

NUTRITIVE VALUE OF INDIAN FOODS

By

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Revised & Updated by

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This handbook provides information on the nutrient composition of common Indian foods and their uses in India. It also includes information on aspects of human nutrition and health. The book covers 600 food items, mostly familiar. Only those food items whose scientific names have been included. The names of the foods in English and Hindi are also given for easier identification. The data on nutrient content of the foods given in this book are entirely based on the data mostly carried out at the National Institute of Nutrition, Hyderabad, and other research institutions and University laboratories.

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An attempt has been made to bring up to date account of current knowledge on the principles, nutritional characteristics and nutritional deficiencies of the food items in the country. This book is intended to inform the general public as well as to the health workers. Uptodate information on the Recommended Dietary Allowances and guidelines for formulation of dietary patterns are also given, for the benefit of the informed public.

Information on nutritional status of the Indian population was published in 1937 in a small booklet, popularly known as the 'National Nutriti-

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TABLE – 1
PROXIMATE PRINCIPLES: COMMON FOODS
All values are per 100 gms. of edible portion

Sl. No.	Name of the food stuff	Mois- ture g.	Protein (Nx6.25) g.	Fat g.	Min- erals g.	Crude Fibre g.	Carbo- hydrates g.	Energy Kcal. (9)	Calcium mg. (10)	Phos- phorus mg. (11)	Iron mg. (12)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
CEREAL GRAINS AND PRODUCTS											
1.	BAJRA	12.4	11.6	5.0	2.3	1.2	67.5	361	42	296	8.0
2.	BARLEY	12.5	11.5	1.3	1.2	3.9	69.6	336	26	215	1.67
3.	ITALIAN MILLET	11.2	12.3	4.3	3.3	8.0	60.9	331	31	290	2.8
4.	JOWAR	11.9	10.4	1.9	1.6	1.6	72.6	349	25	222	4.1
5.	MAIZE, dry	14.9	11.1	3.6	1.5	2.7	66.2	342	10	348	2.3
6.	MAIZE, tender	67.1	4.7	0.9	0.8	1.9	24.6	125	9	121	1.1
7.	PANIVARAGU	11.9	12.5	1.1	1.9	2.2	70.4	341	14	206	0.8
8.	RAGI	13.1	7.3	1.3	2.7	3.6	72.0	328	344	283	3.9
9.	RICE, parboiled, handpounded	12.6	8.5	0.6	0.9	—	77.4	349	10	280	2.8
10.	RICE, parboiled, milled	13.3	6.4	0.4	0.7	0.2	79.0	346	9	143	1.0
11.	RICE, raw, handpounded	13.3	7.5	1.0	0.9	0.6	76.7	346	10	190	3.2
12.	RICE, raw, milled	13.7	6.8	0.5	0.6	0.2	78.2	345	10	160	0.7
13.	RICE, bran	11.0	13.5	16.2	6.6	4.3	48.4	393	67	1410	35.0
14.	RICE, flakes	12.2	6.6	1.2	2.0	0.7	77.3	346	20	238	20.0
15.	RICE, puffed	14.7	7.5	0.1	3.8	0.3	73.6	325	23	150	6.6
16.	SAMAI	11.5	7.7	4.7	1.5	7.6	67.0	341	17	220	9.3
17.	SANWA MILLET	11.9	6.2	2.2	4.4	9.8	65.5	307	20	280	5.0
18.	VARAGU	12.8	8.3	1.4	2.6	9.0	65.9	309	27	188	0.5
19.	WHEAT, bulgar (parboiled)	9.8	8.2	1.6	1.5	1.7	77.2	356	37	298	4.9
20.	WHEAT, whole	12.8	11.8	1.5	1.5	1.2	71.2	346	41	306	5.3
21.	WHEAT, flour (whole)	12.2	12.1	1.7	2.7	1.9	69.4	341	48	355	4.9
22.	WHEAT, flour (refined)	13.3	11.0	0.9	0.6	0.3	73.9	348	23	121	2.7
23.	WHEAT, germ	5.2	29.2	7.4	3.5	1.4	53.3	397	40	846	6.0
24.	WHEAT, semolina	—	10.4	0.8	—	0.2	74.8	348	16	102	1.6
25.	WHEAT, vermicelli	11.7	8.7	0.4	0.7	0.2	78.3	352	22	92	2.0
26.	WHEAT, bread (brown)	39.0	8.8	1.4	—	1.2	49.0	244	18	—	2.2
27.	WHEAT, bread (white)	39.0	7.8	0.7	—	0.2	51.9	245	11	—	1.1
PULSES AND LEGUMES											
28.	BENGAL GRAM, whole	9.8	17.1	5.3	3.0	3.9	60.9	360	202	312	4.6
29.	BENGAL GRAM, dhal	9.9	20.8	5.6	2.7	1.2	59.8	372	56	331	5.3
30.	BENGAL GRAM, roasted	10.7	22.5	5.2	2.5	1.0	58.1	369	58	340	9.5
31.	BLACK GRAM, dhal	10.9	24.0	1.4	3.2	0.9	59.6	347	154	385	3.8
32.	COW PEA	13.4	24.1	1.0	3.2	3.8	54.5	323	77	414	8.6
33.	FIELD BEAN, dry	9.6	24.9	0.8	3.2	1.4	60.1	347	60	433	2.7
34.	GREEN GRAM, whole	10.4	24.0	1.3	3.5	4.1	56.7	334	124	326	4.4

