

Table 10

POLYPHENOLS



Table 10. POLYPHENOLS

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

Food code	Food Name	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid	
		No.	mg								
		GALLAC									
A CEREALS AND MILLETS											
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	1.28		0.21	0.06			0.06	0.03	
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	1.23±0.05		0.26±0.03	0.04±0.02			0.04±0.03	0.03±0.02	
A003	Bajra (<i>Pennisetum typhoideum</i>)	6	0.03±0.01	0.11±0.02					0.07±0.02	0.25±0.01	
A004	Barley (<i>Hordeum vulgare</i>)	6			0.43±0.14	0.06±0.01			1.70±0.11	0.05±0.01	
A005	Jowar (<i>Sorghum vulgare</i>)	6	0.02±0.01	0.02±0.01	0.07±0.01	1.76±0.11	0.06±0.02		1.84±0.46	1.69±0.39	
A006	Maize, dry (<i>Zea mays</i>)	6	0.07±0.02		2.93±0.42	2.96±0.44			2.84±0.36	2.91±0.32	
A007	Maize, tender, local (<i>Zea mays</i>)	6	0.04±0.03		1.24±0.14	2.85±0.43			0.55±0.09	0.55±0.27	
A008	Maize, tender, sweet (<i>Zea mays</i>)	4	0.03±0.01		1.09±0.19	1.43±0.16			0.50±0.05	0.51±0.27	
A009	Quinoa(<i>Chenopodium quinoa</i>)	1	6.70	0.44	9.70	4.90	0.11	0.02		0.13	
A010	Ragi (<i>Eleusine coracana</i>)	5			2.38±0.35	0.34±0.06	1.38±0.36				
A011	Rice flakes (<i>Oryza sativa</i>)	6	0.05±0.02		0.03±0.01	0.03±0.02			0.05±0.01	0.06±0.01	
A012	Rice puffed (<i>Oryza sativa</i>)	6	0.04±0.01		0.02±0.01	0.05±0.02			0.04±0.01	0.05±0.02	
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6	0.04±0.01		0.02±0.01	0.05±0.02			0.04±0.01	0.05±0.02	
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6	0.07±0.02		0.06±0.01	0.05±0.02			0.06±0.02	0.06±0.02	
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6	0.05±0.02		0.04±0.01	0.05±0.01			0.05±0.02	0.06±0.02	
A016	Samai (<i>Panicum miliare</i>)	6			0.16±0.04	0.05±0.03			0.37±0.04	0.67±0.03	
A017	Varagu (<i>Setaria italica</i>)	5				0.02±0.01					
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6	0.23±0.09		0.09±0.01	0.13±0.01	0.63±0.10		0.06±0.02	0.07±0.02	

Table 10. POLYPHENOLS

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

Food Name	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6- C-gluoside	Apigenin-7- O- neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3- β-D- glucoside	Quercetin-3- O- rutinoside
	mg									
	CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
A CEREALS AND MILLETS										
A001 Amaranth seed, black (<i>Amaranthus cruentus</i>)	1	0.21	2.13							
A002 Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6	0.10±0.05	0.59±0.76							
A003 Bajra (<i>Pennisetum typhoideum</i>)	6	0.08±0.01	1.39±0.24			1.11±0.38	0.14±0.02			
A004 Barley (<i>Hordeum vulgare</i>)	6	2.75±0.25	0.60±0.07							
A005 Jowar (<i>Sorghum vulgare</i>)	6	4.04±0.99	1.59±0.23	0.07±0.01						
A006 Maize, dry (<i>Zea mays</i>)	6	1.01±0.45	1.43±0.09							
A007 Maize, tender, local (<i>Zea mays</i>)	6	0.92±0.04	0.38±0.12							
A008 Maize, tender, sweet (<i>Zea mays</i>)	4	0.87±0.02	1.39±0.14							
A009 Quinoa(<i>Chenopodium quinoa</i>)	1				0.13	0.19	3.60	1.90	3.40	4.40
A010 Ragi (<i>Eleusine coracana</i>)	5			2.58±0.49	10.45±1.17					
A011 Rice flakes (<i>Oryza sativa</i>)	6	0.70±0.06	0.07±0.01							
A012 Rice puffed (<i>Oryza sativa</i>)	6	0.06±0.01	0.02±0.01							
A013 Rice, raw, brown (<i>Oryza sativa</i>)	6	0.06±0.01	0.02±0.01							
A014 Rice, parboiled, milled (<i>Oryza sativa</i>)	6	0.28±0.07	0.62±0.18							
A015 Rice, raw, milled (<i>Oryza sativa</i>)	6	0.65±0.10	0.59±0.09							
A016 Samai (<i>Panicum miliare</i>)	6	2.79±0.75	0.39±0.03							
A017 Varagu (<i>Setaria italica</i>)	5					0.07±0.01				
A018 Wheat flour, refined (<i>Triticum aestivum</i>)	6	0.16±0.02	0.04±0.01	0.07±0.02						

Table 10. POLYPHENOLS

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

Food code	Food Name	No.	Quercetin-3- β-galactoside	Isorhamnetin	Myricetin	Resveratrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			mg	HESPT	HESPD	DAIDZN	GNSTEINEPICATEC					
A CEREALS AND MILLETS												
A001	Amaranth seed, black (<i>Amaranthus cruentus</i>)	1										
A002	Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6										
A003	Bajra (<i>Pennisetum typhoideum</i>)	6		0.30±0.04								
A004	Barley (<i>Hordeum vulgare</i>)	6										
A005	Jowar (<i>Sorghum vulgare</i>)	6										
A006	Maize, dry (<i>Zea mays</i>)	6										
A007	Maize, tender, local (<i>Zea mays</i>)	6										
A008	Maize, tender, sweet (<i>Zea mays</i>)	4										
A009	Quinoa(<i>Chenopodium quinoa</i>)	1	4.30									
A010	Ragi (<i>Eleusine coracana</i>)	5										
A011	Rice flakes (<i>Oryza sativa</i>)	6										
A012	Rice puffed (<i>Oryza sativa</i>)	6										
A013	Rice, raw, brown (<i>Oryza sativa</i>)	6										
A014	Rice, parboiled, milled (<i>Oryza sativa</i>)	6										
A015	Rice, raw, milled (<i>Oryza sativa</i>)	6										
A016	Samai (<i>Panicum miliare</i>)	6										
A017	Varagu (<i>Setaria italica</i>)	5										
A018	Wheat flour, refined (<i>Triticum aestivum</i>)	6										

Table 10. POLYPHENOLS

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

Food Name	(-)-Epigallo catechin	(-)-Epigallo catechin 3-gallate	(+)-Catechin	Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
	mg								
	EPICATEGC								
A CEREALS AND MILLETS									
A001 Amaranth seed, black (<i>Amaranthus cruentus</i>)	1								12.50
A002 Amaranth seed, pale brown (<i>Amaranthus cruentus</i>)	6								11.75±2.48
A003 Bajra (<i>Pennisetum typhoideum</i>)	6								67.71±5.89
A004 Barley (<i>Hordeum vulgare</i>)	6		1.28±0.05						23.47±2.30
A005 Jowar (<i>Sorghum vulgare</i>)	6								23.25±2.00
A006 Maize, dry (<i>Zea mays</i>)	6								32.92±3.85
A007 Maize, tender, local (<i>Zea mays</i>)	6								19.00±2.52
A008 Maize, tender, sweet (<i>Zea mays</i>)	4								1.54±0.34
A009 Quinoa (<i>Chenopodium quinoa</i>)	1					65.72			74.00
A010 Ragi (<i>Eleusine coracana</i>)	5		15.52±0.90			0.28±0.02			135±2.2
A011 Rice flakes (<i>Oryza sativa</i>)	6					0.07±0.01	0.06±0.02		3.16±0.24
A012 Rice puffed (<i>Oryza sativa</i>)	6					0.03±0.02	0.07±0.02		2.76±0.63
A013 Rice, raw, brown (<i>Oryza sativa</i>)	6					0.03±0.02	0.07±0.02		2.81±0.69
A014 Rice, parboiled, milled (<i>Oryza sativa</i>)	6					0.56±0.15	0.11±0.02		6.93±1.07
A015 Rice, raw, milled (<i>Oryza sativa</i>)	6					0.07±0.03	0.08±0.05		3.14±0.44
A016 Samai (<i>Panicum miliare</i>)	6								14.24±0.89
A017 Varagu (<i>Setaria italica</i>)	5								0.53±0.26
A018 Wheat flour, refined (<i>Triticum aestivum</i>)	6					0.02±0.01	0.06±0.02		5.17±0.24

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6	0.68±0.19		0.62±0.11	0.26±0.08	2.79±0.37		0.38±0.09	0.78±0.07	
A020	Wheat, whole (<i>Triticum aestivum</i>)	6	0.71±0.14		0.74±0.35	0.40±0.31	2.44±0.25		0.67±0.15	0.68±0.12	
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6	0.68±0.10		0.71±0.12	0.40±0.09	2.75±0.62		0.63±0.07	0.66±0.13	
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6	0.25±0.05		0.12±0.01	0.18±0.05	0.23±0.07		0.05±0.02	0.14±0.02	
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6	0.21±0.03		0.04±0.03	0.15±0.05	0.11±0.02		0.04±0.01	0.02±0.01	
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6	0.20±0.04		0.02±0.01	0.07±0.03	0.06±0.01		0.02±0.01	0.03±0.01	

B GRAIN LEGUMES

Table 10. Polyphenols

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6	0.71±0.13	0.14±0.01		0.31±0.08						
A020	Wheat, whole (<i>Triticum aestivum</i>)	6	0.76±0.11	0.15±0.02		0.30±0.06						
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6	0.73±0.13	0.15±0.01		0.26±0.02						
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6	0.28±0.07	0.05±0.02	0.03±0.01	0.04±0.01						
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6	0.24±0.03	0.03±0.01		0.03±0.01						
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6	0.03±0.02	0.03±0.02		0.03±0.01						

B GRAIN LEGUMES

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B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	1.59±0.46		4.25±1.21							
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	4.17±0.95		10.48±1.14							
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6	0.36±0.03	0.14±0.01	2.43±0.38	0.29±0.03	0.09±0.02	1.40±0.32	0.05±0.02		1.69±0.26	
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6	2.71±0.55	0.91±0.06	5.64±0.22	2.56±0.36	1.83±0.16	4.79±0.53	3.12±0.67		12.37±0.93	
B005	Cowpea, brown (<i>Vigna catjang</i>)	6	1.30±0.32								0.27±0.12	
B006	Cowpea, white (<i>Vigna catjang</i>)	1	1.64								0.52	
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1	6.47									
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1	5.14									
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5	5.52±0.50									
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6		0.04±0.01		0.40±0.23		0.08±0.01	0.04±0.02			
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6		3.76±0.55		0.76±0.11		4.29±0.71	0.36±0.10			
B012	Horse gram, whole (<i>Dolichos biflorus</i>)	6					3.32±0.37					
B013	Lentil dal (<i>Lens culinaris</i>)	6	0.23±0.05	0.07±0.03	0.02±0.01	0.12±0.01	0.13±0.02	0.02±0.01	0.32±0.20	0.87±0.09		0.76±0.08

Food code	Food Name	No. of Regions	Quercetin-3- β-galactoside								(-) Epicatechin
			Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	
			mg								
					HESPT		HESPD		DAIDZN	GNSTEIN	EPICATEC
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6									
A020	Wheat, whole (<i>Triticum aestivum</i>)	6									
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6									
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6									
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6									
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6									

B GRAIN LEGUMES

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B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6	0.84±0.02	1.49±0.25			0.01±0.01	0.07±0.01		
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6	6.53±0.22	8.85±2.56						
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6		1.53±0.01			0.03±0.01			
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6		3.12±0.67			1.34±0.19			
B005	Cowpea, brown (<i>Vigna catjang</i>)	6					0.04±0.01	0.06±0.01		
B006	Cowpea, white (<i>Vigna catjang</i>)	1					0.05	0.08		
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1								
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1								
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5								
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6	0.14±0.02							
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6	5.52±0.86							
B012	Horse gram, whole (<i>Dolichos biflorus</i>)	6								
B013	Lentil dal (<i>Lens culinaris</i>)	6	1.14±0.42				0.02±0.01	0.02±0.01	0.02±0.01	0.06±0.02

