

**Table 3**

**FAT SOLUBLE VITAMINS**





Table 3. FAT SOLUBLE VITAMINS

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

Food Name			Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)	
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta			
				←-----→										
				µg	mg						µg			
			ERG	CAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
A	CEREALS AND MILLETS													
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )		1	58.67	0.05	0.28	0.04						0.17	1.80
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )		6	53.98±3.38	0.06±0.00	0.22±0.10	0.03±0.01						0.15±0.03	2.50±0.87
A003	Bajra ( <i>Pennisetum typhoideum</i> )		6	5.65±0.27	0.10±0.01		1.42±0.20						0.24±0.02	2.85±0.63
A004	Barley ( <i>Hordeum vulgare</i> )		6		0.01±0.01								0.01±0.01	1.85±0.79
A005	Jowar ( <i>Sorghum vulgare</i> )		6	3.96±0.30	0.04±0.01		0.27±0.03						0.06±0.01	43.82±4.84
A006	Maize, dry ( <i>Zea mays</i> )		6	33.60±2.82	0.21±0.04		1.29±0.17	0.38±0.05	0.05±0.00				0.36±0.03	2.50±0.76
A007	Maize, tender, local ( <i>Zea mays</i> )		6	42.34±4.28	0.05±0.01		0.40±0.03	0.03±0.01					0.09±0.01	2.00±0.13
A008	Maize, tender, sweet ( <i>Zea mays</i> )		4	16.94±2.13	0.07±0.00		0.30±0.06	0.03±0.01					0.10±0.01	1.80±0.32
A009	Quinoa ( <i>Chenopodium quinoa</i> )		1		2.08	0.06	2.85						2.08	2.00
A010	Ragi ( <i>Eleusine coracana</i> )		5	41.46±3.12	0.09±0.01		0.66±0.06						0.16±0.01	3.00±0.44
A011	Rice flakes ( <i>Oryza sativa</i> )		6		0.05±0.01								0.05±0.01	1.00±0.53
A012	Rice puffed ( <i>Oryza sativa</i> )		6		0.04±0.01								0.04±0.01	1.00±0.42
A013	Rice, raw, brown ( <i>Oryza sativa</i> )		6		0.62±0.08	0.05±0.02	0.42±0.57		0.03±0.02		0.05±0.02	0.02±0.01	0.69±0.12	2.00±0.83
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )		6		0.06±0.04		0.13±0.12		0.05±0.02				0.09±0.04	1.50±0.50
A015	Rice, raw, milled ( <i>Oryza sativa</i> )		6		0.04±0.03		0.06±0.02		0.03±0.02		0.05±0.02		0.06±0.03	1.50±0.40
A016	Samai ( <i>Panicum miliare</i> )		6	3.75±0.80	0.28±0.14	0.67±0.40					0.28±0.09		0.55±0.16	4.47±0.38
A017	Varagu ( <i>Setaria italica</i> )		5		0.03±0.01		0.43±0.12				0.19±0.05		0.07±0.02	3.75±0.63
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )		6	6.73±0.96	0.05±0.01				0.02±0.01				0.05±0.01	1.00±0.46

Food No.	Food Name	Serving Size (g)	µg Ergosterol (D2)	Tocopherols				mg Tocotrienols				α-Tocopherol Equivalent	µg Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
No.	ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1		
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	13.43±1.77	0.21±0.09	0.06±0.01			0.06±0.03			0.26±0.09	1.50±0.47	
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	17.49±3.51	0.60±0.33	0.37±0.12			0.07±0.03			0.77±0.35	1.75±0.26	
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	6.27±0.31	0.20±0.01				0.05±0.02			0.21±0.01	1.50±0.41	
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	8.19±0.81	0.16±0.02	0.07±0.02			0.05±0.03			0.20±0.01	1.20±0.48	
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	4.06±0.35	0.03±0.01				0.03±0.02			0.03±0.01	1.00±0.51	
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	3.21±0.21	0.01±0.01				0.02±0.01			0.01±0.01	1.00±0.52	

B GRAIN LEGUMES

B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	1.75±0.17	0.08±0.01		1.13±0.10	0.03±0.01					0.19±0.01	1.50±0.62
B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	1.93±0.17	1.59±0.07		1.33±0.17	0.08±0.01					1.72±0.07	2.10±0.71
B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	8.42±0.19	0.04±0.01		1.29±0.12	0.05±0.01					0.17±0.02	8.30±1.51
B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	16.84±2.79	0.09±0.02		1.35±0.10	0.08±0.01					0.23±0.02	10.80±0.92
B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	0.92±0.02	0.33±0.02		3.50±0.21	2.44±0.22					0.70±0.03	1.75±0.14
B006	Cowpea, white ( <i>Vigna catjang</i> )	1	0.93	0.32		3.06	2.70					0.65	1.70
B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	4.35	0.24		2.69	0.07					0.51	21.50
B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	4.24	0.25		2.74	0.06					0.53	20.70
B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	4.26±0.10	0.25±0.02		2.65±0.59	0.07±0.00					0.52±0.06	22.65±1.15
B010	Green gram, dal ( <i>Phaseolus aureus</i> )	6	2.05±0.08	0.06±0.01		1.66±0.15						0.23±0.02	8.30±0.85
B011	Green gram, whole ( <i>Phaseolus aureus</i> )	6	3.15±0.33	0.13±0.02		2.08±0.22					0.26±0.04	0.33±0.02	12.63±1.23
B012	Horse gram, whole ( <i>Dolichus biflorus</i> )	6	1.80±0.06	0.06±0.01		2.06±0.16						0.27±0.02	10.24±1.40
B013	Lentil dal ( <i>Lens culinaris</i> )	6	1.31±0.12	0.02±0.01		1.37±0.11	0.23±0.05					0.16±0.01	3.75±0.79
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	14.52±1.68	0.03±0.00		1.64±0.18	0.30±0.03					0.19±0.02	7.27±0.69

[illegible]

