

**Table 11. OLIGOSACCHARIDES, PHYTOSTEROLS, PHYTATES AND SAPONINS**

(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	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
<b>A CEREALS AND MILLETS</b>											
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1					1.75	8.24	61.36	393	1.42
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6					1.58±0.15	8.51±0.37	60.15±1.49	341±13.9	1.28±0.21
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	0.08±0.039	0.01±0.004			15.84±1.36	4.97±0.25	75.87±2.25	485±12.1	
A004	Barley ( <i>Hordeum vulgare</i> )	6	0.06±0.013	0.01±0.002			6.16±0.03	1.17±0.10	42.83±0.84	386±18.2	
A005	Jowar ( <i>Sorghum vulgare</i> )	6	0.02±0.005	0.01±0.004			21.59±0.72	5.31±0.18	38.27±1.04	549±27.2	
A006	Maize, dry ( <i>Zea mays</i> )	6					12.49±0.24	4.22±0.18	87.70±2.61	646±19.4	
A007	Maize, tender, local ( <i>Zea mays</i> )	6					5.78±0.14	2.91±0.05	43.81±0.99	148±8.1	
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4					5.63±0.06	2.63±0.06	41.71±0.52	221±17.1	
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1					0.91	1.89	46.10	120	
A010	Ragi ( <i>Eleusine coracana</i> )	5	0.02±0.006				5.67±0.15	2.55±0.03	57.36±1.80	306±6.9	
A011	Rice flakes ( <i>Oryza sativa</i> )	6					3.48±0.32	2.15±0.05	21.26±0.88	474±21.1	
A012	Rice puffed ( <i>Oryza sativa</i> )	6					2.72±0.07	1.52±0.07	16.61±0.85	115±12.3	
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	0.08±0.058				3.22±0.03	1.73±0.04	17.21±0.79	742±14.5	
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	0.08±0.016				2.83±0.06	1.85±0.06	20.68±0.77	274±10.6	
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6					2.68±0.16	1.75±0.14	21.86±0.71	266±9.6	
A016	Samai ( <i>Panicum miliare</i> )	6	0.01±0.000				10.70±0.23	3.07±0.07	73.44±2.02	265±20.1	0.44±0.04
A017	Varagu ( <i>Setaria italica</i> )	5	0.02±0.027				3.08±0.02	4.40±0.13	37.03±1.56	452±6.5	

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

406

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\leftarrow g \rightarrow$				$\leftarrow mg \rightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	0.35±0.016				3.77±0.12	0.53±0.03	25.63±0.90	123±16.0	
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	0.47±0.100	0.04±0.005			6.21±0.20	0.77±0.03	36.60±2.69	632±15.9	
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	0.47±0.171	0.05±0.030			9.73±0.15	1.42±0.12	55.25±2.06	638±29.2	
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	0.35±0.062				4.14±0.02	0.75±0.03	25.41±0.18	679±14.9	
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	0.47±0.194	0.05±0.003			10.36±0.26	1.36±0.04	54.28±2.53	549±11.7	
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6					2.80±0.08	0.40±0.02	22.37±0.28	168±14.6	
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6					3.23±0.02	0.47±0.01	25.58±0.15	165±12.9	

B GRAIN LEGUMES											
B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	0.23±0.048	0.61±0.153			8.03±0.59	3.61±0.16	90.28±2.92	450±23.2	1.10±0.16
B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	0.23±0.059	0.58±0.131			7.10±0.68	6.26±0.60	85.27±1.44	578±11.2	1.70±0.20
B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	0.03±0.013	0.17±0.053	1.13±0.158	0.06±0.030	3.45±0.33	11.21±0.45	42.37±2.23	579±11.8	1.20±0.05
B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	0.02±0.009	0.17±0.054	1.00±0.125	0.04±0.022	3.08±0.11	13.39±0.63	41.57±0.73	679±12.4	1.82±0.15
B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	0.14±0.011	1.24±0.075	0.01±0.000		6.56±0.08	32.19±1.27	62.19±1.80	550±8.7	2.99±0.15
B006	Cowpea, white ( <i>Vigna catjang</i> )	1	0.12	1.13	0.01		6.86	32.64	65.43	573	2.98
B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	0.12	0.38	0.01		2.51	42.15	51.63	759	1.63
B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	0.16	0.31	0.01		2.80	46.17	51.14	773	1.71
B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	0.13±0.015	0.33±0.046	0.01±0.001		2.47±0.18	43.19±2.38	53.83±1.78	791±15.8	1.75±0.18
B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	0.07±0.014	0.32±0.057	0.90±0.121	0.02±0.019	3.29±0.22	12.19±0.37	55.33±1.51	170±15.0	1.08±0.08

