

Table 1

PROXIMATE PRINCIPLES

AND

DIETARY FIBRE



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)

			Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
Food Name			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>Setaria italica</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

Table 1. Proximate Principles and Dietary Fibre

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
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6	11.10±0.35	10.57±0.37	1.28±0.19	1.53±0.12	11.36±0.29	9.73±0.47	1.63±0.64	64.17±0.32	1340±7
A020	Wheat, whole (<i>Triticum aestivum</i>)	6	10.58±1.11	10.59±0.60	1.42±0.19	1.47±0.05	11.23±0.77	9.63±0.19	1.60±0.75	64.72±1.74	1347±23
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6	8.61±0.32	10.84±0.75	1.23±0.06	1.45±0.02	8.81±0.45	6.56±0.20	2.25±0.38	69.06±0.74	1430±6
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6	8.94±0.68	11.38±0.37	0.80±0.17	0.74±0.10	9.72±0.74	8.16±0.58	1.55±0.18	68.43±0.99	1396±18
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6	9.59±0.37	9.70±0.52	0.60±0.04	0.45±0.03	9.28±0.69	7.53±0.51	1.75±0.24	70.39±0.61	1392±8
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6	7.61±0.47	10.37±0.70	0.56±0.04	0.49±0.05	9.55±0.40	7.79±0.29	1.76±0.18	71.42±0.71	1423±13

B GRAIN LEGUMES

B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	9.18±0.58	21.55±1.45	2.10±0.10	5.31±0.06	15.15±0.17	12.67±0.22	2.48±0.15	46.72±1.29	1377±10
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	8.56±0.37	18.77±0.42	2.78±0.13	5.11±0.11	25.22±0.39	22.70±0.60	2.52±0.87	39.56±0.16	1201±9
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6	9.16±0.35	23.06±0.59	3.17±0.02	1.69±0.12	11.93±0.26	7.58±0.13	4.35±0.15	51.00±0.80	1356±9
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6	8.70±0.33	21.97±0.63	3.35±0.03	1.58±0.06	20.41±0.06	15.47±0.05	4.94±0.07	43.99±0.76	1219±5
B005	Cowpea, brown (<i>Vigna catjang</i>)	6	9.42±0.39	20.36±0.59	2.90±0.11	1.15±0.06	11.54±0.13	8.75±0.09	2.80±0.05	54.62±0.49	1340±7
B006	Cowpea, white (<i>Vigna catjang</i>)	1	9.32	21.25	2.83	1.14	11.70	8.91	2.79	53.77	1340
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1	9.57	19.93	2.73	0.92	23.40	17.99	5.41	43.46	1155
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1	8.74	19.90	2.74	0.98	22.40	17.32	5.08	45.24	1184
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5	8.61±0.36	19.84±1.04	3.09±0.15	0.94±0.02	22.99±0.83	17.45±2.27	5.54±2.28	44.53±1.42	1173±24
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6	9.77±0.67	23.88±0.61	3.04±0.03	1.35±0.20	9.37±0.38	7.75±0.39	1.62±0.19	52.59±0.45	1363±10
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6	9.95±0.42	22.53±0.43	3.22±0.04	1.14±0.17	17.04±0.38	14.59±0.42	2.44±0.15	46.13±0.64	1229±10
B012	Horse gram, whole (<i>Dolichus biflorus</i>)	6	9.28±0.57	21.73±0.29	3.24±0.11	0.62±0.04	7.88±0.02	6.22±0.03	1.66±0.03	57.24±0.50	1379±9
B013	Lentil dal (<i>Lens culinaris</i>)	6	9.71±0.48	24.35±1.10	2.23±0.13	0.75±0.04	10.43±0.39	8.60±0.42	1.83±0.23	52.53±1.05	1349±11

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
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6	9.20±0.77	22.49±0.58	2.39±0.35	0.64±0.02	16.82±1.30	14.16±1.33	2.66±0.42	48.47±1.12	1251±23
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2	9.75	22.87	2.20	0.61	16.66	14.15	2.51	47.91	1246
B016	Moth bean (<i>Vigna aconitifolia</i>)	6	8.14±0.49	19.75±0.38	3.14±0.18	1.76±0.09	15.12±0.49	14.50±0.44	0.62±0.10	52.09±0.96	1291±16
B017	Peas, dry (<i>Pisum sativum</i>)	6	9.33±0.61	20.43±0.79	2.41±0.09	1.89±0.08	17.01±0.63	14.55±0.73	2.47±0.17	48.93±0.45	1269±13
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2	8.69	19.01	3.35	1.62	17.74	15.16	2.58	49.59	1247
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6	9.68±0.79	19.50±0.84	3.36±0.19	1.68±0.07	16.95±0.27	14.33±0.19	2.62±0.16	48.83±0.59	1245±12
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3	9.87±0.30	19.91±1.44	3.28±0.21	1.77±0.04	16.57±0.63	13.86±0.43	2.70±0.20	48.61±0.65	1252±14
B021	Red gram, dal (<i>Cajanus cajan</i>)	6	9.20±0.61	21.70±0.50	3.26±0.03	1.56±0.03	9.06±0.30	6.67±0.23	2.39±0.15	55.23±0.83	1384±10
B022	Red gram, whole (<i>Cajanus cajan</i>)	6	9.30±0.45	20.47±0.72	3.53±0.03	1.38±0.08	22.84±0.43	19.69±0.30	3.15±0.34	42.48±0.77	1146±10
B023	Ricebean (<i>Vigna umbellata</i>)	1	11.12	19.97	3.54	0.74	13.37	10.04	3.33	51.26	1265
B024	Soya bean, brown (<i>Glycine max</i>)	6	5.51±0.13	35.58±0.66	4.74±0.31	19.82±0.26	21.55±0.66	16.56±0.30	5.00±0.52	12.79±0.97	1596±11
B025	Soya bean, white (<i>Glycine max</i>)	1	5.47	37.80	4.52	19.42	22.63	17.04	5.59	10.16	1579
C GREEN LEAFY VEGETABLES											
C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1	74.43	8.01	2.42	1.35	8.60	6.00	2.60	5.21	295
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	86.85±1.21	3.29±0.57	2.52±0.32	0.65±0.07	4.41±0.10	3.21±0.08	1.20±0.09	2.28±0.62	128±17
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	85.56	3.93	2.61	0.63	4.91	3.72	1.19	2.37	140
C004	Amaranth leaves, red and green mix (<i>Amaranthus gangeticus</i>)	4	86.37±0.38	3.09±0.14	2.55±0.20	0.53±0.03	4.60±0.36	3.23±0.18	1.37±0.23	2.87±0.35	132±6
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	86.46±0.48	3.54±0.31	2.94±0.21	0.36±0.02	5.10±0.32	3.89±0.26	1.20±0.07	1.61±0.40	110±5
C006	Amaranth spinosus, leaves, red and green mix (<i>Amaranthus spinosus</i>)	2	86.64	2.80	3.20	0.34	5.57	3.82	1.75	1.45	99
C007	Basella leaves (<i>Basella alba</i>)	2	92.68	1.57	1.09	0.45	2.21	1.64	0.57	2.01	82

Table 1. Proximate Principles and Dietary Fibre

Food code		No. of Regions	Dietary Fibre								Energy
			Moisture	Protein	Ash	Total Fat				Carbohydrate	
							Total	Insoluble	Soluble		
							g				
Food Name			←					→		KJ	
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
C008	Bathua leaves (<i>Chenopodium album</i>)	2	88.77	2.50	1.71	0.44	4.01	2.34	1.68	2.56	116
C009	Beet greens (<i>Beta vulgaris</i>)	6	86.68±1.35	2.38±0.35	2.69±0.12	0.75±0.02	3.64±0.13	2.20±0.10	1.43±0.19	3.86±1.63	145±23
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6	84.93±0.85	2.51±0.29	2.33±0.18	0.75±0.02	2.12±0.20	1.32±0.16	0.80±0.05	7.37±0.66	202±14
C011	Betel leaves, small (<i>Piper betle</i>)	4	85.92±0.16	2.62±0.28	2.59±0.18	0.75±0.04	1.97±0.13	1.17±0.12	0.80±0.09	6.16±0.33	183±2
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1	84.39	4.26	1.47	0.50	4.29	3.35	0.94	5.09	185
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1	93.19	1.58	0.73	0.13	2.01	1.55	0.45	2.36	75
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1	89.53	3.63	0.81	0.27	2.98	2.04	0.94	2.79	126
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	6	91.85±0.97	1.36±0.07	0.67±0.06	0.12±0.01	2.76±0.20	1.91±0.18	0.85±0.10	3.25±0.91	90±16
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	2	91.94	1.39	0.71	0.21	2.21	1.58	0.62	3.54	97
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6	87.64±1.33	3.90±0.87	1.22±0.12	0.42±0.02	3.43±0.26	2.37±0.20	1.06±0.12	3.39±0.70	148±22
C018	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6	83.61±0.59	3.42±0.29	2.30±0.11	1.38±0.09	5.60±0.18	4.32±0.16	1.29±0.12	3.69±0.49	182±9
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3	75.65±1.49	6.41±0.35	2.46±0.18	1.64±0.12	8.21±0.19	6.12±0.08	2.10±0.11	5.62±1.44	282±27
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5	86.73±0.66	3.68±0.36	1.69±0.19	0.83±0.02	4.90±0.21	3.20±0.14	1.70±0.09	2.17±0.32	144±10
C021	Garden cress (<i>Lepidium sativum</i>)	2	84.02	5.62	2.48	0.80	2.60	1.77	0.83	4.48	208
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4	87.42±0.41	1.86±0.16	0.98±0.08	1.09±0.03	4.59±0.39	3.24±0.16	1.35±0.30	4.06±0.18	152±2
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1	87.98	1.85	0.97	1.07	3.89	2.66	1.23	4.24	153
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2	86.20	3.12	1.42	0.35	2.76	1.81	0.95	6.16	178
C025	Lettuce (<i>Lactuca sativa</i>)	3	92.27±0.99	1.54±0.48	1.11±0.10	0.27±0.03	1.79±0.24	1.32±0.04	0.47±0.28	3.01±0.56	91±16
C026	Mustard leaves (<i>Brassica juncea</i>)	3	88.17±0.56	3.52±0.21	1.47±0.11	0.51±0.05	3.92±0.06	3.04±0.03	0.87±0.03	2.41±0.46	127±9
C027	Pak Choi leaves (<i>Brassica rapa</i> var. <i>Chinensis</i>)	1	93.56	1.41	1.10	0.25	1.91	1.44	0.47	1.78	67