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)		
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta				
				µg	← mg →						µg				
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG			TOCTRD	VITE
C009	Beet greens ( <i>Beta vulgaris</i> )	6	1.65±0.52	0.15±0.03	0.17±0.05								0.21±0.03	69.45±5.24	
C010	Betel leaves, big (kolkata) ( <i>Piper betle</i> )	6	3.78±0.40	0.04±0.01	0.05±0.01				0.02±0.01				0.05±0.01	207±10.9	
C011	Betel leaves, small ( <i>Piper betle</i> )	4	2.27±0.25	0.02±0.01	0.05±0.00				0.02±0.00				0.03±0.01	204±4.9	
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1	0.26	0.21									0.21	23.60	
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1	0.39	0.25									0.25	111	
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	0.18	0.20									0.20	125	
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i> )	6	0.21±0.02	0.05±0.03									0.05±0.03	113±0.5	
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i> )	2	0.19	0.03									0.03	117	
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	4.15±0.46	0.08±0.03	0.11±0.02								0.08±0.03	144±29.6	
C018	Colocasia leaves, green ( <i>Colocasia anti-quorum</i> )	6	1.70±0.31	0.07±0.01									0.07±0.01	318±37.3	
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	14.33±0.19	0.30±0.01	0.05±0.01				0.02±0.01				0.31±0.01	479±26.6	
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	2.36±0.30	0.36±0.14									0.36±0.14	428±32.3	
C021	Garden cress ( <i>Lepidium sativum</i> )	2	0.55	0.74									0.74	458	
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	4.28±0.14	0.46±0.16	0.43±0.17								0.50±0.15	433±1.6	
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	4.27	0.47	0.32								0.50	438	
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2	0.59	0.53									0.53	295	
C025	Lettuce ( <i>Lactuca sativa</i> )	3	0.10±0.04	0.01±0.01									0.01±0.01	91.08±2.20	
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	5.40±0.33	0.56±0.06	0.02±0.00								0.57±0.06	192±4.1	
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	0.10	0.03									0.03	39.85	
C028	Parsley ( <i>Petroselinum crispum</i> )	3	5.55±0.18	0.35±0.05									0.35±0.05	322±3.3	
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	0.65	0.52	0.02	0.04								0.54	574

Foodcode	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				←				→					
				µg					mg				
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	3.19±0.18	1.24±0.04	0.28±0.01	3.25±0.10		0.02±0.01	0.03±0.01			1.69±0.05	243±11.1
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	1.39±0.08	0.06±0.02	0.04±0.03							0.08±0.03	185±3.3
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	0.10	0.46	0.03	0.45	0.18					0.51	126
C033	Spinach ( <i>Spinacia oleracea</i> )	6	0.26±0.03	1.27±0.03	0.01±0.01	0.06±0.00	0.03±0.00					1.29±0.02	325±2.3
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	2.62±0.00	0.69±0.03		1.18±0.25						0.81±0.01	249±6.6
D	OTHER VEGETABLES												
D001	Ash gourd ( <i>Benincasa hispida</i> )	6	1.35±0.18	0.01±0.00		0.13±0.02						0.02±0.01	27.15±0.45
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	0.41			0.01	0.05						1.13
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	1.40±0.17	0.15±0.03								0.15±0.03	60.10±3.36
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	1.92±0.28	0.01±0.01	0.03±0.01				0.11±0.01		0.07±0.03	0.03±0.01	4.55±0.36
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	1.90±0.15	0.01±0.00	0.04±0.01				0.11±0.02		0.08±0.03	0.03±0.00	4.85±0.35
D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	1.83	0.01	0.03				0.09		0.10	0.03	4.70
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	0.74±0.02	0.01±0.01				0.02±0.01				0.02±0.01	2.10±0.23
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	0.70±0.04	0.01±0.00				0.03±0.01				0.01±0.00	2.06±0.36
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	0.60	0.01				0.02				0.02	1.80
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	0.85	0.08								0.08	10.30
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	1.01	0.11								0.11	11.45
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	1.19	0.09								0.09	12.25
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	1.05±0.18	0.09±0.02								0.09±0.02	12.75±0.33

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				←				mg →					
				μg									
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	1.61±0.26	0.10±0.02								0.10±0.02	13.05±0.64
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	1.14	0.08								0.08	21.45
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	0.84	0.03								0.03	13.14
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	0.97±0.17	0.08±0.02								0.08±0.02	13.94±2.56
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	1.02	0.09								0.09	14.05
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	0.88	0.05								0.05	14.25
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	1.01±0.24	0.07±0.03								0.07±0.03	14.46±1.91
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	0.87	0.09								0.09	14.32
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	1.06	0.07								0.07	14.29
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	0.89±0.05	0.06±0.01								0.06±0.01	14.58±1.77
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	1.12±0.22	0.08±0.01								0.08±0.01	14.04±2.02
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	0.76	0.09								0.09	13.37
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	1.33	0.07								0.07	12.75
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	1.01±0.15	0.04±0.01								0.04±0.01	13.67±0.92
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	1.06±0.46	0.07±0.03								0.07±0.03	11.48±1.05
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	1.02±0.33	0.07±0.03								0.07±0.03	10.94±1.17
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	0.84	0.08								0.08	10.50
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	1.04±0.27	0.07±0.03								0.07±0.03	13.53±2.62
D032	Broad beans ( <i>Vicia faba</i> )	3	11.58±1.55	0.05±0.04	0.02±0.01							0.06±0.03	93.20±0.50
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6	0.70±0.21	0.07±0.03								0.07±0.03	24.66±2.89
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	0.52±0.11	0.19±0.02								0.19±0.02	28.42±8.83
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	0.89±0.18	0.18±0.03								0.18±0.03	35.25±12.82



Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
			Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← mg				→					
			µg									
		ERG CAL	TOC PHA	TOC PHB	TOC PHG	TOC PHD	TOC TRA	TOC TRB	TOC TRG	TOC TRD	VITE	VIT K1
D036 Cauliflower (Brassica oleracea)	6	1.32±0.16	0.02±0.00			0.09±0.01					0.02±0.00	14.33±0.34
D037 Celery stalk (Apium graveolens)	3	1.39±0.07	0.03±0.03			0.02±0.00	0.01±0.00				0.03±0.03	25.87±3.13
D038 Cho-cho-marrow (Sechium edule)	4	5.46±0.18	0.01±0.01		0.57±0.02		0.06±0.01				0.09±0.01	1.78±0.21
D039 Cluster beans (Cyamopsis tetragonobola)	6	13.72±0.29	0.77±0.04		0.31±0.04	0.04±0.00			0.06±0.01		0.81±0.04	23.70±0.30
D040 Colocasia, stem, black (Colocasia antiquorum)	1	0.21	0.06								0.06	35.75
D041 Colocasia, stem, green (Colocasia antiquorum)	5	0.14±0.03	0.09±0.03								0.09±0.03	33.68±6.36
D042 Corn, Baby (Zea mays)	6	31.20±3.77	0.13±0.02								0.13±0.02	75.05±0.00
D043 Cucumber, green, elongate (Cucumis sativus)	6	1.26±0.22	0.02±0.01								0.02±0.01	8.20±1.25
D044 Cucumber, green, short (Cucumis sativus)	6	1.36±0.19	0.02±0.01								0.02±0.01	8.00±1.51
D045 Cucumber, orange, round (Cucumis sativus)	2	1.59	0.02								0.02	7.50
D046 Drumstick (Moringa oleifera)	6	1.67±0.25	0.31±0.07								0.31±0.07	358±3.4
D047 Field beans, tender, broad (Vicia faba)	2	7.14	0.08		0.25	0.06			0.04		0.11	26.45
D048 Field beans, tender, lean (Vicia faba)	6	7.20±0.10	0.08±0.01		0.25±0.03	0.06±0.01			0.04±0.01		0.10±0.01	26.35±1.83
D049 French beans, country (Phaseolus vulgaris)	5	1.82±0.14	0.06±0.02		0.12±0.01	0.09±0.01			0.03±0.00		0.07±0.03	15.12±1.18
D050 French beans, hybrid (Phaseolus vulgaris)	2	1.85	0.08		0.13	0.08			0.08		0.09	15.14
D051 Jack fruit, raw (Artocarpus heterophyllus)	5	6.84±0.48	0.05±0.02			0.06±0.01		0.08±0.01			0.05±0.02	22.30±0.71
D052 Jack fruit, seed, mature (Artocarpus heterophyllus)	5	1.40±0.19	0.05±0.03			0.06±0.01		0.07±0.01			0.06±0.03	13.56±0.22
D053 Knol - Khol (Brassica oleracea)	6	0.32±0.03	0.01±0.01		1.61±0.10	0.05±0.02					0.17±0.01	8.90±0.77
D054 Kovai, big (Coccinia cordifolia)	6	6.25±0.20	0.70±0.11		0.14±0.01						0.72±0.11	19.15±0.40
D055 Kovai, small (Coccinia cordifolia)	1	6.06	0.68		0.13						0.70	19.10
D056 Ladies finger (Abelmoschus esculentus)	6	7.46±0.41	0.48±0.01		0.12±0.00						0.50±0.01	21.52±0.29

