

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(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	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
A	CEREALS AND MILLETS										
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	9.89	14.59	2.78	5.74	7.02	5.76	1.26	59.98	1490
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	9.20±0.40	13.27±0.34	3.05±0.30	5.56±0.33	7.47±0.09	5.80±0.17	1.67±0.21	61.46±0.60	1489±10
A003	Bajra (<i>Pennisetum typhoideum</i>)	6	8.97±0.60	10.96±0.26	1.37±0.17	5.43±0.64	11.49±0.62	9.14±0.58	2.34±0.42	61.78±0.85	1456±18
A004	Barley (<i>Hordeum vulgare</i>)	6	9.77±0.38	10.94±0.51	1.06±0.22	1.30±0.20	15.64±0.64	9.98±0.62	5.66±0.68	61.29±0.77	1321±19
A005	Jowar (<i>Sorghum vulgare</i>)	6	9.01±0.77	9.97±0.43	1.39±0.34	1.73±0.31	10.22±0.49	8.49±0.40	1.73±0.40	67.68±1.03	1398±13
A006	Maize, dry (<i>Zea mays</i>)	6	9.26±0.55	8.80±0.49	1.17±0.16	3.77±0.48	12.24±0.93	11.29±0.85	0.94±0.18	64.77±1.58	1398±25
A007	Maize, tender, local (<i>Zea mays</i>)	6	68.29±0.52	3.57±0.42	0.38±0.04	1.40±0.30	3.67±0.26	3.23±0.23	0.43±0.07	22.69±0.94	502±7
A008	Maize, tender, sweet (<i>Zea mays</i>)	4	74.40±0.71	4.16±0.41	0.36±0.06	1.35±0.07	3.30±0.51	2.71±0.53	0.59±0.11	16.42±0.89	405±14
A009	Quinoa (<i>Chenopodium quinoa</i>)	1	10.43	13.11	2.65	5.50	14.66	10.21	4.46	53.65	1374
A010	Ragi (<i>Eleusine coracana</i>)	5	10.89±0.61	7.16±0.63	2.04±0.34	1.92±0.14	11.18±1.14	9.51±0.65	1.67±0.55	66.82±0.73	1342±10
A011	Rice flakes (<i>Oryza sativa</i>)	6	10.36±0.53	7.44±0.35	0.85±0.13	1.14±0.11	3.46±0.32	2.65±0.34	0.81±0.12	76.75±0.96	1480±16
A012	Rice puffed (<i>Oryza sativa</i>)	6	9.40±0.22	7.47±0.15	1.28±0.10	1.62±0.13	2.56±0.33	1.76±0.13	0.80±0.38	77.68±0.54	1514±4
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	9.33±0.39	9.16±0.75	1.04±0.18	1.24±0.08	4.43±0.54	3.60±0.55	0.82±0.15	74.80±0.85	1480±10
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	10.09±0.43	7.81±0.63	0.65±0.08	0.55±0.08	3.74±0.36	2.98±0.35	0.76±0.09	77.16±0.76	1471±8
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	9.93±0.75	7.94±0.58	0.56±0.08	0.52±0.05	2.81±0.42	1.99±0.39	0.82±0.22	78.24±1.07	1491±15
A016	Samai (<i>Panicum miliare</i>)	6	11.36±0.19	10.13±0.45	1.34±0.16	3.89±0.35	7.72±0.92	5.45±0.48	2.27±0.52	65.55±1.29	1449±19
A017	Varagu (<i>Paspalum scrobiculatum</i>)	5	14.23±0.45	8.92±1.09	1.72±0.27	2.55±0.13	6.39±0.60	4.29±0.82	2.11±0.34	66.19±1.19	1388±10
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6	11.34±0.93	10.36±0.29	0.51±0.07	0.76±0.07	2.76±0.29	2.14±0.30	0.62±0.14	74.27±0.92	1472±16