±0.034	0.141±0.031	325±14.0	957±23.7	50.97±22.01	20.83±0.15	3.65±0.37
	B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	160±17.5	2.71±0.33	1.77±0.12	0.064±0.031	0.081±0.023	267±21.9	935±37.9	41.23±11.67	26.56±0.12	3.37±0.26
	B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	173±3.1	1.46±0.06	2.11±0.44	0.054±0.032	0.249±0.070	375±43.7	1157±38.0	23.99±2.15	18.88±2.27	3.00±0.18
	B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	190±19.1	1.83±0.34	2.43±1.06	0.099±0.053	0.241±0.077	345±36.5	1093±24.5	27.98±7.08	26.80±3.77	3.05±0.24
	B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	213±20.3	1.51±0.29		0.108±0.052	0.233±0.071	372±32.9	1241±116	23.95±4.40	13.68±0.07	3.41±0.41
	B006	Cowpea, white ( <i>Vigna catjang</i> )	1	213	1.35		0.226	0.228	378	1243	26.55	12.52	3.57
	B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	197	2.38		0.073	0.184	457	1272	32.55	1.35	2.42
	B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	173	2.38		0.057	0.283	429	1245	22.82	1.41	2.44
	B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	190±15.1	2.41±0.33		0.034±0.020	0.261±0.100	448±71.4	1360±33.0	21.52±1.34	1.70±0.04	2.80±0.18
	B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	155±17.2	0.98±0.06	2.03±2.80	0.162±0.140	0.129±0.045	416±22.4	1268±85.3	50.14±8.92	10.14±0.33	2.49±0.12
	B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	198±39.2	1.05±0.08	2.96±4.83	0.174±0.058	0.103±0.014	353±33.6	1177±74.3	23.32±6.03	12.48±0.07	2.67±0.13
	B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	152±18.1	3.13±0.41	6.72±3.83	0.124±0.056	0.273±0.077	298±22.5	1065±42.4	29.49±6.79	12.14±0.17	2.71±0.21
	B013	Lentil dal ( <i>Lens culinaris</i> )	6	74.69±7.78	1.16±0.12	0.34±0.39	0.079±0.036	0.101±0.015	310±5.3	786±55.3	49.50±18.40	10.27±0.07	3.61±0.26
	B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	101±13.9	1.55±0.26	2.08±0.25	0.076±0.057	0.201±0.062	274±27.4	756±63.6	33.14±18.27	11.20±0.08	3.60±0.23

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	1.02			76.66	0.012	0.012	0.88	7.91	0.016	0.004
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	0.54±0.42			154±17.0	0.003±0.001	0.019±0.007	0.64±0.06	7.90±0.17		0.005±0.002
B017	Peas, dry ( <i>Pisum sativum</i> )	6	0.52±0.19			75.11±13.93	0.010±0.007	0.009±0.004	0.68±0.06	5.09±0.45	0.005±0.003	0.003±0.003
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	0.75			134	0.032	0.006	0.87	6.17	0.012	0.002
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	0.92±0.20			134±17.6	0.025±0.015	0.024±0.024	0.89±0.12	6.30±0.61	0.006±0.005	0.002±0.002
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	0.65±0.16			126±8.1	0.029±0.013	0.013±0.004	0.78±0.08	6.13±0.77	0.003±0.000	0.003±0.004
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	0.83±0.48			71.73±6.41	0.007±0.003	0.003±0.002	1.14±0.14	3.90±0.46	0.003±0.001	0.004±0.003
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	2.21±0.40		0.001±0.001	139±11.8	0.022±0.005	0.020±0.007	1.32±0.15	5.37±1.36	0.004±0.001	0.008±0.005
B023	Ricebean ( <i>Vigna umbellata</i> )	1				200	0.002		0.75	4.76		
B024	Soya bean, brown ( <i>Glycine max</i> )	6	1.45±0.39		0.001±0.000	239±26.6	0.003±0.003	0.049±0.012	1.29±0.22	8.29±0.51		0.001±0.001
B025	Soya bean, white ( <i>Glycine max</i> )	1	0.71			195	0.007	0.018	0.79	8.22		

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## C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	3.92	0.001	901		0.007	0.25	4.36	0.013		
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	3.91±0.77		0.002±0.001	330±74.2	0.027±0.009	0.005±0.002	0.21±0.08	4.64±0.85	0.004±0.000	0.009±0.004
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1	3.03		0.002	245	0.028	0.023	0.22	7.25		0.009
C004	Amaranth leaves, red and green ( <i>Amaranthus gangeticus</i> )	4	3.59±0.47		0.002±0.000	269±34.0	0.024±0.008	0.012±0.002	0.17±0.08	5.28±0.75	0.004±0.001	0.007±0.006
C005	Amaranth spinosus, leaves, green ( <i>Amaranthus spinosus</i> )	4	2.87±0.87			359±39.7	0.035±0.015	0.002±0.001	0.23±0.07	6.37±1.59	0.001±0.001	0.008±0.008
C006	Amaranth spinosus, leaves, red and green ( <i>Amaranthus spinosus</i> )	2	3.61			372	0.028	0.005	0.33	4.58	0.001	0.014
C007	Basella leaves ( <i>Basella alba</i> )	2	2.69	2.75	0.002	93.89	0.046	0.006	0.12	4.20	0.006	0.006
C008	Bathua leaves ( <i>Chenopodium album</i> )	2		0.82	0.001	211		0.001	0.10	2.66	0.001	

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	86.38	1.56	1.62	0.299	0.145	261	764	56.28	10.87	3.31
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	205±13.5	1.07±0.02		0.059±0.025	0.180±0.014	362±31.7	1356±53.2	18.82±3.46	26.34±0.10	1.92±0.08
B017	Peas, dry ( <i>Pisum sativum</i> )	6	123±8.1	1.08±0.09	1.83±3.36	0.113±0.084	0.111±0.021	334±18.3	922±67.4	50.07±3.23	23.40±0.07	3.10±0.14
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	160	1.19		0.034	0.283	386	1362	18.65	9.40	3.08
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	164±22.3	1.19±0.09	1.48±0.18	0.081±0.043	0.287±0.122	396±32.5	1366±113	12.70±5.51	10.47±0.10	2.60±0.17
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	173±9.7	1.24±0.11		0.054±0.035	0.203±0.085	409±32.4	1324±195	22.45±5.37	10.45±0.05	2.69±0.34
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	119±15.3	1.12±0.08	1.56±0.34	0.131±0.080	0.198±0.053	328±17.2	1395±118	14.36±4.16	18.01±0.12	2.63±0.10
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	155±23.1	1.34±0.29	2.22±0.47	0.087±0.054	0.161±0.031	312±38.3	1303±103	15.41±7.61	19.03±0.11	2.99±0.25
B023	Ricebean ( <i>Vigna umbellata</i> )	1	201	1.68				270	1196		10.62	2.29
B024	Soya bean, brown ( <i>Glycine max</i> )	6	259±40.2	2.69±0.37	1.15±0.30	0.157±0.108	0.154±0.039	483±38.9	1613±75.6	19.00±5.48	2.07±0.05	4.01±0.51
B025	Soya bean, white ( <i>Glycine max</i> )	1	189	2.27		0.156	0.169	494	1634	16.85	2.83	3.47

## C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	96.64	1.24	0.41	0.003	0.068	52.52	674	30.70	18.12	0.53
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	194±53.2	1.24±0.23		0.024±0.023	0.017±0.008	73.22±12.66	572±152	20.97±2.01	16.08±3.71	0.86±0.31
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1	177	2.15		0.013	0.026	75.98	564	22.55	14.58	1.37
C004	Amaranth leaves, red and green ( <i>Amaranthus gangeticus</i> )	4	146±25.9	1.43±0.44		0.010±0.004	0.030±0.020	68.23±5.66	597±118	21.62±2.82	17.55±2.59	1.03±0.31
C005	Amaranth spinosus, leaves, green ( <i>Amaranthus spinosus</i> )	4	202±68.2	1.07±0.31		0.032±0.015	0.024±0.004	72.46±21.03	569±78.0	28.97±2.54	15.66±1.50	1.57±0.50
C006	Amaranth spinosus, leaves, red and green ( <i>Amaranthus spinosus</i> )	2	187	1.84		0.021	0.020	85.02	588	19.41	16.27	1.11
C007	Basella leaves ( <i>Basella alba</i> )	2	153	1.29		0.006	0.044	37.26	337	6.17	18.74	0.39
C008	Bathua leaves ( <i>Chenopodium album</i> )	2	48.41	1.58	0.18	0.003	0.008	37.55	438	1.40	10.75	0.98

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
C009	Beet greens ( <i>Beta vulgaris</i> )	6		3.53±1.92	0.01±0.01	151±46.9		0.004±0.001	0.14±0.01	5.80±0.57	0.011±0.006	
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	2.01±0.51	1.17±0.85	0.002±0.001	207±14.9	0.026±0.010	0.003±0.001	0.24±0.05	3.00±0.77	0.005±0.002	0.012±0.006
C011	Betel leaves, small ( <i>Piper betle</i> )	4	1.85±0.43	1.68±0.00		196±13.7	0.019±0.005	0.002±0.001	0.29±0.02	2.87±0.29	0.004±0.003	0.005±0.006
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1		0.57	0.001	53.99	0.002	0.001	0.08	1.54	0.004	
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1				58.46	0.001		0.05	0.39		
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	2.29		0.001	170	0.001	0.002	0.06	2.67		0.004
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata f. alba</i> )	6				51.76±4.44	0.004±0.002	0.001±0.001	0.03±0.02	0.35±0.16		0.001±0.001
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata f. rubra</i> )	2				48.00	0.004	0.002	0.02	0.24		0.001
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	0.46±0.16		0.001±0.000	96.70±16.41	0.014±0.007		0.14±0.01	2.42±0.32	0.006±0.002	0.003±0.003
C018	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	6		2.74±1.45	0.001±0.001	216±50.8	0.004±0.003	0.003±0.002	0.29±0.06	3.41±0.50	0.007±0.004	
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	1.15±0.07	1.60±0.01	0.001±0.000	314±71.0	0.020±0.003		0.44±0.26	4.56±1.09	0.004±0.001	0.019±0.013
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	2.01±0.21		0.001±0.000	274±27.8	0.039±0.004	0.006±0.003	0.18±0.04	5.69±1.37	0.006±0.001	0.007±0.002
C021	Garden cress ( <i>Lepidium sativum</i> )	2		3.89	0.005	217	0.001	0.006	0.23	6.19	0.015	
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	2.30±0.29			145±15.3	0.061±0.014	0.004±0.002	0.23±0.08	7.65±1.74		0.005±0.002
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	2.74			129	0.040	0.009	0.16	9.56	0.001	0.005
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2		7.98	0.004	368		0.005	0.07	2.51	0.006	
C025	Lettuce ( <i>Lactuca sativa</i> )	3	0.90±0.12	1.43±0.31	0.003±0.001	56.71±2.07	0.020±0.010	0.002±0.000	0.14±0.05	2.73±0.59	0.004±0.002	0.008±0.000
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	1.74±0.05	3.65±0.32	0.004±0.000	191±23.8	0.039±0.005	0.001±0.000	0.24±0.07	2.84±0.12	0.007±0.000	0.008±0.001
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	3.16	3.29	3.098	150	0.028	0.002	0.06	3.78	0.014	0.005
C028	Parsley ( <i>Petroselinum crispum</i> )	3		4.04±0.97	0.007±0.002	288±48.7	0.001±0.000	0.002±0.000	0.19±0.04	5.51±2.25	0.052±0.016	
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2		2.68	0.004	388	0.002	0.014	0.21	3.88	0.008	

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
C009	Beet greens ( <i>Beta vulgaris</i> )	6	120±7.8	1.16±0.04	0.26±0.12	0.036±0.030	0.02±0.011	36.02±4.80	530±49.0	47.75±17.81	111±34.1	0.16±0.03
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	107±22.4	2.57±0.77	0.21±0.13	0.004±0.004	0.050±0.023	51.73±4.83	649±9.0	12.15±2.80	16.80±0.03	0.47±0.17
C011	Betel leaves, small ( <i>Piper betle</i> )	4	89.94±14.98	1.79±0.62		0.002±0.002	0.043±0.017	55.72±3.36	678±5.2	5.40±1.71	14.04±2.32	0.39±0.06
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1	32.99	0.41	0.06	0.013	0.012	98.56	639	2.01	18.51	0.57
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1	11.51	0.19				33.05	258	1.85	20.28	0.19
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	45.90	1.27		0.004	0.030	54.67	292	2.35	22.98	0.35
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata f. alba</i> )	6	17.99±3.22	0.20±0.09		0.002±0.001	0.009±0.003	30.15±6.48	233±59.0	1.08±0.16	14.98±2.78	0.16±0.03
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata f. rubra</i> )	2	26.87	0.19		0.002	0.004	22.14	201	1.08	24.00	0.13
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	41.50±1.86	0.50±0.05		0.006±0.003	0.013±0.009	62.82±2.98	374±14.1	1.05±0.16	24.31±5.03	0.31±0.06
C018	Colocasia leaves, green ( <i>Colocasia antiquorum</i> )	6	59.44±16.08	1.30±0.42	0.25±0.07	0.015±0.011	0.026±0.012	57.88±5.60	404±104	4.30±1.13	12.08±1.93	0.82±0.21
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	97.09±10.17	1.26±0.60		0.036±0.000	0.024±0.015	109±20.7	397±2.1	5.95±3.28	9.34±2.11	0.72±0.19
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	63.67±18.51	0.84±0.34		0.017±0.014	0.034±0.013	53.05±7.08	226±63.0	1.29±0.51	47.01±4.23	0.54±0.06
C021	Garden cress ( <i>Lepidium sativum</i> )	2	79.24	1.20	0.34	0.005	0.042	45.55	379	8.08	25.35	1.52
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	83.09±15.88	2.03±0.32		0.012±0.007	0.050±0.013	41.99±6.83	260±5.4	2.38±0.33	12.34±2.36	0.65±0.08
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	75.75	1.75		0.010	0.050	36.38	161	3.25	14.08	0.63
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2	66.00	0.70	0.29	0.105	0.018	55.02	309	10.50	26.80	0.42
C025	Lettuce ( <i>Lactuca sativa</i> )	3	43.22±17.56	0.38±0.15	0.08±0.04	0.004±0.002	0.010±0.002	44.10±11.69	279±77.6	5.56±1.89	17.53±2.53	0.51±0.22
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	51.63±4.38	0.41±0.07		0.010±0.001	0.015±0.001	71.62±16.63	403±62.5	8.03±0.33	19.14±3.67	0.68±0.09
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	45.28	0.36	0.08	0.020	0.024	25.95	250	0.79	33.73	0.16
C028	Parsley ( <i>Petroselinum crispum</i> )	3	49.18±13.89	0.91±0.01	0.49±0.22	0.015±0.007	0.043±0.017	78.56±15.86	466±62.2	10.24±1.91	53.08±0.46	1.29±0.14
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	80.39	0.66	0.34	0.002	0.041	58.26	457	17.19	39.36	0.99

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	4.70±0.90		0.001±0.001	271±73.6	0.053±0.016	0.005±0.002	0.29±0.06	5.58±0.39	0.011±0.005	0.009±0.008
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	1.95±0.47	4.91±0.52	0.003±0.001	234±53.1	0.051±0.014	0.005±0.003	0.29±0.08	3.82±0.52	0.003±0.000	0.014±0.005
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	3.15	2.75	0.001	131	0.048	0.002	0.25	3.67	0.005	0.007
C033	Spinach ( <i>Spinacia oleracea</i> )	6	1.51±0.47			82.29±6.51	0.028±0.005	0.002±0.001	0.17±0.05	2.95±0.68	0.001±0.001	0.047±0.017
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3				66.93±0.96	0.002±0.001		0.56±0.04	2.84±0.70		

## D OTHER VEGETABLES

121	D001	Ash gourd ( <i>Benincasa hispida</i> )	6	0.04±0.02		19.39±1.46	0.006±0.002	0.001±0.001	0.04±0.01	0.47±0.20	0.003±0.000	0.001±0.000
	D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	0.03		10.00	0.004		0.14	0.33	0.014	
	D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5		0.30±0.07	43.48±18.32		0.001±0.000	0.17±0.01	0.73±0.04		
	D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	0.37±0.20		21.36±3.00	0.014±0.002	0.002±0.001	0.09±0.04	1.15±0.36	0.001±0.000	0.002±0.001
	D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	0.40±0.10		16.27±2.20	0.013±0.003	0.002±0.000	0.12±0.04	1.08±0.47		0.002±0.001
	D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	0.40		17.62	0.013	0.007	0.10	1.28	0.001	0.002
	D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	0.03±0.01		15.42±2.54	0.004±0.001	0.001±0.000	0.05±0.01	0.26±0.03		
	D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	0.05±0.03	0.000±0.001	15.05±1.70	0.003±0.001	0.001±0.000	0.05±0.01	0.28±0.02		
	D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	0.03		16.64	0.003	0.004	0.07	0.34		
	D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	0.24	0.002	22.17	0.004	0.001	0.25	0.49	0.002	0.011
	D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	0.05	0.002	17.13	0.004	0.003	0.04	0.44		
	D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	0.05	0.001	14.58	0.006	0.003	0.11	0.34		0.011

Table 5. Minerals and Trace Elements

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	84.21±9.97	1.14±0.60		0.031±0.016	0.027±0.014	64.54±10.74	423±64.2	1.38±0.25	12.20±2.49	0.90±0.25
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	57.96±15.93	0.90±0.59		0.019±0.022	0.025±0.010	50.08±15.00	304±4.2	33.05±26.21	17.39±3.22	0.49±0.12
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	48.33	0.82	0.47	0.015	0.020	32.40	336	5.37	19.95	0.46
C033	Spinach ( <i>Spinacia oleracea</i> )	6	86.97±8.58	1.12±0.42		0.008±0.004	0.025±0.004	32.59±8.08	625±5.9	2.09±0.22	42.55±4.12	0.46±0.09
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	42.10±0.80	0.64±0.05				86.86±2.14	465±4.0	2.45±0.39	13.43±0.07	0.93±0.03

D OTHER VEGETABLES												
D001	Ash gourd ( <i>Benincasa hispida</i> )	6	19.95±6.83	0.09±0.03		0.008±0.004	0.008±0.004	29.07±8.45	372±82.0	1.15±0.18	0.77±0.14	0.13±0.06
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	8.28	0.42			0.008	39.63	422	2.58	1.12	0.37
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	43.75±1.66	0.37±0.02		0.039±0.016	0.027±0.013	62.13±3.09	164±8.3	0.02±0.01	1.46±0.54	0.57±0.05
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	32.14±5.53	0.25±0.02		0.004±0.001	0.015±0.012	44.90±4.39	326±35.0	4.97±1.10	13.09±0.07	0.31±0.07
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	31.58±2.56	0.23±0.11		0.004±0.000	0.013±0.003	40.21±9.79	282±51.6	3.72±0.68	12.59±0.06	0.36±0.07
D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	33.34	0.50		0.003	0.047	44.75	356	5.22	11.16	0.43
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	10.93±1.69	0.13±0.07		0.002±0.001	0.008±0.004	16.01±1.97	124±16.5	1.77±0.29	1.46±0.08	0.15±0.02
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	10.89±1.53	0.11±0.04		0.001±0.000	0.013±0.004	16.99±7.45	116±20.2	1.80±0.39	1.52±0.09	0.15±0.02
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	12.90	0.15			0.014	26.86	171	2.05	1.35	0.18
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	26.75	0.29			0.024	39.95	302		3.15	0.32
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	29.56	0.29			0.008	44.65	206		3.92	0.23
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	18.62	0.29			0.024	27.79	192		3.12	0.20