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)		
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta				
				μg	←-----→						mg			→	μg
				ERG CAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG			TOCTRD	VITE
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	7.68±0.24	0.90±0.14		0.17±0.02						0.91±0.14	14.42±0.29		
D058	Onion, stalk ( <i>Allium cepa</i> )	6	6.81±0.31	0.81±0.01								0.81±0.01	44.33±1.52		
D059	Papaya, raw ( <i>Carica papaya</i> )	6	7.80±0.65	0.04±0.01				0.11±0.01				0.07±0.01	2.45±0.28		
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	0.69±0.11	0.04±0.01								0.04±0.01	8.37±1.48		
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	12.91±0.28	0.05±0.01		1.59±0.10						0.21±0.01	44.22±3.85		
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	1.29±0.13	0.19±0.01								0.19±0.01	3.38±0.26		
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	0.27±0.02	0.08±0.01								0.08±0.01	17.42±1.83		
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	0.32±0.06	0.02±0.01								0.02±0.01	2.50±1.19		
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	1.07	0.86	0.02					0.01		0.87	80.80		
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	1.40±0.14	0.59±0.13	0.02±0.00					0.06±0.04		0.60±0.13	83.70±1.92		
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	28.96	0.89		0.46	0.43					0.94	14.90		
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6	0.37±0.03	0.02±0.00						0.05±0.01		0.02±0.00	11.23±0.31		
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	0.34±0.04	0.02±0.01						0.04±0.01		0.02±0.01	11.57±0.15		
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	2.67±0.31	0.01±0.00						0.04±0.00		0.01±0.00	8.35±0.28		
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	3.08	0.01						0.05		0.01	8.40		
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	3.12	0.01						0.05		0.01	8.30		
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	2.76±0.09	0.05±0.03		0.03±0.01						0.05±0.03	2.73±0.77		
D074	Tomato, green ( <i>Lycopersicon esculentum</i> )	6	1.10±0.22	0.37±0.27		0.11±0.03		0.04±0.01				0.39±0.27	16.10±1.51		
D075	Tomato, ripe, hybrid ( <i>Lycopersicon esculentum</i> )	6	11.83±1.41	0.14±0.03		0.67±0.07		0.02±0.01				0.22±0.03	24.12±2.96		
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	12.24±1.05	0.19±0.02		0.75±0.05		0.02±0.01				0.27±0.02	17.18±1.73		
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	0.40	3.90		0.05						3.90	41.05		

Food code	Food Name	No. of Regions	Ergocalcife	Tocopherols				Tocotrienols				α-Tocopherol	Phylloquino nes (K1)
			rol (D2)	Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta	Equivalent	
			μg	← mg →								μg	
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2	0.38	1.47		0.15						1.48	53.28
E FRUITS													
E001	Apple, big ( <i>Malus domestica</i> )	6	1.46±0.51	0.15±0.04								0.15±0.04	3.65±0.47
E002	Apple, green ( <i>Malus domestica</i> )	6	2.45±0.40	0.10±0.04								0.10±0.04	2.13±0.09
E003	Apple, small ( <i>Malus domestica</i> )	6	1.86±0.19	0.07±0.01								0.07±0.01	2.18±0.40
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	2.04	0.05								0.05	2.55
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	3.98±0.06	0.07±0.01		0.07±0.02	0.29±0.04	0.09±0.01		0.04±0.01		0.11±0.01	5.17±1.17
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	4.31±0.14	0.01±0.01		0.01±0.01	0.07±0.00	0.01±0.00		0.01±0.00		0.01±0.01	6.14±0.76
E007	Avocado fruit ( <i>Persea americana</i> )	1	2.10	0.02								0.02	38.74
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	1.60	0.60								0.60	4.50
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	0.20	0.08		0.07						0.09	2.20
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	0.24	0.07		0.08						0.08	2.60
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	0.21	0.09		0.06						0.09	1.90
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	0.22±0.03	0.08±0.01		0.05±0.01						0.09±0.01	2.80±1.11
E013	Black berry ( <i>Rubus fruticosus</i> )	5	14.65±0.40	0.49±0.04				0.07±0.02	0.05±0.01			0.52±0.04	1.82±0.04
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	4.30±0.44	0.07±0.02								0.06±0.04	5.56±1.10
E015	Currants, black ( <i>Ribes nigrum</i> )	1	3.01	0.45								0.45	27.52
E016	Custard apple ( <i>Annona squamosa</i> )	1	0.18	0.19	0.01							0.19	58.00
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	2.60±0.23	0.02±0.00				0.03±0.00				0.03±0.00	3.34±0.26
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	0.68	0.01				0.06				0.03	4.53
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	0.83	0.02				0.04				0.03	4.93

Table 3. Fat Soluble Vitamins

72

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				μg	←──								



Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				←				→					
				μg	mg								μg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
E063	Strawberry ( <i>Fragaria ananassa</i> )	6	3.95±0.18	0.26±0.05								0.26±0.05	19.81±1.60
E064	Tamarind, pulp ( <i>Tamarindus indicus</i> )	6	25.65±1.86	0.10±0.01								0.10±0.01	1.67±0.33
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6	0.56±0.03	0.04±0.00								0.04±0.00	2.10±1.22
	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	0.56±0.03	0.05±0.01								0.05±0.01	2.80±0.87
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	28.71±2.87	0.01±0.00	0.15±0.01							0.07±0.01	6.80±0.58
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	16.70	0.02								0.02	2.50