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\leftarrow g \rightarrow$				$\leftarrow mg \rightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	0.11±0.053	0.30±0.076	1.57±0.308	0.03±0.018	3.03±0.11	12.38±0.97	51.77±0.25	375±12.3	1.28±0.07
B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	0.04±0.015	1.59±0.235			3.41±0.30	11.57±0.29	47.56±1.15	339±31.3	2.30±0.44
B013	Lentil dal ( <i>Lens culinaris</i> )	6	0.07±0.015	0.57±0.066	0.08±0.018		5.74±0.18	3.32±0.16	75.75±4.23	218±6.2	1.63±0.14
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	0.21±0.031	0.92±0.099	0.02±0.009		4.66±0.13	4.94±0.04	74.08±0.96	564±16.4	1.95±0.24
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	0.24	0.96	0.04		4.47	4.96	73.59	585	0.89
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	0.18±0.007	1.62±0.061	0.02±0.002		10.40±0.29	27.32±1.35	93.84±1.32	609±9.3	3.12±0.20
B017	Peas, dry ( <i>Pisum sativum</i> )	6	0.10±0.017	0.61±0.082	0.17±0.060		6.13±0.11	2.91±0.09	84.85±1.82	413±17.8	1.40±0.20
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	0.10	1.44	0.02		2.59	16.50	63.20	470	2.30
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	0.05±0.019	1.41±0.312	0.02±0.008		2.50±0.13	16.44±0.26	64.18±2.25	481±12.0	2.85±0.65
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	0.07±0.040	1.42±0.565	0.03±0.010		2.60±0.20	16.23±0.15	64.67±2.18	465±19.0	2.79±0.40
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	0.33±0.052	0.81±0.120	0.67±0.139		7.39±0.25	9.46±0.74	68.59±1.39	277±23.4	1.56±0.19
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	0.24±0.072	0.64±0.174	0.61±0.142		6.60±0.22	10.49±0.74	69.10±1.35	604±10.8	1.89±0.09
B023	Ricebean ( <i>Vigna umbellata</i> )	1	0.05	5.00			0.85	3.13	25.45	486	
B024	Soya bean, brown ( <i>Glycine max</i> )	6	0.33±0.087	2.01±0.456	0.04±0.016		14.48±0.38	10.38±0.26	88.47±1.53	443±24.6	7.39±0.85
B025	Soya bean, white ( <i>Glycine max</i> )	1	0.31	1.81	0.05		14.40	10.40	88.09	460	7.51

### C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1				4.42	1.37	5.94	63.33	0.69
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6				1.07±0.02	2.69±0.09	16.76±1.29	5.42±0.25	
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1				1.08	2.85	16.34	4.90	

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408

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			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			↔	g	→		↔	mg	→		g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
C004	Amaranth leaves, red and green mix ( <i>Amaranthus gangeticus</i> )	4					1.06±0.02	2.71±0.14	16.91±1.45	4.89±1.20	
C005	Amaranth spinosus, leaves, green ( <i>Amaranthus spinosus</i> )	4					0.72±0.01	5.71±0.17	33.33±2.14	7.40±0.68	
C006	Amaranth spinosus, leaves, red and green mix ( <i>Amaranthus spinosus</i> )	2					0.77	5.54	32.38	7.15	
C007	Basella leaves ( <i>Basella alba</i> )	2					1.17	2.25	9.91	49.57	0.06
C008	Bathua leaves ( <i>Chenopodium album</i> )	2					0.57	3.01	8.99	18.48	0.63
C009	Beet greens ( <i>Beta vulgaris</i> )	6					0.86±0.00	3.21±0.00	15.56±0.00	19.01±2.53	0.43±0.00
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	0.01±0.000				4.09±0.02	3.53±0.05	32.83±0.21	57.98±14.04	0.42±0.03
C011	Betel leaves, small ( <i>Piper betle</i> )	4	0.01±0.000				3.86±0.03	3.39±0.06	31.61±0.36	45.34±13.15	0.40±0.02
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1					4.01	0.93	38.20	18.32	0.25
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1					2.06	0.13	17.27	16.85	
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	0.06				2.55	0.28	16.43	12.08	
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i> )	6					2.46±0.04	0.27±0.03	16.10±1.16	11.77±0.14	
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i> )	2					2.54	0.25	15.80	12.81	
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	0.04±0.004				1.96±0.02	0.44±0.03	15.55±0.51	13.60±0.13	
C018	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	6					3.66±0.12	10.50±0.29	23.67±0.26	14.41±0.42	0.39±0.05
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	0.01±0.010	0.03±0.013			4.27±0.14	2.02±0.03	28.92±1.03	128±9.0	0.48±0.05
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	0.03±0.021				1.39±0.03	2.37±0.14	28.31±0.78	18.67±0.41	
C021	Garden cress ( <i>Lepidium sativum</i> )	2					1.77	12.14	13.48	16.64	0.62