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Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	0.11±0.00			13.39±3.79	0.002±0.001	0.002±0.002	0.14±0.03	0.38±0.12	0.001±0.000	0.009±0.007
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	0.08±0.00		0.001±0.001	17.03±2.93	0.002±0.001		0.11±0.03	0.36±0.04	0.001±0.000	0.009±0.008
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	0.07		0.001	17.17	0.002	0.001	0.11	0.39	0.001	0.016
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	0.15		0.001	19.95	0.003		0.09	0.27		0.004
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	0.09±0.00			21±2	0.004±0.001	0.001±0.001	0.12±0.04	0.42±0.05	0.003±0.003	0.005±0.003
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	0.02			18.79	0.006	0.001	0.11	0.38	0.002	0.001
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	0.12		0.001	15.59	0.007	0.001	0.12	0.41		0.011
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	0.06±0.01			15.92±2.76	0.006±0.004	0.001±0.001	0.12±0.03	0.37±0.08	0.001±0.000	0.005±0.003
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	0.09		0.001	19.85	0.007	0.001	0.14	0.37	0.001	0.012
123	D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	0.04		18.95	0.005	0.003	0.11	0.32		0.003
	D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	0.11±0.02	0.001±0.001	14.43±3.70	0.005±0.002		0.11±0.02	0.32±0.08	0.001±0.000	0.010±0.005
	D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	0.06±0.02		17.82±2.16	0.003±0.002	0.001±0.002	0.12±0.01	0.36±0.14	0.001±0.000	0.009±0.008
	D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	0.10	0.001	18.33	0.010		0.07	0.32	0.001	0.003
	D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	0.10		20.83	0.004	0.001	0.12	0.50	0.002	
	D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	0.08±0.02	0.001±0.001	16.24±4.21	0.007±0.005	0.001±0.002	0.10±0.03	0.38±0.08	0.002±0.002	0.008±0.009
	D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	0.07±0.06	0.001±0.000	16.10±1.74	0.003±0.002	0.001±0.000	0.10±0.03	0.32±0.04	0.002±0.000	0.010±0.004
	D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	0.14±0.09	0.001±0.001	14.36±2.59	0.005±0.004	0.001±0.001	0.10±0.03	0.33±0.10	0.001±0.000	0.010±0.006
	D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	0.08	0.002	15.27	0.007	0.003	0.09	0.34	0.003	0.009
	D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	0.08±0.05	0.001±0.001	16.59±3.13	0.005±0.003	0.001±0.001	0.11±0.03	0.37±0.08	0.001±0.001	0.008±0.006
	D032	Broad beans ( <i>Vicia faba</i> )	3		0.34±0.16	64.37±5.06	0.001±0.000	0.002±0.001	0.20±0.01	0.94±0.20	0.003±0.000	
	D033	Capsicum, green ( <i>Capsicum annuum</i> )	6		0.001±0.000	14.75±2.93	0.017±0.008	0.002±0.001	0.06±0.01	0.48±0.11	0.001±0.000	0.002±0.002
	D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	0.25±0.06	0.001±0.001	15.76±1.11	0.008±0.002	0.001±0.000	0.07±0.01	0.38±0.05	0.001±0.001	0.001±0.000

Table 5. Minerals and Trace Elements

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	20.65±7.46	0.18±0.03		0.001±0.000	0.019±0.011	31.82±5.99	268±114		3.31±0.24	0.21±0.04
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	25.36±11.97	0.16±0.02		0.001±0.001	0.011±0.008	33.13±6.40	227±35.4		4.03±0.55	0.20±0.05
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	18.82	0.20		0.003	0.007	30.12	289		3.75	0.20
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	15.26	0.16		0.001	0.011	29.58	238		3.45	0.16
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	26.63±8.03	0.19±0.02		0.002±0.001	0.012±0.009	35.84±3.90	284±124		4.73±0.10	0.24±0.08
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	26.23	0.16			0.003	35.71	224		3.08	0.23
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	22.11	0.18			0.016	37.36	252		4.35	0.23
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	20.73±5.13	0.14±0.02		0.002±0.001	0.007±0.003	33.28±7.08	260±51.3		3.47±0.27	0.22±0.04
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	19.26	0.18		0.001	0.013	37.81	259		3.88	0.25
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	18.00	0.15			0.007	26.81	260		3.00	0.19
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	19.19±8.62	0.15±0.07		0.002±0.000	0.015±0.013	30.07±4.05	246±20.2		3.71±0.25	0.19±0.06
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	21.89±3.72	0.15±0.05		0.004±0.003	0.003±0.001	30.32±4.00	215±67.5		3.34±0.27	0.22±0.04
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	17.06	0.18			0.003	29.86	294		3.22	0.19
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	23.13	0.14			0.005	35.94	233		3.09	0.25
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	15.48±1.73	0.17±0.04		0.006±0.000	0.010±0.013	28.03±6.25	208±51.4		3.63±0.38	0.18±0.05
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	18.41±2.91	0.16±0.02		0.001±0.000	0.016±0.003	29.76±2.67	243±57.7		3.11±0.08	0.19±0.03
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	18.51±3.26	0.16±0.05		0.001±0.001	0.009±0.007	31.21±6.76	239±29.6		3.58±0.27	0.20±0.05
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	17.30	0.23			0.017	34.98	252		3.06	0.20
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	21±5.68	0.17±0.06		0.002±0.002	0.011±0.009	32.56±5.91	247±59.8		3.55±0.47	0.21±0.05
D032	Broad beans ( <i>Vicia faba</i> )	3	40.18±2.10	0.47±0.04		0.024±0.006	0.04±0.01	67.97±8.14	362±14.1	9.03±1.67	20.74±0.65	0.61±0.06
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6	11.84±1.91	0.10±0.04		0.001±0.001	0.014±0.007	23±5.42	154±24.2	0.18±0.05	1.84±0.10	0.15±0.03
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	19.57±5.45	0.24±0.12			0.005±0.004	30.81±5.81	224±24.7	0.34±0.05	1.70±0.14	0.34±0.06

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	0.23±0.07	0.03±0.02	0.001±0.000	19.13±4.17	0.036±0.015	0.003±0.001	0.09±0.02	0.69±0.12	0.007±0.002	0.001±0.000
D036	Cauliflower ( <i>Brassica oleracea</i> )	6	0.17±0.13			25.16±3.47	0.007±0.003	0.001±0.001	0.05±0.03	0.96±0.34	0.004±0.001	0.001±0.000
D037	Celery stalk ( <i>Apium graveolens</i> )	3	1.32±0.34	0.51±0.10	0.002±0.001	38.73±3.38	0.016±0.006	0.001±0.000	0.12±0.12	1.36±0.41	0.003±0.001	0.001±0.001
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4				18.64±2.31	0.006±0.002	0.001±0.001	0.05±0.01	0.48±0.11		
D039	Cluster beans ( <i>Cyamopsis tetragonobolana</i> )	6	0.33±0.08			121±17.8	0.013±0.004	0.004±0.000	0.14±0.02	3.90±0.66		0.001±0.001
D040	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	1		1.16	0.001	29.46	0.015	0.002	0.05	0.77		
D041	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	5		1.58±1.42		40.21±6.92	0.020±0.006	0.002±0.002	0.08±0.03	0.55±0.22		0.001±0.001
D042	Corn, Baby ( <i>Zea mays</i> )	6				76.51±13.84	0.002±0.001	0.001±0.000	0.12±0.03	1.45±0.23		
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	0.07±0.07			16.39±3.74	0.006±0.002	0.002±0.001	0.04±0.01	0.46±0.21	0.001±0.000	0.002±0.002
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	0.05±0.05			19.25±3.46	0.005±0.002	0.002±0.001	0.07±0.05	0.59±0.12	0.001±0.000	0.002±0.001
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	0.10		0.001	21.98	0.006	0.002	0.04	0.45	0.001	0.002
D046	Drumstick ( <i>Moringa oleifera</i> )	6	0.24±0.09			33.30±5.54	0.008±0.003		0.10±0.02	0.73±0.18	0.007±0.003	0.002±0.001
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	0.64			70.57	0.006	0.003	0.24	1.95	0.003	0.002
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	0.36±0.13			58.59±5.21	0.007±0.003	0.003±0.002	0.20±0.08	1.48±0.39	0.003±0.001	0.002±0.000
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	0.50±0.26			55.99±10.70	0.007±0.002	0.004±0.003	0.11±0.03	1.25±0.31	0.002±0.000	
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	0.35			49.90	0.004	0.008	0.07	0.98		
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5				45.74±7.19	0.004±0.002		0.24±0.07	0.31±0.04		
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5				37.56±3.36	0.001±0.001	0.001±0.001	0.21±0.07	0.37±0.15	0.001±0.001	
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6				35.26±3.81	0.004±0.002	0.002±0.001	0.08±0.03	0.24±0.05		
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	0.06±0.02			34.39±5.90	0.003±0.001	0.002±0.001	0.06±0.01	0.38±0.05		0.001±0.000
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1	0.02			37.12	0.002	0.001	0.06	0.29		0.001

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	17.23±4.30	0.17±0.05			0.008±0.002	43.33±10.64	242±45.6	0.28±0.09	1.56±0.18	0.26±0.08
D036	Cauliflower ( <i>Brassica oleracea</i> )	6	23.08±4.37	0.23±0.08		0.002±0.001	0.013±0.005	47.33±10.61	329±56.3	0.47±0.06	30.72±3.83	0.31±0.11
D037	Celery stalk ( <i>Apium graveolens</i> )	3	17.12±6.63	0.24±0.04			0.011±0.001	44.84±9.18	298±10.1	3.59±1.27	10.68±0.05	0.18±0.03
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4	13.05±1.03	0.17±0.09		0.002±0.001	0.008±0.005	21.61±4.89	120±20.8	0.16±0.05	1.28±0.05	0.10±0.03
D039	Cluster beans ( <i>Cyamopsis tetragonobolus</i> )	6	81.74±10.44	0.39±0.12		0.022±0.007	0.057±0.016	45.28±4.07	301±47.7	1.59±0.51	4.05±0.73	0.61±0.13
D040	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	1	11.07	2.00		0.003	0.013	20.31	381	0.82	0.45	0.54
D041	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	5	19.56±4.36	0.37±0.20		0.005±0.004	0.008±0.003	30.73±6.04	414±85.6	1.48±0.76	0.60±0.15	0.20±0.08
D042	Corn, Baby ( <i>Zea mays</i> )	6	25.47±2.17	0.19±0.03				8.69±1.35	260±19.4	0.22±0.05	1.40±0.69	1.13±0.22
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	20.38±4.95	0.08±0.03		0.002±0.002	0.008±0.002	28.34±4.85	183±36.6	0.17±0.07	6.33±0.20	0.17±0.02
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	18.48±5.63	0.09±0.02		0.001±0.001	0.008±0.002	29.74±7.59	198±56.4	0.19±0.08	6.11±0.14	0.19±0.05
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	20.34	0.07		0.002	0.009	23.17	185	0.14	8.16	0.16
D046	Drumstick ( <i>Moringa oleifera</i> )	6	38.10±10.53	0.19±0.03		0.001±0.000	0.011±0.005	52.87±8.72	419±76.4	3.12±0.70	22.38±0.36	0.31±0.06
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	50.88	0.56		0.047	0.037	73.30	345		14.14	0.64
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	47.42±6.76	0.50±0.09		0.047±0.029	0.039±0.016	76.54±12.27	314±39.0		12.76±0.13	0.63±0.20
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	43.01±7.64	0.44±0.13		0.059±0.032	0.056±0.022	59.86±11.58	324±51.1		8.84±0.10	0.50±0.15
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	34.98	0.27		0.017	0.037	45.90	317		9.18	0.37
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5	26.60±9.13	0.36±0.11			0.008±0.006	27.78±3.89	327±18.1		3.53±0.52	0.17±0.03
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5	37.04±15.48	0.27±0.10			0.015±0.007	29.33±10.67	376±70.1	0.33±0.10	4.00±0.09	0.29±0.12
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6	19.05±3.69	0.13±0.03		0.004±0.002	0.006±0.003	40.77±4.47	327±63.8		27.46±3.47	0.15±0.03
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	19.60±3.26	0.16±0.05		0.001±0.001	0.010±0.002	36.90±4.81	198±34.9		1.53±0.15	0.18±0.03
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1	18.87	0.12		0.001	0.006	26.29	167		2.20	0.13

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6	0.47±0.15		0.002±0.001	86.12±6.93	0.005±0.001	0.002±0.001	0.13±0.01	0.84±0.15	0.001±0.000	0.002±0.001
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	0.11±0.02			27.00±4.93	0.010±0.003		0.08±0.02	0.40±0.08		
D058	Onion, stalk ( <i>Allium cepa</i> )	6	2.78±1.26	1.73±0.46	0.003±0.003	31.12±7.53	0.059±0.014	0.002±0.001	0.14±0.03	3.09±0.54	0.016±0.008	0.007±0.001
D059	Pap (Carica papaya)	6	0.05±0.01	0.63±0.34		22.72±1.71	0.003±0.002		0.05±0.04	0.20±0.03	0.001±0.000	0.001±0.001
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	0.33±0.06	0.68±0.38		30.76±3.08	0.013±0.002	0.001±0.001	0.09±0.01	0.50±0.11		
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	0.20±0.06			28.24±3.62	0.002±0.001	0.003±0.001	0.22±0.03	1.58±0.15		
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	0.07±0.02			34.06±1.85	0.005±0.002		0.10±0.01	0.40±0.05		
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	0.08±0.06			13.80±2.56	0.012±0.009	0.002±0.003	0.10±0.03	0.34±0.09	0.001±0.001	
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	0.13±0.02	0.05±0.03		11.24±2.30	0.015±0.006	0.001±0.001	0.04±0.02	0.26±0.10	0.002±0.003	0.001±0.001
127	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	0.09			24.10	0.004		0.04	0.29		
	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	0.11±0.05			23.06±4.30	0.002±0.001		0.06±0.01	0.36±0.11		
	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1		0.11	0.002	58.58		0.001	0.45	1.18	0.006	
	Ridge gourd ( <i>Luffa acutangula</i> )	6	0.07±0.03			13.70±1.38	0.003±0.000	0.001±0.000	0.10±0.03	0.42±0.05		0.001±0.001
	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	0.10±0.07			14.96±2.15	0.003±0.001	0.001±0.001	0.09±0.02	0.50±0.18		0.001±0.001
	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	0.06±0.03			24.60±4.77	0.002±0.002	0.001±0.001	0.09±0.02	0.32±0.08		0.001±0.000
	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	0.05			27.11	0.002	0.001	0.11	0.47		0.001
	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	0.05			17.90	0.001		0.05	0.20		
	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	0.15±0.03			19.68±3.27	0.004±0.001	0.001±0.000	0.08±0.01	0.41±0.03		0.001±0.001
	Tomato, green ( <i>Lycopersicon esculentum</i> )	6		0.18±0.07	0.001±0.000	8.49±1.56	0.028±0.013	0.002±0.001	0.06±0.02	0.42±0.08	0.002±0.001	
	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6	0.05±0.02			8.90±1.04	0.003±0.001	0.001±0.000	0.04±0.01	0.22±0.02	0.001±0.000	
	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	0.04±0.02			10.17±1.84	0.005±0.004		0.06±0.01	0.30±0.09		

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium	Manganese	Mercury	Molybdeum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6	66.10±8.99	0.30±0.04		0.005±0.002	0.012±0.001	57.48±6.93	263±32.5		7.37±0.14	0.45±0.04
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	17.54±3.18	0.23±0.06			0.006±0.002	14.92±2.22	147±20.9		33.15±0.10	0.09±0.02
D058	Onion, stalk ( <i>Allium cepa</i> )	6	66.71±8.82	0.22±0.06		0.017±0.007	0.031±0.007	28.53±3.74	312±63.2	5.22±2.02	15.52±2.48	0.99±0.21
D059	Papaya, raw ( <i>Carica papaya</i> )	6	15.03±1.12	0.03±0.01		0.001±0.001	0.002±0.000	24.11±6.35	173±29.1	1.29±1.05	7.55±0.08	0.08±0.01
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	24.59±3.64	0.13±0.03			0.012±0.004	33.81±3.72	117±2.5	2.32±0.88	2.29±0.09	0.23±0.03
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	40.11±3.29	0.46±0.06		0.020±0.004	0.043±0.008	55.95±2.74	249±9.0	1.63±0.41	3.66±0.04	1.09±0.15
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	39.76±5.37	1.09±0.21		0.004±0.002	0.009±0.003	47.31±5.74	488±46.3	2.82±0.48	7.51±0.11	0.42±0.05
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	35.64±5.34	0.29±0.09	0.12±0.01	0.002±0.001	0.005±0.003	31.69±5.76	402±17.8	0.82±0.79	18.57±0.13	0.23±0.05
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	32.82±9.01	0.10±0.05		0.001±0.001	0.003±0.002	16.31±1.61	373±1.7	0.45±0.272	23.17±2.40	0.14±0.10
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	13.27	0.08				24.51	186	0.34	5.21	0.14
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	10.43±2.35	0.07±0.02				22.18±7.47	253±39.2	0.37±0.17	8.81±0.09	0.11±0.04
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	56.95	0.53	0.05	0.149	0.121	141	616	2.19	2.54	1.10
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6	16.15±2.57	0.11±0.04		0.003±0.001	0.012±0.005	33.06±5.97	118±4.0	0.59±0.28	4.71±0.20	0.22±0.06
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	17.66±2.71	0.15±0.02		0.003±0.001	0.014±0.002	39.25±4.18	125±4.1		6.27±0.03	0.26±0.05
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	18.70±5.79	0.14±0.06		0.002±0.001	0.012±0.005	23.27±3.04	100±18.6		7.07±1.20	0.14±0.02
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	21.70	0.19		0.001	0.017	31.03	104		5.04	0.20
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	15.07	0.11		0.002	0.007	21.33	84.00		2.50	0.11
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	18.96±4.68	0.10±0.01		0.001±0.000	0.012±0.002	30.37±2.47	56.18±3.68	0.22±0.06	20.61±4.52	0.20±0.01
D074	Tomato, green ( <i>Lycopersicon esculentum</i> )	6	13.57±2.84	0.12±0.04		0.005±0.002	0.007±0.005	22.50±3.04	225±10.5	8.25±1.97	13.11±2.73	0.16±0.03
D075	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6	11.86±2.87	0.09±0.02		0.008±0.012	0.003±0.002	15.45±2.11	167±18.9		11.86±2.83	0.11±0.02
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	13.65±2.13	0.09±0.01				18.77±3.79	204±34.1		9.73±2.51	0.12±0.02

