

Table 7

FATTY ACID PROFILE



Table 7. FATTY ACID PROFILE

(All values are expressed per 100g edible portion; All blank space in the table represent below detectable limit)

Food code	Food Name	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
		No	mg									
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
A CEREALS AND MILLETS												
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1		15.64	1043	155	38.00	16.07	12.14			1020
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6		10.68±1.35	891±54.5	172±14.1	36.02±2.68	15.61±1.31	13.51±2.06			1030±64.3
A003	Bajra (<i>Pennisetum typhoideum</i>)	6			729±21.3	128±19.6	18.21±2.78				6.97±0.45	1040±39.8
A004	Barley (<i>Hordeum vulgare</i>)	6			209±9.4	23.35±2.74						90.79±5.63
A005	Jowar (<i>Sorghum vulgare</i>)	6			149±5.6	14.22±0.79						314±13.7
A006	Maize, dry (<i>Zea mays</i>)	6			363±4.6	42.45±2.76	7.14±0.95					700±17.9
A007	Maize, tender, local (<i>Zea mays</i>)	6			96.13±3.97	10.88±1.55	2.37±0.63					145±6.5
A008	Maize, tender, sweet (<i>Zea mays</i>)	4			106±2.4	14.36±0.59	2.95±0.08					174±6.1
A009	Quinoa (<i>Chenopodium quinoa</i>)	1		82.76	434	52.88			44.41	56.79		1323
A010	Ragi (<i>Eleusine coracana</i>)	5			290±15.4	27.86±2.43						585±36.3
A011	Rice flakes (<i>Oryza sativa</i>)	6			261±20.2	23.68±1.50						425±11.4
A012	Rice puffed (<i>Oryza sativa</i>)	6			43.29±5.23	3.55±0.45						39.77±5.05
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	1.39±0.31	30.42±3.15	273±14.9	33.01±4.34	3.09±0.21	1.98±0.21	2.49±0.38		2.77±0.46	197±15.4
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	0.63±0.21	13.22±1.52	120±8.0	13.83±1.67	1.31±0.18	0.91±0.18	0.93±0.24		1.19±0.21	84.09±6.47
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	0.85±0.30	13.19±3.00	143±28.0	14.50±3.27	1.46±0.40	1.98±1.49	1.14±0.35		1.49±0.47	109±21.2
A016	Samai (<i>Panicum miliare</i>)	6			487±26.1	102±11.9						868±24.2
A017	Varagu (<i>Setaria italica</i>)	5			211±0.9	28.40±1.22	3.84±0.78	2.22±0.24		3.21±0.11		291±7.2

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(All values are expressed per 100g edible portion; All blank space in the table represent below detectable limit)

Food Name	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
	← mg →									
	F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
A CEREALS AND MILLETS										
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	12.62		2259		20.91	1280	1033	2279
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	12.71±1.56		2223±129		43.03±2.70	1140±70.5	1043±65.8	2266±132
A003	Bajra (<i>Pennisetum typhoideum</i>)	6			1844±56.7		140±5.8	875±34.5	1047±39.9	1984±55.0
A004	Barley (<i>Hordeum vulgare</i>)	6			549±21.6		26.32±3.35	232±11.9	90.79±5.63	575±18.6
A005	Jowar (<i>Sorghum vulgare</i>)	6			508±18.3		16.54±1.31	163±6.2	314±13.7	524±18.3
A006	Maize, dry (<i>Zea mays</i>)	6	6.62±0.74		1565±18.2		40.76±2.43	413±5.6	706±17.4	1606±18.5
A007	Maize, tender, local (<i>Zea mays</i>)	6	1.85±0.61		337±4.9		10.46±0.74	109±4.4	147±6.8	347±5.2
A008	Maize, tender, sweet (<i>Zea mays</i>)	4	2.05±0.22		292±10.3		7.65±0.33	123±2.9	176±6.3	300±10.3
A009	Quinoa(<i>Chenopodium quinoa</i>)	1			2203		204	570	1424	2406
A010	Ragi (<i>Eleusine coracana</i>)	5			362±15.3		68.58±11.85	317±17.0	585±36.3	431±20.7
A011	Rice flakes (<i>Oryza sativa</i>)	6			553±38.2		24.37±4.81	284±20.6	425±11.4	577±36.4
A012	Rice puffed (<i>Oryza sativa</i>)	6			43.42±5.98		1.39±0.19	46.84±5.55	39.77±5.05	44.80±6.15
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	1.89±0.25	0.89±0.22	490±33.2		16.10±0.92	346±20.3	203±15.7	506±33.6
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	0.89±0.14	0.49±0.16	209±12.8		7.18±0.56	150±10.2	86.66±6.38	216±13.2
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	1.54±0.44	0.75±0.36	234±45.8		9.51±1.09	184±8.9	117±6.6	253±13.2
A016	Samai (<i>Panicum miliare</i>)	6			1230±42.9		47.20±5.17	589±31.9	868±24.2	1277±47.5
A017	Varagu (<i>Setaria italica</i>)	5	2.75±0.89		576±17.8		21.02±1.20	246±2.3	297±6.8	597±18.4

Food code	Food Name	NooRegions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
			← mg →											
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6				91.24±1.50	7.31±0.73						50.64±2.98	
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6				191±5.6	14.55±3.10						149±7.5	
A020	Wheat, whole (<i>Triticum aestivum</i>)	6				176±7.4	14.83±2.25						141±9.4	
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6				179±4.2	17.41±2.78						152±5.8	
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6				81.63±4.28	7.24±1.49						67.34±3.25	
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6				59.43±4.42	5.15±0.65						36.06±2.43	
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6				46.97±4.72	2.98±0.21						28.84±1.22	

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B GRAIN LEGUMES

B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6			405±6.6	51.90±2.23	11.55±1.42						7.89±0.99	855±18.9
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6			382±4.6	58.02±6.35	13.29±2.64						7.87±1.06	871±25.1
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6			221±9.9	54.60±2.89								186±8.1
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6			211±12.2	47.37±6.75								161±7.1
B005	Cowpea, brown (<i>Vigna catjang</i>)	6			227±5.6	33.10±1.30	6.84±0.76	11.52±0.79	4.43±0.43					57.69±6.88
B006	Cowpea, white (<i>Vigna catjang</i>)	1			228	34.43	6.34	12.19	4.05					67.63
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1			142	36.97	3.33	2.61	2.68					80.07
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1			149	39.16	3.66	3.01	3.04					127
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5			142±6.0	37.22±1.84	2.81±0.22	2.31±0.48	1.92±0.26					61.57±6.06
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6			208±6.3	39.24±4.70								35.85±4.30
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6			233±7.6	41.32±4.98								27.22±5.09
B012	Horse gram, whole (<i>Dolichos biflorus</i>)	6			114±2.1	13.59±0.76		4.45±0.21	2.65±0.19					68.89±1.85

Food code	Food Name	No.	Region								Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)				
			mg										
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU	
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6				325±6.8		17.45±1.21		98.55±1.87	50.64±2.98	343±7.8	
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6				697±19.4		44.93±1.64		206±8.2	149±7.5	742±19.2	
A020	Wheat, whole (<i>Triticum aestivum</i>)	6				616±22.1		38.51±3.88		191±8.0	141±9.4	654±23.7	
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6				657±9.0		42.69±3.34		196±2.6	152±5.8	700±11.3	
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6				306±3.0		19.21±0.84		88.87±5.16	67.34±3.25	325±2.4	
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6				209±17.4		11.26±0.74		64.59±4.94	36.06±2.43	220±17.8	
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6				162±12.8		8.55±0.50		49.95±4.74	28.84±1.22	170±13.1	

B GRAIN LEGUMES

B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	13.23±2.17	2360±51.0	116±5.1	469±8.0	876±17.9	2476±51.6
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	11.77±1.44	2220±73.6	117±7.9	453±10.6	890±24.6	2337±78.2
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6		176±7.7	566±25.6	276±12.2	186±8.1	742±32.5
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6		117±5.9	601±23.8	258±18.6	161±7.1	718±29.0
B005	Cowpea, brown (<i>Vigna catjang</i>)	6	2.89±0.50	343±9.8	207±16.0	283±5.3	60.58±6.62	550±24.0
B006	Cowpea, white (<i>Vigna catjang</i>)	1	2.49	354	203	285	70.12	557
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1		398	69.82	188	80.07	468
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1		389	70.06	198	127	460
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5		426±6.2	76.61±8.35	186±6.9	61.57±6.06	503±12.8
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6		377±14.8	157±14.9	247±9.5	35.85±4.30	534±28.2
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6		430±10.8	180±6.7	274±10.9	27.22±5.09	611±12.8
B012	Horse gram, whole (<i>Dolichos biflorus</i>)	6		207±3.8	51.68±3.81	135±2.3	68.89±1.85	258±6.4

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
			← mg →											
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
B013	Lentil dal (<i>Lens culinaris</i>)	6				79.74±3.82	11.28±0.91						112±7.6	
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6				70.01±2.45	11.20±0.99						102±5.3	
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2				66.76	9.41						92.18	
B016	Moth bean (<i>Vigna aconitifolia</i>)	6				320±7.9	97.75±3.22	7.94±0.27	4.79±0.50	2.83±0.28			72.25±5.74	
B017	Peas, dry (<i>Pisum sativum</i>)	6				193±10.2	48.50±3.39						398±31.2	
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2				216	21.97						105	
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6				215±13.1	26.74±3.42						91.76±2.33	
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3				225±6.0	30.51±5.16						87.84±14.82	
193	Red gram, dal (<i>Cajanus cajan</i>)	6				222±11.6	35.22±3.19						89.94±4.43	
	Red gram, whole (<i>Cajanus cajan</i>)	6				236±11.0	40.95±3.31						78.55±6.71	
	Ricebean (<i>Vigna umbellata</i>)	1				50.69	14.81	17.97	28.06	18.26			357	
	Soya bean, brown (<i>Glycine max</i>)	6				2381±26.3	566±54.7	47.10±6.29	67.89±4.22	29.84±4.91		22.79±2.11	4499±230	
	Soya bean, white (<i>Glycine max</i>)	1				2338	523.44	43.30	65.49	30.95		25.35	4723	

C GREEN LEAFY VEGETABLES											
C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1			346	74.53	23.95	24.96	20.61	16.91	40.76
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6		18.47±4.66	143±5.4	16.15±1.99	2.57±0.38	4.74±1.26	9.09±1.70	16.05±2.51	31.26±2.04
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1		20.33	159	17.75	2.24	3.99	7.01	14.48	31.48
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4		18.37±3.07	144±12.5	19.16±3.23	2.83±0.36	5.03±1.01	7.93±1.14	12.28±3.08	32.72±2.99
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4		8.28±1.05	63.62±3.29	6.89±0.47	0.85±0.09	2.22±0.40	3.27±0.17	7.88±0.67	7.79±0.32

Table 7. Profile Acid Fatty

Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			\leftarrow mg \rightarrow									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
B013	Lentil dal (<i>Lens culinaris</i>)	6				266 \pm 15.4		70.14 \pm 4.07		91.02 \pm 3.30	112 \pm 7.6	336 \pm 18.9
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6				221 \pm 8.1		55.40 \pm 3.46		81.22 \pm 2.82	102 \pm 5.3	277 \pm 9.7
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2				217		57.16		76.17	92.18	274
B016	Moth bean (<i>Vigna aconitifolia</i>)	6				609 \pm 18.7		240 \pm 7.8		434 \pm 10.8	72.25 \pm 5.74	848 \pm 24.6
B017	Peas, dry (<i>Pisum sativum</i>)	6				728 \pm 31.5		145 \pm 12.8		242 \pm 9.7	398 \pm 31.2	873 \pm 41.5
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2				386		541		238	105	927
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6				344 \pm 7.7		552 \pm 26.6		242 \pm 14.1	91.76 \pm 2.33	896 \pm 26.7
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3				374 \pm 20.7		557 \pm 23.2		256 \pm 10.9	87.84 \pm 14.82	931 \pm 28.9
B021	Red gram, dal (<i>Cajanus cajan</i>)	6				600 \pm 29.5		51.44 \pm 7.77		257 \pm 14.3	89.94 \pm 4.43	651 \pm 36.2
B022	Red gram, whole (<i>Cajanus cajan</i>)	6				585 \pm 40.3		51.67 \pm 4.67		277 \pm 13.1	78.55 \pm 6.71	637 \pm 41.6
B023	Ricebean (<i>Vigna umbellata</i>)	1				62.93				172	357	62.93
B024	Soya bean, brown (<i>Glycine max</i>)	6	35.99 \pm 5.33			9969 \pm 135		1310 \pm 97.8		3092 \pm 75.9	4558 \pm 230	11279 \pm 188
B025	Soya bean, white (<i>Glycine max</i>)	1	68.10			9754		1318		3002	4817	11071

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C GREEN LEAFY VEGETABLES

C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1			125		407		490	57.67	532
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	1.57 \pm 0.20		111 \pm 8.6		247 \pm 10.9		194 \pm 3.2	48.87 \pm 2.73	358 \pm 17.3
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	1.39		112		214		210	47.34	326
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	1.59 \pm 0.28		118 \pm 11.1		214 \pm 13.8		197 \pm 14.8	46.59 \pm 2.31	332 \pm 23.5
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	0.34 \pm 0.10	0.45 \pm 0.10	39.00 \pm 2.30		147 \pm 10.4		85.13 \pm 4.42	16.46 \pm 0.79	186 \pm 10.8

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
		mg											
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
C006 Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2			9.54	64.58	6.35	0.70	1.61	3.19		9.50	7.36	
C007 Basella leaves (<i>Basella alba</i>)	2				89.46	11.97					12.32	38.96	
C008 Bathua leaves (<i>Chenopodium album</i>)	2			1.87	96.94	7.52	3.51	7.48	2.74		8.61		
C009 Beet greens (<i>Beta vulgaris</i>)	6			5.11±0.11	160±0.6	11.83±0.23		5.65±0.19	5.17±0.18		7.13±0.22	72.38±0.41	
C010 Betel leaves, big (kolkata) (<i>Piper betle</i>)	6			24.45±2.39	175±7.4	39.33±3.06		5.21±1.10	6.02±0.97		21.36±3.47	72.07±4.38	
C011 Betel leaves, small (<i>Piper betle</i>)	4			14.65±2.55	177±10.0	37.34±2.31		4.15±0.69	5.07±1.26		17.93±2.52	64.74±3.26	
C012 Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1				187	39.75						88.69	
C013 Cabbage, Chinese (<i>Brassica rupa</i>)	1				29.26	3.76						15.97	
C014 Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1				47.57	7.61	2.19	1.77	2.73			37.19	
C015 Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata f. alba</i>)	6				34.59±2.95	6.02±0.60	2.29±0.30	1.60±0.12	2.05±0.29			30.05±1.84	
C016 Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata f. rubra</i>)	2				42.43	7.59	3.24	1.99	3.17			41.14	
C017 Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6			2.76±0.27	85.30±6.47	14.28±1.21	3.92±0.24	3.31±0.43	5.33±0.56			20.80±0.81	
C018 Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6				334±7.5	52.40±3.04	17.92±1.43	14.16±2.89	7.55±0.70		17.24±2.64	30.39±2.21	
C019 Drumstick leaves (<i>Moringa oleifera</i>)	3			44.09±6.76	370±28.2	69.53±7.14		32.64±2.89	43.59±4.28			102±8.0	
C020 Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5			22.49±2.23	130±8.6	30.27±2.37	6.85±0.63	4.44±0.67	4.67±0.34		9.09±1.23	11.06±1.16	
C021 Garden cress (<i>Lepidium sativum</i>)	2				23.82	2.32	0.49	1.28	0.76		0.93	7.30	
C022 Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4			25.70±2.61	170±7.5	27.48±2.77	6.90±1.10	7.41±1.42	6.86±0.77		16.63±0.41	21.97±1.52	
C023 Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1			27.56	173	22.69	6.81	7.64	5.80		18.49	26.39	
C024 Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2				67.77	32.78	2.48	1.42	2.39		5.84	13.07	
C025 Lettuce (<i>Lactuca sativa</i>)	3			8.22±0.57	78.22±8.55	10.96±0.96		8.47±1.09	10.15±1.25		9.05±1.53	13.16±2.32	

Table 7: Fatty acid profile of various leafy vegetables.

Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2	0.49		0.42	36.85		131		85.96	17.77	168
C007	Basella leaves (<i>Basella alba</i>)	2				80.67		123		101	51.28	203
C008	Bathua leaves (<i>Chenopodium album</i>)	2				50.68		169		120	8.61	219
C009	Beet greens (<i>Beta vulgaris</i>)	6				101±0.6		207±0.6		188±0.5	79.51±0.62	308±0.4
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6				110±4.8		146±12.8		250±11.6	93.43±4.18	256±11.6
C011	Betel leaves, small (<i>Piper betle</i>)	4				104±8.4		172±8.9		238±15.9	82.67±2.65	277±16.9
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1				43.82		41.11		226	88.69	84.92
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1				11.68		43.33		33.01	15.97	55.01
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1				54.33		62.60		61.87	37.19	117
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata f. alba</i>)	6				42.80±1.94		48.61±2.63		46.54±3.63	30.05±1.84	91.40±3.88
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata f. rubra</i>)	2				52.26		60.18		58.42	41.14	112
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6				84.83±4.23		139±9.5		115±7.7	20.80±0.81	224±11.8
C018	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6				353±12.1		335±13.5		426±9.1	47.63±4.33	689±24.8
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3				222±54.4		446±87.7		560±41.6	102±8.0	668±52.7
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5				82.83±5.58		362±11.4		199±9.0	20.15±1.30	445±13.0
C021	Garden cress (<i>Lepidium sativum</i>)	2				34.61		24.10		28.68	8.24	58.71
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4	1.25±0.40			150±5.5		434±19.0		245±10.6	39.85±1.61	584±23.3
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1	1.05			132		435		243	45.93	567
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2				43.00		111		107	18.91	154
C025	Lettuce (<i>Lactuca sativa</i>)	3				74.85±12.1		134±17.8		116±11.9	22.22±3.42	208±29.6

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
		$\xleftarrow{\text{mg}} \xrightarrow{\text{mg}}$										
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
C026 Mustard leaves (<i>Brassica juncea</i>)	3			12.60±1.33	110±4.2	17.09±0.16		2.35±0.16			16.25±1.15	11.31±0.57
C027 Pak Choi leaves (<i>Brassica rapa</i> var. <i>Chinensis</i>)	1		1.53	2.18	33.69	1.58						23.03
C028 Parsley (<i>Petroselinum crispum</i>)	3			15.18±1.18	235±9.1	58.05±2.44	6.04±0.09	13.80±0.36	16.67±0.31		14.42±0.54	18.52±0.74
C029 Ponnaganni (<i>Alternanthera sessilis</i>)	2				148	17.43	2.93	8.73	27.61		9.77	23.61
C030 Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6			19.86±0.55	188±11.0	32.53±3.60	5.74±0.72	13.53±1.27	6.74±0.15		9.79±1.11	6.91±0.48
C031 Radish leaves (<i>Raphanus sativus</i>)	6			9.62±0.95	110±4.6	27.54±2.05					8.05±0.66	18.88±1.89
C032 Rumex leaves (<i>Rumex patientia</i>)	2			6.95	49.83	4.14					6.95	11.73
C033 Spinach (<i>Spinacia oleracea</i>)	6			17.01±0.72	147±6.3	9.54±1.17	1.29±0.25	4.13±0.29	3.99±0.39		8.77±0.84	32.87±1.74
C034 Tamarind leaves, tender (<i>Tamarindus indica</i>)	3			16.14±0.46	150±2.2		1.20±0.23	4.08±0.43	4.27±0.40		9.29±0.35	33.01±2.46