Table 10. Polyphenols

Food code	Food Name	No. of Regions	(-)-Epigallo catechin	(-)-Epigallo catechin	(+)-Catechin	Gallocatechin	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			3-gallate	gallate	catechin	mg					
			EPICATEGC								
A019	Wheat flour, atta (<i>Triticum aestivum</i>)	6						0.04±0.01	0.13±0.02		13.98±2.54
A020	Wheat, whole (<i>Triticum aestivum</i>)	6						0.07±0.01	0.12±0.02		14.33±1.76
A021	Wheat, bulgur (<i>Triticum aestivum</i>)	6						0.06±0.02	0.11±0.01		9.53±1.40
A022	Wheat, semolina (<i>Triticum aestivum</i>)	6						0.03±0.01	0.04±0.01		6.50±1.30
A023	Wheat, vermicelli (<i>Triticum aestivum</i>)	6						0.03±0.01	0.03±0.01		5.55±0.34
A024	Wheat, vermicelli, roasted (<i>Triticum aestivum</i>)	6						0.02±0.00	0.02±0.01		7.37±0.57
B GRAIN LEGUMES											
B001	Bengal gram, dal (<i>Cicer arietinum</i>)	6						5.68±1.07			14.13±0.67
B002	Bengal gram, whole (<i>Cicer arietinum</i>)	6						6.00±0.57			64.28±3.08
B003	Black gram, dal (<i>Phaseolus mungo</i>)	6							0.26±0.04		32.43±6.76
B004	Black gram, whole (<i>Phaseolus mungo</i>)	6							1.55±0.23		168±5.4
B005	Cowpea, brown (<i>Vigna catjang</i>)	6									59.65±5.21
B006	Cowpea, white (<i>Vigna catjang</i>)	1									63.57
B007	Field bean, black (<i>Phaseolus vulgaris</i>)	1									180
B008	Field bean, brown (<i>Phaseolus vulgaris</i>)	1									172
B009	Field bean, white (<i>Phaseolus vulgaris</i>)	5									170±6.2
B010	Green gram, dal (<i>Phaseolus aureus</i>)	6									6.44±0.53
B011	Green gram, whole (<i>Phaseolus aureus</i>)	6									90.74±5.49
B012	Horse gram, whole (<i>Dolichos biflorus</i>)	6									332±27.7
B013	Lentil dal (<i>Lens culinaris</i>)	6	0.06±0.02		0.11±0.02		0.03±0.01		7.17±0.74	4.10±1.57	14.94±2.10

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P-Coumaric acid	Caffeic acid
		mg								
		GALLAC								
B014 Lentil whole, brown (<i>Lens culinaris</i>)	6	0.35±0.02		0.28±0.05		2.72±0.72	0.28±0.09		0.25±0.09	0.08±0.02
B015 Lentil whole, yellowish (<i>Lens culinaris</i>)	2	0.43		0.25		2.65	0.23		0.07	
B016 Moth bean (<i>Vigna aconitifolia</i>)	6								0.09±0.01	0.55±0.13
B017 Peas, dry (<i>Pisum sativum</i>)	6	0.07±0.01				0.11±0.07			0.08±0.03	0.07±0.01
B018 Rajmah, black (<i>Phaseolus vulgaris</i>)	2								4.70	2.69
B019 Rajmah, brown (<i>Phaseolus vulgaris</i>)	6								3.96±1.08	2.74±0.26
B020 Rajmah, red (<i>Phaseolus vulgaris</i>)	3								3.80±1.44	2.42±0.33
B021 Red gram, dal (<i>Cajanus cajan</i>)	6	0.08±0.01		0.13±0.02	0.04±0.01				0.36±0.03	
B022 Red gram, whole (<i>Cajanus cajan</i>)	6	0.59±0.03		0.63±0.05	0.41±0.12				0.59±0.03	
B023 Ricebean (<i>Vigna umbellata</i>)	1	0.03		0.11	0.09		0.03		0.02	
B024 Soya bean, brown (<i>Glycine max</i>)	6	1.45±0.14		1.75±0.06	0.41±0.10	1.28±0.02			1.07±0.02	5.88±0.48
B025 Soya bean, white (<i>Glycine max</i>)	1	1.48		1.87	0.35	1.31			1.04	4.12
C GREEN LEAFY VEGETABLES										
C001 Agathi leaves (<i>Sesbania grandiflora</i>)	1	1.66				0.99		0.36	0.41	0.20
C002 Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	0.79±0.32			1.08±0.32			0.48±0.22	0.54±0.22	
C003 Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	0.92			1.24			1.42	0.57	
C004 Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	0.64±0.09			1.39±0.42			0.67±0.33	0.58±0.09	
C005 Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4							0.61±0.13	4.06±0.44	
C006 Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2							0.72	4.41	
C007 Basella leaves (<i>Basella alba</i>)	2	0.03		0.07						0.05

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6		0.08±0.01	0.72±0.07	0.20±0.04	0.24±0.08	0.12±0.01	0.84±0.13	1.42±0.19		1.28±0.09
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2	2.56	0.12	0.05	0.17	0.22	0.09	0.61	1.46		1.21
B016	Moth bean (<i>Vigna aconitifolia</i>)	6	2.56±0.86									
B017	Peas, dry (<i>Pisum sativum</i>)	6	2.08±0.54					1.68±0.32				
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2	5.66				28.35	5.90	2.30			
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6	6.12±1.25					4.86±0.82	2.58±0.17			
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3	5.93±0.22					4.76±0.96	2.76±0.33			
B021	Red gram, dal (<i>Cajanus cajan</i>)	6		0.05±0.01	0.40±0.13			0.05±0.01				2.87±0.16
B022	Red gram, whole (<i>Cajanus cajan</i>)	6		0.12±0.02	1.50±0.23			1.16±0.25				8.32±0.85
B023	Ricebean (<i>Vigna umbellata</i>)	1		0.32	0.01			0.01				
B024	Soya bean, brown (<i>Glycine max</i>)	6	2.52±0.28	8.23±0.11	1.77±0.33				1.67±0.20	1.47±0.57	1.47±0.09	6.51±0.25
B025	Soya bean, white (<i>Glycine max</i>)	1	2.45	7.42	2.47				1.47	1.41	1.58	5.93

C GREEN LEAFY VEGETABLES

C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1	10.90	0.35	0.84		0.25	0.42	0.51			
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	1.82±0.76	1.59±0.50						7.93±0.95		
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	1.25	2.41						7.91		
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	2.07±0.30	1.69±0.36						8.35±0.49		
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	1.97±0.77					0.74±0.20	1.47±0.10			
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2	2.67					0.89	1.70			
C007	Basella leaves (<i>Basella alba</i>)	2	1.12	0.41	2.65							

Food Name	No. of Regions	Quercetin-3- β-galactoside	Isorhamnetin	Myricetin	Resveratrol	Hesperetin	Naringenin	Hesperidin	Daidzein	Genistein	(-)-Epicatechin	
			mg									
			HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC					
B014 Lentil whole, brown (<i>Lens culinaris</i>)	6		1.76±0.15					0.09±0.01	0.02±0.01	0.05±0.01	0.10±0.01	
B015 Lentil whole, yellowish (<i>Lens culinaris</i>)	2			1.53				0.07	0.06	0.06	0.12	
B016 Moth bean (<i>Vigna aconitifolia</i>)	6											
B017 Peas, dry (<i>Pisum sativum</i>)	6											
B018 Rajmah, black (<i>Phaseolus vulgaris</i>)	2										2.25	
B019 Rajmah, brown (<i>Phaseolus vulgaris</i>)	6										2.11±0.49	
B020 Rajmah, red (<i>Phaseolus vulgaris</i>)	3										2.10±0.55	
B021 Red gram, dal (<i>Cajanus cajan</i>)	6							0.01±0.01	0.10±0.01	0.05±0.01		
B022 Red gram, whole (<i>Cajanus cajan</i>)	6										0.54±0.13	
B023 Ricebean (<i>Vigna umbellata</i>)	1										0.22	
B024 Soya bean, brown (<i>Glycine max</i>)	6							31.71±1.94	56.30±2.41			
B025 Soya bean, white (<i>Glycine max</i>)	1							28.53	47.81			

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C GREEN LEAFY VEGETABLES

C001 Agathi leaves (<i>Sesbania grandiflora</i>)	1	1.21	1.01
C002 Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6		
C003 Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1		
C004 Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4		
C005 Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4		
C006 Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2		
C007 Basella leaves (<i>Basella alba</i>)	2	4.01	

Food code	Food Name	No. of Regions	(-)-Epigallo catechin	(-)-Epigallo catechin	(+)-Catechin	Gallocatechin	(-) Gallo	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			3-gallate		gallate		catechin		mg		
			EPICATEGC								
B014	Lentil whole, brown (<i>Lens culinaris</i>)	6	0.20±0.07		0.34±0.08		0.13±0.01		13.77±1.70	8.18±0.97	274±21.9
B015	Lentil whole, yellowish (<i>Lens culinaris</i>)	2	0.11		0.24		0.16				266
B016	Moth bean (<i>Vigna aconitifolia</i>)	6									48.87±2.40
B017	Peas, dry (<i>Pisum sativum</i>)	6									30.65±1.97
B018	Rajmah, black (<i>Phaseolus vulgaris</i>)	2			2.13						358
B019	Rajmah, brown (<i>Phaseolus vulgaris</i>)	6			2.40±0.36						353±4.7
B020	Rajmah, red (<i>Phaseolus vulgaris</i>)	3			2.79±0.57						360±9.9
B021	Red gram, dal (<i>Cajanus cajan</i>)	6			0.09±0.02		0.02±0.01				15.94±0.87
B022	Red gram, whole (<i>Cajanus cajan</i>)	6			0.24±0.03		0.15±0.02				204±3.8
B023	Ricebean (<i>Vigna umbellata</i>)	1			0.01						11.58
B024	Soya bean, brown (<i>Glycine max</i>)	6						7.24±0.08	8.05±0.65		106±2.8
B025	Soya bean, white (<i>Glycine max</i>)	1						6.93	7.23		111

C GREEN LEAFY VEGETABLES

C001	Agathi leaves (<i>Sesbania grandiflora</i>)	1	89.25
C002	Amaranth leaves, green (<i>Amaranthus gangeticus</i>)	6	23.81±2.42
C003	Amaranth leaves, red (<i>Amaranthus gangeticus</i>)	1	27.63
C004	Amaranth leaves, red and green (<i>Amaranthus gangeticus</i>)	4	26.84±1.29
C005	Amaranth spinosus, leaves, green (<i>Amaranthus spinosus</i>)	4	24.15±1.32
C006	Amaranth spinosus, leaves, red and green (<i>Amaranthus spinosus</i>)	2	26.19
C007	Basella leaves (<i>Basella alba</i>)	2	23.98

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		← mg →								
		GALLAC								
C008 Bathua leaves (<i>Chenopodium album</i>)	2	0.40			0.09					0.23
C009 Beet greens (<i>Beta vulgaris</i>)	6									
C010 Betel leaves, big (kolkata) (<i>Piper betle</i>)	6			0.12±0.02						0.07±0.01
C011 Betel leaves, small (<i>Piper betle</i>)	4			0.28±0.04						0.25±0.02
C012 Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1									
C013 Cabbage, Chinese (<i>Brassica rupa</i>)	1	0.03								
C014 Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1	0.03								2.89
C015 Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata f. alba</i>)	6	0.02±0.01								3.96±0.41
C016 Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata f. rubra</i>)	2	0.05								4.00
C017 Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6			0.88±0.08		0.08±0.01			0.69±0.01	2.39±0.35
C018 Colocasia leaves, green (<i>Colocasia antiquorum</i>)	6								0.47±0.02	
C019 Drumstick leaves (<i>Moringa oleifera</i>)	3			0.28±0.05					0.93±0.08	0.05±0.01
C020 Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5			0.67±0.16		2.64±0.71			0.59±0.10	0.86±0.45
C021 Garden cress (<i>Lepidium sativum</i>)	2								0.05	0.04
C022 Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4								0.40±0.17	0.50±0.15
C023 Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1								0.51	0.61
C024 Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2	0.07							0.55	
C025 Lettuce (<i>Lactuca sativa</i>)	3									
C026 Mustard leaves (<i>Brassica juncea</i>)	3								2.44±0.26	1.66±0.19
C027 Pak Choi leaves(<i>Brassica rapa</i> var. <i>Chinensis</i>)	1									