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2				17.26	0.002		0.07	0.52		
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2				20.98	0.003		0.11	0.34		

## E FRUITS

129	E001	Apple, big ( <i>Malus domestica</i> )	6	0.23±0.12	0.96±0.37	0.040±0.014	13.68±3.20	0.007±0.002	0.261±0.093	0.04±0.01	0.26±0.02	0.058±0.029	0.592±0.402
	E002	Apple, green ( <i>Malus domestica</i> )	6				6.53±2.48	0.002±0.001		0.33±0.04	0.20±0.04		
	E003	Apple, small ( <i>Malus domestica</i> )	6	0.08±0.03	0.19±0.21		5.39±0.82	0.005±0.002		0.06±0.03	0.25±0.06	0.002±0.001	0.001±0.000
	E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	0.11			4.72	0.007		0.06	0.21	0.002	0.001
	E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	2.11±0.51	0.88±0.44		28.57±4.32	0.016±0.008	0.002±0.001	0.43±0.04	2.50±0.26	0.008±0.012	0.002±0.001
	E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	0.80±0.18	0.26±0.03		5.42±0.41	0.006±0.001	0.003±0.000	0.42±0.04	1.12±0.23	0.002±0.000	
	E007	Avocado fruit ( <i>Persea americana</i> )	1				28.48	0.002		0.39	0.81		
	E008	Bael fruit ( <i>Aegle marmelos</i> )	1	0.11	0.65	0.027	47.95	0.002	0.419	0.15	0.23	0.077	2.446
	E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1				6.77	0.017		0.12	0.40	0.002	
	E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2				8.73	0.010		0.10	0.35	0.001	0.001
	E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1				9.56	0.008		0.06	0.24	0.001	0.001
	E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6				5.07±0.94	0.007±0.005		0.13±0.05	0.28±0.05	0.001±0.000	0.001±0.000
	E013	Black berry ( <i>Rubus fruticosus</i> )	5				23.81±2.70			0.05±0.01	0.63±0.21		0.002±0.000
	E014	Cherries, red ( <i>Prunus cerasus</i> )	4	0.37±0.05			23.88±5.01	0.010±0.003		0.07±0.02	0.36±0.10		
	E015	Currants, black ( <i>Ribes nigrum</i> )	1	0.50		0.001	40.32	0.031		0.08	1.36		
	E016	Custard apple ( <i>Annona squamosa</i> )	1				28.20	0.003		0.19	0.42		
	E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	2.47±0.62			71.20±4.51	0.022±0.008	0.001±0.000	0.36±0.05	3.20±0.45	0.013±0.005	0.006±0.002

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	15.41	0.13				21.38	178	0.21	0.40	0.29
D078	Zucchini, yellow( <i>Cucurbita pepo</i> )	2	10.82	0.21				32.03	131	0.30	0.39	0.27
<b>E FRUITS</b>												
E001	Apple, big ( <i>Malus domestica</i> )	6	8.09±0.81	0.05±0.02	0.01±0.00	0.839±0.447	3.798±1.461	10.44±1.18	116±12.9	0.47±0.18	1.43±0.42	0.09±0.04
E002	Apple, green ( <i>Malus domestica</i> )	6	5.42±0.11	0.02±0.00				7.48±0.11	94.55±2.07	0.25±0.08	1.47±0.65	0.08±0.01
E003	Apple, small ( <i>Malus domestica</i> )	6	5.48±0.56	0.04±0.01		0.003±0.002	0.002±0.001	8.39±1.20	100±9.1	0.23±0.07	1.45±0.05	0.05±0.02
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	5.19	0.05		0.002	0.002	10.72	106	0.11	1.22	0.08
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	14.04±2.21	0.31±0.02		0.018±0.011	0.055±0.016	72.02±6.39	285±5.9	2.05±0.52	3.94±0.12	0.41±0.04
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	4.29±0.21	0.06±0.02		0.008±0.000	0.058±0.018	27.33±1.29	95±2.3	1.03±0.39	1.60±0.02	0.26±0.03
E007	Avocado fruit ( <i>Persea americana</i> )	1	48.14	0.74				63.14	377		2.81	0.75
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	34.10	0.10	0.07	0.819	0.042	37.29	409	0.72	1.56	0.14
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	30.22	0.36			0.013	20.85	362		1.25	0.15
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	43.79	0.30		0.002	0.010	33.63	335		1.00	0.17
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	31.44	0.19			0.006	23.27	313		1.11	0.09
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	34.98±7.77	0.36±0.15		0.001±0.001	0.008±0.005	24.32±4.46	306±32.7		0.85±0.14	0.14±0.05
E013	Black berry ( <i>Rubus fruticosus</i> )	5	30.90±4.17	0.47±0.01			0.027±0.004	20.08±4.50	205±40.5		1.21±0.33	0.11±0.03
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	14.37±4.80	0.15±0.08			0.002±0.001	25.31±8.43	165±44.4		1.64±0.09	0.12±0.04
E015	Currants, black ( <i>Ribes nigrum</i> )	1	16.66	0.11			0.005	78.80	283	1.51	1.45	0.21
E016	Custard apple ( <i>Annona squamosa</i> )	1	38.47	0.15				40.81	278		3.11	0.22
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	73.79±6.51	0.82±0.10		0.005±0.003	0.030±0.009	73.02±10.73	804±49.5	0.78±0.10	3.27±0.37	0.70±0.06

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	2.43			66.13	0.017	0.001	0.44	4.79	0.006	0.006
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	2.43			15.73	0.015	0.001	0.33	0.89	0.002	0.001
E020	Fig ( <i>Ficus carica</i> )	6	0.71±0.24			78.52±16.48	0.017±0.004		0.19±0.02	0.69±0.06		
E021	Goosberry ( <i>Embllica officinalis</i> )	5	0.08±0.02			20.14±2.51	0.007±0.003		0.12±0.08	1.25±0.08	0.004±0.002	0.001±0.001
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4				10.57±2.03	0.008±0.007		0.06±0.01	0.22±0.04	0.001±0.000	
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5				11.16±2.02	0.003±0.000		0.07±0.01	0.24±0.10	0.001±0.000	0.001±0.001
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5				11.27±3.54	0.003±0.002		0.05±0.01	0.33±0.04		0.001±0.000
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5		0.001±0.000	15.26±3.03	0.004±0.001	0.001±0.000	0.16±0.03	0.28±0.02		0.001±0.000	
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5			14.22±2.14	0.003±0.001		0.23±0.33	0.24±0.02	0.001±0.001		
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5		0.001±0.000	18.75±5.41	0.004±0.002		0.05±0.01	0.39±0.07		0.001±0.001	
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5			18.52±2.10	0.004±0.002	0.003±0.002	0.16±0.04	0.32±0.07			
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5			14.22±2.92	0.009±0.003	0.003±0.001	0.17±0.02	0.40±0.14	0.014±0.003		
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5			35.03±4.50	0.005±0.002		0.19±0.09	0.36±0.16	0.002±0.001		
E031	Jambu fruit, ripe ( <i>Syzygium cumini</i> )	2	0.45			25.36	0.015		0.02	0.33	0.001	
E032	Karonda fruit ( <i>Carissa carandas</i> )	1	0.99	1.84	1.813	10.81	0.002	0.620	0.71	0.87	0.021	1.406
E033	Lemon, juice ( <i>Citrus limon</i> )	6	0.11±0.04			22.68±2.90	0.002±0.002		0.03±0.01	0.12±0.05	0.003±0.002	
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6				25.79±5.02	0.017±0.007		0.03±0.00	0.11±0.02	0.000±0.000	
E035	Litchi ( <i>Nephelium litchi</i> )	4	0.54±0.07	0.21±0.11		5.77±0.80	0.010±0.004		0.11±0.02	0.79±0.21		
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6				15.77±1.64	0.020±0.010		0.10±0.01	0.51±0.17	0.002±0.001	
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2				19.33	0.010		0.07	0.38	0.001	
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3				15.54±1.84	0.016±0.006	0.001±0.002	0.08±0.01	0.29±0.05	0.002±0.002	

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	75.23	0.84		0.004	0.022	70.26	782	0.77	3.09	0.58
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	14.34	0.44		0.003	0.035	33.88	289	0.46	1.60	0.42
E020	Fig ( <i>Ficus carica</i> )	6	26.18±2.34	0.07±0.01			0.013±0.003	21.62±1.97	231±7.2		2.37±1.29	0.22±0.01
E021	Goosberry ( <i>Embelica officinalis</i> )	5	6.50±0.93	0.11±0.02		0.001±0.000	0.010±0.003	21.85±1.87	223±12.6		1.37±0.19	0.05±0.01
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4	7.47±0.92	0.08±0.03			0.003±0.002	21.04±3.63	171±26.5		1.93±0.19	0.05±0.02
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5	6.87±1.10	0.07±0.01			0.002±0.001	19.50±3.45	166±28.0		1.89±0.19	0.05±0.01
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5	7.06±0.84	0.11±0.01			0.003±0.002	27.91±4.51	188±10.2		1.59±0.71	0.07±0.01
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5	11.29±1.79	0.15±0.02		0.007±0.003	0.043±0.013	29.02±4.16	237±11.1		1.83±0.74	0.10±0.02
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5	8.43±1.73	0.07±0.02			0.002±0.000	20.27±1.20	168±20.4		1.81±1.02	0.05±0.01
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5	10.80±1.71	0.15±0.02		0.003±0.002	0.005±0.002	26.68±3.14	235±9.8		1.92±0.75	0.09±0.02
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5	15.26±2.22	0.22±0.07			0.009±0.002	23.54±3.12	283±47.1	1.84±0.64	2.87±0.09	0.23±0.03
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5	13.26±1.32	0.16±0.03		0.003±0.002	0.014±0.003	29.93±7.85	270±11.6	2.10±1.06	1.89±0.06	0.21±0.01
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5	31.84±5.19	0.35±0.17			0.005±0.003	23.02±9.21	279±58.8		1.62±0.08	0.17±0.07
E031	Jambu fruit, ripe ( <i>Syzygium cumini</i> )	2	27.97	0.04			0.016	9.60	103		2.64	0.06
E032	Karonda fruit ( <i>Carissa carandas</i> )	1	24.45	0.24	0.07	0.006	0.010	32.62	351	1.57	2.55	0.25
E033	Lemon, juice ( <i>Citrus limon</i> )	6	8.90±0.55	0.02±0.00		0.009±0.006	0.001±0.000	9.86±0.52	113±19.1		1.21±0.23	0.08±0.02
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6	15.40±1.42	0.04±0.01		0.001±0.001	0.001±0.000	20.55±1.27	182±39.4	0.72±0.46	1.17±0.45	0.05±0.01
E035	Litchi ( <i>Nephelium litchi</i> )	4	14.58±1.67	0.04±0.01			0.007±0.002	23.32±3.13	161±35.6	0.46±0.22	0.54±0.14	0.24±0.09
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6	13.35±1.07	0.22±0.08			0.007±0.002	11.07±2.00	144±15.3	1.91±0.745	1.34±0.06	0.12±0.04
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2	11.53	0.11			0.001	10.66	115	2.05	1.39	0.06
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3	12.07±0.78	0.17±0.04			0.005±0.004	12.25±4.15	137±17.7	1.90±0.49	1.31±0.02	0.12±0.07

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4				15.74±0.89	0.028±0.019		0.07±0.01	0.43±0.19	0.002±0.002	
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2				11.36	0.004		0.08	0.36		
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2				15.11	0.024		0.11	0.51	0.001	
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1				13.34	0.004		0.08	0.28		
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1	0.17	0.05	0.002	4.69	0.003	1.501	0.11	0.28	0.056	0.106
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1				8.51			0.22	0.71		
E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5	0.02±0.01	0.03±0.04		9.80±2.14	0.004±0.002	0.001±0.001	0.03±0.02	0.18±0.04	0.003±0.001	
E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6	0.04±0.03			9.02±2.95	0.002±0.000	0.001±0.000	0.05±0.02	0.21±0.06	0.003±0.001	
E047	Orange, pulp ( <i>Citrus aurantium</i> )	6				19.52±1.48	0.012±0.003		0.03±0.01	0.81±0.04		
E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1										
E049	Papaya, ripe ( <i>Carica papaya</i> )	6	0.05±0.01			15.02±1.47	0.003±0.000		0.04±0.01	0.23±0.02		
E050	Peach ( <i>Prunus communis</i> )	1	0.18	0.11	0.197	6.98	0.006	0.276	0.08	0.35	0.011	0.179
E051	Pear ( <i>Pyrus sp.</i> )	6	0.59±0.03			6.55±1.39	0.009±0.003	0.001±0.000	0.08±0.02	0.28±0.10	0.002±0.001	0.001±0.001
E052	Phalsa ( <i>Grewia asiatica</i> )	2		0.92		153			0.24	2.01		
E053	Pineapple ( <i>Ananas comosus</i> )	6	0.08±0.04	0.24±0.25		10.88±1.91	0.008±0.006	0.001±0.000	0.07±0.03	0.28±0.11	0.002±0.001	
E054	Plum ( <i>Prunus domestica</i> )	3	0.20±0.05	0.03±0.04	0.057±0.021	7.61±0.94	0.002±0.000	0.297±0.024	0.41±0.39	0.25±0.09	0.003±0.001	0.070±0.002
E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6	0.05±0.01			10.65±1.82	0.010±0.003	0.001±0.000	0.13±0.03	0.31±0.06	0.003±0.001	
E056	Pummelo ( <i>Citrus maxima</i> )	3		0.33±0.10		14.03±4.73	0.001±0.000		0.03±0.01	0.06±0.01	0.006±0.003	
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6	3.06±0.49			73.24±5.48	0.024±0.009	0.003±0.001	0.47±0.12	6.81±0.91	0.005±0.001	0.054±0.043
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6	3.53±0.36			51.83±5.26	0.009±0.002	0.003±0.001	0.39±0.04	4.26±0.60	0.008±0.003	0.009±0.009
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1				8.67	0.003		0.08	0.37		

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4	12.53±1.19	0.22±0.07			0.004±0.002	12.36±0.38	143±21.5	1.85±0.41	1.43±0.03	0.10±0.04
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2	10.10	0.07				11.63	137	1.36	1.20	0.07
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2	14.28	0.24			0.003	15.18	153	1.44	1.63	0.20
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1	12.55	0.32			0.004	9.87	160	1.85	1.32	0.08
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1	12.00	0.04	0.03	0.002	5.183	7.18	46.93		3.79	0.21
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1	32.98	0.27				73.53	376		1.35	0.56
E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5	11.62±3.20	0.04±0.01			0.006±0.003	17.28±1.65	206±41.9	0.88±0.32	14.94±2.71	0.09±0.03
E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6	9.81±2.68	0.04±0.01			0.006±0.002	13.09±2.91	196±42.2	1.35±0.48	15.78±3.74	0.09±0.02
E047	Orange, pulp ( <i>Citrus aurantium</i> )	6	11.05±0.52	0.02±0.00		0.001±0.001	0.001±0.000	12.90±4.47	164±23.6	0.19±0.16	1.47±0.05	0.04±0.01
E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1							158		1.25	0.05
E049	Papaya, ripe ( <i>Carica papaya</i> )	6	10.97±2.21	0.03±0.00		0.001±0.000	0.002±0.001	17.73±3.53	173±12.4	12.78±5.71	6.68±0.16	0.08±0.03
E050	Peach ( <i>Prunus communis</i> )	1	8.06	0.05	0.01	0.713	0.138	19.08	281	0.67	1.15	0.10
E051	Pear ( <i>Pyrus sp.</i> )	6	7.61±1.23	0.08±0.01			0.008±0.004	6.74±1.79	106±6.6		1.64±0.08	0.07±0.02
E052	Phalsa ( <i>Grewia asiatica</i> )	2	76.92	0.47	0.17	0.003	0.006	23.65	362	3.53	1.99	0.48
E053	Pineapple ( <i>Ananas comosus</i> )	6	12.68±4.32	1.28±0.35			0.017±0.004	13.56±4.36	143±22.2	0.08±0.06	1.43±0.10	0.10±0.02
E054	Plum ( <i>Prunus domestica</i> )	3	7.79±1.00	0.06±0.02	0.01±0.00	0.115±0.162	0.052±0.023	13.83±3.85	162±3.3	0.56±0.04	1.55±0.09	0.10±0.04
E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6	11.07±0.96	0.13±0.03			0.005±0.003	27.20±10.01	206±32.9	0.55±0.22	2.13±0.10	0.18±0.04
E056	Pummelo ( <i>Citrus maxima</i> )	3	6.83±1.69	0.01±0.00	0.03±0.01	0.001±0.000		13.99±1.75	189±15.4		1.06±0.49	0.06±0.01
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6	33.76±6.09	0.52±0.09		0.016±0.020	0.025±0.004	77.62±8.95	1105±145	1.86±0.98	10.99±1.77	0.22±0.07
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6	28.32±6.15	0.41±0.06		0.011±0.015	0.018±0.007	93.30±7.18	913±59.9	1.72±0.45	10.16±0.04	0.25±0.05
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1	21.38	0.37				6.98	131		1.75	0.53

Food code	Food Name	No. of Regions	Aluminium	Arsenic	Cadmium	Calcium	Chromium	Cobalt	Copper	Iron	Lead	Lithium
			(Al)	(As)	(Cd)	(Ca)	(Cr)	(Co)	(Cu)	(Fe)	(Pb)	(Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
AL	AS	CD	CA	CR	CO	CU	FE	PB	LI			
E060	Sapota ( <i>Achras sapota</i> )	6				17.87±3.38	0.010±0.003		0.07±0.03	0.49±0.33		
E061	Soursop ( <i>Annona muricata</i> )	1				10.05	0.001		0.14	0.29	0.013	0.821
E062	Star fruit ( <i>Averrhoa carambola</i> )	1	0.43	0.05	0.852	4.97	0.023	0.002	0.07	0.45	0.010	0.176
E063	Strawberry ( <i>Fragaria ananassa</i> )	6				15.28±3.37	0.001±0.000		0.07±0.01	0.36±0.03		
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6	4.03±0.81		0.001±0.001	149±13.9	0.066±0.007	0.002±0.001	0.50±0.09	9.16±1.71	0.014±0.003	0.007±0.005
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6				5.29±1.09	0.002±0.001	0.001±0.001	0.04±0.01	0.22±0.14	0.001±0.001	
E066	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	0.01±0.00			4.35±0.88	0.003±0.002	0.001±0.000	0.03±0.01	0.16±0.07	0.001±0.000	
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	0.09±0.03			55.71±7.46	0.004±0.002	0.001±0.000	0.20±0.04	0.45±0.06	0.004±0.001	
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	0.11			46.55	0.006		0.12	0.40		0.001