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
C028	Parsley (<i>Petroselinum crispum</i>)	3	77.76±1.13	5.55±0.34	2.25±0.17	1.14±0.12	3.87±0.05	2.79±0.15	1.09±0.12	9.43±1.05	305±18
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2	79.43	5.29	2.65	0.71	6.74	5.63	1.11	5.17	213
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6	85.82±1.04	4.21±0.41	2.24±0.21	0.74±0.03	2.25±0.09	1.56±0.13	0.69±0.15	4.75±1.01	185±15
C031	Radish leaves (<i>Raphanus sativus</i>)	6	91.19±0.53	2.22±0.23	1.50±0.21	0.51±0.05	1.82±0.10	1.18±0.04	0.63±0.07	2.77±0.34	109±9
C032	Rumex leaves (<i>Rumex patientia</i>)	2	93.18	1.62	1.27	0.33	1.27	0.93	0.34	2.33	82
C033	Spinach (<i>Spinacia oleracea</i>)	6	90.31±0.46	2.14±0.14	2.47±0.38	0.64±0.03	2.38±0.24	1.52±0.15	0.86±0.10	2.05±0.31	102±7
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3	71.69±0.06	5.84±0.01	1.25±0.06	0.49±0.01	10.70±0.02	9.34±0.01	1.36±0.01	10.04±0.02	299±1

D OTHER VEGETABLES

D001	Ash gourd (<i>Benincasa hispida</i>)	6	92.17±0.42	0.79±0.06	0.70±0.08	0.14±0.02	3.37±0.23	2.52±0.26	0.85±0.13	2.84±0.22	73±4
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1	94.56	1.33	0.55	0.35	1.55	1.06	0.49	1.67	68
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	85.51±1.22	2.86±0.27	0.96±0.03	0.99±0.06	4.50±0.25	3.76±0.14	0.74±0.21	5.16±1.45	179±21
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6	90.87±0.56	1.44±0.17	0.86±0.04	0.24±0.01	3.78±0.16	3.10±0.19	0.68±0.07	2.82±0.32	87±6
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4	91.60±0.28	1.34±0.12	0.81±0.06	0.24±0.01	3.49±0.18	2.96±0.10	0.53±0.11	2.53±0.26	79±5
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1	91.24	1.61	0.88	0.26	3.72	3.05	0.67	2.29	81
D007	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	6	95.17±0.33	0.53±0.05	0.36±0.04	0.13±0.02	2.12±0.07	1.65±0.05	0.48±0.07	1.68±0.33	46±6
D008	Brinjal-1 (<i>Solanum melongena</i>)	5	94.50±0.32	0.42±0.02	0.34±0.05	0.12±0.03	2.10±0.15	1.72±0.13	0.38±0.05	2.53±0.21	57±3
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1	94.63	0.49	0.40	0.13	2.11	1.74	0.37	2.25	54
			89.95	1.77	0.83	0.39	3.57	2.37	1.20	3.49	114
D011	Brinjal-2 (<i>Solanum melongena</i>)	1	90.28	1.82	0.85	0.34	4.01	2.80	1.21	2.71	99
D012	Brinjal-3 (<i>Solanum melongena</i>)	2	90.02	1.36	0.65	0.33	4.26	3.10	1.16	3.38	102

Table 1. Proximate Principles and Dietary Fibre

Food code		No. of Regions	Dietary Fibre								Energy
			Moisture	Protein	Ash	Total Fat				Carbohydrate	
							Total	Insoluble	Soluble		
Food Name			←						→	KJ	
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D013	Brinjal-4 (<i>Solanum melongena</i>)	4	90.28±1.21	1.51±0.24	0.66±0.09	0.31±0.03	4.04±0.65	3.03±0.82	1.01±0.22	3.19±0.86	100±18
D014	Brinjal-5 (<i>Solanum melongena</i>)	3	89.45±1.73	1.38±0.26	0.72±0.12	0.29±0.06	4.13±0.70	3.10±0.43	1.03±0.29	4.02±2.01	111±38
D015	Brinjal-6 (<i>Solanum melongena</i>)	2	90.57	1.46	0.72	0.29	3.68	3.00	0.68	3.29	97
D016	Brinjal-7 (<i>Solanum melongena</i>)	1	91.25	1.40	0.57	0.37	3.32	2.30	1.02	3.10	98
D017	Brinjal-8 (<i>Solanum melongena</i>)	3	89.28±0.39	1.82±0.16	0.80±0.06	0.33±0.04	4.01±0.48	2.79±0.53	1.22±0.05	3.75±0.18	117±2
D018	Brinjal-9 (<i>Solanum melongena</i>)	2	89.83	1.47	0.83	0.35	4.00	2.94	1.06	3.52	106
D019	Brinjal-10 (<i>Solanum melongena</i>)	2	89.38	1.68	0.72	0.25	3.90	2.74	1.16	4.08	116
D020	Brinjal-11 (<i>Solanum melongena</i>)	6	89.93±0.89	1.43±0.20	0.68±0.07	0.31±0.04	4.12±0.52	2.95±0.56	1.17±0.28	3.53±1.01	105±16
D021	Brinjal-12 (<i>Solanum melongena</i>)	2	90.94	1.60	0.58	0.27	3.89	2.70	1.19	2.73	93
D022	Brinjal-13 (<i>Solanum melongena</i>)	1	89.14	1.49	0.64	0.31	3.92	2.61	1.31	4.51	124
D023	Brinjal-14 (<i>Solanum melongena</i>)	3	90.31±0.06	1.56±0.19	0.64±0.02	0.35±0.03	3.87±0.59	2.50±0.76	1.37±0.24	3.27±0.39	106±9
D024	Brinjal-15 (<i>Solanum melongena</i>)	4	89.44±0.96	1.58±0.27	0.74±0.05	0.29±0.03	3.99±0.79	2.82±0.72	1.17±0.08	3.96±0.19	114±6
D025	Brinjal-16 (<i>Solanum melongena</i>)	1	90.39	1.26	0.80	0.34	3.74	2.54	1.20	3.46	103
D026	Brinjal-17 (<i>Solanum melongena</i>)	1	90.83	1.18	0.81	0.36	3.94	2.80	1.14	2.89	91
D027	Brinjal-18 (<i>Solanum melongena</i>)	3	89.07±0.78	1.47±0.15	0.66±0.02	0.33±0.06	4.38±0.25	3.23±0.15	1.15±0.18	4.10±0.88	116±18
D028	Brinjal-19 (<i>Solanum melongena</i>)	3	90.41±0.55	1.26±0.06	0.66±0.05	0.31±0.02	3.97±0.18	2.81±0.42	1.16±0.27	3.39±0.36	100±8
D029	Brinjal-20 (<i>Solanum melongena</i>)	5	90.65±0.79	1.44±0.21	0.68±0.08	0.34±0.04	3.73±0.21	2.64±0.37	1.09±0.21	3.15±0.60	99±10
D030	Brinjal-21 (<i>Solanum melongena</i>)	2	89.83	1.36	0.69	0.35	3.85	2.57	1.28	3.93	113
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6	90.00±0.90	1.48±0.22	0.70±0.08	0.32±0.04	3.98±0.49	2.84±0.52	1.14±0.22	3.52±0.80	106±15
D032	Broad beans (<i>Vicia faba</i>)	3	84.20±0.17	3.85±0.13	1.05±0.08	0.15±0.01	8.63±0.15	6.61±0.07	2.03±0.09	2.11±0.11	123±4
D033	Capsicum, green (<i>Capsicum annuum</i>)	6	93.89±0.32	1.11±0.11	0.76±0.05	0.34±0.03	2.06±0.22	1.33±0.29	0.73±0.17	1.84±0.32	68±6

