

Table 5. Minerals and Trace Elements

Food Code	Fish Name	i. No. of	Magnesium	Manganese	Mercury	Molebdenum	Nickel	Phosphorus	Potassium	Selenium	Sodium	Zinc
			(Mg)	(Mn)	(Hg)	(Mo)	(Ni)	(P)	(K)	(Se)	(Na)	(Zn)
			mg	mgg		mg	mg	mg	mgg		mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
R	MARINE MOLLUSKS											
R001	Clam, green shell (<i>Perna viridis</i>)	1	73.64	0.34		0.044	0.036	128	152	76.34	322	1.64
R002	Clam, white shell, ribbed (<i>Meretrix meretrix</i>)	1	86.64	0.22		0.048	0.044	192	245	32.81	404	1.16
R003	Octopus (<i>Octopus vulgaris</i>)	1	50.92	0.04	1.37	0.003	0.007	131	181	40.21	230	4.07
R004	Squid, black (<i>Loligo sp.</i>)	1	41.99	0.03	0.95		0.004	173	162	57.13	179	1.24
R005	Squid, hard shell (<i>Sepia pharaonis</i>)	1	35.46	0.02				173	116	41.34	99.14	1.30
R006	Squid, red (<i>Loligo duvaucelii</i>)	2	35.74	0.02		0.001	0.003	167	134	47.43	121	0.95
R007	Squid, white, small (<i>Uroteuthis duvauceli</i>)	1	38.53	0.02	1.67		0.006	151	134	70.02	154	1.64
S	FRESHWATER FISH AND SHELLFISH											
S001	Cat fish (<i>Tandanus tandanus</i>)	2	18.78±6.65	0.02±0.03	1.89±2.43		0.004±0.002	157±58.6	250±83.0	71.03±12.14	28.29±11.65	0.71±0.24
S002	Catla (<i>Catla catla</i>)	6	25.58±0.87	0.03±0.02	1.59±1.06	0.001±0.000	0.006±0.002	182±7	301±29.0	19.73±26.86	36.56±6.32	0.68±0.13
S003	Freshwater Eel (<i>Anguilla anguilla</i>)	1	42.50	0.13	3.97		0.012	361	450	67.32	88.67	2.23
S004	Gold fish (<i>Carassius auratus</i>)	2	21.66	0.02	2.29		0.01	185	243	14.22	27.53	1.69
S005	Pangas (<i>Pangasianodon hypophthalmus</i>)	6	25.09±4.41	0.03±0.01	0.26±0.20	0.001±0.000	0.003±0.002	179±37.0	282±78.6	19.31±6.56	37.42±9.50	0.69±0.16
S006	Rohu (<i>Labeo rohita</i>)	6	26.53±3.81	0.04±0.02	1.71±2.54		0.005±0.002	200±48.7	303±72.4	51.50±11.49	35.56±6.36	0.80±0.11
S007	Crab (<i>Pachygrapsus</i> sp.)	1	66.77	0.09	4.04		0.001	208	286	71.84	280	2.49
S008	Prawns, big (<i>Macrobrachium rosenbergii</i>)	1	39.25	0.03	0.94	0.002	0.006	237	269	28.59	849	1.44
S009	Prawns, small (<i>Macrobrachium</i> sp.)	3	26.91	0.02	0.78	0.004	0.006	192	224	19.92	77.71	0.87
S010	Tiger prawns (<i>Macrobrachium</i> sp.)	2	22.94	0.08	0.40		0.005	155	149	14.69	80.77	1.02

Table 6

STARCH

AND

INDIVIDUAL SUGARS



Table 6. STARCH AND INDIVIDUAL SUGARS

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

Food code	Food Name	Serving size (g)	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
A	CEREALS AND MILLETS								
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	56.71	55.83	0.10	0.22	0.46	0.10	0.88
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	60.13±1.30	59.33±1.31	0.10±0.01	0.22±0.04	0.48±0.04		0.80±0.07
A003	Bajra (<i>Pennisetum typhoideum</i>)	6	56.02±2.57	55.21±2.57	0.21±0.01	0.60±0.02			0.81±0.01
A004	Barley (<i>Hordeum vulgare</i>)	6	72.73±2.93	72.67±2.92		0.06±0.02			0.06±0.02
A005	Jowar (<i>Sorghum vulgare</i>)	6	60.96±1.70	59.70±1.70	0.57±0.07	0.10±0.01	0.60±0.04		1.27±0.05
A006	Maize, dry (<i>Zea mays</i>)	6	61.01±0.76	59.35±0.83	0.16±0.03	0.80±0.01	0.70±0.03		1.66±0.04
A007	Maize, tender, local (<i>Zea mays</i>)	6	17.35±2.78	15.88±2.80	0.27±0.03	0.80±0.06	0.40±0.04		1.47±0.05
A008	Maize, tender, sweet (<i>Zea mays</i>)	4	12.11±0.64	7.45±0.68	0.91±0.04	0.97±0.02	2.79±0.03		4.67±0.05
A009	Quinoa (<i>Chenopodium quinoa</i>)	1	49.82	48.41		1.41			1.41
A010	Ragi (<i>Eleusine coracana</i>)	5	62.47±1.24	62.13±1.31		0.25±0.06	0.12±0.02		0.34±0.06
A011	Rice flakes (<i>Oryza sativa</i>)	6	68.40±1.67	68.06±1.81		0.20±0.07	0.14±0.02		0.34±0.06
A012	Rice puffed (<i>Oryza sativa</i>)	6	69.89±2.19	69.25±2.16		0.49±0.07	0.15±0.03		0.64±0.08
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	72.00±1.87	71.31±1.91		0.55±0.08	0.14±0.02		0.69±0.08
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	76.80±5.71	76.14±5.73		0.51±0.24	0.16±0.06		0.67±0.25
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	76.39±2.76	75.70±2.70		0.54±0.25	0.15±0.06		0.69±0.28
A016	Samai (<i>Panicum miliare</i>)	6	56.43±4.09	56.07±4.12		0.24±0.10	0.13±0.01		0.37±0.09
A017	Varagu (<i>Setaria italica</i>)	5	66.25±2.90	64.96±2.93		0.89±0.11	0.40±0.02		1.29±0.10
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6	71.82±1.07	70.03±1.01	0.64±0.03	0.75±0.02	0.40±0.05		1.79±0.08