Sl. No.	Name of the food stuff	Mois-	Protein	Fat	Mine	Crude	Carbo	Energy	Calcium	Phos-	Iron	Sl. No.
		ture	(Nx6.25)	g.	g.	g.	Fibre	hydrates	Kcal.	mg.	mg.	
		(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)
35.	GREEN GRAM, dhal	10.1	24.5	1.2	3.5	0.8	59.9	348	75	405	3.9	69.
36.	HORSE GRAM, whole	11.8	22.0	0.5	3.2	5.3	57.2	321	287	311	6.77	70.
37.	KHESARI, dhal	10.0	28.2	0.6	2.3	2.3	56.6	345	90	317	6.3	71.
38.	LENTIL	12.4	25.1	0.7	2.1	0.7	59.0	343	69	293	7.58	72.
39.	MOTH BEANS	10.8	23.6	1.1	3.5	4.5	56.5	330	202	230	9.5	73.
40.	PEAS green	72.9	7.2	0.1	0.8	4.0	15.9	93	20	139	1.5	74.
41.	PEAS dry	16.0	19.7	1.1	2.2	4.5	56.5	315	75	298	7.05	75.
42.	PEAS roasted	10.1	22.9	1.4	2.4	4.4	58.8	340	81	345	6.4	76.
43.	RAJMAH	12.0	22.9	1.3	3.2	(4.8)	60.6	346	260	410	5.1	77.
44.	REDGRAM, dhai	13.4	22.3	1.7	3.5	1.5	57.6	335	73	304	2.7	78.
45.	REDGRAM (tender)	65.1	9.8	1.0	1.0	6.2	16.9	116	57	164	1.1	79.
46.	SOYABEAN	8.1	43.2	19.5	4.6	3.7	20.9	432	240	690	10.4	80.
LEAFY VEGETABLES												
47.	AGATHI	73.1	8.4	1.4	3.1	2.2	11.8	93	1130	80	3.9	81.
48.	AMARANTH caudatus	90.0	3.0	0.7	3.3	1.0	2.0	26	200	40	-	82.
49.	AMARANTH gangeticus (tender)	85.7	4.0	0.5	2.7	1.0	6.1	45	397	83	3.49	83.
50.	AMARANTH gangeticus (stem)	92.5	0.9	0.1	1.8	1.2	3.5	19	260	30	1.8	84.
51.	AMARANTH Paniculatus	73.6	5.9	1.0	3.8	2.1	8.6	67	530	60	18.4	85.
52.	AMARANTH polygonoides	90.0	2.8	0.3	2.1	-	4.8	33	251	55	27.3	86.
53.	AMARANTH spinosus	85.0	3.0	0.3	3.6	1.1	7.0	43	800	50	22.9	87.
54.	AMARANTH species (Chakravarthikeerai)	80.6	4.5	0.6	4.2	1.6	8.5	57	321	71	18.0	88.
55.	AMARANTH species (Koyakeerai)	88.0	2.8	0.5	1.2	2.2	5.3	37	292	51	2.5	89.
56.	AMARANTH tristis	87.0	2.8	0.4	2.4	-	7.4	44	364	52	38.5	90.
57.	AMARANTH viridis	81.8	5.2	0.3	2.8	6.1	3.8	38	330	52	18.7	91.
58.	AMBAT CHUKA	95.2	1.6	0.3	0.9	0.6	1.4	15	63	17	0.75	92.
59.	BATHUA LEAVES	89.6	3.7	0.4	2.5	0.8	2.9	30	150	80	4.2	93.
60.	BEET GREENS	86.4	3.4	0.8	2.2	0.7	6.5	46	380	30	16.2	94.
61.	BENGAL GRAM LEAVES	73.4	7.0	1.4	2.1	2.0	14.1	97	340	120	23.8	95.
62.	BETEL LEAVES	85.4	3.1	0.8	2.3	2.3	6.1	44	230	40	10.6	96.
63.	BOTTLE GOURD LEAVES	87.9	2.3	0.7	1.7	1.3	6.1	39	80	59	-	97.
64.	BROAD BEAN LEAVES	77.6	5.6	0.3	1.3	3.7	11.5	71	111	149	-	98.
65.	BRUSSELS SPROUTS	85.5	4.7	0.5	1.0	1.2	7.1	52	43	82	1.8	99.
66.	CABBAGE	91.9	1.8	0.1	0.6	1.0	4.6	27	39	44	0.8	100.
67.	CARROT LEAVES	76.6	5.1	0.5	2.8	1.9	13.1	77	340	110	8.8	101.
68.	CAULIFLOWER GREENS	80.0	5.9	1.3	3.2	2.0	7.6	66	626	107	40.0	102.
												103.
												104.
												105.
												106.

Iron mg	Sl. No.	Name of the food stuff	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
			ture (N×6.25)	g.	g.	g.	g.	g.	Kcal	mg.	mg.	mg.
(12)	(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
3.9	69.	CELERY LEAVES	88.0	6.3	0.6	2.1	1.4	1.6	37	230	140	6.3
6.77	70.	CELERY STALK	93.5	0.8	0.1	0.9	1.2	3.5	18	30	38	4.8
6.3	71.	CHEKKUR MANIS	73.6	6.8	3.2	3.4	1.4	11.6	103	570	200	28.0
7.58	72.	COLOCASIA LEAVES (black variety)	78.8	6.8	2.0	2.5	1.8	8.1	77	460	125	0.98
9.5	73.	COLOCASIA LEAVES (green variety)	82.7	3.9	1.5	2.2	2.9	6.8	56	227	82	10.0
1.5	74.	COLOCASIA LEAVES (dried)	9.3	13.7	5.9	12.8	16.0	42.3	277	1546	308	—
7.05	75.	CORIANDER LEAVES	86.3	3.3	0.6	2.3	1.2	6.3	44	184	71	1.42
6.4	76.	COW PEA LEAVES	89.0	3.4	0.7	1.6	1.2	4.1	38	290	58	20.1
5.1	77.	CURRY LEAVES	63.8	6.1	1.0	4.0	6.4	18.7	108	830	57	0.93
2.7	78.	DRUMSTICK LEAVES	75.9	6.7	1.7	2.3	0.9	12.5	92	440	70	0.85
1.1	79.	FENUGREEK LEAVES	86.1	4.4	0.9	1.5	1.1	6.0	49	395	51	1.93
10.4	80.	FETID CASSIA (fresh)	84.9	5.0	0.8	1.7	2.1	5.5	49	520	39	12.4
3.9	81.	FETID CASSIA (dried)	9.7	20.7	3.9	11.8	10.4	43.5	292	3200	292	—
—	82.	GARDEN CRESS	82.3	5.8	1.0	2.2	—	8.7	67	360	110	28.6
3.49	83.	GARDEN SORREL (sepals)	91.9	0.6	0.2	0.9	1.3	5.1	25	130	20	1.7
1.8	84.	GOGU	86.4	1.7	1.1	0.9	—	9.9	56	172	40	2.28
18.4	85.	IPOMOEA STEMS	93.7	0.9	0.2	1.8	—	3.4	19	80	30	0.6
27.3	86.	IPOMOEA LEAVES	90.3	2.9	0.4	2.1	1.2	3.1	28	110	46	3.9
22.9	87.	KNOL-KHOL GREENS	86.7	3.5	0.4	1.2	1.8	6.4	43	740	50	13.3
18.0	88.	KUPPAMENI	80.5	6.7	1.4	3.1	2.3	6.0	64	667	99	17.3
2.5	89.	LETTUCE	93.4	2.1	0.3	1.2	0.5	2.5	21	50	28	2.4
38.5	90.	LETTUCE TREE LEAVES, mature	81.7	5.1	0.4	2.6	—	10.2	65	320	80	2.6
18.7	91.	LETTUCE TREE LEAVES, tender	90.2	3.6	0.2	2.2	0.6	3.2	29	170	60	3.6
0.75	92.	MANATHAKKALI LEAVES	82.1	5.9	1.0	2.1	—	8.9	68	410	70	20.5
4.2	93.	MAYALU	90.8	2.8	0.4	1.8	—	4.2	32	200	35	10.0
16.2	94.	MINT	84.9	4.8	0.6	1.9	2.0	5.8	48	200	62	15.6
23.8	95.	MODAKANTHAN KEERAI	83.3	4.7	0.6	2.3	—	9.1	61	—	—	—
10.6	96.	MUKARRATE KEERAI	84.5	6.1	0.9	1.3	—	7.2	61	667	99	18.4
—	97.	MUSTARD LEAVES	89.8	4.0	0.6	1.6	0.8	3.2	34	155	26	16.3
—	98.	NERRINGI	79.1	7.2	0.5	4.6	—	8.6	68	1550	82	9.2
1.8	99.	PARSLEY	74.6	5.9	1.0	3.2	1.8	13.5	87	390	175	17.9
0.8	100.	PARUPPU KEERAI	90.5	2.4	0.6	2.3	1.3	2.9	27	111	45	14.8
8.8	101.	PONNANGANNI	77.4	5.0	0.7	2.5	2.8	11.6	73	510	60	1.63
40.0	102.	PUMPKIN LEAVES	81.9	4.6	0.8	2.7	2.1	7.9	57	392	112	—
—	103.	RADISH LEAVES	90.8	3.8	0.4	1.6	1.0	2.4	28	265	59	0.09
—	104.	RADISH LEAVES table	89.1	3.9	0.6	1.6	0.6	4.2	38	310	60	18.0
—	105.	RAPE stem	91.4	3.1	0.1	1.4	—	4.0	29	100	100	1.2
—	106.	RAPE LEAVES	84.9	5.1	0.4	2.5	1.2	5.9	48	370	110	12.5