Table Polyphenols.1

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Food Name	No. of Regions	Quercetin-3- β-Galactoside								
		Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
		mg								
					HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC	
C008	Bathua leaves (<i>Chenopodium album</i>)	2								
C009	Beet greens (<i>Beta vulgaris</i>)	6								
C010	Betel leaves, big (kolkata) (<i>Piper betle</i>)	6								
C011	Betel leaves, small (<i>Piper betle</i>)	4								
C012	Brussels sprouts (<i>Brassica oleracea</i> var. <i>gemmifera</i>)	1								
C013	Cabbage, Chinese (<i>Brassica rupa</i>)	1								
C014	Cabbage, collard greens (<i>Brassica oleracea</i> var. <i>viridis</i>)	1								
C015	Cabbage, green (<i>Brassica oleracea</i> var. <i>capitata f. alba</i>)	6								
C016	Cabbage, violet (<i>Brassica oleracea</i> var. <i>capitata f. rubra</i>)	2								
C017	Cauliflower leaves (<i>Brassica oleracea</i> var. <i>botrytis</i>)	6			0.50±0.01					
C018	Colocasia leaves, green (<i>Colocasia antiquorum</i>)	6			0.02±0.01					
C019	Drumstick leaves (<i>Moringa oleifera</i>)	3								
C020	Fenugreek leaves (<i>Trigonella foenum graecum</i>)	5		0.04±0.01						
C021	Garden cress (<i>Lepidium sativum</i>)	2		12.21						
C022	Gogu leaves, green (<i>Hibiscus cannabinus</i>)	4								
C023	Gogu leaves, red (<i>Hibiscus cannabinus</i>)	1								
C024	Knol-Khol, leaves (<i>Brassica oleracea</i> var. <i>gongylodes</i>)	2			0.42					
C025	Lettuce (<i>Lactuca sativa</i>)	3	3.07±0.08		0.07±0.01					
C026	Mustard leaves (<i>Brassica juncea</i>)	3		0.03±0.01						
C027	Pak Choi leaves (<i>Brassica rapa</i> var. <i>Chinensis</i>)	1								

Food code	Food Name	No. of Regions	3,4 Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
			←	→	mg	GALLAC					
351											
C028	Parsley (<i>Petroselinum crispum</i>)	3				1.18±0.09		0.41±0.02	0.02±0.01	0.27±0.04	
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2	0.41		1.57					0.03	
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6							0.25±0.03	0.40±0.03	
C031	Radish leaves (<i>Raphanus sativus</i>)	6			1.40±0.07		0.04±0.01		0.26±0.03	0.41±0.01	
C032	Rumex leaves (<i>Rumex patientia</i>)	2							0.10	0.77	
C033	Spinach (<i>Spinacia oleracea</i>)	6			2.26±0.51				4.30±0.56		
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3							0.23±0.02		

D	OTHER VEGETABLES										
D001	Ash gourd (<i>Benincasa hispida</i>)	6	0.03±0.02			0.34±0.11	0.93±0.73				
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1					0.36				
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	0.21±0.02						0.85±0.00	1.25±0.00	
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6				0.04±0.01	0.74±0.39			0.05±0.03	
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4				0.05±0.04	1.21±1.15			0.07±0.04	
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1				0.08	1.64			0.05	
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6				0.05±0.02	1.96±0.71			0.60±0.06	
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5				0.05±0.01	1.90±0.67			0.79±0.41	
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1				0.04	1.84			0.59	
D010	Brinjal-1 (<i>Solanum melongena</i>)	1			1.73		0.21			1.39	0.83
D011	Brinjal-2 (<i>Solanum melongena</i>)	1			1.82		0.29			1.27	0.76

Table Polyphenols.10

Food code	Food Name	No.	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
			mg									
C028	Parsley (<i>Petroselinum crispum</i>)	3	1.52±0.31	0.33±0.02	16.14±1.41					0.01±0.01		
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2	4.31		0.31			4.98	0.75	0.56		
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6	0.19±0.01	0.28±0.05						0.54±0.06		
C031	Radish leaves (<i>Raphanus sativus</i>)	6		0.58±0.04				3.26±0.59	8.23±0.66	69.50±2.60		4.57±0.45
C032	Rumex leaves (<i>Rumex patientia</i>)	2	3.83	0.41					10.73	86.33		
C033	Spinach (<i>Spinacia oleracea</i>)	6	3.09±0.40		2.55±0.86	2.70±1.03	0.35±0.06	0.08±0.02	0.49±0.03			
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3										

D OTHER VEGETABLES

D001	Ash gourd (<i>Benincasa hispida</i>)	6										
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1	0.25									
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	0.10±0.00		2.15±0.00			0.52±0.00	1.52±0.00	3.52±0.00		
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6										
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4										
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1										
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6	2.47±0.49									
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5	2.72±0.26									
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1	2.48									
D010	Brinjal-1 (<i>Solanum melongena</i>)	1		0.77			1.47					
D011	Brinjal-2 (<i>Solanum melongena</i>)	1		0.65			1.43					

Food	Food Name	No.	Quercetin-3-	Isorhamnetin	Myricetin	Resveratrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			β-galactoside									
				←	mg	→						
C028	Parsley (<i>Petroselinum crispum</i>)	3										
C029	Ponnaganni (<i>Alternanthera sessilis</i>)	2										
C030	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	6										
C031	Radish leaves (<i>Raphanus sativus</i>)	6										
C032	Rumex leaves (<i>Rumex patientia</i>)	2										
C033	Spinach (<i>Spinacia oleracea</i>)	6					1.36±0.32					
C034	Tamarind leaves, tender (<i>Tamarindus indica</i>)	3										

D OTHER VEGETABLES

D001	Ash gourd (<i>Benincasa hispida</i>)	6										
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1										
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5										
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6										
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4										
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1										
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6										
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5										
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1										
D010	Brinjal-1 (<i>Solanum melongena</i>)	1										
D011	Brinjal-2 (<i>Solanum melongena</i>)	1										

Table 10. Polyphenols

D OTHER VEGETABLES

D001	Ash gourd (<i>Benincasa hispida</i>)	6	10.47±1.25
D002	Bamboo shoot, tender (<i>Bambusa vulgaris</i>)	1	9.00
D003	Bean scarlet, tender (<i>Phaseolus coccineus</i>)	5	12.68±0.00
D004	Bitter gourd, jagged, teeth ridges, elongate (<i>Momordica charantia</i>)	6	49.76±1.87
D005	Bitter gourd, jagged, teeth ridges, short (<i>Momordica charantia</i>)	4	50.46±2.48
D006	Bitter gourd, jagged, smooth ridges, elongate (<i>Momordica charantia</i>)	1	52.98
D007	Bottle gourd, elongate, pale green (<i>Lagenaria vulgaris</i>)	6	34.76±3.15
D008	Bottle gourd, round, pale green (<i>Lagenaria vulgaris</i>)	5	31.83±5.61
D009	Bottle gourd, elongate, dark green (<i>Lagenaria vulgaris</i>)	1	38.20
D010	Brinjal-1 (<i>Solanum melongena</i>)	1	13.14
D011	Brinjal-2 (<i>Solanum melongena</i>)	1	12.16

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		mg								
		GALLAC								
D012 Brinjal-3 (<i>Solanum melongena</i>)	2			1.96		0.28			1.41	0.80
D013 Brinjal-4 (<i>Solanum melongena</i>)	4			1.50±0.27		0.29±0.03			1.40±0.04	0.84±0.07
D014 Brinjal-5 (<i>Solanum melongena</i>)	3			2.32±0.28		0.32±0.03			1.36±0.07	0.78±0.10
D015 Brinjal-6 (<i>Solanum melongena</i>)	2			1.82		0.19			1.33	0.81
D016 Brinjal-7 (<i>Solanum melongena</i>)	1			1.69		0.29			1.41	0.88
D017 Brinjal-8(<i>Solanum melongena</i>)	3			1.82±0.06		0.31±0.03			1.43±0.06	0.84±0.03
D018 Brinjal-9(<i>Solanum melongena</i>)	2			1.71		0.35			1.43	0.89
D019 Brinjal-10 (<i>Solanum melongena</i>)	2			1.31		0.28			1.37	0.89
D020 Brinjal-11 (<i>Solanum melongena</i>)	6			1.74±0.12		0.30±0.06			1.46±0.10	0.79±0.11
D021 Brinjal-12 (<i>Solanum melongena</i>)	2			2.47		0.30			1.38	0.88
D022 Brinjal-13(<i>Solanum melongena</i>)	1			1.82		0.26			1.39	0.86
D023 Brinjal-14(<i>Solanum melongena</i>)	3			1.73±0.16		0.33±0.04			1.45±0.08	0.84±0.03
D024 Brinjal-15 (<i>Solanum melongena</i>)	4			1.71±0.14		0.29±0.02			1.58±0.13	0.86±0.05
D025 Brinjal-16(<i>Solanum melongena</i>)	1			1.89		0.31			1.52	0.88
D026 Brinjal-17(<i>Solanum melongena</i>)	1			1.79		0.27			1.49	0.81
D027 Brinjal-18 (<i>Solanum melongena</i>)	3			1.75±0.18		0.30±0.05			1.44±0.07	0.77±0.13
D028 Brinjal-19(<i>Solanum melongena</i>)	3			1.65±0.13		0.32±0.03			1.53±0.14	0.76±0.12
D029 Brinjal-20(<i>Solanum melongena</i>)	5			1.75±0.13		0.28±0.02			1.44±0.11	0.87±0.08
D030 Brinjal-21(<i>Solanum melongena</i>)	2			2.86		0.30			1.39	0.83
D031 Brinjal - all varieties (<i>Solanum melongena</i>)	6			1.81±0.33		0.29±0.04			1.44±0.10	0.82±0.08
D032 Broad beans (<i>Vicia faba</i>)	3			1.68±0.62						0.09±0.01

Foodcode	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
D012	Brinjal-3 (<i>Solanum melongena</i>)	2		0.81			1.50					
D013	Brinjal-4 (<i>Solanum melongena</i>)	4		0.85±0.08			1.56±0.07					
D014	Brinjal-5 (<i>Solanum melongena</i>)	3		0.83±0.09			1.32±0.04					
D015	Brinjal-6 (<i>Solanum melongena</i>)	2		0.90			1.35					
D016	Brinjal-7 (<i>Solanum melongena</i>)	1		0.77			1.26					
D017	Brinjal-8 (<i>Solanum melongena</i>)	3		0.79±0.04			1.46±0.09					
D018	Brinjal-9 (<i>Solanum melongena</i>)	2		0.69			1.43					
D019	Brinjal-10 (<i>Solanum melongena</i>)	2		0.73			1.47					
D020	Brinjal-11 (<i>Solanum melongena</i>)	6		0.85±0.04			1.56±0.12					
D021	Brinjal-12 (<i>Solanum melongena</i>)	2		0.71			1.39					
D022	Brinjal-13 (<i>Solanum melongena</i>)	1		0.74			1.29					
D023	Brinjal-14 (<i>Solanum melongena</i>)	3		0.69±0.05			1.40±0.14					
D024	Brinjal-15 (<i>Solanum melongena</i>)	4		0.67±0.09			1.24±0.07					
D025	Brinjal-16 (<i>Solanum melongena</i>)	1		0.77			1.39					
D026	Brinjal-17 (<i>Solanum melongena</i>)	1		0.74			1.16					
D027	Brinjal-18 (<i>Solanum melongena</i>)	3		0.48±0.17			1.23±0.10					
D028	Brinjal-19 (<i>Solanum melongena</i>)	3		0.66±0.12			1.33±0.08					
D029	Brinjal-20 (<i>Solanum melongena</i>)	5		0.75±0.09			1.47±0.11					
D030	Brinjal-21 (<i>Solanum melongena</i>)	2		0.62			1.32					
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6		0.75±0.12			1.42±0.15					
D032	Broad beans (<i>Vicia faba</i>)	3	3.88±0.08	0.31±0.01	0.77±0.11			0.04±0.01				