D OTHER VEGETABLES

D001 Ash gourd (<i>Benincasa hispida</i>)	6	0.81±0.10	17.99±1.16	5.90±0.20	0.55±0.11					0.86±0.27	6.57±0.35
D002 Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1		35.75	1.84		1.72	1.77				7.45
D003 Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	3.08±0.41	191±5.4	40.33±0.41	8.93±0.31	13.20±0.25	9.38±0.64			8.72±0.25	38.09±1.54
D004 Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6	2.99±0.57	78.62±5.32	50.55±3.47	2.89±0.60	3.65±0.77	5.78±0.77			1.03±0.30	4.55±0.40
D005 Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4	3.35±0.46	84.32±2.23	41.25±2.34	3.09±0.44	3.44±0.20	3.74±0.64			0.96±0.33	5.36±0.39
D006 Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1	4.25	86.82	40.28	3.16	3.47	4.14			1.05	3.91
D007 Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6	1.32±0.23	31.30±3.01	4.35±0.55	0.70±0.12	2.22±0.30	1.54±0.22				3.54±0.58

Table 7. Profile Acid Fatty

Food code	Food Name	No.	Region		Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
					mg									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU		
C026	Mustard leaves (<i>Brassica juncea</i>)	3					83.12±3.94			240±8.7		142±4.4	27.56±1.48	323±12.4
C027	Pak Choi leaves (<i>Brassica rapa</i> var. <i>Chinensis</i>)	1					60.03			77.96		38.98	23.03	138
C028	Parsley (<i>Petroselinum crispum</i>)	3					221±4.7			255±4.2		345±11.8	32.94±1.09	476±8.6
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2					107			143		204	33.38	250
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6	0.97±0.07				14.95±1.29			298±9.3		267±12.6	17.67±1.38	313±8.6
C031	Radish leaves (<i>Raphanus sativus</i>)	6					45.49±4.42			203±10.7		147±6.9	26.93±1.99	248±13.5
C032	Rumex leaves (<i>Rumex patientia</i>)	2					45.68			143		60.92	18.68	188
C033	Spinach (<i>Spinacia oleracea</i>)	6	1.19±0.12				75.06±4.22			220±8.3		183±8.1	42.83±2.54	295±12.2
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3					76.79±1.82			230±3.5		176±3.1	42.30±2.81	306±1.9

D OTHER VEGETABLES												
D001	Ash gourd (<i>Benincasa hispida</i>)	6			74.89±5.14		1.58±0.24		25.26±1.06	7.43±0.40	76.47±5.06	
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1			42.23		9.24		41.09	7.45	51.46	
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5			203±2.3		227±1.5		266±6.1	46.81±1.57	429±3.7	
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6	2.50±0.38	17.74±1.99			23.04±1.87		144±8.3	8.08±0.53	40.78±3.79	
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4	1.29±0.14	17.50±0.86			37.70±1.93		139±4.0	7.61±0.46	55.20±2.65	
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1	1.68	22.75			36.50		142	6.63	59.25	
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6			40.31±3.41		24.63±2.30		41.44±3.93	3.54±0.58	64.94±5.35	

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
		mg										
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
D008 Bottle gourd, round, pale green <i>(Lagenaria vulgaris)</i>	5			1.30±0.32	30.78±1.18	4.54±0.26	0.71±0.12	2.13±0.19	1.61±0.05			3.47±0.54
D009 Bottle gourd, elongate, dark green <i>(Lagenaria vulgaris)</i>	1			2.25	30.94	5.22	0.57	1.83	1.22		6.12	2.93
D010 Brinjal-1 (<i>Solanum melongena</i>)	1				50.39	34.59	5.96	1.90	1.69			27.94
D011 Brinjal-2 (<i>Solanum melongena</i>)	1				43.46	34.71	6.53	1.93	1.49			16.80
D012 Brinjal-3 (<i>Solanum melongena</i>)	2				39.19	25.72	4.67	1.41	1.35			21.05
D013 Brinjal-4 (<i>Solanum melongena</i>)	4				36.90±3.89	22.79±2.22	4.34±0.60	1.60±0.40	1.27±0.21			25.20±3.49
D014 Brinjal-5 (<i>Solanum melongena</i>)	3				35.38±10.09	25.00±9.38	5.27±2.03	1.82±0.78	1.77±1.06			18.56±2.24
D015 Brinjal-6 (<i>Solanum melongena</i>)	2				38.35	24.82	4.81	1.68	1.33			16.94
D016 Brinjal-7 (<i>Solanum melongena</i>)	1				41.45	22.97	4.46	1.30	1.54			22.92
D017 Brinjal-8 (<i>Solanum melongena</i>)	3				35.37±3.38	24.72±5.85	4.66±2.18	1.92±0.16	1.50±0.11			25.32±4.52
D018 Brinjal-9 (<i>Solanum melongena</i>)	2				42.11	29.38	5.86	1.55	1.59			25.08
D019 Brinjal-10 (<i>Solanum melongena</i>)	2				34.80	24.25	4.35	1.37	1.23			21.91
D020 Brinjal-11 (<i>Solanum melongena</i>)	6				35.70±7.89	24.58±6.59	4.79±1.63	1.61±0.47	1.47±0.50			21.59±5.15
D021 Brinjal-12 (<i>Solanum melongena</i>)	2				35.21	25.17	5.17	1.57	1.41			17.14
D022 Brinjal-13 (<i>Solanum melongena</i>)	1				40.89	33.26	5.71	1.49	1.61			15.45
D023 Brinjal-14 (<i>Solanum melongena</i>)	3				31.02±14.22	21.11±11.42	4.42±2.22	1.38±0.75	1.22±0.66			16.76±7.52
D024 Brinjal-15 (<i>Solanum melongena</i>)	4				36.27±6.79	23.11±4.70	4.37±0.45	1.69±0.44	1.64±0.55			24.66±5.89
D025 Brinjal-16 (<i>Solanum melongena</i>)	1				44.99	29.80	5.53	1.51	1.82			21.95
D026 Brinjal-17 (<i>Solanum melongena</i>)	1				45.54	26.97	5.06	1.96	1.60			28.21
D027 Brinjal-18 (<i>Solanum melongena</i>)	3				35.91±17.94	25.50±11.77	4.58±2.43	1.86±0.93	1.32±0.54			20.71±11.35

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.Table

Fatty Acid Profile

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			\leftarrow mg \rightarrow									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5				40.53 \pm 3.68		22.12 \pm 2.98	0.82 \pm 0.07	41.07 \pm 1.27	3.47 \pm 0.54	63.46 \pm 6.66
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1				32.96		19.35	0.61	42.04	9.05	52.92
D010	Brinjal-1 (<i>Solanum melongena</i>)	1				171		38.73		94.53	27.94	210
D011	Brinjal-2 (<i>Solanum melongena</i>)	1				132		35.10		88.11	16.80	167
D012	Brinjal-3 (<i>Solanum melongena</i>)	2				143		27.38		72.34	21.05	171
D013	Brinjal-4 (<i>Solanum melongena</i>)	4				137 \pm 18.0		21.11 \pm 2.58		66.91 \pm 6.06	25.20 \pm 3.49	158 \pm 20.4
D014	Brinjal-5 (<i>Solanum melongena</i>)	3				121 \pm 20.0		26.20 \pm 10.62		69.24 \pm 23.29	18.56 \pm 2.24	147 \pm 29.2
D015	Brinjal-6 (<i>Solanum melongena</i>)	2				117		27.38		70.99	16.94	144
D016	Brinjal-7 (<i>Solanum melongena</i>)	1				136		17.62		71.72	22.92	153
D017	Brinjal-8 (<i>Solanum melongena</i>)	3				135 \pm 8.9		23.15 \pm 3.45		68.17 \pm 11.36	25.32 \pm 4.52	159 \pm 12.4
D018	Brinjal-9 (<i>Solanum melongena</i>)	2				147		23.60		80.49	25.08	170
D019	Brinjal-10 (<i>Solanum melongena</i>)	2				117		15.18		66.00	21.91	132
D020	Brinjal-11 (<i>Solanum melongena</i>)	6				119 \pm 23.6		20.90 \pm 6.40		68.14 \pm 16.35	21.59 \pm 5.15	140 \pm 28.6
D021	Brinjal-12 (<i>Solanum melongena</i>)	2				111		19.12		68.52	17.14	130
D022	Brinjal-13 (<i>Solanum melongena</i>)	1				126		23.51		82.96	15.45	150
D023	Brinjal-14 (<i>Solanum melongena</i>)	3				108 \pm 46.4		17.49 \pm 8.73		59.14 \pm 29.12	16.76 \pm 7.52	125 \pm 54.9
D024	Brinjal-15 (<i>Solanum melongena</i>)	4				131 \pm 12.0		19.20 \pm 4.01		67.08 \pm 12.14	24.66 \pm 5.89	150 \pm 10.2
D025	Brinjal-16 (<i>Solanum melongena</i>)	1				143		23.91		83.65	21.95	166
D026	Brinjal-17 (<i>Solanum melongena</i>)	1				150		28.31		81.14	28.21	179
D027	Brinjal-18 (<i>Solanum melongena</i>)	3				111 \pm 53.2		21.75 \pm 12.21		69.18 \pm 33.52	20.71 \pm 11.35	133 \pm 64.5

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
		mg											
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
D028	Brinjal-19(<i>Solanum melongena</i>)	3			31.52±12.01	20.62±10.06	4.32±2.05	1.56±0.72	1.25±0.38			18.19±9.02	
D029	Brinjal-20(<i>Solanum melongena</i>)	5			41.95±4.84	28.44±3.75	5.61±1.03	2.03±0.47	1.89±0.42			20.28±4.11	
D030	Brinjal-21(<i>Solanum melongena</i>)	2			45.29	32.46	6.04	2.29	2.20			25.84	
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6			37.54±8.01	25.49±6.41	4.92±1.34	1.69±0.49	1.52±0.49			21.45±5.45	
D032	Broad beans (<i>Vicia faba</i>)	3		0.45±0.06	31.80±3.07	6.55±0.08	1.10±0.10	1.29±0.21	1.42±0.20		0.69±0.07	7.85±1.02	
D033	Capsicum, green (<i>Capsicum annuum</i>)	6		1.80±0.10	48.13±3.56	20.10±1.90	2.95±0.21	2.29±0.08	1.76±0.21		1.42±0.23	11.29±1.34	
D034	Capsicum, red (<i>Capsicum annuum</i>)	4		4.83±0.34	54.51±1.15	20.15±0.40	1.01±0.06	2.44±0.31	3.45±0.34		4.14±0.17	43.51±0.52	
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4		4.03±0.05	65.88±1.32	25.21±0.80	1.68±0.10	2.66±0.18	2.84±0.22		4.11±0.30	51.44±1.22	
D036	Cauliflower (<i>Brassica oleracea</i>)	6		1.73±0.20	88.50±5.84	15.93±1.08	4.27±0.30	2.09±0.22	4.35±0.81			24.83±1.38	
D037	Celery stalk (<i>Apium graveolens</i>)	3			56.15±7.07	6.61±0.74						5.94±0.81	
D038	Cho-cho-marrow (<i>Sechium edule</i>)	4			64±3.49	7.86±0.96	1.30±0.05	1.90±0.18	1.19±0.04			13.30±1.26	
D039	Cluster beans (<i>Cyamopsis tetragonobolus</i>)	6			64.93±3.40	21.69±0.93	8.46±0.47	6.62±0.79	5.24±0.49			30.24±1.96	
D040	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1			85.69	8.24	2.10	3.98	2.93		1.86	13.12	
D041	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5			53.81±5.81	7.73±0.93	1.42±0.21	2.51±0.42	2.06±0.41		1.42±0.16	6.37±1.14	
D042	Corn, Baby(<i>Zea mays</i>)	6			180±0.6	31.08±0.93						384±2.2	
D043	Cucumber, green, elongate (<i>Cucumis sativus</i>)	6		0.86±0.14	50.34±6.34	8.87±0.99	0.94±0.15	1.05±0.22	2.11±0.56		1.98±0.29	8.58±1.17	
D044	Cucumber, green, short (<i>Cucumis sativus</i>)	6		1.06±0.15	52.54±6.03	8.80±0.93	1.29±0.12	1.97±0.66	2.11±0.40		1.16±0.36	7.24±0.92	
D045	Cucumber, orange, round (<i>Cucumis sativus</i>)	2		1.06	55.72	9.31	1.30	2.45	2.06		1.98	5.42	
D046	Drumstick (<i>Moringa oleifera</i>)	6		0.52±0.06	19.22±1.11	3.89±0.26	1.47±0.09	2.53±0.11	1.42±0.15		1.36±0.08	45.05±3.01	
D047	Field beans, tender, broad (<i>Vicia faba</i>)	2		3.96	131	28.05	4.46	6.20	8.04			33.91	

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Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D028	Brinjal-19 (<i>Solanum melongena</i>)	3				107±48.3		16.89±7.99		59.27±25.07	18.19±9.02	124±56.3
D029	Brinjal-20 (<i>Solanum melongena</i>)	5				140±15.9		26.55±5.05		79.91±9.82	20.28±4.11	167±14.8
D030	Brinjal-21 (<i>Solanum melongena</i>)	2				140		30.14		88.28	25.84	170
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6				127±25.2		22.65±7.19		71.15±16.08	21.45±5.45	149±30.4
D032	Broad beans (<i>Vicia faba</i>)	3				42.97±0.63		21.88±2.24		42.62±3.73	8.53±0.94	64.85±2.87
D033	Capsicum, green (<i>Capsicum annuum</i>)	6				135±11.8		37.08±5.46		77.03±4.78	12.71±1.50	172±15.8
D034	Capsicum, red (<i>Capsicum annuum</i>)	4				180±1.0		37.77±0.56		86.39±1.81	47.65±0.52	217±1.2
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4				161±1.3		39.49±0.73		102±2.2	55.55±1.49	201±1.3
202	D036 Cauliflower (<i>Brassica oleracea</i>)	6				99±9.9		117±8.7		117±7.8	24.83±1.38	216±14.6
	D037 Celery stalk (<i>Apium graveolens</i>)	3				99±13.1		32.33±2.43		62.76±7.71	5.94±0.81	131±15.5
	D038 Cho-cho-marrow (<i>Sechium edule</i>)	4				12.60±1.51		9.98±0.81		76.12±4.59	13.30±1.26	22.58±2.22
	D039 Cluster beans (<i>Cyamopsis tetragonobolus</i>)	6				84.74±4.28		63.40±4.85		107±5.1	30.24±1.96	148±7.0
	D040 Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1				113		41.36		103	14.98	154
	D041 Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5				82.53±6.81		27.75±3.65		67.53±6.04	7.78±1.21	110±10.4
	D042 Corn, Baby (<i>Zea mays</i>)	6	7.48±0.40			433±2.0		25.69±1.05		211±1.3	392±2.5	459±2.0
	D043 Cucumber, green, elongate (<i>Cucumis sativus</i>)	6				59.30±7.23		8.63±1.02		64.17±7.74	10.57±1.32	67.93±8.19
	D044 Cucumber, green, short (<i>Cucumis sativus</i>)	6				35.73±3.80		16.10±1.90		67.77±7.52	8.40±1.02	51.83±5.32
	D045 Cucumber, orange, round (<i>Cucumis sativus</i>)	2				45.94		22.76		71.90	7.41	68.70
	D046 Drumstick (<i>Moringa oleifera</i>)	6				19.14±1.29		8.07±1.01		29.05±1.51	46.40±2.95	27.21±2.16
	D047 Field beans, tender, broad (<i>Vicia faba</i>)	2				204		96.74		182	33.91	301

Food code	Food Name	No.ofRegions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
			← mg →											
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6			3.04±0.79	128±6.4	27.08±1.03	4.20±0.47	5.62±0.77	6.75±0.69			26.28±1.87	
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5			1.42±0.38	49.22±2.45	12.87±1.42	2.31±0.34	2.35±0.45	2.89±0.37		2.53±1.91	8.60±0.97	
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2			1.06	50.38	11.55	1.90	1.90			1.98	9.88	
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5			0.65±0.05	35.32±1.18	3.64±0.11	3.58±0.05	1.72±0.21	2.46±0.17		0.63±0.02	21.79±1.05	
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5				123±5.6	7.49±0.48	5.48±0.31	7.44±0.84	2.81±0.26			13.52±0.79	
D053	Knol - Khol (<i>Brassica oleracea</i>)	6				77.30±2.05	11.42±0.29	3.39±0.42	2.29±0.31	3.01±0.18		4.34±0.18	27.29±0.54	
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6			3.02±0.11	46.28±3.04	12.52±0.46	2.03±0.20	3.03±0.37	1.95±0.14		0.98±0.47	3.37±0.51	
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1			2.82	55.20	10.68	2.49	1.91	2.22		0.55	3.97	
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6			1.50±0.23	54.61±5.12	5.67±0.62	1.71±0.12	3.36±0.36	2.51±0.30		0.88±0.46	7.22±1.58	
D057	Mango, green, raw (<i>Mangifera indica</i>)	6			0.67±0.18	23.36±2.23	1.30±0.19	0.55±0.10	0.55±0.07	0.86±0.09		2.10±0.29	7.15±1.16	
D058	Onion, stalk (<i>Allium cepa</i>)	6			8.04±0.17	65.71±1.11	5.74±0.40		6.75±0.30	5.84±0.10			5.52±0.10	
D059	Papaya, raw (<i>Carica papaya</i>)	6			1.35±0.34	52.81±6.87	7.78±1.60		3.25±0.42	3.97±0.78			44.53±4.38	
D060	Parwar (<i>Trichosanthes dioica</i>)	6			2.96±0.28	72.84±3.17	14.99±1.86	2.26±0.16	1.43±0.07	1.45±0.19			13.19±0.91	
D061	Peas, fresh (<i>Pisum sativum</i>)	6				15.88±1.57	3.13±0.18						28.75±1.96	
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6			1.87±0.19	125±2.5	48.84±1.97	51.97±3.65	23.15±2.36	22.09±1.49		1.85±0.14	29.84±1.68	
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6				53.89±2.49	3.25±0.36						16.21±0.79	
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6				19.55±2.65	3.60±0.48	1.07±0.10	1.25±0.10	1.99±0.30		0.65±0.17	2.06±0.16	
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1			1.10	41.66	7.66	0.81	0.96	1.12		1.17	23.99	
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6			0.91±0.16	34.87±3.37	6.35±0.36	0.68±0.07	0.81±0.09	0.96±0.15		0.98±0.09	21.04±2.02	
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1				181	30.02						51.13	

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.7 Table Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			mg									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6				195±9.5		86.04±6.95		175±7.1	26.28±1.87	281±13.8
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5				59.21±3.46		68.19±5.62		71.07±3.81	11.13±2.53	127±8.3
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2				62.83		72.13		66.80	11.85	135
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5	9.38±0.34	79.52±1.02	3.94±0.23	68.67±1.56		38.57±1.44		47.36±1.50	115±2.3	107±2.9
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5		2.70±0.38		154±4.2		26.51±1.81		146±5.3	16.21±0.73	181±5.3
D053	Knol - Khol (<i>Brassica oleracea</i>)	6				59.04±0.71		71.39±2.18		97.40±2.23	31.62±0.54	130±2.3
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6				59.07±2.97		39.75±2.95		68.84±3.84	4.35±0.31	98.82±5.84
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1				83.07		29.10		75.33	4.51	112
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6				76.82±4.93		32.38±2.11		69.37±6.10	8.10±1.70	109±6.6
D057	Mango, green, raw (<i>Mangifera indica</i>)	6				17.53±1.91		12.61±2.16		27.28±2.69	9.25±1.40	30.13±3.60
D058	Onion, stalk (<i>Allium cepa</i>)	6				55.43±1.02		43.55±0.58		92.08±1.66	5.52±0.10	98.98±1.33
D059	Papaya, raw (<i>Carica papaya</i>)	6				66.04±7.94		9.60±1.94		69.15±9.33	44.53±4.38	75.64±9.60
D060	Parwar (<i>Trichosanthes dioica</i>)	6				91.87±4.02		20.35±1.26		95.93±2.64	13.19±0.91	112±5.0
D061	Peas, fresh (<i>Pisum sativum</i>)	6				46.75±3.62		9.49±0.59		19.01±1.69	28.75±1.96	56.24±4.15
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6				154±7.7		44.08±3.08		273±7.3	31.69±1.78	198±8.0
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6				72.89±2.96		33.77±2.31		57.13±2.83	16.21±0.79	107±4.7
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6				14.12±1.59		14.38±1.65		27.45±3.37	2.71±0.25	28.50±3.18
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1				38.94		26.57		53.32	25.17	65.51
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6				36.17±2.35		26.57±3.25		44.58±3.91	22.02±2.07	62.73±5.33
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1				427		47.24		211	51.13	474