Food de	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6	58.62±2.68	56.82±2.69	0.72±0.03	0.78±0.05	0.30±0.02		1.80±0.06
A020	Wheat, whole (<i>Triticum aestivum</i>)	6	59.30±1.86	57.53±1.86	0.74±0.11	0.73±0.08	0.30±0.09		1.77±0.15
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6	61.74±3.52	60.54±3.62	0.32±0.34	0.55±0.13	0.33±0.08		1.20±0.24
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6	59.85±2.99	58.20±2.95	0.60±0.04	0.55±0.03	0.50±0.04		1.65±0.08
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6	56.99±1.91	55.31±1.93	0.60±0.02	0.58±0.02	0.50±0.02		1.68±0.03
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6	56.69±2.10	54.55±2.05	0.63±0.16	1.01±0.02	0.50±0.05		2.14±0.17
B	GRAIN LEGUMES								
B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	41.52±0.87	40.49±0.83	0.10±0.02	0.10±0.01	0.63±0.23	0.20±0.03	1.03±0.23
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	36.68±3.62	35.69±3.63	0.10±0.01	0.10±0.01	0.69±0.16	0.10±0.01	0.99±0.16
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6	48.73±1.91	47.89±1.90	0.20±0.03	0.20±0.02	0.44±0.14		0.84±0.15
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6	42.64±5.56	42.19±5.52	0.10±0.01	0.10±0.02	0.30±0.02		0.45±0.24
B005	Cowpea, brown (<i>Vigna catjang</i>)	6	47.09±0.79	45.49±0.66	0.30±0.19	0.61±0.24	0.68±0.20		1.60±0.38
B006	Cowpea, white (<i>Vigna catjang</i>)	1	47.51	46.33	0.13	0.39	0.67		1.18
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1	41.22	40.07	0.20	0.53	0.42		1.15
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1	43.47	42.30	0.20	0.29	0.68		1.17
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5	44.32±1.37	42.25±0.52	0.10±0.01	0.41±0.06	0.56±0.23		1.07±0.28
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6	42.01±0.79	41.06±0.64	0.10±0.01	0.30±0.02	0.55±0.20		0.95±0.41
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6	39.75±5.41	39.21±5.42	0.10±0.02	0.14±0.02	0.30±0.11		0.54±0.11
B012	Horse gram, whole (<i>Dolichus biflorus</i>)	6	48.31±1.68	47.96±1.68	0.10±0.03	0.15±0.03	0.10±0.01		0.35±0.05
B013	Lentil dal (<i>Lens culinaris</i>)	6	46.39±2.28	44.44±2.17	0.80±0.16	0.30±0.01	0.85±0.02		1.95±0.17
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6	43.03±1.05	41.41±0.92	0.78±0.22	0.15±0.06	0.71±0.11		1.63±0.33
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2	43.58	42.08	0.50	0.23	0.77		1.50

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
				STARCH	FRUS	GLUS	SUCS	MALS	
B016	Moth bean (<i>Vigna aconitifolia</i>)	6	48.00±0.72	46.64±0.76	0.10±0.01	0.62±0.03	0.64±0.11		1.36±0.11
B017	Peas, dry (<i>Pisum sativum</i>)	6	45.07±2.32	43.04±2.09	0.61±0.04	0.48±0.26	0.94±0.08		2.03±0.26
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2	40.46	38.45		0.18	1.84		2.02
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6	40.32±2.28	38.05±2.28		0.39±0.16	1.88±0.49		2.27±0.53
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3	40.07±0.51	38.55±0.28		0.23±0.04	1.29±0.23		1.52±0.26
B021	Red gram, dal (<i>Cajanus cajan</i>)	6	50.60±1.41	48.53±1.24	0.10±0.02	0.20±0.02	1.78±0.17		2.08±0.14
B022	Red gram, whole (<i>Cajanus cajan</i>)	6	40.27±2.16	38.97±1.91	0.10±0.01	0.20±0.02	1.00±0.07		1.30±0.09
B023	Ricebean (<i>Vigna umbellata</i>)	1	45.38	44.05	0.20	0.73	0.40		1.33
B024	Soya bean, brown (<i>Glycine max</i>)	6	9.16±1.10	6.65±1.34	0.20±0.02	0.63±0.25	1.68±0.39		2.51±0.43
B025	Soya bean, white (<i>Glycine max</i>)	1	9.46	7.26	0.20	0.56	1.44		2.20
C GREEN LEAFY VEGETABLES									
C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1	3.95	3.72	0.10	0.10	0.03		0.23
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	1.02±0.02	0.70±0.01	0.09±0.01	0.19±0.02	0.04±0.02		0.32±0.02
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	1.05	0.77	0.24	0.04			0.28
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	1.10±0.12	0.95±0.04	0.03±0.02	0.12±0.10			0.15±0.11
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	0.83±0.03	0.69±0.02	0.01±0.01	0.13±0.02			0.14±0.02
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2	0.86	0.73	0.01	0.12			0.13
C007	Basella leaves (<i>Basella alba</i>)	2	1.69	1.67	0.01	0.01	0.01		0.02
C008	Bathua leaves (<i>Chenopodium album</i>)	2	1.59	1.07	0.01	0.51			0.52
C009	Beet greens (<i>Beta vulgaris</i>)	6	2.18±0.05	2.05±0.03	0.03±0.02	0.10±0.01			0.13±0.02
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6	6.61±0.06	6.24±0.04	0.20±0.01	0.17±0.02			0.37±0.03

