

**Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE**

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

Food Code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy
							9	Total	Insoluble	
								FATBG	FIBINS	
<b>A CEREALS AND MILLETS</b>										
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	9.89	14.59	2.78	5.74	7.02	5.76	1.26	59.98
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	9.20±0.40	13.27±0.34	3.05±0.30	5.56±0.33	7.47±0.09	5.80±0.17	1.67±0.21	61.46±0.60
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	8.97±0.60	10.96±0.26	1.37±0.17	5.43±0.64	11.49±0.62	9.14±0.58	2.34±0.42	61.78±0.85
A004	Barley ( <i>Hordeum vulgare</i> )	6	9.77±0.38	10.94±0.51	1.06±0.22	1.30±0.20	15.64±0.64	9.98±0.62	5.66±0.68	61.29±0.77
A005	Jowar ( <i>Sorghum vulgare</i> )	6	9.01±0.77	9.97±0.43	1.39±0.34	1.73±0.31	10.22±0.49	8.49±0.40	1.73±0.40	67.68±1.03
A006	Maize, dry ( <i>Zea mays</i> )	6	9.26±0.55	8.80±0.49	1.17±0.16	3.77±0.48	12.24±0.93	11.29±0.85	0.94±0.18	64.77±1.58
A007	Maize, tender, local ( <i>Zea mays</i> )	6	68.29±0.52	3.57±0.42	0.38±0.04	1.40±0.30	3.67±0.26	3.23±0.23	0.43±0.07	22.69±0.94
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	74.40±0.71	4.16±0.41	0.36±0.06	1.35±0.07	3.30±0.51	2.71±0.53	0.59±0.11	16.42±0.89
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1	10.43	13.11	2.65	5.50	14.66	10.21	4.46	53.65
A010	Ragi ( <i>Eleusine coracana</i> )	5	10.89±0.61	7.16±0.63	2.04±0.34	1.92±0.14	11.18±1.14	9.51±0.65	1.67±0.55	66.82±0.73
A011	Rice flakes ( <i>Oryza sativa</i> )	6	10.36±0.53	7.44±0.35	0.85±0.13	1.14±0.11	3.46±0.32	2.65±0.34	0.81±0.12	76.75±0.96
A012	Rice puffed ( <i>Oryza sativa</i> )	6	9.40±0.22	7.47±0.15	1.28±0.10	1.62±0.13	2.56±0.33	1.78±0.13	0.80±0.38	77.68±0.54
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	9.33±0.39	9.16±0.75	1.04±0.18	1.24±0.08	4.43±0.54	3.60±0.55	0.82±0.15	74.80±0.85
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	10.09±0.43	7.81±0.63	0.65±0.08	0.55±0.08	3.74±0.36	2.98±0.35	0.76±0.09	77.16±0.76
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6	9.93±0.75	7.94±0.58	0.56±0.08	0.52±0.05	2.81±0.42	1.99±0.39	0.82±0.22	78.24±1.07
A016	Samai ( <i>Panicum miliare</i> )	6	11.36±0.19	10.13±0.45	1.34±0.16	3.89±0.35	7.72±0.92	5.45±0.48	2.27±0.52	65.55±1.29
A017	Varagu ( <i>Paspalum scrobiculatum</i> )	5	14.23±0.45	8.92±1.09	1.72±0.27	2.55±0.13	6.39±0.60	4.29±0.82	2.11±0.34	66.19±1.19
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	11.34±0.93	10.36±0.29	0.51±0.07	0.76±0.07	2.76±0.29	2.14±0.30	0.62±0.14	74.27±0.92

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

## B GRAIN LEGUMES

Food code	Food Name	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy	
						WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS
B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	9.18±0.58	21.55±1.45	2.10±0.10	5.31±0.06	15.15±0.17	12.67±0.22	2.48±0.15	46.72±1.29	1377±10
B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	8.56±0.37	18.77±0.42	2.78±0.13	5.11±0.11	25.22±0.39	22.70±0.60	2.52±0.87	39.56±0.16	1201±9
B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	9.16±0.35	23.06±0.59	3.17±0.02	1.69±0.12	11.93±0.26	7.53±0.13	4.35±0.15	51.00±0.80	1356±9
B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	8.70±0.33	21.97±0.63	3.35±0.03	1.58±0.06	20.41±0.06	15.47±0.05	4.94±0.07	43.99±0.76	1219±5
B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	9.42±0.39	20.36±0.59	2.90±0.11	1.15±0.06	11.54±0.13	8.75±0.09	2.80±0.05	54.62±0.49	1340±7
B006	Cowpea, white ( <i>Vigna catjang</i> )	1	9.32	21.25	2.83	1.14	11.70	8.91	2.79	53.77	1340
B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	9.57	19.93	2.73	0.92	23.40	17.99	5.41	43.46	1155
B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	8.74	19.90	2.74	0.98	22.40	17.32	5.08	45.24	1184
B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	8.61±0.36	19.84±1.04	3.09±0.15	0.94±0.02	22.99±0.83	17.45±2.27	5.54±2.28	44.53±1.42	1173±24
B010	Green gram, dal ( <i>Vigna radiata</i> )	6	9.77±0.67	23.88±0.61	3.04±0.03	1.35±0.20	9.37±0.38	7.75±0.39	1.62±0.19	52.59±0.45	1363±10
B011	Green gram, whole ( <i>Vigna radiata</i> )	6	9.95±0.42	22.53±0.43	3.22±0.04	1.14±0.17	17.04±0.38	14.59±0.42	2.44±0.15	46.13±0.64	1229±10
B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	9.28±0.57	21.73±0.29	3.24±0.11	0.62±0.04	7.88±0.02	6.22±0.03	1.66±0.03	57.24±0.50	1379±9
B013	Lentil dal ( <i>Lens culinaris</i> )	6	9.71±0.48	24.35±1.10	2.23±0.13	0.75±0.04	10.43±0.39	8.60±0.42	1.83±0.23	52.53±1.05	1349±11

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy
							g			
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBNS	FIBSOL	CHOAVLDF ENERC
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	9.20±0.77	22.49±0.58	2.39±0.35	0.64±0.02	16.82±1.30	14.16±1.33	2.66±0.42	48.47±1.12 1251±23
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	9.75	22.87	2.20	0.61	16.66	14.15	2.51	47.91 1246
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	8.14±0.49	19.75±0.38	3.14±0.18	1.76±0.09	15.12±0.49	14.50±0.44	0.62±0.10	52.09±0.96 1291±16
B017	Peas, dry ( <i>Pisum sativum</i> )	6	9.33±0.61	20.43±0.79	2.41±0.09	1.89±0.08	17.01±0.63	14.55±0.73	2.47±0.17	48.93±0.45 1269±13
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	8.69	19.01	3.35	1.62	17.74	15.16	2.58	49.59 1247
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	9.68±0.79	19.50±0.84	3.36±0.19	1.68±0.07	16.95±0.27	14.33±0.19	2.62±0.16	48.83±0.59 1245±12
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	9.87±0.30	19.91±1.44	3.28±0.21	1.77±0.04	16.57±0.63	13.86±0.43	2.70±0.20	48.61±0.65 1252±14
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	9.20±0.61	21.70±0.50	3.26±0.03	1.56±0.03	9.06±0.30	6.67±0.23	2.39±0.15	55.23±0.83 1384±10
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	9.30±0.45	20.47±0.72	3.53±0.03	1.38±0.08	22.84±0.43	19.69±0.30	3.15±0.34	42.48±0.77 1146±10
B023	Ricebean ( <i>Vigna umbellata</i> )	1	11.12	19.97	3.54	0.74	13.37	10.04	3.33	51.26 1265
B024	Soybean, brown ( <i>Glycine max</i> )	6	5.51±0.13	35.58±0.66	4.74±0.31	19.82±0.26	21.55±0.66	16.56±0.30	5.00±0.52	12.79±0.97 1596±11
B025	Soybean, white ( <i>Glycine max</i> )	1	5.47	37.80	4.52	19.42	22.63	17.04	5.59	10.16 1579

## C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	74.43	8.01	2.42	1.35	8.60	6.00	2.60	5.21 295
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	86.85±1.21	3.29±0.57	2.52±0.32	0.65±0.07	4.41±0.10	3.21±0.08	1.20±0.09	2.28±0.62 128±17
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1	85.56	3.93	2.61	0.63	4.91	3.72	1.19	2.37 140
C004	Amaranth leaves, red and green mix ( <i>Amaranthus gangeticus</i> )	4	86.37±0.38	3.09±0.14	2.55±0.20	0.53±0.03	4.60±0.36	3.23±0.18	1.37±0.23	2.87±0.35 132±6
C005	Amaranth spined, leaves, green ( <i>Amaranthus spinosus</i> )	4	86.46±0.48	3.54±0.31	2.94±0.21	0.36±0.02	5.10±0.32	3.89±0.26	1.20±0.07	1.61±0.40 110±5
C006	Amaranth spined, leaves, red and green mix ( <i>Amaranthus spinosus</i> )	2	86.64	2.80	3.20	0.34	5.57	3.82	1.75	1.45 99
C007	Basella leaves ( <i>Basella alba</i> )	2	92.68	1.57	1.09	0.45	2.21	1.64	0.57	2.01 82

Table 1. Proximate Principles and Dietary Fibre

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

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Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy	
							g	Total	Insoluble	Soluble	
C028	Parsley ( <i>Petroselinum crispum</i> )	3	77.76±11.13	5.55±0.34	2.25±0.17	1.14±0.12	3.87±0.05	2.79±0.15	1.09±0.12	9.43±1.05	305±18
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	79.43	5.29	2.65	0.71	6.74	5.63	1.11	5.17	213
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	85.82±1.04	4.21±0.41	2.24±0.21	0.74±0.03	2.25±0.09	1.56±0.13	0.69±0.15	4.75±1.01	185±15
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	91.19±0.53	2.22±0.23	1.50±0.21	0.51±0.05	1.82±0.10	1.18±0.04	0.63±0.07	2.77±0.34	109±9
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	93.18	1.62	1.27	0.33	1.27	0.93	0.34	2.33	82
C033	Spinach ( <i>Spinacia oleracea</i> )	6	90.31±0.46	2.14±0.14	2.47±0.38	0.64±0.03	2.38±0.24	1.52±0.15	0.86±0.10	2.05±0.31	102±7
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	71.69±0.06	5.84±0.01	1.25±0.06	0.49±0.01	10.70±0.02	9.34±0.01	1.36±0.01	10.04±0.02	299±1

## D OTHER VEGETABLES

D001	Ash gourd ( <i>Benincasa hispida</i> )	6	92.17±0.42	0.79±0.06	0.70±0.08	0.14±0.02	3.37±0.23	2.52±0.26	0.85±0.13	2.84±0.22	73±4
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	94.56	1.33	0.55	0.35	1.55	1.06	0.49	1.67	68
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	85.51±1.22	2.86±0.27	0.96±0.03	0.99±0.06	4.50±0.25	3.76±0.14	0.74±0.21	5.16±1.45	179±21
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	90.87±0.56	1.44±0.17	0.86±0.04	0.24±0.01	3.78±0.16	3.10±0.19	0.68±0.07	2.82±0.32	87±6
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	91.60±0.28	1.34±0.12	0.81±0.06	0.24±0.01	3.49±0.18	2.96±0.10	0.53±0.11	2.53±0.26	79±5
D006	Bottle gourd, elongate, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	91.24	1.61	0.88	0.26	3.72	3.05	0.67	2.29	81
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	95.17±0.33	0.53±0.05	0.36±0.04	0.13±0.02	2.12±0.07	1.65±0.05	0.48±0.07	1.68±0.33	46±6
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	94.50±0.32	0.42±0.02	0.34±0.05	0.12±0.03	2.10±0.15	1.72±0.13	0.38±0.05	2.53±0.21	57±3
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	94.63	0.49	0.40	0.13	2.11	1.74	0.37	2.25	54
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	89.95	1.77	0.83	0.39	3.57	2.37	1.20	3.49	114
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	90.28	1.82	0.85	0.34	4.01	2.80	1.21	2.71	99
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	90.02	1.36	0.65	0.33	4.26	3.10	1.16	3.38	102