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			↔	g	→	↔	mg	→	g		
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4					4.55±0.25	6.25±0.43	72.17±1.15	48.43±0.66	
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1					4.04	5.94	75.89	43.17	
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2					3.90	0.29	23.38	47.33	0.88
C025	Lettuce ( <i>Lactuca sativa</i> )	3					0.42±0.01	1.73±0.04	6.39±0.17	42.28±7.52	0.11±0.05
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	0.01±0.008	0.01±0.00	0.01±0.004		2.05±0.06	0.57±0.04	16.16±0.28	34.69±2.32	0.48±0.15
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1					2.02	0.93	14.35	18.05	
C028	Parsley ( <i>Petroselinum crispum</i> )	3					2.08±0.04	16.48±0.38	13.64±0.26	54.32±0.54	1.03±0.08
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2					1.07	6.11	24.72	32.02	0.88
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	0.03±0.009				0.33±0.02	2.52±0.08	18.32±0.77	38.27±1.20	
C031	Radish leaves ( <i>Raphanus sativus</i> )	6					2.15±0.03	0.94±0.03	17.44±0.41	56.23±10.05	0.08±0.02
C032	Rumex leaves ( <i>Rumex patientia</i> )	2					0.13	7.47	3.81	30.07	0.31
C033	Spinach ( <i>Spinacia oleracea</i> )	6					0.77±0.03	5.44±0.13	17.39±0.14	12.01±0.34	
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3					4.81±0.10	0.64±0.12	46.05±3.16	33.87±0.12	

## D OTHER VEGETABLES

D001	Ash gourd ( <i>Benincasa hispida</i> )	6					0.16±0.01	0.45±0.02	2.38±0.13	14.60±0.32	
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	0.01	0.01			2.44	1.27	15.49	19.78	0.05
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5					1.64±0.38	5.90±0.73	19.20±1.45	17.33±2.13	0.17±0.00
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6					0.45±0.03	1.62±0.27	11.88±0.75	13.84±1.43	

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410

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			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	$\beta$ -Sitosterol		
			↔	g	→	↔	mg	→	↔	g	
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4					0.45±0.02	1.71±0.30	12.26±1.18	14.39±1.16	
D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1					0.43	1.39	12.24	12.68	
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6					0.22±0.01	0.92±0.06	6.40±0.10	10.64±0.73	
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5					0.21±0.01	1.00±0.06	6.02±0.20	11.83±0.27	
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1					0.25	1.08	6.61	10.86	
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1					0.68	1.60	8.44	14.63	
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1					0.74	1.96	7.01	15.46	
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2					0.78	1.30	7.97	12.79	
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4					0.73±0.05	1.52±0.19	7.82±0.26	14.43±1.44	
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3					0.69±0.04	1.71±0.23	7.85±0.66	12.55±4.14	
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2					0.73	1.83	7.13	9.51	
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1					0.76	1.65	8.13	18.39	
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3					0.72±0.05	1.73±0.09	8.42±0.32	11.29±5.13	
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2					0.69	1.51	8.57	11.49	
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2					0.71	1.78	7.86	15.03	
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6					0.70±0.05	1.60±0.21	8.24±0.38	13.32±3.27	
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2					0.68	1.66	8.01	13.41	
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1					0.76	1.80	8.10	7.00	
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3					0.68±0.02	1.68±0.09	7.83±0.18	15.75±1.44	
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4					0.72±0.06	1.58±0.28	8.59±0.23	11.01±3.09	