Sl. No.	Name of the food stuff	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
		ture	(Nx6.25)	g.	g.	g.	Fibre	hydrates	Kcal.	mg.	mg.
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
107.	RAPE LEAVES (dried)	7.4	27.0	2.9	15.3	6.7	40.7	297	3095	500	-
108.	SAFFLOWER LEAVES	91.1	2.5	0.6	1.3	-	4.5	33	185	35	5.7
109.	SHEPU	88.0	3.0	0.5	2.2	1.1	5.2	37	190	42	17.4
110.	SPINACH	92.1	2.0	0.7	1.7	0.6	2.9	26	73	21	1.14
111.	SPINACH stalks	93.4	0.9	0.1	1.8	-	3.8	20	90	20	1.6
112.	SUSNI SAG	86.9	3.7	1.4	2.1	1.3	4.6	46	53	91	-
113.	TAMARIND LEAVES, tender	70.5	5.8	2.1	1.5	1.9	18.2	115	101	140	0.30
114.	TURNIP GREENS	81.9	4.0	1.5	2.2	1.0	9.4	67	710	60	28.4

ROOTS AND TUBERS

115.	ARROW ROOT										
	FLOUR	16.5	0.2	0.1	0.1	-	83.1	334	10	20	1.0
116.	BANANA RHIZOME	85.1	0.4	0.2	1.4	1.1	11.8	51	25	10	1.1
117.	BEET ROOT	87.7	1.7	0.1	0.8	0.9	8.8	43	18.3	55	1.19
118.	CARROT	86.0	0.9	0.2	1.1	1.2	10.6	48	80	530	1.03
119.	COLOCASIA	73.1	3.0	0.1	1.7	1.0	21.1	97	40	140	0.42
120.	KHAMALU	79.6	1.3	0.1	0.8	0.1	18.1	79	16	31	0.5
121.	MANGO GINGER	85.0	1.1	0.7	1.4	1.3	10.5	53	25	90	2.6
122.	ONION big	86.6	1.2	0.1	0.4	0.6	11.1	50	46.9	50	0.60
123.	ONION small	84.3	1.8	0.1	0.6	0.6	12.6	59	40	60	1.2
124.	PARSNIP	72.4	1.3	0.3	1.1	1.7	23.2	101	50	40	0.5
125.	POTATO	74.7	1.6	0.1	0.6	0.4	22.6	97	10	40	0.48
126.	RADISH pink	90.8	0.6	0.3	0.9	0.6	6.8	32	50	20	0.37
127.	RADISH rat-tailed	92.3	1.3	0.3	0.7	1.1	4.3	25	78	24	-
128.	RADISH table	94.9	0.5	0.1	0.7	0.6	3.2	16	20	20	1.0
129.	RADISH white	94.4	0.7	0.1	0.6	0.8	3.4	17	35	22	0.4
130.	SWEET POTATO	68.5	1.2	0.3	1.0	0.8	28.2	120	46	50	0.21
131.	TAPIOCA	59.4	0.7	0.2	1.0	0.6	38.1	157	50	40	0.9
132.	TAPIOCA chips dried	12.0	1.3	0.3	2.0	1.8	82.6	338	91	70	3.6
133.	TURNIP	91.6	0.5	0.2	0.6	0.9	6.2	29	30	40	0.4
134.	YAM, elephant	78.7	1.2	0.1	0.8	0.8	18.4	79	50	34	0.6
135.	YAM, ordinary	69.9	1.4	0.1	1.6	1.0	26.0	111	35	20	1.19
136.	YAM, wild	70.4	2.5	0.3	1.4	1.0	24.4	110	20	74	1.0

OTHER VEGETABLES

137.	ASH GOURD	96.5	0.4	0.1	0.3	0.8	1.9	10	30	20	0.8
138.	BEANS, scarlet runner	58.3	7.4	1.0	1.6	1.9	29.8	158	50	160	2.6
139.	BITTER GOURD	92.4	1.6	0.2	0.8	0.8	4.2	25	20	70	0.61
140.	BITTER GOURD small	83.2	2.1	1.0	1.4	1.7	10.6	60	23	38	2.0
141.	BOTTLE GOURD	96.1	0.2	0.1	0.5	0.6	2.5	12	20	10	0.46
142.	BRINJAL	92.7	1.4	0.3	0.3	1.3	4.0	24	18	47	0.38
143.	BROAD BEANS	85.4	4.5	0.1	0.8	2.0	7.2	48	50	64	1.4
144.	CAULIFLOWER	90.8	2.6	0.4	1.0	1.2	4.0	30	33	57	1.23
145.	CHO-CHO-MARROW	92.5	0.7	0.1	0.4	0.6	5.7	27	140	30	0.6
146.	CLUSTER BEANS	81.0	3.2	0.4	1.4	3.2	10.8	16	130	57	1.08

Sl. No.

147. COLOO
148. COWPEA
149. CUCUMBER
150. DOUBL
151. DRUMS
152. DRUMS
153. FIELD E
154. FIGS, re
155. FRENCH
156. GHOSA
157. GIANT C
(capsicu
158. JACK FR
159. JACK FR
160. KANKO
161. KARON
162. KARON
163. KHEKS
164. KOVAI
165. KNOL-K
166. LADIES
167. LAKUCH
168. LEEKS
169. LOTUS
170. MANGO
171. ONION S
172. PAPAYA
173. PARWA
174. PINK BE
175. PLANT
176. PLANT
177. PLANT
178. PUMPK
179. PUMPK
180. RIDGE C
181. SNAKE C
182. SUNDAK
183. SWORD
184. TINDA, t
185. TOMATO
186. VEGETA
MARRO
187. WATER
fresh
188. WATER
dry

Iron
mg.
(12)
—
5.7
17.4
1.14
1.6
—
0.30
28.4
1.0
1.1
1.19
1.03
0.42
0.5
2.6
0.60
1.2
0.5
0.48
0.37
—
1.0
0.4
0.21
0.9
3.6
0.4
0.6
1.19
1.0
1.0
0.8
2.6
0.61
2.0
0.46
0.38
1.4
1.23
0.6
1.08