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

Table 1. Proximate Principles and Dietary Fibre

Food code	No. of Regions	Food Name	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy			
							WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF
g										KJ				
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	92.99±1.47	1.47±0.36	0.76±0.14	0.47±0.05	2.19±0.17	1.58±0.13	0.61±0.10	2.14±1.06	83±24			
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	93.38±0.37	1.35±0.35	0.72±0.12	0.41±0.02	2.19±0.13	1.39±0.06	0.80±0.08	1.95±0.16	78±4			
D036	Cauliflower ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	90.76±0.22	2.15±0.15	0.91±0.10	0.44±0.03	3.71±0.27	2.66±0.35	1.04±0.13	2.03±0.22	96±5			
D037	Celery stalk ( <i>Apium graveolens</i> )	3	92.87±0.22	0.98±0.13	1.50±0.16	0.24±0.04	2.09±0.13	1.57±0.07	0.52±0.16	2.33±0.23	69±6			
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4	93.78±0.12	0.66±0.07	0.38±0.05	0.15±0.03	1.55±0.08	1.19±0.07	0.36±0.12	3.47±0.18	79±2			
D039	Cluster beans ( <i>Cyamopsis tetragonoloba</i> )	6	84.65±0.83	3.55±0.38	1.68±0.13	0.37±0.04	4.83±0.54	3.55±0.48	1.28±0.13	4.91±0.58	168±15			
D040	Colocasia, stem, black ( <i>Colocasia esculenta</i> )	1	91.15	0.76	0.91	0.34	3.01	1.81	1.20	3.83	100			
D041	Colocasia, stem, green ( <i>Colocasia esculenta</i> )	5	92.67±0.44	0.91±0.16	1.00±0.04	0.22±0.02	2.33±0.06	1.26±0.03	1.07±0.08	2.86±0.34	81±7			
D042	Corn, baby ( <i>Zea mays</i> )	6	75.44±0.98	2.69±0.23	2.79±0.21	1.33±0.23	6.09±0.50	4.47±0.28	1.62±0.31	11.66±1.40	306±18			
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	92.96±0.48	0.71±0.11	0.54±0.06	0.16±0.04	2.14±0.42	1.52±0.43	0.63±0.11	3.48±0.47	82±8			
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	93.52±0.44	0.83±0.14	0.52±0.06	0.18±0.05	2.13±0.26	1.60±0.33	0.54±0.16	2.82±0.49	73±10			
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	92.80	0.98	0.52	0.24	2.46	1.78	0.68	3.01	82			
D046	Drumstick ( <i>Moringa oleifera</i> )	6	85.39±0.64	2.62±0.22	1.27±0.09	0.12±0.01	6.83±0.22	5.60±0.26	1.23±0.06	3.76±0.70	123±11			
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	86.98	3.06	0.94	0.64	5.64	4.84	0.79	2.75	129			
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	85.57±1.32	3.71±0.62	1.08±0.12	0.60±0.02	6.19±0.47	5.37±0.43	0.82±0.10	2.85±0.32	140±15			
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	89.14±0.52	2.49±0.21	1.05±0.09	0.26±0.02	4.38±0.41	3.88±0.36	0.51±0.11	2.68±0.48	102±8			
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	90.11	2.12	0.77	0.19	4.18	3.53	0.65	2.63	93			
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5	85.52±0.86	1.98±0.16	0.99±0.10	0.35±0.05	7.69±0.20	7.15±0.13	0.54±0.08	3.48±0.70	110±15			
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5	72.32±0.53	5.79±0.14	1.02±0.16	0.44±0.03	8.63±0.09	7.83±0.05	0.80±0.07	11.81±0.74	322±10			
D053	Knol - Khai ( <i>Brassica oleracea</i> )	6	93.14±0.27	1.58±0.24	0.79±0.03	0.35±0.02	2.75±0.07	2.31±0.09	0.44±0.04	1.39±0.21	67±4			
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	92.73±0.61	1.39±0.23	0.58±0.07	0.24±0.08	3.00±0.26	2.19±0.18	0.81±0.11	2.01±0.54	73±10			

Table 1. Proximate Principles and Dietary Fibre

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

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy		
							WATER	PROTCNT	ASH			
D076	Tomato, ripe, local ( <i>Lycopersicon esculentum</i> )	6	93.62±0.16	0.90±0.07	0.52±0.08	0.47±0.06	1.77±0.04	1.44±0.11	0.33±0.08	2.71±0.08	82±4	
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	92.83	1.10	0.93	0.51		2.30	1.42	0.88	2.33	84
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2	93.15	1.31	1.08	0.44		1.84	1.37	0.47	2.20	79

## E FRUITS

E001	Apple, big ( <i>Malus domestica</i> )	6	83.01±0.94	0.29±0.08	0.36±0.04	0.64±0.04	2.59±0.15	1.43±0.15	1.16±0.17	13.11±0.76	261±15
E002	Apple, green ( <i>Malus domestica</i> )	6	85.54±0.98	0.46±0.07	0.31±0.04	0.50±0.05	2.54±0.26	1.72±0.22	0.81±0.16	10.65±1.00	214±17
E003	Apple, small ( <i>Malus domestica</i> )	6	82.91±0.48	0.31±0.05	0.24±0.02	0.53±0.05	2.06±0.12	1.44±0.09	0.62±0.12	13.95±0.48	267±8
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	82.79	0.27	0.29	0.60	2.07	1.53	0.54	13.99	269
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	16.68±0.59	3.17±0.29	3.46±0.14	0.74±0.03	3.32±0.13	2.72±0.11	0.60±0.04	72.63±0.27	1321±9
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	85.75±0.81	1.47±0.15	0.61±0.16	0.64±0.04	0.59±0.01	0.43±0.02	0.16±0.02	10.93±0.88	236±12
E007	Avocado fruit ( <i>Persea sp.</i> )	1	73.56	2.95	1.19	13.86	6.69	5.26	1.42	1.75	604
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	61.36	2.63	0.91	0.57	6.31	3.31	3.00	28.21	569
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	70.13	1.25	1.15	0.32	2.21	1.43	0.78	24.95	463
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	71.32	1.49	1.09	0.35	2.33	1.29	1.04	23.41	445
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	70.28	1.29	0.95	0.29	1.98	1.26	0.72	25.21	467
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	71.93±0.85	1.23±0.08	0.94±0.17	0.33±0.01	1.94±0.07	1.23±0.10	0.71±0.07	23.63±0.74	440±14
E013	Black berry ( <i>Rubus sp.</i> )	5	82.94±0.42	0.92±0.10	0.52±0.04	0.63±0.02	4.35±0.25	3.44±0.16	0.91±0.13	10.64±0.35	227±6
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	83.61±0.21	1.49±0.22	0.45±0.02	0.46±0.05	2.12±0.12	1.35±0.09	0.78±0.06	11.87±0.31	250±4
E015	Currants, black ( <i>Ribes nigrum</i> )	1	83.27	1.51	0.69	0.53	4.07	2.43	1.64	9.93	227
E016	Custard apple ( <i>Annona squamosa</i> )	1	71.55	1.62	0.68	0.67	5.10	3.17	1.93	20.38	414

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy	
							WATER	PROTCNT	ASH	FATCE	FIBTG
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	11.14±0.73	2.45±0.24	2.20±0.07	0.35±0.03	8.95±0.23	7.53±0.22	1.42±0.14	74.91±0.52	1340±12
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	13.13	2.38	2.39	0.35	9.10	7.57	1.53	72.67	1301
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	22.01	1.18	1.93	0.41	6.52	5.68	0.84	67.95	1197
E020	Fig ( <i>Ficus carica</i> )	6	75.60±1.16	2.03±0.22	1.08±0.18	0.37±0.06	4.64±0.41	2.59±0.22	2.05±0.23	16.28±1.13	341±18
E021	Gooseberry ( <i>Embleba officinalis</i> )	5	87.02±0.78	0.34±0.03	0.34±0.05	0.16±0.04	7.75±0.64	6.20±0.43	1.55±0.43	4.39±1.09	99±19
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4	83.88±0.56	0.76±0.13	0.46±0.04	0.32±0.02	1.35±0.14	0.82±0.06	0.52±0.09	13.23±0.60	254±11
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5	85.07±0.29	0.77±0.12	0.43±0.05	0.29±0.03	1.25±0.04	0.81±0.02	0.44±0.02	12.19±0.20	235±4
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5	84.46±1.60	0.95±0.11	0.48±0.07	0.29±0.04	1.28±0.10	0.85±0.05	0.43±0.09	12.55±1.38	244±26
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5	75.30±1.55	1.41±0.26	0.70±0.13	0.46±0.11	1.64±0.15	0.98±0.19	0.66±0.08	20.48±0.97	395±23
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5	85.55±1.70	0.62±0.13	0.47±0.08	0.26±0.02	1.28±0.05	0.85±0.05	0.44±0.01	11.81±1.52	224±28
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5	76.90±1.40	1.24±0.25	0.49±0.05	0.35±0.03	1.15±0.19	0.83±0.04	0.32±0.15	19.86±1.58	374±25
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5	83.79±0.30	1.44±0.09	0.72±0.05	0.32±0.03	8.59±0.05	7.14±0.02	1.45±0.04	5.13±0.33	135±5
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5	81.22±0.45	1.19±0.19	0.81±0.06	0.25±0.03	7.39±0.38	6.12±0.29	1.28±0.09	9.14±0.27	195±6
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5	78.56±0.34	2.74±0.47	0.91±0.08	0.15±0.02	3.62±0.17	2.21±0.17	1.41±0.06	14.01±0.56	302±3
E031	Jambu fruit, ripe ( <i>Syzygium samarangense</i> )	2	83.33	0.82	0.31	0.17	3.07	2.40	0.67	12.30	235
E032	Karonda fruit ( <i>Carissa carandas</i> )	1	86.04	1.15	1.02	1.67	7.25	5.87	1.38	2.87	141
E033	Lemon, juice ( <i>Citrus limon</i> )	6	91.59±0.53	0.41±0.05	0.28±0.03	0.75±0.02				6.97±0.56	153±9
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6	91.32±0.33	0.76±0.09	0.47±0.03	0.20±0.06	2.07±0.11	1.33±0.04	0.74±0.08	5.18±0.37	114±5
E035	Litchi ( <i>Litchi chinensis</i> )	4	85.56±0.27	0.99±0.09	0.44±0.06	0.26±0.02	1.34±0.05	0.81±0.10	0.53±0.06	11.41±0.20	225±5
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6	88.44±0.55	0.54±0.10	0.42±0.04	0.55±0.03	1.88±0.15	1.01±0.08	0.87±0.11	8.18±0.49	175±9
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2	86.65	0.52	0.32	0.53	1.67	1.03	0.64	10.32	209