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			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\leftarrow g \rightarrow$				$\leftarrow mg \rightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1					0.66	1.58	8.13		5.82
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1					0.75	1.81	7.08		15.41
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3					0.71±0.05	1.81±0.24	8.15±0.09		9.42±5.15
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3					0.73±0.08	1.84±0.13	8.54±0.16		10.96±5.14
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5					0.72±0.05	1.82±0.09	8.21±0.27		10.55±4.33
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2					0.71	1.78	7.52		8.24
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6					0.71±0.05	1.67±0.21	8.09±0.47		12.28±3.87
D032	Broad beans ( <i>Vicia faba</i> )	3					0.82±0.02	3.26±0.01	13.58±0.34		5.78±0.42    0.45±0.04
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6					1.25±0.03	0.25±0.01	4.84±0.03		15.96±2.94    0.33±0.04
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4					1.09±0.12	0.35±0.25	4.19±1.53		17.68±0.52    0.47±0.15
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4					0.79±0.48	0.23±0.05	6.18±2.97		14.81±0.00    0.31±0.00
D036	Cauliflower ( <i>Brassica oleracea</i> )	6					1.84±0.06	1.30±0.13	12.56±0.49		18.48±1.72
D037	Celery stalk ( <i>Apium graveolens</i> )	3					4.75±0.08	0.39±0.01	4.12±0.07		25.66±2.55    0.07±0.01
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4					0.08±0.01	0.44±0.03	1.66±0.21		19.42±0.61
D039	Cluster beans ( <i>Cyamopsis tetragonobolus</i> )	6					1.03±0.03	8.83±0.08	16.50±0.26		8.66±0.19    2.44±1.18
D040	Colocasia, stem, black ( <i>Colocasia antiquorum</i> )	1					3.15	2.03	16.77		25.85    0.70
D041	Colocasia, stem, green ( <i>Colocasia antiquorum</i> )	5					3.42±0.06	2.03±0.02	17.77±0.06		26.49±0.68    0.56±0.02
D042	Corn, Baby ( <i>Zea mays</i> )	6	0.02±0.000	0.01±0.000			3.82±0.00	4.69±0.00	20.20±0.00		26.44±1.43
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6					1.36±0.09	0.34±0.03	7.54±0.15		17.52±0.43
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6					1.36±0.13	0.35±0.02	7.57±0.27		16.35±0.37

411

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

2112

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			↔	g	→		↔	mg	→		g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2					1.32	0.36	7.33	15.80	
D046	Drumstick ( <i>Moringa oleifera</i> )	6					3.76±0.13	2.40±0.20	16.61±0.30	85.74±2.67	
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	0.01				0.74	4.59	15.17	4.81	3.00
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	0.00±0.005				0.75±0.03	4.38±0.35	15.07±0.69	5.24±0.34	2.93±0.14
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5					0.96±0.02	4.45±0.21	17.35±1.15	6.11±0.27	3.44±0.20
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2					0.98	4.09	17.65	7.51	2.90
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5					2.94±0.04	16.36±1.44	43.10±1.68	68.79±1.14	
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5					1.59±0.07	3.66±0.18	24.26±0.69	141±13.2	
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6					1.57±0.05	0.21±0.01	8.53±0.32	16.16±1.30	
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6					2.29±0.13	0.87±0.05	23.62±1.66	9.81±0.42	
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1					2.36	0.93	25.22	8.79	
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6					2.80±0.12	3.72±0.25	16.23±0.67	3.63±0.24	
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6					2.09±0.08	1.62±0.12	27.62±1.32	15.26±0.29	
D058	Onion, stalk ( <i>Allium cepa</i> )	6					1.14±0.02	18.49±0.02	17.32±0.08	61.02±2.54	0.54±0.04
D059	Papaya, raw ( <i>Carica papaya</i> )	6					3.18±0.08	2.40±0.02	9.19±0.09	22.08±1.80	0.43±0.04
D060	Parwar ( <i>Trichosanthes dioica</i> )	6					0.12±0.01	0.95±0.02	7.60±0.10	29.19±0.64	0.29±0.03
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	0.01±0.000	0.05±0.011	0.01±0.000		2.56±0.03	1.54±0.02	42.23±0.80	162±10.8	1.26±0.43
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6					6.28±0.25	6.19±0.21	9.59±0.31	2.52±0.23	
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6					2.25±0.21	1.71±0.07	16.32±0.20	40.44±0.21	
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6					6.22±0.03	8.31±0.06	31.92±0.90	15.33±0.46	0.76±0.04

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\leftarrow g \rightarrow$				$\leftarrow mg \rightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	0.02				0.18	0.72	2.34		22.51
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	0.01±0.005				0.17±0.01	0.73±0.02	2.48±0.10		19.72±1.81
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	0.01	0.03	0.01		3.15	2.44	32.41	6.22	0.46
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6					0.13±0.02	0.61±0.05	3.93±0.17		14.91±0.79
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3					0.13±0.01	0.65±0.04	4.05±0.12		14.98±0.80
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6					0.26±0.02	0.87±0.02	4.28±0.10		13.44±0.44
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2					0.25	0.85	4.46		13.04
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1					0.22	0.81	4.20		12.82
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6					1.33±0.14	0.73±0.01	7.02±0.52		5.75±0.19
D074	Tomato, green ( <i>Lycopersicon esculentum</i> )	6					0.34±0.01	0.86±0.01	3.55±0.02	1.08±0.10	0.37±0.02
D075	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6					0.33±0.02	0.85±0.03	2.33±0.09		2.59±0.28
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6					0.29±0.02	0.76±0.03	2.24±0.12		2.39±0.18
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2					1.01	0.35	7.65		10.57
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2					0.88	0.42	8.77		11.50