## F ROOTS AND TUBERS

F001	Beet root ( <i>Beta vulgaris</i> )	6	0.33±0.08			17.28±2.25	0.008±0.001	0.001±0.000	0.12±0.03	0.76±0.12		0.003±0.002
F002	Carrot, orange ( <i>Dacus carota</i> )	6	0.36±0.14			35.09±5.89	0.004±0.001		0.08±0.01	0.60±0.24		0.001±0.001
F003	Carrot, red ( <i>Dacus carota</i> )	4	0.54±0.13			41.06±8.47	0.004±0.001		0.10±0.03	0.71±0.37		0.004±0.003
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6	0.82±0.22			30.18±3.86	0.009±0.003	0.003±0.002	0.30±0.03	0.66±0.09		0.003±0.001
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3	5.91±1.59	3.89±2.13		37.71±2.79	0.028±0.009	0.004±0.001	0.22±0.02	3.34±1.31	0.001±0.001	0.006±0.004
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6	0.13±0.05		0.001±0.001	9.52±1.09	0.002±0.001	0.005±0.002	0.09±0.02	0.57±0.20		0.001±0.001
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	0.15			8.53	0.007	0.003	0.14	0.53		
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	0.16		0.002	8.62	0.006	0.001	0.15	0.66		
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	0.26±0.23			28.44±1.88	0.004±0.003	0.001±0.000	0.03±0.00	0.37±0.11		
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	0.20±0.13			30.20±3.58	0.003±0.001	0.001±0.001	0.03±0.01	0.36±0.22		

Table 5. Minerals and Trace Elements

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Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
E060	Sapota ( <i>Achras sapota</i> )	6	16.19±2.51	0.08±0.01		0.001±0.000	0.029±0.006	22.26±1.34	280±8.6	0.39±0.19	4.61±0.08	0.18±0.01
E061	Soursop ( <i>Annona muricata</i> )	1	17.70	0.07				25.83	264		6.78	0.12
E062	Star fruit ( <i>Averrhoa carambola</i> )	1	11.53	0.06	0.04	0.010	0.028	11.67	159	0.56	1.56	0.24
E063	Strawberry ( <i>Fragaria ananassa</i> )	1	15.53±1.31	0.43±0.02				26.31±2.09	140±5.7	0.30±0.11	1.19±0.67	0.14±0.02
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6	82.73±8.55	0.52±0.14		0.070±0.060	0.032±0.020	113±18.1	836±8.1	2.05±0.48	24.92±2.45	0.58±0.05
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6	9.91±0.73	0.04±0.02			0.010±0.008	11.33±2.50	124±7.5		1.89±0.33	0.10±0.02
E066	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	7.42±1.71	0.03±0.01			0.009±0.008	8.09±1.76	126±5.6		1.62±0.31	0.07±0.01
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	23.70±1.68	0.20±0.02			0.025±0.006	84.32±4.00	347±28.5	2.32±0.21	1.48±0.36	0.31±0.03
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	16.72	0.24			0.008	32.38	237	1.42	1.52	0.10

## F ROOTS AND TUBERS

F001	Beet root ( <i>Beta vulgaris</i> )	6	33.21±2.70	0.57±0.11		0.002±0.001	0.008±0.002	36.33±4.84	306±26.9	0.25±0.05	69.44±0.83	0.30±0.09
F002	Carrot, orange ( <i>Dacus carota</i> )	6	16.73±3.20	0.23±0.07		0.002±0.002	0.010±0.004	43.06±6.46	273±28.2	0.22±0.06	52.33±0.62	0.25±0.03
F003	Carrot, red ( <i>Dacus carota</i> )	4	18.83±7.02	0.20±0.05		0.008±0.002	0.011±0.006	25.81±11.63	267±15.7	0.29±0.14	60.69±7.21	0.34±0.09
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6	36.93±4.86	0.47±0.29		0.027±0.021	0.035±0.019	81.16±11.90	514±2.8	0.30±0.05	4.54±1.06	0.41±0.09
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3	26.58±1.74	1.40±0.81		0.002±0.000	0.023±0.008	74.30±7.54	611±105	4.61±4.35	20.63±1.33	0.35±0.11
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6	24.07±7.55	0.14±0.04	0.29±0.03	0.002±0.001	0.006±0.001	43.42±8.44	541±5.3	0.75±0.61	4.11±0.06	0.28±0.03
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	22.34	0.16		0.003	0.013	37.90	474	0.28	3.97	0.38
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	25.54	0.14			0.012	30.39	501	0.32	4.36	0.34
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	13.34±1.14	0.09±0.01		0.011±0.007	0.005±0.002	27.51±6.96	255±6.0	0.13±0.01	24.73±2.82	0.16±0.02
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	16.07±3.27	0.10±0.04		0.009±0.003	0.005±0.003	30.10±10.91	288±30.9	0.10±0.01	28.20±5.92	0.22±0.09

Food code	Food Name	No. of Regions	Aluminium	Arsenic	Cadmium	Calcium	Chromium	Cobalt	Copper	Iron	Lead	Lithium
			(Al)	(As)	(Cd)	(Ca)	(Cr)	(Co)	(Cu)	(Fe)	(Pb)	(Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
AL	AS	CD	CA	CR	CO	CU	FE	PB	LI			
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	0.17			35.76	0.003		0.03	0.42		
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	0.08			34.23	0.002	0.001	0.04	0.41		
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4		0.15±0.16	0.001±0.000	27.50±5.24	0.002±0.001	0.002±0.002	0.17±0.02	0.35±0.03		
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3		0.09±0.04		28.93±3.24	0.002±0.001	0.001±0.001	0.15±0.03	0.51±0.16		
F015	Tapioca ( <i>Manihot esculenta</i> )	3	0.26±0.18			25.89±6.52	0.005±0.001	0.002±0.001	0.19±0.04	0.81±0.18	0.001±0.001	0.001±0.001
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	0.11	0.60	0.001	37.15	0.014	0.003	0.19	0.77	0.029	0.113
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	0.72±0.19		0.001±0.001	46.91±5.12	0.009±0.003	0.006±0.004	0.17±0.04	1.22±0.11	0.001±0.001	0.001±0.000
F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	0.46±0.14			16.19±2.79	0.006±0.002	0.001±0.000	0.23±0.08	0.77±0.22		
F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2		0.21	0.001	44.13		0.003	0.21	1.04	0.006	

## G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	0.35±0.24		24.10±7.08	0.006±0.002	0.003±0.002	0.19±0.06	1.46±0.30	0.001±0.000	0.006±0.002	
G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	0.20±0.06		0.000±0.001	16.86±2.36	0.004±0.001	0.003±0.001	0.15±0.03	1.24±0.38	0.001±0.001	0.008±0.002
G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	0.33±0.16		0.001±0.001	18.04±3.56	0.004±0.003	0.005±0.004	0.14±0.06	1.25±0.08		0.004±0.001
G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	0.32±0.16		0.001±0.001	15.87±1.49	0.004±0.003	0.005±0.003	0.16±0.11	1.08±0.28	0.005±0.000	0.003±0.003
G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	0.27±0.20		0.000±0.001	15.31±3.61	0.005±0.004	0.003±0.002	0.12±0.03	0.93±0.12		0.004±0.001
G006	Chillies, green-6 ( <i>Capsicum annuum</i> )	1	0.10		0.001	24.82	0.003	0.005	0.14	0.75		0.002
G007	Chillies, green-7 ( <i>Capsicum annuum</i> )	1	2.09			16.85	0.002	0.006	0.09	1.23		0.006
G008	Chillies, green - all varieties ( <i>Capsicum annuum</i> )	6	0.45±0.57		0.001±0.001	18.45±4.86	0.005±0.002	0.004±0.003	0.15±0.06	1.20±0.30	0.002±0.002	0.005±0.003
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	1.84±0.49			146±13.0	0.033±0.007	0.002±0.001	0.24±0.04	5.30±1.55	0.001±0.001	0.006±0.002
G010	Curry leaves ( <i>Murraya koenigii</i> )	6	4.10±0.44	7.42±1.16	0.002±0.000	659±77.4	0.060±0.012	0.005±0.002	0.46±0.09	8.67±0.42	0.037±0.018	0.051±0.033

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	22.25	0.08		0.016	0.003	28.27	308	0.22	32.27	0.18
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	15.46	0.13		0.005	0.009	29.47	287	0.13	24.14	0.17
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4	17.37±4.75	0.28±0.24		0.003±0.000	0.013±0.001	42.96±1.95	345±24.3		29.60±5.32	0.16±0.05
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3	21.05±3.95	0.20±0.03		0.005±0.000	0.009±0.004	37.60±4.74	329±37.6		29.04±3.64	0.14±0.03
F015	Tapioca ( <i>Manihot esculenta</i> )	3	23.08±4.06	0.20±0.06			0.015±0.008	42.55±11.04	255±36.3	0.07±0.01	10.86±0.10	0.17±0.05
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	57.43	0.57	0.02	0.007	0.011	62.83	382	2.43	13.08	0.67
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	33.51±7.66	0.28±0.07		0.005±0.005	0.011±0.003	43.06±5.98	501±84.3	0.59±0.12	14.33±2.20	0.26±0.04
F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	30.40±3.90	0.14±0.10		0.002±0.001	0.013±0.003	49.46±8.37	463±74.1	0.57±0.08	15.28±0.07	0.33±0.09
F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2	31.75	0.37	0.21	0.002	0.020	55.94	654	0.56	12.80	0.31

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G CONDIMENTS AND SPICES-FRESH												
G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	34.72±8.28	0.29±0.08		0.002±0.002	0.014±0.002	62.16±14.29	431±53.8		3.32±0.66	0.31±0.08
G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	27.54±6.31	0.27±0.09		0.002±0.002	0.041±0.027	51.72±9.20	321±41.7		2.47±0.50	0.26±0.06
G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	29.90±6.97	0.27±0.10		0.002±0.002	0.032±0.017	50.24±12.28	317±72.7		2.56±1.04	0.27±0.08
G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	29.74±8.00	0.29±0.18		0.001±0.001	0.032±0.035	42.79±2.85	318±25.0		1.94±0.60	0.28±0.15
G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	23.96±6.20	0.25±0.11		0.001±0.001	0.021±0.014	44.35±15.69	317±66.7		2.19±0.88	0.31±0.13
G006	Chillies, green-6 ( <i>Capsicum annuum</i> )	1	34.80	0.33		0.006		56.05	340		2.43	0.29
G007	Chillies, green-7 ( <i>Capsicum annuum</i> )	1	26.71	0.28			0.034	45.58	319		2.00	0.17
G008	Chillies, green - all varieties ( <i>Capsicum annuum</i> )	6	29.51±7.13	0.28±0.10		0.002±0.002	0.029±0.022	50.91±11.79	341±64.6		2.50±0.80	0.27±0.09
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	72.68±14.20	0.96±0.25		0.014±0.009	0.044±0.015	64.69±13.00	546±134	0.45±0.26	37.00±8.01	0.68±0.16
G010	Curry leaves ( <i>Murraya koenigii</i> )	6	182±44.8	1.23±0.25		0.013±0.006	0.093±0.030	83.29±14.06	584±113	17.25±5.96	18.66±4.13	1.18±0.51

Food code	Food Name	No. of Regions	Aluminium	Arsenic	Cadmium	Calcium	Chromium	Cobalt	Copper	Iron	Lead	Lithium
			(Al)	(As)	(Cd)	(Ca)	(Cr)	(Co)	(Cu)	(Fe)	(Pb)	(Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	0.05±0.02		0.001±0.001	20.08±5.73	0.004±0.002	0.001±0.000	0.19±0.02	1.05±0.15	0.001±0.000	0.001±0.000
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	0.05±0.02		0.001±0.001	17.63±2.77	0.003±0.002		0.11±0.09	0.88±0.21	0.006±0.000	0.002±0.001
G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	0.18		0.004	19.00	0.008		0.23	1.01	0.003	0.001
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6	1.71±0.47			18.88±2.87	0.013±0.005	0.003±0.001	0.13±0.02	1.90±0.55	0.004±0.003	0.001±0.001
G015	Mango ginger ( <i>Curcuma amada</i> )	3		0.21±0.00	0.002±0.002	13.74±2.59	0.002±0.001	0.003±0.001	0.10±0.03	2.31±1.27	0.007±0.005	
G016	Mint leaves ( <i>Mentha spicata</i> )	4	1.17±0.16	5.26±0.00		205±31.8	0.063±0.000	0.007±0.000	0.37±0.18	8.56±3.21	0.019±0.000	0.009±0.000
G017	Onion, big ( <i>Allium cepa</i> )	6	0.08±0.03		0.001±0.001	21.03±6.68	0.003±0.002	0.002±0.001	0.11±0.09	0.43±0.11	0.003±0.002	
G018	Onion, small ( <i>Allium cepa</i> )	5		0.29±0.09		19.92±4.48	0.002±0.001	0.001±0.001	0.07±0.02	0.53±0.37		

## G CONDIMENTS AND SPICES-DRY

G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	4.76±1.45	2.13±3.13	0.001±0.001	266±41.4	0.051±0.016	0.022±0.008	0.22±0.03	15.68±4.51	0.035±0.019	0.012±0.005
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	7.59±1.21	3.79±1.73	0.008±0.006	378±40.7	0.210±0.053	0.039±0.009	0.92±0.30	8.33±1.44	0.011±0.007	0.003±0.002
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	6.05±1.26	0.28±0.01	0.006±0.001	312±57.3	0.091±0.007	0.011±0.002	0.75±0.09	7.94±1.07	0.006±0.003	0.007±0.001
G022	Chillies, red ( <i>Capsicum annum</i> )	6	4.70±1.01		0.003±0.000	99.83±6.61	0.114±0.020	0.036±0.004	0.87±0.06	6.23±0.79	0.007±0.005	0.011±0.005
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	6.09±1.25	5.08±0.92		567±70.8	0.047±0.026	0.006±0.000	0.54±0.08	9.41±2.10	0.026±0.018	0.004±0.001
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	5.74±1.83		0.001±0.001	718±43.0	0.041±0.019	0.020±0.008	1.46±0.08	17.64±6.74	0.003±0.002	0.026±0.007
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	9.31±3.52		0.001±0.001	878±78.0	0.126±0.072	0.026±0.015	1.14±0.04	20.58±4.24		0.059±0.020
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	1.31±0.31	3.48±0.70	0.002±0.001	135±17.2	0.015±0.004	0.031±0.011	1.16±0.32	8.47±1.90	0.012±0.009	
G027	Mace ( <i>Myristica fragrans</i> )	6	1.99±0.42	4.70±1.95	0.001±0.001	174±3.5	0.069±0.015	0.006±0.002	1.90±0.13	22.69±6.87	0.051±0.018	0.004±0.003
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	0.68±0.19			148±12.1	0.006±0.002	0.001±0.000	1.20±0.09	2.33±0.20	0.035±0.024	
G029	Omum ( <i>Trachyspermum ammi</i> )	6	6.71±1.12	8.32±6.00	0.005±0.002	1034±144	0.069±0.020	0.021±0.009	1.24±0.08	13.65±2.29	0.015±0.007	0.043±0.012
G030	Pippali ( <i>Piper longum</i> )	6	4.48±0.34	3.71±1.07	0.001±0.000	414±66.2	0.055±0.028	0.008±0.004	1.34±0.40	7.99±2.11	0.030±0.014	0.006±0.001

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	27.08±7.89	0.34±0.03		0.001±0.000	0.019±0.009	119±10.9	430±84		9.42±0.07	0.89±0.18
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	25.78±4.86	0.32±0.11			0.026±0.016	116±27.9	453±126	0.37±0.07	10.56±0.05	0.81±0.17
G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	41.13	0.13		0.009	0.032	128	584	0.43	8.87	0.66
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6	54.66±7.12	3.85±1.56		0.002±0.001	0.030±0.017	44.36±2.16	407±49.5		10.03±1.91	0.39±0.17
G015	Mango ginger ( <i>Curcuma amada</i> )	3	36.86±6.27	1.52±0.53	0.04±0.01	0.006±0.004	0.011±0.005	68.33±20.13	384±2.5		5.51±1.29	0.47±0.14
G016	Mint leaves ( <i>Mentha spicata</i> )	4	110±30.9	1.06±0.57	0.21±0.00	0.020±0.000	0.042±0.000	65.25±16.18	539±2.7	10.79±1.48	16.87±5.37	0.75±0.08
G017	Onion, big ( <i>Allium cepa</i> )	6	17.96±5.17	0.24±0.21			0.008±0.005	32.34±7.63	171±38.6	0.35±0.10	5.50±1.14	0.35±0.29
G018	Onion, small ( <i>Allium cepa</i> )	5	15.16±3.75	0.11±0.02		0.003±0.000	0.005±0.002	39.65±9.90	160±34.8	1.02±0.77	4.06±0.06	0.24±0.04
<b>G CONDIMENTS AND SPICES-DRY</b>												
G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	96.40±17.98	2.96±1.11		0.014±0.006	0.052±0.030	69.09±15.60	245±30.4	13.42±2.90	16.04±0.55	0.98±0.21
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	330±66.1	37.98±1.44		0.013±0.018	0.219±0.074	132±14.8	1262±14.4	11.71±2.73	15.51±0.70	3.71±0.31
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	286±31.9	30.25±2.38		0.006±0.001	0.234±0.183	117±18.7	1331±63.7	3.99±1.89	16.25±4.22	4.75±0.36
G022	Chillies, red ( <i>Capsicum annum</i> )	6	231±25.4	1.45±0.13	1.60±0.25	0.012±0.011	0.036±0.004	280±57.5	2245±145	18.83±2.09	19.45±3.60	1.66±0.12
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	334±42.2	61.86±5.79		0.008±0.004	0.060±0.021	83.10±18.56	1434±86.6	7.75±1.59	183±23.9	1.13±0.14
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	343±25.5	2.81±0.39		0.011±0.005	0.143±0.024	293±54.4	1473±59.2	6.34±1.22	34.41±0.39	3.91±0.32
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	442±65.7	4.21±0.63		0.015±0.006	0.164±0.063	382±6.4	1886±139	4.01±1.98	125±31.1	4.29±0.23
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	167±35.6	1.60±0.33		0.098±0.036	0.188±0.054	435±115	891±11.5	9.98±1.81	40.20±0.06	3.80±0.93
G027	Mace ( <i>Myristica fragrans</i> )	6	207±25.1	2.12±0.73		0.013±0.009	0.259±0.093	110±17.7	623±25.9	7.24±3.15	27.17±6.81	1.16±0.15
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	212±25.0	3.42±0.17		0.007±0.005	0.221±0.060	207±37.2	474±15.2	7.33±6.84	14.31±0.28	1.45±0.10
G029	Omum ( <i>Trachyspermum ammi</i> )	6	273±22.3	6.86±0.92		0.053±0.018	0.296±0.069	329±57.7	1692±246	87.04±10.70	28.58±0.29	5.67±0.46
G030	Pippali ( <i>Piper longum</i> )	6	189±46.0	1.85±0.70		0.040±0.021	0.218±0.117	181±6.9	1852±425	20.51±4.23	16.28±2.00	1.52±0.26

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
G031	Pepper, black ( <i>Piper nigrum</i> )	6	6.37±2.16	2.01±0.35	0.001±0.000	405±40.9	0.068±0.020	0.005±0.002	1.76±0.43	11.91±3.48	0.037±0.028	0.005±0.003
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	2.81±0.82		0.005±0.002	1372±194	0.030±0.009	0.010±0.002	2.05±0.17	10.13±1.04	0.005±0.005	0.004±0.002
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	12.55±2.14	1.84±0.52	0.001±0.002	122±20.9	0.151±0.043	0.039±0.011	0.44±0.02	46.08±1.83	0.196±0.103	0.014±0.007