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	
D034	Capsicum, red (<i>Capsicum annuum</i>)	4	92.99±1.47	1.47±0.36	0.76±0.14	0.47±0.05	2.19±0.17	1.58±0.13	0.61±0.10	2.14±1.06	83±24	
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4	93.38±0.37	1.35±0.35	0.72±0.12	0.41±0.02	2.19±0.13	1.39±0.06	0.80±0.08	1.95±0.16	78±4	
D036	Cauliflower (<i>Brassica oleracea</i>)	6	90.76±0.22	2.15±0.15	0.91±0.10	0.44±0.03	3.71±0.27	2.66±0.35	1.04±0.13	2.03±0.22	96±5	
D037	Celery stalk (<i>Apium graveolens</i>)	3	92.87±0.22	0.98±0.13	1.50±0.16	0.24±0.04	2.09±0.13	1.57±0.07	0.52±0.16	2.33±0.23	69±6	
D038	Cho-cho-marrow (<i>Sechium edule</i>)	4	93.78±0.12	0.66±0.07	0.38±0.05	0.15±0.03	1.55±0.08	1.19±0.07	0.36±0.12	3.47±0.18	79±2	
D039	Cluster beans (<i>Cyamopsis tetragonobola</i>)	6	84.65±0.83	3.55±0.38	1.68±0.13	0.37±0.04	4.83±0.54	3.55±0.48	1.28±0.13	4.91±0.58	168±15	
D040	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1	91.15	0.76	0.91	0.34	3.01	1.81	1.20	3.83	100	
D041	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5	92.67±0.44	0.91±0.16	1.00±0.04	0.22±0.02	2.33±0.06	1.26±0.03	1.07±0.08	2.86±0.34	81±7	
D042	Corn, Baby (<i>Zea mays</i>)	6	75.44±0.98	2.69±0.23	2.79±0.21	1.33±0.23	6.09±0.50	4.47±0.28	1.62±0.31	11.66±1.40	306±18	
D043	Cucumber, green, elongate (<i>Cucumis sativus</i>)	6	92.96±0.48	0.71±0.11	0.54±0.06	0.16±0.04	2.14±0.42	1.52±0.43	0.63±0.11	3.48±0.47	82±8	
D044	Cucumber, green, short (<i>Cucumis sativus</i>)	6	93.52±0.44	0.83±0.14	0.52±0.06	0.18±0.05	2.13±0.26	1.60±0.33	0.54±0.16	2.82±0.49	73±10	
D045	Cucumber, orange, round (<i>Cucumis sativus</i>)	2	92.80	0.98	0.52	0.24	2.46	1.78	0.68	3.01	82	
D046	Drumstick (<i>Moringa oleifera</i>)	6	85.39±0.64	2.62±0.22	1.27±0.09	0.12±0.01	6.83±0.22	5.60±0.26	1.23±0.06	3.76±0.70	123±11	
D047	Field beans, tender, broad (<i>Vicia faba</i>)	2	86.98	3.06	0.94	0.64	5.64	4.84	0.79	2.75	129	
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6	85.57±1.32	3.71±0.62	1.08±0.12	0.60±0.02	6.19±0.47	5.37±0.43	0.82±0.10	2.85±0.32	140±15	
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5	89.14±0.52	2.49±0.21	1.05±0.09	0.26±0.02	4.38±0.41	3.88±0.36	0.51±0.11	2.68±0.48	102±8	
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2	90.11	2.12	0.77	0.19	4.18	3.53	0.65	2.63	93	
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5	85.52±0.86	1.98±0.16	0.99±0.10	0.35±0.05	7.69±0.20	7.15±0.13	0.54±0.08	3.48±0.70	110±15	
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5	72.32±0.53	5.79±0.14	1.02±0.16	0.44±0.03	8.63±0.09	7.83±0.05	0.80±0.07	11.81±0.74	322±10	
D053	Knol - Khol (<i>Brassica oleracea</i>)	6	93.14±0.27	1.58±0.24	0.79±0.03	0.35±0.02	2.75±0.07	2.31±0.09	0.44±0.04	1.39±0.21	67±4	
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6	92.78±0.61	1.39±0.23	0.58±0.07	0.24±0.08	3.00±0.26	2.19±0.18	0.81±0.11	2.01±0.54	73±10	

Table 1. Proximate Principles and Dietary Fibre

Food code		No. of Regions	Dietary Fibre								Energy
			Moisture	Protein	Ash	Total Fat				Carbohydrate	
							Total	Insoluble	Soluble		
Food Name			←						→	KJ	
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1	92.40	1.22	0.47	0.24	3.25	2.14	1.12	2.41	80
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6	89.06±0.30	2.08±0.37	0.94±0.09	0.22±0.03	4.08±0.20	2.80±0.29	1.28±0.37	3.62±0.26	115±5
D057	Mango, green, raw (<i>Mangifera indica</i>)	6	85.14±0.59	0.69±0.09	0.49±0.07	0.08±0.02	3.01±0.19	1.68±0.15	1.34±0.11	10.59±0.37	205±8
D058	Onion, stalk (<i>Allium cepa</i>)	6	88.35±0.79	2.07±0.21	1.13±0.09	0.26±0.02	5.21±0.10	3.76±0.07	1.45±0.11	2.99±0.50	107±12
D059	Papaya, raw (<i>Carica papaya</i>)	6	92.04±0.44	0.50±0.06	0.55±0.06	0.23±0.03	2.28±0.05	1.32±0.04	0.96±0.04	4.40±0.37	100±7
D060	Parwar (<i>Trichosanthes dioica</i>)	6	91.57±0.27	1.40±0.10	0.59±0.03	0.30±0.04	2.61±0.07	1.82±0.04	0.79±0.07	3.54±0.32	101±5
D061	Peas, fresh (<i>Pisum sativum</i>)	6	73.37±1.13	7.25±1.03	1.05±0.02	0.13±0.02	6.32±0.26	5.04±0.19	1.28±0.25	11.88±0.67	340±19
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6	89.14±0.59	1.47±0.12	1.35±0.09	0.63±0.02	5.25±0.39	4.72±0.44	0.52±0.07	2.15±0.43	89±8
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6	76.15±0.42	1.18±0.20	1.27±0.14	0.23±0.02	3.60±0.27	2.79±0.25	0.81±0.05	17.58±0.35	334±6
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6	87.53±1.01	0.35±0.05	1.20±0.09	0.16±0.07	2.12±0.04	1.33±0.08	0.80±0.09	8.64±0.93	165±15
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1	91.73	0.87	0.47	0.18	2.53	1.28	1.25	4.22	103
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6	91.85±0.45	0.84±0.21	0.58±0.09	0.16±0.02	2.56±0.11	1.44±0.14	1.12±0.08	4.00±0.64	97±8
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1	64.00	8.09	1.64	0.92	5.90	3.66	2.25	19.46	520
D068	Ridge gourd (<i>Luffa acutangula</i>)	6	94.99±0.35	0.91±0.08	0.44±0.04	0.14±0.01	1.81±0.13	1.20±0.16	0.61±0.08	1.72±0.46	55±7
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3	94.27±0.62	0.98±0.13	0.53±0.06	0.13±0.01	1.85±0.28	1.31±0.17	0.54±0.10	2.24±0.41	64±8
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6	94.81±0.28	0.98±0.33	0.42±0.04	0.25±0.01	2.27±0.11	1.69±0.15	0.58±0.08	1.27±0.15	52±4
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2	94.92	0.89	0.45	0.25	2.27	1.69	0.58	1.23	50
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1	94.35	0.54	0.41	0.26	2.29	1.61	0.68	2.15	61
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6	94.41±0.32	1.02±0.04	0.51±0.03	0.17±0.01	2.00±0.04	1.68±0.06	0.32±0.02	1.90±0.37	58±6
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6	93.21±0.46	1.12±0.08	0.60±0.03	0.27±0.07	1.62±0.08	1.05±0.07	0.57±0.04	3.18±0.40	87±7
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6	93.79±0.42	0.76±0.03	0.43±0.05	0.25±0.02	1.58±0.16	1.27±0.13	0.30±0.05	3.20±0.30	79±6

Food code		No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy	
							Total	Insoluble	Soluble			
			← g →									
			Food Name	WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6	93.62±0.16	0.90±0.07	0.52±0.08	0.47±0.06	1.77±0.04	1.44±0.11	0.33±0.08	2.71±0.08	82±4	
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2	92.83	1.10	0.93	0.51	2.30	1.42	0.88	2.33	84	
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2	93.15	1.31	1.08	0.44	1.84	1.37	0.47	2.20	79	
E	FRUITS											
E001	Apple, big (<i>Malus domestica</i>)	6	83.01±0.94	0.29±0.08	0.36±0.04	0.64±0.04	2.59±0.15	1.43±0.15	1.16±0.17	13.11±0.76	261±15	
E002	Apple, green (<i>Malus domestica</i>)	6	85.54±0.98	0.46±0.07	0.31±0.04	0.50±0.05	2.54±0.26	1.72±0.22	0.81±0.16	10.65±1.00	214±17	
E003	Apple, small (<i>Malus domestica</i>)	6	82.91±0.48	0.31±0.05	0.24±0.02	0.53±0.05	2.06±0.12	1.44±0.09	0.62±0.12	13.95±0.48	267±8	
E004	Apple, small, Kashmir (<i>Malus sylvestris</i>)	1	82.79	0.27	0.29	0.60	2.07	1.53	0.54	13.99	269	
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6	16.68±0.59	3.17±0.29	3.46±0.14	0.74±0.03	3.32±0.13	2.72±0.11	0.60±0.04	72.63±0.27	1321±9	
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3	85.75±0.81	1.47±0.15	0.61±0.16	0.64±0.04	0.59±0.01	0.43±0.02	0.16±0.02	10.93±0.88	236±12	
E007	Avocado fruit (<i>Persea americana</i>)	1	73.56	2.95	1.19	13.86	6.69	5.26	1.42	1.75	604	
E008	Bael fruit (<i>Aegle marmelos</i>)	1	61.36	2.63	0.91	0.57	6.31	3.31	3.00	28.21	569	
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1	70.13	1.25	1.15	0.32	2.21	1.43	0.78	24.95	463	
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2	71.32	1.49	1.09	0.35	2.33	1.29	1.04	23.41	445	
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1	70.28	1.29	0.95	0.29	1.98	1.26	0.72	25.21	467	
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6	71.93±0.85	1.23±0.08	0.94±0.17	0.33±0.01	1.94±0.07	1.23±0.10	0.71±0.07	23.63±0.74	440±14	
E013	Black berry (<i>Rubus fruticosus</i>)	5	82.94±0.42	0.92±0.10	0.52±0.04	0.63±0.02	4.35±0.25	3.44±0.16	0.91±0.13	10.64±0.35	227±6	
E014	Cherries, red (<i>Prunus cerasus</i>)	4	83.61±0.21	1.49±0.22	0.45±0.02	0.46±0.05	2.12±0.12	1.35±0.09	0.78±0.06	11.87±0.31	250±4	
E015	Currants, black (<i>Ribes nigrum</i>)	1	83.27	1.51	0.69	0.53	4.07	2.43	1.64	9.93	227	
E016	Custard apple (<i>Annona squamosa</i>)	1	71.55	1.62	0.68	0.67	5.10	3.17	1.93	20.38	414	