Table 1. Proximate Principles and Dietary Fibre

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

Table 1. Proximate Principles and Dietary Fibre

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

  

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

Table 1. Proximate Principles and Dietary Fibre

Food code	No. of Regions	Food Name	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy	
							g				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBNS	FIBSOL	CHOAVLDF	ENERC
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	89.05±0.72	0.77±0.08	0.82±0.10	0.15±0.02	2.65±0.15	1.98±0.16	0.67±0.08	6.56±0.70	135±11
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	89.68	0.89	0.91	0.16	2.29	1.56	0.73	6.07	130
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	89.76	0.80	0.80	0.14	2.37	1.63	0.74	6.13	129
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4	69.21±0.83	1.33±0.12	0.96±0.07	0.26±0.06	3.99±0.05	2.57±0.07	1.43±0.04	24.25±0.77	456±15
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3	69.58±0.22	1.27±0.09	0.95±0.01	0.33±0.06	3.94±0.10	2.53±0.04	1.41±0.07	23.93±0.15	452±4
F015	Tapioca ( <i>Manihot esculenta</i> )	3	75.23±0.55	1.03±0.10	1.12±0.11	0.20±0.01	4.61±0.12	3.85±0.08	0.76±0.05	17.81±0.57	334±10
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	73.34	0.86	0.95	0.37	3.02	2.15	0.87	21.46	400
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	74.39±0.31	2.56±0.28	1.29±0.10	0.14±0.02	4.17±0.05	3.25±0.03	0.92±0.03	17.46±0.55	353±5
F018	Yam, ordinary ( <i>Amorphophallus</i> sp.)	4	74.28±0.63	2.18±0.26	1.64±0.19	0.17±0.02	4.08±0.07	3.32±0.32	0.76±0.25	17.65±0.57	349±12
F019	Yam, wild ( <i>Dioscorea villosa</i> )	2	69.35	3.07	1.76	0.30	4.57	3.29	1.29	20.95	430

  

G CONDIMENTS AND SPICES-FRESH											
G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	84.47±0.29	2.62±0.35	1.01±0.14	0.73±0.02	4.86±0.65	3.31±0.42	1.55±0.35	6.32±0.41	191±5
G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	85.72±0.49	2.28±0.13	0.85±0.06	0.75±0.04	5.13±0.56	3.79±0.33	1.34±0.27	5.27±0.42	167±7
G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	85.59±0.79	2.38±0.40	0.95±0.13	0.75±0.02	5.10±0.10	3.61±0.46	1.50±0.49	5.23±0.71	169±12
G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	85.29±0.53	2.33±0.30	0.87±0.13	0.74±0.01	4.15±0.29	2.84±0.17	1.31±0.26	6.63±0.61	190±9
G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	85.93±0.11	2.01±0.26	0.82±0.08	0.65±0.03	3.95±0.60	2.83±0.37	1.12±0.32	6.64±0.39	180±10
G006	Chillies, green-6 ( <i>Capsicum annum</i> )	1	84.93	3.01	0.96	0.64	5.15	3.91	1.24	5.31	175
G007	Chillies, green-7 ( <i>Capsicum annum</i> )	1	85.83	2.12	0.90	0.60	4.95	3.75	1.20	5.61	163
G008	Chillies, green - all varieties ( <i>Capsicum annum</i> )	6	85.39±0.68	2.36±0.34	0.91±0.12	0.72±0.05	4.77±0.61	3.41±0.52	1.37±0.34	5.86±0.77	177±14
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	86.99±0.41	3.52±0.26	2.19±0.15	0.70±0.06	4.66±0.24	3.24±0.21	1.42±0.15	1.93±0.27	130±9

Food code	Food Name	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy	
						g				
						Total	Insoluble	Soluble		
No. of Regions										
WATER	PROTCNT	ASH	FATCE	FIBTG	FIBNS	FIBSOL	CHOAVLDF	ENERC	KJ	
G010 Curry leaves ( <i>Murraya koenigii</i> )	6	65.33±1.57	7.41±0.26	4.86±0.58	1.06±0.04	16.83±0.78	13.81±0.43	3.02±0.44	4.51±1.79	266±32
G011 Garlic, big clove ( <i>Allium sativum</i> )	6	64.38±0.56	6.92±0.20	1.40±0.11	0.16±0.02	5.22±0.41	2.56±0.38	2.66±0.17	21.93±0.82	518±12
G012 Garlic, small clove ( <i>Allium sativum</i> )	3	64.42±0.30	6.75±0.24	1.38±0.17	0.14±0.01	5.47±0.07	2.61±0.02	2.86±0.07	21.84±0.74	514±8
G013 Garlic, single clove, Kashmiri ( <i>Allium sativum</i> )	1	64.49	6.12	1.76	0.16	4.01	2.20	1.81	23.46	523
G014 Ginger, fresh ( <i>Zingiber officinale</i> )	6	81.27±0.22	2.22±0.16	1.33±0.13	0.85±0.03	5.36±0.40	4.28±0.25	1.08±0.21	8.97±0.28	230±4
G015 Mango ginger ( <i>Curcuma amada</i> )	3	84.55±0.16	1.45±0.37	1.57±0.14	0.70±0.03	4.74±0.50	3.79±0.13	0.95±0.62	6.98±0.15	177±3
G016 Mint leaves ( <i>Mentha spicata</i> )	4	84.24±0.71	4.66±0.15	2.18±0.17	0.65±0.05	5.89±0.49	4.49±0.54	1.40±0.06	2.39±0.36	155±4
G017 Onion, big ( <i>Allium cepa</i> )	6	85.76±0.43	1.50±0.10	0.50±0.04	0.24±0.03	2.45±0.21	1.92±0.15	0.53±0.08	9.56±0.44	201±9
G018 Onion, small ( <i>Allium cepa</i> )	5	84.67±0.12	1.82±0.20	0.61±0.07	0.16±0.01	1.16±0.19	0.70±0.18	0.46±0.09	11.58±0.37	237±4
<b>G CONDIMENTS AND SPICES-DRY</b>										
G019 Asafoetida ( <i>Ferula assa-foetida</i> )	6	9.42±0.56	6.34±0.53	5.90±0.12	1.26±0.02	5.13±0.33	3.90±0.37	1.23±0.25	71.95±0.71	1387±9
G020 Cardamom, green ( <i>Elettaria cardamomum</i> )	6	11.24±0.51	8.10±0.41	7.21±0.46	2.60±0.15	23.10±0.14	20.46±0.09	2.64±0.10	47.76±0.47	1067±16
G021 Cardamom, black ( <i>Elettaria cardamomum</i> )	4	6.69±0.47	6.69±0.31	7.84±0.40	2.80±0.24	23.46±0.58	20.73±0.39	2.74±0.37	52.53±1.51	1132±13
G022 Chillies, red ( <i>Capsicum annuum</i> )	6	14.57±0.42	12.69±0.22	5.73±0.15	6.40±0.04	31.15±0.04	26.55±0.17	4.60±0.15	29.46±0.62	990±8
G023 Cloves ( <i>Syzgium aromaticum</i> )	6	26.49±0.68	5.86±0.21	5.99±0.23	8.41±0.15	34.52±0.48	28.07±0.42	6.46±0.10	18.73±0.39	781±6
G024 Coriander seeds ( <i>Coriandrum sativum</i> )	6	8.72±0.47	10.66±0.33	5.36±0.15	17.47±0.22	44.81±2.36	35.27±1.77	9.54±2.42	12.98±2.62	1125±38
G025 Cumin seeds ( <i>Cuminum cyminum</i> )	6	10.59±0.51	13.91±0.50	5.90±0.09	16.64±0.15	30.35±0.71	25.73±0.77	4.62±0.27	22.62±1.05	1274±19
G026 Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	7.82±0.37	25.41±0.24	2.93±0.15	5.72±0.02	47.55±0.54	27.63±0.59	19.92±0.51	10.57±0.57	983±10
G027 Mace ( <i>Myristica fragrans</i> )	6	20.06±0.70	6.24±0.27	2.47±0.28	24.41±0.20	20.31±0.23	16.78±0.23	3.54±0.17	26.51±0.81	1488±12
G028 Nutmeg ( <i>Myristica fragrans</i> )	6	15.55±0.55	6.30±0.24	1.99±0.11	36.52±0.04	11.99±0.18	10.54±0.18	1.46±0.14	27.64±0.70	1940±11
G029 Oumum ( <i>Trachyspermum ammi</i> )	6	9.71±0.18	15.89±0.61	8.18±0.23	21.11±0.08	20.58±0.04	17.20±0.02	3.38±0.04	24.53±0.68	1495±7

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy			
						WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF
G030	Pippali ( <i>Piper longum</i> )	6	10.95±0.48	10.53±0.45	6.41±0.07	2.27±0.02	34.14±0.60	29.57±0.55	4.57±0.39	35.70±0.45	906±8		
G031	Pepper, black ( <i>Piper nigrum</i> )	6	13.18±0.40	10.12±0.40	4.58±0.13	2.74±0.02	33.16±0.29	30.61±0.29	2.54±0.11	36.22±0.45	910±8		
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	4.22±0.32	20.31±0.40	6.04±0.19	30.38±1.87	26.68±3.04	15.62±2.29	11.06±1.75	12.37±1.95	1768±77		
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	10.58±0.49	7.66±0.44	6.13±0.38	5.03±0.07	21.38±0.29	18.79±0.42	2.59±0.29	49.22±0.55	1174±7		

## H NUTS AND OIL SEEDS

H001	Almond ( <i>Prunus amygdalus</i> )	6	4.37±0.31	18.41±0.04	2.62±0.13	58.49±0.04	13.06±0.31	10.55±0.22	2.52±0.34	3.04±0.24	2549±4
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	6.63±0.15	5.78±0.45	1.39±0.09	4.35±0.03	11.44±0.64	10.14±0.44	1.30±0.32	70.42±0.81	1467±12
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	6.30±0.32	6.46±0.51	1.41±0.04	4.46±0.03	11.11±0.34	10.09±0.25	1.03±0.27	70.27±0.96	1477±9
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	37.70	2.73	1.43	5.51	7.63	6.59	1.03	45.00	1024
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	4.44±0.22	18.78±0.58	2.25±0.08	45.20±0.07	3.86±0.47	2.23±0.35	1.63±0.24	25.46±0.70	2438±11
H006	Coconut, kernel, dry ( <i>Cocos nucifera</i> )	6	3.97±0.73	7.27±0.02	1.61±0.17	63.26±0.30	15.88±0.79	14.55±0.23	1.33±0.99	8.01±1.02	2611±9
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6	36.14±0.36	3.84±0.04	1.93±0.15	41.38±0.42	10.42±0.28	9.43±0.24	0.99±0.07	6.30±0.43	1711±13
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	4.60±0.21	23.36±0.32	6.37±0.11	23.74±0.09	8.27±0.04	6.33±0.06	1.95±0.10	33.66±0.50	1863±3
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	4.51±0.44	19.17±0.64	5.78±0.22	43.10±0.03	17.16±0.19	13.57±0.13	3.59±0.13	10.29±0.74	2124±8
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	3.62±0.32	21.61±0.71	4.58±0.13	43.22±0.08	17.21±0.18	13.58±0.18	3.63±0.11	9.76±1.01	2161±8
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	3.30±0.28	21.70±0.44	4.13±0.16	43.05±0.04	16.99±0.30	13.49±0.19	3.51±0.15	10.83±0.50	2174±9
H012	Ground nut ( <i>Arachis hypogaea</i> )	6	6.97±0.69	23.65±0.85	2.11±0.07	39.63±0.29	10.38±0.18	8.58±0.15	1.79±0.22	17.27±0.33	2176±9
H013	Mustard seeds ( <i>Brassica nigra</i> )	6	5.67±0.48	19.51±0.23	3.73±0.05	40.19±0.21	14.10±0.66	10.63±0.57	3.47±0.20	16.80±0.71	2132±16
H014	Linseeds ( <i>Linum usitatissimum</i> )	6	5.48±0.28	18.55±0.15	3.15±0.10	35.67±0.70	26.17±0.39	21.83±0.60	4.33±0.84	10.99±0.86	1857±16
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	4.65±0.59	18.92±1.61	3.91±0.26	38.61±0.41	10.93±0.05	10.50±0.03	0.43±0.04	22.98±2.64	2144±11