## E FRUITS

E001	Apple, big ( <i>Malus domestica</i> )	6			0.41±0.00	0.35±0.00	14.94±0.00	0.57±0.07
E002	Apple, green ( <i>Malus domestica</i> )	6			0.22±0.00	0.54±0.00	13.76±0.00	0.64±0.05
E003	Apple, small ( <i>Malus domestica</i> )	6			0.66±0.07	0.51±0.01	14.15±1.00	0.45±0.04
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1			0.72	0.61	15.33	0.36

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

414

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\longleftrightarrow$ g $\longrightarrow$				$\longleftrightarrow$ mg $\longrightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	0.24±0.039				1.17±0.05	5.18±0.20	7.76±0.18		194±19.5
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3					1.03±0.03	4.65±0.14	7.20±0.12		112±3.0
E007	Avocado fruit ( <i>Persea americana</i> )	1					12.88	2.58	156		356
E008	Bael fruit ( <i>Aegle marmelos</i> )	1					0.30	0.41	3.39		28.65
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1					1.18	1.23	10.15		12.49
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2					1.31	1.46	12.10		11.03
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1					1.22	1.39	12.20		10.06
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6					0.85±0.03	0.84±0.07	9.66±0.13		13.98±1.75
E013	Black berry ( <i>Rubus fruticosus</i> )	5					0.80±0.03	0.12±0.01	34.65±1.66		8.97±0.17
E014	Cherries, red ( <i>Prunus cerasus</i> )	4					0.56±0.01	0.07±0.00	17.65±0.18	39.88±0.57	1.60±0.02
E015	Currants, black ( <i>Ribes nigrum</i> )	1					3.53	1.72	17.88	9.60	1.60
E016	Custard apple ( <i>Annona squamosa</i> )	1					0.65	2.19	3.81		15.22
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6					1.83±0.08	1.35±0.14	29.78±0.34		134±20.5
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2					1.73	1.27	27.24		126
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2					1.73	1.22	26.30		106
E020	Fig ( <i>Ficus carica</i> )	6					0.58±0.00	1.67±0.00	32.31±0.00	48.59±4.55	1.00±0.17
E021	Goosberry ( <i>Emblica officinalis</i> )	5					0.23±0.01	0.23±0.01	11.50±0.27	49.34±3.36	0.40±0.12
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4					0.55±0.02	0.26±0.01	12.34±0.20		1.52±0.22
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5					0.47±0.01	0.24±0.02	10.29±0.15		1.27±0.11
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5					0.46±0.07	0.28±0.03	10.66±0.67		1.60±0.19

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			↔	g	→		↔	mg	→		
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5					0.54±0.15	0.29±0.03	13.06±1.73	1.00±0.12	
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5					0.42±0.08	0.27±0.05	14.30±0.66	0.85±0.05	
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5					0.53±0.05	0.28±0.02	13.56±0.94	0.69±0.09	
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5					0.57±0.01	0.11±0.01	43.09±1.33	55.36±2.30	
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5					0.59±0.05	0.22±0.01	40.40±0.23	45.89±6.29	1.05±0.15
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5					1.04±0.04	19.21±1.16	34.84±1.02	52.94±3.15	
E031	Jambu fruit, ripe ( <i>Syzygium cumini</i> )	2					0.76	0.14	25.45	8.65	1.55
E032	Karonda fruit ( <i>Carissa carandas</i> )	1					0.72	0.48	4.92	7.80	
E033	Lemon, juice ( <i>Citrus limon</i> )	6									
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6									
E035	Litchi ( <i>Nephelium litchi</i> )	4					5.30±0.03	1.43±0.03	10.67±0.15	2.57±0.14	1.04±0.04
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6					0.87±0.04	0.47±0.01	11.41±0.68	85.83±3.60	
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2					0.84	0.41	12.34	80.24	
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3					0.88±0.06	0.44±0.02	11.39±0.73	79.46±1.30	
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4					0.87±0.03	0.43±0.01	11.07±0.51	90.02±1.55	
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2					0.91	0.43	10.15	79.49	
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2					0.90	0.47	11.66	81.12	
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1					0.94	0.49	10.22	75.13	
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1					0.67	0.37	4.32	16.75	