F ROOTS AND TUBERS

F001	Beet root ( <i>Beta vulgaris</i> )	6	0.18±0.01	0.09±0.01								0.09±0.01	2.98±0.94
F002	Carrot, orange ( <i>Dacus carota</i> )	6	1.36±0.13	0.19±0.01		0.18±0.01		0.03±0.00				0.21±0.01	18.35±0.19
F003	Carrot, red ( <i>Dacus carota</i> )	4	1.39±0.09	0.19±0.03		0.20±0.03		0.03±0.01				0.22±0.03	18.75±0.81
F004	Colocasia ( <i>Colocasia antiquorum</i> )	6	0.27±0.01	0.32±0.02		0.08±0.01	0.12±0.01					0.33±0.02	3.15±0.90
F005	Lotus root ( <i>Nelumbium nelumbo</i> )	3	0.27±0.06	0.73±0.11								0.73±0.11	44.45±4.37
F006	Potato, brown skin, big ( <i>Solanum tuberosum</i> )	6	0.19±0.02	0.06±0.01								0.06±0.01	2.12±0.31
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	0.22	0.07								0.07	1.80
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	0.20	0.06								0.06	2.30
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	0.04±0.02	0.01±0.01								0.01±0.01	2.10±0.12
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	0.05±0.02	0.01±0.00								0.01±0.00	2.50±0.19
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	0.05	0.01								0.01	2.60
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	0.04	0.01								0.01	1.90
F013	Sweet potato, brown skin ( <i>Ipomoes batatas</i> )	4	1.26±0.31	0.01±0.01								0.01±0.01	3.00±0.84

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			μg	← mg				→					μg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
F014	Sweet potato, pink skin ( <i>Ipomoeas batatas</i> )	3	1.64±0.25	0.01±0.01								0.01±0.01	3.50±0.95
F015	Tapioca ( <i>Manihot esculenta</i> )	3	0.13±0.01	0.19±0.02								0.19±0.02	2.80±0.83
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	1.20	0.09								0.09	3.50
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	1.30±0.23	0.06±0.01	0.69±0.04		0.03±0.01		0.17±0.02			0.34±0.02	4.80±1.46
F018	Yam, ordinary ( <i>Amorphophallus campanulatus</i> )	4	0.23±0.00	0.23±0.01	0.35±0.11		0.04±0.00		0.43±0.03			0.39±0.04	5.50±1.02
F019	Yam, wild ( <i>Dioscorea versicolor</i> )	2	1.18	0.40	0.28		0.05		0.13			0.53	6.00

## G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 ( <i>Capsicum annum</i> )	5	3.14±1.19	0.07±0.02	1.93±0.05			0.26±0.02	20.12±3.87
G002	Chillies, green-2 ( <i>Capsicum annum</i> )	3	3.49±0.84	0.06±0.02	2.10±0.16			0.27±0.02	19.51±3.43
G003	Chillies, green-3 ( <i>Capsicum annum</i> )	5	3.17±0.79	0.06±0.02	2.03±0.25			0.26±0.02	18.05±3.76
G004	Chillies, green-4 ( <i>Capsicum annum</i> )	3	2.87±0.60	0.07±0.02	2.27±0.24			0.30±0.03	22.16±3.48
G005	Chillies, green-5 ( <i>Capsicum annum</i> )	2	3.26±0.51	0.08±0.01	1.73±0.25			0.25±0.03	15.70±1.86
G006	Chillies, green-6 ( <i>Capsicum annum</i> )	1	2.19	0.07	2.46			0.31	18.00
G007	Chillies, green-7 ( <i>Capsicum annum</i> )	1	2.43	0.04	1.80			0.22	19.50
G008	Chillies, green - all varieties ( <i>Capsicum annum</i> )	6	3.11±0.81	0.06±0.02	2.04±0.28			0.27±0.03	19.18±3.42
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	3.55±0.21	0.42±0.03		0.12±0.00	0.07±0.02	0.46±0.03	274±23.4
G010	Curry leaves ( <i>Murraya koenigii</i> )	6	117±4.5	1.71±0.27		0.82±0.07	0.34±0.12	1.82±0.30	275±14.8
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	1.88±0.37	0.07±0.01				0.07±0.01	2.80±1.70
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	1.97±0.19	0.06±0.01				0.06±0.01	3.20±1.22
G013	Garlic, single clove, Kashmir ( <i>Allium sativum</i> )	1	2.89	0.05				0.05	4.50

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)			
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta					
				μg	←-----→						mg			←-----→		μg
				ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG			TOCTRD	VITE	VITK1
G014	Ginger, fresh ( <i>Zinziber officinale</i> )	6	4.09±0.35	0.28±0.03		0.47±0.08						0.32±0.03	25.55±2.45			
G015	Mango ginger ( <i>Curcuma amada</i> )	3	3.10±0.39	0.35±0.07				0.79±0.09				0.59±0.10	27.71±0.70			
G016	Mint leaves ( <i>Mentha spicata</i> )	4	3.37±0.16	0.45±0.07		0.07±0.02						0.46±0.07	164±37.2			
G017	Onion, big ( <i>Allium cepa</i> )	6	0.73±0.19	0.05±0.01								0.05±0.01	4.50±1.47			
G018	Onion, small ( <i>Allium cepa</i> )	5	0.12±0.03	0.06±0.02								0.06±0.02	5.30±1.46			