Sl. No.	Name of the food stuff	Mois- ture	Protein (Nx6.25)	Fat	Mine- rals	Crude Fibre	Carbo hydrates	Energy Kcal.	Calcium mg.	Phos- phorus mg.	Iron mg. (12)
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
147.	COLOCASIA STEM	94.0	0.3	0.3	1.2	0.6	3.6	18	60	20	0.5
148.	COWPEA PODS	85.3	3.5	0.2	0.9	2.0	8.1	48	72	59	2.5
149.	CUCUMBER	96.3	0.4	0.1	0.3	0.4	2.5	13	10	25	0.60
150.	DOUBLE BEANS	73.8	8.3	0.3	1.0	4.3	12.3	85	40	140	2.3
151.	DRUMSTICK	86.9	2.5	0.1	2.0	4.8	3.7	26	30	110	0.18
152.	DRUMSTICK flowers	85.9	3.6	0.8	1.3	1.3	7.1	50	51	90	—
153.	FIELD BEANS, tender	86.1	3.8	0.7	0.9	1.8	6.7	48	210	68	0.83
154.	FIGS, red (<i>Ficus cunia</i>)	79.4	1.2	0.6	1.6	6.4	10.8	53	187	39	—
155.	FRENCH BEANS	91.4	1.7	0.1	0.5	1.8	4.5	26	50	28	0.61
156.	GHOSALA	93.2	1.2	0.2	0.5	2.0	2.9	18	36	19	1.1
157.	GIANT CHILLIES (capsicum)	92.4	1.3	0.3	0.7	1.0	4.3	24	10	30	0.567
158.	JACK FRUIT, tender	84.0	2.6	0.3	0.9	2.8	9.4	51	30	40	1.7
159.	JACK FRUIT, seeds	64.5	6.6	0.4	1.2	1.5	25.8	133	50	97	1.5
160.	KANKODA	84.1	3.1	1.0	1.1	3.0	7.7	52	33	42	4.6
161.	KARONDA fresh	91.0	1.1	2.9	0.6	1.5	2.9	42	21	28	—
162.	KARONDA dry	18.2	2.3	9.6	2.8	—	67.1	364	160	60	39.1
163.	KHEKSA	90.4	0.6	0.1	0.9	1.6	6.4	29	27	38	—
164.	KOVAI	93.5	1.2	0.1	0.5	1.6	3.1	18	40	30	0.38
165.	KNOL-KHOL	92.7	1.1	0.2	0.7	1.5	3.8	21	20	35	1.54
166.	LADIES FINGERS	89.6	1.9	0.2	0.7	1.2	6.4	35	66	56	0.35
167.	LAKUCH, raw	89.4	1.6	1.2	1.1	2.8	13.9	73	67	25	—
168.	LEEKES	78.9	1.8	0.1	0.7	1.3	17.2	77	50	70	2.3
169.	LOTUS STEM, dry	9.5	4.1	1.3	8.7	25.0	51.4	234	405	128	60.6
170.	MANGO, green	87.5	0.7	0.1	0.4	1.2	10.1	44	10	19	0.33
171.	ONION STALKS	87.6	0.9	0.2	0.8	1.6	8.9	41	50	50	7.43
172.	PAPAYA, green	92.0	0.7	0.2	0.5	0.9	5.7	27	28	40	0.9
173.	PARWAR	92.0	2.0	0.3	0.5	3.0	2.2	20	30	40	1.7
174.	PINK BEANS	86.8	3.1	0.4	0.6	2.1	7.0	44	54	70	1.5
175.	PLANTAIN flower	89.9	1.7	0.7	1.3	1.3	5.1	34	32	42	1.6
176.	PLANTAIN green	83.2	1.4	0.2	0.5	0.7	14.0	64	10	29	6.27
177.	PLANTAIN stem	88.3	0.5	0.1	0.6	0.8	9.7	42	10	10	1.1
178.	PUMPKIN fruit	92.6	1.4	0.1	0.6	0.7	4.6	25	10	30	0.44
179.	PUMPKIN flowers	89.1	2.2	0.8	1.4	0.7	5.8	39	120	60	—
180.	RIDGE GOURD	95.2	0.5	0.1	0.3	0.5	3.4	17	18	26	0.39
181.	SNAKE GOURD	94.6	0.5	0.3	0.5	0.8	3.3	18	26	20	1.51
182.	SUNDAKAI, dry	12.3	8.3	1.7	5.1	17.6	55.0	269	390	180	22.2
183.	SWORD BEANS	87.2	2.7	0.2	0.6	1.5	7.8	44	60	40	2.0
184.	TINDA, tender	93.5	1.4	0.2	0.5	1.0	3.4	21	25	24	0.9
185.	TOMATO, green	93.1	1.9	0.1	0.6	0.7	3.6	23	20	36	1.8
186.	VEGETABLE MARROW	94.8	0.5	0.1	0.3	0.8	3.5	17	10	30	0.6
187.	WATER CHESTNUT, fresh	70.0	4.7	0.3	1.1	0.6	23.3	115	20	150	1.35
188.	WATER CHESTNUT, dry	13.8	13.4	0.8	3.1	—	68.9	330	70	440	2.4

Sl. No.	Name of the food stuff	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
		ture (Nx6.25)	g.	g.	g.	g.	g.	Kcal.	mg.	mg.	mg.
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)

NUTS AND OIL SEEDS

189. ALMOND	5.2	20.8	58.9	2.9	1.7	10.5	655	230	490	5.09
190. ARECANUT	31.3	4.9	4.4	1.0	11.2	47.2	249	50	130	1.5
191. AVOCADOPEAR (nut)	63.7	2.5	0.7	1.1	—	32.0	144	20	80	1.2
192. CASHEWNUT	5.9	21.2	46.9	2.4	1.3	22.3	596	50	450	5.81
193. CHILGOZA	4.0	13.9	49.3	2.8	1.0	29.0	615	91	494	3.6
194. COCONUT dry	4.3	6.8	62.3	1.6	6.6	18.4	662	400	210	7.8
195. COCONUT fresh	36.3	4.5	41.6	1.0	3.6	13.0	444	10	240	1.7
196. COCONUT tender	90.8	0.9	1.4	0.6	—	6.3	41	10	30	0.9
197. COCONUT milk	42.8	3.4	41.0	0.9	0	11.9	430	15	140	1.6
198. COCONUT water	93.8	1.4	0.1	0.3	0	4.4	24	24	10	0.1
199. COCONUT meal, deoiled	8.7	23.8	2.8	7.0	9.8	47.9	312	112	646	69.4
200. GARDEN CRESS SEEDS	3.2	25.3	24.5	6.4	7.6	33.0	454	377	723	100.0
201. GINGELLY SEEDS	5.3	18.3	43.3	5.2	2.9	25.0	563	1450	570	9.3
202. GROUNDNUT	3.0	25.3	40.1	2.4	3.1	26.1	567	90	350	2.5
203. GROUNDNUT roasted	1.7	26.2	39.8	2.5	3.1	26.7	570	77	370	3.1
204. GROUNDNUT cake	7.2	40.9	7.4	2.5	3.2	38.8	386	213	548	—
205. LINSEED SEEDS	6.5	20.3	37.1	2.4	4.8	28.9	530	170	370	2.7
206. MUSTARD SEEDS	8.5	20.0	39.7	4.2	1.8	23.8	541	490	700	7.9
207. NIGER SEEDS	4.2	23.9	39.0	4.9	10.9	17.1	515	300	224	56.7
208. PISTACHIO NUT	5.6	19.8	53.5	2.8	2.1	16.2	626	140	430	7.7
209. PIYAL SEEDS	3.0	19.0	59.1	3.0	3.8	12.1	656	279	528	8.5
210. SAFFLOWER SEEDS	5.5	13.5	25.6	2.6	34.9	17.9	356	236	823	4.6
211. SUNFLOWER SEEDS	5.5	19.8	52.1	3.7	1.0	17.9	620	280	670	5.0
212. WALNUT	4.5	15.6	64.5	1.8	2.6	11.0	687	100	380	2.64
213. WATER MELON SEEDS (kernal)	4.3	34.1	52.6	3.7	0.8	4.5	628	100	937	7.4