415

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

416

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\longleftrightarrow$ g $\longrightarrow$				$\longleftrightarrow$ mg $\longrightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1					0.29	0.97	16.43	22.55	
E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5					0.15±0.00	0.38±0.01	2.74±0.07	12.18±1.26	
E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6					0.16±0.00	0.40±0.00	2.89±0.03	11.11±1.25	
E047	Orange, pulp ( <i>Citrus aurantium</i> )	6									
E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1								2.80	
E049	Papaya, ripe ( <i>Carcia papaya</i> )	6					1.80±0.04	1.12±0.04	4.82±0.14	25.44±1.66	0.49±0.06
E050	Peach ( <i>Prunus communis</i> )	1					0.50	0.71	14.42	4.55	
E051	Pear ( <i>Pyrus sp.</i> )	6					0.64±0.02	0.23±0.02	13.33±0.08	4.83±0.81	0.99±0.05
E052	Phalsa ( <i>Grewia asiatica</i> )	2					2.28	1.48	24.97	43.03	0.63
E053	Pineapple ( <i>Ananas comosus</i> )	6					1.38±0.06	0.22±0.02	9.25±0.16	8.59±0.33	1.13±0.11
E054	Plum ( <i>Prunus domestica</i> )	3					0.86±0.10	0.45±0.09	13.63±3.20	3.81±0.32	
E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6					0.83±0.03	0.34±0.02	20.79±0.46	45.71±2.97	0.44±0.05
E056	Pummelo ( <i>Citrus maxima</i> )	3					34.39±2.85	0.92±0.09	23.70±3.22	20.36±0.51	88.76±4.50
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6					1.89±0.04	1.05±0.05	41.10±0.10	20.34±1.86	2.60±0.13
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6					1.76±0.11	0.93±0.04	38.46±0.69	20.12±1.58	2.74±0.20
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1								5.65	
E060	Sapota ( <i>Achras sapota</i> )	6					1.48±0.10	1.48±0.13	72.80±1.95	8.32±0.67	
E061	Soursop ( <i>Annona muricata</i> )	1					4.71	1.12	10.88	2.75	
E062	Star fruit ( <i>Averrhoa carambola</i> )	1					0.96	0.41	41.65	3.80	
E063	Strawberry ( <i>Fragaria ananassa</i> )	6					1.71±0.10	0.33±0.02	9.00±0.96	25.07±3.24	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\leftarrow g \rightarrow$				$\leftarrow mg \rightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6					4.30±0.20	0.54±0.02	43.29±1.46	3.07±0.32	
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6								0.61±0.09	
E066	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6								0.47±0.06	
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	0.01±0.000	0.01±0.000			3.86±0.10	4.63±0.02	20.55±0.40	101±7.7	0.28±0.01
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1					0.63	0.39	10.09	85.60	

## F ROOTS AND TUBERS

417

Table 11. Oligosaccharides, Phytosterols, Phytates & Saponins

F001	Beet root ( <i>Beta vulgaris</i> )	6	0.01±0.005				0.44±0.02	3.34±0.09	12.15±0.91	10.82±0.41	
F002	Carrot, orange ( <i>Ducus carota</i> )	6	0.01±0.005				1.63±0.15	2.47±0.12	17.22±0.78	19.60±0.28	
F003	Carrot, red ( <i>Ducus carota</i> )	4	0.01±0.006				1.80±0.14	2.37±0.03	17.90±0.45	17.03±0.16	
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6					3.55±0.20	2.30±0.10	28.45±1.08	13.57±1.07	
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3					1.17±0.02	1.06±0.02	14.75±0.14	7.84±0.08	0.55±0.06
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6					0.02±0.00	0.16±0.01	2.10±0.08	55.77±9.06	
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1					0.03	0.16	2.19	62.58	
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1					0.03	0.15	2.07	59.74	
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3					1.57±0.10	0.34±0.01	9.55±0.11	6.90±1.06	
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6					1.61±0.09	0.36±0.02	9.71±0.21	1.75±0.06	
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	0.01				1.54	0.32	9.88	7.07	
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2					1.62	0.33	9.40	1.07	

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			↔	g	↔		↔	mg	↔		
			RAFS	STAS	VERS		CAMT	STGSTR	PHYTAC		
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4					2.18±0.03	0.52±0.01	13.75±0.14	54.02±0.63	1.19±0.04
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3					2.31±0.03	0.57±0.01	13.68±0.28	63.69±3.86	1.56±0.10
F015	Tapioca ( <i>Manihot esculenta</i> )	3	0.02±0.006				2.13±0.07	0.82±0.05	15.72±0.87	64.42±4.53	
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1					0.16	0.43	4.55	25.86	
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6					2.66±0.09	3.36±0.08	13.46±0.15	16.23±0.80	
F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	0.02±0.016				2.51±0.10	1.56±0.15	19.00±0.72	20.99±1.37	
F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2					2.30	3.03	13.58	24.71	0.46