Table 1. Proximate Principles and Dietary Fibre

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
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6	11.14±0.73	2.45±0.24	2.20±0.07	0.35±0.03	8.95±0.23	7.53±0.22	1.42±0.14	74.91±0.52	1340±12
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2	13.13	2.38	2.39	0.35	9.10	7.57	1.53	72.67	1301
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2	22.01	1.18	1.93	0.41	6.52	5.68	0.84	67.95	1197
E020	Fig (<i>Ficus carica</i>)	6	75.60±1.16	2.03±0.22	1.08±0.18	0.37±0.06	4.64±0.41	2.59±0.22	2.05±0.23	16.28±1.13	341±18
E021	Goosberry (<i>Emblica officinalis</i>)	5	87.02±0.78	0.34±0.03	0.34±0.05	0.16±0.04	7.75±0.64	6.20±0.43	1.55±0.43	4.39±1.09	99±19
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4	83.88±0.56	0.76±0.13	0.46±0.04	0.32±0.02	1.35±0.14	0.82±0.06	0.52±0.09	13.23±0.60	254±11
E023	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5	85.07±0.29	0.77±0.12	0.43±0.05	0.29±0.03	1.25±0.04	0.81±0.02	0.44±0.02	12.19±0.20	235±4
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5	84.46±1.60	0.95±0.11	0.48±0.07	0.29±0.04	1.28±0.10	0.85±0.05	0.43±0.09	12.55±1.38	244±26
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5	75.30±1.55	1.41±0.26	0.70±0.13	0.46±0.11	1.64±0.15	0.98±0.19	0.66±0.08	20.48±0.97	395±23
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5	85.55±1.70	0.62±0.13	0.47±0.08	0.26±0.02	1.28±0.05	0.85±0.05	0.44±0.01	11.81±1.52	224±28
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5	76.90±1.40	1.24±0.25	0.49±0.05	0.35±0.03	1.15±0.19	0.83±0.04	0.32±0.15	19.86±1.58	374±25
E028	Guava, white flesh (<i>Psidium guajava</i>)	5	83.79±0.30	1.44±0.09	0.72±0.05	0.32±0.03	8.59±0.05	7.14±0.02	1.45±0.04	5.13±0.33	135±5
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5	81.22±0.45	1.19±0.19	0.81±0.06	0.25±0.03	7.39±0.38	6.12±0.29	1.28±0.09	9.14±0.27	195±6
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	78.56±0.34	2.74±0.47	0.91±0.08	0.15±0.02	3.62±0.17	2.21±0.17	1.41±0.06	14.01±0.56	302±3
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2	83.33	0.82	0.31	0.17	3.07	2.40	0.67	12.30	235
E032	Karonda fruit (<i>Carissa carandas</i>)	1	86.04	1.15	1.02	1.67	7.25	5.87	1.38	2.87	141
E033	Lemon, juice (<i>Citrus limon</i>)	6	91.59±0.53	0.41±0.05	0.28±0.03	0.75±0.02				6.97±0.56	153±9
E034	Lime, sweet,pulp (<i>Citrus limetta</i>)	6	91.32±0.33	0.76±0.09	0.47±0.03	0.20±0.06	2.07±0.11	1.33±0.04	0.74±0.08	5.18±0.37	114±5
E035	Litchi (<i>Nephelium litchi</i>)	4	85.56±0.27	0.99±0.09	0.44±0.06	0.26±0.02	1.34±0.05	0.81±0.10	0.53±0.06	11.41±0.20	225±5
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6	88.44±0.55	0.54±0.10	0.42±0.04	0.55±0.03	1.88±0.15	1.01±0.08	0.87±0.11	8.18±0.49	175±9
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2	86.65	0.52	0.32	0.53	1.67	1.03	0.64	10.32	209

Food code		No. of Regions	Dietary Fibre								Carbohydrate	Energy
			Moisture	Protein	Ash	Total Fat	Total	Insoluble	Soluble			
Food Name		←	g						→	KJ		
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC	
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3	88.04±0.10	0.46±0.04	0.38±0.02	0.54±0.02	1.55±0.13	0.82±0.19	0.73±0.06	9.03±0.26	187±5	
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4	85.07±0.59	0.54±0.05	0.44±0.07	0.57±0.03	2.02±0.20	1.09±0.05	0.93±0.14	11.36±0.49	231±8	
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2	88.41	0.68	0.38	0.55	1.77	0.97	0.79	8.21	178	
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2	87.69	0.68	0.42	0.58	1.97	0.99	0.98	8.67	188	
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1	84.14	0.41	0.47	0.49	1.73	0.95	0.78	12.75	248	
E043	Mangosteen (<i>Garcinia mangostana</i>)	1	85.52	0.63	0.33	0.24	1.87	1.23	0.64	11.41	219	
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1	74.54	3.56	2.82	1.14	4.40	3.30	1.10	13.54	342	
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5	92.97±0.38	0.42±0.06	0.52±0.02	0.35±0.02	1.51±0.28	0.84±0.20	0.67±0.11	4.24±0.40	97±8	
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6	91.84±0.93	0.53±0.05	0.48±0.04	0.26±0.02	1.49±0.10	0.79±0.08	0.70±0.05	5.40±1.04	116±18	
E047	Orange, pulp (<i>Citrus aurantium</i>)	6	89.61±0.19	0.70±0.12	0.36±0.02	0.13±0.02	1.29±0.05	0.73±0.05	0.56±0.02	7.92±0.27	156±4	
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1	91.93	0.50	0.13	0.12	2.40	1.87	0.53	4.92	101	
E049	Papaya, ripe (<i>Carcia papaya</i>)	6	91.47±0.76	0.42±0.05	0.51±0.03	0.16±0.01	2.83±0.26	1.75±0.16	1.08±0.10	4.61±0.48	100±9	
E050	Peach (<i>Prunus communis</i>)	1	88.31	0.86	0.51	0.37	2.13	1.22	0.91	7.82	168	
E051	Pear (<i>Pyrus</i> sp.)	6	86.49±0.18	0.36±0.04	0.32±0.02	0.27±0.04	4.48±0.08	4.02±0.07	0.46±0.03	8.09±0.23	157±3	
E052	Phalsa (<i>Grewia asiatica</i>)	2	77.48	1.66	1.09	0.14	4.54	3.44	1.09	15.09	299	
E053	Pineapple (<i>Ananas comosus</i>)	6	86.06±1.19	0.52±0.09	0.38±0.04	0.16±0.02	3.46±0.12	2.88±0.08	0.59±0.06	9.42±1.15	180±19	
E054	Plum (<i>Prunus domestica</i>)	3	84.44±1.25	0.64±0.13	0.35±0.16	0.40±0.16	2.07±0.36	1.23±0.22	0.84±0.16	12.10±1.47	238±19	
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	83.55±0.39	1.33±0.07	0.57±0.04	0.15±0.02	2.83±0.06	2.26±0.05	0.57±0.02	11.58±0.43	229±6	
E056	Pummelo (<i>Citrus maxima</i>)	3	86.97±1.52	0.68±0.06	0.49±0.03	0.42±0.01	0.80±0.04	0.49±0.03	0.31±0.01	10.64±1.54	210±26	
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6	19.69±0.59	2.57±0.20	2.19±0.14	0.34±0.02	3.92±0.23	2.55±0.30	1.37±0.17	71.29±0.48	1279±12	
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6	21.50±0.51	2.76±0.26	2.04±0.17	0.35±0.03	4.56±0.50	3.04±0.55	1.53±0.26	68.79±1.00	1241±16	

Table 1. Proximate Principles and Dietary Fibre

Food code		No. of Regions	Dietary Fibre								Energy
			Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	
							Total	Insoluble	Soluble		
Food Name			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E059	Rambutan (<i>Nephelium lappaceum</i>)	1	80.87	0.68	0.43	0.16	1.02	0.71	0.30	16.84	306
E060	Sapota (<i>Achras sapota</i>)	6	73.64±1.01	0.92±0.07	0.68±0.05	1.26±0.02	9.60±0.57	8.46±0.58	1.14±0.04	13.90±1.13	307±18
E061	Soursop (<i>Annona muricata</i>)	1	80.85	0.74	0.58	0.94	4.95	3.79	1.16	11.94	260
E062	Star fruit (<i>Averrhoa carambola</i>)	1	91.18	0.79	0.33	0.39	2.81	2.17	0.64	4.51	110
E063	Strawberry (<i>Fragaria ananassa</i>)	6	92.03±0.64	0.97±0.10	0.54±0.02	0.56±0.02	2.50±0.03	1.51±0.08	0.99±0.08	3.40±0.64	103±11
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6	20.83±0.57	2.92±0.22	3.44±0.31	0.15±0.02	5.31±0.27	3.73±0.24	1.58±0.09	67.35±0.45	1207±7
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6	94.54±0.63	0.60±0.06	0.13±0.02	0.16±0.01	0.70±0.14	0.35±0.11	0.34±0.05	3.86±0.59	85±10
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6	95.33±0.22	0.59±0.03	0.12±0.01	0.16±0.01	0.78±0.11	0.40±0.07	0.38±0.08	3.02±0.21	70±4
E067	Wood Apple (<i>Limonia acidissima</i>)	3	79.36±0.17	3.14±0.30	1.15±0.05	3.62±0.03	5.21±0.38	3.77±0.08	1.44±0.40	7.52±0.58	327±3
E068	Zizyphus (<i>Zizyphus jujube</i>)	1	84.39	1.34	0.80	0.35	3.73	2.71	1.02	9.40	204