CONDIMENT AND SPICES

214. ARISITHIPPILI	12.5	13.2	4.7	6.0	5.2	58.4	329	460	325	13.50
215. ASAFOETIDA	16.0	4.0	1.1	7.0	4.1	67.8	297	690	50	39.4
216. CARDAMOM	20.0	10.2	2.2	5.4	20.1	42.1	229	130	160	4.6
217. CHILLIES dry	10.0	15.9	6.2	6.1	30.2	31.6	246	160	370	2.3
218. CHILLIES green	85.7	2.9	0.6	1.0	6.8	3.0	29	30	80	4.4
219. CLOVES dry	25.2	5.2	8.9	5.2	9.5	46.0	286	740	100	11.7
220. CLOVES green	65.5	2.3	5.9	2.2	—	24.1	159	310	40	2.1
221. CORIANDER	11.2	14.1	16.1	4.4	32.6	21.6	288	630	393	7.1
222. CUMIN SEEDS	11.9	18.7	15.0	5.8	12.0	36.6	356	1080	511	11.7
223. FENUGREEK SEEDS	13.7	26.2	5.8	3.0	7.2	44.1	333	160	370	6.5
224. GARLIC dry	62.0	6.3	0.1	1.0	0.8	29.8	145	30	310	1.2
225. GINGER fresh	80.9	2.3	0.9	1.2	2.4	12.3	67	20	60	3.5
226. LIME PEEL	66.5	1.8	0.5	1.8	—	29.4	129	710	60	2.7
227. MACE	15.9	6.5	24.4	1.6	3.8	47.8	437	180	100	12.3

228. MAN
229. NUT
230. NUT
231. OML
232. PEP
233. PEP
234. PIPP
235. POP
236. TAM
237. TUR
FRUITS
238. AME
239. AML
240. APP
241. APR
242. APR
243. AVC
244. BAE
245. BAN
246. BAN
247. BILI
248. BRE
249. BUL
250. CAF
251. CAS
252. CHE
253. CUP
254. DAT
255. DAT
256. FIG
257. GRA
258. GRA
varie
259. GRA
seed
260. GRA
261. GU
262. GU
263. HAR
264. JAC
265. JAM
266. JAM
267. KOR
268. LAK
269. LEM

hos-	Iron
phorus	
mg.	mg.
(11)	(12)

490	5.09
130	1.5
80	1.2
450	5.81
494	3.6
210	7.8
240	1.7
30	0.9
140	1.6
10	0.1

Sl. No.	Name of the food stuff	Mois- ture (Nx6.25)	Protein g.	Fat g.	Mine- rals g.	Crude Fibre g.	Carbo hydrates g.	Energy Kcal.	Calcium mg.	Phos- phorus mg.	Iron mg.
			(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)
228.	MANGO POWDER	6.8	2.8	7.8	4.9	13.7	64.0	337	180	16	45.2
229.	NUTMEG fruit	14.3	7.5	36.4	1.7	11.6	28.5	472	120	240	2.03
230.	NUTMEG rind	86.8	1.0	0.4	0.6	—	11.2	52	40	10	2.0
231.	OMUM	7.4	17.1	21.8	7.9	21.2	24.6	363	1525	443	12.5
232.	PEPPER DRY (black)	18.2	11.5	6.8	4.4	14.9	49.2	304	460	198	12.4
233.	PEPPER GREEN	70.6	4.8	2.7	1.8	6.4	13.7	98	270	70	2.4
234.	PIPPALI	12.2	6.4	2.3	4.8	8.5	65.8	310	1230	190	62.1
235.	POPPY SEEDS	4.3	21.7	19.3	9.9	8.0	36.8	408	1584	432	15.9
236.	TAMARIND PULP	20.9	3.1	0.1	2.9	5.6	67.4	283	170	110	17.0
237.	TURMERIC	13.1	6.3	5.1	3.5	2.6	69.4	349	150	282	67.8
FRUITS											
646	AMBADA	90.3	0.7	3.0	0.5	1.0	4.5	48	36	11	3.9
	AMLA	81.8	0.5	0.1	0.5	3.4	13.7	58	50	20	1.2
723	APPLE	84.6	0.2	0.5	0.3	1.0	13.4	59	10	14	0.660
570	APRICOT fresh	85.3	1.0	0.3	0.7	1.1	11.6	53	20	25	2.2
350	APRICOT dry	19.4	1.6	0.7	2.8	2.1	73.4	306	110	70	4.6
370	AVOCADO PEAR	73.6	1.7	22.8	1.1	—	0.8	215	10	80	0.7
548	BAEL FRUIT	61.5	1.8	0.3	1.7	2.9	31.8	137	85	50	0.6
370	BANANA, ripe	70.1	1.2	0.3	0.8	0.4	27.2	116	17	36	0.36
700	BANYAN TREE FIGS	74.1	1.7	2.0	1.9	8.5	11.8	72	364	43	—
224	BILIMBI	94.4	0.5	0.3	0.3	1.0	3.5	19	15	10	1.2
430	BREAD FRUIT	79.5	1.5	0.2	0.9	2.1	15.8	71	40	30	0.5
528	BULLOCK'S HEART	76.8	1.4	0.2	0.7	5.2	15.7	70	10	10	0.6
823	CAPE GOOSEBERRY	82.9	1.8	0.2	0.8	3.2	11.1	53	10	67	2.0
670	CASHEW FRUIT	86.3	0.2	0.1	0.2	0.9	12.3	51	10	10	0.2
380	CHERRIES, red	83.4	1.1	0.5	0.8	0.4	13.8	64	24	25	0.57
	CURRENTS, black	18.4	2.7	0.5	2.2	1.0	75.2	316	130	110	8.5
937	DATES dried	15.3	2.5	0.4	2.1	3.9	75.8	317	120	50	7.3
	DATES fresh	59.2	1.2	0.4	1.7	3.7	33.8	144	22	38	0.96
	FIGS (Ficus carica)	88.1	1.3	0.2	0.6	2.2	7.6	37	80	30	1.0
325	GRAPES blue variety	82.2	0.6	0.4	0.9	2.8	13.1	58	20	23	0.5
50	GRAPES pale green	79.2	0.5	0.3	0.6	2.9	16.5	71	20	30	0.52
160	variety										
370	GRAPE FRUIT marsh's	88.5	1.0	0.1	0.4	—	10.0	45	30	30	0.2
80	seedless										
100	GRAPE FRUIT triumph	92.0	0.7	0.1	0.2	—	7.0	32	20	20	0.2
40	GUAVA, country	81.7	0.9	0.3	0.7	5.2	11.2	51	10	28	0.27
393	GUAVA, hill	85.3	0.1	0.2	0.6	4.8	9.0	38	50	20	1.2
511	HARFAROWRIE	91.2	0.7	0.6	0.5	1.1	5.9	32	6	6	—
370	JACK FRUIT	76.2	1.9	0.1	0.9	1.1	19.8	88	20	41	0.56
310	JAMB, safed	93.5	0.1	0.4	0.1	2.2	3.7	19	17	3	0.1
60	JAMBU FRUIT	83.7	0.7	0.3	0.4	0.9	14.0	62	15	15	0.43
60	KORUKKAPALLI	79.2	2.7	0.4	0.7	1.0	16.0	78	14	49	1.0
100	LAKUCH	82.1	0.7	1.1	0.8	2.0	13.3	66	50	20	0.5
	LEMON	85.0	1.0	0.9	0.3	1.7	11.1	57	70	10	0.26