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							g				
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	5.66±0.29	18.34±2.11	4.92±0.22	39.53±0.26	10.96±0.14	10.54±0.12	0.41±0.03	20.59±1.85	2128±6
H017	Pine seed ( <i>Pinus</i> sp.)	5	5.32±0.15	12.55±0.25	2.78±0.10	48.79±0.10	3.79±0.03	2.23±0.03	1.57±0.03	26.77±0.35	2486±3
H018	Pistachio nuts ( <i>Pistacia vera</i> )	6	4.68±0.22	23.35±0.35	3.02±0.13	42.49±0.34	10.64±0.16	8.23±0.15	2.41±0.11	15.82±0.52	2257±10
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5	5.24±0.16	17.66±0.54	2.57±0.15	30.87±0.98	13.49±0.45	10.24±0.27	3.25±0.22	30.18±1.20	1981±20
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	3.53±0.29	23.53±0.56	3.44±0.26	51.85±0.07	10.80±0.13	8.51±0.17	2.29±0.07	6.85±0.99	2453±8
H021	Walnut ( <i>Juglans regia</i> )	6	3.56±0.22	14.92±0.62	1.72±0.08	64.27±0.05	5.39±0.19	4.74±0.17	0.65±0.03	10.14±0.69	2809±3
<b>I SUGARS</b>											
I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6	11.20±0.49	1.85±0.19	1.92±0.17	0.16±0.02				84.87±0.63	1480±9
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	85.54±0.99	0.16±0.03	0.23±0.02	0.40±0.05	0.56±0.09	0.40±0.05	0.16±0.05	13.11±0.93	242±18
<b>J MUSHROOMS</b>											
J001	Button mushroom, fresh ( <i>Agaricus</i> sp.)	1	90.09	3.68	0.71	0.42	3.11	2.76	0.35	1.98	115
J002	Chicken mushroom, fresh ( <i>Lactiporus</i> sp.)	1	92.43	1.84	0.74	0.25	1.99	1.82	0.18	2.76	89
J003	Shiitake mushroom, fresh ( <i>Lentinula</i> sp.)	1	82.94	3.19	1.11	0.76	3.02	2.03	0.99	8.98	243
J004	Oyster mushroom, dried ( <i>Pleurotus</i> sp.)	1	4.51	19.04	1.41	2.86	39.12	35.64	3.48	33.07	1019
<b>K MISCELLANEOUS FOODS</b>											
K001	Toddy ( <i>Borassus flabellifer</i> )	10	93.86±0.59	0.18±0.05	0.21±0.03	0.03±0.01				5.72±0.55	101±10
K002	Coconut Water ( <i>Cocos nucifera</i> )	6	95.77±0.42	0.26±0.04	0.65±0.06	0.16±0.02				3.16±0.39	64±7

Table 1. Proximate Principles and Dietary Fibre

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Energy				
							g		Total					
							WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF
<b>L MILK AND MILK PRODUCTS</b>														
L001	Milk, whole, Buffalo	6	80.68±0.66	3.68±0.13	0.67±0.02	6.58±0.20					8.39±0.71	449±9		
L002	Milk, whole, Cow	6	86.64±1.10	3.26±0.06	0.68±0.02	4.48±0.29					4.94±1.02	305±23		
L003	Paneer	6	51.96±0.76	18.86±0.75	1.98±0.08	14.78±0.17					12.41±0.12	1079±13		
L004	Khoa	6	42.51±0.21	16.34±0.61	4.00±0.14	20.62±0.83					16.53±1.26	1322±14		

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

Table 1. Proximate Principles and Dietary Fibre

Food Code	Food Name	Moisture		Protein		Ash		Total Fat		Energy KJ
		WATER	PROTCNT		ASH	FATCE	ENERC			
N005	Poultry, chicken, liver	1	73.20	21.57	1.11	4.08	518			
N006	Poultry, chicken, gizzard	1	78.05	18.22	1.46	2.07	386			
N007	Country hen, leg, with skin	1	70.02	17.01	1.20	11.73	723			
N008	Country hen, thigh, with skin	1	67.46	18.29	1.23	12.82	785			
N009	Country hen, breast, with skin	1	66.53	22.08	1.14	10.20	753			
N010	Country hen, wing, with skin	1	68.01	18.65	1.14	12.09	764			
N011	Duck, meat, with skin	1	73.49	19.07	1.22	6.03	547			
N012	Emu, meat, skinless	1	71.65	22.65	0.98	4.62	556			
N013	Guinea fowl, meat, with skin	1	75.21	20.52	0.92	3.24	469			
N014	Pigeon, meat, with skin	1	74.61	17.94	1.32	6.03	528			
N015	Quail, meat, skinless	1	71.58	20.92	1.35	5.95	576			
N016	Turkey, leg, with skin	1	69.24	20.30	1.21	8.15	647			
N017	Turkey, thigh, with skin	1	72.17	20.46	0.97	6.31	581			
N018	Turkey, breast, with skin	1	68.44	21.96	1.01	8.04	671			
N019	Turkey, wing, with skin	1	66.16	21.91	0.97	10.77	771			
<b>O ANIMAL MEAT</b>										
O001	Goat, shoulder	6	66.39±0.40	20.33±0.50	0.90±0.02	11.94±0.78	787±33			
O002	Goat, chops	6	72.46±1.10	20.39±0.83	0.99±0.01	5.98±0.37	568±26			
O003	Goat, legs	6	68.85±0.86	22.07±0.63	0.97±0.03	7.94±0.62	669±26			
O004	Goat, brain	5	76.74±1.02	13.82±0.80	1.29±0.07	8.06±0.46	533±23			
O005	Goat, tongue	4	68.40±1.00	16.63±0.54	1.02±0.04	13.68±1.09	789±39			

Food Code	Food Name	Moisture		Protein		Ash		Total Fat		Energy KJ
		WATER	PROTCNT	ASH	FATCE	ENERC				
0006	Goat, lungs	4	79.03±1.20	16.86±0.71	0.74±0.01	3.09±0.56	401±32			
0007	Goat, heart	5	75.15±1.23	19.38±0.80	0.95±0.09	4.40±0.71	492±33			
0008	Goat, liver	6	73.37±1.16	20.32±0.92	1.30±0.07	4.88±0.73	526±31			
0009	Goat, tripe	5	80.94±0.84	15.36±0.50	0.23±0.02	3.36±0.29	386±19			
0010	Goat, spleen	4	77.93±0.50	18.45±0.15	1.15±0.09	2.37±0.36	401±14			
0011	Goat, kidneys	4	80.26±1.07	15.60±1.15	1.10±0.05	2.93±0.18	374±18			
0012	Goat, tube (small intestine)	3	78.12±0.63	12.92±0.54	0.54±0.01	8.26±1.08	525±32			
0013	Goat, testis	2	84.29	12.32	0.87	2.39	298			
0014	Sheep, shoulder	5	66.51±2.51	18.24±1.41	0.86±0.01	14.31±1.37	840±68			
0015	Sheep, chops	4	75.66±2.78	18.00±1.22	1.09±0.02	5.15±2.05	496±86			
0016	Sheep, leg	5	68.26±1.01	21.42±0.43	0.94±0.01	8.69±0.74	686±25			
0017	Sheep, brain	1	78.36	13.05	1.19	7.29	492			
0018	Sheep, tongue	1	68.70	16.61	1.06	13.53	783			
0019	Sheep, lungs	2	80.41	16.12	0.97	2.41	363			
0020	Sheep, heart	1	77.06	18.19	0.97	3.66	445			
0021	Sheep, liver	4	69.71±1.12	22.26±1.46	1.26±0.07	4.87±0.12	559±21			
0022	Sheep, tripe	2	78.81	16.76	0.26	4.05	435			
0023	Sheep, spleen	1	79.66	16.02	1.17	3.02	384			
0024	Sheep, kidneys	2	79.77	16.22	1.00	2.92	384			
0025	Beef, shoulder	6	63.84±0.59	20.56±1.32	0.95±0.01	14.59±0.86	889±12			
0026	Beef, chops	4	72.40±0.34	19.82±0.43	0.96±0.02	6.71±0.45	585±13			
0027	Beef, round (leg)	6	68.04±1.36	22.64±1.03	1.19±0.01	7.38±0.71	658±37			

Table 1. Proximate Principles and Dietary Fibre

Food Code	Food Name	Regions No. of		Moisture	Protein	Ash	Total Fat	Energy KJ
		WATER	PROTCNT					
0028	Beef, brain	4	78.71±1.43	10.55±0.50	1.37±0.17	9.28±0.92	523±42	
0029	Beef, tongue	4	70.97±1.20	15.63±0.67	0.73±0.00	12.57±0.63	731±32	
0030	Beef, lungs	3	80.83±0.18	15.66±0.42	1.13±0.05	2.28±0.21	351±1	
0031	Beef, heart	5	77.77±0.72	17.68±0.51	0.87±0.01	3.57±0.46	433±20	
0032	Beef, liver	6	74.15±1.31	20.73±0.96	1.07±0.03	3.96±0.45	499±30	
0033	Beef, tripe	5	83.74±0.62	13.10±0.29	0.55±0.01	2.51±0.74	316±25	
0034	Beef, spleen	6	79.03±0.73	17.42±0.55	1.22±0.04	2.22±0.24	378±16	
0035	Beef, kidneys	3	77.59±0.66	17.09±0.30	1.22±0.04	4.01±0.36	439±17	
0036	Calf, shoulder	2	70.49	20.98	0.94	7.47	633	
0037	Calf, chops	2	72.66	22.47	0.92	3.85	524	
0038	Calf, round (leg)	2	71.13	21.10	0.74	6.92	615	
0039	Calf, brain	2	81.19	9.84	1.26	7.60	448	
0040	Calf, tongue	2	69.44	17.78	0.93	11.76	737	
0041	Calf, heart	1	73.44	18.84	0.86	3.75	459	
0042	Calf, liver	1	73.66	21.02	1.26	3.95	503	
0043	Calf, spleen	1	78.65	17.71	1.41	2.12	379	
0044	Calf, kidneys	2	80.23	15.16	1.02	3.50	387	
0045	Mithun, shoulder	1	68.86	19.05	0.84	11.14	736	
0046	Mithun, chops	1	73.81	18.19	0.79	6.12	536	
0047	Mithun, round (leg)	1	72.25	19.61	0.90	4.10	485	
0048	Pork, shoulder	6	62.92±0.74	17.41±0.71	0.75±0.12	18.83±0.88	993±28	
0049	Pork, chops	6	68.40±1.25	19.41±0.68	0.64±0.05	11.30±1.33	748±51	