G    **CONDIMENTS AND SPICES-DRY**

G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	12.59±1.40	0.73±0.08				0.12±0.01				0.77±0.08	46.56±2.21
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	43.72±2.28	0.14±0.02	1.13±0.09			0.59±0.09				0.77±0.06	6.81±0.55
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	43.55±3.33	0.36±0.07	0.83±0.26			1.38±0.06				1.10±0.08	5.74±0.43
G022	Chillies, red ( <i>Capsicum annum</i> )	6	24.36±2.56	0.69±0.21		2.91±1.02						0.98±0.30	274±6.6
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	45.07±2.37	0.46±0.04	0.77±0.07			0.01±0.00				0.77±0.04	161±36.7
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	1.31±0.01	0.91±0.07				0.32±0.02		0.47±0.02	0.24±0.02	1.01±0.06	35.70±2.52
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	12.10±0.07	1.49±0.05								1.49±0.05	146±2.2
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	1.98±0.08	0.02±0.00				0.02±0.00				0.02±0.00	1.50±0.84
G027	Mace ( <i>Myristica fragrans</i> )	6	44.92±2.28	1.05±0.05				10.36±0.16				4.16±0.08	70.44±4.62
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	46.67±0.45	1.18±0.07				0.09±0.00				1.21±0.07	60.92±1.42
G029	Omum ( <i>Trachyspermum ammi</i> )	6	2.62±0.19	0.01±0.00			0.41±0.02				0.11±0.01	0.01±0.00	30.36±3.99
G030	Pippali ( <i>Piper longum</i> )	6	118±1.6	0.01±0.00		0.26±0.03						0.03±0.00	93.45±1.89
G031	Pepper, black ( <i>Piper nigrum</i> )	6	25.68±0.51	0.59±0.15	1.58±0.15	0.45±0.05		0.01±0.00				1.27±0.16	171±31.5
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	33.92±1.81	1.66±0.15		0.10±0.01						1.67±0.15	95.18±2.16
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	18.67±1.38	2.63±0.67	0.28±0.10			0.60±0.06				2.92±0.70	12.80±1.26



Food code	Food Name	No. of Regions	Ergocalcife	Tocopherols				Tocotrienols				α-Tocopherol	Phylloquino nes (K1)
			rol (D2)	Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta	Equivalent	
			µg	← mg →								µg	
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	
H	NUTS AND OIL SEEDS												
H001	Almond ( <i>Prunus amygdalus</i> )	6	1.61±0.16	24.88±3.55	1.87±0.06	1.68±0.19	0.08±0.01	0.21±0.02				25.86±3.54	8.40±0.93
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	12.77±1.10	0.06±0.00	0.22±0.10	0.03±0.01						0.15±0.03	3.78±0.57
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	12.60±1.17	0.04±0.01	0.27±0.01	0.04±0.00						0.17±0.01	3.90±0.55
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	11.03	0.01	0.13	0.02						0.06	3.71
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	3.85±0.23	1.05±0.05	0.05±0.01	5.26±0.05						1.05±0.06	1.83±0.21
H006	Coconut, kernal, dry ( <i>Cocos nucifera</i> )	6		6.02±0.54		0.44±0.01						6.06±0.54	2.88±0.57
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6		2.39±1.11	0.05±0.02	3.19±0.45						2.72±1.09	23.22±1.76
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	1.92±0.11	1.07±0.01								0.07±0.01	24.66±3.01
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	67.83±4.18	1.08±0.01				0.03±0.01				0.09±0.01	110±6.1
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	76.51±2.78	1.22±0.08				0.04±0.01				0.23±0.08	113±7.6
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	62.74±3.34	1.24±0.17				0.07±0.02				1.26±0.17	106±2.4
H012	Ground nut ( <i>Arachis hypogea</i> )	6	7.10±0.72	4.26±0.10				0.04±0.01				0.28±0.10	2.50±0.75
H013	Mustard seeds ( <i>Brassica juncea</i> )	6	31.79±1.56	1.44±0.08				0.04±0.01				0.45±0.08	8.20±1.27
H014	Linseeds ( <i>Linum usitatissimum</i> )	6	0.55±0.13	7.79±0.81		1.51±0.13		1.12±0.01				8.28±0.81	19.17±0.70
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	2.52±0.41	2.59±0.09		7.79±1.04	1.05±0.03		1.08±0.02			1.44±0.17	110±13.5
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	2.70±0.18	2.18±0.10		4.18±0.33	1.25±0.21		1.12±0.02			2.66±0.11	105±14.3
H017	Pine seed ( <i>Pinus gerardiana</i> )	5	0.61±0.08	4.01±0.00								0.01±0.00	44.55±2.44
H018	Pistachio nuts ( <i>Pistacla vera</i> )	6	1.80±0.34	31.41±5.46	4.10±0.67	8.48±1.38	1.55±0.23	0.02±0.01				33.92±5.53	18.65±0.70
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5	1.91±0.17	31.74±6.84	5.88±0.69	9.62±3.19	1.98±0.15	0.06±0.01				35.09±7.13	8.80±1.13
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	1.54±0.18	21.39±0.37	3.42±0.67	3.41±0.32						12.93±1.24	9.20±0.89

Table 3. Fat Soluble Vitamins

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
				←				→					
				μg									
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
H021	Walnut ( <i>Juglans regia</i> )	6	46.31±2.64	2.65±1.09	3.50±0.44	0.43±0.15	0.16±0.03	0.10±0.00				4.12±1.14	84.92±1.55
I	SUGARS												
I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6	0.47±0.06	0.04±0.01								0.04±0.01	
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	0.41±0.01	0.02±0.01								0.02±0.01	
J	MUSHROOMS												
J001	Button mushroom, fresh ( <i>Agaricus</i> sp.)	1	20.54	0.01								0.01	12.50
J002	Chicken mushroom, fresh ( <i>Lactiporus</i> sp.)	1	27.58	0.02								0.02	16.29
J003	Shiitake mushroom, fresh ( <i>Lentinula</i> sp.)	1	36.40	0.01								0.01	12.50
J004	Oyster mushroom, dried ( <i>Pleurotus</i> sp.)	1	109	0.01								0.01	11.80
K	MISCELLANEOUS FOODS												
K001	Toddy	10						0.02±0.01				0.01±0.00	
K002	Coconut Water	6		0.45±0.03								0.45±0.03	2.69±0.18
L	MILK AND MILK PRODUCTS												
L001	Milk, whole, Buffalo	6	1.63±0.13	0.12±0.02	0.09±0.02			0.10±0.02		0.08±0.02		0.19±0.02	
L002	Milk, whole, Cow	6	1.22±0.21	0.14±0.02	0.11±0.01			0.15±0.02		0.08±0.01		0.22±0.02	
L003	Panner	6	0.13±0.04	0.02±0.01								0.02±0.01	
L004	Khoa	6	0.12±0.03	0.03±0.02								0.03±0.02	