Sl. No.	Name of the food stuff	Mois- ture (Nx6.25)	Protein	Fat	Mine- rals	Crude Fibre	Carbo hydrates	Energy	Calcium	Phos- phorus	Iron	Sl. No. (1)
			g.	g.	g.	g.	g.	Kcal.	mg.	mg.	mg.	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	
270.	LEMON SWEET	90.5	0.7	0.3	0.5	0.7	7.3	35	30	20	0.7	312.
271.	LICHI	84.1	1.1	0.2	0.5	0.5	13.6	61	10	35	0.7	313.
272.	LICHIES, bastard	83.9	1.4	0.3	0.8	0.5	13.1	61	15	35	—	314.
273.	LIME	84.6	1.5	1.0	0.7	1.3	10.9	59	90	20	0.3	315.
274.	LIME, sweet malta	90.3	0.7	0.2	0.4	0.6	7.8	36	30	20	1.0	316.
275.	LIME, sweet musambi	88.4	0.8	0.3	0.7	0.5	9.3	43	40	30	0.7	317.
276.	LOQUAT	88.2	0.6	0.3	0.5	0.8	9.6	43	30	20	1.3	318.
277.	MAHUA, ripe	73.6	1.4	1.6	0.7	—	22.7	111	45	22	0.23	319.
278.	MANGO, ripe	81.0	0.6	0.4	0.4	0.7	16.9	74	14	16	1.3	320.
279.	MANGOSTEEN	84.9	0.5	0.1	0.2	—	14.3	60	10	20	0.2	321.
280.	MELON, musk	95.2	0.3	0.2	0.4	0.4	3.5	17	32	14	1.4	322.
281.	MELON, water	95.8	0.2	0.2	0.3	0.2	3.3	16	11	12	7.9	323.
282.	MULBERRY	86.5	1.1	0.4	0.6	1.1	10.3	49	70	30	2.3	324.
283.	ORANGE	87.6	0.7	0.2	0.3	0.3	10.9	48	26	20	0.32	325.
284.	ORANGE juice	97.7	0.2	0.1	0.1	—	1.9	9	5	9	0.7	326.
285.	PALMYRA FRUIT ripe (mesocarp)	77.2	0.7	0.2	0.7	0.5	20.7	87	9	33	—	328.
286.	PALMYRA FRUIT tender	92.3	0.6	0.1	0.2	0.3	6.5	29	10	20	0.5	329.
287.	PAPAYA, ripe	90.8	0.6	0.1	0.5	0.8	7.2	32	17	13	0.5	331.
288.	PASSION FRUIT	76.3	0.9	0.1	0.7	9.6	12.4	54	10	60	2.0	332.
289.	PASSION FRUIT juice	89.0	1.2	0.2	0.7	1.2	7.7	37	10	30	0.7	333.
290.	PEACHES	86.0	1.2	0.3	0.3	1.0	11.9	52	8	15	0.5	335.
291.	PEARS	86.0	0.6	0.2	0.3	0.9	17.9	76	15	10	0.3	336.
292.	PERSIMMON	80.0	0.7	0.2	0.3	0.9	14.7	72	129	39	3.1	337.
293.	PHALSA	80.8	1.3	0.9	1.1	1.2	14.7	72	20	9	2.42	338.
294.	PINE APPLE	87.8	0.4	0.1	0.4	0.5	10.8	46	10	12	0.6	339.
295.	PLUM	86.9	0.7	0.5	0.4	0.4	11.1	52	10	70	1.79	340.
296.	POMEGRANATE	78.0	1.6	0.1	0.7	5.1	14.5	65	10	18	—	341.
297.	PRUNES	85.3	0.5	0.3	0.6	0.5	12.8	56	30	30	0.3	342.
298.	PUMMELO	88.0	0.6	0.1	0.5	0.6	10.2	44	10	20	0.4	343.
299.	QUINCE	85.7	0.3	0.1	0.3	1.7	11.9	50	17	47	4.31	344.
300.	RAISINS	20.2	1.8	0.3	2.0	1.1	74.6	308	87	80	7.7	345.
301.	RASPBERRY	84.8	1.0	0.6	0.9	1.0	11.7	56	40	110	2.3	346.
302.	ROSE APPLE	89.1	0.7	0.2	0.3	1.2	8.5	39	10	30	0.5	347.
303.	SAPOTA	73.7	0.7	1.1	0.5	2.6	21.4	98	28	27	1.25	348.
304.	SEETHAPHAL	70.5	1.6	0.4	0.9	3.1	23.5	104	17	47	4.31	349.
305.	STRAWBERRY	87.8	0.7	0.2	0.4	1.1	9.8	44	30	30	1.8	350.
306.	TOMATO, ripe	94.0	0.9	0.2	0.5	0.8	3.6	20	48	20	0.64	351.
307.	TOMATILLO	91.7	0.7	0.6	0.6	0.6	5.8	31	7	40	1.0	352.
308.	TREE TOMATO	86.2	1.5	0.2	1.2	4.2	6.7	35	12	46	1.0	353.
309.	WOOD APPLE	64.2	7.1	3.7	1.9	5.0	18.1	134	130	110	0.48	354.
310.	ZIZYPHUS	81.6	0.8	0.3	0.3	—	17.0	74	4	9	0.50	355.
FISHES AND OTHER SEA FOODS												356.
311.	AIR	78.1	15.9	1.3	1.2	—	3.5	89	380	180	0.7	357.

hos-	Iron										
orus											
ng.	mg.										
(11)	(12)										
20	0.7										
35	0.7										
35	—										
20	0.3										
20	1.0										
30	0.7										
20	1.3										
22	0.23										
16	1.3										
20	0.2										
14	1.4										
12	7.9										
30	2.3										
20	0.32										
9	0.7										
33	—										
20	0.5										
13	0.5										
60	2.0										
30	0.7										
41	2.4										
15	0.5										
10	0.3										
39	3.1										
9	2.42										
12	0.6										
70	1.79										
18	—										
30	0.3										
20	0.4										
80	7.7										
110	2.3										
30	0.5										
27	1.25										
47	4.31										
30	1.8										
20	0.64										
40	1.4										
46	1.0										
110	0.48										
9	0.50										
180	0.7										