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
		mg											
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
D068 Ridge gourd (<i>Luffa acutangula</i>)	6			0.83±0.17	42.19±2.81	6.33±0.68	1.22±0.16	1.56±0.18	2.37±0.15		0.82±0.11	1.75±0.12	
D069 Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3			0.77±0.07	30.64±2.57	6.72±0.51	1.21±0.10	1.94±0.14	1.81±0.11		0.87±0.13	2.08±0.31	
D070 Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6				72.23±2.64	11.64±1.09	3.77±0.23	4.33±0.38	2.94±0.16			4.89±0.85	
D071 Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2				72.09	11.77	4.36	4.87	2.78			4.77	
D072 Snake gourd, short (<i>Trichosanthes anguina</i>)	1				76.61	10.02	3.87	5.04	4.41			2.96	
D073 Tinda, tender (<i>Praecitrullus fistulosus</i>)	6			1.59±0.16	36.25±2.47	7.41±1.55	0.93±0.14	1.41±0.22	1.60±0.08		0.90±0.17	5.75±1.20	
D074 Tomato, green (<i>Lycopersicon esculentum</i>)	6				33.68±0.98	10.37±0.70	1.36±0.08	0.72±0.01	0.77±0.03		0.64±0.02	35.51±1.06	
D075 Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6				35.23±2.83	9.50±0.96	1.27±0.10	0.86±0.05	0.79±0.15		0.64±0.10	29.25±3.48	
D076 Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6				58.47±2.78	16.77±1.47	1.94±0.13	1.23±0.11	1.17±0.14		1.22±0.15	56.55±6.33	
D077 Zucchini, green (<i>Cucurbita pepo</i>)	2		3.29		98.79	16.94					2.88	36.38	
D078 Zucchini, yellow (<i>Cucurbita pepo</i>)	2		1.51		49.25	6.08					1.45	19.87	

E FRUITS

E001 Apple, big (<i>Malus domestica</i>)	6	103±1.8	39.27±0.63	11.40±0.55								51.13±0.74
E002 Apple, green (<i>Malus domestica</i>)	6		77.85±0.61	28.51±1.14	9.74±0.36							40.99±0.84
E003 Apple, small (<i>Malus domestica</i>)	6		90.18±6.12	33.40±1.55	10.58±0.96	8.68±1.10	6.23±0.63					46.96±6.37
E004 Apple, small, Kashmir (<i>Malus domestica</i>)	1		105	40.72	12.27	10.36	7.98					50.63
E005 Apricot, dried (<i>Prunus armeniaca</i>)	6		168±5.3	32.58±3.32								118±3.4
E006 Apricot, processed (<i>Prunus armeniaca</i>)	3		155±5.9	30.05±2.29								23.33±3.37
E007 Avocado fruit (<i>Persea americana</i>)	1		1237								495	8215

Food code	Food Name	No. of Regions	Eicosenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			mg									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D068	Ridge gourd (<i>Luffa acutangula</i>)	6				28.66±1.37		26.42±0.76		54.49±3.62	2.57±0.22	55.08±2.08
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3				29.79±2.44		28.19±1.90		43.07±3.45	2.95±0.44	57.98±4.32
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6				42.96±3.58		54.59±3.36		94.90±3.25	4.89±0.85	97.54±6.66
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2				45.65		53.71		95.87	4.77	99.36
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1				34.56		70.55		100	2.96	105
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6				46.46±5.00		30.39±2.13		48.97±5.84	6.28±1.61	76.11±9.46
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6			0.77±0.16	95.45±3.03		13.57±0.71		46.91±0.99	36.91±1.04	109±2.6
206	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6			0.62±0.10	104±12.8		14.70±1.58		47.65±3.66	30.50±3.59	119±13.4
	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6			0.89±0.23	185±12.9		23.59±4.07		79.56±4.04	58.66±6.57	208±13.4
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2				98.72		152		119	37.83	251
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2				43.00		71.42		56.92	21.32	114

E FRUITS

E001	Apple, big (<i>Malus domestica</i>)	6		249±0.8		32.63±0.84		154±2.0	51.13±0.74	282±0.5
E002	Apple, green (<i>Malus domestica</i>)	6		173±1.0		49.73±0.55		116±1.5	40.99±0.84	223±1.1
E003	Apple, small (<i>Malus domestica</i>)	6		195±18.4		29.52±2.69		149±9.0	46.96±6.37	224±20.0
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1		211		41.61		176	50.63	253
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6		206±9.6		79.91±4.75		200±5.6	118±3.4	286±9.3
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3		165±8.6		154±7.8		185±7.7	23.33±3.37	319±6.7
E007	Avocado fruit (<i>Persea americana</i>)	1		1078		62.11	11.14	1237	8710	1141

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
		mg										
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
E008 Bael fruit (<i>Aegle marmelos</i>)	1	0.45	2.81	3.38	103	18.55	1.58	0.93		4.17	107	
E009 Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1				103	6.80				5.65	8.73	
E010 Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2				105	8.02				3.83	28.45	
E011 Banana, ripe, red (<i>Musa x paradisiaca</i>)	1				96.58	9.74				6.45	11.32	
E012 Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6				106±3.6	8.15±1.46				6.61±0.44	14.28±1.77	
E013 Black berry (<i>Rubus fruticosus</i>)	5			5.89±0.46	134±0.9	30.33±1.74	7.71±1.33	5.86±0.92	11.65±1.36	6.15±0.53	81.56±4.26	
E014 Cherries, red (<i>Prunus cerasus</i>)	4				84±5	33.98±1.52	6.81±0.69				95.85±2.36	
E015 Currants, black (<i>Ribes nigrum</i>)	1				51.94	24.41		2.05	4.93		298	
E016 Custard apple (<i>Annona squamosa</i>)	1				90.45	30.45	5.67	3.87	7.56	4.89	34.85	
E017 Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6				78.83±3.65	18.20±1.50					30.43±3.94	
E018 Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2				91.15	22.69					21.00	
E019 Dates, processed (<i>Phoenix dactylifera</i>)	2				115	34.16					46.88	
E020 Fig (<i>Ficus carica</i>)	6				71.61±0.74	7.19±0.20	8.46±0.13	3.48±0.13	2.26±0.17		41.38±1.12	
E021 Goosberry (<i>Emblica officinalis</i>)	5				26.48±3.16	11.99±0.26					23.93±1.89	
E022 Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4				72.49±3.32	15.26±1.74	4.45±0.15	8.15±1.27	5.60±1.35		12.73±2.37	
E023 Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5				62.35±3.72	12.95±0.85	3.74±0.25	7.38±0.66	6.01±0.50		11.10±1.44	
E024 Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5				66.06±1.13	14.28±0.24	3.79±0.22	6.27±0.91	4.77±0.20		12.18±0.22	
E025 Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5				31.45±3.84	9.99±0.89	1.96±0.63	2.21±0.65			33.96±0.80	
E026 Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5				63.79±2.99	15.71±1.40	3.61±1.46	3.99±0.57			9.33±1.22	

Table 7. Profiled Fatty

Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E008	Bael fruit (<i>Aegle marmelos</i>)	1				87.01		66.18		190	112	154
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1				68.33		63.24		110	14.38	132
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2				65.50		69.67		113	32.29	135
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1				61.66		46.23		106	17.78	108
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6				53.50±2.61		73.44±1.80		114±4.4	20.89±1.70	127±2.8
E013	Black berry (<i>Rubus fruticosus</i>)	5				153±1.9		80.24±2.19		195±5.6	87.71±4.44	234±1.7
E014	Cherries, red (<i>Prunus cerasus</i>)	4				116±4.3		71.55±3.27		125±5.9	95.85±2.36	187±4.2
E015	Currants, black (<i>Ribes nigrum</i>)	1	3.22			30.58		8.47		83.33	302	39.06
E016	Custard apple (<i>Annona squamosa</i>)	1				78.56		53.47		138	39.74	132
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6				140±8.4		19.49±1.13		97.03±4.87	30.43±3.94	159±9.4
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2				129		16.35		114	21.00	145
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2				124		11.63		149	46.88	136
E020	Fig (<i>Ficus carica</i>)	6				50.57±0.50		46.52±0.54		89.44±9.07	41.38±1.12	97.09±0.80
E021	Goosberry (<i>Emblica officinalis</i>)	5				47.41±2.23		27.83±2.51		38.48±3.26	23.93±1.89	75.24±4.62
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4				94.88±6.61		44.44±2.81		106±6.7	12.73±2.37	139±8.6
E023	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5				82.21±4.28		36.68±2.24		92.42±3.73	11.10±1.44	119±6.3
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5				83.32±0.24		39.64±1.05		92.04±4.41	12.18±0.22	123±1.0
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5				172±1.3		11.29±1.01		45.63±5.51	33.96±0.80	183±1.9
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5				80.70±1.11		32.12±0.79		87.11±4.50	9.33±1.22	113±1.8

Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
		mg											
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
E027 Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5				86.20±0.29	17.98±0.07	6.88±0.20	9.73±0.24	8.05±0.16			12.97±0.07	
E028 Guava, white flesh (<i>Psidium guajava</i>)	5			0.70±0.07	28.95±2.42	16.48±1.53	1.97±0.30	0.55±0.06	0.65±0.06			35.08±3.38	
E029 Guava, pink flesh (<i>Psidium guajava</i>)	5				17.96±2.31	9.22±0.63						13.97±2.14	
E030 Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5				30.69±2.30	1.70±0.26	1.77±0.17	2.35±0.35	1.15±0.13		0.75±0.13	9.34±1.06	
E031 Jambu fruit, ripe (<i>Syzygium cumini</i>)	2				43.42	19.46	3.62				3.17	17.56	
E032 Karonda fruit (<i>Carissa carandas</i>)	1				42.89	20.47	3.45				3.64	20.48	
E033 Lemon, juice (<i>Citrus limon</i>)	6				147±5.2	27.67±1.91		27.55±4.69				47.40±6.45	
E034 Lime, sweet,pulp (<i>Citrus limetta</i>)	6				65.42±3.97	10.98±0.66					8.30±0.93	26.88±1.81	
E035 Litchi (<i>Nephelium litchi</i>)	4				68.53±3.97	14.13±0.14		2.64±0.41	6.19±0.77		4.04±0.37	41.60±3.12	
E036 Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6			7.01±1.49	150±6.1	7.12±0.55		1.90±0.23	3.96±0.64		52.48±6.23	81.18±8.57	
E037 Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2	2.33	16.50	147	8.20	1.71	1.59	3.26			55.42	89.08	
E038 Mango, ripe, himsagar (<i>Mangifera indica</i>)	3			5.81±0.78	154±2.7	6.63±0.30		2.01±0.13	4.99±0.27		60.51±0.90	73.42±3.26	
E039 Mango, ripe, kesar (<i>Mangifera indica</i>)	4			5.71±0.83	152±8.6	7.36±0.43		2.06±0.18	5.15±0.45		63.91±2.81	105±6.5	
E040 Mango, ripe, neelam (<i>Mangifera indica</i>)	2	3.08	17.21	141	6.64	2.44	1.87	5.59			56.63	89.89	
E041 Mango, ripe, paheri (<i>Mangifera indica</i>)	2	2.33	34.58	137	6.26	1.33	1.32	3.27			69.02	122.79	
E042 Mango, ripe, totapari (<i>Mangifera indica</i>)	1	2.43	21.79	136	7.56	1.44	1.53	3.96			70.57	97.56	
E043 Mangosteen (<i>Garcinia mangostana</i>)	1	2.54	22.48	135	7.85	1.58	2.01	4.12			69.87	95.47	
E044 Manila tamarind (<i>Pithecellobium dulce</i>)	1				20.98	3.54	0.97	1.07	1.25			33.45	
E045 Musk melon, orange flesh (<i>Cucumis melon</i>)	5				76.84±3.38	16.10±1.58					7.32±0.96	17.86±1.61	
E046 Musk melon, yellow flesh (<i>Cucumis</i>	6				62.61±3.89	16.39±1.48					5.75±0.28	15.37±1.64	

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Table Fatty Acid

Food code	Food Name	Region No.	mg								Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			Eicosenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)				
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU	
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5				109±0.4		52.81±0.21		129±0.4	12.97±0.07	162±0.6	
E028	Guava, white flesh (<i>Psidium guajava</i>)	5	0.64±0.08			165±13.4		11.08±1.05		49.30±3.97	35.72±3.43	176±14.4	
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5				84.36±6.35		7.29±0.56		27.18±2.05	13.97±2.14	91.65±6.38	
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	3.86±0.60	28.77±3.05	1.56±0.24	22.63±2.96		15.44±1.58		37.66±2.83	44.27±4.43	38.07±4.41	
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2				42.40		6.37		66.49	20.73	48.77	
E032	Karonda fruit (<i>Carissa carandas</i>)	1				45.12		7.48		66.81	24.12	52.60	
E033	Lemon, juice (<i>Citrus limon</i>)	6				270±9.5		83.53±3.97		202±7.3	47.40±6.45	353±13.4	
E034	Lime, sweet,pulp (<i>Citrus limetta</i>)	6				67.81±3.12		16.60±1.75		76.40±4.34	35.18±2.49	84.41±4.19	
E035	Litchi (<i>Nephelium litchi</i>)	4				51.98±4.49		26.91±1.89		91.48±4.93	45.63±3.45	78.89±6.36	
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6				30.72±2.87		101±5.5		170±6.6	134±10.3	132±7.5	
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2				27.91		71.39		180	145	99.30	
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3				16.00±1.74		111±9.1		174±3.3	134±4.2	127±10.2	
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4				24.29±1.83		90.87±8.77		172±8.1	169±9.2	115±10.4	
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2				16.56		98.95		178	147	116	
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2				20.40		65.92		186	192	86.32	
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1				18.64		70.06		175	168	88.71	
E043	Mangosteen (<i>Garcinia mangostana</i>)	1				20.48		68.12		176	165	88.60	
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1				6.01		13.48		27.81	33.45	19.49	
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5				97.34±6.29		61.33±2.46		92.94±4.13	25.18±2.14	159±7.2	
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6				72.56±4.65		41.54±2.55		79.00±5.34	21.12±1.78	114±7.1	

Food code	Food Name	No.ofRegions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	
			mg											
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9	
E047	Orange, pulp (<i>Citrus aurantium</i>)	6				29.46±4.92	7.66±1.10				4.27±0.79	14.99±1.78		
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1			2.45	22.45	8.46				5.47	32.85		
E049	Papaya, ripe (<i>Carcia papaya</i>)	6			5.52±0.62	45.26±4.02	5.30±0.61				9.53±0.95	16.83±1.70		
E050	Peach (<i>Prunus communis</i>)	1			0.32	17.24	5.98	0.03			0.03	1.32	207	
E051	Pear (<i>Pyrus sp.</i>)	6				47.91±5.65	15.80±2.38	4.52±0.59	4.73±0.98	2.98±0.55			24.26±3.22	
E052	Phalsa (<i>Grewia asiatica</i>)	2			2.18	107	45.72	4.21	3.06	2.17	5.70	162		
E053	Pineapple (<i>Ananas comosus</i>)	6				42.57±5.87	8.52±1.57						31.15±4.54	
E054	Plum (<i>Prunus domestica</i>)	3				16.00±0.07	4.05±0.11				4.09±0.22	166±0.5		
211	E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	1.14±0.18	0.48±0.12	22.64±3.44	13.25±2.35	2.90±0.56	1.33±0.26	0.77±0.21				35.30±4.74
	E056	Pummelo (<i>Citrus maxima</i>)	3			88.03±0.05	19.32±0.32		3.66±0.20	4.27±0.30	8.70±0.34	32.30±0.31		
	E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6			46.97±2.24	15.49±0.72						46.53±3.32	
	E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6			95.25±7.47	25.94±2.83						32.64±1.74	
	E059	Rambutan (<i>Nephelium lappaceum</i>)	1			120	24.12				14.25	145		
	E060	Sapota (<i>Achras sapota</i>)	6			343±5.4	45.33±3.97				35.05±4.86	220±9.8		
	E061	Soursop (<i>Annona muricata</i>)	1			89	28.84	4.98	4.01	7.98	4.56	33.98		
	E062	Star fruit (<i>Averrhoa carambola</i>)	1			10.23	10.54				3.50	30.12		
	E063	Strawberry (<i>Fragaria ananassa</i>)	6			50.68±4.43	10.62±0.38	3.81±0.56	1.11±0.11				77.87±0.85	
	E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6			20.58±0.51	3.14±0.38	1.02±0.05	1.05±0.05	1.46±0.25			34.89±0.45	
	E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6			32.40±2.17	7.31±0.63						24.84±1.71	
	E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6			42.94±2.12	7.39±0.99						10.96±0.61	

Foodcode	Food Name	No. of Regions	Eicosanoic	Erucic	Nervonic	Linoleic	Eicosadienoic	α -Linolenic	Arachidonic	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C18:3n3)	(C20:4n6)	mg		
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E047	Orange, pulp (<i>Citrus aurantium</i>)	6				36.52±6.20		11.11±1.73		37.11±5.94	19.26±2.41	47.63±7.82
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1				50.64		25.78		33.36	38.32	76.42
E049	Papaya, ripe (<i>Carcia papaya</i>)	6				10.33±0.91		37.91±3.34		56.08±5.03	26.35±2.27	48.24±3.59
E050	Peach (<i>Prunus communis</i>)	1	0.30			62.16		0.44		23.90	209	62.61
E051	Pear (<i>Prunus persica</i>)	6				84.54±10.16		16.58±2.38		75.94±8.40	24.26±3.22	101±12.4
E052	Phalsa (<i>Grewia asiatica</i>)	2				362		18.66		164	167	381
E053	Pineapple (<i>Ananas comosus</i>)	6				17.75±2.51		30.00±3.84		51.09±7.38	31.15±4.54	47.76±6.32
E054	Plum (<i>Prunus sp</i>)	3				59.08±1.47				20.05±0.03	170±0.3	59.08±1.47
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	3.22±0.74			39.16±5.95		1.82±0.52		42.50±6.80	38.51±5.16	40.99±5.90
E056	Pummelo (<i>Citrus maxima</i>)	3				134±0.6		53.21±0.30		115±0.2	41.00±0.09	187±0.3
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6				147±10.0		11.91±1.51		62.47±2.78	46.53±3.32	159±10.7
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6				93.96±5.67		30.87±2.60		121±9.7	32.64±1.74	125±8.2
E059	Rambutan (<i>Nephelium lappaceum</i>)	1				160		202		144	160	362
E060	Sapota (<i>Achras sapota</i>)	6				233±6.8		125±4.4		389±6.0	255±6.4	358±10.6
E061	Soursop (<i>Annona muricata</i>)	1				77.98		54.02		135	38.54	132
E062	Star fruit (<i>Averrhoa carambola</i>)	1				151		39.90		20.77	33.62	191
E063	Strawberry (<i>Fragaria ananassa</i>)	6				179±0.9		112±6.1		66.21±4.91	77.87±0.85	291±6.2
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6				4.99±0.72		12.86±0.91		27.26±0.67	34.89±0.45	17.85±0.38
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6				51.90±3.73		15.55±0.97		39.70±2.75	24.84±1.71	67.46±4.22
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6				54.86±2.89		10.52±1.13		50.33±2.79	10.96±0.61	65.38±3.29