Food Code	Food Name	Moisture		Protein		Ash		Total Fat		Energy KJ
		WATER	PROTCNT	ASH	FATCE	ENERC				
O050	Pork, ham	6	61.94±0.39	18.83±0.59	0.62±0.02	18.55±0.78				1006±20
O051	Pork, lungs	4	81.12±0.72	15.13±0.52	0.93±0.01	2.74±0.23				358±16
O052	Pork, heart	4	77.74±0.88	16.31±0.16	1.01±0.01	4.87±0.84				457±32
O053	Pork, liver	5	74.88±1.23	19.89±1.16	1.18±0.03	3.94±0.34				484±24
O054	Pork, stomach	1	76.51	15.36	0.23	7.81				550
O055	Pork, spleen	3	80.93±1.08	15.13±0.79	1.13±0.05	2.71±0.71				357±31
O056	Pork, kidneys	5	80.92±0.87	14.35±1.03	0.97±0.10	3.65±0.55				379±21
O057	Pork, tube (small intestine)	1	75.42	14.96	0.55	8.98				587
O058	Hare, shoulder	1	71.06	21.13	1.17	6.58				603
O059	Hare, chops	1	75.47	20.62	1.27	2.55				445
O060	Hare, leg	1	73.00	20.52	1.26	4.16				503
O061	Rabbit, shoulder	1	70.75	20.01	1.19	7.96				635
O062	Rabbit, chops	1	71.03	22.61	1.35	4.88				565
O063	Rabbit, leg	1	70.33	21.31	1.26	5.99				584

Table 1. Proximate Principles and Dietary Fibre

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

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

Table 1. Proximate Principles and Dietary Fibre

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

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

Table 1. Proximate Principles and Dietary Fibre

Food Code	Fish Name	No. of Regions	Moisture		Ash	Total Fat	Energy KJ
			WATER	PROTCNT			
P088	Vela meen ( <i>Apriion virescens</i> )	1	71.82	22.16	1.34	4.34	537
P089	Vora ( <i>Siganus favus</i> )	2	76.94	20.14	1.26	2.14	422
P090	Whale shark ( <i>Galeocerdo cuvier</i> )	1	77.59	21.83	1.48	0.82	401
P091	Xiphiniss ( <i>Xiphias gladius</i> )	1	79.22	19.82	1.15	0.88	370
P092	Eggs, Cat fish ( <i>Ompok bimaculatus</i> )	1	69.34	24.68	1.57	5.28	600

## Q MARINE SHELLFISH

Q001	Crab ( <i>Menippe mercenaria</i> )	1	79.77	10.23	1.74	1.41	343
Q002	Crab, sea ( <i>Portunus sanguinolentus</i> )	1	79.67	15.36	0.92	0.60	283
Q003	Lobster, brown ( <i>Thenus orientalis</i> )	1	81.48	15.96	1.29	0.56	292
Q004	Lobster, king size ( <i>Thenus orientalis</i> )	1	77.77	18.54	1.08	0.78	375
Q005	Mud crab ( <i>Scylla tranquebarica</i> )	1	83.10	10.00	2.60	0.55	190
Q006	Oyster ( <i>Crassostrea sp.</i> )	1	82.50	9.51	2.47	2.44	252
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1	82.41	14.85	0.94	0.56	273
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1	81.48	14.25	0.83	0.74	270

## R MARINE MOLLUSKS

R001	Clam, green shell ( <i>Perna viridis</i> )	1	80.07	12.14	2.44	0.98	243
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	80.27	11.82	0.85	1.34	250
R003	Octopus ( <i>Octopus vulgaris</i> )	1	80.45	14.71	1.21	1.12	334
R004	Squid, black ( <i>Loigo</i> sp.)	1	80.59	16.10	0.99	1.07	335
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	80.52	16.82	0.75	0.93	320

Food Code	Fish Name	No. of Regions	Moisture		Protein		Ash		Total Fat		Energy	
			WATER	PROTCNT	ASH	FATCCE	FATCE	ENERC	KJ			
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	80.85	16.25	1.15	1.44	1.44	329				
R007	Squid, white, small ( <i>Uroteuthis duvaucelii</i> )	1	79.38	17.41	1.19	1.15	1.15	353				

  

S FRESHWATER FISH AND SHELLFISH											
S001	Cat fish ( <i>Tandanus tandanus</i> )	2	77.23±0.91	15.86±3.65	0.93±0.01	6.24±3.03	6.24±3.03	518±84			
S002	Catla ( <i>Catla catla</i> )	6	78.43±0.71	17.94±1.36	0.94±0.01	2.15±0.34	2.15±0.34	394±6			
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1	75.57	20.41	1.03	2.63	2.63	451			
S004	Gold fish ( <i>Carassius auratus</i> )	2	79.07	16.91	1.10	2.94	2.94	396			
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6	68.50±1.01	17.12±1.62	1.12±0.03	16.77±0.91	16.77±0.91	852±24			
S006	Rohu ( <i>Labeo rohita</i> )	6	76.34±0.28	19.71±0.57	1.28±0.04	2.39±0.64	2.39±0.64	428±12			
S007	Crab ( <i>Pachygrapsus sp.</i> )	1	80.58	13.23	1.23	0.89	0.89	327			
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1	77.43	19.24	0.84	0.52	0.52	380			
S009	Prawns, small ( <i>Macrobrachium sp.</i> )	3	82.58	13.07	0.86	0.78	0.78	297			
S010	Tiger prawns ( <i>Macrobrachium sp.</i> )	2	83.24	14.24	0.83	0.66	0.66	284			

Table 1. Proximate Principles and Dietary Fibre

**Table 2**

**WATER SOLUBLE**

**VITAMINS**





## Table 2. WATER SOLUBLE VITAMINS

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

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
		←	mg	mg	mg	mg	mg	←	←	mg
		THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	
<b>A CEREALS AND MILLETS</b>										
A001	Amaranth seed, black ( <i>Amaranthus cruentus</i> )	1	0.04	0.04	0.45	0.24	0.50	1.92	27.44	
A002	Amaranth seed, pale brown ( <i>Amaranthus cruentus</i> )	6	0.04±0.007	0.04±0.007	0.52±0.05	0.28±0.03	0.33±0.023	1.87±0.24	24.65±3.21	
A003	Bajra ( <i>Pennisetum typhoideum</i> )	6	0.25±0.044	0.20±0.038	0.86±0.10	0.50±0.05	0.27±0.009	0.64±0.05	36.11±5.05	
A004	Barley ( <i>Hordeum vulgare</i> )	6	0.36±0.059	0.18±0.030	2.84±0.08	0.14±0.02	0.31±0.026	2.38±0.11	31.58±3.79	
A005	Jowar ( <i>Sorghum vulgare</i> )	6	0.35±0.039	0.14±0.014	2.10±0.09	0.27±0.02	0.28±0.023	0.70±0.06	39.42±3.13	
A006	Maize, dry ( <i>Zea mays</i> )	6	0.33±0.032	0.09±0.009	2.68±0.06	0.34±0.03	0.34±0.017	0.49±0.05	25.81±1.44	
A007	Maize, tender, local ( <i>Zea mays</i> )	6	0.17±0.024	0.12±0.021	1.13±0.02	0.35±0.04	0.45±0.033	1.70±0.27	62.96±5.66	4.26±0.55
A008	Maize, tender, sweet ( <i>Zea mays</i> )	4	0.10±0.008	0.14±0.007	1.14±0.02	0.32±0.04	0.38±0.084	1.91±0.30	59.71±7.70	5.72±0.76
A009	Quinoa ( <i>Chenopodium quinoa</i> )	1	0.83	0.22	1.70	0.62	0.21	0.62	173	
A010	Ragi ( <i>Eleusine coracana</i> )	5	0.37±0.041	0.17±0.008	1.34±0.02	0.29±0.19	0.05±0.007	0.88±0.05	34.66±4.97	
A011	Rice flakes ( <i>Oryza sativa</i> )	6	0.12±0.020	0.04±0.006	1.60±0.09	0.48±0.06	0.02±0.002	0.39±0.09	8.46±0.93	
A012	Rice puffed ( <i>Oryza sativa</i> )	6	0.11±0.018	0.04±0.017	1.87±0.10	0.38±0.03	0.07±0.005	1.26±0.08		
A013	Rice, raw, brown ( <i>Oryza sativa</i> )	6	0.27±0.023	0.06±0.011	3.40±0.12	0.61±0.04	0.37±0.035	1.38±0.21	11.51±1.69	
A014	Rice, parboiled, milled ( <i>Oryza sativa</i> )	6	0.17±0.023	0.06±0.018	2.51±0.49	0.55±0.06	0.22±0.017	0.31±0.02	9.75±2.10	
A015	Rice, raw, milled ( <i>Oryza sativa</i> )	6	0.05±0.019	0.05±0.006	1.69±0.13	0.57±0.05	0.12±0.012	0.60±0.12	9.32±1.93	
A016	Samai ( <i>Panicum miliare</i> )	6	0.26±0.042	0.05±0.008	1.29±0.02	0.60±0.07	0.04±0.005	6.03±0.57	36.20±7.04	
A017	Varagu ( <i>Paspalum scrobiculatum</i> )	5	0.29±0.054	0.20±0.018	1.49±0.08	0.63±0.07	0.07±0.017	1.49±0.18	39.49±4.52	
A018	Wheat flour, refined ( <i>Triticum aestivum</i> )	6	0.15±0.017	0.06±0.008	0.77±0.07	0.72±0.08	0.08±0.008	0.58±0.09	16.25±2.62	

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg
A019	Wheat flour, atta ( <i>Triticum aestivum</i> )	6	0.42±0.044	0.15±0.010	2.37±0.10	0.87±0.04	0.25±0.032	0.76±0.12	29.22±1.92									
A020	Wheat, whole ( <i>Triticum aestivum</i> )	6	0.46±0.067	0.15±0.041	2.68±0.19	1.08±0.21	0.26±0.036	1.03±0.58	30.09±3.79									
A021	Wheat, bulgur ( <i>Triticum aestivum</i> )	6	0.24±0.027	0.12±0.004	2.05±0.05	0.84±0.03	0.24±0.011	2.50±0.35	26.30±3.61									
A022	Wheat, semolina ( <i>Triticum aestivum</i> )	6	0.29±0.025	0.04±0.004	1.13±0.10	0.75±0.08	0.11±0.010	0.44±0.04	25.68±3.64									
A023	Wheat, vermicelli ( <i>Triticum aestivum</i> )	6	0.13±0.011	0.01±0.003	0.86±0.02	0.52±0.05	0.03±0.004	2.00±0.19	14.35±2.38									
A024	Wheat, vermicelli, roasted ( <i>Triticum aestivum</i> )	6	0.12±0.012	0.01±0.002	0.67±0.05	0.49±0.05	0.03±0.001	1.34±0.18	13.21±2.15									