## H NUTS AND OIL SEEDS

H001	Almond ( <i>Prunus amygdalus</i> )	6	0.88±0.32		228±10.2	0.006±0.003	0.007±0.002	1.08±0.06	4.59±0.61	0.002±0.002	0.001±0.001	
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	1.68±0.97		61±13.25	0.045±0.020	0.003±0.003	1.27±0.29	2.74±0.71	0.008±0.006	0.004±0.003	
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	1.05±0.33	0.001±0.000	51±11.33	0.029±0.016	0.002±0.001	1.57±0.59	3.26±0.90	0.005±0.003	0.002±0.000	
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2			34.03			0.71	1.04			
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	0.18±0.11		34±2.98	0.002±0.001	0.004±0.001	2.23±0.13	5.95±0.44	0.005±0.004		
H006	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6	0.41±0.05	0.001±0.000	32±4.51	0.013±0.012	0.006±0.003	0.90±0.11	3.13±0.47	0.006±0.003	0.004±0.003	
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6	0.03±0.01	0.001±0.000	8±1.42	0.003±0.002	0.004±0.002	0.36±0.19	1.30±0.51	0.002±0.000		
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	11.01±10.33	0.008±0.003	318±54.8		0.019±0.010	0.51±0.09	17.20±5.49	0.042±0.029		
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	2.08±0.32	0.004±0.002	1664±329	0.029±0.014	0.035±0.013	1.76±0.24	13.90±1.60	0.034±0.017	0.035±0.019	
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	2.50±0.69	0.001±0.001	1174±189	0.020±0.009	0.022±0.011	1.68±0.18	14.95±1.69	0.010±0.011	0.004±0.003	
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	1.29±0.43		1283±149	0.015±0.006	0.023±0.026	1.50±0.12	15.04±2.09	0.024±0.017	0.005±0.003	
H012	Ground nut ( <i>Arachis hypogea</i> )	6	3.16±0.39	0.002±0.001	54±7.37	0.007±0.002	0.009±0.003	0.92±0.08	3.44±0.36	0.003±0.002	0.002±0.002	
H013	Mustard seeds ( <i>Brassica juncea</i> )	6	7.78±1.60	5.84±1.58	0.004±0.002	402±54.0	0.027±0.018	0.019±0.010	0.69±0.15	13.49±2.95	0.008±0.004	0.016±0.016
H014	Linseeds ( <i>Linum usitatissimum</i> )	6		8.25±3.18	0.009±0.002	257±14.0	0.001±0.000	0.033±0.014	1.34±0.09	5.44±0.69	0.004±0.002	
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	11.94±3.46	3.35±0.16	0.001±0.001	572±37.1	0.029±0.019	0.011±0.004	1.20±0.04	18.19±0.22	0.004±0.003	0.037±0.035

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
G031	Pepper, black ( <i>Piper nigrum</i> )	6	196±68.8	7.50±1.22		0.022±0.014	0.269±0.088	144±14.8	1487±178	12.13±2.48	24.08±3.85	1.24±0.43
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	393±60.9	7.14±1.11		0.103±0.030	0.143±0.039	804±139	646±55.0	7.68±1.67	25.35±2.22	6.38±0.21
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	260±16.2	8.09±1.55	1.93±0.52	0.047±0.048	0.049±0.020	276±33.1	2374±172	6.41±1.34	24.41±2.48	2.64±0.25

## H NUTS AND OIL SEEDS

142	H001	Almond ( <i>Prunus amygdalus</i> )	6	318±49.5	2.54±0.20		0.033±0.012	0.130±0.027	446±23.2	699±43.4	3.61±1.30	1.50±0.51	3.50±0.10
	H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	76.39±17.49	2.14±0.75		0.005±0.003	0.111±0.057	105±8.3	524±43.4	15.21±4.09	12.06±1.47	0.89±0.11
	H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	91.01±14.45	2.32±0.84		0.022±0.036	0.104±0.019	127±3.4	617±125	12.52±1.56	17.13±2.81	1.02±0.20
	H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	47.60	1.36				90.48	329		5.53	0.56
	H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	307±46.6	1.78±0.08		0.025±0.011	0.607±0.145	500±35.3	635±35.2	13.08±1.07	9.00±0.19	5.34±0.27
	H006	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6	97.21±14.66	1.61±0.40	2.10±0.65	0.025±0.013	0.282±0.098	203±6.0	739±62.0	25.25±2.78	16.68±0.38	1.41±0.11
	H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6	35±11.30	0.74±0.15		0.012±0.008	0.050±0.025	67.73±15.15	246±81.2		8.12±2.48	0.58±0.16
	H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	307±11.9	2.87±0.35		0.033±0.007	0.128±0.045	539±50.7	952±41.7	54.41±4.38	21.84±3.57	4.83±0.97
	H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	390±53.1	2.53±0.32		0.075±0.021	0.262±0.100	568±96.4	480±8.7	15.70±1.67	15.91±0.56	8.59±0.69
	H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	328±13.3	1.76±0.19		0.114±0.029	0.113±0.030	613±86.8	491±7.5	52.64±8.89	11.94±0.17	7.84±0.93
	H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	372±39.9	1.74±0.15		0.126±0.036	0.116±0.039	754±42.6	460±38.9	26.74±2.78	15.43±0.70	7.77±0.67
	H012	Ground nut ( <i>Arachis hypogea</i> )	6	197±15.5	1.62±0.07	1.37±0.00	0.108±0.024	0.174±0.065	391±13.0	679±48.9	3.41±0.74	12.21±0.47	3.18±0.14
	H013	Mustard seeds ( <i>Brassica juncea</i> )	6	266±47.3	4.23±1.18		0.028±0.010	0.076±0.036	715±82.1	694±112	71.47±15.33	3.97±1.01	4.03±0.26
	H014	Linseeds ( <i>Linum usitatissimum</i> )	6	349±19.8	2.14±0.23		0.022±0.009	0.171±0.052	445±20.1	655±45.6	46.87±9.22	32.93±6.45	4.86±0.25
	H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	346±41.0	3.08±0.19		0.030±0.018	0.257±0.036	461±9.5	716±70.6	39.31±5.41	10.70±1.79	4.98±0.77

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	13.84±2.87	3.02±0.38	0.004±0.006	375±58.1	0.046±0.022	0.017±0.005	1.37±0.15	19.61±5.77	0.008±0.008	0.024±0.020
H017	Pine seed ( <i>Pinus gerardiana</i> )	5		7.00±1.48	0.004±0.001	17±1.27	0.002±0.001	0.001±0.001	1.17±0.07	4.50±1.03	0.004±0.002	
H018	Pistachio nuts ( <i>Pistacia vera</i> )	6		3.09±0.56	0.001±0.000	135±22.4	0.003±0.004	0.001±0.000	0.89±0.05	4.50±0.63	0.014±0.007	
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5		1.19±0.21	0.005±0.002	211±14.5	0.003±0.002	0.003±0.001	0.56±0.13	4.06±0.42	0.032±0.044	
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	1.33±0.51		0.005±0.000	176±27.0	0.009±0.002	0.021±0.001	2.78±0.99	5.85±1.09	0.009±0.003	0.006±0.000
H021	Walnut ( <i>Juglans regia</i> )	6	0.37±0.15	0.46±0.52		105±5.9	0.006±0.007	0.009±0.003	1.52±0.33	3.21±0.17	0.015±0.012	
<b>I SUGARS</b>												
I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6	2.40±0.82			107±19.7	0.011±0.006	0.006±0.004	0.07±0.04	4.63±1.23	0.008±0.002	0.005±0.004
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	0.14±0.12			18±4.07	0.002±0.000	0.001±0.000	0.03±0.01	1.12±0.27	0.001±0.001	0.001±0.000
<b>J MUSHROOMS</b>												
J001	Button mushroom, fresh ( <i>Agaricus sp.</i> )	1	0.13	0.15	0.288	18.38	0.010	0.001	0.09	0.29	1.725	1.275
J002	Chicken mushroom, fresh ( <i>Lactiporus sp.</i> )	1				4.83				0.42	0.30	
J003	Shiitake mushroom, fresh ( <i>Lentinula sp.</i> )	1	0.51	2.54	1.154	5.30	0.022	0.001	0.23	1.93	1.666	1.023
J004	Oyster mushroom, dried ( <i>Pleurotus sp.</i> )	1	5.17	1.95	3.591	23.61	0.058	0.003	0.90	3.58	9.301	4.383
<b>K MISCELLANEOUS FOODS</b>												
K001	Toddy	10				0.44±0.25			0.02±0.01	0.42±0.13		
K002	Coconut Water	6	0.04±0.02			27.47±4.28	0.001±0.001		0.02±0.01	0.06±0.01	0.003±0.003	

Table 5. Minerals and Trace Elements

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
	<b>H016</b> <b>Niger seeds, gray</b> ( <i>Guizotia abyssinica</i> )	5	379±69.3	4.44±0.14		0.048±0.026	0.293±0.104	474±93.5	874±11.4	153.64±5.52	8.08±0.18	3.62±0.82
	<b>H017</b> <b>Pine seed</b> ( <i>Pinus gerardiana</i> )	5	268±18.7	7.92±0.55		0.033±0.021	0.191±0.045	618±39.7	686±69.0	10.56±4.93	1.31±0.04	4.18±0.04
	<b>H018</b> <b>Pistachio nuts</b> ( <i>Pistacia vera</i> )	6	149±3.0	0.87±0.06	0.65±0.33	0.022±0.003	0.087±0.009	537±9.2	1053±11.7	10.46±2.65	6.93±1.84	2.42±0.14
	<b>H019</b> <b>Safflower seeds</b> ( <i>Carthamus tinctorius</i> )	5	321±49.5	0.56±0.81	0.36±0.10	0.020±0.010	0.053±0.016	644±56.5	550±64.3	6.33±1.14	3.05±0.91	3.90±0.76
	<b>H020</b> <b>Sunflower seeds</b> ( <i>Helianthus annuus</i> )	5	413±33.5	2.35±0.91		0.047±0.020	0.322±0.144	752±118	559±8.0		1.90±0.44	7.07±0.52
	<b>H021</b> <b>Walnut</b> ( <i>Juglans regia</i> )	6	180±16.2	3.47±0.32		0.020±0.006	0.300±0.079	400±43.0	457±33.2	6.53±3.72	1.33±0.56	2.94±0.25
	<b>I SUGARS</b>											
144	<b>I001</b> <b>Jaggery, cane</b> ( <i>Saccharum officinarum</i> )	6	115±27.9	0.72±0.39			0.017±0.006	74.53±12.20	488±103		25.38±7.47	0.45±0.22
	<b>I002</b> <b>Sugarcane, juice</b> ( <i>Saccharum officinarum</i> )	6	13.03±6.37	0.33±0.23			0.002±0.000	22.08±5.08	150±47.2		1.16±0.28	0.14±0.07
	<b>J MUSHROOMS</b>											
	<b>J001</b> <b>Button mushroom, fresh</b> ( <i>Agaricus sp.</i> )	1	18.30	0.15		0.002	0.009	87.11	318		7.72	0.17
	<b>J002</b> <b>Chicken mushroom, fresh</b> ( <i>Lactiporus sp.</i> )	1	10.78	0.18				79.74	340		10.22	0.55
	<b>J003</b> <b>Shiitake mushroom, fresh</b> ( <i>Lentinula sp.</i> )	1	24.47	0.13	0.15	0.002	0.007	96.36	323		9.30	1.21
	<b>J004</b> <b>Oyster mushroom, dried</b> ( <i>Pleurotus sp.</i> )	1	136	1.02	5.01	0.004	0.044	702	350	0.04	8.67	8.67
	<b>K MISCELLANEOUS FOODS</b>											
	<b>K001</b> <b>Toddy</b>	10	3.99±0.64	0.02±0.01				5.82±1.31	83.54±17.52		1.64±0.45	0.01±0.01
	<b>K002</b> <b>Coconut Water</b>	6	18.19±6.03	0.48±0.16			0.043±0.034	18.05±7.06	215±40.0		28.09±4.41	0.04±0.01

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
<b>L MILK AND MILK PRODUCTS</b>												
L001	Milk, whole, Buffalo	6			0.01±0.00	121±3.0	0.004±0.001	0.005±0.001	0.03±0.01	0.16±0.02	0.005±0.002	
L002	Milk, whole, Cow	6			0.01±0.00	118±2.9	0.004±0.001	0.004±0.001	0.03±0.01	0.15±0.02	0.002±0.001	
L003	Panner	6	2.53±0.51			476±35.7	0.110±0.012	0.001±0.001	0.10±0.05	0.90±0.24		
L004	Khoa	6	3.36±0.34	2.89±0.95		602±79.7	0.119±0.011		0.07±0.09	2.32±0.36	0.010±0.003	0.004±0.001

Table 5. Minerals and Trace Elements

Food Group	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
<b>L MILK AND MILK PRODUCTS</b>												
L001	Milk, whole, Buffalo	6	10.05±1.46	0.01±0.00				86.94±6.27	109±5.6	1.45±0.26	30.10±2.98	0.30±0.05
L002	Milk, whole, Cow	6	8.28±1.38	0.01±0.00				96.56±9.10	115±4.1	0.95±0.17	25.46±2.86	0.33±0.03
L003	Panner	6	26.62±1.87	0.13±0.05			0.010±0.006	330±34.6	63.53±9.96	23.14±1.37	18.04±1.25	2.74±0.14
L004	Khoa	6	58.53±6.04	0.08±0.03			0.008±0.001	476±47.4	536±24.3	44.97±13.14	48.10±10.89	2.34±0.15

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
<b>M EGG AND EGG PRODUCTS</b>												
M001	Egg, poultry, whole, raw	6				49.44±8.99			0.07±0.01	1.82±0.40		
M002	Egg, poultry, white, raw	6				5.64±0.95			0.03±0.00	0.07±0.05		
M003	Egg, poultry, yolk, raw	6				116±10.0			0.10±0.01	3.17±0.34		
M004	Egg, poultry, whole, boiled	6				55.12±3.14			0.07±0.02	1.87±0.16		
M005	Egg, poultry, white, boiled	6				8.07±0.03			0.05±0.01	0.15±0.05		
M006	Egg, poultry, yolk, boiled	6				120±2.2			0.13±0.00	4.92±0.33		
M007	Egg, poultry, omlet	3				53.26±4.25			0.15±0.09	2.16±0.39		
M008	Egg, country hen, whole, raw	1				50.14			0.06	1.64		
M009	Egg, country hen, whole, boiled	1				57.79			0.09	1.73		
M010	Egg, country hen, omlet	1				55.88			0.17	2.15		
M011	Egg, duck, whole, boiled	1				56.12			0.12	2.61		
M012	Egg, duck, whole, raw	1				52.46			0.11	2.46		
M013	Egg, duck, whole, omlet	1				71.79			0.17	3.28		
M014	Egg, quail, whole, raw	1				60.67			0.09	2.55		
M015	Egg, quail, whole, boiled	1				61.35			0.13	2.63		
<b>N POULTRY</b>												
N001	Chicken, poultry, leg, skinless	4	0.01±0.00			20.52±0.33			0.25±0.11	1.27±0.23	0.002±0.000	
N002	Chicken, poultry, thigh, skinless	6	0.10±0.00			18.37±0.39			0.23±0.20	1.11±0.16		
N003	Chicken, poultry, breast, skinless	5	0.03±0.00			12.91±3.41			0.27±0.23	0.83±0.16		
N004	Chicken, poultry, wing, skinless	5	0.02±0.00			28.13±3.66			0.43±0.29	1.38±0.29		

Table 5. Minerals and Trace Elements

Food Category	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
<b>M EGG AND EGG PRODUCTS</b>												
	M001 Egg, poultry, whole, raw	6	12.01±0.50	0.02±0.01			185±2.8	138±7.1	40.44±3.63	123±6.2	1.23±0.31	
	M002 Egg, poultry, white, raw	6	11.42±1.07				15.81±2.31	152±3.9	21.23±2.87	166±1.9	0.03±0.01	
	M003 Egg, poultry, yolk, raw	6	13.17±0.30	0.03±0.00			549±18.2	118±7.7	51.44±1.97	46.33±2.16	1.64±0.32	
	M004 Egg, poultry, whole, boiled	6	13.76±0.25	0.03±0.00			209±16.3	127±1.4	46.12±3.87	121±2.8	1.31±0.11	
	M005 Egg, poultry, white, boiled	6	11.62±0.57				23±3.3	147±15.0	14.86±1.51	144±15.3	0.09±0.03	
	M006 Egg, poultry, yolk, boiled	6	15.52±2.19	0.05±0.01			586±2.9	106±7.7	38.57±3.23	44.83±2.04	3.59±0.20	
	M007 Egg, poultry, omlet	3	14.84±0.34	0.02±0.00			222±30.3	163±10.6	42.18±3.37	169±19.9	1.31±0.13	
	M008 Egg, country hen, whole, raw	1	11	0.02			198	117	62.33	157	1.12	
148	M009 Egg, country hen, whole, boiled	1	11	0.02			206	120	52.65	149	1.25	
	M010 Egg, country hen, omlet	1	13	0.03			243	151	58.63	157	1.26	
	M011 Egg, duck, whole, boiled	1	12	0.06			263	221	43.66	110	1.58	
	M012 Egg, duck, whole, raw	1	12	0.06			247	228	46.33	113	1.49	
	M013 Egg, duck, whole, omlet	1	15	0.08			309	154	42.02	175	1.89	
	M014 Egg, quail, whole, raw	1	11	0.03			236	119	50.63	132	1.51	
	M015 Egg, quail, whole, boiled	1	12	0.03			237	115	42.60	130	1.55	
<b>N POULTRY</b>												
	N001 Chicken, poultry, leg, skinless	4	23.82±1.59	0.03±0.01		0.01±0.00	199±13.7	283±28.5	20.22±1.67	65.07±13.68	1.77±0.14	
	N002 Chicken, poultry, thigh, skinless	6	22.55±0.64	0.02±0.00			186±12.6	263±33.7	18.69±2.12	64.59±14.32	1.42±0.07	
	N003 Chicken, poultry, breast, skinless	5	20.20±0.14	0.02±0.01			178±0.5	295±15.6	18.56±2.12	36.70±3.29	0.78±0.30	
	N004 Chicken, poultry, wing, skinless	5	22.81±0.71	0.04±0.02		0.01±0.00	189±12.7	185±5.8	20.52±2.52	72.78±9.61	1.48±0.23	

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
N005	Poultry, chicken, liver	1				4.10			0.29	9.92		
N006	Poultry, chicken, gizzard	1				5.46			0.20	3.19		
N007	Country hen, leg, with skin	1				22.56			0.22	1.66		
N008	Country hen, thigh, with skin	1				20.12			0.40	1.40		
N009	Country hen, breast, with skin	1				12.49			0.13	1.09		
N010	Country hen, wing, with skin	1				35.46			0.15	1.45		
N011	Duck, meat, with skin	1				22.77	0.001		1.00	4.26		
N012	Emu, meat, skinless	1				7.40	0.002		0.65	3.95		
N013	Guinea fowl, meat, with skin	1				30.77	0.002		0.17	2.20		
149	N014	Pigeon, meat, with skin	1			18.11			0.10	3.81		
	N015	Quail, meat, skinless	1			20.60			0.20	1.90		
	N016	Turkey, leg, with skin	1			20.44	0.001		0.53	2.01		
	N017	Turkey, thigh, with skin	1			23.52			0.47	1.58		
	N018	Turkey, breast, with skin	1			14.35			0.10	1.01		
	N019	Turkey, wing, with skin	1			33.49	0.001		0.20	1.00		