Table 6. Starch and Individual Sugars

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
C011	Betel leaves, small (<i>Piper betle</i>)	4	5.54±0.03	5.14±0.02	0.20±0.02	0.20±0.02			0.40±0.03
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1	4.42	4.31	0.04	0.05	0.08		0.17
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1	1.42	1.00	0.20	0.10	0.12		0.42
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1	2.35	1.59	0.41	0.24	0.11		0.76
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	6	1.54±0.21	0.53±0.13	0.52±0.08	0.26±0.09	0.23±0.08		1.00±0.11
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	2	1.33	0.54	0.43	0.18	0.19		0.80
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6	2.15±0.07	1.53±0.03	0.32±0.01	0.24±0.02	0.05±0.03		0.61±0.04
C018	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	6	2.72±0.09	2.10±0.03	0.20±0.04	0.10±0.01	0.33±0.03		0.63±0.07
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3	2.51±0.12	2.49±0.12		0.02±0.01			0.02±0.01
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5	1.48±0.05	0.60±0.07	0.71±0.08	0.17±0.03			0.88±0.08
C021	Garden cress (<i>Lepidium sativum</i>)	2	2.17	1.25	0.10	0.72	0.10		0.92
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4	1.16±0.06	1.15±0.06		0.01±0.01			0.01±0.01
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1	1.17	1.16		0.01			0.01
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2	4.57	4.47		0.05	0.05		0.10
C025	Lettuce (<i>Lactuca sativa</i>)	3	1.72±0.09	1.50±0.14	0.17±0.04	0.05±0.01			0.22±0.05
C026	Mustard leaves (<i>Brassica juncea</i>)	3	1.45±0.09	1.41±0.07		0.02±0.01	0.02±0.02		0.04±0.03
C027	Pak Choi leaves (<i>Brassica rapa</i> var. <i>Chinensis</i>)	1	1.62	1.10	0.10	0.20	0.22		0.52
C028	Parsley (<i>Petroselinum crispum</i>)	3	7.05±0.07	6.36±0.10	0.29±0.02	0.20±0.03	0.20±0.02		0.69±0.03
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2	4.10	3.66	0.11	0.33			0.44
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6	2.20±0.03	2.10±0.02		0.10±0.02			0.10±0.02
C031	Radish leaves (<i>Raphanus sativus</i>)	6	2.09±0.07	1.80±0.03	0.14±0.03	0.05±0.02	0.10±0.01		0.29±0.05

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
C032	Rumex leaves (<i>Rumex patientia</i>)	2	1.55	1.10	0.11	0.21	0.14		0.45
C033	Spinach (<i>Spinacia oleracea</i>)	6	1.62±0.20	1.38±0.24	0.07±0.03	0.18±0.04			0.24±0.04
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3	7.01±0.02	6.85±0.02	0.05±0.02	0.12±0.02			0.17±0.00
D OTHER VEGETABLES									
D001	Ash gourd (<i>Benincasa hispida</i>)	6	1.20±0.06	1.01±0.01	0.12±0.04	0.05±0.02	0.02±0.02		0.19±0.06
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1	0.60	0.51	0.07	0.02			0.09
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	4.56±0.05	3.53±0.02	0.38±0.02	0.51±0.03	0.14±0.02		1.03±0.04
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6	0.96±0.09	0.92±0.08	0.04±0.01				0.04±0.01
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4	0.99±0.08	0.93±0.07	0.06±0.01				0.06±0.01
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1	0.95	0.87	0.08				0.08
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6	1.03±0.12	0.67±0.09	0.23±0.05	0.13±0.03			0.36±0.06
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5	1.02±0.06	0.67±0.07	0.25±0.03	0.10±0.01			0.34±0.04
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1	0.97	0.58	0.33	0.06			0.39
D010	Brinjal-1 (<i>Solanum melongena</i>)	1	1.92	1.04	0.66	0.03	0.19		0.88
D011	Brinjal-2 (<i>Solanum melongena</i>)	1	1.99	1.01	0.79	0.04	0.15		0.98
D012	Brinjal-3 (<i>Solanum melongena</i>)	2	1.44	0.51	0.52	0.32	0.10		0.93
D013	Brinjal-4 (<i>Solanum melongena</i>)	4	1.83±0.07	0.97±0.02	0.55±0.01	0.15±0.04	0.17±0.02		0.86±0.06
D014	Brinjal-5 (<i>Solanum melongena</i>)	3	1.84±0.33	0.85±0.21	0.67±0.13	0.10±0.06	0.22±0.15		0.99±0.13
D015	Brinjal-6 (<i>Solanum melongena</i>)	2	2.36	1.36	0.52	0.26	0.23		1.00
D016	Brinjal-7 (<i>Solanum melongena</i>)	1	2.27	0.89	1.01	0.30	0.07		1.38