F ROOTS AND TUBERS

F001	Beet root (<i>Beta vulgaris</i>)	6	86.95±0.50	1.95±0.14	1.46±0.21	0.14±0.01	3.31±0.32	2.60±0.30	0.71±0.06	6.18±0.61	149±9
F002	Carrot, orange (<i>Dacus carota</i>)	6	87.69±0.56	0.95±0.15	1.16±0.09	0.47±0.02	4.18±0.30	2.81±0.18	1.37±0.21	5.55±0.48	139±9
F003	Carrot, red (<i>Dacus carota</i>)	4	86.07±1.34	1.04±0.09	1.22±0.10	0.47±0.04	4.49±0.19	3.09±0.26	1.40±0.21	6.71±1.11	160±19
F004	Colocasia (<i>Colocasia antiquorum</i>)	6	73.49±0.32	3.31±0.59	1.95±0.27	0.17±0.03	3.22±0.34	2.54±0.30	0.68±0.05	17.85±0.94	372±9
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3	76.26±0.87	1.94±0.32	1.50±0.10	0.93±0.06	4.70±0.04	2.86±0.01	1.84±0.05	14.67±0.45	332±14
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6	80.72±0.40	1.54±0.17	0.92±0.08	0.23±0.02	1.71±0.03	1.13±0.02	0.58±0.04	14.89±0.40	292±7
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1	82.97	1.35	0.87	0.22	1.69	1.15	0.54	12.90	255
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1	79.72	1.83	1.13	0.22	1.68	1.11	0.57	15.43	306
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3	89.32±0.29	0.67±0.03	0.73±0.02	0.13±0.02	2.46±0.16	1.96±0.03	0.49±0.15	6.71±0.12	134±3

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
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6	89.05±0.72	0.77±0.08	0.82±0.10	0.15±0.02	2.65±0.15	1.98±0.16	0.67±0.08	6.56±0.70	135±11
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1	89.68	0.89	0.91	0.16	2.29	1.56	0.73	6.07	130
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2	89.76	0.80	0.80	0.14	2.37	1.63	0.74	6.13	129
F013	Sweet potato, brown skin (<i>Ipomoes batatas</i>)	4	69.21±0.83	1.33±0.12	0.96±0.07	0.26±0.06	3.99±0.05	2.57±0.07	1.43±0.04	24.25±0.77	456±15
F014	Sweet potato, pink skin (<i>Ipomoes batatas</i>)	3	69.58±0.22	1.27±0.09	0.95±0.01	0.33±0.06	3.94±0.10	2.53±0.04	1.41±0.07	23.93±0.15	452±4
F015	Tapioca (<i>Manihot esculenta</i>)	3	75.23±0.55	1.03±0.10	1.12±0.11	0.20±0.01	4.61±0.12	3.85±0.08	0.76±0.05	17.81±0.57	334±10
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1	73.34	0.86	0.95	0.37	3.02	2.15	0.87	21.46	400
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6	74.39±0.31	2.56±0.28	1.29±0.10	0.14±0.02	4.17±0.05	3.25±0.03	0.92±0.03	17.46±0.55	353±5
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4	74.28±0.63	2.18±0.26	1.64±0.19	0.17±0.02	4.08±0.07	3.32±0.32	0.76±0.25	17.65±0.57	349±12
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2	69.35	3.07	1.76	0.30	4.57	3.29	1.29	20.95	430
G CONDIMENTS AND SPICES-FRESH											
G001	Chillies, green-1 (<i>Capsicum annum</i>)	5	84.47±0.29	2.62±0.35	1.01±0.14	0.73±0.02	4.86±0.65	3.31±0.42	1.55±0.35	6.32±0.41	191±5
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3	85.72±0.49	2.28±0.13	0.85±0.06	0.75±0.04	5.13±0.56	3.79±0.33	1.34±0.27	5.27±0.42	167±7
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5	85.59±0.79	2.38±0.40	0.95±0.13	0.75±0.02	5.10±0.10	3.61±0.46	1.50±0.49	5.23±0.71	169±12
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3	85.29±0.53	2.33±0.30	0.87±0.13	0.74±0.01	4.15±0.29	2.84±0.17	1.31±0.26	6.63±0.61	190±9
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2	85.93±0.11	2.01±0.26	0.82±0.08	0.65±0.03	3.95±0.60	2.83±0.37	1.12±0.32	6.64±0.39	180±10
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1	84.93	3.01	0.96	0.64	5.15	3.91	1.24	5.31	175
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1	85.83	2.12	0.90	0.60	4.95	3.75	1.20	5.61	163
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6	85.39±0.68	2.36±0.34	0.91±0.12	0.72±0.05	4.77±0.61	3.41±0.52	1.37±0.34	5.86±0.77	177±14
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	86.99±0.41	3.52±0.26	2.19±0.15	0.70±0.06	4.66±0.24	3.24±0.21	1.42±0.15	1.93±0.27	130±9

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
G010	Curry leaves (<i>Murraya koenigii</i>)	6	65.33±1.57	7.41±0.26	4.86±0.58	1.06±0.04	16.83±0.78	13.81±0.43	3.02±0.44	4.51±1.79	266±32
G011	Garlic, big clove (<i>Allium sativum</i>)	6	64.38±0.56	6.92±0.20	1.40±0.11	0.16±0.02	5.22±0.41	2.56±0.38	2.66±0.17	21.93±0.82	518±12
G012	Garlic, small clove (<i>Allium sativum</i>)	3	64.42±0.30	6.75±0.24	1.38±0.17	0.14±0.01	5.47±0.07	2.61±0.02	2.86±0.07	21.84±0.74	514±8
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1	64.49	6.12	1.76	0.16	4.01	2.20	1.81	23.46	523
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6	81.27±0.22	2.22±0.16	1.33±0.13	0.85±0.03	5.36±0.40	4.28±0.25	1.08±0.21	8.97±0.28	230±4
G015	Mango ginger (<i>Curcuma amada</i>)	3	84.55±0.16	1.45±0.37	1.57±0.14	0.70±0.03	4.74±0.50	3.79±0.13	0.95±0.62	6.98±0.15	177±3
G016	Mint leaves (<i>Mentha spicata</i>)	4	84.24±0.71	4.66±0.15	2.18±0.17	0.65±0.05	5.89±0.49	4.49±0.54	1.40±0.06	2.39±0.36	155±4
G017	Onion, big (<i>Allium cepa</i>)	6	85.76±0.43	1.50±0.10	0.50±0.04	0.24±0.03	2.45±0.21	1.92±0.15	0.53±0.08	9.56±0.44	201±9
G018	Onion, small (<i>Allium cepa</i>)	5	84.67±0.12	1.82±0.20	0.61±0.07	0.16±0.01	1.16±0.19	0.70±0.18	0.46±0.09	11.58±0.37	237±4
G	CONDIMENTS AND SPICES-DRY										
G019	Asafoetida (<i>Ferula assa-foetida</i>)	6	9.42±0.56	6.34±0.53	5.90±0.12	1.26±0.02	5.13±0.33	3.90±0.37	1.23±0.25	71.95±0.71	1387±9
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6	11.24±0.51	8.10±0.41	7.21±0.46	2.60±0.15	23.10±0.14	20.46±0.09	2.64±0.10	47.76±0.47	1067±16
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4	6.69±0.47	6.69±0.31	7.84±0.40	2.80±0.24	23.46±0.58	20.73±0.39	2.74±0.37	52.53±1.51	1132±13
G022	Chillies, red (<i>Capsicum annum</i>)	6	14.57±0.42	12.69±0.22	5.73±0.15	6.40±0.04	31.15±0.04	26.55±0.17	4.60±0.15	29.46±0.62	990±8
G023	Cloves (<i>Syzygium aromaticum</i>)	6	26.49±0.68	5.86±0.21	5.99±0.23	8.41±0.15	34.52±0.48	28.07±0.42	6.46±0.10	18.73±0.39	781±6
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	8.72±0.47	10.66±0.33	5.36±0.15	17.47±0.22	44.81±2.36	35.27±1.77	9.54±2.42	12.98±2.62	1125±38
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6	10.59±0.51	13.91±0.50	5.90±0.09	16.64±0.15	30.35±0.71	25.73±0.77	4.62±0.27	22.62±1.05	1274±19
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6	7.82±0.37	25.41±0.24	2.93±0.15	5.72±0.02	47.55±0.54	27.63±0.59	19.92±0.51	10.57±0.57	983±10
G027	Mace (<i>Myristica fragrans</i>)	6	20.06±0.70	6.24±0.27	2.47±0.28	24.41±0.20	20.31±0.23	16.78±0.23	3.54±0.17	26.51±0.81	1488±12
G028	Nutmeg (<i>Myristica fragrans</i>)	6	15.55±0.55	6.30±0.24	1.99±0.11	36.52±0.04	11.99±0.18	10.54±0.18	1.46±0.14	27.64±0.70	1940±11
G029	Omum (<i>Trachyspermum ammi</i>)	6	9.71±0.18	15.89±0.61	8.18±0.23	21.11±0.08	20.58±0.04	17.20±0.02	3.38±0.04	24.53±0.68	1495±7