Sl.	Name of the food stuff	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
No.		ture	(Nx6.25)		rals	Fibre	hydrates			phorus	
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
312.	ANCHOVY	69.3	19.3	9.6	1.6	—	0.2	164	143	174	1.5
313.	BACHA	68.8	18.1	5.6	1.4	—	6.1	147	520	180	0.7
314.	BAM	74.8	16.1	0.9	1.3	—	6.9	100	330	240	0.8
315.	BASPATA MACHLI	76.1	18.2	4.4	1.4	—	0	112	175	225	—
316.	BATA, small varieties	79.0	14.3	2.5	2.0	—	2.2	89	790	200	1.1
317.	BELEY	79.7	14.5	0.6	2.3	—	2.9	75	370	330	1.0
318.	BHAGON fresh	70.6	14.8	8.8	2.0	—	3.8	154	182	190	1.2
319.	BHAGON dried	17.9	61.5	2.3	16.5	—	1.8	274	6235	207	9.3
320.	BHANGAN BATA	67.3	19.4	4.4	2.2	—	6.7	144	580	310	1.1
321.	BHEKTI fresh	79.9	14.9	0.8	1.4	—	3.0	79	480	350	3.1
322.	BHEKTI dried	20.1	60.2	2.0	15.9	—	1.8	266	939	347	15.0
323.	BHOLA	78.1	15.2	1.1	1.9	—	3.7	86	550	580	0.4
324.	BIG JAWED JUMPER	73.3	19.4	5.8	1.4	—	0.1	130	214	306	3.4
325.	BOAL	73.3	15.4	2.7	1.3	—	7.6	116	160	490	0.6
326.	BOMBAY DUCK, dried	16.7	61.7	4.0	15.1	—	2.5	293	1389	240	19.1
327.	BLUE MUSSEL	81.5	9.9	2.0	3.0	—	3.6	72	1134	286	8.0
328.	CAT FISH	77.1	21.4	—	—	—	—	86	10	230	—
329.	CHELA	77.5	14.6	4.3	2.1	—	1.5	103	590	340	2.0
330.	CHELA dried	4.7	64.8	17.0	13.4	—	0.1	413	3590	2342	—
331.	CHINGRI small dried	17.9	62.4	3.9	13.9	—	1.9	292	3539	354	27.9
332.	CHINGRI goda, dried	14.9	60.0	3.2	17.3	—	4.6	287	3847	828	49.6
333.	CHITAL	75.0	18.6	2.3	1.0	—	3.1	108	180	250	3.0
334.	CRAB muscle	83.5	8.9	1.1	3.2	—	3.3	59	1370	150	21.2
335.	CRAB small	65.3	11.2	9.8	4.6	—	9.1	169	1606	253	—
336.	FOLUI	73.0	19.0	1.0	2.5	—	3.7	109	590	450	1.7
337.	GHOL	69.7	18.4	0.9	—	—	—	82	90	150	2.1
338.	GOGLLER	76.9	18.7	1.6	1.8	—	1.0	93	437	349	8.2
339.	HERRING, Indian	72.8	20.3	3.2	1.5	—	2.2	119	429	305	9.3
340.	HERRING ox-eyed	73.7	20.7	2.2	1.6	—	0.8	106	429	131	6.3
341.	HILSA	53.7	21.8	19.4	2.2	—	2.9	273	180	280	2.1
342.	HORSE MACKEREL	76.9	21.2	1.6	1.3	—	0	99	357	262	2.0
343.	INDIAN WHITING	77.1	19.2	0.6	1.5	—	1.6	89	71	262	2.2
344.	JEW FISH (kora)	78.3	18.8	0.8	1.9	—	0.2	83	286	305	4.4
345.	JEW FISH (pallikora)	77.0	20.0	2.2	1.6	—	—	100	214	262	4.8
346.	KALABASU	81.0	14.7	1.0	1.3	—	2.0	76	320	380	0.8
347.	KATLA	73.7	19.5	2.4	1.5	—	2.9	111	530	235	0.9
348.	KHORSULA	75.3	16.3	5.1	1.8	—	1.5	117	410	160	0.6
349.	KHOYRA fresh	72.0	18.0	3.0	1.8	—	5.2	120	590	220	0.7
350.	KHOYRA dried	17.3	58.9	6.2	16.4	—	1.2	296	—	—	—
351.	KOI	70.0	14.8	8.8	2.0	—	4.4	156	410	390	1.4
352.	KOOCHA MACHLI	76.7	18.7	0.8	1.4	—	2.4	92	185	119	—
353.	LATA	74.0	19.4	0.6	2.6	—	3.4	97	610	530	1.3
354.	LOBSTER	77.3	20.5	0.9	1.4	—	0	90	16	279	—
355.	MACKEREL	77.3	18.9	1.7	1.6	—	0.5	93	429	305	4.5
356.	MAGUR	78.5	15.0	1.0	1.3	—	4.2	86	210	290	0.7
357.	MAHASOLE	70.3	25.2	2.3	1.2	—	1.0	126	130	280	3.8

Sl. No.	Name of the food stuff	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
		ture	(Nx6.25)	g.	g.	g.	Fibre	hydrates	Kcal.	mg.	mg.
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)
358.	MANDELI, dried	31.1	52.5	5.4	—	—	—	259	143	259	11.9
359.	MRIGAL	75.0	19.5	0.8	1.5	—	3.2	98	350	280	1.1
360.	MULLET	69.9	19.1	7.8	1.1	—	2.1	155	357	175	4.4
361.	MUSHI dried	9.6	67.0	4.9	—	—	—	312	541	507	2.7
362.	MUSSEL, fresh water	79.5	14.5	1.6	2.3	—	2.1	81	592	406	—
363.	MUTIJELLA, dried	19.2	63.6	2.4	11.8	—	3.0	288	7240	834	1.0
364.	OIL SARDINE	76.5	19.6	2.0	1.8	—	0.1	97	357	349	6.1
365.	PABDA	73.0	19.2	2.1	1.1	—	4.6	114	310	210	1.3
366.	PANGAS	72.3	14.2	10.8	1.0	—	1.7	161	180	130	0.5
367.	PARSEY fresh	70.8	17.5	5.9	1.5	—	4.3	140	850	490	2.7
368.	PARSEY dried	11.8	65.0	4.4	15.8	—	3.0	312	2231	396	17.4
369.	POMFRETS, black	74.5	20.3	2.6	1.1	—	1.5	111	286	306	2.3
370.	POMFRETS, white	78.4	17.0	1.3	1.5	—	1.8	87	200	290	0.9
371.	PRAWN	77.4	19.1	1.0	1.7	—	0.8	89	323	278	5.3
372.	PUTI	75.0	18.1	2.4	1.4	—	3.1	106	110	96	1.0
373.	RAVAS	71.4	22.2	1.1	2.0	—	3.3	112	405	335	2.0
374.	RAY	75.3	20.9	0.5	1.2	—	2.1	97	214	262	5.3
375.	RIBBON FISH fresh	76.6	18.1	3.2	1.5	—	0.6	104	214	218	13.9
376.	RIBBON FISH dried	6.7	76.1	8.7	—	—	—	383	739	700	4.2
377.	ROHU	76.7	16.6	1.4	0.9	—	4.4	97	650	175	1.0
378.	SARDINE	78.1	21.0	1.9	1.7	—	—	101	90	360	2.5
379.	SARPUTI	70.2	16.5	9.5	1.5	—	2.3	161	220	120	0.5
380.	SHARK	76.0	21.6	0.4	1.2	—	0.8	93	357	262	1.4
381.	SHRIMP (small, dried)	6.0	68.1	8.5	17.4	—	—	349	4384	1160	—
382.	SEER	72.7	22.5	4.0	1.5	—	—	126	71	572	5.4
383.	SILVER BELLY	76.4	19.2	1.6	3.2	—	0	91	715	741	2.2
384.	SINGHALA	61.0	20.9	3.1	1.1	—	13.9	167	98	152	1.8
385.	SINGHI	68.0	22.8	0.6	1.7	—	6.9	124	670	650	2.3
386.	SOLE	78.0	16.2	2.3	1.3	—	2.2	94	140	95	0.5
387.	SOLE (malahar)	78.0	19.5	4.7	3.1	—	—	120	1072	524	0.5
388.	SURMAI fresh	63.0	19.9	1.4	—	—	—	92	92	161	2.0
389.	SURMAI dried	43.3	38.6	6.2	—	—	—	210	148	172	4.4
390.	TAPRA (dried)	12.6	62.3	9.0	15.1	—	1.0	334	771	552	19.3
391.	TAPSI (dried)	16.2	58.5	12.1	17.2	—	—	343	1597	595	41.2
392.	TARTOOR	78.3	18.2	0.2	2.1	—	1.2	79	1072	218	4.9
393.	TENGRA fresh	70.0	19.2	6.4	2.1	—	2.3	144	270	170	2.0
394.	TENGRA dried	13.8	54.9	3.9	27.5	—	—	255	843	400	—
395.	TUNNY	71.9	23.8	1.6	1.8	—	0.9	113	429	349	6.8
396.	WHITE BAIT	79.1	14.5	1.4	2.5	—	2.5	81	643	437	3.8
MEAT AND POULTRY											
397.	BEEF meal	8.2	79.2	10.3	1.6	0.5	0.2	410	68	324	18.8
398.	BEEF muscle	74.3	22.6	2.6	1.0	—	—	114	10	190	0.8
399.	BUFFALO MEAT	78.7	19.4	0.9	1.0	—	—	86	3	189	—
400.	DUCK	72.3	21.6	4.8	1.2	—	0.1	130	4	235	—
401.	EGG, duck	71.0	13.5	13.7	1.0	—	0.8	181	70	260	2.5