Table 6. Starch and Individual Sugars

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
D017	Brinjal-8 (<i>Solanum melongena</i>)	3	2.77±0.07	1.98±0.02	0.41±0.20	0.11±0.03	0.27±0.18		0.79±0.06
D018	Brinjal-9 (<i>Solanum melongena</i>)	2	2.45	1.54	0.47	0.23	0.21		0.91
D019	Brinjal-10 (<i>Solanum melongena</i>)	2	2.15	1.29	0.50	0.23	0.13		0.86
D020	Brinjal-11 (<i>Solanum melongena</i>)	6	2.81±0.10	1.76±0.04	0.54±0.03	0.21±0.01	0.30±0.06		1.05±0.08
D021	Brinjal-12 (<i>Solanum melongena</i>)	2	1.97	0.75	0.82	0.14	0.27		1.22
D022	Brinjal-13 (<i>Solanum melongena</i>)	1	2.27	1.12	0.59	0.37	0.19		1.15
D023	Brinjal-14 (<i>Solanum melongena</i>)	3	1.80±0.16	0.92±0.01	0.40±0.02	0.28±0.07	0.20±0.20		0.88±0.17
D024	Brinjal-15 (<i>Solanum melongena</i>)	4	1.90±0.12	1.08±0.01	0.40±0.02	0.15±0.02	0.27±0.13		0.82±0.12
D025	Brinjal-16 (<i>Solanum melongena</i>)	1	1.60	0.61	0.54	0.13	0.32		0.99
D026	Brinjal-17 (<i>Solanum melongena</i>)	1	1.47	0.62	0.40	0.26	0.19		0.85
D027	Brinjal-18 (<i>Solanum melongena</i>)	3	2.72±0.85	1.28±0.57	0.95±0.44	0.20±0.23	0.29±0.28		1.44±0.43
D028	Brinjal-19 (<i>Solanum melongena</i>)	3	2.02±0.02	1.05±0.02	0.50±0.03	0.32±0.04	0.14±0.02		0.96±0.01
D029	Brinjal-20 (<i>Solanum melongena</i>)	5	2.83±0.04	2.08±0.02	0.42±0.02	0.21±0.02	0.12±0.01		0.76±0.03
D030	Brinjal-21 (<i>Solanum melongena</i>)	2	2.01	1.08	0.70	0.07	0.15		0.93
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6	2.28±0.51	1.31±0.48	0.55±0.19	0.20±0.09	0.22±0.12		0.97±0.21
D032	Broad beans (<i>Vicia faba</i>)	3	2.06±0.06	0.84±0.03	0.61±0.02	0.41±0.02	0.20±0.02		1.22±0.05
D033	Capsicum, green (<i>Capsicum annuum</i>)	6	1.16±0.10	0.31±0.02	0.42±0.04	0.20±0.07	0.23±0.01		0.86±0.11
D034	Capsicum, red (<i>Capsicum annuum</i>)	4	1.01±0.05	0.08±0.02	0.34±0.03	0.26±0.02	0.33±0.01		0.93±0.05
D035	Capsicum, yellow (<i>Capsicum annuum</i>)	4	1.10±0.03	0.12±0.01	0.38±0.02	0.25±0.03	0.35±0.03		0.97±0.04
D036	Cauliflower (<i>Brassica oleracea</i>)	6	1.05±0.07	0.59±0.11	0.27±0.06	0.14±0.03	0.06±0.06		0.47±0.10
D037	Celery stalk (<i>Apium graveolens</i>)	3	1.42±0.08	0.68±0.03	0.15±0.03	0.25±0.04	0.35±0.02		0.75±0.06

Food Name		No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
D038	Cho-cho-marrow (<i>Sechium edule</i>)	4	1.93±0.03	1.17±0.02	0.40±0.01	0.25±0.02	0.12±0.01		0.76±0.02
D039	Cluster beans (<i>Cyamopsis tetragonobola</i>)	6	4.54±0.04	4.42±0.03		0.10±0.01	0.02±0.01		0.12±0.02
D040	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1	1.08	0.55	0.37	0.16			0.53
D041	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	5	1.14±0.20	0.89±0.19	0.09±0.02	0.16±0.08			0.25±0.09
D042	Corn, Baby (<i>Zea mays</i>)	6	4.61±0.05	4.12±0.03	0.20±0.02	0.15±0.02	0.14±0.03		0.49±0.02
D043	Cucumber, green, elongate (<i>Cucumis sativus</i>)	6	0.76±0.13	0.50±0.10	0.25±0.03	0.02±0.01			0.27±0.04
D044	Cucumber, green, short (<i>Cucumis sativus</i>)	6	0.79±0.11	0.58±0.12	0.19±0.04	0.02±0.01			0.21±0.04
D045	Cucumber, orange, round (<i>Cucumis sativus</i>)	2	0.75	0.53	0.18	0.05			0.22
D046	Drumstick (<i>Moringa oleifera</i>)	6	2.77±0.22	1.31±0.46	1.02±0.36	0.20±0.10	0.24±0.07		1.47±0.50
D047	Field beans, tender, broad (<i>Vicia faba</i>)	2	2.63	1.68	0.68	0.21	0.06		0.95
D048	Field beans, tender, lean (<i>Vicia faba</i>)	6	2.27±0.21	1.51±0.01	0.59±0.18	0.15±0.04	0.02±0.02		0.76±0.21
D049	French beans, country (<i>Phaseolus vulgaris</i>)	5	1.82±0.11	0.75±0.05	0.60±0.14	0.12±0.02	0.12±0.05	0.22±0.18	1.06±0.13
D050	French beans, hybrid (<i>Phaseolus vulgaris</i>)	2	1.77	0.77	0.65	0.14	0.10	0.12	1.00
D051	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	5	2.04±0.06	0.02±0.01	1.21±0.02	0.26±0.03	0.55±0.03		2.02±0.05
D052	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	5	8.77±0.05	6.54±0.03	1.45±0.03	0.67±0.02	0.11±0.01		2.23±0.03
D053	Knol - Khol (<i>Brassica oleracea</i>)	6	0.94±0.05	0.51±0.01	0.05±0.02	0.11±0.01	0.27±0.04		0.43±0.04
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6	1.21±0.29	0.22±0.04	0.74±0.16	0.06±0.03		0.19±0.13	0.98±0.29
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1	1.19	0.12	0.83	0.10		0.14	1.07
D057	Mango, green, raw (<i>Mangifera indica</i>)	6	1.37±0.07	0.89±0.04	0.40±0.05	0.07±0.01	0.05±0.01		0.48±0.08
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6	8.32±0.46	5.80±0.54	1.84±0.23	0.52±0.30			2.42±0.31
D058	Onion, stalk (<i>Allium cepa</i>)	6	1.51±0.04	1.10±0.02		0.05±0.04	0.06±0.02	0.31±0.05	0.41±0.05