## B GRAIN LEGUMES

B001	Bengal gram, dal ( <i>Cicer arietinum</i> )	6	0.35±0.029	0.15±0.003	1.87±0.06	1.60±0.24	0.19±0.008	0.81±0.09	182±4.5									
B002	Bengal gram, whole ( <i>Cicer arietinum</i> )	6	0.37±0.040	0.24±0.011	2.10±0.06	2.38±0.26	0.36±0.025	0.93±0.07	233±12.9									
B003	Black gram, dal ( <i>Phaseolus mungo</i> )	6	0.21±0.005	0.09±0.003	1.76±0.09	2.95±0.26	0.22±0.029	0.81±0.13	88.75±2.35									
B004	Black gram, whole ( <i>Phaseolus mungo</i> )	6	0.32±0.024	0.11±0.008	1.85±0.13	3.98±0.70	0.53±0.039	1.28±0.18	134±14.2									
B005	Cowpea, brown ( <i>Vigna catjang</i> )	6	0.33±0.087	0.09±0.009	1.64±0.03	1.47±0.31	0.30±0.033	3.97±0.12	231±27.3									
B006	Cowpea, white ( <i>Vigna catjang</i> )	1	0.34	0.09	1.51	1.66	0.26	4.28	249									
B007	Field bean, black ( <i>Phaseolus vulgaris</i> )	1	0.35	0.07	1.88	0.85	0.35	0.66	291									
B008	Field bean, brown ( <i>Phaseolus vulgaris</i> )	1	0.32	0.07	2.04	0.97	0.37	0.76	292									
B009	Field bean, white ( <i>Phaseolus vulgaris</i> )	5	0.37±0.082	0.07±0.009	1.96±0.09	0.92±0.19	0.38±0.017	0.68±0.11	289±27.0									
B010	Green gram, dal ( <i>Vigna radiata</i> )	6	0.35±0.071	0.12±0.016	1.84±0.23	1.68±0.17	0.19±0.011	0.65±0.06	92.11±5.11									
B011	Green gram, whole ( <i>Vigna radiata</i> )	6	0.45±0.027	0.27±0.011	2.16±0.13	2.02±0.24	0.35±0.034	1.35±0.16	145±5.4									
B012	Horse gram, whole ( <i>Dolichos biflorus</i> )	6	0.32±0.002	0.24±0.033	1.82±0.26	1.58±0.06	0.21±0.017	0.59±0.07	163±5.3									
B013	Lentil dal ( <i>Lens culinaris</i> )	6	0.34±0.034	0.16±0.005	1.81±0.02	1.32±0.03	0.18±0.022	1.25±0.20	49.99±4.91									

Table 2. Water Soluble Vitamins

Food Code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg
B014	Lentil whole, brown ( <i>Lens culinaris</i> )	6	0.40±0.073	0.22±0.026	2.54±0.12	1.84±0.22	0.46±0.022	1.74±0.16	132±6.7									
B015	Lentil whole, yellowish ( <i>Lens culinaris</i> )	2	0.42	0.22	2.56	1.68	0.47	1.63	121									
B016	Moth bean ( <i>Vigna aconitifolia</i> )	6	0.45±0.070	0.09±0.005	1.87±0.08	1.41±0.06	0.16±0.009	2.12±0.21	349±10.8									
B017	Peas, dry ( <i>Pisum sativum</i> )	6	0.56±0.049	0.16±0.013	2.69±0.15	1.26±0.03	0.26±0.045	0.53±0.12	110±9.3									
B018	Rajmah, black ( <i>Phaseolus vulgaris</i> )	2	0.21	0.19	2.61	1.91	0.23	0.63	332									
B019	Rajmah, brown ( <i>Phaseolus vulgaris</i> )	6	0.26±0.035	0.21±0.005	2.37±0.12	2.06±0.05	0.21±0.016	0.77±0.13	330±29.6									
B020	Rajmah, red ( <i>Phaseolus vulgaris</i> )	3	0.30±0.020	0.19±0.018	2.42±0.15	1.82±0.10	0.21±0.033	0.77±0.18	316±20.1									
B021	Red gram, dal ( <i>Cajanus cajan</i> )	6	0.45±0.046	0.11±0.006	2.09±0.14	1.27±0.08	0.24±0.026	0.31±0.04	108±8.7									
B022	Red gram, whole ( <i>Cajanus cajan</i> )	6	0.74±0.028	0.15±0.015	2.42±0.18	1.56±0.13	0.42±0.033	0.65±0.04	229±19.0									
B023	Ricebean ( <i>Vigna umbellata</i> )	1	0.46	0.14	2.32	0.98	0.13	2.65	122									
B024	Soybean, brown ( <i>Glycine max</i> )	6	0.59±0.069	0.24±0.002	2.12±0.14	1.97±0.25	0.43±0.012	0.73±0.09	297±26.1									
B025	Soybean, white ( <i>Glycine max</i> )	1	0.61	0.23	2.28	1.97	0.45	0.77	288									

## C GREEN LEAFY VEGETABLES

C001	Agathi leaves ( <i>Sesbania grandiflora</i> )	1	0.26	0.33	1.18	0.53	0.22	7.75	120	121								
C002	Amaranth leaves, green ( <i>Amaranthus gangeticus</i> )	6	0.01±0.000	0.19±0.028	0.71±0.06	0.41±0.09	0.21±0.010	2.46±0.25	70.33±8.10	83.54±10.54								
C003	Amaranth leaves, red ( <i>Amaranthus gangeticus</i> )	1	0.010	0.269	0.62	0.37	0.22	2.95	81.95	86.20								
C004	Amaranth leaves, red and green mix ( <i>Amaranthus gangeticus</i> )	4	0.01±0.000	0.22±0.030	0.69±0.04	0.37±0.03	0.19±0.015	2.41±0.24	69.08±6.27	77.24±7.57								
C005	Amaranth spined, leaves, green ( <i>Amaranthus spinosus</i> )	4	0.01±0.000	0.13±0.011	0.63±0.02	0.33±0.02	0.22±0.051	3.07±0.09	41.44±3.48	82.56±8.24								
C006	Amaranth spined, leaves, red and green mix ( <i>Amaranthus spinosus</i> )	2	0.01	0.15	0.72	0.31	0.20	2.91	44.23	77.30								
C007	Basella leaves ( <i>Basella alba</i> )	2	0.06	0.15	0.46	0.48	0.18	1.07	90.31	63.35								

Food Code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg
C008	Bathua leaves ( <i>Chenopodium album</i> )	2	0.06	0.51	0.54	0.41	0.17	1.25	42.55	41.03								
C009	Beet greens ( <i>Beta vulgaris</i> )	6	0.02±0.01	0.17±0.05	0.43±0.08	0.29±0.07	0.13±0.03	4.66±0.66	11.52±1.39	35.83±5.51								
C010	Betel leaves, big (Kolkata) ( <i>Piper betle</i> )	6	0.03±0.012	0.08±0.012	0.45±0.05	0.51±0.09	0.04±0.007	2.18±0.25	15.96±2.25	18.40±2.49								
C011	Betel leaves, small ( <i>Piper betle</i> )	4	0.02±0.010	0.07±0.009	0.47±0.07	0.47±0.04	0.04±0.005	1.28±0.15	16.56±2.67	24.51±8.66								
C012	Brussels sprouts ( <i>Brassica oleracea</i> var. <i>gemmifera</i> )	1	0.06	0.16	0.50	0.47	0.19	2.45	85.01	89.45								
C013	Cabbage, Chinese ( <i>Brassica rupa</i> )	1	0.01	0.05	0.38	0.58	0.19	1.08	54.51	19.32								
C014	Cabbage, collard greens ( <i>Brassica oleracea</i> var. <i>viridis</i> )	1	0.03	0.05	0.26	0.49	0.24	1.38	63.46	40.76								
C015	Cabbage, green ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>alba</i> )	6	0.03±0.005	0.05±0.001	0.24±0.02	0.24±0.01	0.13±0.016	1.41±0.14	46.36±4.48	33.25±4.21								
C016	Cabbage, violet ( <i>Brassica oleracea</i> var. <i>capitata</i> f. <i>rubra</i> )	2	0.04	0.05	0.27	0.25	0.17	1.43	34.81	43.49								
C017	Cauliflower leaves ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	0.05±0.010	0.05±0.011	0.21±0.01	0.34±0.02	0.23±0.016	1.38±0.03	42.99±3.13	52.84±0.94								
C018	Colocasia leaves, green ( <i>Colocasia esculenta</i> )	6	0.08±0.013	0.07±0.015	0.80±0.07	0.27±0.07	0.29±0.031	12.10±1.25	159±18.5	40.71±7.47								
C019	Drumstick leaves ( <i>Moringa oleifera</i> )	3	0.06±0.006	0.45±0.042	0.82±0.09	0.39±0.04	0.87±0.074	2.26±0.09	42.89±5.31	108±16.7								
C020	Fenugreek leaves ( <i>Trigonella foenum graecum</i> )	5	0.11±0.015	0.22±0.023	0.70±0.05	0.49±0.03	0.38±0.106	4.82±0.62	75.26±9.18	58.25±17.08								
C021	Garden cress ( <i>Lepidium sativum</i> )	2	0.03	0.06	1.20	0.22	0.20	12.01	58.10	42.75								
C022	Gogu leaves, green ( <i>Hibiscus cannabinus</i> )	4	0.13±0.006	0.06±0.009	0.58±0.04	0.70±0.04	0.33±0.012	3.38±0.20	74.94±12.55	29.65±9.71								
C023	Gogu leaves, red ( <i>Hibiscus cannabinus</i> )	1	0.12	0.05	0.56	0.71	0.31	3.43	88.63	35.43								
C024	Knol-Khol, leaves ( <i>Brassica oleracea</i> var. <i>gongylodes</i> )	2	0.06	0.15	0.86	0.27	0.28	13.57	41.55	71.11								
C025	Lettuce ( <i>Lactuca sativa</i> )	3	0.05±0.013	0.09±0.008	0.17±0.02	0.11±0.01	0.08±0.016	2.15±0.09	30.69±6.48	11.91±3.07								
C026	Mustard leaves ( <i>Brassica juncea</i> )	3	0.08±0.011	0.18±0.015	0.58±0.07	0.26±0.01	0.16±0.007	1.70±0.21	110±6.6	60.32±1.32								
C027	Pak Choi leaves ( <i>Brassica rapa</i> var. <i>Chinensis</i> )	1	0.02	0.22	0.66	0.31	0.96	10.25	98.50	55.60								
C028	Parsley ( <i>Petroselinum crispum</i> )	3	0.19±0.022	0.10±0.005	0.36±0.01	0.20±0.03	0.19±0.011	13.47±1.03	197±13.9	133±16.3								

Table 2. Water Soluble Vitamins

Food Code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg
C029	Ponnaganni ( <i>Alternanthera sessilis</i> )	2	0.02	0.10	0.32	0.21	0.19	11.18	48.42	103								
C030	Pumpkin leaves, tender ( <i>Cucurbita maxima</i> )	6	0.07±0.010	0.13±0.025	1.49±0.09	0.36±0.01	0.17±0.022	3.40±0.29	33.82±4.70	12.33±0.17								
C031	Radish leaves ( <i>Raphanus sativus</i> )	6	0.06±0.005	0.13±0.024	0.47±0.06	0.14±0.01	0.16±0.032	4.39±0.12	53.14±5.32	65.76±18.69								
C032	Rumex leaves ( <i>Rumex patientia</i> )	2	0.03	0.14	0.33	0.25	0.09	1.30	41.01	53.76								
C033	Spinach ( <i>Spinacia olaracea</i> )	6	0.16±0.016	0.10±0.009	0.33±0.03	0.22±0.03	0.15±0.011	4.14±0.27	142±10.3	30.28±4.71								
C034	Tamarind leaves, tender ( <i>Tamarindus indica</i> )	3	0.12±0.020	0.03±0.007	0.79±0.02	0.30±0.04	0.14±0.010	3.29±0.60	91.82±9.56	28.22±8.82								