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	
G030	Pippali (<i>Piper longum</i>)	6	10.95±0.48	10.53±0.45	6.41±0.07	2.27±0.02	34.14±0.60	29.57±0.55	4.57±0.39	35.70±0.45	906±8	
G031	Pepper, black (<i>Piper nigrum</i>)	6	13.18±0.40	10.12±0.40	4.58±0.13	2.74±0.02	33.16±0.29	30.61±0.29	2.54±0.11	36.22±0.45	910±8	
G032	Poppy seeds (<i>Papaver somniferum</i>)	6	4.22±0.32	20.31±0.40	6.04±0.19	30.38±1.87	26.68±3.04	15.62±2.29	11.06±1.75	12.37±1.95	1768±77	
G033	Turmeric powder (<i>Curcuma domestica</i>)	6	10.58±0.49	7.66±0.44	6.13±0.38	5.03±0.07	21.38±0.29	18.79±0.42	2.59±0.29	49.22±0.55	1174±7	
H NUTS AND OIL SEEDS												
H001	Almond (<i>Prunus amygdalus</i>)	6	4.37±0.31	18.41±0.04	2.62±0.13	58.49±0.04	13.06±0.31	10.55±0.22	2.52±0.34	3.04±0.24	2549±4	
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6	6.63±0.15	5.78±0.45	1.39±0.09	4.35±0.03	11.44±0.64	10.14±0.44	1.30±0.32	70.42±0.81	1467±12	
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3	6.30±0.32	6.46±0.51	1.41±0.04	4.46±0.03	11.11±0.34	10.09±0.25	1.03±0.27	70.27±0.96	1477±9	
H004	Arecanut, fresh (<i>Areca catechu</i>)	2	37.70	2.73	1.43	5.51	7.63	6.59	1.03	45.00	1024	
H005	Cashew nut (<i>Anacardium occidentale</i>)	6	4.44±0.22	18.78±0.58	2.25±0.08	45.20±0.07	3.86±0.47	2.23±0.35	1.63±0.24	25.46±0.70	2438±11	
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6	3.97±0.73	7.27±0.02	1.61±0.17	63.26±0.30	15.88±0.79	14.55±0.23	1.33±0.99	8.01±1.02	2611±9	
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	36.14±0.36	3.84±0.04	1.93±0.15	41.38±0.42	10.42±0.28	9.43±0.24	0.99±0.07	6.30±0.43	1711±13	
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5	4.60±0.21	23.36±0.32	6.37±0.11	23.74±0.09	8.27±0.04	6.33±0.06	1.95±0.10	33.66±0.50	1863±3	
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6	4.51±0.44	19.17±0.64	5.78±0.22	43.10±0.03	17.16±0.19	13.57±0.13	3.59±0.13	10.29±0.74	2124±8	
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4	3.62±0.32	21.61±0.71	4.58±0.13	43.22±0.08	17.21±0.18	13.58±0.18	3.63±0.11	9.76±1.01	2161±8	
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5	3.30±0.28	21.70±0.44	4.13±0.16	43.05±0.04	16.99±0.30	13.49±0.19	3.51±0.15	10.83±0.50	2174±9	
H012	Ground nut (<i>Arachis hypogea</i>)	6	6.97±0.69	23.65±0.85	2.11±0.07	39.63±0.29	10.38±0.18	8.58±0.15	1.79±0.22	17.27±0.33	2176±9	
H013	Mustard seeds (<i>Brassica juncea</i>)	6	5.67±0.48	19.51±0.23	3.73±0.05	40.19±0.21	14.10±0.66	10.63±0.57	3.47±0.20	16.80±0.71	2132±16	
H014	Linseeds (<i>Linum usitatissimum</i>)	6	5.48±0.28	18.55±0.15	3.15±0.10	35.67±0.70	26.17±0.39	21.83±0.60	4.33±0.84	10.99±0.86	1857±16	
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	4.65±0.59	18.92±1.61	3.91±0.26	38.61±0.41	10.93±0.05	10.50±0.03	0.43±0.04	22.98±2.64	2144±11	

			Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
H016	Niger seeds, gray (Guizotia abyssinica)	5	WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
	Food Name		5.66±0.29	18.34±2.11	4.92±0.22	39.53±0.26	10.96±0.14	10.54±0.12	0.41±0.03	20.59±1.85	2128±6
H017	Pine seed (Pinus gerardiana)	5	5.32±0.15	12.55±0.25	2.78±0.10	48.79±0.10	3.79±0.03	2.23±0.03	1.57±0.03	26.77±0.35	2486±3
H018	Pistachio nuts (Pistacia vera)	6	4.68±0.22	23.35±0.35	3.02±0.13	42.49±0.34	10.64±0.16	8.23±0.15	2.41±0.11	15.82±0.52	2257±10
H019	Safflower seeds (Carthamus tinctorius)	5	5.24±0.16	17.66±0.54	2.57±0.15	30.87±0.98	13.49±0.45	10.24±0.27	3.25±0.22	30.18±1.20	1981±20
H020	Sunflower seeds (Helianthus annuus)	5	3.53±0.29	23.53±0.56	3.44±0.26	51.85±0.07	10.80±0.13	8.51±0.17	2.29±0.07	6.85±0.99	2453±8
H021	Walnut (Juglans regia)	6	3.56±0.22	14.92±0.62	1.72±0.08	64.27±0.05	5.39±0.19	4.74±0.17	0.65±0.03	10.14±0.69	2809±3
I SUGARS											
I001	Jaggery, cane (Saccharum officinarum)	6	11.20±0.49	1.85±0.19	1.92±0.17	0.16±0.02				84.87±0.63	1480±9
I002	Sugarcane, juice (Saccharum officinarum)	6	85.54±0.99	0.16±0.03	0.23±0.02	0.40±0.05	0.56±0.09	0.40±0.05	0.16±0.05	13.11±0.93	242±18
J MUSHROOMS											
J001	Button mushroom, fresh (Agaricus sp.)	1	90.09	3.68	0.71	0.42	3.11	2.76	0.35	1.98	115
J002	Chicken mushroom, fresh (Lactiporus sp.)	1	92.43	1.84	0.74	0.25	1.99	1.82	0.18	2.76	89
J003	Shiitake mushroom, fresh (Lentinula sp.)	1	82.94	3.19	1.11	0.76	3.02	2.03	0.99	8.98	243
J004	Oyster mushroom, dried (Pleurotus sp.)	1	4.51	19.04	1.41	2.86	39.12	35.64	3.48	33.07	1019
K MISCELLANEOUS FOODS											
K001	Toddy	10	93.86±0.59	0.18±0.05	0.21±0.03	0.03±0.01				5.72±0.55	101±10
K002	Coconut Water	6	95.77±0.42	0.26±0.04	0.65±0.06	0.16±0.02				3.16±0.39	64±7

Food code	Food Name		Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy	
							Total	Insoluble	Soluble			
			←				g				→	
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC	
L	MILK AND MILK PRODUCTS											
L001	Milk, whole, Buffalo	6	80.68±0.66	3.68±0.13	0.67±0.02	6.58±0.20			8.39±0.71	449±9		
L002	Milk, whole, Cow	6	86.64±1.10	3.26±0.06	0.68±0.02	4.48±0.29			4.94±1.02	305±23		
L003	Panner	6	51.96±0.76	18.86±0.75	1.98±0.08	14.78±0.17			12.41±0.12	1079±13		
L004	Khoa	6	42.51±0.21	16.34±0.61	4.00±0.14	20.62±0.83			16.53±1.26	1322±14		

Food code	Food Name	Region s	Moisture	Protein	Ash	Total Fat	Energy
			g				KJ
			←			→	
			WATER	PROTCNT	ASH	FATCE	ENERC
M	EGG AND EGG PRODUCTS						
M001	Egg, poultry, whole, raw	6	76.51±0.20	13.28±0.29	0.81±0.04	9.15±0.14	564±3
M002	Egg, poultry, white, raw	6	86.68±0.11	10.84±0.07	0.75±0.03	0.06±0.01	187±1
M003	Egg, poultry, yolk, raw	6	53.57±0.40	15.74±0.33	1.05±0.05	26.34±0.17	1242±9
M004	Egg, poultry, whole, boiled	6	73.46±0.22	13.43±0.28	0.86±0.04	10.54±0.19	618±6
M005	Egg, poultry, white, boiled	6	83.54±0.18	12.37±0.16	0.81±0.04	0.26±0.02	220±3
M006	Egg, poultry, yolk, boiled	6	51.42±0.22	16.13±0.45	1.38±0.14	27.46±0.24	1290±8
M007	Egg, poultry, omlet	3	68.48±0.13	16.53±0.43	0.96±0.03	11.60±0.22	710±4
M008	Egg, country hen, whole, raw	1	72.96	13.14	0.86	13.00	704
M009	Egg, country hen, whole, boiled	1	70.43	14.43	0.94	14.10	767
M010	Egg, country hen, omlet	1	67.80	14.80	1.08	16.30	855
M011	Egg, duck, whole, boiled	1	71.61	13.80	0.97	13.61	738
M012	Egg, duck, whole, raw	1	70.53	14.60	0.99	13.83	760
M013	Egg, duck, whole, omlet	1	68.90	15.10	1.18	14.80	804
M014	Egg, quial, whole, raw	1	75.11	12.39	0.94	11.46	635
M015	Egg, quial, whole, boiled	1	74.41	13.03	0.99	11.50	647
N	POULTRY						
N001	Chicken, poultry, leg, skinless	4	67.61±0.30	19.44±0.79	1.14±0.08	12.64±0.53	1605±23
N002	Chicken, poultry, thigh, skinless	6	67.58±0.46	18.18±0.57	1.14±0.10	14.23±0.84	836±38
N003	Chicken, poultry, breast, skinless	5	67.15±0.18	21.81±0.81	1.19±0.09	9.00±0.52	704±24
N004	Chicken, poultry, wing, skinless	5	67.48±0.21	17.42±0.60	1.13±0.05	13.81±0.26	807±17