Table 6. Starch and Individual Sugars

178

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
D059	Papaya, raw (<i>Carica papaya</i>)	6	3.63±0.24		2.64±0.17	0.99±0.07			3.63±0.24
D060	Parwar (<i>Trichosanthes dioica</i>)	6	1.26±0.21	0.90±0.09	0.31±0.12	0.06±0.05			0.37±0.17
D061	Peas, fresh (<i>Pisum sativum</i>)	6	7.89±0.50	6.92±0.49	0.41±0.02	0.20±0.02	0.36±0.02		0.97±0.02
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6	2.03±0.11	1.86±0.11	0.13±0.01	0.04±0.01			0.17±0.01
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6	16.29±1.65	15.43±1.15	0.76±0.59	0.10±0.11			0.86±0.67
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6	5.15±0.70	4.51±0.34		0.65±0.45			0.65±0.45
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1	3.10	0.20	1.03	1.01	0.86		2.90
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6	3.30±0.12	0.33±0.08	1.90±0.24	0.33±0.15	0.74±0.33		2.97±0.15
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1	14.57	14.02	0.22	0.10	0.23		0.55
D068	Ridge gourd (<i>Luffa acutangula</i>)	6	1.40±0.07	0.81±0.12	0.45±0.11	0.08±0.05	0.03±0.00	0.06±0.01	0.62±0.18
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3	1.19±0.16	0.79±0.05	0.32±0.11	0.06±0.04	0.02±0.02	0.01±0.00	0.41±0.16
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6	1.20±0.56	0.78±0.55	0.31±0.03	0.05±0.05	0.01±0.01	0.05±0.02	0.42±0.05
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2	1.19	0.74	0.30	0.10	0.01	0.04	0.45
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1	1.18	0.72	0.31	0.12	0.01	0.01	0.46
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6	1.07±0.06	0.64±0.02	0.25±0.03	0.07±0.03		0.12±0.02	0.44±0.06
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6	1.31±0.04	0.48±0.03	0.41±0.02	0.42±0.02			0.83±0.02
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6	1.82±0.18		1.65±0.15	0.18±0.05			1.82±0.18
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6	1.34±0.19		1.16±0.18	0.18±0.07			1.34±0.19
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2	1.61	1.47	0.12	0.02			0.14
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2	1.37	1.07	0.19	0.10			0.29

Food code	Food Name	No. of Regions	Total	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free	
			Available CHO						Sugars	
			g							
			STARCH	FRUS	GLUS	SUCS	MALS			
E	FRUITS									
E001	Apple, big (<i>Malus domestica</i>)	6	9.53±0.23		8.36±0.23	1.03±0.02	0.14±0.02		9.53±0.23	
E002	Apple, green (<i>Malus domestica</i>)	6	8.39±0.06		7.19±0.04	1.08±0.03	0.12±0.02		8.39±0.06	
E003	Apple, small (<i>Malus domestica</i>)	6	9.80±0.09		8.52±0.08	1.17±0.02	0.11±0.02		9.80±0.09	
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1	9.15		7.18	1.60	0.37		9.15	
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6	70.10±2.52	44.38±2.30	16.52±0.74	6.98±0.05	2.21±0.02		25.72±0.71	
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3	9.34±0.02	4.99±0.02	1.33±0.02	0.43±0.02	2.60±0.04		4.36±0.04	
E007	Avocado fruit (<i>Persea americana</i>)	1	1.75	0.10	1.00	0.44	0.21		1.65	
E008	Bael fruit (<i>Aegle marmelos</i>)	1	23.55	7.20	9.58	2.65	4.12		16.35	
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1	18.22	3.32	6.32	7.68	0.90		14.90	
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2	17.26	4.72	5.43	6.12	0.99		12.54	
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1	18.53	3.96	6.03	4.05	4.49		14.57	
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6	18.94±0.07	5.29±0.04	6.50±0.07	4.05±0.05	3.10±0.05		13.65±0.06	
E013	Black berry (<i>Rubus fruticosus</i>)	5	7.61±0.27		4.47±0.28	2.50±0.04	0.64±0.02		7.61±0.27	
E014	Cherries, red (<i>Prunus cerasus</i>)	4	10.72±0.05		5.91±0.05	4.61±0.02	0.20±0.03		10.72±0.05	
E015	Currants, black (<i>Ribes nigrum</i>)	1	8.89	2.56	2.98	2.85	0.50		6.33	
E016	Custard apple (<i>Annona squamosa</i>)	1	13.69	0.34	9.10	4.25			13.35	
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6	67.50±2.87	0.87±0.08	14.90±0.05	6.15±0.02	45.58±2.94		66.63±2.90	
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2	69.83	0.99	15.04	6.26	47.54		68.84	
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2	58.74	1.78	22.34	5.00	29.62		56.96	
E020	Fig (<i>Ficus carica</i>)	6	9.79±0.07	1.15±0.02	5.89±0.02	1.20±0.01	1.55±0.03		8.64±0.06	

Foodcode	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
E021	Goosberry (<i>Emblica officinalis</i>)	5	3.95±0.05	0.56±0.03	2.10±0.02	1.29±0.02			3.39±0.02
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4	10.02±0.05		7.10±0.02	2.77±0.03	0.15±0.03		10.02±0.05
E023	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5	9.59±0.02		7.11±0.03	2.38±0.02	0.10±0.01		9.59±0.02
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5	10.47±0.07		7.80±0.02	2.57±0.04	0.10±0.02		10.47±0.07
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5	9.19±0.03		7.08±0.01	2.01±0.02	0.10±0.01		9.19±0.03
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5	9.60±0.06		7.35±0.06	2.15±0.01	0.10±0.03		9.60±0.06
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5	10.88±0.05		7.49±0.03	3.29±0.03	0.10±0.02		10.88±0.05
E028	Guava, white flesh (<i>Psidium guajava</i>)	5	4.74±0.08	0.63±0.02	2.00±0.04	1.90±0.02	0.20±0.03		4.10±0.07
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5	8.49±0.58	0.70±0.03	4.01±0.32	3.60±0.02	0.18±0.01		7.79±1.29
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	12.71±0.04	0.50±0.03	4.12±0.03	3.33±0.03	4.76±0.03		12.21±0.02
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2	8.32	1.48	4.47	2.21	0.16		6.84
E032	Karonda fruit (<i>Carissa carandas</i>)	1	2.55	0.80	1.19	0.56			1.75
E033	Lemon, juice (<i>Citrus limon</i>)	6	2.59±0.06		1.01±0.03	1.28±0.04	0.30±0.02		2.59±0.06
E034	Lime, sweet,pulp (<i>Citrus limetta</i>)	6	3.94±0.03	0.52±0.03	0.70±0.02	2.60±0.01	0.12±0.01		3.42±0.01
E035	Litchi (<i>Nephelium litchi</i>)	4	9.30±0.06		4.05±0.04	2.17±0.04	3.08±0.02		9.30±0.06
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6	7.77±0.07		2.38±0.03	0.73±0.02	4.66±0.09		7.77±0.07
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2	8.13		3.90	2.60	1.63		8.13
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3	8.06±0.07		4.50±0.01	0.55±0.04	3.01±0.02		8.06±0.07
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4	9.00±0.05		4.80±0.02	2.65±0.01	1.55±0.04		9.00±0.05
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2	7.94		4.42	2.71	0.81		7.94
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2	8.48		4.95	2.46	1.07		8.48