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
E067	Wood Apple (<i>Limonia acidissima</i>)	3				657±19	162±14.0	28.01±4.59	16.23±2.07	12.98±0.13		35.39±5.97	559±19.0
E068	Zizyphus (<i>Zizyphus jujube</i>)	1		1.92	5.34	85.73	17.22	3.14	1.95	3.65		13.76	110
F ROOTS AND TUBERS													
F001	Beet root (<i>Beta vulgaris</i>)	6				27.82±2.97	1.57±0.14		0.70±0.09	1.08±0.16			21.96±2.57
F002	Carrot, orange (<i>Ducus carota</i>)	6				72.82±2.63	6.87±0.57	3.03±0.42	2.91±0.40	2.08±0.44			21.01±1.26
F003	Carrot, red (<i>Ducus carota</i>)	4				70.77±1.63	8.40±0.40	3.94±0.11	3.41±0.31	2.67±0.20			18.27±0.53
F004	Colocasia (<i>Colocasia antiquorum</i>)	6				38.35±2.80	3.49±0.43						22.92±1.60
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3				215±16.5	33.32±6.83						84.12±3.38
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6				36.34±1.32	7.21±0.68					9.75±1.66	4.06±0.33
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1				36.29	7.74					4.57	7.37
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1				32.95	6.92					12.38	2.53
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3				33.13±2.78	5.52±0.77	1.31±0.21	1.35±0.07	1.35±0.27		1.11±0.15	6.17±0.65
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6				34.72±2.68	5.15±0.83	1.39±0.34	1.25±0.31	1.38±0.18		1.20±0.18	7.94±0.71
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1				37.24	4.69	0.97	1.26	1.93		1.25	4.82
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2				34.12	3.97	0.86	0.84	1.36		1.17	11.47
F013	Sweet potato, brown skin (<i>Ipomoea batatas</i>)	4	7.39±0.73			48.29±2.45	10.42±1.43						4.10±0.60
F014	Sweet potato, pink skin (<i>Ipomoea batatas</i>)	3	11.17±0.84			72.86±4.19	17.06±1.03						9.35±1.72
F015	Tapioca (<i>Manihot esculenta</i>)	3	3.59±0.06			42.10±2.24	13.82±0.38						9.20±0.72
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1	0.29	1.82		65.00	14.52	2.68	1.55	1.56		0.88	100

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Table 7. Fatty Acid Profile

Food	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			mg									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E067	Wood Apple (<i>Limonia acidissima</i>)	3				799±19.0		636±46.2		877±4.3	595±24.7	1435±27.7
E068	Zizyphus (<i>Zizyphus jujube</i>)	1	2.33			27.18		8.07		119	126	35.25

F ROOTS AND TUBERS

F001	Beet root (<i>Beta vulgaris</i>)	6			57.23±5.65		6.98±0.71		31.17±3.30	21.96±2.57	64.21±6.24
F002	Carrot, orange (<i>Ducus carota</i>)	6			241±10.5		24.38±1.90		87.71±3.56	21.01±1.26	266±12.0
F003	Carrot, red (<i>Ducus carota</i>)	4			246±0.3		24.10±0.25		88.91±1.03	18.27±0.53	270±0.3
F004	Colocasia (<i>Colocasia antiquorum</i>)	6			69.01±5.43		8.40±0.39		41.84±2.89	22.92±1.60	77.41±5.53
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3			291±23.3		123±8.9		249±20.3	84.12±3.38	414±31.1
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6			97.45±6.16		31.84±2.68		43.56±1.88	13.82±1.65	129±8.2
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1			54.34		73.68		44.03	11.94	128
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1			92.44		28.78		39.87	14.91	121
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3			23.71±1.6		33.02±4.55		42.65±3.07	7.29±0.74	56.73±5.71
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6			21.64±2.09		32.00±1.60		43.88±3.78	9.14±0.86	53.64±3.41
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1			21.18		54.67		46.08	6.08	75.85
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2			15.71		46.49		41.15	12.64	62.20
F013	Sweet potato, brown skin (<i>Ipomoea batatas</i>)	4			96.29±7.72		19.52±0.67		66.10±3.26	4.10±0.60	116±8.3
F014	Sweet potato, pink skin (<i>Ipomoea batatas</i>)	3			154±7.2		25.92±2.35		101±4.4	9.35±1.72	180±6.1
F015	Tapioca (<i>Manihot esculenta</i>)	3			78.47±5.88		12.83±0.98		59.50±2.11	9.20±0.72	91.29±6.85
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1	2.08	1.52	97.81		6.16		87.42	105	104

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			$\xleftarrow{\hspace{1cm}} \text{mg} \xrightarrow{\hspace{1cm}}$										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6				31.01±3.20	4.72±0.52						6.75±0.92
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4				39.42±1.05	3.21±0.38						13.04±1.03
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2				67.83	11.68						22.66
G CONDIMENTS AND SPICES-FRESH													
G001	Chillies, green-1 (<i>Capsicum annum</i>)	5			4.96±0.79	90.78±4.58	20.64±2.19	3.80±0.91	2.89±0.55	2.63±0.63		3.72±0.65	34.47±3.22
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3			6.20±1.91	91.42±7.84	21.54±4.36	4.16±0.97	4.08±0.53	3.96±0.67		4.85±0.79	28.54±2.23
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5			5.62±0.96	91.98±3.96	24.00±3.63	3.98±0.70	3.72±0.76	3.38±0.48		3.88±0.33	27.86±2.88
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3			6.02±1.15	92.27±4.73	29.74±3.89	6.91±0.73	6.21±0.97	6.75±1.48		5.19±0.87	24.06±3.21
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2			4.26±0.52	76.39±4.94	18.31±1.25	3.60±0.82	3.06±0.99	3.30±1.00		3.87±1.15	23.10±2.20
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1			8.14	80.61	18.97	4.87	4.50	4.16		4.67	22.90
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1			4.28	65.01	21.57	3.58	3.96	3.72		3.89	25.77
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6			5.58±1.41	88.25±8.70	22.68±4.67	4.43±1.35	4.00±1.27	3.94±1.53		4.32±0.88	27.88±4.64
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6			18.14±1.33	144±11.6	49.06±4.06	3.05±0.33	6.52±0.90	6.77±0.74			8.31±0.49
G010	Curry leaves (<i>Murraya koenigii</i>)	6				236±27.4	30.80±2.54						44.57±5.15
G011	Garlic, big clove (<i>Allium sativum</i>)	6				26.56±3.24	3.16±0.72	1.03±0.27	1.74±0.27	1.03±0.26			14.24±2.48
G012	Garlic, small clove (<i>Allium sativum</i>)	3				25.14±0.92	3.41±0.22	1.09±0.30	2.02±0.58	0.97±0.24			13.55±0.78
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1				28.56	2.19	1.36	1.35	1.31			10.83
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6	24.21±3.10	11.05±1.24	176±6.2	19.86±1.24							67.97±8.76
G015	Mango ginger (<i>Curcuma amada</i>)	3				146±6.6	30.59±1.78						52.26±3.28

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Table 7. Fatty Acid Profile

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6				57.08±7.02		16.44±2.18		35.72±3.38	6.75±0.92	73.52±8.96
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4				56.32±3.93		16.02±0.85		42.63±1.24	13.04±1.03	72.34±4.73
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2				111		30.93		79.51	22.66	142

G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 (<i>Capsicum annum</i>)	5			384±12.5		43.99±6.11		126±8.3	38.19±2.86	428±14.3
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3			391±19.6		41.73±4.99		131±14.9	33.39±2.72	433±24.1
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5			372±17.4		45.49±5.89		133±7.3	31.74±3.10	418±15.2
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3			364±7.9		47.37±0.69		148±5.9	29.25±2.42	412±7.8
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2			342±19.8		42.60±4.91		109±2.8	26.97±3.30	384±23.0
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1			329		34.57		121	27.57	363
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1			303		28.91		102	29.66	332
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6			370±26.7		43.14±5.96		129±14.9	32.20±4.48	413±29.5
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	0.75±0.12		151±10.6		169±20.1		228±16.0	9.06±0.59	320±29.4
G010	Curry leaves (<i>Murraya koenigii</i>)	6			152±19.6		417±39.3		267±29.4	44.57±5.15	569±58.4
G011	Garlic, big clove (<i>Allium sativum</i>)	6			60.62±7.90		6.28±0.63		33.52±4.39	14.24±2.48	66.90±8.48
G012	Garlic, small clove (<i>Allium sativum</i>)	3			56.95±3.67		4.86±0.88		32.63±2.10	13.55±0.78	61.82±4.48
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1			73.10		9.31		34.76	10.83	82.40
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6			302±14.0		78.99±9.71		231±7.4	67.97±8.76	381±16.4
G015	Mango ginger (<i>Curcuma amada</i>)	3			256±16.8		78.26±2.34		177±8.3	52.26±3.28	334±14.6

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			$\xleftarrow{\hspace{1cm}} \text{mg} \xrightarrow{\hspace{1cm}}$										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
G016	Mint leaves (<i>Mentha spicata</i>)	4			2.18±0.18	105±8.6	17.59±1.10						13.23±1.01
G017	Onion, big (<i>Allium cepa</i>)	6				47.96±0.96	4.65±0.34		3.80±0.29	4.40±0.32			39.36±0.89
G018	Onion, small (<i>Allium cepa</i>)	5				32.07±2.47	4.08±0.41		2.50±0.21	2.37±0.42			15.83±1.73

G CONDIMENTS AND SPICES-DRY

217	G019	Asafoetida (<i>Ferula assa-foetida</i>)	6	5.04±0.97	191±4.3	45.89±3.99						5.91±0.71	236±7.9
	G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6		557±22.5	66.70±6.98						32.49±5.63	858±65.5
	G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4		430±6.3	62.50±0.85						39.53±0.59	1043±13.7
	G022	Chillies, red (<i>Capsicum annum</i>)	6	60.26±6.53	890±41.5	141±5.1	21.09±0.77	15.91±0.82	13.52±0.83			22.41±1.65	646±66.3
	G023	Cloves (<i>Syzygium aromaticum</i>)	6		2020±33.4	659±23.8							605±47.7
	G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	54.98±10.72	631±20.6	141±5.8	31.53±4.31	56.26±5.65	36.98±3.68			27.35±3.65	10702±135
	G025	Cumin seeds (<i>Cuminum cyminum</i>)	6		500±12.4	98.2±3.04	20.46±1.89					35.01±0.95	8344±88.0
	G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6		501±12.2	188±5.3	50.12±2.25	18.60±1.44	11.78±1.27				663±24.1
	G027	Mace (<i>Myristica fragrans</i>)	6	362±38	8120±304	767±200	54.30±13.98					404±35.2	8898±398
	G028	Nutmeg (<i>Myristica fragrans</i>)	6	783±18.0		2372±102	204±32.7					47.77±9.28	1562±117
	G029	Omum (<i>Trachyspermum ammi</i>)	6	16.93±2.62	895±10.9	177±10.0	23.26±0.90					26.83±0.98	13810±152
	G030	Pippali (<i>Piper longum</i>)	6		436±11.7	165±10.0						38.18±1.88	289±15.1
	G031	Pepper, black (<i>Piper nigrum</i>)	6		548±23.3	106±5.9							463±24.8
	G032	Poppy seeds (<i>Papaver somniferum</i>)	6	10.16±0.81	1644±46.6	397±11.0	22.27±1.91					27.62±2.90	2311±106
	G033	Turmeric powder (<i>Curcuma domestica</i>)	6		769±42.7	691±44.7	174±16.1						448±83.7

Foodcode	Food Name	No. of Regions	Eicosanoic	Erucic	Nervonic	Linoleic	Eicosadienoic	α -Linolenic	Arachidonic	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C18:3n3)	(C20:4n6)	← mg →		
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
G016	Mint leaves (<i>Mentha spicata</i>)	4				65.09±4.74			286±20.5	125±9.7	13.23±1.01	352±25.2
G017	Onion, big (<i>Allium cepa</i>)	6				100±1.5			6.63±0.54	60.81±0.53	39.36±0.89	107±1.9
G018	Onion, small (<i>Allium cepa</i>)	5				66.60±4.12			4.55±0.46	41.01±2.60	15.83±1.73	71.16±4.41

G CONDIMENTS AND SPICES-DRY

G019	Asafoetida (<i>Ferula assa-foetida</i>)	6	7.35±1.74		470±15.7		43.79±6.93		242±4.2	250±6.5	514±13.6
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6			411±9.4		172±7.3		624±24.3	891±68.8	583±16.1
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4			320±0.5		197±5.8		493±5.4	1083±14.3	517±5.6
G022	Chillies, red (<i>Capsicum annum</i>)	6	6.75±0.23	43.11±5.25	3081±111		182±14.3		1141±44.1	718±64.0	3263±101
G023	Cloves (<i>Syzygium aromaticum</i>)	6			2737±71.8		691±36.4		2679±52.7	605±47.7	3428±83.6
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	40.02±2.30		2203±60.9		44.01±5.39		952±10.1	10769±134	2247±62.1
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6			4269±48.2		44.00±3.65		619±16.3	8379±88.6	4313±47.1
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6	12.15±1.86		2051±23.7		1082±13.6		770±17.5	675±23.4	3133±35.9
G027	Mace (<i>Myristica fragrans</i>)	6			4571±233		159±33.1		9304±214	9302±370	4731±260
G028	Nutmeg (<i>Myristica fragrans</i>)	6	26.66±2.85		299±21.9		79.30±7.33		3359±88.8	1637±107	379±25.5
G029	Omum (<i>Trachyspermum ammi</i>)	6	42.03±3.51		5116±127		76.71±4.77		1112±18.0	13879±152	5193±128
G030	Pippali (<i>Piper longum</i>)	6			587±10.8		299±9.3		602±9.7	327±15.5	885±10.9
G031	Pepper, black (<i>Piper nigrum</i>)	6			818±5.8		258±10.7		654±24.1	463±24.8	1076±15.2
G032	Poppy seeds (<i>Papaver somniferum</i>)	6	14.09±1.15		13742±91.3		106±9.2		2074±56.7	2353±110	13847±94.7
G033	Turmeric powder (<i>Curcuma domestica</i>)	6			1563±22.9		377±44.9		1634±46.8	448±83.7	1940±32.3

		Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
	Food Name	mg										
		F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
H	NUTS AND OIL SEEDS											
H001	Almond (<i>Prunus amygdalus</i>)	6		30.36±3.96	3553±20.3	717±24.8	57.98±10.77			281±6.5	38012±162	
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6	524±17.5	1527±27.0	487±8.8	56.30±2.94	9.72±0.46				461±21.5	
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3	236±13.8	833±22.4	498±15.4	94.80±6.23	12.14±0.73				980±16.7	
H004	Arecanut, fresh (<i>Areca catechu</i>)	2	586	2093	628	68.65	13.31				582	
H005	Cashew nut (<i>Anacardium occidentale</i>)	6			4033±59	3447±89.3	233±5.2	47.13±1.73	56.25±3.84	163±7.9	27678±303	
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6	2674±33.6 24525±379	10243±145	4322±185	1373±74.3	0.00±0.00	0.00±0.00	0.00±0.00		3710±133	
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	1699±59.3 15442±303	6736±195	3067±157	1043±166	32.77±8.25	10.93±1.65	17.37±2.38		2434±59.5	
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5		32.71±4.62	2190±36.2	730±21.6	800±24.0	219±12.4	130±7.6	55.48±2.08	5166±261	
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6			3735±151	2230±164	263±11.9	51.25±6.32	38.42±6.09	62.24±4.91	15475±432	
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4			3826±66.6	2090±46.5	251±3	47.61±8.43	35.87±1.72	56.96±2.60	15866±282	
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5			3883±17.2	2206±143	256±22.8	50.85±10.31	33.17±5.10	55.87±7.22	16001±330	
H012	Ground nut (<i>Arachis hypogea</i>)	6			4520±84.5	1303±96.2	598±66.3	1247±133	478±70	242±22.6	17719±562	
H013	Mustard seeds (<i>Brassica juncea</i>)	6			856±29.4	389.3±38	289±27.8	348±31.2	230±36	69.74±7.52	4012±549	
H014	Linseeds (<i>Linum usitatissimum</i>)	6			1503±68.1	1323±65.6	59.74±4.28	51.21±3.89	31.93±2.83	25.61±1.29	5049±303	
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4		100±2.0	4750±57.7	951±52.8	91.53±2.82	23.39±1.53	27.87±2.13	98.16±5.18	8813±417	
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5		136±28.3	6061±180	2651±104	250±25.2	386±147	253±17.2	131±19.7	4013±149	
H017	Pine seed (<i>Pinus gerardiana</i>)	5		19.65±1.31	2640±69.1	791±67.9	246±22.5	74.80±5.21	30.03±3.06	31.06±1.90	18261±172	
H018	Pistachio nuts (<i>Pistacia vera</i>)	6		39.96±3.16	3473±81.9	425±34.4	49.82±2.80	38.10±7.85	18.11±3.13	285±12.9	18478±209	
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5		28.06±1.91	1789±132	546±21.4	90.69±5.27	58.62±3.79	36.13±3.31	17.08±2.37	3487±27	
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5		47.49±10.65	3215±109	2166±179	175±7.7	411±33.7	145±12.2	71.56±7.04	17649±467	

Table ProfAcfat7

Foodcode	Food Name	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	
		\leftarrow mg \rightarrow										
		F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU	
H NUTS AND OIL SEEDS												
H001	Almond (<i>Prunus amygdalus</i>)	6	43.69±6.16		13183±153		32.04±3.78		4358±22.4	38336±159	13215±156	
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6	4.87±0.65		396±23.1		7.42±0.62		2605±38.3	466±21.3	403±23.3	
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3	7.24±0.47		901±22.5		16.78±0.07		1674±29.9	987±16.3	918±22.5	
H004	Arecanut, fresh (<i>Areca catechu</i>)	2	16.44		506		15.67		3389	599	522	
H005	Cashew nut (<i>Anacardium occidentale</i>)	6	66.58±3.22		7427±205		55.04±6.90		7816±148	27907±309	7482±203	
H006	Coconut, kernel, dry (<i>Cocos nucifera</i>)	6	0.00±0.00		929±37.7				43138±268	3710±133	929±37.7	
220	H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	15.62±0.99		639±40.1			28048±174	2449±59.3	639±40.1	
	H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5	2699±52.1	211±9.3	2839±50.1	141±8.8	7484±246	4101±69.3	8131±242	10464±234	
	H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6	67.66±4.99		19123±472		136±32.3	6317±169	15605±437	19259±477	
	H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4	66.30±2.49		18966±202		112±12.7	6250±36.6	15989±279	19078±208	
	H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5	67.54±4.43		18477±495		120±14.1	6430±189	16124±329	18597±490	
	H012	Ground nut (<i>Arachis hypogea</i>)	6	376±30.0		11584±426		0.00±0.00	8144±214	18337±552	11584±426	
	H013	Mustard seeds (<i>Brassica juncea</i>)	6	1838±84.9	14468±820	644±33.6	4932±112	245±39.3	3341±379	2112±41.7	21032±503	8910±540
	H014	Linseeds (<i>Linum usitatissimum</i>)	6	36.60±1.43		3191±144		12956±467	2968±48.4	5112±303	16147±378	
	H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	122±11.5		21871±500		64.5±3.15	5945±88.9	9033±422	21935±499	
	H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5	308±42.3		23300±300		265±23.6	9737±189	4452±129	23564±289	
	H017	Pine seed (<i>Pinus gerardiana</i>)	5	332±7.4		23874±310	140±27.5	188±10.1	3801±123	18624±177	24202±303	
	H018	Pistachio nuts (<i>Pistacia vera</i>)	6	144±2.7	13.87±1.80	11776±277		171±5.2	4043±94.4	18922±207	11946±281	
	H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5	49.34±1.37	36.44±2.22	18760±227		21.90±0.73	2548±115	3589±26.7	18781±226	
	H020	Sunflower seeds (<i>Helianthus annuus</i>)	5	82.25±11.93		25545±308		35.6±5.78	6159±310	17803±471	25580±305	