o o d	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			←————— g —————→				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
N005	Poultry, chicken, liver	1	73.20	21.57	1.11	4.08	518
N006	Poultry, chicken, gizzard	1	78.05	18.22	1.46	2.07	386
N007	Country hen, leg, with skin	1	70.02	17.01	1.20	11.73	723
N008	Country hen, thigh, with skin	1	67.46	18.29	1.23	12.82	785
N009	Country hen, breast, with skin	1	66.53	22.08	1.14	10.20	753
N010	Country hen, wing, with skin	1	68.01	18.65	1.14	12.09	764
N011	Duck, meat, with skin	1	73.49	19.07	1.22	6.03	547
N012	Emu, meat, skinless	1	71.65	22.65	0.98	4.62	556
N013	Guinea fowl, meat, with skin	1	75.21	20.52	0.92	3.24	469
N014	Pigeon, meat, with skin	1	74.61	17.94	1.32	6.03	528
N015	Quail, meat, skinless	1	71.58	20.92	1.35	5.95	576
N016	Turkey, leg, with skin	1	69.24	20.30	1.21	8.15	647
N017	Turkey, thigh, with skin	1	72.17	20.46	0.97	6.31	581
N018	Turkey, breast, with skin	1	68.44	21.96	1.01	8.04	671
N019	Turkey, wing, with skin	1	66.16	21.91	0.97	10.77	771
O ANIMAL MEAT							
O001	Goat, shoulder	6	66.39±0.40	20.33±0.50	0.90±0.02	11.94±0.78	787±33
O002	Goat, chops	6	72.46±1.10	20.39±0.83	0.99±0.01	5.98±0.37	568±26
O003	Goat, legs	6	68.85±0.86	22.07±0.63	0.97±0.03	7.94±0.62	669±26
O004	Goat, brain	5	76.74±1.02	13.82±0.80	1.29±0.07	8.06±0.46	533±23
O005	Goat, tongue	4	68.40±1.00	16.63±0.54	1.02±0.04	13.68±1.09	789±39

CodeFood	Food Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy
			g				KJ
			←	→	←	→	←
			WATER	PROTCNT	ASH	FATCE	ENERC
O006	Goat, lungs	4	79.03±1.20	16.86±0.71	0.74±0.01	3.09±0.56	401±32
O007	Goat, heart	5	75.15±1.23	19.38±0.80	0.95±0.09	4.40±0.71	492±33
O008	Goat, liver	6	73.37±1.16	20.32±0.92	1.30±0.07	4.88±0.73	526±31
O009	Goat, tripe	5	80.94±0.84	15.36±0.50	0.23±0.02	3.36±0.29	386±19
O010	Goat, spleen	4	77.93±0.50	18.45±0.15	1.15±0.09	2.37±0.36	401±14
O011	Goat, kidneys	4	80.26±1.07	15.60±1.15	1.10±0.05	2.93±0.18	374±18
O012	Goat, tube (small intestine)	3	78.12±0.63	12.92±0.54	0.54±0.01	8.26±1.08	525±32
O013	Goat, testis	2	84.29	12.32	0.87	2.39	298
O014	Sheep, shoulder	5	66.51±2.51	18.24±1.41	0.86±0.01	14.31±1.37	840±68
O015	Sheep, chops	4	75.66±2.78	18.00±1.22	1.09±0.02	5.15±2.05	496±86
O016	Sheep, leg	5	68.26±1.01	21.42±0.43	0.94±0.01	8.69±0.74	686±25
O017	Sheep, brain	1	78.36	13.05	1.19	7.29	492
O018	Sheep, tongue	1	68.70	16.61	1.06	13.53	783
O019	Sheep, lungs	2	80.41	16.12	0.97	2.41	363
O020	Sheep, heart	1	77.06	18.19	0.97	3.66	445
O021	Sheep, liver	4	69.71±1.12	22.26±1.46	1.26±0.07	4.87±0.12	559±21
O022	Sheep, tripe	2	78.81	16.76	0.26	4.05	435
O023	Sheep, spleen	1	79.66	16.02	1.17	3.02	384
O024	Sheep, kidneys	2	79.77	16.22	1.00	2.92	384
O025	Beef, shoulder	6	63.84±0.59	20.56±1.32	0.95±0.01	14.59±0.86	889±12
O026	Beef, chops	4	72.40±0.34	19.82±0.43	0.96±0.02	6.71±0.45	585±13
O027	Beef, round (leg)	6	68.04±1.36	22.64±1.03	1.19±0.01	7.38±0.71	658±37

o o d	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
O028	Beef, brain	4	78.71±1.43	10.55±0.50	1.37±0.17	9.28±0.92	523±42
O029	Beef, tongue	4	70.97±1.20	15.63±0.67	0.73±0.00	12.57±0.63	731±32
O030	Beef, lungs	3	80.83±0.18	15.66±0.42	1.13±0.05	2.28±0.21	351±1
O031	Beef, heart	5	77.77±0.72	17.68±0.51	0.87±0.01	3.57±0.46	433±20
O032	Beef, liver	6	74.15±1.31	20.73±0.96	1.07±0.03	3.96±0.45	499±30
O033	Beef, tripe	5	83.74±0.62	13.10±0.29	0.55±0.01	2.51±0.74	316±25
O034	Beef, spleen	6	79.03±0.73	17.42±0.55	1.22±0.04	2.22±0.24	378±16
O035	Beef, kidneys	3	77.59±0.66	17.09±0.30	1.22±0.04	4.01±0.36	439±17
O036	Calf, shoulder	2	70.49	20.98	0.94	7.47	633
O037	Calf, chops	2	72.66	22.47	0.92	3.85	524
O038	Calf, round (leg)	2	71.13	21.10	0.74	6.92	615
O039	Calf, brain	2	81.19	9.84	1.26	7.60	448
O040	Calf, tongue	2	69.44	17.78	0.93	11.76	737
O041	Calf, heart	1	73.44	18.84	0.86	3.75	459
O042	Calf, liver	1	73.66	21.02	1.26	3.95	503
O043	Calf, spleen	1	78.65	17.71	1.41	2.12	379
O044	Calf, kidneys	2	80.23	15.16	1.02	3.50	387
O045	Mithun, shoulder	1	68.86	19.05	0.84	11.14	736
O046	Mithun, chops	1	73.81	18.19	0.79	6.12	536
O047	Mithun, round (leg)	1	72.25	19.61	0.90	4.10	485
O048	Pork, shoulder	6	62.92±0.74	17.41±0.71	0.75±0.12	18.83±0.88	993±28
O049	Pork, chops	6	68.40±1.25	19.41±0.68	0.64±0.05	11.30±1.33	748±51

CodeFood	Food Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy
			<div>←──</div>				

Food Code	Fish Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy	
			<div><div></div><div>g</div><div></div></div>					KJ
			WATER	PROTCNT	ASH	FATCE	ENERC	
P	MARINE FISH							
P001	Allathi (<i>Elops machnata</i>)	1	75.91	21.77	1.06	0.98	406	
P002	Aluva (<i>Parastromateus niger</i>)	3	75.71±0.06	21.63±0.28	1.39±0.08	1.80±0.51	434±17	
P003	Anchovy (<i>Stolephorus indicus</i>)	2	77.77	19.88	1.62	0.78	367	
P004	Ari fish (<i>Aprion virescens</i>)	1	77.09	22.01	1.34	1.11	415	
P005	Betki (<i>Lates calcarifer</i>)	1	82.52	15.28	1.12	0.29	284	
P006	Black snapper (<i>Macolor niger</i>)	1	78.09	19.50	1.19	1.24	377	
P007	Bombay duck (<i>Harpadon nehereus</i>)	2	83.24	13.53	1.07	1.03	287	
P008	Bommuralu (<i>Muraenesox cinerius</i>)	3	76.42±0.05	22.30±0.27	1.21±0.20	2.87±0.29	485±14	
P009	Cat fish (<i>Tachysurus thalassinus</i>)	1	76.22	22.18	1.32	2.13	456	
P010	Chakla (<i>Rachycentron canadum</i>)	5	78.36±0.07	20.21±0.70	1.07±0.09	1.68±1.00	406±36	
P011	Chappal (<i>Aluterus monoceros</i>)	1	80.61	17.17	1.23	0.67	317	
P012	Chelu (<i>Elagatis bipinnulata</i>)	2	76.36	20.02	1.28	0.70	366	
P013	Chemballi (<i>Lutjanus quinquelineatus</i>)	1	77.54	20.06	0.86	1.77	406	
P014	Eri meen (<i>Pristipomoides filamentosus</i>)	1	76.54	22.30	1.28	2.02	454	
P015	Gobro (<i>Epinephelus diacanthus</i>)	2	78.84	19.37	0.98	0.88	362	
P016	Guitar fish (<i>Rhinobatus prahli</i>)	1	75.73	22.56	1.32	0.44	400	
P017	Hilsa (<i>Tenualosa ilisha</i>)	2	60.09	21.80	1.11	18.49	1083	
P018	Jallal (<i>Arius sp.</i>)	1	77.50	21.55	1.17	1.46	420	
P019	Jathi vela meen (<i>Lethrinus lentjan</i>)	2	75.66	22.45	1.26	1.92	453	
P020	Kadal bral (<i>Synodus indicus</i>)	1	79.66	18.72	1.27	1.34	368	
P021	Kadali (<i>Nemipterus mesoprion</i>)	1	73.74	22.07	1.06	4.20	530	