Table 10. Polyphenols

Foodcode	Food Name	No. of Regions	(-) Epigallo catechin	(-) Epigallo catechin	(+)-Catechin	(-) Gallocatechin	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			3-gallate	gallate	mg						
			EPICATEGC								
D012	Brinjal-3 (<i>Solanum melongena</i>)	2									13.80
D013	Brinjal-4 (<i>Solanum melongena</i>)	4									12.85±1.21
D014	Brinjal-5 (<i>Solanum melongena</i>)	3									13.49±0.86
D015	Brinjal-6 (<i>Solanum melongena</i>)	2									12.88
D016	Brinjal-7 (<i>Solanum melongena</i>)	1									13.17
D017	Brinjal-8(<i>Solanum melongena</i>)	3									12.63±1.08
D018	Brinjal-9(<i>Solanum melongena</i>)	2									11.47
D019	Brinjal-10 (<i>Solanum melongena</i>)	2									13.05
D020	Brinjal-11 (<i>Solanum melongena</i>)	6									12.79±2.20
D021	Brinjal-12 (<i>Solanum melongena</i>)	2									13.19
D022	Brinjal-13(<i>Solanum melongena</i>)	1									13.49
D023	Brinjal-14(<i>Solanum melongena</i>)	3									12.29±0.72
D024	Brinjal-15 (<i>Solanum melongena</i>)	4									11.52±0.65
D025	Brinjal-16(<i>Solanum melongena</i>)	1									12.16
D026	Brinjal-17(<i>Solanum melongena</i>)	1									13.17
D027	Brinjal-18 (<i>Solanum melongena</i>)	3									12.62±0.56
D028	Brinjal-19(<i>Solanum melongena</i>)	3									13.54±1.63
D029	Brinjal-20(<i>Solanum melongena</i>)	5									12.90±1.62
D030	Brinjal-21(<i>Solanum melongena</i>)	2									13.19
D031	Brinjal - all varieties (<i>Solanum melongena</i>)	6									12.79±1.34
D032	Broad beans (<i>Vicia faba</i>)	3			16.63±0.37		9.70±0.10				89.14±6.99

Table Polyphenols.10

Table Polyphenols.10

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Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		mg								
		GALLAC								
D053 Knol - Khol (<i>Brassica oleracea</i>)	6	0.05±0.02								0.57±0.15
D054 Kovai, big (<i>Coccinia cordifolia</i>)	6	0.04±0.02	0.08±0.01							0.44±0.03
D055 Kovai, small (<i>Coccinia cordifolia</i>)	1	0.07	0.07							0.49
D056 Ladies finger (<i>Abelmoschus esculentus</i>)	6									1.62±0.19
D057 Mango, green, raw (<i>Mangifera indica</i>)	6				0.18±0.31	0.35±0.08				
D058 Onion, stalk (<i>Allium cepa</i>)	6		0.17±0.01						0.16±0.01	0.26±0.01
D059 Papaya, raw (<i>Carica papaya</i>)	6									
D060 Parwar (<i>Trichosanthes dioica</i>)	6			0.44±0.05	0.32±0.07					0.05±0.01
D061 Peas, fresh (<i>Pisum sativum</i>)	6	0.61±0.29							2.10±0.86	1.58±0.20
D062 Plantain, flower (<i>Musa x paradisiaca</i>)	6									0.63±0.05
D063 Plantain, green (<i>Musa x paradisiaca</i>)	6				0.40±0.23					
D064 Plantain, stem (<i>Musa x paradisiaca</i>)	6			0.49±0.08	0.04±0.01					0.04±0.02
D065 Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1									0.04
D066 Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6								0.06±0.02	0.08±0.01
D067 Red gram, tender, fresh (<i>Cajanus cajan</i>)	1	0.23		0.37	0.32		0.61			0.46
D068 Ridge gourd (<i>Luffa acutangula</i>)	6								0.51±0.10	0.54±0.12
D069 Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3								0.54±0.03	0.49±0.06
D070 Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6	0.36±0.14					0.47±0.15	0.06±0.01	0.47±0.16	
D071 Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2	0.31					0.45	0.07	0.40	
D072 Snake gourd, short (<i>Trichosanthes anguina</i>)	1	0.31					0.31	0.09	0.52	
D073 Tinda, tender (<i>Praecitrullus fistulosus</i>)	6	0.42±0.10					0.34±0.03	0.04±0.02		

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Table . 10

Table 10. Polyphenols

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
D053	Knol - Khol (<i>Brassica oleracea</i>)	6	0.06±0.01		0.40±0.14							
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6	0.35±0.05	0.05±0.02	0.14±0.01				0.07±0.02		0.13±0.02	
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1	0.43	0.08	0.17				0.08		0.16	
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6	2.80±0.61								1.69±0.28	2.22±0.51
D057	Mango, green, raw (<i>Mangifera indica</i>)	6	0.31±0.13						0.64±0.07		2.16±0.55	
D058	Onion, stalk (<i>Allium cepa</i>)	6	0.63±0.01	1.15±0.18					1.53±0.26	1.42±0.23	1.55±0.10	
D059	Papaya, raw (<i>Carica papaya</i>)	6	0.55±0.03	0.23±0.05	0.05±0.01			0.15±0.02	0.25±0.04			
D060	Parwar (<i>Trichosanthes dioica</i>)	6	0.08±0.01					0.35±0.10	0.79±0.09	0.63±0.03	1.30±0.24	1.37±0.10
D061	Peas, fresh (<i>Pisum sativum</i>)	6		0.41±0.09	2.03±0.65	1.82±0.13	1.95±0.86	1.74±0.20				
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6	0.28±0.03	0.77±0.07								
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6				0.60±0.08	1.65±0.16	0.11±0.01	0.07±0.01			
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6	0.29±0.08									
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1	0.24				1.43					
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6	0.28±0.08				1.63±0.21					
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1		1.41	0.72			1.62			4.25	
D068	Ridge gourd (<i>Luffa acutangula</i>)	6	0.36±0.11						0.92±0.17			
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3	0.61±0.02						0.92±0.04			
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6	0.28±0.11									
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2	0.32									
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1	0.24									
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6	0.55±0.07		0.64±0.18							

Food Name	No. of Regions	Quercetin-3-Galactoside								
		β -Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
		mg								
					HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC	
D053	Knol - Khol (<i>Brassica oleracea</i>)	6	0.42±0.12							
D054	Kovai, big (<i>Coccinia cordifolia</i>)	6								
D055	Kovai, small (<i>Coccinia cordifolia</i>)	1								
D056	Ladies finger (<i>Abelmoschus esculentus</i>)	6		1.25±0.43						
D057	Mango, green, raw (<i>Mangifera indica</i>)	6	0.66±0.07							
D058	Onion, stalk (<i>Allium cepa</i>)	6		1.31±0.02						
D059	Papaya, raw (<i>Carica papaya</i>)	6			0.32±0.07					
D060	Parwar (<i>Trichosanthes dioica</i>)	6								
D061	Peas, fresh (<i>Pisum sativum</i>)	6								
D062	Plantain, flower (<i>Musa x paradisiaca</i>)	6								
D063	Plantain, green (<i>Musa x paradisiaca</i>)	6		0.02±0.02						0.08±0.01
D064	Plantain, stem (<i>Musa x paradisiaca</i>)	6								
D065	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	1								
D066	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	6								
D067	Red gram, tender, fresh (<i>Cajanus cajan</i>)	1								0.33
D068	Ridge gourd (<i>Luffa acutangula</i>)	6								
D069	Ridge gourd, smooth skin (<i>Luffa acutangula</i>)	3								
D070	Snake gourd, long, pale green (<i>Trichosanthes anguina</i>)	6								
D071	Snake gourd, long, dark green (<i>Trichosanthes anguina</i>)	2								
D072	Snake gourd, short (<i>Trichosanthes anguina</i>)	1								
D073	Tinda, tender (<i>Praecitrullus fistulosus</i>)	6		0.14±0.02						

Table Polyphenols.10

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Food code	Food Name	No. of Regions	3,4-Dihydroxy	3-Hydroxy	Protocatechuic	Vanillic acid	Gallic acid	Cinamic	O-Coumaric	P-Coumaric	Caffeic acid		
			benzoic acid	benzaldehyde	acid			acid	acid	Coumaric acid			
← mg →													
GALLAC													
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6			0.43±0.07						0.05±0.01		
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6								0.05±0.02	0.41±0.11		
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6								0.10±0.02	0.66±0.08		
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2	0.05										
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2	0.03										

E FRUITS

E001	Apple, big (<i>Malus domestica</i>)	6	0.84±0.06								0.39±0.11
E002	Apple, green (<i>Malus domestica</i>)	6	0.81±0.10								0.27±0.05
E003	Apple, small (<i>Malus domestica</i>)	6	0.77±0.10								0.47±0.17
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1	0.63								0.65
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6								0.83±0.08	0.12±0.02
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3								0.59±0.02	0.05±0.01
E007	Avocado fruit (<i>Persea americana</i>)	1		0.06							0.12
E008	Bael fruit (<i>Aegle marmelos</i>)	1		0.09							0.21
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1				0.31					
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2					0.12				
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1					0.12				
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6			0.13±0.02	0.12±0.03					
E013	Black berry (<i>Rubus fruticosus</i>)	5				4.68±0.19				0.46±0.06	
E014	Cherries, red (<i>Prunus cerasus</i>)	4			0.65±0.13				0.08±0.01	0.38±0.11	

Table 10. Polyphenols

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6	1.22±0.21	0.08±0.01				0.03±0.01	1.90±0.04			
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6	1.30±0.05	0.68±0.03				1.17±0.49	4.42±0.66	8.10±0.64	0.15±0.01	
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6	1.89±0.11	0.91±0.03				2.33±0.22	3.49±0.36	10.68±0.62	0.16±0.02	
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2										1.35
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2										1.33

E FRUITS

E001	Apple, big (<i>Malus domestica</i>)	6	1.63±0.13	0.79±0.09				2.96±0.49	0.87±0.07	2.87±0.41	1.54±0.06	
E002	Apple, green (<i>Malus domestica</i>)	6	1.44±0.14	0.71±0.12				2.45±0.37	0.55±0.13	2.42±0.45	0.55±0.03	
E003	Apple, small (<i>Malus domestica</i>)	6	1.53±0.27	0.77±0.40				2.67±0.26	0.92±0.21	2.66±0.34	1.10±0.60	
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1	2.15	0.31				2.63	1.63	3.13	0.63	
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6		0.28±0.04				0.96±0.09	0.83±0.10		2.04±0.70	
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3		0.24±0.02				2.56±0.38	2.80±0.29		0.85±0.04	
E007	Avocado fruit (<i>Persea americana</i>)	1		0.16				0.33		0.23		
E008	Bael fruit (<i>Aegle marmelos</i>)	1		0.19				0.41		0.29		
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1										
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2										
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1										
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6										
E013	Black berry (<i>Rubus fruticosus</i>)	5								3.18±0.50	3.58±0.32	
E014	Cherries, red (<i>Prunus cerasus</i>)	4	5.93±0.02	0.32±0.05				1.39±0.43	0.88±0.02			

Food code	Food Name	No. of Regions	Quercetin-3- galactoside								(-) Epicatechin
			β-	Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	
			←	mg	→	HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC	
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6									
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6									
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6									
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2									
D078	Zucchini, yellow (<i>Cucurbita pepo</i>)	2									

E FRUITS

E001	Apple, big (<i>Malus domestica</i>)	6	1.50±0.19								7.99±0.64
E002	Apple, green (<i>Malus domestica</i>)	6	0.64±0.14								2.92±0.46
E003	Apple, small (<i>Malus domestica</i>)	6	1.16±0.34								6.96±1.06
E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1	1.68								7.90
E005	Apricot, dried (<i>Prunus armeniaca</i>)	6									0.30±0.07
E006	Apricot, processed (<i>Prunus armeniaca</i>)	3									6.48±0.70
E007	Avocado fruit (<i>Persea americana</i>)	1		0.11				0.36			0.34
E008	Bael fruit (<i>Aegle marmelos</i>)	1		0.19				0.31			0.29
E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1									
E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2									
E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1									
E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6									
E013	Black berry (<i>Rubus fruticosus</i>)	5	4.36±0.54								11.46±0.27
E014	Cherries, red (<i>Prunus cerasus</i>)	4		0.10±0.02	2.07±0.63						1.66±0.29