Sl. No.	Name of the food stuff	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
		ture	(Nx6.25)	g.	g.	g.	Fibre	hydrates	Kcal.	mg.	mg.
		(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)
402.	EGG, hen	73.7	13.3	13.3	1.0	—	—	173	60	220	2.1
403.	EGG, turtle	76.0	12.2	6.7	1.5	—	3.6	124	93	299	—
404.	FINCH	68.8	26.6	3.0	1.7	—	—	133	90	347	—
405.	FOWL	72.2	25.9	0.6	1.3	—	—	109	25	245	—
406.	GOAT MEAT (lean)	74.2	21.4	3.6	1.1	—	—	118	12	193	—
407.	GREY QUAIL	75.0	21.9	1.7	1.4	—	—	103	22	282	—
408.	LIVER GOAT	76.3	20.0	3.0	1.3	—	—	107	17	279	—
409.	LIVER SHEEP	70.4	19.3	7.5	1.5	—	1.3	150	10	380	6.3
410.	MUTTON, muscle	71.5	18.5	13.3	1.3	—	—	194	150	150	2.5
411.	PIGEON	70.4	23.3	4.9	1.4	—	—	137	12	290	—
412.	PORK, muscle	77.4	18.7	4.4	1.0	—	—	114	30	200	2.2
413.	RUFF AND REEVE	70.3	25.9	2.3	1.5	—	—	124	3	321	—
414.	SNAIL, small	78.9	12.6	1.0	3.8	—	3.7	74	1321	147	—
415.	SNAIL, big	74.1	10.5	0.6	2.4	—	12.4	97	870	116	—
416.	TURTLE'S MEAT	79.4	16.5	1.5	1.1	—	1.5	86	7	162	—
417.	VENISON	75.3	21.0	0.6	1.2	—	1.9	97	3	233	—
MILK AND MILK PRODUCTS											
418.	MILK ass's	89.9	2.1	1.5	—	—	6.5	48	80	—	—
419.	MILK buffalo's	81.0	4.3	6.5	0.8	—	5.0	117	210	130	0.2
420.	MILK cow's	87.5	3.2	4.1	0.8	—	4.4	67	120	90	0.2
421.	MILK goat's	86.8	3.3	4.5	0.8	—	4.6	72	170	120	0.3
422.	MILK human	88.0	1.1	3.4	0.1	—	7.4	65	28	11	—
423.	CURDS (cow's milk)	89.1	3.1	4.0	0.8	—	3.0	60	149	93	0.2
424.	BUTTER MILK	97.5	0.8	1.1	0.1	—	0.5	15	30	30	0.1
425.	SKIMMED MILK, liquid	92.1	2.5	0.1	0.7	—	4.6	29	120	90	0.2
426.	CHANNA, cow's milk	57.1	18.3	20.8	2.6	—	1.2	265	208	138	—
427.	CHANNA, buffalo's	54.1	13.4	23.0	1.6	—	7.9	292	480	277	—
428.	CHEESE	40.3	24.1	25.1	4.2	—	6.3	348	790	520	2.1
429.	KHOA (whole buffalo milk)	30.6	14.6	31.2	3.1	—	20.5	421	650	420	5.8
430.	KHOA (skimmed buffalo milk)	46.1	22.3	1.6	4.3	—	25.7	206	990	650	2.7
431.	KHOA (whole cow milk)	25.2	20.0	25.9	4.0	—	24.9	413	956	613	—
432.	SKIMMED MILK POWDER (cow's milk)	4.1	38.0	0.1	6.8	—	51.0	357	1370	1000	1.4
433.	WHOLE MILK POWDER (cow's milk)	3.5	25.8	26.7	6.0	—	38.0	496	950	730	0.6
FATS AND EDIBLE OILS											
434.	BUTTER	19.0	—	81.0	2.5	—	—	729	—	—	—
435.	GHEE (cow)	—	—	100.0	—	—	—	900	—	—	—
436.	GHEE (buffalo)	—	—	100.0	—	—	—	900	—	—	—
437.	HYDROGENATED OIL (fortified)	—	—	100.0	—	—	—	900	—	—	—

Sl. No.	Name of the food stuff (1) (2)	Mois-	Protein	Fat	Mine-	Crude	Carbo	Energy	Calcium	Phos-	Iron
		ture g.	(Nx6.25) g.	g.	g.	Fibre g.	hydrates g.	Kcal. (8)	mg. (9)	mg. (10)	mg. (11)
438.	COOKING OIL (Groundnut, Gingelly, Palmolein, Mustard, Coconut, etc)	—	—	100.0	—	—	—	900	—	—	—
SUGARS											
439.	SUGAR CANE	0.4	0.1	0	0.1	—	99.4	398	12	1	0.155
440.	HONEY	20.6	0.3	0	0.2	—	79.5	319	5	16	0.696
441.	JAGGERY (cane)	3.9	0.4	0.1	0.6	—	95.0	383	80	40	2.64
442.	JAGGERY (coconut palm)	10.3	1.0	0.2	5.0	—	83.5	340	1638	62	—
443.	JAGGERY (date palm)	9.6	1.5	0.3	2.6	—	86.1	353	363	62	—
444.	JAGGERY (fan palm)	8.6	1.0	0.1	1.8	—	98.5	359	225	44	—
445.	JAGGERY (sago palm)	9.2	2.3	0.1	3.7	—	84.7	349	1252	372	—
446.	SAGO	12.2	0.2	0.2	0.3	—	87.1	351	10	10	1.3
BEVERAGES (Alcoholic)											
447.	PACHWAI (Assam)	88.2	3.0	1.8	0.6	0.6	5.8	51	12	100	4.5
448.	TODDY, fermented	97.6	0.1	0.3	0.2	—	1.8	38	—	—	—
449.	TODDY, sweet	84.7	0.1	0.3	0.7	—	14.3	59	150	10	0.3
BEVERAGES (Non-Alcoholic)											
450.	NEERA	—	0.4	—	0.5	—	10.9	45	0	140	0.1
451.	SUGAR CANE JUICE	90.2	0.1	0.2	0.4	—	9.1	39	10	10	0.1