418

## G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 ( <i>Capsicum annum</i> )	5					3.59±0.38	0.85±0.09	15.09±0.49	13.54±0.35	
G002	Chillies, green-2 ( <i>Capsicum annum</i> )	3					3.65±0.19	0.87±0.07	15.07±0.65	13.96±2.21	
G003	Chillies, green-3 ( <i>Capsicum annum</i> )	5					3.73±0.19	0.86±0.09	15.07±0.47	14.56±2.74	
G004	Chillies, green-4 ( <i>Capsicum annum</i> )	3					3.52±0.26	0.86±0.04	14.85±0.46	12.31±1.85	
G005	Chillies, green-5 ( <i>Capsicum annum</i> )	2					3.60±0.43	0.86±0.10	15.09±0.63	12.45±2.55	
G006	Chillies, green-6 ( <i>Capsicum annum</i> )	1					3.54	0.83	15.30	10.39	
G007	Chillies, green-7 ( <i>Capsicum annum</i> )	1					3.81	0.84	15.15	13.29	
G008	Chillies, green - all varieties ( <i>Capsicum annum</i> )	6					3.64±0.26	0.86±0.07	15.06±0.49	13.38±2.05	
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	0.01±0.004				0.73±0.03	9.35±0.18	18.49±0.97	38.68±0.55	
G010	Curry leaves ( <i>Murraya koenigii</i> )	6					10.47±0.13	0.74±0.03	73.92±1.71	40.99±2.41	0.23±0.02
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	0.13±0.047	0.13±0.034	0.06±0.022		1.27±0.03	0.32±0.01	12.36±1.10	36.55±4.46	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin g		
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol				
			$\leftarrow g \rightarrow$				$\leftarrow mg \rightarrow$						
			RAFS	STAS	VERS		CAMT	STGSTR	PHYTAC				
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	0.19±0.050	0.14±0.059	0.06±0.028		1.33±0.03	0.31±0.01	12.88±0.25	35.43±4.19			
G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	0.22	0.12	0.06		1.21	0.37	13.66	31.95			
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6					1.34±0.04	1.16±0.09	13.29±0.20	14.50±1.26			
G015	Mango ginger ( <i>Curcuma amada</i> )	3					0.78±0.01	0.56±0.01	11.17±0.03	15.52±0.51	0.38±0.03		
G016	Mint leaves ( <i>Mentha spicata</i> )	4	0.01±0.009	0.02±0.005			1.74±0.03	2.45±0.03	36.70±1.42	48.05±1.69	0.35±0.06		
G017	Onion, big ( <i>Allium cepa</i> )	6	1.64±0.153	1.31±0.143	0.85±0.242		0.47±0.02	0.31±0.02	7.35±0.48	13.90±2.11			
G018	Onion, small ( <i>Allium cepa</i> )	5	0.08±0.023				0.77±0.02	0.47±0.02	7.90±0.11	8.28±0.88	1.11±0.10		

## G CONDIMENTS AND SPICES-DRY

419

G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6					4.21±0.14	2.02±0.11	29.13±0.62	806±46.4	1.78±0.31
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6					3.29±0.25	2.37±0.15	46.54±1.66	721±33.7	1.68±0.18
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4					3.36±0.03	2.59±0.01	50.80±0.72	670±38.7	1.40±0.17
G022	Chillies, red ( <i>Capsicum annum</i> )	6					16.06±0.68	4.93±0.56	81.78±2.50	264±22.4	
G023	Cloves ( <i>Syzygium aromaticum</i> )	6					1.28±0.14	5.02±0.28	211±5.1	349±22.5	0.55±0.02
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	0.37±0.052				9.60±0.17	17.60±0.28	75.77±2.45	1008±23.4	
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	0.44±0.050				9.36±0.29	33.96±1.29	106±3.2	445±24.9	
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	0.60±0.093	1.43±0.098	0.26±0.026		12.35±0.48	6.69±0.25	126±3.1	570±13.6	6.33±0.72
G027	Mace ( <i>Myristica fragrans</i> )	6					3.56±0.22	5.95±0.19	44.96±1.47	691±23.0	1.48±0.11
G028	Nutmeg ( <i>Myristica fragrans</i> )	6					6.10±0.14	8.91±0.28	94.48±2.01	704±13.9	2.26±0.09
G029	Omum ( <i>Trachyspermum ammi</i> )	6					5.89±0.17	20.98±0.31	75.29±2.60	895±11.6	4.50±0.29
G030	Pippali ( <i>Piper longum</i> )	6	0.02±0.005				8.28±0.14	17.94±0.39	29.18±1.09	503±9.9	0.04±0.01