Table 10. Polyphenols

Food code	Food Name	No. of Regions	(-) Epigallo catechin	(-)- Epigallo catechin	(+)-Catechin	Gallocatechin	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			3-gallate	gallate	mg						
			EPICATEGC								
D074	Tomato, green (<i>Lycopersicon esculentum</i>)	6									7.62±0.69
D075	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	6									26.35±2.20
D076	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	6									36.69±2.09
D077	Zucchini, green (<i>Cucurbita pepo</i>)	2								34.77	42.94
D078	Zucchini, yellow(<i>Cucurbita pepo</i>)	2								2.62	295

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	E001	Apple, big (<i>Malus domestica</i>)	6			1.21±0.17					35.81±4.13
	E002	Apple, green (<i>Malus domestica</i>)	6			0.81±0.06					45.76±4.22
	E003	Apple, small (<i>Malus domestica</i>)	6			0.96±0.14					34.87±2.45
	E004	Apple, small, Kashmir (<i>Malus domestica</i>)	1			1.00					38.25
	E005	Apricot, dried (<i>Prunus armeniaca</i>)	6			3.72±0.64					57.33±3.72
	E006	Apricot, processed (<i>Prunus armeniaca</i>)	3			2.53±0.51					51.31±1.88
	E007	Avocado fruit (<i>Persea americana</i>)	1			11.35					105
	E008	Bael fruit (<i>Aegle marmelos</i>)	1			10.26					21.36
	E009	Banana, ripe, montham (<i>Musa x paradisiaca</i>)	1	0.72	0.61	0.41					10.70
	E010	Banana, ripe, poovam (<i>Musa x paradisiaca</i>)	2	0.56	0.61	0.52					18.60
	E011	Banana, ripe, red (<i>Musa x paradisiaca</i>)	1	0.63	0.56	0.64					11.10
	E012	Banana, ripe, robusta (<i>Musa x paradisiaca</i>)	6	0.62±0.17	0.53±0.15	0.53±0.08					14.41±1.64
	E013	Black berry (<i>Rubus fruticosus</i>)	5	0.56±0.05		1.44±0.35				3.11±0.43	165±6.8
	E014	Cherries, red (<i>Prunus cerasus</i>)	4	0.07±0.01		2.61±0.20					126±2.1

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		← mg →								
		GALLAC								
E015	Currants, black (<i>Ribes nigrum</i>)	1								
E016	Custard apple (<i>Annona squamosa</i>)	1								
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6		0.51±0.31	0.59±0.22	1.55±0.03			2.90±0.53	0.25±0.03
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2		1.36	1.27	1.57				0.03
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2		0.22	0.63	0.16			2.38	0.22
E020	Fig (<i>Ficus carica</i>)	6								
E021	Goosberry (<i>Embllica officinalis</i>)	5	1.34±0.18	0.47±0.10	93.12±4.37				0.66±0.07	0.20±0.01
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4		0.54±0.18	0.43±0.28				2.63±0.44	0.10±0.01
371	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5		1.61±0.83	2.15±0.85				2.71±0.20	0.25±0.09
	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5		2.84±0.00	2.63±0.00				2.96±0.00	0.37±0.00
	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5		0.63±0.00	0.84±0.00				2.57±0.00	0.14±0.00
	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5		0.85±0.01	1.81±0.09				3.15±0.01	0.22±0.10
	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5		0.60±0.00	0.87±0.00				2.78±0.00	0.12±0.00
	Guava, white flesh (<i>Psidium guajava</i>)	5			2.51±0.36					
	Guava, pink flesh (<i>Psidium guajava</i>)	5			5.42±0.49					
	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	2.90±0.28							1.54±0.36
	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2		0.06		0.39				0.02
	Karonda fruit (<i>Carissa carandas</i>)	1	0.03		0.12				0.16	
	Lemon, juice (<i>Citrus limon</i>)	6							1.61±0.22	3.04±0.58
	Lime, sweet, pulp (<i>Citrus limetta</i>)	6								

Table Polyphenols.10

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
E015	Currants, black (<i>Ribes nigrum</i>)	1							0.02	3.12		4.65
E016	Custard apple (<i>Annona squamosa</i>)	1										
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6	0.64±0.21	1.18±0.87						0.02±0.01		
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2	0.29	0.13						0.03		
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2		1.57								
E020	Fig (<i>Ficus carica</i>)	6	0.04±0.00	0.01±0.00						0.01±0.00		
E021	Goosberry (<i>Embllica officinalis</i>)	5	0.56±0.04	0.30±0.09	0.23±0.04			0.84±0.04	1.26±0.05	1.37±0.03	7.81±0.82	
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4	0.63±0.08	0.95±0.08				0.15±0.03	0.70±0.06		0.11±0.01	
	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5	0.56±0.28	2.46±1.07				0.13±0.07	0.70±0.03		0.10±0.01	
E024	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5	0.52±0.00	2.78±0.00				0.34±0.00	0.71±0.00		0.09±0.00	
E025	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5	0.62±0.00	2.85±0.00				0.16±0.00	0.72±0.00		0.12±0.00	
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5	0.65±0.03	1.63±0.06				0.09±0.10	0.68±0.01		0.08±0.01	
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5	0.75±0.00	2.14±0.00				0.15±0.00	0.68±0.00		0.10±0.00	
E028	Guava, white flesh (<i>Psidium guajava</i>)	5			3.61±0.30					1.44±0.10		
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5			4.67±0.31					1.99±0.50		
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5	2.48±0.42	1.23±0.45								
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2	0.13									
E032	Karonda fruit (<i>Carissa carandas</i>)	1					1.21		1.16			
E033	Lemon, juice (<i>Citrus limon</i>)	6					1.59±0.11		0.07±0.01			
E034	Lime, sweet, pulp (<i>Citrus limetta</i>)	6	1.48±0.51	0.02±0.01					0.08±0.01			

Food Name	No. of Regions	Quercetin-3- galactoside									
		β-	Isorhamnetin	Myricetin	Resveritol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)- Epicatechin
		← mg →									
						HESPT	HESPD	DAIDZN	GNSTEINEPICATEC		
E015	Currants, black (<i>Ribes nigrum</i>)	1		0.08	0.08						0.47
E016	Custard apple (<i>Annona squamosa</i>)	1									5.63
E017	Dates, dry, pale brown (<i>Phoenix dactylifera</i>)	6									
E018	Dates, dry, dark brown (<i>Phoenix dactylifera</i>)	2									
E019	Dates, processed (<i>Phoenix dactylifera</i>)	2									
E020	Fig (<i>Ficus carica</i>)	6									0.03±0.00
E021	Goosberry (<i>Embllica officinalis</i>)	5									
E022	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4			0.38±0.11	0.04±0.01	0.02±0.01				7.83±0.45
373	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	5			0.52±0.24	0.03±0.01	0.02±0.01				0.46±0.29
	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	5			0.57±0.00	0.06±0.00	0.03±0.00				2.68±0.00
	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	5			0.67±0.00	0.07±0.00	0.02±0.00				5.02±0.00
E026	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5			0.31±0.29	0.09±0.01	0.04±0.01				0.27±0.02
E027	Grapes, seedless, round, black (<i>Vitis vinifera</i>)	5			0.62±0.00	0.05±0.00	0.03±0.00				8.31±0.00
E028	Guava, white flesh (<i>Psidium guajava</i>)	5			4.57±0.55						
E029	Guava, pink flesh (<i>Psidium guajava</i>)	5			7.10±0.62						
E030	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	5									
E031	Jambu fruit, ripe (<i>Syzygium cumini</i>)	2									
E032	Karonda fruit (<i>Carissa carandas</i>)	1			0.46		0.99				0.12
E033	Lemon, juice (<i>Citrus limon</i>)	6			0.15±0.02		2.64±0.27	0.51±0.34	17.33±0.44		
E034	Lime, sweet, pulp (<i>Citrus limetta</i>)	6				22.17±21.06	1.64±0.17	13.45±0.56			

Table Polyphenols.10

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		← mg →								
		GALLAC								
E035 Litchi (<i>Nephelium litchi</i>)	4			2.26±0.85		0.70±0.30				2.12±0.41
E036 Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6					0.43±0.12		0.74±0.19	0.64±0.13	
E037 Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2					0.56		0.67	0.93	
E038 Mango, ripe, himsagar (<i>Mangifera indica</i>)	3					1.29±0.67		0.85±0.08	1.43±0.55	
E039 Mango, ripe, kesar (<i>Mangifera indica</i>)	4					0.56±0.20		0.81±0.21	1.01±0.53	
E040 Mango, ripe, neelam (<i>Mangifera indica</i>)	2					0.41		1.02	0.74	
E041 Mango, ripe, paheri (<i>Mangifera indica</i>)	2					1.22		0.93	1.11	
E042 Mango, ripe, totapari (<i>Mangifera indica</i>)	1					0.93		0.74	0.81	
E043 Mangosteen (<i>Garcinia mangostana</i>)	1									
E044 Manila tamarind (<i>Pithecellobium dulce</i>)	1									
E045 Musk melon, orange flesh (<i>Cucumis melon</i>)	5							0.04±0.01		
E046 Musk melon, yellow flesh (<i>Cucumis melon</i>)	6							0.02±0.01		
E047 Orange, pulp (<i>Citrus aurantium</i>)	6									
E048 Palm fruit, tender (<i>Borassus flabellifer</i>)	1	0.03				0.09			0.12	
E049 Papaya, ripe (<i>Carica papaya</i>)	6									
E050 Peach (<i>Prunus communis</i>)	1	0.03								
E051 Pear (<i>Pyrus sp.</i>)	6		0.05±0.01	0.39±0.05						
E052 Phalsa (<i>Grewia asiatica</i>)	2			0.53					0.60	
E053 Pineapple (<i>Ananas comosus</i>)	6							0.62±0.06	0.90±0.04	
E054 Plum (<i>Prunus domestica</i>)	3									
E055 Pomegranate, maroon seeds (<i>Punica granatum</i>)	6					0.09±0.02				

Foodcode	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperidose	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
E035	Litchi (<i>Nephelium litchi</i>)	4	1.47±0.17							0.55±0.33	2.72±0.43	1.38±0.12
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6	1.79±0.52		1.42±0.41				0.99±0.75		2.17±0.56	
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2	1.41		1.33				2.12		1.64	
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3	1.95±0.64		1.43±0.36				1.16±0.43		2.76±0.25	
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4	1.66±0.35		0.96±0.63				0.94±0.54		2.61±0.32	
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2	1.35		1.84				3.14		1.84	
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2	1.71		1.65				1.68		2.06	
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1	1.39		1.78				1.52		1.84	
E043	Mangosteen (<i>Garcinia mangostana</i>)	1										
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1										
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5	0.05±0.01	0.03±0.01				0.49±0.03				
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6	0.07±0.01	0.05±0.01				0.47±0.02				
E047	Orange, pulp (<i>Citrus aurantium</i>)	6	0.42±0.02	0.19±0.01				0.06±0.02	0.14±0.02	1.07±0.04		
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1								1.12		
E049	Papaya, ripe (<i>Carica papaya</i>)	6	2.02±0.53	1.65±0.14				0.06±0.02	0.11±0.02	0.03±0.02		
E050	Peach (<i>Prunus communis</i>)	1										
E051	Pear (<i>Pyrus</i> sp.)	6	1.27±0.02							1.56±0.25		0.99±0.09
E052	Phalsa (<i>Grewia asiatica</i>)	2	1.28							0.47		
E053	Pineapple (<i>Ananas comosus</i>)	6	0.74±0.05							0.09±0.02		
E054	Plum (<i>Prunus domestica</i>)	3										5.58±0.44
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	1.60±0.23							2.52±0.42		