Food Code	Food Name	Regions	No. of	Retinol	Cholecalciferol <sup>(D3)</sup> 25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
RETOL	CHOCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2				
M	EGG AND EGG PRODUCTS														
M001	Egg, poultry, whole, raw	6	198±6.7	0.84±0.13		1.47±0.41	0.05±0.01	0.02±0.01	0.03±0.02	0.07±0.01	0.01±0.01	0.02±0.01		1.51±0.41	14.61±0.27
M002	Egg, poultry, white, raw	6		1.05±0.09											
M003	Egg, poultry, yolk, raw	6	539±26.2	3.25±0.47	0.04±0.04	2.94±0.37	0.02±0.01	0.01±0.01	0.04±0.02	0.06±0.02	0.01±0.01	0.01±0.01		2.97±0.36	45.14±3.21
M004	Egg, poultry, whole, boiled	6	180±10.5	0.74±0.10		1.31±0.11	0.04±0.01	0.02±0.01		0.03±0.02	0.01±0.01			1.34±0.10	13.02±1.35
M005	Egg, poultry, white, boiled	6		0.18±0.02											
M006	Egg, poultry, yolk, boiled	6	456±31.2	3.04±0.33		2.77±0.27	0.02±0.01	0.01±0.00	0.03±0.01	0.05±0.02	0.01±0.01			2.80±0.28	40.29±6.52
M007	Egg, poultry, omlet	3	181±18.0	2.98±0.27		1.82±0.17	0.06±0.01	0.03±0.01	0.25±0.10	0.11±0.02	0.01±0.01			1.88±0.17	16.62±1.49
M008	Egg, country hen, whole, raw	1	206	4.46		2.05	0.06	0.03		0.08	0.01			2.10	64.00
M009	Egg, country hen, whole, boiled	1	195	2.99		2.00	0.05	0.03		0.08	0.01			2.05	60.00
M010	Egg, country hen, omlet	1	202	3.44		2.70	0.07	0.04		0.18	0.01			2.79	66.00
M011	Egg, duck, whole, boiled	1	171	1.90		2.04		0.04		0.04				2.06	117
M012	Egg, duck, whole, raw	1	181	2.67		2.45		0.04		0.05				2.47	118
M013	Egg, duck, whole, omlet	1	166	2.10		2.62		0.06		0.11				2.66	111
M014	Egg, quial, whole, raw	1	151	5.72		0.98		0.01		0.05				0.99	8.19
M015	Egg, quial, whole, boiled	1	140	4.91		0.82		0.01		0.04				0.84	4.46
N	POULTRY														
N001	Chicken, poultry, leg, skinless	4	10.95±2.21	1.12	0.02±0.00	0.60±0.10		0.10±0.00		0.02±0.01	0.01±0.01			0.61±0.10	10.78±1.41
N002	Chicken, poultry, thigh, skinless	6	16.48±2.85	1.22	0.02±0.00	0.65±0.13		0.10±0.00		0.01±0.01	0.02±0.01			0.66±0.13	16.17±1.12

Table SolubFa1.3  
Vitamins

FoodCode	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← μg →			← mg →									μg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
N003	Chicken, poultry, breast, skinless	5	6.96±1.36	1.38		0.29±0.10		0.05±0.00		0.01±0.01		0.02±0.01		0.29±0.10	27.80±5.84
N004	Chicken, poultry, wing, skinless	5	31.21±4.75	1.11±0.12		0.57±0.14		0.08±0.00		0.01±0.01		0.02±0.01		0.58±0.14	28.17±3.06
N005	Poultry, chicken, liver	1	3486	2.62	0.02	0.72		0.10						0.73	14.30
N006	Poultry, chicken, gizzard	1	46.78	1.60		0.63								0.63	28.58
N007	Country hen, leg, with skin	1	17.44	1.12		0.69		0.10		0.01	0.01	0.01		0.70	11.31
N008	Country hen, thigh, with skin	1	27.00	1.05		0.54		0.10		0.01	0.02			0.55	18.50
N009	Country hen, breast, with skin	1	8.52	0.80		0.35		0.06		0.01	0.02			0.36	28.88
N010	Country hen, wing, with skin	1	27.52	0.61		0.57		0.08		0.01		0.02		0.58	31.65
N011	Duck, meat, with skin	1	48.86	0.91		0.70				0.01				0.70	7.88
N012	Emu, meat, skinless	1	2.84	0.67		0.40		0.15		0.02				0.42	8.06
N013	Guinea fowl, meat, with skin	1	2.26	1.02		1.75		1.30				0.01		1.88	11.05
N014	Pigeon, meat, with skin	1	15.25	1.20		1.52		0.15			0.01			1.54	7.10
N015	Quail, meat, skinless	1	12.84	1.53		1.59		0.81		0.01				1.67	7.30
N016	Turkey, leg, with skin	1	8.15	0.50		0.72		0.01		0.01				0.72	18.46
N017	Turkey, thigh, with skin	1	13.11	0.36		0.62		0.02		0.01				0.63	25.36
N018	Turkey, breast, with skin	1	8.97	0.52		0.56		0.03		0.02				0.57	26.43
N019	Turkey, wing, with skin	1	18.07	0.52		0.43		0.02		0.01				0.44	18.43
O	ANIMAL MEAT														
O001	Goat, shoulder	6	7.57±1.04	0.80		0.35±0.04								0.35±0.04	5.80±1.29

Food Name		No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
← μg →			← mg →										μg		
RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2			
O002	Goat, chops	6	2.55±0.50	0.40		0.15±0.03						0.15±0.03	6.50±1.06		
O003	Goat, legs	6	8.51±1.19	0.28	0.04±0.00	0.09±0.03						0.09±0.03	9.50±1.86		
O004	Goat, brain	5	1.98±0.92	0.30±0.30		0.08±0.01						0.07±0.04	3.80±1.23		
O005	Goat, tongue	4	8.95±2.16	0.02	0.33±0.00	0.08±0.01						0.08±0.01	1.70±0.16		
O006	Goat, lungs	4	2.75±0.59	0.09	1.31±0.00	0.08±0.01						0.08±0.01	4.60±0.91		
O007	Goat, heart	5	5.90±0.36	0.60		0.09±0.01						0.09±0.01	10.60±0.97		
O008	Goat, liver	6	15655±972	0.56	0.18±0.00	0.61±0.08						0.61±0.08	12.64±2.43		
O009	Goat, tripe	5	2.17±0.52			0.10±0.02						0.10±0.02	11.50±2.06		
O010	Goat, spleen	4	7.85±0.84	0.10	0.36±0.00	0.08±0.02						0.08±0.02	9.00±0.74		
O011	Goat, kidneys	4	68.56±3.91			0.09±0.01						0.09±0.01	3.50±1.46		
O012	Goat, tube (small intestine)	3	2.62±1.01			0.19±0.02						0.13±0.12	11.00±0.99		
O013	Goat, testis	2	2.48	0.55	0.07	0.09						0.09	2.50		
O014	Sheep, shoulder	5	8.71±1.66	0.07±0.04		0.31±0.06						0.31±0.06	6.80±0.57		
O015	Sheep, chops	4	3.49±0.44	0.47		0.10±0.02						0.10±0.02	7.30±0.45		
O016	Sheep, leg	5	9.93±1.67	2.14	0.65±0.00	0.08±0.02						0.08±0.02	8.90±1.38		
O017	Sheep, brain	1	1.55	1.06		0.09						0.09	2.80		
O018	Sheep, tongue	1	7.33			0.07						0.07	1.50		
O019	Sheep, lungs	2	2.45	0.12	0.19	0.08						0.08	4.90		
O020	Sheep, heart	1	4.64	0.80		0.15						0.15	9.70		
O021	Sheep, liver	4	14106±866	0.31	0.36±0.00	0.60±0.04						0.60±0.04	14.70±1.24		
O022	Sheep, tripe	2	2.72			0.20						0.20	10.90		