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			STARCH	FRUS	GLUS	SUCS	MALS		
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1	9.24		7.33	1.05	0.86		9.24
E043	Mangosteen (<i>Garcinia mangostana</i>)	1	9.41	0.50	5.12	1.67	2.12		8.91
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1	12.63	0.50	3.45	4.12	4.56		12.13
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5	2.99±0.05		0.62±0.02	0.71±0.01	1.65±0.06		2.99±0.05
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6	2.36±0.06		0.51±0.02	0.84±0.02	1.01±0.03		2.36±0.06
E047	Orange, pulp (<i>Citrus aurantium</i>)	6	6.86±0.06		2.86±0.03	1.21±0.02	2.79±0.03		6.86±0.06
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1	1.03	0.84	0.17	0.02			0.19
E049	Papaya, ripe (<i>Carcia papaya</i>)	6	4.09±0.17		2.44±0.13	1.15±0.02	0.50±0.03		4.09±0.17
E050	Peach (<i>Prunus communis</i>)	1	6.95		1.15	0.89	4.61	0.30	6.95
E051	Pear (<i>Pyrus</i> sp.)	6	7.39±0.77		3.51±0.21	2.74±0.30	1.12±0.01		7.39±0.77
E052	Phalsa (<i>Grewia asiatica</i>)	2	13.75	0.75	6.12	4.66	2.22		13.00
E053	Pineapple (<i>Ananas comosus</i>)	6	8.56±0.05		1.21±0.02	3.12±0.02	4.23±0.02		8.56±0.05
E054	Plum (<i>Prunus domestica</i>)	3	10.13±0.03		3.50±0.03	3.42±0.03	3.21±0.03		10.13±0.03
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	10.87±0.05		1.01±0.03	1.74±0.04	8.12±0.04		10.87±0.05
E056	Pummelo (<i>Citrus maxima</i>)	3	4.85±0.05	0.46±0.02	2.09±0.02	1.44±0.03	0.86±0.04		4.38±0.07
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6	62.80±2.05	1.29±0.03	23.12±1.79	16.22±0.66	22.17±0.93		61.51±2.02
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6	58.17±2.00	1.05±0.03	26.54±0.56	15.58±2.03	15.00±0.23		57.12±2.02
E059	Rambutan (<i>Nephelium lappaceum</i>)	1	15.80		8.78	6.00	1.02		15.80
E060	Sapota (<i>Achras sapota</i>)	6	12.30±0.05		8.60±0.03	2.85±0.06	0.85±0.03		12.30±0.05
E061	Soursop (<i>Annona muricata</i>)	1	9.95	0.12	7.99	1.66	0.18		9.83
E062	Star fruit (<i>Averrhoa carambola</i>)	1	3.95		2.22	1.73			3.95

Foodcode	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			g						
			←						→
				STARCH	FRUS	GLUS	SUCS	MALS	
E063	Strawberry (<i>Fragaria ananassa</i>)	6	3.66±0.11	0.10±0.01	1.90±0.05	1.60±0.14	0.07±0.03		3.56±0.11
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6	52.88±2.38		12.31±1.27	14.53±0.83	26.04±1.08		52.88±2.38
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6	3.66±0.27		1.91±0.15	0.31±0.03	1.44±0.02		3.66±0.27
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6	3.00±0.25		2.57±0.39	0.21±0.02	0.22±0.01		3.00±0.25
E067	Wood Apple (<i>Limonia acidissima</i>)	3	6.60±0.04	2.79±0.02	1.38±0.02	1.41±0.02	1.02±0.02		3.81±0.02
E068	Zizyphus (<i>Zizyphus jujube</i>)	1	8.29		4.30	2.98	1.01		8.29
F	ROOTS AND TUBERS								
F001	Beet root (<i>Beta vulgaris</i>)	6	6.04±0.94	1.69±0.43	1.67±0.02	1.46±0.02	1.21±0.03		4.35±0.02
F002	Carrot, orange (<i>Dacus carota</i>)	6	4.48±0.65	1.24±0.27	0.11±0.02	1.15±0.03	1.98±0.02		3.23±0.03
F003	Carrot, red (<i>Dacus carota</i>)	4	5.35±0.03	1.39±0.05	1.08±0.02	1.13±0.02	1.75±0.02		3.96±0.03
F004	Colocasia (<i>Colocasia antiquorum</i>)	6	14.78±0.71	13.88±0.74	0.54±0.03	0.25±0.03	0.12±0.02		0.90±0.05
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3	13.46±0.78	13.22±0.82	0.07±0.02	0.11±0.02	0.07±0.02		0.24±0.04
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6	11.79±0.76	11.47±0.71	0.24±0.02	0.05±0.02	0.04±0.02		0.32±0.02
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1	10.73	10.29	0.26	0.08	0.10		0.44
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1	13.46	13.08	0.22	0.10	0.05		0.38
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3	1.56±0.04	0.41±0.02	0.48±0.06	0.27±0.04	0.40±0.04		1.15±0.03
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6	1.54±0.11	0.59±0.09	0.31±0.05	0.03±0.01	0.62±0.03		0.95±0.04
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1	1.50	0.64	0.38	0.18	0.30		0.86
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2	1.46	0.30	0.36	0.30	0.50		1.16
F013	Sweet potato, brown skin (<i>Ipomoes batatas</i>)	4	22.45±1.75	18.82±1.74	0.46±0.04	0.71±0.04	2.47±0.05		3.63±0.05
F014	Sweet potato, pink skin (<i>Ipomoes batatas</i>)	3	23.91±1.54	19.88±1.53	0.90±0.03	0.97±0.02	2.16±0.04		4.03±0.03