## D OTHER VEGETABLES

D001	Ash gourd ( <i>Benincasa hispida</i> )	6	0.03±0.003	0.01±0.001	0.12±0.02	0.37±0.03	0.18±0.058	2.01±0.15	14.11±1.85	11.41±1.31								
D002	Bamboo shoot, tender ( <i>Bambusa vulgaris</i> )	1	0.06	0.06	0.25	0.22	0.13	5.93	17.05	15.74								
D003	Bean scarlet, tender ( <i>Phaseolus coccineus</i> )	5	0.13±0.016	0.12±0.016	0.52±0.08	0.42±0.03	0.31±0.021	12.26±1.53	45.26±0.73	6.61±1.00								
D004	Bitter gourd, jagged, teeth ridges, elongate ( <i>Momordica charantia</i> )	6	0.05±0.005	0.04±0.009	0.27±0.03	0.33±0.09	0.05±0.009	5.76±0.52	60.28±7.22	46.53±2.81								
D005	Bitter gourd, jagged, teeth ridges, short ( <i>Momordica charantia</i> )	4	0.06±0.008	0.04±0.005	0.29±0.03	0.36±0.01	0.04±0.004	5.55±1.17	51.45±6.97	50.87±3.03								
D006	Bitter gourd, jagged, smooth ridges, elongate ( <i>Momordica charantia</i> )	1	0.06	0.04	0.30	0.28	0.05	6.85	60.03	54.30								
D007	Bottle gourd, elongate, pale green ( <i>Lagenaria vulgaris</i> )	6	0.03±0.003	0.01±0.001	0.14±0.01	0.56±0.09	0.02±0.005	2.55±0.29	41.99±3.56	4.33±1.55								
D008	Bottle gourd, round, pale green ( <i>Lagenaria vulgaris</i> )	5	0.03±0.004	0.01±0.001	0.14±0.01	0.50±0.06	0.02±0.006	2.33±0.14	49.59±3.82	4.54±1.78								
D009	Bottle gourd, elongate, dark green ( <i>Lagenaria vulgaris</i> )	1	0.03	0.01	0.14	0.59	0.01	2.54	46.31	3.80								
D010	Brinjal-1 ( <i>Solanum melongena</i> )	1	0.07	0.13	0.74	0.29	0.05	1.17	37.22	1.58								
D011	Brinjal-2 ( <i>Solanum melongena</i> )	1	0.09	0.11	0.56	0.27	0.05	1.83	27.22	1.03								
D012	Brinjal-3 ( <i>Solanum melongena</i> )	2	0.050	0.109	0.60	0.29	0.07	1.32	32.29	2.34								
D013	Brinjal-4 ( <i>Solanum melongena</i> )	4	0.06±0.019	0.11±0.003	0.52±0.07	0.42±0.10	0.07±0.013	1.70±0.62	36.67±7.69	2.22±0.57								

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	< mg →		← μg →		mg			
D014	Brinjal-5 ( <i>Solanum melongena</i> )	3	0.07±0.023	0.11±0.002	0.49±0.05	0.29±0.04	0.08±0.012	1.42±0.49	32.21±4.79	3.15±0.88								
D015	Brinjal-6 ( <i>Solanum melongena</i> )	2	0.05	0.11	0.51	0.30	0.07	1.65	34.21	1.49								
D016	Brinjal-7 ( <i>Solanum melongena</i> )	1	0.05	0.12	0.44	0.33	0.07	1.32	26.58	1.08								
D017	Brinjal-8 ( <i>Solanum melongena</i> )	3	0.07±0.004	0.11±0.015	0.65±0.01	0.39±0.09	0.07±0.02	1.55±0.32	33.89±6.18	1.89±0.83								
D018	Brinjal-9 ( <i>Solanum melongena</i> )	2	0.06	0.11	0.56	0.30	0.09	2.30	35.89	1.72								
D019	Brinjal-10 ( <i>Solanum melongena</i> )	2	0.06	0.10	0.50	0.29	0.08	1.27	37.11	2.40								
D020	Brinjal-11 ( <i>Solanum melongena</i> )	6	0.06±0.016	0.11±0.014	0.53±0.09	0.29±0.04	0.08±0.017	1.68±0.51	34.24±4.37	2.24±0.65								
D021	Brinjal-12 ( <i>Solanum melongena</i> )	2	0.04	0.10	0.46	0.35	0.06	1.11	27.83	2.55								
D022	Brinjal-13 ( <i>Solanum melongena</i> )	1	0.04	0.12	0.54	0.34	0.09	2.29	30.99	1.49								
D023	Brinjal-14 ( <i>Solanum melongena</i> )	3	0.06±0.012	0.10±0.017	0.46±0.01	0.28±0.03	0.07±0.016	1.36±0.14	38.99±0.97	1.83±0.96								
D024	Brinjal-15 ( <i>Solanum melongena</i> )	4	0.07±0.017	0.11±0.008	0.51±0.02	0.32±0.07	0.07±0.027	1.91±0.63	32.48±9.70	2.01±0.78								
D025	Brinjal-16 ( <i>Solanum melongena</i> )	1	0.04	0.11	0.44	0.29	0.10	2.14	30.87	1.53								
D026	Brinjal-17 ( <i>Solanum melongena</i> )	1	0.08	0.09	0.53	0.34	0.10	3.57	27.70	1.95								
D027	Brinjal-18 ( <i>Solanum melongena</i> )	3	0.04±0.012	0.10±0.010	0.57±0.05	0.30±0.04	0.07±0.025	2.16±0.36	38.27±3.60	1.97±1.44								
D028	Brinjal-19 ( <i>Solanum melongena</i> )	3	0.04±0.007	0.10±0.012	0.53±0.08	0.26±0.08	0.09±0.023	2.54±0.64	34.32±5.55	2.53±1.07								
D029	Brinjal-20 ( <i>Solanum melongena</i> )	5	0.06±0.015	0.10±0.014	0.55±0.09	0.29±0.04	0.07±0.012	1.77±0.44	33.44±4.68	2.21±0.86								
D030	Brinjal-21 ( <i>Solanum melongena</i> )	2	0.05	0.11	0.53	0.32	0.08	1.93	32.60	1.38								
D031	Brinjal - all varieties ( <i>Solanum melongena</i> )	6	0.06±0.016	0.11±0.011	0.53±0.08	0.31±0.06	0.07±0.016	1.76±0.58	33.93±5.33	2.09±0.85								
D032	Broad beans ( <i>Vicia faba</i> )	3	0.12±0.01	0.10±0.03	0.76±0.00	0.45±0.03	0.23±0.01	10.03±0.75	20.46±0.04	10.98±0.97								
D033	Capsicum, green ( <i>Capsicum annuum</i> )	6	0.05±0.007	0.03±0.011	0.56±0.05	0.21±0.03	0.15±0.011	4.59±0.46	51.85±3.38	123±7.8								
D034	Capsicum, red ( <i>Capsicum annuum</i> )	4	0.10±0.042	0.03±0.014	0.66±0.21	0.25±0.03	0.24±0.007	5.47±0.98	62.54±2.15	112±5.5								

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	< mg →		← mg →		mg			
D035	Capsicum, yellow ( <i>Capsicum annuum</i> )	4	0.14±0.012	0.02±0.009	0.59±0.20	0.21±0.02	0.25±0.040	6.33±0.85	66.15±2.56	127±12.5								
D036	Cauliflower ( <i>Brassica oleracea</i> var. <i>botrytis</i> )	6	0.04±0.003	0.07±0.007	0.31±0.02	0.62±0.09	0.13±0.020	2.47±0.29	45.95±2.95	47.14±7.47								
D037	Celery stalk ( <i>Apium graveolens</i> )	3	0.03±0.007	0.04±0.008	0.48±0.05	0.42±0.02	0.06±0.010	2.09±0.08	22.48±1.33	12.30±2.89								
D038	Cho-cho-marrow ( <i>Sechium edule</i> )	4	0.01±0.000	0.03±0.003	0.23±0.02	0.21±0.01	0.07±0.015	1.06±0.03	63.03±9.04	20.21±5.48								
D039	Cluster beans ( <i>Cyamopsis tetragonoloba</i> )	6	0.05±0.006	0.03±0.005	0.71±0.05	0.35±0.03	0.12±0.008	5.35±0.70	41.24±4.35	17.96±5.83								
D040	Colocasia, stem, black ( <i>Colocasia esculenta</i> )	1	0.02	0.04	0.16	0.47	0.06	3.80	30.88	5.15								
D041	Colocasia, stem, green ( <i>Colocasia esculenta</i> )	5	0.02±0.004	0.03±0.013	0.22±0.03	0.50±0.12	0.07±0.007	3.46±0.37	25.32±3.00	5.83±1.28								
D042	Corn, baby ( <i>Zea mays</i> )	6	0.15±0.054	0.07±0.032	0.53±0.07	0.94±0.16	0.16±0.046	0.79±0.08	45.53±11.69	8.59±1.48								
D043	Cucumber, green, elongate ( <i>Cucumis sativus</i> )	6	0.02±0.003	0.01±0.000	0.35±0.04	0.45±0.04	0.06±0.013	2.82±0.47	16.84±3.17	6.11±1.49								
D044	Cucumber, green, short ( <i>Cucumis sativus</i> )	6	0.02±0.005	0.01±0.000	0.35±0.04	0.32±0.06	0.07±0.008	2.97±0.73	14.67±1.24	6.21±2.14								
D045	Cucumber, orange, round ( <i>Cucumis sativus</i> )	2	0.02	0.01	0.36	0.34	0.04	3.13	18.77	6.24								
D046	Drumstick ( <i>Moringa oleifera</i> )	6	0.04±0.002	0.07±0.007	0.62±0.03	0.57±0.07	0.12±0.011	4.29±0.43	62.75±6.71	71.86±19.13								
D047	Field beans, tender, broad ( <i>Vicia faba</i> )	2	0.07	0.07	0.32	0.41	0.42	4.11	123	5.99								
D048	Field beans, tender, lean ( <i>Vicia faba</i> )	6	0.08±0.006	0.07±0.007	0.33±0.02	0.35±0.03	0.38±0.069	4.11±0.36	127±28.9	3.84±1.24								
D049	French beans, country ( <i>Phaseolus vulgaris</i> )	5	0.04±0.005	0.06±0.004	0.83±0.03	0.28±0.01	0.37±0.053	4.71±0.25	47.45±8.98	15.81±4.23								
D050	French beans, hybrid ( <i>Phaseolus vulgaris</i> )	2	0.05	0.05	0.77	0.27	0.44	5.93	61.98	1.38								
D051	Jack fruit, raw ( <i>Artocarpus heterophyllus</i> )	5	0.05±0.014	0.05±0.010	0.19±0.02	0.37±0.02	0.04±0.005	4.37±0.14	35.73±5.62	17.51±6.00								
D052	Jack fruit, seed, mature ( <i>Artocarpus heterophyllus</i> )	5	0.06±0.010	0.03±0.008	0.19±0.02	0.36±0.01	0.08±0.005	4.10±0.31	54.58±12.31	9.68±6.44								
D053	Knol - Khol ( <i>Brassica oleracea</i> )	6	0.04±0.012	0.06±0.014	0.37±0.02	0.38±0.03	0.19±0.033	2.46±0.11	14.76±1.64	64.70±10.78								
D054	Kovai, big ( <i>Coccinia cordifolia</i> )	6	0.04±0.004	0.02±0.002	0.55±0.03	0.27±0.03	0.08±0.012	2.96±0.33	48.68±5.10	17.62±7.24								
D055	Kovai, small ( <i>Coccinia cordifolia</i> )	1	0.04	0.02	0.51	0.28	0.05	2.87	50.13	21.08								