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			$\longleftrightarrow$ g $\longrightarrow$				$\longleftrightarrow$ mg $\longrightarrow$				
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
G031	Pepper, black ( <i>Piper nigrum</i> )	6					4.90±0.17	10.16±0.15	64.74±1.05	383±16.0	0.87±0.05
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	0.46±0.056				20.96±0.48	5.52±0.24	146±2.5	1109±3.9	5.53±0.29
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6					5.19±0.13	7.19±0.14	64.15±2.03	358±17.6	
<b>H NUTS AND OIL SEEDS</b>											
H001	Almond ( <i>Prunus amygdalus</i> )	6	0.10±0.025	0.02±0.007			3.73±0.15	2.81±0.10	184±2.8	964±13.4	9.05±0.58
H002	Areca nut, dried, brown ( <i>Areca catechu</i> )	6					5.28±0.11	3.36±0.12	44.73±0.48	474±16.0	
H003	Areca nut, dried, red color ( <i>Areca catechu</i> )	3					5.37±0.23	3.46±0.11	48.93±0.44	403±9.9	
H004	Areca nut, fresh ( <i>Areca catechu</i> )	2					5.17	3.39	45.24	414	
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	2.62±0.433	0.21±0.047	0.01±0.002		3.64±0.07	0.89±0.04	110±2.5	929±22.9	9.84±0.31
H006	Coconut, kernel, dry ( <i>Cocos nucifera</i> )	6					1.75±0.07	4.39±0.30	21.97±0.71	390±20.8	
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6					1.17±0.06	2.45±0.07	14.59±0.20	136±2.5	
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	3.56±0.741	0.91±0.224			63.85±0.83	7.98±0.09	261±3.3	1037±21.6	3.42±0.25
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	1.00±0.038	0.01±0.001	0.01±0.002		30.80±1.08	14.08±0.64	206±2.3	845±20.7	3.25±0.37
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	0.86±0.275	0.01±0.003	0.01±0.001		32.34±0.60	14.11±0.22	207±2.0	921±10.4	6.40±0.23
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	0.93±0.332	0.01±0.008	0.02±0.000		34.13±1.23	14.89±0.17	219±1.1	927±38.8	5.64±0.20
H012	Ground nut ( <i>Arachis hypogea</i> )	6	0.03±0.020	0.06±0.019			17.23±0.58	9.46±0.29	124±3.6	582±9.8	3.58±0.36
H013	Mustard seeds ( <i>Brassica juncea</i> )	6	0.35±0.118	0.56±0.178			43.10±1.88	7.63±0.15	117±2.3	132±15.3	
H014	Linseeds ( <i>Linum usitatissimum</i> )	6	3.52±0.359				31.48±0.23	7.25±0.03	112±0.2	1859±15.8	2.21±0.29
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	0.14±0.021				24.76±0.32	35.44±0.47	175±3.2	1974±13.6	9.30±0.56

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin		
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol				
			$\longleftrightarrow$ g $\longrightarrow$				$\longleftrightarrow$ mg $\longrightarrow$						
			RAFS	STAS	VERS		CAMT	STGSTR	PHYTAC				
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	0.23±0.022	0.01±0.001			24.32±0.80	34.16±1.11	174±2.5	1709±70.7	5.02±0.81		
H017	Pine seed ( <i>Pinus gerardiana</i> )	5					22.30±0.17	2.34±0.02	182±0.2	883±9.6	3.21±0.42		
H018	Pistachio nuts ( <i>Pistacia vera</i> )	6	4.21±0.421	0.13±0.032			12.38±0.17	2.22±0.08	369±4.2	808±16.5	3.01±0.15		
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5	3.07±0.209	0.10±0.006	0.36±0.022		17.59±0.31	6.63±0.21	144±2.1	1083±10.7	4.41±0.30		
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	0.09±0.018				11.76±0.26	14.42±0.58	175±3.0	423±15.4	13.93±0.81		
H021	Walnut ( <i>Juglans regia</i> )	6					2.99±0.13	1.36±0.08	125±3.2	1001±17.3	10.03±0.14		

## I SUGARS

421

I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6

## J MUSHROOMS

Table 11. Oligosaccharides, Phytosterols, Phytates & Saponins

J001	Button mushroom, fresh ( <i>Agaricus sp.</i> )	1		0.93	1.25	7.04
J002	Chicken mushroom, fresh ( <i>Lactiporus sp.</i> )	1		6.83	1.94	2.05
J003	Shiitake mushroom, fresh ( <i>Lentinula sp.</i> )	1		7.35	2.19	2.91
J004	Oyster mushroom, dried ( <i>Pleurotus sp.</i> )	1		7.72	2.03	2.72

## K MISCELLANEOUS FOODS

K001	Toddy	10				
K002	Coconut Water	6		0.02±0.00	0.04±0.00	0.05±0.00

Table 11. Oligosaccharides, Phytosterols, Phytates &amp; Saponins

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	$\beta$ -Sitosterol		
			↔	g	→		↔	mg	→		
<b>L MILK AND MILK PRODUCTS</b>											
L001	Milk, whole, Buffalo	6									
L002	Milk, whole, Cow	6									
L003	Panner	6									
L004	Khoa	6									