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
F015	Tapioca (<i>Manihot esculenta</i>)	3	17.50±0.10	15.36±0.12	0.13±0.03	0.29±0.02	1.72±0.02		2.14±0.05
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1	17.88	15.93	0.12	0.32	1.51		1.95
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6	15.94±0.20	14.36±0.18	0.70±0.02	0.16±0.03	0.72±0.03		1.58±0.05
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4	16.09±1.00	14.94±0.35	0.42±0.24	0.11±0.06	0.62±0.48		1.15±0.75
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2	16.89	15.35	0.62	0.12	0.80		1.54
G CONDIMENTS AND SPICES-FRESH									
G001	Chillies, green-1 (<i>Capsicum annum</i>)	5	3.02±0.04	2.31±0.01	0.54±0.03	0.16±0.03	0.02±0.00		0.71±0.03
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3	3.01±0.09	1.96±0.04	0.93±0.03	0.11±0.02	0.02±0.01		1.05±0.05
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5	2.39±0.07	1.85±0.02	0.45±0.04	0.08±0.02	0.02±0.01		0.54±0.04
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3	2.27±0.07	1.65±0.03	0.47±0.05	0.14±0.02	0.01±0.00		0.62±0.06
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2	2.30±0.01	1.84±0.03	0.42±0.03	0.02±0.01	0.02±0.00		0.46±0.02
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1	2.29	1.70	0.43	0.15	0.01		0.59
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1	3.21	2.48	0.66	0.05	0.02		0.73
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6	2.63±0.37	1.96±0.26	0.55±0.17	0.11±0.05	0.02±0.00		0.67±0.18
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	1.23±0.13	1.06±0.09	0.07±0.04	0.06±0.03	0.05±0.02		0.17±0.04
G010	Curry leaves (<i>Murraya koenigii</i>)	6	3.66±0.17	3.08±0.16	0.41±0.03	0.20±0.01			0.60±0.03
G011	Garlic, big clove (<i>Allium sativum</i>)	6	20.81±1.23	14.84±0.97	4.20±0.34	1.20±0.02	0.57±0.21		5.97±0.43
G012	Garlic, small clove (<i>Allium sativum</i>)	3	19.70±0.97	14.86±0.87	1.48±0.06	1.08±0.03	2.28±0.06		4.84±0.11
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1	21.26	17.53	1.21	1.05	1.47		3.73
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6	5.11±0.11	3.80±0.04	1.00±0.07	0.15±0.03	0.17±0.14		1.31±0.12

Foodcode	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
G015	Mango ginger (<i>Curcuma amada</i>)	3	4.21±0.07	1.79±0.09	1.11±0.02	0.81±0.11	0.50±0.03		2.42±0.12
G016	Mint leaves (<i>Mentha spicata</i>)	4	1.10±0.03	1.02±0.03	0.01±0.00	0.07±0.02			0.08±0.02
G017	Onion, big (<i>Allium cepa</i>)	6	6.68±0.09	0.80±0.03	1.89±0.19	1.47±0.04	2.52±0.10		5.88±0.09
G018	Onion, small (<i>Allium cepa</i>)	5	6.37±1.15	0.75±0.26	1.44±0.26	1.63±0.09	2.55±1.06		5.62±1.06
G CONDIMENTS AND SPICES-DRY									
G019	Asafoetida (<i>Ferula assa-foetida</i>)	6	37.76±1.01	36.83±1.00	0.21±0.11	0.47±0.13	0.25±0.10		0.93±0.26
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6	33.75±1.38	29.47±1.39	1.84±0.02	1.89±0.04	0.55±0.05		4.28±0.06
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4	31.34±0.34	29.04±0.36	1.37±0.03	0.76±0.02	0.17±0.02		2.30±0.04
G022	Chillies, red (<i>Capsicum annum</i>)	6	9.45±0.59	4.75±0.22	2.68±0.33	1.82±0.33	0.20±0.02		4.70±0.38
G023	Cloves (<i>Syzygium aromaticum</i>)	6	10.67±0.35	8.57±0.45	1.68±0.16	0.43±0.05			2.10±0.15
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	8.45±0.77	6.07±0.76	1.61±0.84	0.77±0.16			2.38±0.95
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6	15.84±0.50	14.46±0.20	0.63±0.11	0.75±0.24			1.38±0.33
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6	4.22±0.20	3.66±0.20	0.31±0.02	0.12±0.01	0.11±0.02	0.01±0.01	0.55±0.05
G027	Mace (<i>Myristica fragrans</i>)	6	23.71±1.14	22.85±1.07	0.20±0.02	0.28±0.05	0.38±0.11		0.85±0.12
G028	Nutmeg (<i>Myristica fragrans</i>)	6	25.56±1.40	24.49±1.39	0.29±0.10	0.59±0.11	0.20±0.02		1.08±0.21
G029	Omum (<i>Trachyspermum ammi</i>)	6	18.51±1.26	15.75±1.05	2.07±0.13	0.47±0.28	0.22±0.06		2.76±0.37
G030	Pippali (<i>Piper longum</i>)	6	34.46±0.61	31.72±0.72	1.24±0.23	0.51±0.10	1.00±0.02		2.75±0.25
G031	Pepper, black (<i>Piper nigrum</i>)	6	35.67±0.85	35.35±1.12	0.09±0.04	0.23±0.05			0.32±0.05
G032	Poppy seeds (<i>Papaver somniferum</i>)	6	12.28±0.79	10.43±0.81	0.78±0.43	0.77±0.11	0.30±0.13		1.85±0.40
G033	Turmeric powder (<i>Curcuma domestica</i>)	6	45.67±1.50	44.44±1.34		0.49±0.22	0.75±0.42		1.23±0.35