Food Name	No. of Regions	Quercetin-3- β-galactoside								(-) Epicatechin
		Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	
		mg								
					HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC	
E035	Litchi (<i>Nephelium litchi</i>)	4	1.40±0.35		0.53±0.10					
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6	0.92±0.50							
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2	0.38							
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3	0.85±0.15							
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4	0.76±0.07							
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2	0.81							
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2	0.79							
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1	1.02							
E043	Mangosteen (<i>Garcinia mangostana</i>)	1								
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1								
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5								
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6								
E047	Orange, pulp (<i>Citrus aurantium</i>)	6			37.19±5.42	12.73±1.22	24.13±2.65			
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1								0.12
E049	Papaya, ripe (<i>Carica papaya</i>)	6								
E050	Peach (<i>Prunus communis</i>)	1								5.64
E051	Pear (<i>Pyrus</i> sp.)	6	0.08±0.01							1.09±0.36
E052	Phalsa (<i>Grewia asiatica</i>)	2								
E053	Pineapple (<i>Ananas comosus</i>)	6								
E054	Plum (<i>Prunus domestica</i>)	3								2.16±0.07
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6			1.44±0.14					0.09±0.02

Foodcode	Food Name	No. of Regions	(-)-Epigallo catechin	(-)-Epigallo catechin 3-gallate	(+)-Catechin	(-)Gallocatechin gallate	(-)Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			EPICATEGC								mg
E035	Litchi (<i>Nephelium litchi</i>)	4									124±7.2
E036	Mango, ripe, banganapalli (<i>Mangifera indica</i>)	6		1.55±0.38							18.39±3.44
E037	Mango, ripe, gulabkhas (<i>Mangifera indica</i>)	2			1.54						22.38
E038	Mango, ripe, himsagar (<i>Mangifera indica</i>)	3			1.64±0.08						15.45±0.72
E039	Mango, ripe, kesar (<i>Mangifera indica</i>)	4			1.82±0.35						14.74±0.44
E040	Mango, ripe, neelam (<i>Mangifera indica</i>)	2			1.45						16.92
E041	Mango, ripe, paheri (<i>Mangifera indica</i>)	2			1.54						18.52
E042	Mango, ripe, totapari (<i>Mangifera indica</i>)	1			1.89						23.87
E043	Mangosteen (<i>Garcinia mangostana</i>)	1									
E044	Manila tamarind (<i>Pithecellobium dulce</i>)	1									10.35
E045	Musk melon, orange flesh (<i>Cucumis melon</i>)	5									4.95±1.22
E046	Musk melon, yellow flesh (<i>Cucumis melon</i>)	6									5.33±0.67
E047	Orange, pulp (<i>Citrus aurantium</i>)	6									54.73±9.78
E048	Palm fruit, tender (<i>Borassus flabellifer</i>)	1	0.21	0.06	0.15						28.36
E049	Papaya, ripe (<i>Carica papaya</i>)	6									17.88±1.20
E050	Peach (<i>Prunus communis</i>)	1			2.33						279
E051	Pear (<i>Pyrus</i> sp.)	6			0.04±0.01						10.50±1.95
E052	Phalsa (<i>Grewia asiatica</i>)	2									57.25
E053	Pineapple (<i>Ananas comosus</i>)	6						1.43±0.16			22.69±1.07
E054	Plum (<i>Prunus domestica</i>)	3			4.58±0.44						28.36±0.00
E055	Pomegranate, maroon seeds (<i>Punica granatum</i>)	6	0.10±0.03	0.22±0.08	0.44±0.05	0.31±0.12					67.10±3.36

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		← mg →								
		GALLAC								
E056 Pummelo (<i>Citrus maxima</i>)	3									
E057 Raisins, dried, black (<i>Vitis vinifera</i>)	6								0.55±0.04	0.71±0.06
E058 Raisins, dried, golden (<i>Vitis vinifera</i>)	6								1.66±0.13	0.48±0.13
E059 Rambutan (<i>Nephelium lappaceum</i>)	1	0.06			0.12				1.21	1.32
E060 Sapota (<i>Achras sapota</i>)	6				1.51±0.48					0.61±0.07
E061 Soursop (<i>Annona muricata</i>)	1				0.55					0.12
E062 Star fruit (<i>Averrhoa carambola</i>)	1				0.49					
E063 Strawberry (<i>Fragaria ananassa</i>)	6					0.22±0.03			0.20±0.08	
E064 Tamarind, pulp (<i>Tamarindus indicus</i>)	6									
E065 Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6	0.34±0.10							1.77±0.13	0.38±0.10
E066 Water melon, pale green (<i>Citrullus vulgaris</i>)	6	0.34±0.11							1.53±0.14	0.33±0.07
E067 Wood Apple (<i>Limonia acidissima</i>)	3								0.02±0.01	1.11±0.14
E068 Zizyphus (<i>Zizyphus jujube</i>)	1								0.04	

F ROOTS AND TUBERS

F001 Beet root (<i>Beta vulgaris</i>)	6	0.29±0.03	0.05±0.02	0.14±0.02
F002 Carrot, orange (<i>Ducus carota</i>)	6			0.73±0.12
F003 Carrot, red (<i>Ducus carota</i>)	4			0.89±0.11
F004 Colocasia (<i>Colocasia antiquorum</i>)	6	0.52±0.21	1.61±0.25	2.63±0.34
F005 Lotus root (<i>Nelumbium nelumbo</i>)	3		0.03±0.01	0.37±0.01
F006 Potato, brown skin, big (<i>Solanum tuberosum</i>)	6			2.40±0.38

Foodcode	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperidose	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
E056	Pummelo (<i>Citrus maxima</i>)	3	15.68±0.00		0.82±0.00							
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6	7.10±1.09									6.20±0.76
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6	20.98±2.24									5.69±0.97
E059	Rambutan (<i>Nephelium lappaceum</i>)	1	0.56									0.12
E060	Sapota (<i>Achras sapota</i>)	6										
E061	Soursop (<i>Annona muricata</i>)	1						0.16				0.66
E062	Star fruit (<i>Averrhoa carambola</i>)	1							0.32	0.16		
E063	Strawberry (<i>Fragaria ananassa</i>)	6										
E064	Tamarind, pulp (<i>Tamarindus indica</i>)	6			3.13±0.45			2.59±0.77				
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6	0.58±0.14				0.53±0.14	0.58±0.08	0.27±0.02			
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6	0.51±0.12				0.57±0.22	0.70±0.20	0.28±0.03			
E067	Wood Apple (<i>Limonia acidissima</i>)	3	14.71±4.19	0.32±0.04								
E068	Zizyphus (<i>Zizyphus jujube</i>)	1		0.14				0.11		1.84		0.48

F ROOTS AND TUBERS

F001	Beet root (<i>Beta vulgaris</i>)	6	0.38±0.08				0.34±0.08		0.15±0.05		
F002	Carrot, orange (<i>Ducus carota</i>)	6	2.66±0.41	5.35±0.58			2.66±0.25	1.49±0.22	0.54±0.09		
F003	Carrot, red (<i>Ducus carota</i>)	4	4.57±0.45	5.89±0.03			3.64±0.69	1.67±0.05	0.63±0.00		
F004	Colocasia (<i>Colocasia antiquorum</i>)	6	2.01±0.61	1.55±0.15							
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3	0.37±0.04								
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6	2.98±0.32		2.99±0.29			0.11±0.02	0.15±0.02	6.87±0.71	

Food Name	No. of Regions	Quercetin-3-	Isorhamnetin	Myricetin	Resveratrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
		β-galactoside	mg								
			HESPT				HESPD	DAIDZN	GNSTEIN	EPICATEC	
E056 Pummelo (<i>Citrus maxima</i>)	3					8.26±0.00	2.54±0.00				
E057 Raisins, dried, black (<i>Vitis vinifera</i>)	6						1.29±0.10		0.05±0.01	0.06±0.01	2.34±0.07
E058 Raisins, dried, golden (<i>Vitis vinifera</i>)	6						1.43±0.21		0.03±0.01	0.05±0.01	1.46±0.17
E059 Rambutan (<i>Nephelium lappaceum</i>)	1						0.16		0.21	0.06	
E060 Sapota (<i>Achras sapota</i>)	6										
E061 Soursop (<i>Annona muricata</i>)	1										
E062 Star fruit (<i>Averrhoa carambola</i>)	1					0.63					
E063 Strawberry (<i>Fragaria ananassa</i>)	6					0.36±0.03					
E064 Tamarind, pulp (<i>Tamarindus indicus</i>)	6										7.88±0.97
E065 Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6										
E066 Water melon, pale green (<i>Citrullus vulgaris</i>)	6										
E067 Wood Apple (<i>Limonia acidissima</i>)	3										
E068 Zizyphus (<i>Zizyphus jujube</i>)	1										0.31

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F ROOTS AND TUBERS

F001	Beet root (<i>Beta vulgaris</i>)	6									
F002	Carrot, orange (<i>Ducus carota</i>)	6									
F003	Carrot, red (<i>Ducus carota</i>)	4									
F004	Colocasia (<i>Colocasia antiquorum</i>)	6									
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3									
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6				2.66±0.43					

Foodcode	Food Name	No. of Regions	(-)-Epigallo catechin	(-)-Epigallo catechin 3-gallate	(+)-Catechin	(-)Gallocatechin gallate	(-)Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols	
									mg			
			EPICATEGC									
E056	Pummelo (<i>Citrus maxima</i>)	3									25.35±0.00	
E057	Raisins, dried, black (<i>Vitis vinifera</i>)	6			1.44±0.33						286±2.8	
E058	Raisins, dried, golden (<i>Vitis vinifera</i>)	6			4.10±0.55						170±5.1	
E059	Rambutan (<i>Nephelium lappaceum</i>)	1			1.21						11.21	
E060	Sapota (<i>Achras sapota</i>)	6			1.40±0.10						17.27±0.97	
E061	Soursop (<i>Annona muricata</i>)	1	1.01	0.16	0.21						16.54	
E062	Star fruit (<i>Averrhoa carambola</i>)	1	1.21		0.99						21.69	
E063	Strawberry (<i>Fragaria ananassa</i>)	6	0.05±0.02		6.42±0.15		0.03±0.01				135±17.1	
E064	Tamarind, pulp (<i>Tamarindus indicus</i>)	6			4.00±0.68						183±3.2	
E065	Water melon, dark green (sugar baby) (<i>Citrullus vulgaris</i>)	6									5.89±0.40	
E066	Water melon, pale green (<i>Citrullus vulgaris</i>)	6									5.78±0.33	
E067	Wood Apple (<i>Limonia acidissima</i>)	3									411±5.4	
E068	Zizyphus (<i>Zizyphus jujube</i>)	1			2.89						131	

F ROOTS AND TUBERS

F001	Beet root (<i>Beta vulgaris</i>)	6	57.56±1.74
F002	Carrot, orange (<i>Ducus carota</i>)	6	49.44±2.56
F003	Carrot, red (<i>Ducus carota</i>)	4	50.69±0.37
F004	Colocasia (<i>Colocasia antiquorum</i>)	6	59.20±1.25
F005	Lotus root (<i>Nelumbium nelumbo</i>)	3	
F006	Potato, brown skin, big (<i>Solanum tuberosum</i>)	6	24.61±1.89

Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		← mg →								
		GALLAC								
F007 Potato, brown skin, small (<i>Solanum tuberosum</i>)	1									4.12
F008 Potato, red skin (<i>Solanum tuberosum</i>)	1									4.18
F009 Radish, elongate, red skin (<i>Raphanus sativus</i>)	3				0.05±0.01			4.27±1.30	2.17±0.85	
F010 Radish, elongate, white skin (<i>Raphanus sativus</i>)	6				0.03±0.01			4.39±0.60	2.46±0.33	
F011 Radish, round, red skin (<i>Raphanus sativus</i>)	1				0.07			4.71	1.69	
F012 Radish, round, white skin (<i>Raphanus sativus</i>)	2				0.06			4.26	2.01	
F013 Sweet potato, brown skin (<i>Ipomoea batatas</i>)	4		0.37±0.04							0.08±0.02
F014 Sweet potato, pink skin (<i>Ipomoea batatas</i>)	3		0.52±0.10							0.09±0.01
F015 Tapioca (<i>Manihot esculenta</i>)	3							0.04±0.02	0.32±0.01	
F016 Water Chestnut (<i>Eleocharis dulcis</i>)	1									
F017 Yam, elephant (<i>Amorphophallus campanulatus</i>)	6			0.06±0.01						
F018 Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4			0.13±0.01						
F019 Yam, wild (<i>Dioscorea versicolor</i>)	2			0.13						