## O ANIMAL MEAT

O001	Goat, shoulder, meat	6	0.29±0.06	0.71±0.32	6.18±1.58	0.008±0.005		0.11±0.07	1.48±0.34	0.003±0.001
O002	Goat, chops	6	0.16±0.02	0.76±0.41	7.44±0.28	0.012±0.007	0.001±0.000	0.07±0.01	1.87±0.44	0.002±0.000
O003	Goat, legs	6	0.13±0.02	1.20±0.69	5.76±0.97	0.007±0.003		0.08±0.02	1.77±0.48	0.003±0.001
O004	Goat, brain	5	0.22±0.04	0.56±0.20	10.61±0.24	0.011±0.012		0.30±0.06	1.63±0.35	0.003±0.001
O005	Goat, tongue	4	0.40±0.04	0.57±0.18	7.11±0.14	0.014±0.004		0.16±0.03	2.09±0.42	0.003±0.002

Table 5. Minerals and Trace Elements

Food Code	Food Name	No. of regions	Magnesium	Manganese	Mercury	Molybdeum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
N005	Poultry, chicken, liver	1	16	0.21				244	241	46.35	61.58	2.65
N006	Poultry, chicken, gizzard	1	14	0.03				119	244	54.66	50.60	2.65
N007	Country hen, leg, with skin	1	25	0.03				250	357	16.33	50.46	2.71
N008	Country hen, thigh, with skin	1	24	0.02				232	330	18.33	51.14	2.16
N009	Country hen, breast, with skin	1	22	0.01				222	365	20.12	23.13	0.78
N010	Country hen, wing, with skin	1	25	0.02				235	249	18.01	54.15	1.64
N011	Duck, meat, with skin	1	26	0.06				237	273	23.55	82.25	2.92
N012	Emu, meat, skinless	1	25	0.04				243	275	21.32	48.48	2.91
N013	Guinea fowl, meat, with skin	1	21	0.03				187	240	24.37	57.64	1.48
N014	Pigeon, meat, with skin	1	29	0.04				255	346	19.32	56.10	2.48
N015	Quail, meat, skinless	1	31	0.05				300	333	14.32	56.21	1.13
N016	Turkey, leg, with skin	1	26	0.04				236	308	17.63	66.47	3.35
N017	Turkey, thigh, with skin	1	23	0.02				194	280	20.36	50.01	2.95
N018	Turkey, breast, with skin	1	22	0.02				182	315	14.33	40.45	1.28
N019	Turkey, wing, with skin	1	24	0.02				199	262	18.36	57.00	1.68
<b>O ANIMAL MEAT</b>												
O001	Goat, shoulder, meat	6	21.39±1.54	0.02±0.00	0.25±0.30		0.01±0.00	189±11.6	332±46.8	12.91±3.65	47.31±8.90	4.19±0.54
O002	Goat, chops	6	21.13±2.10	0.02±0.01	0.19±0.13		0.01±0.00	195±11.7	334±43.9	21.76±5.69	45.72±6.21	4.55±1.05
O003	Goat, legs	6	21.71±1.72	0.01±0.00	0.01±0.01		0.01±0.00	187±14.2	339±25.5	17.76±3.82	42.77±5.74	3.52±0.43
O004	Goat, brain	5	13.94±0.67	0.04±0.01	0.03±0.02		0.01±0.00	296±21.2	296±15.6	21.70±6.90	132±38.4	1.08±0.09
O005	Goat, tongue	4	19.39±2.23	0.04±0.01	0.20±0.19		0.01±0.01	212±15.9	223±37.3	22.76±6.04	118±35.1	2.44±0.11

Table 5. Minerals and Trace Elements

Food Code	Food Name	No. of regions	Aluminium	Arsenic	Cadmium	Calcium	Chromium	Cobalt	Copper	Iron	Lead	Lithium	
			(Al)	(As)	(Cd)	(Ca)	(Cr)	(Co)	(Cu)	(Fe)	(Pb)	(Li)	
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI	
O006	Goat, lungs	4	0.32±0.05	1.18±0.35		10.44±2.48	0.041±0.031	0.001±0.000	0.22±0.01	7.10±1.77	0.002±0.000		
O007	Goat, heart	5	0.37±0.08	0.93±0.21		5.71±1.43	0.012±0.005		0.34±0.04	3.38±0.54	0.002±0.000		
O008	Goat, liver	6	0.53±0.12	1.49±0.49	0.002±0.003	6.09±2.31	0.010±0.004	0.006±0.002	3.70±1.67	6.56±0.34	0.004±0.002		
O009	Goat, tripe	5	0.33±0.06	0.18±0.23		20.87±6.81	0.007±0.001		0.07±0.02	0.81±0.23	0.003±0.001		
O010	Goat, spleen	4	0.29±0.03	1.18±0.39		8.35±0.44	0.015±0.006	0.001±0.001	0.13±0.02	51.41±17.21	0.004±0.002		
O011	Goat, kidneys	4	0.19±0.04	1.44±0.87	0.002±0.001	12.37±4.51	0.009±0.005	0.003±0.001	0.25±0.03	6.73±0.13	0.001±0.000		
O012	Goat, tube (small intestine)	3	0.57±0.19	2.05±0.91		27.52±1.44	0.009±0.000	0.001±0.000	0.06±0.03	2.21±0.97	0.001±0.000		
O013	Goat, testis	2	0.06	0.65	0.001	5.95	0.015	0.001	0.08	1.43	0.007		
O014	Sheep, shoulder	5	0.25±0.06	1.18±0.52		5.46±2.05	0.023±0.038	0.001±0.000	0.07±0.04	1.63±0.62	0.003±0.001		
151	O015	Sheep, chops	4	0.13±0.02	0.69±0.39		7.98±1.94	0.009±0.004	0.001±0.001	0.08±0.02	2.24±0.33	0.003±0.001	
	O016	Sheep, leg	5	0.13±0.03	0.70±0.26		6.87±1.88	0.009±0.003		0.09±0.01	1.54±0.15	0.001±0.001	
O017	Sheep, brain	1	0.14	0.73		10.27	0.003		0.28	1.93	0.002		
O018	Sheep, tongue	1	0.28	0.34		8.05	0.082		0.17	2.46	0.001		
O019	Sheep, lungs	2	0.48	1.85	0.004	7.74	0.015	0.003	0.41	8.58	0.001		
O020	Sheep, heart	1	0.03	6.04		6.79	0.012	0.001	0.29	3.07		0.03	
O021	Sheep, liver	4	0.16±0.00	1.66±0.51	0.001±0.000	5.92±0.44	0.025±0.004	0.007±0.002	5.70±1.99	6.15±1.70	0.007±0.001		
O022	Sheep, tripe	2	0.27	0.10		14.85	0.019		0.06	0.90	0.002		
O023	Sheep, spleen	1	0.16	0.92	0.001	11.49	0.013	0.001	0.16	53.11	0.009		
O024	Sheep, kidneys	2	0.19	2.10	0.003	14.15	0.006	0.009	0.38	6.11	0.006		
O025	Beef, shoulder	6	0.38±0.10	0.76±0.26		6.50±1.85	0.007±0.002		0.07±0.04	2.22±0.56	0.003±0.001		
O026	Beef, chops	4	0.30±0.04	1.40±0.41		4.64±1.64	0.005±0.001		0.04±0.02	1.95±0.46	0.002±0.000		
O027	Beef, round (leg)	6	0.19±0.11	1.08±0.29		5.86±1.13	0.007±0.002		0.06±0.01	2.30±0.96	0.003±0.001		

Table 5. Minerals and Trace Elements

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Food Code	Food Name	No. of regions	Magnesium	Manganese	Mercury	Molybdeum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
MG	MN	HG	MO	NI	P	K	SE	NA	ZN			
O006	Goat, lungs	4	11.48±1.33	0.04±0.00	0.07±0.03	0.02±0.00	0.01±0.00	209±8.5	180±19.4	26.00±6.96	85.72±22.56	1.70±0.32
O007	Goat, heart	5	18±2.32	0.03±0.01	0.04±0.03		0.01±0.00	174±21.0	224±26.8	15.00±3.00	73.21±10.98	1.45±0.16
O008	Goat, liver	6	18±1.34	0.26±0.04	0.44±0.79	0.12±0.04	0.01±0.00	336±45.5	284±48.8	48.12±26.66	55.41±14.75	3.48±1.32
O009	Goat, tripe	5	13±2.07	0.07±0.03	0.15±0.07		0.01±0.01	59.2±21.2	45±28.7	15.59±7.21	22.38±5.45	1.66±0.40
O010	Goat, spleen	4	15.3±2.76	0.03±0.00	0.05±0.01	0.01±0.00	0.01±0.00	266±7.3	368±17.1	48.55±13.46	52.40±8.62	1.95±0.19
O011	Goat, kidneys	4	18.6±2.65	0.08±0.01	0.38±0.11	0.01±0.00	0.01±0.00	220±8.1	195±43.7	142±47.6	184±21.3	1.73±0.07
O012	Goat, tube (small intestine)	3	7.14±1.99	0.05±0.02	0.05±0.03	0.01±0.00	0.03±0.00	55.9±16.5	130±5.4	26.09±10.09	7.46±2.01	1.12±0.55
O013	Goat, testis	2	13.66	0.02	0.64			186	253	80.34	92.61	1.19
O014	Sheep, shoulder	5	21.31±3.01	0.02±0.01	0.07±0.03	0.01±0.00	0.01±0.00	195±24.9	336±61.6	22.36±7.31	45.65±11.25	3.69±0.53
O015	Sheep, chops	4	21.42±2.22	0.03±0.01	0.13±0.01		0.01±0.00	191±20.0	323±49.9	20.82±9.63	45.26±10.93	3.46±0.71
O016	Sheep, leg	5	22.22±1.50	0.01±0.00	0.02±0.02			187±9.2	333±22.2	20.00±7.37	49.30±9.48	2.67±0.56
O017	Sheep, brain	1	14.08	0.04	0.02		0.01	271	312	34.60	122	1.11
O018	Sheep, tongue	1	24.53	0.03	0.45		0.02	207	220	23.20	185	2.46
O019	Sheep, lungs	2	11.68	0.03	0.07	0.01	0.01	187	204	16.12	109	1.58
O020	Sheep, heart	1	15.19	0.03	0.03		0.01	163	225	33.30	72.62	1.31
O021	Sheep, liver	4	17.91±2.26	0.28±0.02	0.16±0.15	0.15±0.03	0.02±0.01	334±55.6	280±53.8	43.38±17.97	55.82±12.86	3.73±1.05
O022	Sheep, tripe	2	17.81	0.16	0.19		0.01	55.61	48.75	13.92	18.37	1.89
O023	Sheep, spleen	1	17.23	0.04	0.04	0.04	0.01	266	327	64.53	50.58	1.71
O024	Sheep, kidneys	2	17.46	0.69	0.61	0.02	0.01	204	198	127	163	1.92
O025	Beef, shoulder	6	22.24±3.28	0.01±0.00	0.10±0.07			201±25.2	367±56.0	11.58±3.25	45.59±12.45	4.64±0.38
O026	Beef, chops	4	24.72±4.70	0.01±0.00	0.24±0.39			209±42.2	383±73.0	11.54±4.42	32.47±4.39	3.77±1.08
O027	Beef, round (leg)	6	26.59±2.36	0.01±0.00	0.02±0.01		0.01±0.00	215±20.0	366±3.8	18.14±10.72	38.96±8.25	3.36±0.52

Food Code	Food Name	No. of regions	Aluminium	Arsenic	Cadmium	Calcium	Chromium	Cobalt	Copper	Iron	Lead	Lithium
			(Al)	(As)	(Cd)	(Ca)	(Cr)	(Co)	(Cu)	(Fe)	(Pb)	(Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
O028	Beef, brain	4	0.38±0.10	0.85±0.15		11.38±0.39	0.004±0.000		0.29±0.06	2.15±0.42	0.003±0.001	
O029	Beef, tongue	4	0.48±0.10	1.04±0.27		9.49±0.28	0.005±0.002		0.13±0.03	2.17±0.70	0.003±0.001	
O030	Beef, lungs	3	0.33±0.04	2.06±0.57	0.001±0.000	9.31±0.87	0.011±0.010	0.002±0.001	0.20±0.12	6.85±1.65	0.006±0.002	
O031	Beef, heart	5	0.62±0.12	1.39±0.32		6.16±1.43	0.006±0.001	0.002±0.002	0.37±0.08	3.62±0.29	0.004±0.001	
O032	Beef, liver	6	0.52±0.14	2.60±0.33	0.001±0.000	5.46±0.44	0.012±0.005	0.004±0.003	1.23±1.40	14.82±2.65	0.007±0.002	
O033	Beef, tripe	5	0.37±0.21	0.61±0.43		15.30±2.91	0.012±0.007	0.001±0.001	0.04±0.02	0.84±0.12	0.002±0.000	
O034	Beef, spleen	6	0.32±0.12	1.80±0.56	0.001±0.000	9.40±0.24	0.008±0.004	0.001±0.000	0.09±0.01	31.68±4.50	0.003±0.001	
O035	Beef, kidneys	3	0.34±0.12	2.37±0.54	0.043±0.010	15.31±0.44	0.005±0.000	0.002±0.002	0.21±0.09	4.71±1.89	0.481±0.827	
O036	Calf, shoulder	2	0.29	0.70		8.39	0.008		0.05	1.31	0.001	
O037	Calf, chops	2	0.27	0.27		9.27	0.012		0.07	1.20	0.004	
O038	Calf, round (leg)	2	0.19	0.93		10.03	0.007		0.08	2.40		
O039	Calf, brain	2	0.15	0.71		10.53	0.006		0.24	1.44	0.002	
O040	Calf, tongue	2	0.30	0.93		9.08	0.015		0.14	2.63		
O041	Calf, heart	1	0.17	0.60		6.48	0.031	0.001	0.28	4.66		
O042	Calf, liver	1	0.07	3.47	0.001	5.19	0.007	0.013	1.04	16.26		
O043	Calf, spleen	1	0.32	0.45	0.003	10.56	0.008	0.001	0.19	25.42	0.006	
O044	Calf, kidneys	2	0.19	1.42	0.014	12.63	0.008	0.002	0.21	4.92	0.003	
O045	Mithun, shoulder	1	0.35	1.40		4.27	0.050		0.08	2.05	0.003	
O046	Mithun, chops	1	0.36	0.62	0.001	4.88	0.019		0.09	2.25	0.006	
O047	Mithun, round (leg)	1	0.17	0.63		5.32	0.038	0.001	0.09	2.18	0.004	
O048	Pork, shoulder	6	0.47±0.14	1.53±0.89		9.95±5.13	0.020±0.011		0.23±0.17	0.91±0.23	0.005±0.000	
O049	Pork, chops	6	0.41±0.12	0.85±0.38		8.12±0.81	0.024±0.005		0.22±0.13	1.00±0.20	0.003±0.001	

Table 5. Minerals and Trace Elements

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Food Code	Food Name	No. of regions	Magnesium	Manganese	Mercury	Molybdeum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
O028	Beef, brain	4	15.84±2.93	0.03±0.01	0.04±0.01		0.01±0.00	326±34.2	320±59.0	16.57±4.35	127±25.4	1.18±0.19
O029	Beef, tongue	4	22.82±7.66	0.04±0.01	0.11±0.07		0.01±0.00	220±61.6	260±57.4	15.16±2.49	89.88±20.41	3.31±0.35
O030	Beef, lungs	3	11.60±1.19	0.07±0.09	0.07±0.02	0.01±0.00	0.01±0.00	172±15.0	216±37.2	16.69±5.47	109±14.5	1.52±0.20
O031	Beef, heart	5	15.66±8.91	0.03±0.01	0.09±0.07			181±16.0	258±69.1	20.66±7.75	70.52±13.92	1.50±0.22
O032	Beef, liver	6	18.57±2.85	0.25±0.08	0.46±0.25	0.10±0.02	0.02±0.01	332±61.4	289±58.2	20.20±5.44	50.14±3.83	4.36±1.97
O033	Beef, tripe	5	9.33±2.12	0.03±0.02	0.08±0.03		0.01±0.00	60.17±9.2	143±61.1	10.18±3.72	41.00±11.13	2.02±0.36
O034	Beef, spleen	6	15.80±1.25	0.03±0.01	0.11±0.04	0.05±0.01	0.01±0.00	252±24.2	348±32.4	37.55±9.76	58.94±5.92	2.01±0.16
O035	Beef, kidneys	3	14.70±6.6.8	0.05±0.02	0.78±0.18	0.01±0.01		180±16.5	184±80.9	135±16.8	160±31.1	1.40±0.49
O036	Calf, shoulder	2	22.71	0.01	0.07		0.01	197	369	12.34	77.00	3.31
O037	Calf, chops	2	20.77		0.13		0.01	195	366	12.53	64.94	3.29
O038	Calf, round (leg)	2	22.28	0.01	0.05		0.01	185	356	13.32	67.04	2.64
O039	Calf, brain	2	14.29	0.03	0.03		0.01	296	306	15.48	115	1.11
O040	Calf, tongue	2	15.38	0.03	0.07		0.01	178	238	10.57	91.64	2.67
O041	Calf, heart	1	18.21	0.04	0.05		0.01	185	224	11.86	58.00	1.63
O042	Calf, liver	1	19.16	0.19	0.80	0.12	0.01	358	307	19.94	54.99	3.80
O043	Calf, spleen	1	18.95	0.04	0.11	0.08	0.01	274	372	41.33	67.87	2.02
O044	Calf, kidneys	2	17.35	0.06	1.33	0.01	0.01	204	206	91.31	174	1.58
O045	Mithun, shoulder	1	18.86	0.01	0.08		0.02	199	307	28.28	32.94	6.11
O046	Mithun, chops	1	18.20	0.02			0.03	178	222	14.58	42.17	6.08
O047	Mithun, round (leg)	1	22.23	0.01			0.06	190	338	14.81	28.42	3.47
O048	Pork, shoulder	6	15.01±4.36	0.02±0.01	0.15±0.10			157±36.8	234±33.1	13.26±5.22	54.47±16.10	2.08±0.66
O049	Pork, chops	6	11.62±1.58	0.03±0.01	0.23±0.05			143±0.3	243±0.7	15.06±3.70	43.70±11.05	1.34±0.46