Food code	Food Name	No. of Regions	Total	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free	
			Available CHO							Sugars
			g							
			STARCH	FRUS	GLUS	SUCS	MALS			
H	NUTS AND OIL SEEDS									
H001	Almond (<i>Prunus amygdalus</i>)	6	2.24±0.21	0.01±0.01	1.20±0.22	0.76±0.02	0.27±0.01		2.23±0.21	
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6	68.32±2.36	66.56±2.38	0.50±0.06	0.71±0.02	0.55±0.03		1.76±0.05	
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3	69.12±2.92	67.33±2.74	0.60±0.17	0.83±0.07	0.36±0.02		1.79±0.20	
H004	Arecanut, fresh (<i>Areca catechu</i>)	2	40.10	35.38	3.24	1.06	0.43		4.72	
H005	Cashew nut (<i>Anacardium occidentale</i>)	6	23.23±1.11	20.11±1.08	1.97±0.05	1.05±0.04	0.10±0.02		3.11±0.08	
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6	6.93±0.30		1.37±0.04	1.00±0.03	4.57±0.28		6.93±0.30	
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	6.20±0.26		1.00±0.08	0.89±0.04	4.31±0.20		6.20±0.26	
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5	31.03±1.87	30.12±1.74	0.09±0.01	0.21±0.08	0.61±0.08		0.91±0.16	
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6	9.53±0.59	8.54±0.58	0.31±0.02	0.47±0.02	0.21±0.02		0.99±0.05	
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4	9.31±1.09	7.92±1.06	0.50±0.02	0.21±0.03	0.68±0.03		1.39±0.04	
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5	8.61±0.73	7.94±0.74	0.09±0.02	0.33±0.01	0.26±0.03		0.67±0.04	
H012	Ground nut (<i>Arachis hypogea</i>)	6	14.61±0.87	10.19±0.52	0.60±0.30	0.25±0.04	3.57±0.40		4.42±0.51	
H013	Mustard seeds (<i>Brassica juncea</i>)	6	14.12±1.06	9.05±0.80	1.13±0.46	1.40±0.42	2.55±0.56		5.07±0.72	
H014	Linseeds (<i>Linum usitatissimum</i>)	6	8.15±0.17	7.55±0.13	0.20±0.02	0.40±0.05			0.60±0.04	
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	16.76±0.85	15.01±0.82	1.34±0.12	0.31±0.02	0.10±0.01		1.75±0.11	
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5	16.75±0.15	16.34±0.20	0.11±0.01	0.20±0.03	0.10±0.10		0.41±0.08	
H017	Pine seed (<i>Pinus gerardiana</i>)	5	22.60±0.49	17.93±0.44	1.55±0.17	1.00±0.02	2.12±0.07		4.67±0.14	
H018	Pistachio nuts (<i>Pistacla vera</i>)	6	14.55±0.30	6.65±0.33	4.11±0.02	2.65±0.16	1.15±0.03		7.90±0.19	
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5	28.15±0.85	25.48±0.76	0.80±0.02	0.52±0.07	1.35±0.06		2.67±0.11	
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5	6.79±0.56	3.97±0.45	0.74±0.08	0.60±0.02	1.48±0.15		2.81±0.13	

	Food code	Food Name	No. of	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
				g						
				STARCH	FRUS	GLUS	SUCS	MALS		
H021	Walnut (<i>Juglans regia</i>)	6	10.05±0.73	6.63±0.34	1.10±0.02	0.36±0.03	1.76±0.10			3.22±0.08
I SUGARS										
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6	84.32±3.22		22.31±1.92	3.79±0.79	58.23±1.21			84.32±3.22
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6	12.85±0.80		0.55±0.22	2.27±0.49	10.03±0.33			12.85±0.80
J MUSHROOMS										
J001	Button mushroom, fresh (<i>Agaricus</i> sp.)	1	0.80	0.70	0.10					0.10
J002	Chicken mushroom, fresh (<i>Lactiporus</i> sp.)	1	1.96	1.86	0.10					0.10
J003	Shiitake mushroom, fresh (<i>Lentinula</i> sp.)	1	4.51	4.31	0.20					0.20
J004	Oyster mushroom, dried (<i>Pleurotus</i> sp.)	1	22.00	21.32	0.68					0.68
K MISCELLANEOUS FOODS										
K001	Toddy	10	5.73±0.17		5.73±0.17					5.73±0.17
K002	Coconut Water	6	3.06±0.07		3.06±0.07					3.06±0.07
L MILK AND MILK PRODUCTS										
L001	Milk, whole, Buffalo ¹	6	5.48±0.19		0.24±0.05	0.39±0.04	0.59±0.06			5.34±0.16
L002	Milk, whole, Cow ²	6	4.94±0.18		0.20±0.04	0.18±0.04	0.24±0.03			4.89±0.14
L003	Panner ³	6	12.01±0.08		0.50±0.03	1.11±0.24	0.84±0.08			11.57±0.28
L004	Khoa ⁴	6	16.33±3.84		0.80±0.04	1.57±0.34	0.91±0.04			16.14±1.11

Lactose content (g/100) (1) 4.12±0.14; (2) 4.28±0.10; (3) 9.12±0.20; (4) 12.86±1.03

Table 7

FATTY ACID PROFILE