Table 3. Fat Soluble Vitamins

Food Code	Food Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
			←	μg	→	←	mg				→				μg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
O023	Sheep, spleen	1	6.61			0.10								0.10	7.50
O024	Sheep, kidneys	2	68.68	0.37	0.07	0.10								0.10	2.90
O025	Beef, shoulder	6	15.51±2.43	0.46	0.14±0.00	0.40±0.12								0.40±0.12	2.90±1.12
O026	Beef, chops	4	2.43±0.40	0.47	0.05±0.00	0.30±0.03								0.30±0.03	2.80±1.07
O027	Beef, round (leg)	6	2.52±0.64	0.43	0.11±0.00	0.40±0.09								0.40±0.09	5.80±1.29
O028	Beef, brain	4	2.18±0.22	0.69	0.05±0.00	0.10±0.02								0.10±0.02	2.70±0.85
O029	Beef, tongue	4	5.56±0.53	0.61	0.15±0.00	0.11±0.02								0.11±0.02	1.90±0.26
O030	Beef, lungs	3	1.89±0.16			0.11±0.04								0.11±0.04	3.70±1.05
O031	Beef, heart	5	10.13±1.52	5.71	0.27±0.00	0.10±0.02								0.10±0.02	2.50±1.02
O032	Beef, liver	6	9119±707		4.00±0.00	0.60±0.06								0.60±0.06	4.00±1.31
O033	Beef, tripe	5	4.29±0.30	4.00	0.06±0.00	0.41±0.08								0.41±0.08	3.50±0.64
O034	Beef, spleen	6	8.71±1.00	0.33		0.10±0.01								0.10±0.01	2.50±1.00
O035	Beef, kidneys	3	98.04±9.31	0.53	0.11±0.00	0.08±0.03								0.08±0.03	2.50±0.92
O036	Calf, shoulder	2	13.17			0.30								0.30	3.50
O037	Calf, chops	2	2.10	0.74		0.30								0.30	3.20
O038	Calf, round (leg)	2	2.42	0.97		0.20								0.20	6.20
O039	Calf, brain	2	1.41	0.61	7.98	0.10								0.10	3.00
O040	Calf, tongue	2	4.63			0.10								0.10	1.70
O041	Calf, heart	1	4.83			0.10								0.10	1.90
O042	Calf, liver	1	9664			0.50								0.50	5.00
O043	Calf, spleen	1	6.32	0.29		0.10								0.10	2.50

Food Name		No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
← μg →		← mg →													
RETOL	CHOCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2				
O044	Calf, kidneys	2	95.73			0.10							0.10	3.10	
O045	Mithun, shoulder	1	12.68	0.06		0.30							0.30	3.80	
O046	Mithun, chops	1	2.62	0.08		0.20							0.20	4.20	
O047	Mithun, round (leg)	1	2.47	0.04		0.30							0.30	8.50	
O048	Pork, shoulder	6	5.12±0.89	9.03	0.35±0.00	0.30±0.18							0.30±0.18	1.80±0.34	
O049	Pork, chops	6	1.51±0.26	4.83±0.60	2.27±1.00	0.11±0.02							0.11±0.02	2.20±0.73	
O050	Pork, ham	6	2.98±0.30	5.85		0.20±0.04							0.20±0.04	5.30±1.39	
O051	Pork, lungs	4	5.14±0.40	1.91	0.14±0.00	0.11±0.03							0.11±0.03	3.80±0.68	
O052	Pork, heart	4	7.16±0.88			0.10±0.02							0.10±0.02	3.50±0.93	
O053	Pork, liver	5	8759±798	2.97	0.23±0.00	0.85±0.08							0.85±0.08	4.50±0.92	
O054	Pork, stomach	1	3.34	0.42	0.13	0.30							0.30	3.50	
O055	Pork, spleen	3	8.44±0.81			0.17±0.06							0.17±0.06	2.50±0.83	
O056	Pork, kidneys	5	72.53±6.91	2.92	0.24±0.00	0.19±0.06							0.19±0.06	1.50±0.19	
O057	Pork, tube (small intestine)	1	1.13	1.01		0.20							0.20	3.50	
O058	Hare, shoulder	1	8.88	0.06		1.46						0.58	1.46	25.59	
O060	Hare, leg	1	2.84	0.09		1.73						0.69	1.73	23.65	
O059	Hare, chops														
		1	1.26	0.08		1.44						0.58	1.44	22.18	
O061	Rabbit, shoulder	1	5.90	0.57		1.22						0.49	1.22	24.68	
O062	Rabbit, chops	1	3.88	0.70		0.83						0.33	0.83	25.88	
O063	Rabbit, leg	1	8.49	0.43		0.72						0.29	0.72	23.85	





No.	Fish Name	No. of Regions	Cholecalciferol			Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
			Retinol	ferol (D3)	25-OH-D3										
			← μg →			← mg →				→					
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
P020	Kadal bral ( <i>Synodus indicus</i> )	1	10.63	1.20	0.42	0.12								0.12	0.55
P021	Kadali ( <i>Nemipterus mesoprion</i> )	1	25.61	0.84	0.20	0.58								0.58	1.02
P022	Kalamaara ( <i>Leptomelanosoma indicum</i> )	2	9.04	1.45	0.05	0.82								0.82	0.85
P023	Kalava ( <i>Epinephelus coioides</i> )	1	1.29	1.86	0.07	0.33								0.33	1.63
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2	16.42	0.82	0.34	0.59								0.59	2.15
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3	12.37±5.10	0.10±0.03	0.19±0.03	0.70±0.24								0.70±0.24	0.92±0.05
P026	Karimeen ( <i>Etroplus suratensis</i> )	1	1.29	0.87	0.13	0.37								0.37	12.04
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1	1.82	1.24	0.04	0.12								0.12	0.85
P028	Kayrai ( <i>Thunnus albacores</i> )	2	10.19	3.12	0.13	0.75								0.75	1.70
P029	Kiriyan ( <i>Atule mate</i> )	1	1.62	0.38	0.38	0.35								0.35	0.93
P030	Kite fish ( <i>Mobula kuhlii</i> )	1	1.52	0.03	0.01	0.24								0.24	1.54
P031	Korka ( <i>Terapon jarbua</i> )	1	6.55	0.34	0.02	0.63								0.63	1.31
P032	Kulam paarai ( <i>Carangoides fulvoguttatus</i> )	1	3.64	2.45	0.31	1.05								1.05	0.88
P033	Maagaa ( <i>Polynemus plebeius</i> )	1	1.76	1.18	0.09	1.03								1.03	0.75
P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3	16.34±16.88	0.22±0.02	0.23±0.02	0.71±0.29								0.71±0.29	5.25±0.01
P035	Manda clathi ( <i>Naso reticulatus</i> )	1	1.99	1.46	0.45	0.16								0.16	0.46
P036	Matha ( <i>Acanthurus mata</i> )	2	4.99	1.95	0.11	0.61								0.61	0.78
P037	Milk fish ( <i>Chanos chanos</i> )	1	3.29	1.20	0.02	1.86								1.86	1.18
P038	Moon fish ( <i>Mene maculata</i> )	1	8.94	0.48	0.09	1.20								1.20	4.20
P039	Mullet ( <i>Mugil cephalus</i> )	3	18.38±15.27	0.31±0.07	0.19±0.02	0.53±0.63								0.53±0.63	0.83±0.03