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			mg										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
H021	Walnut (<i>Juglans regia</i>)	6				3661±50.6	1502±36.3	44.18±21.48			39.95±6.12	11168±799	
I SUGARS													
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6				45.00±3.15	24.23±1.77					21.67±1.45	
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6				119±4.4	20.80±2.38					29.70±2.99	
J MUSHROOMS													
221	J001 Button mushroom, fresh (<i>Agaricus sp.</i>)	1			1.83	40.06	12.95	5.07	2.98			1.23	5.25
	J002 Chicken mushroom, fresh (<i>Lactiporus sp.</i>)	1			0.79	54.83	3.99					0.62	2.40
	J003 Shiitake mushroom, fresh (<i>Lentinula sp.</i>)	1			3.25	72.70	18.44	9.17	5.21			2.05	9.73
	J004 Oyster mushroom, dried (<i>Pleurotus sp.</i>)	1			12.67	256	91.79	36.78	20.76			7.94	38.44
K MISCELLANEOUS FOODS													
K001	Toddy	10			2.10±0.38	21.04±0.93	7.50±0.40				4.19±0.81	30.49±1.14	
K002	Coconut Water	6	47.14±3.52	24.62±2.06	16.18±0.97	5.56±1.10						10.78±0.38	
L MILK AND MILK PRODUCTS													
L001	Milk, whole, Buffalo	6	158±6.6	220±3.3	806±16.9	1776±63.6	943±58.7				47.08±7.3761.97±4.34	1671±103	
L002	Milk, whole, Cow	6	172±8.8	98±3.08	451±11.8	1033±40.3	518±15.7				37.90±2.11	1176±30.3	
L003	Panner	6	230±10.0	340±29.6	1600±60.9	4792±199	1755±166	88.14±15.40	28.73±6.32	17.14±2.69		385±33.5	3914±206
L004	Khoa	6	259±21.1	375±19.4	1932±112	7138±290	3099±286	61.24±12.26	43.03±15.56	28.18±7.46		398±57.1	5266±422

Table 7. Fatty Acid Profile

Food code	Food Name	No. of Regions	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α -Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			\leftarrow mg \rightarrow									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
H021	Walnut (<i>Juglans regia</i>)	6	108±13.5			36205±626		8710±238		5208±74.2	11316±796	44915±830
I SUGARS												
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6				33.10±2.09				69.23±4.91	21.67±1.45	33.10±2.09
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6				145±12.5		28.34±4.27		140±3.1	29.70±2.99	173±16.1
J MUSHROOMS												
222	Button mushroom, fresh (<i>Agaricus sp.</i>)	1	0.34			263				62.89	6.82	263
	Chicken mushroom, fresh (<i>Lactiporus sp.</i>)	1				111		26.43		59.60	3.02	137
	Shiitake mushroom, fresh (<i>Lentinula sp.</i>)	1	0.55			417	63.63			116	12.33	480
	Oyster mushroom, dried (<i>Pleurotus sp.</i>)	1	27.58			1491	301			422	73.96	1792
K MISCELLANEOUS FOODS												
K001	Toddy	10				44.90±1.71		20.28±0.78		30.65±0.93	34.68±0.79	65.18±2.11
K002	Coconut Water	6				3.73±0.91				93.49±4.64	24.11±32.54	3.73±0.91
L MILK AND MILK PRODUCTS												
L001	Milk, whole, Buffalo	6	139±2.8			132±5.4		34.76±2.06	21.78±0.89	4630±93.9	1919±106	200±7.8
L002	Milk, whole, Cow	6				106±2.9		20.52±2.24	7.03±0.49	2707±29.9	1214±29.4	138±2.6
L003	Panner	6				206±69.1		233±14.6		8851±136	4300±202	439±59.0
L004	Khoa	6				525±124		265±76.8		12936±221	5664±462	790±53.1

Food Code	Food Name	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	
		No.	←	mg	→						
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
M EGG AND EGG PRODUCTS											
M001	Egg, poultry, whole, raw	6		35.05±2.25		2167±44.9	596±28.9	10.22±0.56	137±7.4	11.99±1.23	
M002	Egg, poultry, white, raw	6									
M003	Egg, poultry, yolk, raw	6		95.82±2.85		6236±107	1797±151	30.51±2.96	385±21.2	36.31±2.27	
M004	Egg, poultry, whole, boiled	6		40.12±3.58		2524±112	713±54.2	13.50±0.80	157±12.4	16.48±2.66	
M005	Egg, poultry, white, boiled	6									
M006	Egg, poultry, yolk, boiled	6		105±7.6		6448±64.3	1800±130	30.23±4.27	401±33.5	34.76±2.89	
M007	Egg, poultry, omlet	3		39.43±1.66		2335±26.9	653±9.5	10.40±0.57	126±12.8	14.05±0.64	
M008	Egg, country hen, whole, raw	1		35.26		2730	1020	6.51			
M009	Egg, country hen, whole, boiled	1		33.61		2917	1117	5.89			
M010	Egg, country hen, omlet	1		47.23		3463	1366	9.59			
M011	Egg, duck, whole, boiled	1	1.12	3.38	37.51	1.14	2791	713	33.49	17.38	
M012	Egg, duck, whole, raw	1	1.12	4.51	38.65	1.14	2640	632	36.95	18.54	
M013	Egg, duck, whole, omlet	1	1.20	6.03	42.55	1.22	2983	775	40.76	21.07	
M014	Egg, quail, whole, raw	1	0.93	1.87	71.59	2.79	2049	637	9.57	14.40	
M015	Egg, quail, whole, boiled	1	0.93	1.97	73.73	2.18	2083	535	11.52	15.42	
N POULTRY											
N001	Chicken, poultry, leg, skinless	4		22.52±2.93		827±51.7	272±9.5	5.66±0.88	13.14±0.97	17.23±2.74	
N002	Chicken, poultry, thigh, skinless	6		22.25±2.82		794±18.8	234±16.5	4.84±1.24	7.97±1.11	7.88±1.00	
N003	Chicken, poultry, breast, skinless	5		14.36±3.18		586±17.1	189±6.3	3.66±0.24	11.95±0.32	11.21±1.47	

FoodCode	Food Name	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	
		No.	←	mg	→						
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
M EGG AND EGG PRODUCTS											
M001	Egg, poultry, whole, raw	6		318±10.3	3090±36.1	24.55±2.12		47.43±8.16	1022±45.8		28.06±3.24
M002	Egg, poultry, white, raw	6									
M003	Egg, poultry, yolk, raw	6		941±43.1	8919±58.8	68.58±3.61		139±22.6	2919±127		64.43±7.92
M004	Egg, poultry, whole, boiled	6		333±29.3	3573±92.5	26.62±1.90		58.25±7.43	1169±90.3		29.40±4.07
M005	Egg, poultry, white, boiled	6									
M006	Egg, poultry, yolk, boiled	6		897±51.9	9525±182	70.89±2.46		150±23.7	3009±147		63.64±8.26
M007	Egg, poultry, omlet	3		291±14.7	4247±26.5	30.49±0.64		46.96±1.69	2679±18.3		34.36±6.04
M008	Egg, country hen, whole, raw	1		254	4765	42.32			1518	17.36	39.95
M009	Egg, country hen, whole, boiled	1		273	5433	41.19			1401	15.30	29.28
M010	Egg, country hen, omlet	1		338	6031	54.81			1773	23.29	47.72
M011	Egg, duck, whole, boiled	1	7.95	445	5623	5.77	16.22		1495		45.95
M012	Egg, duck, whole, raw	1	10.22	399	5638	5.77	10.43		1453		45.94
M013	Egg, duck, whole, omlet	1	9.72	488	5963	7.41	14.87		1579		61.43
M014	Egg, quail, whole, raw	1	18.83	446	3717	24.87	3.84		2112		42.84
M015	Egg, quail, whole, boiled	1	21.73	427	3919	21.12	2.89		2137		41.07
N POULTRY											
N001	Chicken, poultry, leg, skinless	4		205±27.5	1342±88.5	13.35±0.81		627±35.4		25.97±5.33	
N002	Chicken, poultry, thigh, skinless	6		185±11.5	1263±43.6	12.79±1.77		490±21.1		22.52±6.11	
N003	Chicken, poultry, breast, skinless	5		120±6.3	862±32	9.10±0.31		346±13.8		12.63±0.88	

Food Code	Food Name	No.	Omega-6 Fatty Acids (mg)							
			Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosapentaenoic (C20:5n3)	Docosahexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
M EGG AND EGG PRODUCTS										
M001	Egg, poultry, whole, raw	6	25.95±2.47	0.00±0.00		75.70±3.60	2958±51.8	3481±48.8	1152±39.8	366±2.6
M002	Egg, poultry, white, raw	6								
M003	Egg, poultry, yolk, raw	6	73.72±5.76			180±30.1	8580±203	10068±43.8	3238±139	1076±2.9
M004	Egg, poultry, whole, boiled	6	29.73±2.17			65.26±20.53	3464±131	3991±103	1294±91.7	365±1.8
M005	Egg, poultry, white, boiled	6								
M006	Egg, poultry, yolk, boiled	6	74.14±5.99			187±25.6	8819±128	10643±174	3333±149	1085±2.4
M007	Egg, poultry, omlet	3	28.27±1.68	380±63.9		46.76±1.69	3179±28.4	4615±27.1	3168±53.0	316±1.4
M008	Egg, country hen, whole, raw	1	13.01			92.46	3792	5061	1936	355
M009	Egg, country hen, whole, boiled	1	15.29	301		120	4074	5747	1882	369
M010	Egg, country hen, omlet	1	20.54	329		124	4886	6424	2317	318
M011	Egg, duck, whole, boiled	1		153	35.29	15.04	3598	6098	1745	856
M012	Egg, duck, whole, raw	1		133	35.97	16.20	3373	6063	1684	839
M013	Egg, duck, whole, omlet	1		185	41.93	18.57	3871	6483	1886	815
M014	Egg, quail, whole, raw	1		192	30.20	22.06	2788	4210	2399	833
M015	Egg, quail, whole, boiled	1		173	22.05	30.79	2726	4391	2403	855
N POULTRY										
N001	Chicken, poultry, leg, skinless	4	8.33±1.08				1157±61.0	1560±115	661±37.7	84.25±1.38
N002	Chicken, poultry, thigh, skinless	6	7.36±1.97				1071±29.1	1461±48.5	520±24.4	91.93±1.10
N003	Chicken, poultry, breast, skinless	5	7.82±0.38				816±23.7	991±37.4	367±14.5	61.55±0.93

Table ProfileAcidFatty.7

Food Code	Food Name	No.	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			mg								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
N004	Chicken, poultry, wing, skinless	5			24.51±2.38		914±38.4	274±24.8	5.68±1.37	11.85±1.68	10.85±1.73
N005	Poultry, chicken, liver	1					677	651			
N006	Poultry, chicken, gizzard	1			9.91		495	256	5.92	4.36	
N007	Country hen, leg, with skin	1			13.27	2.11	362	174	2.63		
N008	Country hen, thigh, with skin	1			18.74	2.73	421	167			
N009	Country hen, breast, with skin	1			10.33	1.35	286	122			
N010	Country hen, wing, with skin	1			19.17	2.94	467	199			
N011	Duck, meat, with skin	1					287	58			
N012	Emu, meat, skinless	1			3.36		137	60			
N013	Guinea fowl, meat, with skin	1	0.90	1.81	17.07	7.03	508	556	17.03	9.63	2.49
N014	Pigeon, meat, with skin	1			10.72		939	879			
N015	Quail, meat, skinless	1			44.53	6.70	1463	479	23.18		8.54
N016	Turkey, leg, with skin	1					667	313			
N017	Turkey, thigh, with skin	1					681	334			
N018	Turkey, breast, with skin	1					647	286			
N019	Turkey, wing, with skin	1					604	275			

O ANIMAL MEAT

O001	Goat, shoulder	6	45.17±38.01	376±238	2638±337	2331±160	18.08±3.57	35.45±26.72
O002	Goat, chops	6	16.34±10.05	202±93.7	1383±160	1252±111	12.19±4.91	11.48±6.13
O003	Goat, legs	6	24.30±15.82	263±105	1795±154	1522±157	18.61±5.01	41.99±34.76

Food Code	Food Name	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	
		No.	← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
	N004 Chicken, poultry, wing, skinless	5		238±14.9	1524±63	15.00±1.25			623±20.6		27.64±5.06
	N005 Poultry, chicken, liver	1			681				680		140
	N006 Poultry, chicken, gizzard	1		98	604	13.85			342		
	N007 Country hen, leg, with skin	1		59	616	5.59			273	3.45	11.45
	N008 Country hen, thigh, with skin	1		57	687	6.05			287		12.91
	N009 Country hen, breast, with skin	1		28	422	3.65			182		7.26
	N010 Country hen, wing, with skin	1		65	763	7.94			305		14.03
	N011 Duck, meat, with skin	1		1467	748				217		86.54
227	N012 Emu, meat, skinless	1		20	221	1.00			90		7.97
	N013 Guinea fowl, meat, with skin	1	1.52	21	879	17.33	1.86	6.23	816		30.49
	N014 Pigeon, meat, with skin	1		283	2305				958		
	N015 Quail, meat, skinless	1		392	2364	14.13			788		22.50
	N016 Turkey, leg, with skin	1		0	938				908		150
	N017 Turkey, thigh, with skin	1		0	927				904		131
	N018 Turkey, breast, with skin	1		0	884				886		170
	N019 Turkey, wing, with skin	1		0	826				787		126

O ANIMAL MEAT

O001	Goat, shoulder	6	251±54.2	4563±318	87.48±42.27		432±149		33.28±10.52
O002	Goat, chops	6	113±27.3	2193±170	39.47±12.04		184±42.1		16.12±8.80
O003	Goat, legs	6	156±22.5	2805±340	77.43±30.80		374±74.8		21.85±2.70

Table ProfileAcidFatty.7

Food Code	Food Name	No.	Region		Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosapentaenoic (C20:5n3)	Docosahexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			<—————		mg—————>							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC		
N004	Chicken, poultry, wing, skinless	5	7.31±0.38				1241±55.1	1777±73.9	658±22.3	54.52±0.78		
N005	Poultry, chicken, liver	1				194	1328	681	1013	268		
N006	Poultry, chicken, gizzard	1		122			772	716	464	57.24		
N007	Country hen, leg, with skin	1	6.24	90		15.98	534	681	400	87.95		
N008	Country hen, thigh, with skin	1	3.63	48		7.63	610	750	360	91.81		
N009	Country hen, breast, with skin	1		72			419	453	262	66.03		
N010	Country hen, wing, with skin	1	6.75	87	12.90	25.09	688	836	451	55.42		
N011	Duck, meat, with skin	1					345	2215	304	81.76		
228	N012	Emu, meat, skinless	1		34	5.94	5.26	200	242	144	72.69	
N013	Guinea fowl, meat, with skin	1			1	45.45	102	1138	928	995	87.48	
N014	Pigeon, meat, with skin	1		200	94.93	29.29	1828	2588	1282	107		
N015	Quail, meat, skinless	1					2024	2789	810	77.87		
N016	Turkey, leg, with skin	1					980	938	1058	83.44		
N017	Turkey, thigh, with skin	1					1015	927	1035	85.35		
N018	Turkey, breast, with skin	1					934	884	1055	81.28		
N019	Turkey, wing, with skin	1					897	826	913	80.01		

O ANIMAL MEAT

O001	Goat, shoulder	6	178±54.8	5444±803	4902±415	643±214	82.18±3.33
O002	Goat, chops	6	59.35±12.87	2877±386	2346±210	259±63.7	88.37±7.14
O003	Goat, legs	6	172±52.3	3665±471	3038±393	567±130	82.52±5.47

Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
		$\xleftarrow{\hspace{10em}} \text{mg} \xrightarrow{\hspace{10em}}$								
		F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O004	Goat, brain	5		32.63±6.10		1007±97.9	1013±57.5	28.88±3.12	22.73±3.77	33.49±7.60
O005	Goat, tongue	4		37.79±18.66	388±150		2556±325	1976±377	21.00±2.75	49.13±42.98
O006	Goat, lungs	4		16.42±20.30	95.79±52.64		907±156	513±122	12.42±8.43	20.21±12.37
O007	Goat, heart	5		10.26±7.38	128±70.9		763±183	1017±273	6.51±2.66	13.97±13.54
O008	Goat, liver	6		3.97±1.08	37.41±14.69		735±173	944±137		49.82±39.91
O009	Goat, tripe	5		16.61±12.79	155±96.5		828±144	661±139	9.66±0.82	12.66±4.47
O010	Goat, spleen	4		9.23±3.32	56.89±9.62		555±51.2	553±138	9.47±4.33	17.09±9.01
O011	Goat, kidneys	4		7.80±3.94	70.83±36.59		557±61.7	470±66.4	5.20±1.56	32.65±23.84
O012	Goat, tube (small intestine)	3		28.28±23.62	294±258		1961±184	2103±792	24.09±6.81	35.02±35.16
O013	Goat, testis	2		3.15	33.66		899	259	5.88	14.56
O014	Sheep, shoulder	5		48.54±32.58	603±320		3569±629	2595±598	30.32±14.36	70.13±106
O015	Sheep, chops	4		18.76±13.09	221±123		1323±484	1190±331	10.63±2.76	9.19±2.99
O016	Sheep, leg	5		30.98±14.68	282±152		1797±145	1591±512	20.00±9.49	24.42±12.81
O017	Sheep, brain	1			24.69		938	990	23.43	14.85
O018	Sheep, tongue	1		251	408		2533	2384		
O019	Sheep, lungs	2		11.61	33.99		640	442	6.31	4.82
O020	Sheep, heart	1		20.40	186		773	690		
O021	Sheep, liver	4			24.79±14.41		681±103	1078±168		38.64±47.47
O022	Sheep, tripe	2		13.91	154		989	789	7.63	8.62
O023	Sheep, spleen	1		10.04	74.93		663	753	9.72	22.65
O024	Sheep, kidneys	2		7.08	60.88		505	543	4.56	5.57

Food Code	Food Name	No. of Regions	Myristoleic	Palmitoleic	Oleic	Eicosanoic	Erucic	Nervonic	Linoleic	Eicosadienoic	α -Linolenic
			(C14:1)	(C16:1)	(C18:1n9)	(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C18:3n3)
			\leftarrow mg \rightarrow								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
O004	Goat, brain	5		23.08±5.65	1304±88	119±83.2			43.20±16.81		80.48±72.83
O005	Goat, tongue	4		289±34.9	4498±607	129±54.1			504±134		67.38±29.75
O006	Goat, lungs	4		43.19±6.3	836±186	15.22±3.36			135±15.8		13.74±7.83
O007	Goat, heart	5		37.69±10.44	953±210	35.14±3.75			292±83.0		9.52±2.65
O008	Goat, liver	6		42.04±12.85	879±337				368±67.1		56.53±24.71
O009	Goat, tripe	5		63.87±26.62	1063±234	27.10±7.84			154±50.1		11.70±4.47
O010	Goat, spleen	4		25.25±3.79	575±114	15.79±5.62			143±17.3		10.56±4.54
O011	Goat, kidneys	4		23.91±8.08	523±42.7	19.00±9.32			236±6.5		10.37±5.92
O012	Goat, tube (small intestine)	3		113±27.1	2339±327	51.10±34.11			340±203		33.46±7.08
O013	Goat, testis	2		21.27	552	16.51			88.56		9.27
O014	Sheep, shoulder	5		329±195	4598±970	169±54.9			717±147		141±206
O015	Sheep, chops	4		92.36±46.71	1766±727	57.91±24.42			220±80.0		25.59±6.62
O016	Sheep, leg	5		126±44.9	2377±162	103±22.3			472±254		33.55±9.35
O017	Sheep, brain	1		28.00	1060	94.94			41		85.88
O018	Sheep, tongue	1		618	4999	258			397		471
O019	Sheep, lungs	2		22.22	730	15.63			124		8.92
O020	Sheep, heart	1		37.52	815	20.02			206		29.15
O021	Sheep, liver	4		30.36±13.93	742±145				346±46.4		74.97±25.31
O022	Sheep, tripe	2		85.72	1417	31.48			134		13.10
O023	Sheep, spleen	1		26.60	716	20.83			168		14.37
O024	Sheep, kidneys	2		20.68	540	27.78			222		8.25

Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosapentaenoic (C20:5n3)	Docosahexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol	
		$\xleftarrow{\hspace{1cm}} \text{mg} \xrightarrow{\hspace{1cm}}$								
		F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC	
O004	Goat, brain	5		300±21.5		516±52.1	2138±176	1447±176	939±163	1340±21.6
O005	Goat, tongue	4		187±93.8			5028±917	4916±696	758±257	206±1.8
O006	Goat, lungs	4		226±48.9			1564±372	894±196	374±72.5	448±5.6
O007	Goat, heart	5		125±55.6			1939±551	1025±224	427±141	122±1.8
O008	Goat, liver	6		362±80.1		138±64.0	1770±365	921±350	924±236	415±26.4
O009	Goat, tripe	5		80.27±33.71			1682±397	1154±268	246±88.3	113±3.5
O010	Goat, spleen	4		199±46.8			1200±215	616±123	352±68.7	243±10.4
O011	Goat, kidneys	4		233±22.0			1143±194	566±60.1	480±34.4	419±10.3
O012	Goat, tube (small intestine)	3		245±277			4445±1300	2504±388	619±487	176±3.6
O013	Goat, testis	2		284			1215	590	382	118
O014	Sheep, shoulder	5		240±99			6916±1700	5096±1221	1099±451	74.72±2.97
O015	Sheep, chops	4		62.73±25.59			2773±866	1916±796	309±100	86.14±3.09
O016	Sheep, leg	5		164±120			3745±846	2605±229	669±383	84.84±2.53
O017	Sheep, brain	1		289		449	2040	1183	866	1336
O018	Sheep, tongue	1		69.76			5576	5875	938	210
O019	Sheep, lungs	2		167			1138	767	301	431
O020	Sheep, heart	1		84.05	13.62		1677	873	332	112
O021	Sheep, liver	4		364±88		229±31.7	1822±333	772±159	1014±192	430±10.7
O022	Sheep, tripe	2		63.32			1962	1534	210	113
O023	Sheep, spleen	1		283			1533	764	466	262
O024	Sheep, kidneys	2		233			1127	588	463	299

Food Code	Food Name	No. of Regions	Undecanoic	Lauric	Myristic	Pentadecanoic	Palmitic	Stearic	Arachidic	Behenic	Lignoceric
			(C11:0)	(C12:0)	(C14:0)	(C15:0)	(C16:0)	(C18:0)	(C20:0)	(C22:0)	(C24:0)
			< mg >		F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0
O025	Beef, shoulder	6		32.91±2.41	392±160		3772±410	2768±554	41.78±11.66		39.47±17.43
O026	Beef, chops	4		14.18±1.20	168±65.4		1625±193	1188±218	18.13±5.57		17.01±7.72
O027	Beef, round (leg)	6		13.58±1.50	135±16.2		1732±197	1023±136	42.45±4.10		52.78±6.67
O028	Beef, brain	4			67.09±33.46		1131±90.0	1188±149	19.51±3.09		84.15±13.23
O029	Beef, tongue	4		24.35±2.26	364±42.7		3197±262	2663±402	25.09±2.92		13.19±4.30
O030	Beef, lungs	3		3.95±0.23	71.64±69.29		625±123	468±78.5	14.22±9.86		13.92±8.94
O031	Beef, heart	5		5.69±1.23	44.89±16.77		614±121	787±119	9.39±2.42		19.06±11.57
O032	Beef, liver	6		5.86±0.74	34.29±13.79		664±179	806±119	6.72±1.34		26.54±17.71
O033	Beef, tripe	5		4.83±1.70	80.33±26.92		653±179	619±277	9.13±5.37		4.84±1.46
O034	Beef, spleen	6		4.08±0.89	26.85±7.72		505±70.9	592±69.2	10.29±1.57		22.43±8.41
O035	Beef, kidneys	3		5.50±0.00	56.58±0.00		777±0.0	892±0.0	6.79±0.00		5.40±0.00
O036	Calf, shoulder	2		13.57	133		1649	1646	22.73		45.09
O037	Calf, chops	2		3.39	60.78		830	1036	15.26		20.25
O038	Calf, round (leg)	2		7.65	85.35		1189	893	41.78		45.74
O039	Calf, brain	2			53.44		1048	1064	17.15		18.83
O040	Calf, tongue	2		18.97	320		2813	2415	22.44		40.10
O041	Calf, heart	1		5.23	46.27		602	814	9.22		12.28
O042	Calf, liver	1		5.46	28.39		666	898	9.71		8.59
O043	Calf, spleen	1		3.43	27.07		486	498	5.85		9.81
O044	Calf, kidneys	2		4.25	52.12		660	734	7.18		6.04
O045	Mithun, shoulder	1			96.92		1427	2772	60.51		79.49

Food Name	No. of Regions	Myristoleic	Palmitoleic	Oleic	Eicosanoic	Erucic	Nervonic	Linoleic	Eicosadienoic	α -Linolenic
		(C14:1)	(C16:1)	(C18:1n9)	(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C18:3n3)
		$\leftarrow \text{mg} \rightarrow$								
		F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
O025	Beef, shoulder	6		486±151	5669±825	72.41±34.10			575±325	153±44.0
O026	Beef, chops	4		209±63.6	2440±351	30.87±13.32			249±142	66.06±18.97
O027	Beef, round (leg)	6		207±34.6	3026±253	46.84±4.27			201±21.0	67.90±6.17
O028	Beef, brain	4		37.16±8.99	1653±128	178±63.1			39.04±14.09	56.26±9.07
O029	Beef, tongue	4		351±86.8	4302±421	88.41±16.12			341±64.2	56.10±6.72
O030	Beef, lungs	3		41.34±5.15	588±63.5	17.58±5.02			92.04±24.05	6.14±1.51
O031	Beef, heart	5		39.33±17.31	780±199	28.50±24.56			351±91.7	11.43±6.51
O032	Beef, liver	6		51.37±16.51	740±171	33.85±14.75			236±52.0	8.51±2.53
O033	Beef, tripe	5		56.14±19.48	767±194	10.65±2.12			49.93±15.98	9.64±5.00
O034	Beef, spleen	6		25.01±8.71	442±119	13.83±2.95			127±24.4	12.22±3.88
O035	Beef, kidneys	3		33.01±0.00	790±0	12.02±0.00			148±0.0	8.72±0.00
O036	Calf, shoulder	2		166	2452	29.26			388	69.72
O037	Calf, chops	2		50.00	966	17.69			311	32.78
O038	Calf, round (leg)	2		180	2207	46.47			213	51.96
O039	Calf, brain	2		46.39	1357	56.90			45	45.48
O040	Calf, tongue	2		308	4050	47.58			434	46.48
O041	Calf, heart	1		19.68	656	20.82			563	11.84
O042	Calf, liver	1		30.8	618	21.19			271	14.64
O043	Calf, spleen	1		26.95	474	11.50			118	9.70
O044	Calf, kidneys	2		31.46	613	15.59			243	8.65
O045	Mithun, shoulder	1		108	2049				2339	385

Food Code	Food Name	No. of Regions	Eicosatrienoic	Arachidonic	Eicosa-	Docosa-	Total Saturated	Total Mono	Total Poly	Cholesterol
			(C20:3n6)	(C20:4n6)	pentaenoic	hexaenoic	Fatty Acids	Unsaturated Fatty	Unsaturated Fatty Acids	
			<———— mg —————>				(TSFA)	(TMUFA)	(TPUFA)	
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
O025	Beef, shoulder	6		280±168			7046±1155	6227±1010	1008±536	66.36±4.77
O026	Beef, chops	4		122±74.7			3031±491	2680±428	437±236	45.97±5.89
O027	Beef, round (leg)	6		211±12.7			2998±361	3280±291	480±40	55.81±1.96
O028	Beef, brain	4		321±77.3		432±99.1	2490±289	1869±200	848±200	1668±28.5
O029	Beef, tongue	4		86.44±28.31			6287±716	4741±524	484±99	141±1.1
O030	Beef, lungs	3		146±85.9			1198±290	647±73.6	244±111	334±8.8
O031	Beef, heart	5		128±38			1479±273	848±240	490±136	92.73±5.29
O032	Beef, liver	6		218±79.7		103±27.5	1543±331	826±202	566±162	261±9.9
O033	Beef, tripe	5		35.70±4.88			1371±491	833±216	95.26±25.86	82.66±4.33
	Beef, spleen	6		254±84.3			1160±159	480±130	393±113	353±8.3
O035	Beef, kidneys	3		135±0.0			1743±0.0	835±0.0	291±0.0	439±3.8
O036	Calf, shoulder	2		231			3510	2647	689	58.27
O037	Calf, chops	2		105			1966	1034	449	62.05
O038	Calf, round (leg)	2		233			2263	2433	497	50.10
O039	Calf, brain	2		264		249	2202	1460	603	1345
O040	Calf, tongue	2		256			5630	4406	737	107
O041	Calf, heart	1		198			1489	696	773	130
O042	Calf, liver	1		265		92.00	1616	670	643	306
O043	Calf, spleen	1		269			1030	513	397	360
O044	Calf, kidneys	2		239			1464	660	491	271
O045	Mithun, shoulder	1		889			4436	2157	3613	45.07

Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
		$\xleftarrow{\hspace{10em}} \text{mg} \xrightarrow{\hspace{10em}}$								
		F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O046 Mithun, chops	1			65.47		859	1748	34.94		28.37
O047 Mithun, round (leg)	1			41.28		491	817	36.27		57.04
O048 Pork, shoulder	6			259±107		4438±899	2151±502	39.02±23.54		
O049 Pork, chops	6			157±20.5		3080±135	1531±483	33.99±16.58		
O050 Pork, ham	6			269±63.7		4510±482	2101±467	59.11±57.10		
O051 Pork, lungs	4			34.48±12.10		776±70.9	431±73.4	6.29±4.17		
O052 Pork, heart	4			47.89±24.92		858±192	660±148	8.55±3.25		
O053 Pork, liver	5			15.29±4.18		549±33.6	753±85.0	6.89±0.71		
O054 Pork, stomach	1			102		1864	1342	19.31		
O055 Pork, spleen	3			27.99±8.02		691±190	520±144	6.41±2.90		
O056 Pork, kidneys	5			29.58±13.59		672±123	461±87.9	6.33±3.02		
O057 Pork, tube (small intestine)	1			126		2318	1639	25.50		
O058 Hare, shoulder	1			183		2202	313			
O059 Hare, chops	1			80.96		827	121			
O060 Hare, leg	1			59.34		754	97			
O061 Rabbit, shoulder	1			282		2634	227			
O062 Rabbit, chops	1			180		1606	121			
O063 Rabbit, leg	1			163		1295	117			

Food Code	Food Name	No. of Regions	Myristoleic	Palmitoleic	Oleic	Eicosanoic	Erucic	Nervonic	Linoleic	Eicosadienoic	α-Linolenic
			(C14:1)	(C16:1)	(C18:1n9)	(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
O046	Mithun, chops	1		70.10	1206				1095		160
O047	Mithun, round (leg)	1		48.11	1870				1056		186
O048	Pork, shoulder	6		418±106	7696±1111				1839±775		170±115
O049	Pork, chops	6		242±12.2	4731±361				521±141		112±41.5
O050	Pork, ham	6		466±108	7600±769				1598±387		163±107
O051	Pork, lungs	4		32.88±10.53	834±103				326±40.8		21.91±17.54
O052	Pork, heart	4		46.51±14.55	1201±335				725±243		38.38±27.92
O053	Pork, liver	5		21.63±6.99	678±206				494±186		26.57±13.51
O054	Pork, stomach	1		127	2563				841		94.61
O055	Pork, spleen	3		34.64±7.32	785±276				237±35.1		23.79±18.93
O056	Pork, kidneys	5		28.23±12.20	817±162				474±80.5		26.28±13.50
O057	Pork, tube (small intestine)	1		190	2984				638		85.90
O058	Hare, shoulder	1		240	1366				1261		267
O059	Hare, chops	1		90	523				496		105
O060	Hare, leg	1		75	439				407		57.78
O061	Rabbit, shoulder	1		504	1828				1242		365
O062	Rabbit, chops	1		310	1170				737		252
O063	Rabbit, leg	1		268	935				609		184

Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosapentaenoic (C20:5n3)	Docosahexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids	Total Poly Unsaturated Fatty Acids	Cholesterol
		$\xleftarrow{\hspace{1cm}} \text{mg} \xrightarrow{\hspace{1cm}}$							
		F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
O046 Mithun, chops	1		340			2736	1276	1596	46.99
O047 Mithun, round (leg)	1		458			1442	1918	1700	44.01
O048 Pork, shoulder	6		121±134			6887±1531	8114±1217	2129±1024	44.38±2.76
O049 Pork, chops	6		26.53±10.54			4803±655	4972±373	660±193	46.98±3.18
O050 Pork, ham	6		114±72.8			6938±1069	8065±876	1875±567	47.08±1.64
O051 Pork, lungs	4		121±91.6			1247±161	867±113	469±150	232±11.0
O052 Pork, heart	4		255±119			1575±367	1247±350	1019±391	134±4.2
O053 Pork, liver	5		376±85			1325±123	700±213	896±285	216±1.4
O054 Pork, stomach	1		154			3327	2690	1090	187
O055 Pork, spleen	3		137±23.9			1245±345	820±283	397±78	201±70.8
O056 Pork, kidneys	5		214±36.5			1169±228	846±174	714±130	267±2.1
O057 Pork, tube (small intestine)	1		168			4109	3174	892	180
O058 Hare, shoulder	1		191			2698	1606	1720	79.93
O059 Hare, chops	1		89			1028	613	690	77.70
O060 Hare, leg	1		90			910	514	555	78.81
O061 Rabbit, shoulder	1		205			3142	2332	1813	82.56
O062 Rabbit, chops	1		94			1907	1480	1083	79.17
O063 Rabbit, leg	1		85			1575	1203	877	76.70

Food	Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)	
				$\xleftarrow{\hspace{1cm}} \text{mg} \xrightarrow{\hspace{1cm}}$									
				F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C	
P MARINE FISH													
P001	Allathi (<i>Elops machnata</i>)		1		36.99	5.65	205	90.69	3.48	2.17	1.87	49.07	
P002	Aluva (<i>Parastromateus niger</i>)		3		46.21±24.45	17.84±4.87	479±164	197±30.5	9.56±2.03	5.53±2.16		56.73±34.83	
P003	Anchovy (<i>Stolephorus indicus</i>)		2		14.33	4.16	178	51.19				20.17	
P004	Ari fish (<i>Apriion virescens</i>)		1		19.68	7.17	251	122	5.11	2.52		25.05	
P005	Betki (<i>Lates calcarifer</i>)		1	1.82	5.33		56.47	22.78				16.28	
P006	Black snapper (<i>Macolor niger</i>)		1		52.75		312	106				87.36	
P007	Bombay duck (<i>Harpodon nehereus</i>)		2		45.49		283	70.16				69.09	
P008	Bommuralu (<i>Muraenesox cinerius</i>)		3		145±41.1	25.20±3.00	793±144	261±30.1	10.96±2.39	1.72±2.98		254±69.1	
P009	Cat fish (<i>Tachysurus thalassinus</i>)		1		39.00	12.62	485	249	6.85			86.44	
P010	Chakla (<i>Rachycentron canadum</i>)		5		60.90±63.59	11.16±7.83	392±267	182±96.3	6.68±4.15	1.08±2.43		87.08±78.54	
P011	Chappal (<i>Aluterus monoceros</i>)		1		5.76		130	63.46				7.31	
P012	Chelu (<i>Elagatis bipinnulata</i>)		2		11.18	2.74	148	64.54	1.77	0.65	0.62	18.24	
P013	Chembali (<i>Lutjanus quinquefasciatus</i>)		1		61.97	8.54	461	155	7.13	5.48		92.54	
P014	Eri meen (<i>Pristipomoides filamentosus</i>)		1		66.39	19.03	445	189	13.49	5.45		74.18	
P015	Gobro (<i>Epinephelus diacanthus</i>)		2		22.46	5.10	177	81.09	3.44			39.29	
P016	Guitar fish (<i>Rhinobatus prahlii</i>)		1		1.53	1.16	68.68	41.53	0.71			3.57	
P017	Hilsa (<i>Tenuilosa ilisha</i>)		2	17.71	1650		6091	1468	35.64	23.62		2225	
P018	Jallal (<i>Arius sp.</i>)		1		36.18	8.83	323	142	5.39	3.69		74.02	
P019	Jathi vela meen (<i>Lethrinus lentjan</i>)		2	1.05	61.34	10.16	559	191	7.98	6.24		91.30	
P020	Kadal bral (<i>Synodus indicus</i>)		1		54.74	8.22	298	108	5.33	3.34		76.91	

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			$\xleftarrow{\hspace{10em}} \text{mg} \xrightarrow{\hspace{10em}}$								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P MARINE FISH											
P001	Allathi (<i>Elops machnata</i>)	1	108	4.33		3.19	9.62	1.85			1.93
P002	Aluva (<i>Parastromateus niger</i>)	3	199±69.0	18.37±3.56	6.90±1.20	6.69±0.86	19.37±6.06	4.26±0.25			2.66±2.31
P003	Anchovy (<i>Stolephorus indicus</i>)	2	28.58			1.61	7.13				
P004	Ari fish (<i>Apriion virescens</i>)	1	126	7.89	3.06	4.42	21.32	3.05			2.33
P005	Betki (<i>Lates calcarifer</i>)	1	36.98				9.67	4.12			2.69
P006	Black snapper (<i>Macolor niger</i>)	1	163				22.35	8.43			6.43
P007	Bombay duck (<i>Harpodon nehereus</i>)	2	102				10.25				
P008	Bommuralu (<i>Muraenesox cinerius</i>)	3	407±55.0	31.72±5.57	2.39±4.14	6.61±5.77	35.74±4.93	11.91±4.61			9.25±2.88
P009	Cat fish (<i>Tachysurus thalassinus</i>)	1	327	16.84			22.11	7.03			
P010	Chakla (<i>Rachycentron canadum</i>)	5	249±148	10.42±6.85	0.63±1.40	4.88±4.98	23.29±20.54	4.23±5.02			0.63±1.42
P011	Chappal (<i>Aluterus monoceros</i>)	1	67.20				17.09				
P012	Chelu (<i>Elagatis bipinnulata</i>)	2	81.83	2.28	0.34	0.88	10.42	0.48			0.51
P013	Chembali (<i>Lutjanus quinquefasciatus</i>)	1	254	12.89	5.02	4.73	13.59	5.15			2.88
P014	Eri meen (<i>Pristipomoides filamentosus</i>)	1	235	15.94	6.33	8.64	33.47	8.58			
P015	Gobro (<i>Epinephelus diacanthus</i>)	2	92.53	5.81			14.46				
P016	Guitar fish (<i>Rhinobatus prahlii</i>)	1	32.65	0.29		0.36	7.11	0.91			0.73
P017	Hilsa (<i>Tenualosa ilisha</i>)	2	3695	101			136	209	104		49.10
P018	Jallal (<i>Arius sp.</i>)	1	217	14.21	2.70	3.45	20.97	5.14			3.55
P019	Jathi vela meen (<i>Lethrinus lentjan</i>)	2	415	9.74		3.33	17.71	4.64			
P020	Kadal bral (<i>Synodus indicus</i>)	1	102	6.77		6.14	14.47	3.33			