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G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 (<i>Capsicum annuum</i>)	5		0.07±0.03		0.65±0.16	3.20±0.66
G002	Chillies, green-2 (<i>Capsicum annuum</i>)	3		0.08±0.01		0.09±0.01	2.46±1.02
G003	Chillies, green-3 (<i>Capsicum annuum</i>)	5		0.10±0.02		0.23±0.11	3.10±1.16
G004	Chillies, green-4 (<i>Capsicum annuum</i>)	3		0.09±0.02		0.15±0.09	2.59±0.41
G005	Chillies, green-5 (<i>Capsicum annuum</i>)	2		0.08±0.03		0.49±0.07	3.84±0.95

Foodcode	Food Name	NoRegions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6- C-gluoside	Apigenin-7- O- neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3- β-D- glucoside	Quercetin-3- O- rutinoside
			mg									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1	3.74		2.97			0.12	0.22	6.47		
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1	2.63		2.18			0.15	0.12	6.01		
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3	1.79±0.05					0.56±0.03				
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6	1.74±0.43					0.59±0.07				
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1	1.68					0.61				
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2	1.46					0.52				
F013	Sweet potato, brown skin (<i>Ipomoea batatas</i>)	4	1.75±0.29	0.11±0.02	1.36±0.13		0.02±0.01	0.03±0.01	0.01±0.01			
F014	Sweet potato, pink skin (<i>Ipomoea batatas</i>)	3	2.51±0.53	0.14±0.02	1.79±0.57		0.05±0.01	0.04±0.02	0.04±0.01			
F015	Tapioca (<i>Manihot esculenta</i>)	3	0.32±0.17									
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1										
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6						0.26±0.06				
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4						0.48±0.02				
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2						0.53				

G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 (<i>Capsicum annuum</i>)	5	5.81±1.52	11.01±1.58
G002	Chillies, green-2 (<i>Capsicum annuum</i>)	3	2.69±0.19	15.91±1.48
G003	Chillies, green-3 (<i>Capsicum annuum</i>)	5	3.12±0.58	11.65±2.24
G004	Chillies, green-4 (<i>Capsicum annuum</i>)	3	4.50±3.42	5.11±1.62
G005	Chillies, green-5 (<i>Capsicum annuum</i>)	2	5.85±2.16	9.77±1.92

Food Name	No. of Regions	Quercetin-3- β-galactoside								(-) Epicatechin		
		Isorhamnetin	Myricetin	Resveratrol	Hesperetin	Naringenin	Hesperidin	Daidzein	Genistein			
		mg										
								HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC
F007	Potato, brown skin, small (<i>Solanum tuberosum</i>)	1			2.84							
F008	Potato, red skin (<i>Solanum tuberosum</i>)	1			2.84							
F009	Radish, elongate, red skin (<i>Raphanus sativus</i>)	3										
F010	Radish, elongate, white skin (<i>Raphanus sativus</i>)	6										
F011	Radish, round, red skin (<i>Raphanus sativus</i>)	1										
F012	Radish, round, white skin (<i>Raphanus sativus</i>)	2										
F013	Sweet potato, brown skin (<i>Ipomoea batatas</i>)	4			0.03±0.01							
F014	Sweet potato, pink skin (<i>Ipomoea batatas</i>)	3			0.06±0.02							
F015	Tapioca (<i>Manihot esculenta</i>)	3										
F016	Water Chestnut (<i>Eleocharis dulcis</i>)	1										
F017	Yam, elephant (<i>Amorphophallus campanulatus</i>)	6										
F018	Yam, ordinary (<i>Amorphophallus campanulatus</i>)	4										
F019	Yam, wild (<i>Dioscorea versicolor</i>)	2										

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G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 (<i>Capsicum annuum</i>)	5
G002	Chillies, green-2 (<i>Capsicum annuum</i>)	3
G003	Chillies, green-3 (<i>Capsicum annuum</i>)	5
G004	Chillies, green-4 (<i>Capsicum annuum</i>)	3
G005	Chillies, green-5 (<i>Capsicum annuum</i>)	2

G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 (<i>Capsicum annum</i>)	5	56.58±3.37
G002	Chillies, green-2 (<i>Capsicum annum</i>)	3	55.69±7.63
G003	Chillies, green-3 (<i>Capsicum annum</i>)	5	56.27±4.45
G004	Chillies, green-4 (<i>Capsicum annum</i>)	3	53.86±4.73
G005	Chillies, green-5 (<i>Capsicum annum</i>)	2	56.50±1.82

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
			←—————mg—————→								
			GALLAC								
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1				0.09			0.62	3.66	
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1				0.07			0.06	1.94	
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6				0.08±0.02			0.35±0.25	3.03±0.88	
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	2.38±0.69		2.29±0.59					0.80±0.12	
G010	Curry leaves (<i>Murraya koenigii</i>)	6								0.15±0.03	
G011	Garlic, big clove (<i>Allium sativum</i>)	6				2.13±0.87			5.88±1.32	6.88±0.30	
G012	Garlic, small clove (<i>Allium sativum</i>)	3				2.49±0.44			5.97±0.75	6.74±0.53	
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1				2.14			5.98	6.89	
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6								11.84±0.41	
G015	Mango ginger (<i>Curcuma amada</i>)	3		0.31±0.01	0.05±0.01						
G016	Mint leaves (<i>Mentha spicata</i>)	4				0.99±0.15			0.03±0.02	5.66±0.40	
G017	Onion, big (<i>Allium cepa</i>)	6		2.91±0.49							
G018	Onion, small (<i>Allium cepa</i>)	5		2.71±0.65							
G CONDIMENTS AND SPICES-DRY											
G019	Asafoetida (<i>Ferula assa-foetida</i>)	6				0.52±0.31			0.23±0.07		
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6		2.73±0.47	1.40±0.25				1.46±0.25		
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4		2.78±0.19	1.80±0.12				3.57±0.32		
G022	Chillies, red (<i>Capsicum annum</i>)	6				0.28±0.03			0.34±0.12	0.72±0.14	
G023	Cloves (<i>Syzygium aromaticum</i>)	6		0.70±0.09		23.77±2.98			7.42±0.75		
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6							0.04±0.02	0.10±0.03	
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6							0.03±0.02	0.42±0.20	

Table Polyphenols.10

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperidose	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1			5.82		4.34					
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1			2.34		16.34					
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6			4.37±1.98		10.27±4.19					
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6	0.53±0.26	0.95±0.39						7.74±0.81	2.55±0.36	
G010	Curry leaves (<i>Murraya koenigii</i>)	6	0.18±0.03						0.24±0.02			
G011	Garlic, big clove (<i>Allium sativum</i>)	6		0.03±0.02					0.52±0.19	2.05±0.58		
G012	Garlic, small clove (<i>Allium sativum</i>)	3		0.04±0.02					0.61±0.25	1.81±0.57		
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1		0.05					0.71	1.04		
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6					0.27±0.05	4.81±0.11	32.23±1.84			
G015	Mango ginger (<i>Curcuma amada</i>)	3	0.45±0.06	0.05±0.01								
G016	Mint leaves (<i>Mentha spicata</i>)	4	0.09±0.01	4.64±0.46	0.43±0.07			1.49±0.07				
G017	Onion, big (<i>Allium cepa</i>)	6	0.19±0.05	0.08±0.02	0.05±0.02			0.04±0.02	0.68±0.24	1.62±0.16	2.79±0.21	0.36±0.06
G018	Onion, small (<i>Allium cepa</i>)	5	0.18±0.02	0.04±0.01	0.04±0.01			0.01±0.01	0.62±0.23	5.78±0.46	1.61±0.11	0.18±0.08
G CONDIMENTS AND SPICES-DRY												
G019	Asafoetida (<i>Ferula assa-foetida</i>)	6		36.33±2.34							0.14±0.02	
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6	3.96±0.62	1.78±0.57								
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4	4.86±0.15	2.35±0.27								
G022	Chillies, red (<i>Capsicum annum</i>)	6			14.08±1.73		30.49±1.92					
G023	Cloves (<i>Syzygium aromaticum</i>)	6							15.82±0.97	13.35±0.74		
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6	2.91±0.20	0.13±0.02					0.47±0.16		6.39±1.11	
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6	5.88±0.55		0.41±0.07				35.68±3.05	0.15±0.02	3.78±0.34	13.74±2.21

Food cod e	Food Name	No. of Regions	Quercetin-3- β-galactoside								(-) Epicatechin
			Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	
			mg								
						HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC	
G006	Chillies, green-6 (<i>Capsicum annum</i>)	1									
G007	Chillies, green-7 (<i>Capsicum annum</i>)	1									
G008	Chillies, green - all varieties (<i>Capsicum annum</i>)	6									
G009	Coriander leaves (<i>Coriandrum sativum</i>)	6									
G010	Curry leaves (<i>Murraya koenigii</i>)	6			1.55±0.27						
G011	Garlic, big clove (<i>Allium sativum</i>)	6			1.83±0.51			0.04±0.01	0.04±0.01		
G012	Garlic, small clove (<i>Allium sativum</i>)	3			1.61±0.12			0.01±0.01	0.02±0.02		
G013	Garlic, single clove, Kashmir (<i>Allium sativum</i>)	1			1.87			0.03	0.04		
G014	Ginger, fresh (<i>Zinziber officinale</i>)	6									
G015	Mango ginger (<i>Curcuma amada</i>)	3									
G016	Mint leaves (<i>Mentha spicata</i>)	4									
G017	Onion, big (<i>Allium cepa</i>)	6		7.24±0.73	0.08±0.01						
G018	Onion, small (<i>Allium cepa</i>)	5		5.73±0.46	0.03±0.01						

G CONDIMENTS AND SPICES-DRY

G019	Asafoetida (<i>Ferula assa-foetida</i>)	6									
G020	Cardamom, green (<i>Elettaria cardamomum</i>)	6		1.52±0.19						0.88±0.05	
G021	Cardamom, black (<i>Elettaria cardamomum</i>)	4		1.92±0.07						2.50±0.25	
G022	Chillies, red (<i>Capsicum annum</i>)	6									
G023	Cloves (<i>Syzygium aromaticum</i>)	6									
G024	Coriander seeds (<i>Coriandrum sativum</i>)	6									
G025	Cumin seeds (<i>Cuminum cyminum</i>)	6									

No.	Food Name	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P-Coumaric acid	Caffeic acid
		mg								
		GALLAC								
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6								0.05±0.02
G027	Mace (<i>Myristica fragrans</i>)	6	0.11±0.02		0.65±0.06	1.52±0.27			1.52±0.27	0.85±0.10
G028	Nutmeg (<i>Myristica fragrans</i>)	6			0.05±0.01	0.35±0.16			0.07±0.01	16.04±0.82
G029	Omum (<i>Trachyspermum ammi</i>)	6			2.02±0.74	0.05±0.01			0.07±0.02	1.91±0.69
G030	Pippali (<i>Piper longum</i>)	6			6.56±1.17					
G031	Pepper, black (<i>Piper nigrum</i>)	6				4.39±0.68			0.23±0.05	
G032	Poppy seeds (<i>Papaver somniferum</i>)	6	0.40±0.03		0.36±0.04				0.17±0.03	
G033	Turmeric powder (<i>Curcuma domestica</i>)	6							1.62±0.57	0.02±0.01

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H NUTS AND OIL SEEDS

H001	Almond (<i>Prunus amygdalus</i>)	6		0.43±0.14	0.36±0.02					
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6		0.86±0.05		0.04±0.01				
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3		0.43±0.18		0.09±0.04				
H004	Arecanut, fresh (<i>Areca catechu</i>)	2		1.04		0.05				
H005	Cashew nut (<i>Anacardium occidentale</i>)	6								
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6	1.80±0.24			0.77±0.15			0.43±0.06	0.04±0.01
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	0.31±0.04			0.18±0.04			0.26±0.06	0.02±0.01
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5							0.09±0.01	0.08±0.02
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6		0.14±0.01	1.45±0.23					
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4		0.24±0.04	0.41±0.04					
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5		0.13±0.02	1.54±0.25					