Table 3. Fat Soluble Vitamins

Food Code	Fish Name	No. of Regions	Retinol	Cholecalci ferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquin ones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← μg →			← mg →									μg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
P040	Murai ( <i>Tylosurus crocodilus crocodilus</i> )	1	1.61	0.86	0.01	0.44								0.44	1.34
P041	Myil meen ( <i>Istiophorus platypterus</i> )	2	21.51	0.18	0.22	0.53								0.53	0.89
P042	Nalla bontha ( <i>Epinephelus</i> sp.)	1	2.40	0.54	0.01	0.11								0.11	1.20
P043	Narba ( <i>Caranx sexfasciatus</i> )	2	2.93	0.19	0.20	0.90								0.90	1.11
P044	Paarai ( <i>Caranx heberi</i> )	1	3.23	1.40	0.38	0.30								0.30	0.97
P045	Padayappa ( <i>Canthidermis maculata</i> )	1	1.46	0.62	0.08	0.25								0.25	0.63
P046	Pali kora ( <i>Panna microdon</i> )	1	1.89	0.11	0.02	0.44								0.44	1.92
P047	Pambada ( <i>Lepturacanthus savala</i> )	2	2.88	1.15	0.20	0.55								0.55	0.98
P048	Pandukopa ( <i>Pseudosciaena manchurica</i> )	1	1.33	0.20	0.10	0.47								0.47	0.62
P049	Parava ( <i>Lactarius lactarius</i> )	1	2.56	1.12	0.01	0.55								0.55	0.66
P050	Parcus ( <i>Psettodes erumei</i> )	1	1.72	0.57	0.20	0.30								0.30	1.84
P051	Parrot fish ( <i>Scarus ghobban</i> )	1	2.47	0.67	0.01	0.26								0.26	2.83
P052	Perinkilichai ( <i>Pinjalo pinjalo</i> )	1	1.62	0.36	0.08	1.10								1.10	0.95
P053	Phopat ( <i>Coryphaena hippurus</i> )	4	3.52±3.27	0.43±0.24	0.25±0.16	0.58±0.60								0.58±0.60	0.75±0.11
P054	Piranha ( <i>Pygoprits</i> sp.)	1	1.05	1.06	0.09	0.37								0.37	3.15
P055	Pomfret, black ( <i>Parastromateus niger</i> )	1	10.55	2.28	0.66	0.60								0.60	102
P056	Pomfret, snub nose ( <i>Trachinotus blochii</i> )	2	3.91	0.51	0.08	1.54								1.54	0.84
P057	Pomfret, white ( <i>Pampus argenteus</i> )	2	30.31	0.61	0.10	1.26								1.26	0.99
P058	Pranel ( <i>Gerres</i> sp.)	1	1.84	0.54	0.01	0.42								0.42	0.69
P059	Pulli paarai ( <i>Gnathanodon speciosus</i> )	1	1.75	1.60	0.01	0.82								0.82	1.24

[illegible]



FoodCode	Fish Name	NoofRegions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)	
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta			
			← μg →			← mg →										
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2	
Q006	Oyster (Crassostrea sp.)	1	25.36	0.82	0.04	1.11								1.11	1.72	
Q007	Tiger prawns, brown (Solenocera crassicornis)	1	1.24	1.18	0.35	3.04								3.04	297	
Q008	Tiger Prawns, orange (Penaeus monodon)	1	6.55	1.62	0.63	2.87								2.87	2.32	

R MARINE MOLLUSKS

R001	Clam, green shell ( <i>Perna viridis</i> )	1	29.04	0.86	0.07	2.70								2.70	1.48
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	8.50	2.08	0.10	1.21								1.21	1.53
R003	Octopus ( <i>Octopus vulgaris</i> )	1	28.00	0.43	0.24	0.66								0.66	0.84
R004	Squid, black ( <i>Loligo</i> sp.)	1	2.55	0.57	0.32	0.68								0.68	1.14
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	1.93	0.78	0.22	0.55								0.55	2.26
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	4.72	1.05	0.18	0.47								0.47	1.14
R007	Squid, white, small ( <i>Uroteuthis duvauceli</i> )	1	8.55	0.55	0.16	0.66								0.66	1.84

S FRESHWATER FISH AND SHELLFISH

S001	Cat fish ( <i>Tandanus tandanus</i> )	2	13.59±0.70	1.37±0.12	0.11±0.02	0.38±0.00								0.38±0.00	0.96±0.00
S002	Catla ( <i>Catla catla</i> )	6	4.32±0.78	1.90±0.19	0.16±0.04	2.35±0.00								2.35±0.00	1.12±0.02
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1	866	3.81	0.57	1.80								1.80	1.23
S004	Gold fish ( <i>Carassius auratus</i> )	2	22.95	0.21	0.07	2.10								2.10	1.26
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6	14.59±0.00	0.20±0.04	0.08±0.04	2.80±0.00								2.80±0.00	0.92±0.07
S006	Rohu ( <i>Labeo rohita</i> )	6	3.87±0.94	0.84±0.11	0.17±0.03	2.40±0.00								2.40±0.00	1.03±0.24

Table 3. Fat Soluble Vitamins

Food Code	Fish Name	No. of Regions	Retinol	Cholecalci ferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquin ones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← μg →			← mg →									μg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
S007	Crab ( <i>Pachygrapsus sp.</i> )	1	12.55	1.20	0.17	4.85								4.85	0.91
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1	3.56	0.35	0.10	2.85									0.84
S009	Prawns, small ( <i>Macrobrachium sp.</i> )	3	2.78	0.95	0.15	1.75								1.75	0.80
S010	Tiger prawns ( <i>Macrobrachium sp.</i> )	2	0.55	1.34	0.27	1.65								1.65	1.02