Food Code	Fish Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2	75.50	20.89	1.08	4.54	523
P023	Kalava (<i>Epinephelus coioides</i>)	1	80.02	19.38	1.34	1.20	374
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2	77.59	20.19	1.07	0.65	367
P025	Kannadi paarai (<i>Alectis indicus</i>)	3	76.25±0.65	22.09±0.24	1.28±0.19	1.27±0.40	423±11
P026	Karimeen (<i>Etroplus suratensis</i>)	1	78.66	19.68	0.97	1.38	386
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1	79.22	19.52	1.45	0.84	363
P028	Kayrai (<i>Thunnus albacores</i>)	2	72.69	20.15	1.28	3.00	454
P029	Kiriyan (<i>Atule mate</i>)	1	72.39	22.49	0.94	4.70	556
P030	Kite fish (<i>Mobula kuhlii</i>)	1	77.61	23.07	1.50	0.56	413
P031	Korka (<i>Terapon jarbua</i>)	1	72.25	23.72	1.09	3.36	528
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1	73.44	21.62	1.25	3.60	501
P033	Maagaa (<i>Polynemus plebeius</i>)	1	79.23	20.11	1.01	0.67	366
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3	74.55±1.14	21.51±0.34	1.20±0.43	1.53±0.93	423±40
P035	Manda clathi (<i>Naso reticulatus</i>)	1	76.32	21.27	1.48	1.00	398
P036	Matha (<i>Acanthurus mata</i>)	2	79.81	21.17	1.35	0.79	389
P037	Milk fish (<i>Chanos chanos</i>)	1	72.22	23.66	1.12	1.09	442
P038	Moon fish (<i>Mene maculata</i>)	1	74.21	20.74	1.69	4.69	526
P039	Mullet (<i>Mugil cephalus</i>)	3	76.12±0.33	20.23±1.30	1.16±0.13	1.32±0.27	393±26
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1	78.96	19.04	1.11	0.58	345
P041	Myil meen (<i>Istiophorus platypterus</i>)	2	75.57	22.89	1.21	0.56	410
P042	Nalla bontha (<i>Epinephelus</i> sp.)	1	79.32	19.82	1.00	0.72	364
P043	Narba (<i>Caranx sexfasciatus</i>)	2	76.37	21.95	1.17	1.60	432

Co de	Fish Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy
			←————— g —————→				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
P044	Paarai (<i>Caranx heberi</i>)	1	75.77	21.58	1.21	1.84	435
P045	Padayappa (<i>Canthidermis maculata</i>)	1	79.18	19.70	1.26	0.69	360
P046	Pali kora (<i>Panna microdon</i>)	1	78.63	19.25	1.00	1.81	394
P047	Pambada (<i>Lepturacanthus savala</i>)	2	74.67	21.95	1.41	4.44	537
P048	Pandukopa (<i>Pseudosciaena manchurica</i>)	1	77.46	19.73	1.15	0.65	360
P049	Parava (<i>Lactarius lactarius</i>)	1	77.19	21.50	1.08	2.74	467
P050	Parcus (<i>Psettodes erumei</i>)	1	79.01	19.87	1.12	0.62	361
P051	Parrot fish (<i>Scarus ghobban</i>)	1	76.84	20.82	1.40	0.57	375
P052	Perinkilichai (<i>Pinjalo pinjalo</i>)	1	78.33	20.89	1.02	0.87	387
P053	Phopat (<i>Coryphaena hippurus</i>)	4	76.42±0.14	22.05±0.75	1.24±0.02	1.33±0.47	424±8
P054	Piranha (<i>Pygoprits</i> sp.)	1	76.15	20.46	0.93	5.43	549
P055	Pomfret, black (<i>Parastromateus niger</i>)	1	74.43	18.91	0.97	4.83	515
P056	Pomfret, snub nose (<i>Trachinotus blochii</i>)	2	77.81	21.05	1.29	0.46	375
P057	Pomfret, white (<i>Pampus argenteus</i>)	2	75.91	19.02	1.01	5.12	513
P058	Pranel (<i>Gerres</i> sp.)	1	79.54	19.69	0.76	1.89	405
P059	Pulli paarai (<i>Gnathanodon speciosus</i>)	1	75.99	20.06	1.19	1.55	399
P060	Queen fish (<i>Scomberoides commersonianus</i>)	3	76.63±0.23	20.97±0.31	1.22±0.09	1.17±0.20	400±12
P061	Raai fish (<i>Lobotes surinamensis</i>)	2	77.14	21.61	1.11	1.69	430
P062	Raai vanthu (<i>Epinephelus chlorostigma</i>)	1	79.95	19.39	0.92	2.17	410
P063	Rani (<i>Pink perch</i>)	1	78.55	18.83	1.01	1.49	377
P064	Ray fish, bow head, spotted (<i>Rhina ancylostoma</i>)	1	80.30	19.03	1.15	0.70	349
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1	76.28	22.79	1.26	1.34	437

Food Code	Fish Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1	76.31	21.50	1.10	2.30	451
P067	Sadaya (<i>Platax orbicularis</i>)	1	75.53	20.68	1.32	2.97	462
P068	Salmon (<i>Salmo salar</i>)	1	67.84	20.97	1.13	9.86	721
P069	Sangada (<i>Nemipterus japonicus</i>)	1	78.51	20.26	1.26	2.67	443
P070	Sankata paarai (<i>Caranx ignobilis</i>)	1	74.88	21.87	1.18	1.68	434
P071	Sardine (<i>Sardinella longiceps</i>)	1	72.29	17.91	0.84	8.99	637
P072	Shark (<i>Carcharhinus sorrah</i>)	2	72.82	21.60	1.08	0.83	398
P073	Shark, hammer head (<i>Sphyrna mokarran</i>)	1	74.61	23.40	0.92	0.80	432
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1	78.83	20.95	1.04	0.75	384
P075	Shelavu (<i>Sphyaena jello</i>)	4	74.60±1.68	22.46±1.34	1.26±0.07	1.74±0.50	446±41
P076	Silan (<i>Silonia silondia</i>)	1	70.12	22.72	0.77	6.68	633
P077	Silk fish (<i>Beryx</i> sp.)	1	77.61	20.65	1.05	1.53	408
P078	Silver carp (<i>Hypophthalmichthys molitrix</i>)	1	72.47	21.71	0.95	5.17	555
P079	Sole fish (<i>Cynoglossus arel</i>)	1	80.18	19.05	1.06	1.18	367
P080	Stingray (<i>Dasyatis pastinaca</i>)	1	75.67	23.98	1.14	0.68	408
P081	Tarlava (<i>Drepane punctata</i>)	2	76.76	21.72	1.14	1.20	414
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2	76.20	20.78	1.06	2.13	432
P083	Tilapia (<i>Oreochromis niloticus</i>)	1	79.57	18.48	1.18	1.08	349
P084	Tuna (<i>Euthynnus affinis</i>)	5	72.12±0.42	24.50±0.27	1.11±0.12	1.44±0.42	470±16
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1	77.76	21.28	0.87	1.12	403
P086	Valava (<i>Chirocentrus nudus</i>)	1	77.25	21.80	1.27	1.06	410
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2	72.30	22.28	1.33	5.18	570

Food Code	Fish Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			g				KJ
			←	→	←	→	←
			WATER	PROTCNT	ASH	FATCE	ENERC
P088	Vela meen (<i>Aprion virescens</i>)	1	71.82	22.16	1.34	4.34	537
P089	Vora (<i>Siganus javus</i>)	2	76.94	20.14	1.26	2.14	422
P090	Whale shark (<i>Galeocерdo cuvier</i>)	1	77.59	21.83	1.48	0.82	401
P091	Xiphiis (<i>Xiphias gladius</i>)	1	79.22	19.82	1.15	0.88	370
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1	69.34	24.68	1.57	5.28	600
Q MARINE SHELLFISH							
Q001	Crab (<i>Menippe mercenaria</i>)	1	79.77	10.23	1.74	1.41	343
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1	79.67	15.36	0.92	0.60	283
Q003	Lobster, brown (<i>Thenus orientalis</i>)	1	81.48	15.96	1.29	0.56	292
Q004	Lobster, king size (<i>Thenus orientalis</i>)	1	77.77	18.54	1.08	0.78	375
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1	83.10	10.00	2.60	0.55	190
Q006	Oyster (<i>Crassostrea sp.</i>)	1	82.50	9.51	2.47	2.44	252
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1	82.41	14.85	0.94	0.56	273
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1	81.48	14.25	0.83	0.74	270
R MARINE MOLLUSKS							
R001	Clam, green shell (<i>Perna viridis</i>)	1	80.07	12.14	2.44	0.98	243
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1	80.27	11.82	0.85	1.34	250
R003	Octopus (<i>Octopus vulgaris</i>)	1	80.45	14.71	1.21	1.12	334
R004	Squid, black (<i>Loligo sp.</i>)	1	80.59	16.10	0.99	1.07	335
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1	80.52	16.82	0.75	0.93	320

FoodCode	Fish Name	No.of Regions	Moisture	Protein	Ash	Total Fat	Energy	
			<div>←————— g —————→</div>					KJ
			WATER	PROTCNT	ASH	FATCE	ENERC	
R006	Squid, red (<i>Loligo duvaucelii</i>)	2	80.85	16.25	1.15	1.44	329	
R007	Squid, white, small (<i>Uroteuthis duvauceli</i>)	1	79.38	17.41	1.19	1.15	353	
S	FRESHWATER FISH AND SHELLFISH							
S001	Cat fish (<i>Tandanus tandanus</i>)	2	77.23±0.91	15.86±3.65	0.93±0.01	6.24±3.03	518±84	
S002	Catla (<i>Catla catla</i>)	6	78.43±0.71	17.94±1.36	0.94±0.01	2.15±0.34	394±6	
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	75.57	20.41	1.03	2.63	451	
S004	Gold fish (<i>Carassius auratus</i>)	2	79.07	16.91	1.10	2.94	396	
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6	68.50±1.01	17.12±1.62	1.12±0.03	16.77±0.91	852±24	
S006	Rohu (<i>Labeo rohita</i>)	6	76.34±0.28	19.71±0.57	1.28±0.04	2.39±0.64	428±12	
S007	Crab (<i>Pachygrapsus</i> sp.)	1	80.58	13.23	1.23	0.89	327	
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1	77.43	19.24	0.84	0.52	380	
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3	82.58	13.07	0.86	0.78	297	
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2	83.24	14.24	0.83	0.66	284	