Food	Code	Fish Name	No. of Regions	rachidonic	Eicosa	Docosa	Docosa	Total Saturated	Total Mono	Total Poly	Cholesterol	
				(C20:4n6)	pentaenoic	pentaenoic	hexaenoic	Fatty Acids	Unsaturated	Unsaturated		
				mg								
← mg →												
				F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU		CHOLC
P MRINE FISH												
P001	Allathi	(<i>Elops machnata</i>)	1	30.50	54.35	21.54	141	346	165	261	13.98	
P002	Aluva	(<i>Parastromateus niger</i>)	3	90.30±10.41	77.61±41.72	70.40±22.65	226±72.7	755±224	288±105	490±150	21.97±11.26	
P003	Anchovy	(<i>Stolephorus indicus</i>)	2	26.26	60.00	10.15	187	248	50.36	290	29.56	
P004	Ari fish	(<i>Aprion virescens</i>)	1	58.12	18.53	21.75	194	408	166	319	15.99	
P005	Betki	(<i>Lates calcarifer</i>)	1	20.38	5.74		14.76	86.40	53.27	57.36	18.99	
P006	Black snapper	(<i>Macolor niger</i>)	1	49.55	41.48		165	470	251	293	30.45	
P007	Bombay duck	(<i>Harpodon nehereus</i>)	2	43.72	61.27		137	398	171	252	46.43	
P008	Bommuralu	(<i>Muraenesox cinerius</i>)	3	79.66±9.02	116±17.6	128±46.4	214±12.8	1238±199	701±122	594±60.4	44.68±33.13	
P009	Cat fish	(<i>Tachysurus thalassinus</i>)	1	133	75.24	61.60	320	792	430	619	18.36	
P010	Chakla	(<i>Rachycentron canadum</i>)	5	74.42±33.79	76.10±81.26	39.35±26.20	204±116	654±435	352±231	422±267	30.39±18.24	
P011	Chappal	(<i>Aluterus monoceros</i>)	1	36.64	16.28	8.92	129	199	74.51	208	10.84	
P012	Chelu	(<i>Elagatis bipinnulata</i>)	2	19.95	20.13	8.79	118	229	104	179	22.64	
P013	Chembali	(<i>Lutjanus quinquefasciatus</i>)	1	59.85	99.82	49.26	209	700	369	440	10.86	
P014	Eri meen	(<i>Pristipomoides filamentosus</i>)	1	88.36	95.68	53.02	387	739	340	666	13.17	
P015	Gobro	(<i>Epinephelus diacanthus</i>)	2	41.11	30.09	28.02	138	289	138	251	21.38	
P016	Guitar fish	(<i>Rhinobatos prahli</i>)	1	30.26	11.92	5.69	86.04	114	36.87	143	10.48	
P017	Hilsa	(<i>Tenuilosa ilisha</i>)	2	146	925		232	9286	6021	1801	82.42	
P018	Jallal	(<i>Arius sp.</i>)	1	64.74	69.13	42.00	184	519	311	389	19.26	
P019	Jathi vela meen	(<i>Lethrinus lentjan</i>)	2	41.76	35.89	27.75	166	837	519	294	19.98	
P020	Kadal bral	(<i>Synodus indicus</i>)	1	42.90	95.53	34.93	244	478	192	436	26.09	

S. No.	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			mg								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P021	Kadali (<i>Nemipterus mesoprion</i>)	1		152	23.58	936	469	17.05	12.93		154
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2		403	35.00	1242	394	21.37	11.41		417
P023	Kalava (<i>Epinephelus coioides</i>)	1		37.86	8.41	267	133	4.99	3.44		57.29
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2		23.79	4.18	125	52.05	3.14	1.19		22.96
P025	Kannadi paarai (<i>Alectis indicus</i>)	3		20.27±15.04	24.65±16.09	291±147	137±44.6	3.57±0.95	2.50±2.32		46.51±23.91
P026	Karimeen (<i>Etorplus suratensis</i>)	1		42.45	13.14	355	158	4.47	3.22		69.74
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1		11.52	4.51	170	68.25				20.12
P028	Kayrai (<i>Thunnus albacores</i>)	2		102	21.89	664	290	8.01	9.38		139
P029	Kiriyana (<i>Atule mate</i>)	1		226	31.67	1275	523	29.07	17.16		276
P030	Kite fish (<i>Mobula kuhlii</i>)	1		3.27	8.29	96.98	60.88				6.93
P031	Korka (<i>Terapon jarbua</i>)	1		157	28.23	881	312	18.35	10.26		203
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1		130	25.86	878	366	9.05	11.03	10.74	184
P033	Maagaa (<i>Polynemus plebeius</i>)	1		14.28	3.96	124	54.85	1.82	1.43		26.84
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3		48.67±45.57	10.05±7.88	351±278	180±142	7.34±7.62	4.24±3.76	3.17±5.49	78.69±74.54
P035	Manda clathi (<i>Naso reticulatus</i>)	1		28.79	6.56	207	87.83	3.87	2.62		55.63
P036	Matha (<i>Acanthurus mata</i>)	2		25.00	6.94	191	66.74	4.59	1.89		22.06
P037	Milk fish (<i>Chanos chanos</i>)	1		15.37	4.42	231	106	4.21	4.14		18.02
P038	Moon fish (<i>Mene maculata</i>)	1		293	67.40	1751	721	40.94	32.96	23.61	336
P039	Mullet (<i>Mugil cephalus</i>)	3		54.67±21.48	18.50±12.89	305±71.4	114±39.6	1.99±3.44	1.53±2.65		84.01±26.32
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1		26.63	8.10	242	72.52				35.46
P041	Myil meen (<i>Istiophorus platypterus</i>)	2		5.94	0.56	89.37	51.87	1.84			9.19

Food Code	Fish Name	No. of Regions	Oleic	Eicosaenoic	Erucic	Nervonic	Linoleic	Eicosadienoic	Docosadienoic	α-Linolenic	Eicosatrienoic
			(C18:1n9)	(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C22:2)	(C18:3n3)	(C20:3n6)
			$\leftarrow \text{mg} \rightarrow$								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P021	Kadali (<i>Nemipterus mesoprion</i>)	1	602	34.85		27.45	71.26	12.12			13.25
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2	604	39.48	6.17	12.74	62.64	9.20			10.24
P023	Kalava (<i>Epinephelus cooides</i>)	1	182	7.24		2.76	11.88	3.52	2.06	3.50	2.05
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2	75.04	8.85	2.45	3.65	6.06	1.53			0.88
P025	Kannadi paarai (<i>Alectis indicus</i>)	3	175±75.0	9.30±6.60	1.52±2.64	1.62±2.81	7.57±1.22	2.11±1.83			1.12±1.95
P026	Karimeen (<i>Etorplus suratensis</i>)	1	207	13.41			52.96	6.76			
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1	61.06			4.08	8.70				
P028	Kayrai (<i>Thunnus albacores</i>)	2	401	16.02		26.88	41.99	10.68			6.40
P029	Kiriyen (<i>Atule mate</i>)	1	747	21.80	6.86	16.35	52.33	9.83			6.83
P030	Kite fish (<i>Mobula kuhlii</i>)	1	55.16	5.53			10.33	4.08			
P031	Korka (<i>Terapon jarbua</i>)	1	428	27.37	12.07	15.74	41.31	12.03			5.41
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1	458	15.51	6.16	15.29	49.85	8.72			7.43
P033	Maagaa (<i>Polynemus plebeius</i>)	1	61.92	4.00	1.12	2.24	9.83	1.73			
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3	123±87.2	6.76±5.61	2.64±3.57	4.78±5.73	28.10±7.72	1.25±1.27			7.56±8.01
P035	Manda clathi (<i>Naso reticulatus</i>)	1	107	6.56		2.55	9.67	3.40			2.13
P036	Matha (<i>Acanthurus mata</i>)	2	67.56	9.82	3.37	3.19	8.97	1.25			0.74
P037	Milk fish (<i>Chanos chanos</i>)	1	152	12.81		4.59	7.77				
P038	Moon fish (<i>Mene maculata</i>)	1	527	26.86	8.13	34.34	56.87				
P039	Mullet (<i>Mugil cephalus</i>)	3	125±45.0	7.60±2.26		1.63±2.82	16.03±8.89	1.85±3.20			
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1	42.48			2.82	5.88				
P041	Myil meen (<i>Istiophorus platypterus</i>)	2	44.24	1.81			7.49	0.30			0.31

No. of Regions	Fish Name	mg								
		Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol	
		F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC	
P021	Kadali (<i>Nemipterus mesoprion</i>)	1	259	116	130	740	1611	818	1342	19.88
P022	Kalamaara (<i>Leptomelanosoma indicum</i>)	2	110	289	130	295	2107	1079	907	28.79
P023	Kalava (<i>Epinephelus coioides</i>)	1	53.08	40.36	29.63	129	455	250	275	20.59
P024	Kanamayya (<i>Lutjanus rivulatus</i>)	2	23.16	21.90	16.80	97.85	209	113	168	22.07
P025	Kannadi paarai (<i>Alectis indicus</i>)	3	56.43±10.95	39.73±16.63	29.33±5.78	193±66	479±200	234±94.3	329±88.6	18.56±9.50
P026	Karimeen (<i>Etropus suratensis</i>)	1	40.90	26.57	46.90	100	577	290	274	15.62
P027	Karnagawala (<i>Anchoa hepsetus</i>)	1	36.10	42.63	15.53	198	255	85.26	301	35.40
P028	Kayrai (<i>Thunnus albacores</i>)	2	106	170	62.91	581	1096	583	980	29.85
P029	Kiriyana (<i>Atule mate</i>)	1	106	248	129	518	2102	1068	1069	11.15
P030	Kite fish (<i>Mobula kuhlii</i>)	1	40.10	4.34	10.67	73.54	169	67.62	143	15.01
P031	Korka (<i>Terapon jarbua</i>)	1	112	154	119	455	1407	687	898	107
P032	Kulam paarai (<i>Carangoides fulvoguttatus</i>)	1	119	211	72.89	638	1430	678	1107	55.40
P033	Maagaa (<i>Polynemus plebeius</i>)	1	20.27	23.82	13.74	76.47	201	96.12	146	7.24
P034	Mackerel (<i>Rastrelliger kanagurta</i>)	3	54.37±27.93	72.72±55.10	47.11±39.83	259±89.5	604±487	216±176	470±218	46.48±24.87
P035	Manda clathi (<i>Naso reticulatus</i>)	1	47.05	42.06	35.57	138	337	171	278	21.03
P036	Matha (<i>Acanthurus mata</i>)	2	39.13	27.57	10.64	100	297	106	188	20.55
P037	Milk fish (<i>Chanos chanos</i>)	1	68.80	16.56	33.07	194	366	188	321	21.38
P038	Moon fish (<i>Mene maculata</i>)	1	45.16	57.92	52.58	161	2929	932	374	68.88
P039	Mullet (<i>Mugil cephalus</i>)	3	48.89±8.96	72.91±29.78	41.83±19.78	196±100	495±115	219±17	378±136	18.30±13.42
P040	Mural (<i>Tylosurus crocodilus crocodilus</i>)	1	28.93	68.62	23.25	228	349	80.76	354	17.43
P041	Myil meen (<i>Istiophorus platypterus</i>)	2	31.36	17.03	8.59	114	150	55.25	179	21.72

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			$\xleftarrow{\hspace{10em}} \text{mg} \xrightarrow{\hspace{10em}}$								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P042	Nalla bontha (<i>Epinephelus</i> sp.)	1		18.45	3.48	151	62.80	2.51			31.42
P043	Narba (<i>Caranx sexfasciatus</i>)	2		29.59	9.57	338	213	7.45	2.44	2.58	41.23
P044	Paarai (<i>Caranx heberi</i>)	1		63.05	13.28	413	216	8.38	6.03		70.25
P045	Padayappa (<i>Canthidermis maculata</i>)	1		3.51	2.88	95.50	67.48				6.50
P046	Pali kora (<i>Panna microdon</i>)	1		59.38	10.90	547	129	9.02	6.55		172
P047	Pambada (<i>Lepturacanthus savala</i>)	2		214	35.05	1226	451	17.67	9.97	6.56	248
P048	Pandukopa (<i>Pseudosciaena manchurica</i>)	1		10.89	2.92	117	64.25				17.03
P049	Parava (<i>Lactarius lactarius</i>)	1		82.46	12.71	798	265	16.27	9.99		138
P050	Parcus (<i>Psettosodes erumei</i>)	1		4.84	2.36	101	57.55				9.45
P051	Parrot fish (<i>Scarus ghobban</i>)	1		10.07	1.81	122	37.08	1.17	2.34		18.24
P052	Perinkilichai (<i>Pinjalo pinjalo</i>)	1		13.14		185	91.47				16.89
P053	Phopat (<i>Coryphaena hippurus</i>)	4		34.95±25.54	9.00±7.54	259±120	136±43.4	2.86±3.31			50.32±32.06
P054	Piranha (<i>Pygopristis</i> sp.)	1		79.47	8.32	1460	419	6.93			392
P055	Pomfret, black (<i>Parastromateus niger</i>)	2		115		1428	622	45.61	18.49		157
P056	Pomfret, snub nose (<i>Trachinotus blochii</i>)	2		5.86	1.67	92.19	44.27	1.50			6.31
P057	Pomfret, white (<i>Pampus argenteus</i>)	2		258	41.43	1598	532	45.58	19.93	174	851
P058	Pranel (<i>Gerres</i> sp.)	1		61.61	17.66	525	212	7.48	3.59		95.01
P059	Pulli paarai (<i>Gnathanodon speciosus</i>)	1		35.67	7.52	372	173	4.46			53.92
P060	Queen fish (<i>Scomberoides commersonianus</i>)	3		69.84±81.60	11.18±11.97	413±438	190±180	2.14±2.05	4.26±5.70	3.01±5.22	93.60±104
P061	Raai fish (<i>Lobotes surinamensis</i>)	2		51.00	8.47	414	174	6.01			79.09
P062	Raai vanthu (<i>Epinephelus chlorostigma</i>)	1		80.47	17.01	536	209	10.03	5.89	5.33	113

Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
		$\text{mg} \rightarrow$								
		F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P042 Nalla bontha (<i>Epinephelus</i> sp.)	1	88.99	4.86		1.93	6.80				
P043 Narba (<i>Caranx sexfasciatus</i>)	2	199	9.95		8.93	18.28	2.29			
P044 Paarai (<i>Caranx heberi</i>)	1	190	8.06		7.16	22.66	5.06			3.00
P045 Padayappa (<i>Canthidermis maculata</i>)	1	77.16				8.70				
P046 Pali kora (<i>Panna microdon</i>)	1	163	9.79		8.29	20.89	3.88			2.33
P047 Pambada (<i>Lepturacanthus savala</i>)	2	564	21.14	4.83	18.76	56.78	5.36			4.81
P048 Pandukopa (<i>Pseudosciaena manchurica</i>)	1	69.08	3.52			6.30				
P049 Parava (<i>Lactarius lactarius</i>)	1	464	9.95		9.04	17.88	3.88			
P050 Parcus (<i>Psettodes erumei</i>)	1	58.44	2.65			9.57				
P051 Parrot fish (<i>Scarus ghobban</i>)	1	113	2.26		0.90	2.79	1.01			0.47
P052 Perinkilichai (<i>Pinjalo pinjalo</i>)	1	79.22	4.70			9.75				
P053 Phopat (<i>Coryphaena hippurus</i>)	4	143±67.5	4.66±3.53			14.55±5.41	1.31±2.61			1.03±2.06
P054 Piranha (<i>Pygopristis</i> sp.)	1	1941	24.26			475			12.81	
P055 Pomfret, black (<i>Parastromateus niger</i>)	2	716	98.65			51.50	37.96			10.52
P056 Pomfret, snub nose (<i>Trachinotus blochii</i>)	2	59.76	4.90		1.79	4.81				
P057 Pomfret, white (<i>Pampus argenteus</i>)	2	98.93	40.22	25.27	33.66	14.07	4.20			5.82
P058 Pranel (<i>Gerres</i> sp.)	1	254	19.02	5.38		17.80	14.62			6.98
P059 Pulli paarai (<i>Gnathanodon speciosus</i>)	1	149	5.51			15.81	3.54			2.89
P060 Queen fish (<i>Scomberoides commersonianus</i>)	3	221±236	8.57±9.40		9.00±11.47	20.40±22.82	6.04±8.87			3.34±5.78
P061 Raai fish (<i>Lobotes surinamensis</i>)	2	205	20.08	3.51	3.70	18.79				
P062 Raai vanthu (<i>Epinephelus chlorostigma</i>)	1	268	22.89	4.94	14.47	24.10	5.67			4.35

Food Code	Fish Name	No. of Regions	Arachidonic	Eicosa	Docosa	Docosa	Total Saturated	Total Mono	Total Poly	Cholesterol
			(C20:4n6)	pentaenoic	pentaenoic	hexaenoic	Fatty Acids	Mono Unsaturated	Poly Unsaturated	
				(C20:5n3)	(C22:5n3)	(C22:6n3)	(TSFA)	Fatty Acids	Fatty Acids	
			←	mg	→					
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P042	Nalla bontha (<i>Epinephelus</i> sp.)	1	28.64	17.49	15.84	97.29	238	127	166	15.00
P043	Narba (<i>Caranx sexfasciatus</i>)	2	61.54	39.57	55.82	310	603	259	487	16.06
P044	Paarai (<i>Caranx heberi</i>)	1	77.56	80.85	38.83	350	720	276	578	23.29
P045	Padayappa (<i>Canthidermis maculata</i>)	1	68.29	26.69	12.24	132	169	83.65	248	9.65
P046	Pali kora (<i>Panna microdon</i>)	1	50.32	105	30.86	219	761	352	431	33.18
P047	Pambada (<i>Lepturacanthus savala</i>)	2	116	220	161	620	1959	857	1185	54.63
P048	Pandukopa (<i>Pseudosciaena manchurica</i>)	1	42.95	20.37	19.69	92.80	195	89.63	182	26.43
P049	Parava (<i>Lactarius lactarius</i>)	1	54.33	117	44.29	372	1184	621	610	26.20
246	P050 Parcus (<i>Psettodes erumei</i>)	1	34.99	15.04	9.42	128	166	70.55	197	10.03
	P051 Parrot fish (<i>Scarus ghobban</i>)	1	11.50	9.48	7.06	45.69	174	135	78.00	9.95
	P052 Perinkilichai (<i>Pinjalo pinjalo</i>)	1	51.34	31.69	18.23	167	290	101	278	17.24
	P053 Phopat (<i>Coryphaena hippurus</i>)	4	65.13±17.15	63.93±31.67	35.03±21.16	275±78	441±197	198±102	456±153	13.53±6.40
	P054 Piranha (<i>Pygopristis</i> sp.)	1	53.43	7.91	6.95	33.75	1973	2357	589	97.50
	P055 Pomfret, black (<i>Parastromateus niger</i>)	2	252	244		565	2229	972	1161	48.16
	P056 Pomfret, snub nose (<i>Trachinotus blochii</i>)	2	26.07	6.29	13.32	77.16	145	72.77	128	7.48
	P057 Pomfret, white (<i>Pampus argenteus</i>)	2	130	167	174	423	2669	1049	919	41.56
	P058 Pranel (<i>Gerres</i> sp.)	1	85.41	55.68	58.34	180	827	374	419	29.01
	P059 Pulli paarai (<i>Gnathanodon speciosus</i>)	1	70.56	154	24.08	234	593	208	505	47.79
	P060 Queen fish (<i>Scomberoides commersonianus</i>)	3	62.12±64.23	100±120	44.63±43.26	299±286	693±720	332±361	536±550	21.93±19.96
	P061 Raai fish (<i>Lobotes surinamensis</i>)	2	75.89	59.25	53.96	257	654	311	465	24.95
	P062 Raai vanthu (<i>Epinephelus chlorostigma</i>)	1	65.02	59.33	69.42	368	864	423	596	21.98