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
O050	Pork, ham	6	0.32±0.28	1.54±0.94		7.40±2.16	0.015±0.012		0.20±0.19	1.27±0.48	0.003±0.001	
O051	Pork, lungs	4	0.33±0.14	2.03±0.55	0.002±0.000	10.30±0.26	0.007±0.007	0.001±0.001	0.21±0.12	6.76±2.03		
O052	Pork, heart	4	0.29±0.09	1.06±0.24		4.74±0.91	0.011±0.004		0.32±0.04	3.97±0.43	0.002±0.001	
O053	Pork, liver	5	0.33±0.27	1.64±0.89	0.003±0.004	5.52±0.27	0.007±0.002	0.003±0.003	0.66±0.31	20.74±7.24	0.002±0.001	
O054	Pork, stomach	1	0.44	5.94		11.75	0.042		0.74	1.92	0.006	
O055	Pork, spleen	3	0.26±0.22	1.83±1.59	0.003±0.003	6.98±2.93	0.018±0.018		0.11±0.01	27.21±6.43	0.799±1.381	
O056	Pork, kidneys	5	0.11±0.02	1.80±1.89	0.022±0.014	6.71±0.55	0.012±0.008	0.001±0.001	0.53±0.19	6.26±2.55	0.002±0.001	
O057	Pork, tube (small intestine)	1	0.52	2.48	0.001	16.05	0.008		0.11	2.83	0.007	
O058	Hare, shoulder	1				57.51	0.002		0.43	2.98	0.002	
155	O059 Hare, chops	1				38.36			0.19	2.78	0.001	
	O060 Hare, leg	1				53.02			0.25	2.46	0.002	
	O061 Rabbit, shoulder	1				46.37	0.001		0.64	1.74	0.003	
	O062 Rabbit, chops	1				25.48			0.08	2.42	0.002	
O063	Rabbit, leg	1				22.31			0.18	1.21	0.003	

Table 5. Minerals and Trace Elements

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Food Code	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molybdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
O050	Pork, ham	6	17.05±3.66	0.01±0.01	0.10±0.14			140±26.6	239±34.6	13.21±6.77	40.44±9.89	1.76±0.41
O051	Pork, lungs	4	9.82±3.41	0.03±0.01	0.12±0.11		0.01±0.00	161±33.4	200±23.0	17.75±9.09	61.41±20.69	1.18±0.21
O052	Pork, heart	4	18.23±1.82	0.03±0.00	0.27±0.05	0.01±0.00	0.01±0.02	187±18.5	268±54.9	20.75±5.43	70.52±13.46	1.60±0.23
O053	Pork, liver	5	16.59±1.79	0.17±0.03	0.92±1.63	0.13±0.02	0.01±0.00	310±24.2	279±20.7	33.49±10.76	64.89±17.55	4.19±1.30
O054	Pork, stomach	1	23.32	0.02	0.16		0.01	125	200	31.64	109	2.34
O055	Pork, spleen	3	16.08±2.24	0.03±0.01	0.18±0.10	0.01±0.00	0.01±0.00	230±28.7	325±35.1	37.25±4.76	49.14±5.55	2.09±0.29
O056	Pork, kidneys	5	15.56±1.39	0.10±0.01	1.15±0.43	0.01±0.01	0.01±0.00	201±17.8	198±11.5	206±39.5	138±17.5	1.90±0.28
O057	Pork, tube (small intestine)	1	9.78	0.05	0.16		0.01	124	140	26.44	60.17	1.36
O058	Hare, shoulder	1	28	0.04				260	303	16.38	55.03	2.72
O059	Hare, chops	1	31	0.03				295	340	30.25	48.61	1.45
O060	Hare, leg	1	32	0.02				275	370	21.01	42.48	1.62
O061	Rabbit, shoulder	1	32	0.03				238	361	14.83	61.38	2.34
O062	Rabbit, chops	1	33	0.03				245	374	30.22	47.84	1.30
O063	Rabbit, leg	1	21	0.03				245	389	24.31	46.03	1.23

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg	mg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
<b>P MARINE FISH</b>												
P001	Allathi ( <i>Elops machnata</i> )	1				13.78	0.012		0.03	0.62		
P002	Aluva ( <i>Parastromateus niger</i> )	3			0.001±0.000	11.32±2.07	0.011±0.007	0.001±0.000	0.04±0.01	0.42±0.02	0.004±0.002	0.003±0.002
P003	Anchovy ( <i>Stolephorus indicus</i> )	2			0.003	36.60	0.016		0.04	0.54		0.011
P004	Ari fish ( <i>Aprion virescens</i> )	1				4.36	0.002		0.02	0.47		0.002
P005	Betki ( <i>Lates calcarifer</i> )	1	0.01	0.27		8.84	0.014		0.79	0.31	0.002	
P006	Black snapper ( <i>Macolor niger</i> )	1	0.17	0.08		9.91	0.046		0.02	0.56		
P007	Bombay duck ( <i>Harpodon nehereus</i> )	2	0.67	7.68	0.001	159	0.010	0.001	0.03	0.81	0.003	0.004
P008	Bommuralu ( <i>Muraenesox cinerius</i> )	3				47.33±16.91	0.017±0.002	0.001±0.000	0.14±0.21	0.43±0.10		0.002±0.001
P009	Cat fish ( <i>Tachysurus thalassinus</i> )	1				5.54	0.015		0.03	0.72		
P010	Chakla ( <i>Rachycentron canadum</i> )	5				6.55±1.09	0.014±0.003	0.001±0.001	0.38±0.73	0.41±0.10	0.001±0.000	0.002±0.002
P011	Chappal ( <i>Aluterus monoceros</i> )	1				10.22	0.014		0.43	1.29		0.001
P012	Chelu ( <i>Elagatis bipinnulata</i> )	2				8.17	0.009		0.13	0.67		0.002
P013	Chembali ( <i>Lutjanus quinquefasciatus</i> )	1			0.001	23.72	0.003		0.03	0.31		0.001
P014	Eri meen ( <i>Pristipomoides filamentosus</i> )	1				12.45	0.001		0.02	0.46		0.001
P015	Gobro ( <i>Epinephelus diacanthus</i> )	2				24.18	0.006	0.001	0.10	0.36		0.001
P016	Guitar fish ( <i>Rhinobatos prahli</i> )	1				17.32	0.024	0.001	0.03	0.44		0.002
P017	Hilsa ( <i>Tenualoosa ilisha</i> )	2	0.59	0.18	0.001	19.82	0.006	0.001	0.15	1.19		0.001
P018	Jallal ( <i>Arius sp.</i> )	1				14.73	0.003		0.03	0.46		0.002
P019	Jathi vela meen ( <i>Lethrinus lentjan</i> )	2				6.65	0.011	0.001	0.02	0.28	0.001	0.001
P020	Kadal bral ( <i>Synodus indicus</i> )	1			0.001	73.92	0.001		0.02	0.31		0.002

Table 5. Minerals and Trace Elements

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Food Code	Fish Name	No. of Regions	Magnesium	Manganese	Mercury	Molebdenum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mgg	mg	mg	mg	mg	mgg	mg	mg	mg
<b>P MARINE FISH</b>												
P001	Allathi ( <i>Elops machnata</i> )	1	29.08	0.01			0.004	215	286	12.55	32.68	0.30
P002	Aluva ( <i>Parastromateus niger</i> )	3	34.38±1.63	0.01±0.00			0.004±0.001	245±13.9	470±61.3	35.15±8.07	44.86±6.80	0.38±0.02
P003	Anchovy ( <i>Stolephorus indicus</i> )	2	53.00	0.07			0.004	246	270	56.22	212	0.65
P004	Ari fish ( <i>Aprion virescens</i> )	1	30.27	0.01			0.006	265	447	53.21	37.35	0.31
P005	Betki ( <i>Lates calcarifer</i> )	1	24.16	0.01	5.87		0.003	188	355	35.75	63.68	0.36
P006	Black snapper ( <i>Macolor niger</i> )	1	26.72	0.01	6.88	0.001	0.007	195	341	14.40	41.23	0.40
P007	Bombay duck ( <i>Harpodon nehereus</i> )	2	24.27	0.05	0.90		0.006	185	188	25.45	223	0.42
P008	Bommuralu ( <i>Muraenesox cinerius</i> )	3	27.13±4.91	0.03±0.03			0.005±0.002	207±29.5	349±27.7	18.01±5.16	61.87±2.43	0.67±0.21
P009	Cat fish ( <i>Tachysurus thalassinus</i> )	1	25.69	0.01			0.005	252	429	42.33	35.82	0.58
P010	Chakla ( <i>Rachycentron canadum</i> )	5	24.71±1.74	0.01±0.00		0.001±0.000	0.006±0.002	219±59.3	343±43.7	58.99±7.35	51.41±11.15	0.57±0.38
P011	Chappal ( <i>Aluterus monoceros</i> )	1	25.85	0.01		0.004		203	306	52.37	38.12	0.67
P012	Chelu ( <i>Elagatis bipinnulata</i> )	2	31.68	0.02			0.019	252	406	18.43	37.60	0.41
P013	Chembali ( <i>Lutjanus quinquefasciatus</i> )	1	30.55	0.02			0.002	211	323	15.65	38.98	0.32
P014	Eri meen ( <i>Pristipomoides filamentosus</i> )	1	30.99	0.01			0.005	243	402	14.36	41.19	0.31
P015	Gobro ( <i>Epinephelus diacanthus</i> )	2	28.23	0.01			0.004	170	316	70.58	52.68	0.37
P016	Guitar fish ( <i>Rhinobatos prahli</i> )	1	27.45	0.01		0.003	0.002	230	342	34.66	70.81	0.35
P017	Hilsa ( <i>Tenualoosa ilisha</i> )	2	30.62	0.08	0.52		0.001	278	341	37.62	80.88	0.64
P018	Jallal ( <i>Arius sp.</i> )	1	29.12	0.01			0.003	204	368	41.03	74.33	0.83
P019	Jathi vela meen ( <i>Lethrinus lentjan</i> )	2	31.12	0.01		0.001	0.003	249	467	12.35	30.53	0.35
P020	Kadal bral ( <i>Synodus indicus</i> )	1	29.55	0.02			0.002	219	366	52.85	53.66	0.38

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg	mg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P021	Kadali ( <i>Nemipterus mesoprion</i> )	1				8.62	0.018		0.02	0.38		
P022	Kalamaara ( <i>Leptomelanosoma indicum</i> )	2				7.54	0.006	0.001	0.03	0.50	0.009	0.001
P023	Kalava ( <i>Epinephelus cooides</i> )	1			0.001	10.66	0.009		0.72	0.26	0.004	
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2				7.72	0.003		0.02	0.36		0.001
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3			0.002±0.001	9.04±2.54	0.010±0.004	0.001±0.001	0.03±0.01	0.31±0.06		0.002±0.001
P026	Karimeen ( <i>Etroplus suratensis</i> )	1				11.73	0.006	0.001		0.60		
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1				60.03	0.013		0.01	0.44		0.007
P028	Kayrai ( <i>Thunnus albacores</i> )	2				6.00	0.006		0.08	0.98		
P029	Kiriyen ( <i>Atule mate</i> )	1			0.004	19.42			0.09	1.00		0.002
P030	Kite fish ( <i>Mobula kuhlii</i> )	1			0.001	11.02	0.005		0.04	1.38		0.002
P031	Korka ( <i>Terapon jarbua</i> )	1			0.003	11.12	0.004		1.22	0.73	0.004	0.001
P032	Kulam paarai ( <i>Carangooides fulvoguttatus</i> )	1				15.17	0.027	0.001	0.05	0.50		
P033	Maagaa ( <i>Polynemus plebeius</i> )	1				8.42	0.002		0.02	0.23		0.001
P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3			0.002±0.001	31.27±15.90	0.011±0.007	0.001±0.001	0.12±0.03	1.46±0.63	0.003±0.000	0.003±0.003
P035	Manda clathi ( <i>Naso reticulatus</i> )	1				11.48	0.027		0.01	0.43		0.001
P036	Matha ( <i>Acanthurus mata</i> )	2				14.02	0.017	0.001	0.02	0.32		0.003
P037	Milk fish ( <i>Chanos chanos</i> )	1			0.003	29.18	0.006		0.45	1.35	0.002	0.001
P038	Moon fish ( <i>Mene maculata</i> )	1			0.001	29.18	0.004	0.001	0.16	1.67		0.004
P039	Mullet ( <i>Mugil cephalus</i> )	3			0.001±0.001	35.20±5.83	0.014±0.002	0.001±0.000	0.06±0.05	1.31±0.98		0.002±0.001
P040	Mural ( <i>Tylosurus crocodilus crocodilus</i> )	1				8.61	0.005		0.02	0.24		
P041	Myil meen ( <i>Istiophorus platypterus</i> )	2				7.20	0.060	0.002	0.12	1.20		0.003

Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg	mg	mg	mg	mgg	mg	mg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P021	Kadali ( <i>Nemipterus mesoprion</i> )	1	26.23			0.001	0.005	207	390	16.88	36.06	0.35
P022	Kalamaara ( <i>Leptomelanosoma indicum</i> )	2	34.29	0.01		0.001	0.003	227	420	57.99	29.33	0.38
P023	Kalava ( <i>Epinephelus cooides</i> )	1	22.87	0.02			0.003	177	279	12.34	40.14	0.82
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2	27.07	0.01			0.003	194	346	5.60	50.53	0.31
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3	32.36±2.43	0.01±0.00			0.005±0.002	252±47.7	432±47.8	23.26±0.15	59.57±15.15	0.40±0.05
P026	Karimeen ( <i>Etorplus suratensis</i> )	1	28.49	0.03			0.005	192	452	19.66	23.72	0.46
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1	44.30	0.02			0.004	178	228	16.45	63.27	0.41
P028	Kayrai ( <i>Thunnus albacores</i> )	2	31.74	0.01			0.003	266	321	40.32	25.12	0.39
09+	P029	Kiriyen ( <i>Atule mate</i> )	1	31.98	0.03	0.001	0.004	214	277	23.56	35.88	0.82
	P030	Kite fish ( <i>Mobula kuhlii</i> )	1	28.46	0.01		0.005	231	387	15.69	59.03	0.55
	P031	Korka ( <i>Terapon jarbua</i> )	1	28.55	0.02		0.007	229	349	51.96	43.30	1.47
	P032	Kulam paarai ( <i>Carangoides fulvoguttatus</i> )	1	30.79	0.01		0.008	244	366	21.51	49.17	0.52
	P033	Maagaa ( <i>Polynemus plebeius</i> )	1	30.32	0.01		0.002	181	375	32.85	52.28	0.35
	P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3	37.46±10.04	0.02±0.00		0.002±0.001	231±18.6	309±36.8	64.08±9.98	83.01±12.99	0.67±0.11
	P035	Manda clathi ( <i>Naso reticulatus</i> )	1	37.88	0.01	0.003	0.006	320	431	22.56	58.50	0.37
	P036	Matha ( <i>Acanthurus mata</i> )	2	40.24	0.01		0.012	263	450	17.90	62.58	0.32
	P037	Milk fish ( <i>Chanos chanos</i> )	1	35.38	0.02		0.003	292	301	62.25	42.98	2.43
	P038	Moon fish ( <i>Mene maculata</i> )	1	37.14	0.04		0.003	169	157	30.02	65.17	0.93
	P039	Mullet ( <i>Mugil cephalus</i> )	3	34.09±4.19	0.04±0.03		0.004±0.002	222±35.2	331±18.9	40.49±16.75	66.09±6.91	0.45±0.13
	P040	Mural ( <i>Tylosurus crocodilus crocodilus</i> )	1	27.10	0.01		0.001	224	330	26.36	110	0.71
	P041	Myil meen ( <i>Istiophorus platypterus</i> )	2	30.08	0.02	0.007	0.004	268	365	47.58	61.96	0.58

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg	mg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P042	Nalla bontha ( <i>Epinephelus</i> sp.)	1				9.04	0.005		0.02	0.31		0.002
P043	Narba ( <i>Caranx sexfasciatus</i> )	2			0.001	7.21	0.004		0.10	1.11	0.004	0.002
P044	Paarai ( <i>Caranx heberi</i> )	1				13.52	0.011		0.03	0.69		0.001
P045	Padayappa ( <i>Canthidermis maculata</i> )	1			0.001	9.83	0.003	0.001	0.58	0.33	0.001	0.001
P046	Pali kora ( <i>Panna microdon</i> )	1				17.03	0.002		0.01	0.42		0.002
P047	Pambada ( <i>Lepturacanthus savala</i> )	2				16.53	0.023	0.001	0.02	0.38		0.004
P048	Pandukopa ( <i>Pseudosciaena manchurica</i> )	1				12.18	0.004		0.03	0.47		0.002
P049	Parava ( <i>Lactarius lactarius</i> )	1				29.12	0.006		0.02	3.58		0.002
P050	Parcus ( <i>Psettodes erumei</i> )	1				21.08	0.005		0.02	0.28		0.002
P051	Parrot fish ( <i>Scarus ghobban</i> )	1				9.21	0.021	0.003	0.06	0.38		
P052	Perinkilichai ( <i>Pinjalo pinjalo</i> )	1				7.25	0.015		0.02	0.29		0.001
P053	Phopat ( <i>Coryphaena hippurus</i> )	4				9.32±3.09	0.013±0.002		0.05±0.01	0.47±0.05	0.015±0.006	
P054	Piranha ( <i>Pygopritis</i> sp.)	1				14.85	0.003	0.001		0.50		
P055	Pomfret, black ( <i>Parastromateus niger</i> )	1	0.13	1.52	0.001	18.10	0.008		0.07	0.78		
P056	Pomfret, snub nose ( <i>Trachinotus blochii</i> )	2			0.001	6.57	0.002		0.03	0.41		0.001
P057	Pomfret, white ( <i>Pampus argenteus</i> )	2				13.64	0.011	0.004	0.05	0.31		0.001
P058	Pranel ( <i>Gerres</i> sp.)	1				21.88	0.003	0.001	0.03	0.41		0.001
P059	Pulli paarai ( <i>Gnathanodon speciosus</i> )	1				21.84	0.014	0.001	0.04	0.35		0.002
P060	Queen fish ( <i>Scomberoides commersonianus</i> )	3				5.75±1.87	0.015±0.005		0.05±0.01	0.49±0.09		0.001±0.001
P061	Raai fish ( <i>Lobotes surinamensis</i> )	2			0.001	11.09	0.016	0.001	0.03	0.46		0.001
P062	Raai vanthu ( <i>Epinephelus chlorostigma</i> )	1				8.72	0.009		0.03	0.36		0.001