Table 10. Polyphenols

Food code ep	Food Name	No.	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6- C-gluoside	Apigenin-7- O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3- β-D- glucoside	Quercetin-3- O- rutinoside
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE	mg	
											←	→
G026	Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6	1.44±0.19	1.73±0.51								2.67±0.28
G027	Mace (<i>Myristica fragrans</i>)	6										
G028	Nutmeg (<i>Myristica fragrans</i>)	6						4.96±0.39		2.83±0.40		4.19±0.63
G029	Omum (<i>Trachyspermum ammi</i>)	6	48.23±4.77							0.05±0.01		3.01±0.34
G030	Pippali (<i>Piper longum</i>)	6										32.83±1.78
G031	Pepper, black (<i>Piper nigrum</i>)	6	2.96±0.56									
G032	Poppy seeds (<i>Papaver somniferum</i>)	6								0.04±0.01		0.73±0.08
G033	Turmeric powder (<i>Curcuma domestica</i>)	6								2.85±0.79		

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H NUTS AND OIL SEEDS

H001	Almond (<i>Prunus amygdalus</i>)	6						3.61±0.26		0.08±0.01	0.64±0.04
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6									0.49±0.23
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3									0.97±0.65
H004	Arecanut, fresh (<i>Areca catechu</i>)	2									0.46
H005	Cashew nut (<i>Anacardium occidentale</i>)	6								0.03±0.01	
H006	Coconut, kernel, dry (<i>Cocos nucifera</i>)	6	2.94±0.60	0.03±0.01							1.14±0.06
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6	0.45±0.06	0.02±0.01							0.59±0.12
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5	0.65±0.14	0.05±0.02						1.21±0.38	
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6	0.06±0.01	0.14±0.01							
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4	0.23±0.03	0.08±0.01							
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5	0.07±0.01	0.13±0.02							

Food Name	No.	Quercetin-3-	Isorhamnetin	Myricetin	Resveretrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
		β-galactoside									
			mg								
G026 Fenugreek seeds (<i>Trigonella foenum graecum</i>)	6									0.03±0.01	0.02±0.01
G027 Mace (<i>Myristica fragrans</i>)	6										
G028 Nutmeg (<i>Myristica fragrans</i>)	6										
G029 Omum (<i>Trachyspermum ammi</i>)	6										
G030 Pippali (<i>Piper longum</i>)	6										
G031 Pepper, black (<i>Piper nigrum</i>)	6										
G032 Poppy seeds (<i>Papaver somniferum</i>)	6										
G033 Turmeric powder (<i>Curcuma domestica</i>)	6					4.12±0.60					

H NUTS AND OIL SEEDS

H001 Almond (<i>Prunus amygdalus</i>)	6	0.84±0.03	0.51±0.11			0.07±0.01				0.03±0.01	
H002 Arecanut, dried, brown (<i>Areca catechu</i>)	6										
H003 Arecanut, dried, red color (<i>Areca catechu</i>)	3										
H004 Arecanut, fresh (<i>Areca catechu</i>)	2										
H005 Cashew nut (<i>Anacardium occidentale</i>)	6									0.03±0.01	2.43±0.18
H006 Coconut, kernal, dry (<i>Cocos nucifera</i>)	6										
H007 Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6										
H008 Garden cress, seeds (<i>Lepidium sativum</i>)	5		9.82±1.86								
H009 Gingelly seeds, black (<i>Sesamum indicum</i>)	6										
H010 Gingelly seeds, brown (<i>Sesamum indicum</i>)	4										
H011 Gingelly seeds, white (<i>Sesamum indicum</i>)	5										

Table 10. Polyphenols

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H NUTS AND OIL SEEDS

H001	Almond (<i>Prunus amygdalus</i>)	6	2.52±0.11	1.24±0.25	0.55±0.04	84.94±1.88
H002	Arecanut, dried, brown (<i>Areca catechu</i>)	6		8.96±0.69		2986±2.5
H003	Arecanut, dried, red color (<i>Areca catechu</i>)	3		2.10±0.36		2770±7.3
H004	Arecanut, fresh (<i>Areca catechu</i>)	2		8.70		2563
H005	Cashew nut (<i>Anacardium occidentale</i>)	6	0.94±0.10	0.42±0.08	1.55±0.35	32.86±1.76
H006	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6				72.17±3.90
H007	Coconut, kernel, fresh (<i>Cocos nucifera</i>)	6				35.22±3.14
H008	Garden cress, seeds (<i>Lepidium sativum</i>)	5				115±9.1
H009	Gingelly seeds, black (<i>Sesamum indicum</i>)	6				153±1.5
H010	Gingelly seeds, brown (<i>Sesamum indicum</i>)	4				102±1.6
H011	Gingelly seeds, white (<i>Sesamum indicum</i>)	5				23.00±1.29

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
					mg						
GALLAC											
H012	Ground nut (<i>Arachis hypogea</i>)	6					2.60±0.26			0.59±0.06	0.86±0.04
H013	Mustard seeds (<i>Brassica juncea</i>)	6								1.24±0.10	0.05±0.01
H014	Linseeds (<i>Linum usitatissimum</i>)	6									2.07±0.31
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	0.26±0.04								0.74±0.03
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5	0.15±0.01								0.63±0.03
H017	Pine seed (<i>Pinus gerardiana</i>)	5									0.35±0.03
H018	Pistachio nuts (<i>Pistacia vera</i>)	6									
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5								0.25±0.02	0.05±0.02
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5								0.50±0.08	0.16±0.01
H021	Walnut (<i>Juglans regia</i>)	6	0.10±0.03		6.61±0.88						
I SUGARS											
I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6	0.95±0.19		0.50±0.44	0.18±0.17	0.63±0.29			0.07±0.02	0.15±0.02
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6								0.61±0.07	0.55±0.25
J MUSHROOMS											
J001	Button mushroom, fresh (<i>Agaricus sp.</i>)	1									
J002	Chicken mushroom, fresh (<i>Lactiporus sp.</i>)	1									
J003	Shiitake mushroom, fresh (<i>Lentinula sp.</i>)	1									
J004	Oyster mushroom, dried (<i>Pleurotus sp.</i>)	1									

Table 10. Polyphenols

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-O-neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-O-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE			
H012	Ground nut (<i>Arachis hypogea</i>)	6	2.89±0.82		2.64±0.19				0.05±0.01			
H013	Mustard seeds (<i>Brassica juncea</i>)	6	1.77±0.42				1.04±0.15			4.51±0.89		
H014	Linseeds (<i>Linum usitatissimum</i>)	6	1.44±0.19	1.44±0.12								
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4	6.49±0.33	0.55±0.03								
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5	5.40±0.45	0.30±0.06								
H017	Pine seed (<i>Pinus gerardiana</i>)	5	0.33±0.06									
H018	Pistachio nuts (<i>Pistacia vera</i>)	6					1.46±0.11		0.43±0.28		0.03±0.01	
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5	0.03±0.01	0.14±0.01				0.17±0.04	0.17±0.03			
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5	8.29±1.69	3.81±0.87								
H021	Walnut (<i>Juglans regia</i>)	6										

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I SUGARS

I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6	0.49±0.26		7.76±0.93	0.18±0.02
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6		0.31±0.08		

J MUSHROOMS

J001	Button mushroom, fresh (<i>Agaricus sp.</i>)	1				
J002	Chicken mushroom, fresh (<i>Lactiporus sp.</i>)	1				
J003	Shiitake mushroom, fresh (<i>Lentinula sp.</i>)	1				
J004	Oyster mushroom, dried (<i>Pleurotus sp.</i>)	1				

Food code	Food Name	No. of Regions	Quercetin-3- β-galactoside								(-) Epicatechin
			Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	
			mg								
						HESPT	HESPD	DAIDZN	GNSTEIN	EPICATEC	
H012	Ground nut (<i>Arachis hypogaea</i>)	6		1.35±0.43							
H013	Mustard seeds (<i>Brassica juncea</i>)	6			8.08±0.33						
H014	Linseeds (<i>Linum usitatissimum</i>)	6				1.82±0.61					
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4									
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5									
H017	Pine seed (<i>Pinus gerardiana</i>)	5									
H018	Pistachio nuts (<i>Pistacia vera</i>)	6				0.14±0.07			0.09±0.02	0.59±0.02	1.78±0.30
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5		0.27±0.02							
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5									
H021	Walnut (<i>Juglans regia</i>)	6									

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I SUGARS

I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6

J MUSHROOMS

J001	Button mushroom, fresh (<i>Agaricus sp.</i>)	1
J002	Chicken mushroom, fresh (<i>Lactiporus sp.</i>)	1
J003	Shiitake mushroom, fresh (<i>Lentinula sp.</i>)	1
J004	Oyster mushroom, dried (<i>Pleurotus sp.</i>)	1

Table Polyphenols.10

Food code	Food Name	No.	Polyphenols				Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			(-) Epigallocatechin	(-)-Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate				
			(-) Gallo catechin	mg						
EPICATEGC										
H012	Ground nut (<i>Arachis hypogaea</i>)	6								127±10.6
H013	Mustard seeds (<i>Brassica juncea</i>)	6								48.81±6.17
H014	Linseeds (<i>Linum usitatissimum</i>)	6								31.60±13.38
H015	Niger seeds, black (<i>Guizotia abyssinica</i>)	4								539±3.8
H016	Niger seeds, gray (<i>Guizotia abyssinica</i>)	5								359±6.9
H017	Pine seed (<i>Pinus gerardiana</i>)	5	0.28±0.04							59.85±4.92
H018	Pistachio nuts (<i>Pistacia vera</i>)	6		2.99±0.30	0.69±0.30					132±6.4
H019	Safflower seeds (<i>Carthamus tinctorius</i>)	5								22.09±1.13
H020	Sunflower seeds (<i>Helianthus annuus</i>)	5								289±6.8
H021	Walnut (<i>Juglans regia</i>)	6						1.23±0.30		216±1.2

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I SUGARS

I001	Jaggery, cane (<i>Saccharum officinarum</i>)	6		0.06±0.01	127±5.1
I002	Sugarcane, juice (<i>Saccharum officinarum</i>)	6			5.25±1.27

J MUSHROOMS

J001	Button mushroom, fresh (<i>Agaricus</i> sp.)	1			
J002	Chicken mushroom, fresh (<i>Lactiporus</i> sp.)	1			
J003	Shiitake mushroom, fresh (<i>Lentinula</i> sp.)	1			
J004	Oyster mushroom, dried (<i>Pleurotus</i> sp.)	1			

Food code	Food Name	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	O-Coumaric acid	P- Coumaric acid	Caffeic acid
		No.	←	→	mg					
GALLAC										
K	MISCELLANEOUS FOODS									
K001	Toddy	10								
K002	Coconut Water	6	0.15±0.03			0.23±0.03				
L	MILK AND MILK PRODUCTS									
L001	Milk, whole, Buffalo	6								
L002	Milk, whole, Cow	6								
L003	Panner	6								
L004	Khoa	6								

Table
Polyphenols

Foodcode	Food Name	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6- C-gluoside	Apigenin-7- O- neohesperid oside	Luteolin	Kaempferol	Quercetin	Quercetin-3- β-D- glucoside	Quercetin-3- O- rutinoside
		CHLRAC	FERAC	APIGEN		LUTEOL	KAEMF	QUERCE	mg		
		Nº									
K MISCELLANEOUS FOODS											
K001	Toddy	10		0.03±0.01							
K002	Coconut Water	6	0.43±0.15							0.13±0.02	
L MILK AND MILK PRODUCTS											
L001	Milk, whole, Buffalo	6									
L002	Milk, whole, Cow	6									
L003	Panner	6									
L004	Khoa	6									

Food code	Food Name	No. of Regions	Quercetin-3- β-galactoside								(-) Epicatechin
			Isorhamnetin	Myricetin	Resverrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	
			mg								
K MISCELLANEOUS FOODS											
K001	Toddy	10									
K002	Coconut Water	6									
L MILK AND MILK PRODUCTS											
L001	Milk, whole, Buffalo	6									
L002	Milk, whole, Cow	6									
L003	Panner	6									
L004	Khoa	6									

Table
Polyphenols
10

Food Name	No.	(-)-Epigallo catechin	(-)-Epigallo catechin	(+)-Catechin	(-) Gallocatechin	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
		3-gallate			gallate					
		EPICATEGC								

K MISCELLANEOUS FOODS

K001	Toddy	10	0.03±0.01	113±1.4
K002	Coconut Water	6		19.76±3.14

L MILK AND MILK PRODUCTS

L001	Milk, whole, Buffalo	6	
L002	Milk, whole, Cow	6	
L003	Panner	6	
L004	Khoa	6	