Co sp Fo po	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			mg								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P063	Rani (<i>Pink perch</i>)	1	10.46	207		1869	790	31.55	17.92		409
P064	Ray fish, bow head, spotted (<i>Rhina aenyllostoma</i>)	1				100	86.38				8.55
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1		44.11	7.38	290	130	5.91	3.24	3.59	63.93
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1		99.01	25.83	528	194	8.45	6.06		119
P067	Sadaya (<i>Platax orbicularis</i>)	1		27.81	12.00	601	407	11.09			51.61
P068	Salmon (<i>Salmo salar</i>)	1		384	90.84	2697	1057	51.90	23.76		667
P069	Sangada (<i>Nemipterus japonicus</i>)	1		78.25	25.16	659	336	17.22	12.31		126
P070	Sankata paar ai (<i>Caranx ignobilis</i>)	1		352	47.55	2069	767	39.77	19.60	21.07	495
P071	Sardine (<i>Sardinella longiceps</i>)	1		215		765	246	15.52	7.79		289
P072	Shark (<i>Carcharhinus sorrah</i>)	2		21.83	2.34	156	94.89				35.41
P073	Shark, hammer head (<i>Sphyrna mokarran</i>)	1		7.35		143	110		4.35		15.15
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1		20.61	4.05	142	83.13	2.75			35.19
P075	Shelavu (<i>Sphyraena jello</i>)	4		99.11±49.21	10.42±3.27	411±120	145±43.5	8.58±3.07	2.62±2.63		126±58.3
P076	Silan (<i>Silonia silondia</i>)	1		284		2641	667	15.26	7.25		84.03
P077	Silk fish (<i>Beryx sp.</i>)	1		54.36	10.70	295	127	6.97	3.50		77.19
P078	Silver carp (<i>Hypophthalmichthys molitrix</i>)	1	11.09	247		1318	220	17.51	11.87		615
P079	Sole fish (<i>Cynoglossus arel</i>)	1		31.31	13.72	227	138	6.13			36.41
P080	Stingray (<i>Dasyatis pastinaca</i>)	1		10.96		150	129				14.47
P081	Tarlava (<i>Drepane punctata</i>)	2		43.41	8.13	328	117	5.19	3.17		72.27
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2		78.58	15.88	557	190	8.64	3.46	2.91	107

Table 7. Fatty Acid Profile

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Food Code	Fish Name	No. of Regions	Oleic	Eicosanoic	Erucic	Nervonic	Linoleic	Eicosadienoic	Docosadienoic	α-Linolenic	Eicosatrienoic
			(C18:1n9)	(C20:1n9)	(C22:1n9)	(C24:1n9)	(C18:2n6)	(C20:2)	(C22:2)	(C18:3n3)	(C20:3n6)
			$\leftarrow \text{mg} \rightarrow$								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P063	Rani (<i>Pink perch</i>)	1	1408	60.70			58.64	64.54			14.87
P064	Ray fish, bow head, spotted (<i>Rhina aenyllostoma</i>)	1	90.15				21.44				
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1	217	11.92		6.06	19.08	4.01			
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1	278	9.65			35.43	6.63			
P067	Sadaya (<i>Platax orbicularis</i>)	1	377	15.31			35.21	13.72			
P068	Salmon (<i>Salmo salar</i>)	1	1682	55.53	12.79	34.82	119	25.48			17.29
P069	Sangada (<i>Nemipterus japonicus</i>)	1	343	27.12	4.50	11.87	34.50	12.97			5.42
P070	Sankata paar ai (<i>Caranx ignobilis</i>)	1	1295	41.15	13.30	30.89	80.54	14.64			18.12
P071	Sardine (<i>Sardinella longiceps</i>)	1	327	13.37			42.33	16.50			8.29
P072	Shark (<i>Carcharhinus sorrah</i>)	2	83.76	6.85			6.05	3.39			
P073	Shark, hammer head (<i>Sphyraena mokarran</i>)	1	88.26				11.86				
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1	97.68	4.04			8.77				
P075	Shelavu (<i>Sphyraena jello</i>)	4	219±105	7.66±2.05	1.07±1.84	14.41±11.03	11.86±11.32	1.62±2.81			3.56±0.97
P076	Silan (<i>Silonia silondia</i>)	1	3015	99.55			860	49.53	36.12		64.19
P077	Silk fish (<i>Beryx sp.</i>)	1	185	7.35	4.01	7.53	32.87	5.93			2.71
P078	Silver car p (<i>Hypopthalmichthys molitrix</i>)	1	1283	65.76			194	256	13.72		48.70
P079	Sole fish (<i>Cynoglossus arel</i>)	1	101			30.56	17.45				
P080	Stingray (<i>Dasyatis pastinaca</i>)	1	159				38.98				
P081	Tar lava (<i>Drepane punctata</i>)	2	124	7.65	3.72		11.98	1.84			1.38
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2	367	20.25	2.43	13.22	22.18	6.41			7.23

Food Code	Fish Name	No. of Regions	Arachidonic	Eicosa	Docosa	Docosa	Total Saturated	Total Mono	Total Poly	Cholesterol
			(C20:4n6)	pentaenoic	pentaenoic	hexaenoic	Fatty Acids	Unsaturated	Unsaturated	
			mg							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P063	Rani (<i>Pink perch</i>)	1	163	317		494	2926	1878	1112	69.04
P064	Ray fish, bow head, spotted (<i>Rhina aenocystoma</i>)	1	64.36	15.87	27.42	93.05	187	98.70	222	13.91
P065	Red snapper (<i>Lutjanus argentimaculatus</i>)	1	57.90	40.85	31.73	172	485	299	325	132
P066	Red snapper, small (<i>Priacanthus hamrur</i>)	1	89.21	162	33.67	406	861	407	734	38.42
P067	Sadaya (<i>Platax orbicularis</i>)	1	316	86.49	94.23	582	1059	444	1128	61.97
P068	Salmon (<i>Salmo salar</i>)	1	209	406	329	1192	4305	2453	2297	61.27
P069	Sangada (<i>Nemipterus japonicus</i>)	1	99.19	127	88.66	338	1128	513	706	75.77
P070	Sankata paar ai (<i>Caranx ignobilis</i>)	1	204	398	197	834	3317	1876	1746	64.34
P071	Sardine (<i>Sardinella longiceps</i>)	1	88.19	297		317	1250	630	770	49.12
P072	Shark (<i>Carcharhinus sorrah</i>)	2	34.77	35.47	28.68	121	275	126	230	24.40
P073	Shark, hammer head (<i>Sphyraena mokarran</i>)	1	48.70	23.08		148	264	103	232	55.81
P074	Shark, spotted (<i>Stegostoma fasciatum</i>)	1	39.42	23.66	19.30	77.52	253	137	169	13.75
P075	Shelavu (<i>Sphyraena jello</i>)	4	47.67±7.39	116±68.3	43.52±15.52	207±70.2	677±197	369±135	431±137	30.50±22.45
P076	Silan (<i>Silonia silondia</i>)	1	60.16	22.45		47.48	3615	3199	1140	58.93
P077	Silk fish (<i>Beryx sp.</i>)	1	58.25	82.20	38.02	286	497	281	506	10.71
P078	Silver car p (<i>Hypopthalmichthys molitrix</i>)	1	86.03	171		125	1826	1964	894	68.54
P079	Sole fish (<i>Cynoglossus arel</i>)	1	53.78	78.35	44.56	176	416	167	370	16.00
P080	Stingray (<i>Dasyatis pastinaca</i>)	1	39.38	20.07		75.62	289	173	174	62.47
P081	Tarlava (<i>Drepane punctata</i>)	2	66.49	55.77	60.03	67.22	504	207	265	18.94
P082	Tholam (<i>Plectorhinchus schotaf</i>)	2	51.15	72.74	65.02	257	856	510	481	59.73

Table 7. Fatty Acid Profile

Food ID	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			mg								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P083	Tilapia (<i>Oreochromis niloticus</i>)	1		61.56		270	76.21	4.72			113
P084	Tuna (<i>Euthynnus affinis</i>)	5		53.12±59.44	11.08±11.43	399±317	184±108	8.50±10.28	3.75±4.37		76.97±85.13
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1		30.58	8.29	243	137	5.87			35.30
P086	Valava (<i>Chirocentrus nudus</i>)	1		33.97	7.72	262	96.64	3.31			29.78
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2		325	33.96	1352	464	28.87	17.73	7.74	431
P088	Vela meen (<i>Aprion virescens</i>)	1		50.60		1255	528	11.77	11.42		103
P089	Vora (<i>Siganus javus</i>)	2	44.09	144	29.09	767	197	15.68	8.16	1.14	143
P090	Whale shark (<i>Galeocerdo cuvier</i>)	1		22.76	5.18	164	69.44	3.06	2.07		43.98
P091	Xiphinias (<i>Xiphias gladius</i>)	1		39.39	5.47	235	73.36	6.43	3.36		27.21
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1		67.15		1206	526	5.72	12.81		197

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Q MARINE SHELLFISH

Q001	Crab (<i>Menippe mercenaria</i>)	1	10.85		131	71.80					29.24
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1	5.70	1.01	63.49	57.40	0.99				20.35
Q003	Lobster, brown (<i>Thenu s orientalis</i>)	1	6.83	2.32	56.45	37.70	2.26				19.88
Q004	Lobster, king size (<i>Thenu s orientalis</i>)	1	7.51		95.24	71.66					28.21
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1	4.36		52.71	38.05					17.87
Q006	Oyster (<i>Crassostrea sp.</i>)	1	126	27.48	736	190	8.39				137
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1	7.19	3.11	65.63	43.57	1.20				25.87
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1	5.20	5.31	94.05	72.64					24.59

Food Co No	Fish Name	No.ofRegions	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			mg								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P083	Tilapia (<i>Oreochromis niloticus</i>)	1	134	7.52			49.44	32.45			7.95
P084	Tuna (<i>Euthynnus affinis</i>)	5	207±171	8.72±7.33	1.69±2.87	5.46±5.81	23.05±17.65	4.76±4.29			1.98±2.86
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1	133				25.61				
P086	Valava (<i>Chirocentrus nudus</i>)	1	73.60	3.48			16.91				
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2	603	26.17	6.59	12.16	59.97	9.87			11.94
P088	Vela meen (<i>Aprion virescens</i>)	1	685	46.68		15.80	16.40				
P089	Vora (<i>Siganus javus</i>)	2	278	27.36	7.74	10.31	23.58	5.64			4.76
P090	Whale shark (<i>Galeocerdo cuvier</i>)	1	84.28	5.18		2.01	7.65	2.69			1.69
P091	Xiphinis (<i>Xiphias gladius</i>)	1	130	16.28	6.73	3.72	3.95	1.30			0.89
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1	905	23.32			290	98.50	18.91		72.11

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Q MRINE SHELLFISH

Q001	Crab (<i>Menippe mercenaria</i>)	1	111			16.26					
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1	41.99		1.99	5.83	2.42				1.26
Q003	Lobster, brown (<i>Thenus orientalis</i>)	1	49.96	1.25		1.65	19.92	2.23			1.40
Q004	Lobster, king size (<i>Thenus orientalis</i>)	1	101			15.75					
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1	48.75			11.56	3.26				
Q006	Oyster (<i>Crassostrea sp.</i>)	1	90.00	71.16		55.37					7.36
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1	48.27	2.40		12.55	2.04				0.99
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1	58.66	5.05		20.99					

Table 7. Fatty Acid Profile

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FoodCo de	Fish Name	No.ofRegions	Arachidonic	Eicosa	Docosa	Docosa	Total Saturated	Total Mono	Total Poly	Cholesterol
			(C20:4n6)	pentaenoic	pentaenoic	hexaenoic	Fatty Acids	Mono Unsaturated	Poly Unsaturated	
					mg		(TSFA)	Fatty Acids	Fatty Acids	
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P083	Tilapia (<i>Oreochromis niloticus</i>)	1	35.03	14.76		59.16	413	254	199	26.36
P084	Tuna (<i>Euthynnus affinis</i>)	5	69.44±36.77	90.61±91.77	40.23±33.78	345±262	660±508	300±268	575±441	46.10±42.20
P085	Tuna, striped (<i>Katsuwonus pelamis</i>)	1	37.61	40.39	11.68	191	424	168	306	64.06
P086	Valava (<i>Chirocentrus nudus</i>)	1	33.28	38.19	14.57	233	403	107	336	15.60
P087	Vanjaram (<i>Scomberomorus commerson</i>)	2	140	422	115	626	2229	1078	1384	67.71
P088	Vela meen (<i>Aprion virescens</i>)	1	190	136	94.40	761	1857	851	1199	35.85
P089	Vora (<i>Siganus javus</i>)	2	102	54.20	123	333	1207	467	647	19.34
P090	Whale shark (<i>Galeocerdo cuvier</i>)	1	37.20	33.44	28.12	109	266	135	220	25.33
P091	Xiphinis (<i>Xiphias gladius</i>)	1	16.88	24.11	25.23	61.55	363	184	134	27.59
P092	Eggs, Cat fish (<i>Ompok bimaculatus</i>)	1	223	156		577	1818	1125	1436	269

Q MARINE SHELLFISH

Q001	Crab (<i>Menippe mercenaria</i>)	1	49.09	82.64		108	214	140	256	53.87
Q002	Crab, sea (<i>Portunus sanguinolentus</i>)	1	31.72	30.35	6.97	67.91	129	64.32	146	23.18
Q003	Lobster, brown (<i>Thenu s orientalis</i>)	1	26.66	23.17	4.72	40.06	106	72.73	118	32.64
Q004	Lobster, king size (<i>Thenu s orientalis</i>)	1	54.59	67.46		68.32	174	129	206	41.13
Q005	Mud crab (<i>Scylla tranquebarica</i>)	1	35.64	41.52	5.53	31.76	95.11	66.63	129	7.10
Q006	Oyster (<i>Crassostrea sp.</i>)	1	95.01	256	26.65	210	1087	298	651	32.45
Q007	Tiger prawns, brown (<i>Solenocera crassicornis</i>)	1	22.95	19.83	6.63	35.72	121	76.53	101	70.80
Q008	Tiger Prawns, orange (<i>Penaeus monodon</i>)	1	54.81	69.78	8.28	50.40	177	88.30	204	19.47

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			mg								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
R MARINE MOLLUSKS											
R001	Clam, green shell (<i>Perna viridis</i>)	1		42.42	14.06	185	42.78	1.35			57.16
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1		36.15	10.27	256	132	5.94			52.47
R003	Octopus (<i>Octopus vulgaris</i>)	1		17.36		173	135				23.57
R004	Squid, black (<i>Loligo</i> sp.)	1		19.70		201	65.78				6.59
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1		12.75	3.64	135	74.11	1.60			13.13
R006	Squid, red (<i>Loligo duvaucelii</i>)	2		31.31	6.46	323	87.45				12.49
R007	Squid, white, small (<i>Uroteuthis duvaucelii</i>)	1		15.78		182	106				6.79
S FRESH WATER FISH AND SHELLFISH											
S001	Cat fish (<i>Tandanus tanaeus</i>)	2	28.88±30.76	177±133		1554±1062	395±209	16.30±7.57	11.03±4.77		538±436
S002	Catla (<i>Catla catla</i>)	6		162±40.1		1162±142	330±126	15.51±2.56			273±89.9
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	8.87	94.91		640	217	14.44	5.84		204
S004	Gold fish (<i>Carassius auratus</i>)	2	7.45	77.02		647	154	8.78	3.43		260
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6		58.54±26.07		635±269	161±56.7	7.82±1.68			132±52.4
S006	Rohu (<i>Labeo rohita</i>)	6	6.94±6.00	337±81.1		2234±531	571±95.7	13.83±3.99	19.47±16.17		123±17.4
S007	Crab (<i>Pachygrapsus</i> sp.)	1		10.85		131	71.80				29.24
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1		4.50		53.55	28.81				14.59
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3		10.71		133	53.52				22.05
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2		4.78		83.75	45.91				16.21

FoodCode	Fish Name	Oleic (C18:1n9)	Eicosanoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
		$\xleftarrow{\text{mg}} \xrightarrow{\text{mg}}$								
		F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
R MRINE MOLLUSKS										
R001	Clam, green shell (<i>Perna viridis</i>)	1	18.53	16.55		19.74	2.38			
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1	60.30	14.05		16.94	29.48			
R003	Octopus (<i>Octopus vulgaris</i>)	1	46.38			9.32				
R004	Squid, black (<i>Loligo</i> sp.)	1	36.20	13.63		8.46				
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1	37.90	10.63		3.25	2.32			
R006	Squid, red (<i>Loligo duvaucelii</i>)	2	61.11	9.77		17.81	1.87			
R007	Squid, white, small (<i>Uroteuthis duvauceli</i>)	1	37.64	18.13		8.22				
S FRESH WTER FISH ND SHELLFISH										
S001	Cat fish (<i>Tandanus tanaeus</i>)	2	1428±1049	88.89±56.90		458±327	132±104	36.82±28.10		51.98±23.47
S002	Catla (<i>Catla catla</i>)	6	910±35.6	53.36±16.22		214±51.9	89.97±95.09			26.26±10.65
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	493	35.62		190	90.12	20.95		24.90
S004	Gold fish (<i>Carassius auratus</i>)	2	715	102		302	26.52			24.29
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6	510±243	71.60±60.25		221±87.0	57.41±48.71			16.97±5.91
S006	Rohu (<i>Labeo rohita</i>)	6	2401±807	93.13±55.77		531±149	46.60±48.01			44.91±22.09
S007	Crab (<i>Pachygrapsus</i> sp.)	1	111			16.26				
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1	39.93	2.25		17.75	3.91			
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3	130			41.37	14.44			
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2	95.76	7.92		29.27				

Food Code	Fish Name	No. of Regions	Arachidonic	Eicosa	Docosa	Docosa	Total Saturated	Total Mono	Total Poly	Cholesterol
			(C20:4n6)	pentaenoic (C20:5n3)	pentaenoic (C22:5n3)	hexaenoic (C22:6n3)	Fatty Acids (TSFA)	Mono Unsaturated Fatty Acids (TMUFA)	Poly Unsaturated Fatty Acids (TPUFA)	
			mg							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
R MARINE MOLLUSKS										
R001	Clam, green shell (<i>Perna viridis</i>)	1	41.76	80.79	9.94	108	285	92.24	263	43.74
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1	47.16	85.90	21.13	217	441	127	418	23.98
R003	Octopus (<i>Octopus vulgaris</i>)	1	121	72.24		181	325	69.95	383	118
R004	Squid, black (<i>Loligo</i> sp.)	1	47.53	70.73		261	287	56.42	388	231
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1	57.49	48.52	14.05	178	227	61.67	303	60.32
R006	Squid, red (<i>Loligo duvaucelii</i>)	2	72.08	82.28	29.27	342	448	83.36	545	126
R007	Squid, white, small (<i>Uroteuthis duvaucelii</i>)	1	67.70	95.50		269	304	62.57	441	324
S FRESH WATER FISH AND SHELLFISH										
S001	Cat fish (<i>Tandanus tanaeus</i>)	2	80.31±46.30	78.77±14.57		140±58	2182±1422	2055±1457	978±519	84.01±8.02
S002	Catla (<i>Catla catla</i>)	6	120±72.8	123±65.2		242±98.5	1670±137	1237±106	815±362	64.42±4.06
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	137	17.91		119	981	733	600	58.64
S004	Gold fish (<i>Carassius auratus</i>)	2	130	69.13		73.36	1077	625	0.85	
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6	66.70±12.72	42.15±13.34		106±33.7	863±338	714±240	510±103	66.89±1.40
S006	Rohu (<i>Labeo rohita</i>)	6	53.52±15.00	23.61±18.53		46.72±11.33	2047±1113	2618±857	747±181	47.72±3.94
S007	Crab (<i>Pachygrapsus</i> sp.)	1	49.09	82.64		108	214	140	256	52.91
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1	17.87	27.14		27.94	86.86	56.77	94.61	87.28
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3	39.35	58.02		12.73	197	152	166	112
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2	53.06	36.11		17.38	134	120	136	78.87

Table 8

AMINO ACID PROFILE