Table 5. Minerals and Trace Elements

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Food Code	Fish Name	No. of Regions	Magnesium	Manganese	Mercury	Molebdenum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mgg	mg	mg	mg	mgg	mg	mg	mg	mg
MG	MN	HG	MO	NI	P	K	SE	NA	ZN			
P042	<b>Nalla bontha</b> ( <i>Epinephelus</i> sp.)	1	29.20	0.01		0.003	197	403	12.34	57.87	0.30	
P043	<b>Narba</b> ( <i>Caranx sexfasciatus</i> )	2	26.33	0.01		0.003	235	384	42.50	49.51	0.45	
P044	<b>Paarai</b> ( <i>Caranx heberi</i> )	1	27.59	0.01	0.003	0.007	284	384	35.63	45.22	0.45	
P045	<b>Padayappa</b> ( <i>Canthidermis maculata</i> )	1	28.98	0.02		0.006	256	490	62.35	33.87	1.48	
P046	<b>Pali kora</b> ( <i>Panna microdon</i> )	1	28.00	0.01		0.001	195	364	32.15	54.85	0.38	
P047	<b>Pambada</b> ( <i>Lepturacanthus savala</i> )	2	29.87	0.02		0.002	170	263	13.58	82.65	0.41	
P048	<b>Pandukopa</b> ( <i>Pseudosciaena manchurica</i> )	1	29.15	0.01		0.004	203	427	15.65	49.15	0.33	
P049	<b>Parava</b> ( <i>Lactarius lactarius</i> )	1	32.52	0.03	0.001	0.009	194	363	11.54	84.08	0.56	
P050	<b>Parcus</b> ( <i>Psettodes erumei</i> )	1	28.84	0.02		0.004	218	446	16.23	64.38	0.33	
P051	<b>Parrot fish</b> ( <i>Scarus ghobban</i> )	1	28.88	0.02	0.004	0.003	316	432	64.52	51.79	0.31	
P052	<b>Perinkilichai</b> ( <i>Pinjalo pinjalo</i> )	1	29.01	0.01		0.003	236	365	26.33	34.16	0.36	
P053	<b>Phopat</b> ( <i>Coryphaena hippurus</i> )	4	32.27±2.78	0.01±0.00		0.007±0.004	258±21.3	439±12.1	65.53±7.30	36.20±2.65	0.36±0.06	
P054	<b>Piranha</b> ( <i>Pygopristis</i> sp.)	1	23.41	0.02		0.003	170	323	28.22	38.97	0.43	
P055	<b>Pomfret, black</b> ( <i>Parastromateus niger</i> )	1	28.22	0.02	1.70	0.005	195	295	50.25	69.09	0.50	
P056	<b>Pomfret, snub nose</b> ( <i>Trachinotus blochii</i> )	2	29.85	0.01		0.004	247	483	30.62	36.10	0.92	
P057	<b>Pomfret, white</b> ( <i>Pampus argenteus</i> )	2	32.20	0.02	0.001	0.003	211	255	29.33	46.09	0.53	
P058	<b>Pranel</b> ( <i>Gerres</i> sp.)	1	26.26	0.02		0.003	166	251	63.35	52.37	0.55	
P059	<b>Pulli paarai</b> ( <i>Gnathanodon speciosus</i> )	1	31.12	0.01		0.002	232	335	53.25	58.56	0.52	
P060	<b>Queen fish</b> ( <i>Scomberoides commersonianus</i> )	3	28.10±2.72	0.01±0.00	0.001±0.000	0.006±0.003	235±17.8	440±17.8	39.82±11.13	48.93±9.31	0.35±0.02	
P061	<b>Raai fish</b> ( <i>Lobotes surinamensis</i> )	2	21.99	0.02		0.003	213	347	7.92	47.62	0.36	
P062	<b>Raai vanthu</b> ( <i>Epinephelus chlorostigma</i> )	1	27.39	0.01		0.006	178	311	16.53	50.83	0.35	

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg	mg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P063	Rani ( <i>Pink perch</i> )	1	0.41	0.90		37.90	0.005		0.08	0.87		0.001
P064	Ray fish, bow head, spotted ( <i>Rhina ancylostoma</i> )	1			0.001	9.64	0.001		0.03	0.25		0.002
P065	Red snapper ( <i>Lutjanus argentimaculatus</i> )	1				8.39	0.006		0.03	0.37		0.003
P066	Red snapper, small ( <i>Priacanthus hamrur</i> )	1				17.43	0.013		0.16	0.57		0.002
P067	Sadaya ( <i>Platax orbicularis</i> )	1				9.08	0.011		0.16	0.47		
P068	Salmon ( <i>Salmo salar</i> )	1			0.001	24.30	0.008		0.08	0.98		
P069	Sangada ( <i>Nemipterus japonicus</i> )	1				7.90	0.008	0.001	0.05	0.99		0.005
P070	Sankata paarai ( <i>Caranx ignobilis</i> )	1				6.03	0.003		0.05	0.99		
P071	Sardine ( <i>Sardinella longiceps</i> )	1	0.10	0.08	0.001	42.26	0.008		0.07	0.83		
P072	Shark ( <i>Carcharhinus sorrah</i> )	2				8.44	0.028	0.007	0.23	0.38	0.002	0.001
P073	Shark, hammer head ( <i>Sphyrna mokarran</i> )	1	0.18	0.88		7.92	0.014		0.03	0.86		
P074	Shark, spotted ( <i>Stegostoma fasciatum</i> )	1			0.004	8.10	0.012		0.03	0.54		0.001
P075	Shelavu ( <i>Sphyraena jello</i> )	4				11.42±1.81	0.006±0.001		0.04±0.03	0.52±0.27		0.001±0.001
P076	Silan ( <i>Silonia silondia</i> )	1	0.03	1.20		28.82	0.007	0.001	0.08	0.56	0.004	
P077	Silk fish ( <i>Beryx sp.</i> )	1				10.46	0.003		0.02	0.30		0.001
P078	Silver carp ( <i>Hypophthalmichthys molitrix</i> )	1	0.11	9.61		85.55	0.025		0.02	0.58		0.002
P079	Sole fish ( <i>Cynoglossus arel</i> )	1				47.28	0.004		0.02	0.33		0.004
P080	Stingray ( <i>Dasyatis pastinaca</i> )	1	0.02	0.44	0.001	9.16	0.010		0.03	0.74	0.003	
P081	Tarlava ( <i>Drepane punctata</i> )	2				11.68	0.009	0.001	0.03	0.53		
P082	Tholam ( <i>Plectorhinchus schotaf</i> )	2				11.40	0.016		0.05	0.60		0.001
P083	Tilapia ( <i>Oreochromis niloticus</i> )	1	0.86	0.65		99.39	0.033	0.001	0.04	2.84	0.011	

Table 5. Minerals and Trace Elements

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Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg	mg	mg	mg	mgg	mg	mg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P063	Rani ( <i>Pink perch</i> )	1	29.91	0.02	4.53		0.001	208	335	40.12	63.17	0.40
P064	Ray fish, bow head, spotted ( <i>Rhina ancylostoma</i> )	1	19.25	0.01			0.003	196	353	44.37	105	0.49
P065	Red snapper ( <i>Lutjanus argentimaculatus</i> )	1	32.65	0.01			0.003	204	446	12.84	59.89	0.34
P066	Red snapper, small ( <i>Priacanthus hamrur</i> )	1	31.03	0.01			0.004	204	327	23.65	38.97	0.40
P067	Sadaya ( <i>Platax orbicularis</i> )	1	26.27	0.02			0.033	221	360	23.55	49.41	0.68
P068	Salmon ( <i>Salmo salar</i> )	1	31.18	0.01		0.003	0.005	211	345	36.34	20.25	0.51
P069	Sangada ( <i>Nemipterus japonicus</i> )	1	28.37	0.09			0.003	211	217	26.00	77.82	0.32
P070	Sankata paurai ( <i>Caranx ignobilis</i> )	1	27.53	0.01			0.001	246	379	33.02	22.33	0.39
P071	Sardine ( <i>Sardinella longiceps</i> )	1	24.39	0.02	1.49		0.003	191	228	50.21	38.49	0.89
P072	Shark ( <i>Carcharhinus sorrah</i> )	2	32.58	0.02		0.002	0.005	263	372	28.90	63.63	0.46
P073	Shark, hammer head ( <i>Sphyrna mokarran</i> )	1	25.11	0.02	3.74		0.008	200	304	50.31	53.55	0.40
P074	Shark, spotted ( <i>Stegostoma fasciatum</i> )	1	19.05	0.02			0.003	179	318	62.32	131	0.55
P075	Shelavu ( <i>Sphyraena jello</i> )	4	29.90±6.95	0.01±0.00			0.006±0.003	251±28.2	453±51.9	30.81±3.61	38.73±5.26	0.42±0.12
P076	Silan ( <i>Silonia silondia</i> )	1	22.64	0.02	0.21			163	223	20.23	29.39	0.58
P077	Silk fish ( <i>Beryx sp.</i> )	1	27.13	0.01			0.004	211	440	16.59	41.57	0.34
P078	Silver carp ( <i>Hypophthalmichthys molitrix</i> )	1	24.97	0.03	1.81		0.005	187	249	72.55	19.60	0.57
P079	Sole fish ( <i>Cynoglossus arel</i> )	1	27.96	0.07			0.003	123	199	40.22	74.57	0.17
P080	Stingray ( <i>Dasyatis pastinaca</i> )	1	24.61	0.01	1.54		0.004	174	270	23.85	64.14	0.44
P081	Tarlava ( <i>Drepane punctata</i> )	2	30.10	0.01		0.001	0.005	199	370	23.42	67.40	0.31
P082	Tholam ( <i>Plectorhinchus schotaf</i> )	2	26.14	0.01		0.001	0.004	241	382	46.23	28.00	0.36
P083	Tilapia ( <i>Oreochromis niloticus</i> )	1	24.56	0.10			0.010	184	255	20.85	52.55	0.88

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg	mg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P084	Tuna ( <i>Euthynnus affinis</i> )	5			0.001±0.001	9.82±1.65	0.015±0.004	0.001±0.001	0.27±0.13	1.60±0.50	0.001±0.000	0.001±0.001
P085	Tuna, striped ( <i>Katsuwonus pelamis</i> )	1			0.001	6.45	0.002		0.11	1.43		
P086	Valava ( <i>Chirocentrus nudus</i> )	1				37.06	0.004		0.03	0.24		0.002
P087	Vanjaram ( <i>Scomberomorus commerson</i> )	2		0.22	0.060	9.85		0.007	0.08	0.41		0.012
P088	Vela meen ( <i>Aprion virescens</i> )	1				14.90	0.045	0.009	0.08	0.64		
P089	Vora ( <i>Siganus javus</i> )	2				7.64	0.016		0.01	0.27		0.001
P090	Whale shark ( <i>Galeocerdo cuvier</i> )	1			0.001	8.32	0.006	0.002	0.10	0.33		0.003
P091	Xiphinis ( <i>Xiphias gladius</i> )	1			0.002	12.08	0.010		0.03	0.54		0.002
P092	Eggs, Cat fish ( <i>Ompok bimaculatus</i> )	1	0.48	1.11		61.69	0.021	0.005	0.08	6.65		

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## Q MARINE SHELLFISH

Q001	Crab ( <i>Menippe mercenaria</i> )	1	1.40	0.13	0.009	128	0.048	0.018	0.42	1.10		0.005
Q002	Crab, sea ( <i>Portunus sanguinolentus</i> )	1			0.006	333	0.032	0.012	0.84	0.98		0.017
Q003	Lobster, brown ( <i>Thenu s orientalis</i> )	1			0.003	73.06	0.044	0.003	0.12	0.77		0.007
Q004	Lobster, king size ( <i>Thenu s orientalis</i> )	1	0.17	1.08	0.011	66.44	0.014	0.001	0.49	0.35	0.009	0.005
Q005	Mud crab ( <i>Scylla tranquebarica</i> )	1			0.001	201	0.014	0.001	1.23	0.87		
Q006	Oyster ( <i>Crassostrea sp.</i> )	1			0.013	126	0.096	0.011	3.41	0.90		0.010
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1			0.001	37.81	0.020	0.001	0.32	0.73		0.006
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1			0.001	71.89	0.004		0.41	0.39		

Table 5. Minerals and Trace Elements

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Food Code	Fish Name	No. of Regions	Magnesium	Manganese	Mercury	Molebdenum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mgg	mg	mg	mg	mg	mgg	mg	mg	mg
MG	MN	HG	MO	NI	P	K	SE	NA	ZN			
P084	Tuna ( <i>Euthynnus affinis</i> )	5	35.85±1.59	0.02±0.01		0.002±0.001	0.007±0.002	292±39.6	357±20.6	21.55±5.13	52.89±10.16	0.69±0.20
P085	Tuna, striped ( <i>Katsuwonus pelamis</i> )	1	26.02	0.02			0.004	209	273	23.85	22.60	0.46
P086	Valava ( <i>Chirocentrus nudus</i> )	1	39.05	0.02			0.004	229	365	32.02	91.91	0.42
P087	Vanjaram ( <i>Scomberomorus commerson</i> )	2	36.73	0.01		0.002		302	473	32.64	34.85	0.74
P088	Vela meen ( <i>Aprion virescens</i> )	1	31.93	0.02		0.001	0.011	280	387	35.45	38.15	0.36
P089	Vora ( <i>Siganus javus</i> )	2	32.27	0.01			0.003	246	401	23.65	43.66	0.29
P090	Whale shark ( <i>Galeocerdo cuvier</i> )	1	20.61	0.01			0.001	274	365	33.95	116	0.38
P091	Xiphinis ( <i>Xiphias gladius</i> )	1	26.38	0.01			0.002	255	306	32.82	66.21	0.56
P092	Eggs, Cat fish ( <i>Ompok bimaculatus</i> )	1	59.93	0.50	2.26		0.016	445	252	43.57	54.83	3.11

## Q MARINE SHELLFISH

Q001	Crab ( <i>Menippe mercenaria</i> )	1	38.04	0.33	4.61	0.024	0.024	100	171	34.80	244	0.76
Q002	Crab, sea ( <i>Portunus sanguinolentus</i> )	1	80.04	0.16		0.012	0.003	193	252	37.69	313	3.07
Q003	Lobster, brown ( <i>Thenu s orientalis</i> )	1	45.34	0.07		0.004	0.005	223	212	33.82	140	1.16
Q004	Lobster, king size ( <i>Thenu s orientalis</i> )	1	50.16	0.04	14.58		0.006	261	315	69.71	191	1.92
Q005	Mud crab ( <i>Scylla tranquebarica</i> )	1	46.92	0.79			0.002	153	227	51.97	305	3.30
Q006	Oyster ( <i>Crassostrea sp.</i> )	1	22.24	0.56		0.071		170	122	28.91	41.01	7.35
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1	45.93	0.03			0.003	189	141	46.95	188	1.10
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1	30.50	0.02		0.001	0.003	191	140	54.22	61.05	1.16

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg	mg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
R	<b>MARINE MOLLUSKS</b>											
R001	Clam, green shell ( <i>Perna viridis</i> )	1			0.008	121	0.104	0.027	0.25	1.01		
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1			0.012	50.00	0.123	0.031	0.31	0.94		0.004
R003	Octopus ( <i>Octopus vulgaris</i> )	1	0.10	0.34	0.015	22.10	0.011	0.035	6.72	1.08		
R004	Squid, black ( <i>Loligo</i> sp.)	1	0.16	0.47	0.004	22.98	0.005	0.001	1.09	0.50	0.023	0.003
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1			0.004	8.73	0.006		0.10	0.62	0.001	0.002
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2			0.003	14.15	0.027		0.15	0.26		0.007
R007	Squid, white, small ( <i>Uroteuthis duvaucelii</i> )	1	0.08	0.85	0.005	36.46	0.007	0.009	1.10	0.39	0.022	0.003
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S	<b>FRESHWATER FISH AND SHELLFISH</b>											
S001	Cat fish ( <i>Tandanus tandanus</i> )	2	0.48±0.17	1.68±0.71		21.99±8.75	0.008±0.002		0.03±0.01	0.82±0.19	0.012±0.001	
S002	Catla ( <i>Catla catla</i> )	6	0.41±0.13	7.70±3.37		43.53±3.91	0.017±0.002	0.003±0.003	0.06±0.02	1.14±0.35	0.005±0.003	
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1	0.81	1.81	0.004	52.99	0.069		2.72	1.54	0.606	
S004	Gold fish ( <i>Carassius auratus</i> )	2	0.27	2.84		47.89	0.01		0.03	0.76		
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6	0.38±0.20	2.22±1.06	0.001±0.000	11.19±1.58	0.009±0.003		0.04±0.01	0.69±0.16	0.004±0.000	
S006	Rohu ( <i>Labeo rohita</i> )	6	0.48±0.10	3.71±1.29		39.37±5.44	0.009±0.005	0.003±0.003	0.05±0.02	1.04±0.34	0.014±0.003	
S007	Crab ( <i>Pachygrapsus</i> sp.)	1	0.49	1.74	0.030	199	0.016	0.001	0.52	1.10		0.006
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1	0.95	3.02	0.003	48.55	0.008		0.69	0.78		
S009	Prawns, small ( <i>Macrobrachium</i> sp.)	3	0.91	8.14		67.99	0.007	0.001	0.14	0.87		0.001
S010	Tiger prawns ( <i>Macrobrachium</i> sp.)	2	0.36	4.77	0.002	57.90	0.007		0.39	0.84		0.003

Table 5. Minerals and Trace Elements

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Food Code	Fish Name	No. of Regions	Magnesium	Manganese	Mercury	Molebdenum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mgg	mg	mg	mg	mg	mgg	mg	mg	mg
<b>R MARINE MOLLUSKS</b>												
R001	Clam, green shell ( <i>Perna viridis</i> )	1	73.64	0.34		0.044	0.036	128	152	76.34	322	1.64
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	86.64	0.22		0.048	0.044	192	245	32.81	404	1.16
R003	Octopus ( <i>Octopus vulgaris</i> )	1	50.92	0.04	1.37	0.003	0.007	131	181	40.21	230	4.07
R004	Squid, black ( <i>Loligo sp.</i> )	1	41.99	0.03	0.95		0.004	173	162	57.13	179	1.24
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	35.46	0.02				173	116	41.34	99.14	1.30
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	35.74	0.02		0.001	0.003	167	134	47.43	121	0.95
R007	Squid, white, small ( <i>Uroteuthis duvaucelii</i> )	1	38.53	0.02	1.67		0.006	151	134	70.02	154	1.64
<b>S FRESHWATER FISH AND SHELLFISH</b>												
S001	Cat fish ( <i>Tandanus tandanus</i> )	2	18.78±6.65	0.02±0.03	1.89±2.43		0.004±0.002	157±58.6	250±83.0	71.03±12.14	28.29±11.65	0.71±0.24
S002	Catla ( <i>Catla catla</i> )	6	25.58±0.87	0.03±0.02	1.59±1.06	0.001±0.000	0.006±0.002	182±7	301±29.0	19.73±26.86	36.56±6.32	0.68±0.13
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1	42.50	0.13	3.97		0.012	361	450	67.32	88.67	2.23
S004	Gold fish ( <i>Carassius auratus</i> )	2	21.66	0.02	2.29		0.01	185	243	14.22	27.53	1.69
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6	25.09±4.41	0.03±0.01	0.26±0.20	0.001±0.000	0.003±0.002	179±37.0	282±78.6	19.31±6.56	37.42±9.50	0.69±0.16
S006	Rohu ( <i>Labeo rohita</i> )	6	26.53±3.81	0.04±0.02	1.71±2.54		0.005±0.002	200±48.7	303±72.4	51.50±11.49	35.56±6.36	0.80±0.11
S007	Crab ( <i>Pachygrapsus sp.</i> )	1	66.77	0.09	4.04		0.001	208	286	71.84	280	2.49
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1	39.25	0.03	0.94	0.002	0.006	237	269	28.59	849	1.44
S009	Prawns, small ( <i>Macrobrachium sp.</i> )	3	26.91	0.02	0.78	0.004	0.006	192	224	19.92	77.71	0.87
S010	Tiger prawns ( <i>Macrobrachium sp.</i> )	2	22.94	0.08	0.40		0.005	155	149	14.69	80.77	1.02