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			< mg →		mg →		→		→		← mg →		← mg →		← mg →		mg	
D056	Ladies finger ( <i>Abelmoschus esculentus</i> )	6	0.04±0.005	0.07±0.009	0.61±0.01	0.28±0.04	0.27±0.027	1.58±0.33	63.68±10.76	22.51±1.60								
D057	Mango, green, raw ( <i>Mangifera indica</i> )	6	0.02±0.003	0.02±0.001	0.26±0.02	0.13±0.02	0.13±0.013	1.41±0.16	25.86±7.38	90.24±10.47								
D058	Onion, stalk ( <i>Allium cepa</i> )	6	0.03±0.020	0.05±0.014	0.14±0.02	0.19±0.05	0.17±0.052	6.99±2.48	57.61±11.87	27.23±4.22								
D059	Papaya, raw ( <i>Carica papaya</i> )	6	0.02±0.004	0.03±0.007	0.12±0.01	0.24±0.04	0.03±0.008	1.24±0.20	29.79±2.21	20.73±2.35								
D060	Parwar ( <i>Trichosanthes dioica</i> )	6	0.05±0.007	0.05±0.011	0.67±0.04	0.25±0.05	0.20±0.019	9.86±0.74	19.96±1.76	19.24±6.61								
D061	Peas, fresh ( <i>Pisum sativum</i> )	6	0.27±0.027	0.03±0.004	1.28±0.03	0.68±0.13	0.19±0.020	4.04±0.33	54.77±12.01	38.40±6.42								
D062	Plantain, flower ( <i>Musa x paradisiaca</i> )	6	0.02±0.005	0.02±0.005	0.29±0.03	0.35±0.07	0.13±0.009	2.44±0.25	49.27±7.30	6.49±1.15								
D063	Plantain, green ( <i>Musa x paradisiaca</i> )	6	0.01±0.001	0.05±0.005	0.33±0.04	0.26±0.02	0.10±0.006	0.60±0.05	18.96±1.29	23.28±2.40								
D064	Plantain, stem ( <i>Musa x paradisiaca</i> )	6	0.02±0.003	0.02±0.004	0.18±0.02	0.24±0.09	0.14±0.01	4.42±0.41	12.85±2.18	3.77±2.74								
D065	Pumpkin, green, cylindrical ( <i>Cucurbita maxima</i> )	1	0.03	0.02	0.44	0.16	0.05	1.41	31.60	7.29								
D066	Pumpkin, orange, round ( <i>Cucurbita maxima</i> )	6	0.03±0.005	0.03±0.003	0.41±0.01	0.18±0.01	0.08±0.015	1.63±0.26	24.14±3.70	8.04±0.87								
D067	Red gram, tender, fresh ( <i>Cajanus cajan</i> )	1	0.23	0.09	2.14	0.71	0.30	2.91	94.21	15.13								
D068	Ridge gourd ( <i>Luffa acutangula</i> )	6	0.02±0.003	0.01±0.002	0.20±0.01	0.28±0.04	0.07±0.005	2.27±0.18	29.26±3.12	5.42±1.06								
D069	Ridge gourd, smooth skin ( <i>Luffa acutangula</i> )	3	0.02±0.004	0.01±0.001	0.21±0.01	0.25±0.02	0.09±0.007	2.22±0.29	27.36±2.98	8.10±2.67								
D070	Snake gourd, long, pale green ( <i>Trichosanthes anguina</i> )	6	0.03±0.003	0.03±0.002	0.34±0.02	0.27±0.03	0.10±0.017	2.50±0.30	18.34±1.87	2.72±1.15								
D071	Snake gourd, long, dark green ( <i>Trichosanthes anguina</i> )	2	0.03	0.03	0.33	0.27	0.07	2.43	16.52	2.85								
D072	Snake gourd, short ( <i>Trichosanthes anguina</i> )	1	0.03	0.02	0.33	0.31	0.06	2.50	17.74	2.30								
D073	Tinda, tender ( <i>Praecitrullus fistulosus</i> )	6	0.02±0.000	0.03±0.005	0.56±0.02	0.39±0.03	0.06±0.008	3.26±0.72	43.23±5.74	14.20±0.88								
D074	Tomato, green ( <i>Solanum lycopersicum</i> )	6	0.08±0.043	0.05±0.043	0.46±0.16	0.30±0.12	0.07±0.024	4.74±1.99	12.51±4.01	16.41±2.52								
D075	Tomato, ripe, hybrid ( <i>Solanum lycopersicum</i> )	6	0.04±0.004	0.02±0.007	0.51±0.02	0.18±0.01	0.08±0.006	1.09±0.10	15.41±2.70	25.27±3.52								
D076	Tomato, ripe, local ( <i>Solanum lycopersicum</i> )	6	0.03±0.004	0.03±0.004	0.52±0.01	0.20±0.03	0.09±0.005	1.18±0.11	19.46±2.99	27.47±1.77								

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg
D077	Zucchini, green ( <i>Cucurbita pepo</i> )	2	0.05	0.09	1.03	0.99	0.25	1.02	18.85	15.78								
D078	Zucchini, yellow ( <i>Cucurbita pepo</i> )	2	0.03	0.02	0.42	0.72	0.20	1.13	21.50	16.71								

## E FRUITS

E001	Apple, big ( <i>Malus domestica</i> )	6	0.03±0.017	0.01±0.011	0.25±0.07	0.09±0.04	0.04±0.027	0.34±0.08	3.04±0.94	3.57±0.58								
E002	Apple, green ( <i>Malus domestica</i> )	6	0.01±0.023	0.02±0.016	0.21±0.06	0.12±0.04	0.08±0.016	0.41±0.09	3.43±0.68	2.90±0.32								
E003	Apple, small ( <i>Malus domestica</i> )	6	0.01±0.001	0.01±0.000	0.09±0.01	0.09±0.01	0.03±0.004	0.47±0.06	3.52±0.37	4.00±0.72								
E004	Apple, small, Kashmir ( <i>Malus domestica</i> )	1	0.01	0.01	0.09	0.12	0.04	0.44	3.97	4.24								
E005	Apricot, dried ( <i>Prunus armeniaca</i> )	6	0.04±0.011	0.04±0.006	1.66±0.12	0.62±0.13	0.10±0.005	1.47±0.21	10.50±1.59	0.42±0.14								
E006	Apricot, processed ( <i>Prunus armeniaca</i> )	3	0.25±0.011	0.04±0.007	1.07±0.07	0.25±0.02	0.17±0.011	1.55±0.27	5.42±0.98	7.98±1.75								
E007	Avocado fruit ( <i>Persea sp.</i> )	1	0.07	0.08	0.90	1.26	0.18	1.25	67.17	9.36								
E008	Bael fruit ( <i>Aegle marmelos</i> )	1	0.03	0.04	0.25	1.62	0.03	1.14	55.22	7.50								
E009	Banana, ripe, montham ( <i>Musa x paradisiaca</i> )	1	0.01	0.04	0.48	0.35	0.51	1.54	17.93	8.06								
E010	Banana, ripe, poovam ( <i>Musa x paradisiaca</i> )	2	0.01	0.03	0.43	0.40	0.50	1.79	19.95	6.74								
E011	Banana, ripe, red ( <i>Musa x paradisiaca</i> )	1	0.01	0.02	0.46	0.41	0.45	1.35	18.92	6.74								
E012	Banana, ripe, robusta ( <i>Musa x paradisiaca</i> )	6	0.01±0.000	0.03±0.005	0.47±0.04	0.36±0.03	0.44±0.045	1.69±0.07	16.81±1.95	4.76±1.34								
E013	Black berry ( <i>Rubus sp.</i> )	5	0.01±0.002	0.02±0.005	0.40±0.09	0.21±0.12	0.05±0.011	1.65±0.19	22.95±1.38	19.45±1.54								
E014	Cherries, red ( <i>Prunus cerasus</i> )	4	0.07±0.006	0.02±0.004	0.19±0.01	0.23±0.03	0.04±0.005	1.52±0.25	4.92±1.30	8.82±0.57								
E015	Currants, black ( <i>Ribes nigrum</i> )	1	0.03	0.03	0.35	0.28	0.09	2.41	8.48	182								
E016	Custard apple ( <i>Annona squamosa</i> )	1	0.13	0.09	0.69	0.19	0.07	0.76	7.60	21.51								

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	< mg →		← μg →		mg			
E017	Dates, dry, pale brown ( <i>Phoenix dactylifera</i> )	6	0.03±0.012	0.03±0.008	1.47±0.07	0.51±0.07	0.14±0.009	0.82±0.11	18.65±1.39	4.42±0.54								
E018	Dates, dry, dark brown ( <i>Phoenix dactylifera</i> )	2	0.02	0.03	1.09	0.53	0.153	0.94	12.80	3.84								
E019	Dates, processed ( <i>Phoenix dactylifera</i> )	2	0.05	0.02	0.51	0.52	0.06	2.50	24.53	15.51								
E020	Fig ( <i>Ficus carica</i> )	6	0.04±0.020	0.02±0.008	0.27±0.08	0.26±0.08	0.15±0.016	2.64±1.09	13.67±3.81	16.92±4.26								
E021	Gooseberry ( <i>Embleba officinalis</i> )	5	0.01±0.009	0.03±0.012	0.12±0.02	0.35±0.04	0.27±0.054	1.42±0.35	7.86±1.27	252±30.4								
E022	Grapes, seeded, round, black ( <i>Vitis vinifera</i> )	4	0.03±0.009	0.03±0.005	0.14±0.03	0.07±0.00	0.11±0.020	1.14±0.22	8.69±1.60	18.30±2.32								
E023	Grapes, seeded, round, green ( <i>Vitis vinifera</i> )	5	0.03±0.005	0.02±0.004	0.13±0.02	0.07±0.01	0.09±0.015	1.08±0.15	8.35±0.75	17.10±5.63								
E024	Grapes, seeded, round, red ( <i>Vitis vinifera</i> )	5	0.04±0.027	0.03±0.018	0.10±0.03	0.11±0.03	0.10±0.017	1.09±0.27	7.49±1.15	20.59±3.45								
E025	Grapes, seedless, oval, black ( <i>Vitis vinifera</i> )	5	0.03±0.021	0.02±0.015	0.15±0.04	0.11±0.04	0.11±0.011	0.97±0.11	7.22±1.23	27.32±5.18								
E026	Grapes, seedless, round, green ( <i>Vitis vinifera</i> )	5	0.04±0.023	0.03±0.019	0.12±0.04	0.10±0.04	0.08±0.015	1.20±0.20	8.31±1.46	16.47±2.06								
E027	Grapes, seedless, round, black ( <i>Vitis vinifera</i> )	5	0.03±0.019	0.03±0.029	0.13±0.05	0.11±0.03	0.08±0.011	1.27±0.23	8.89±2.54	22.79±3.45								
E028	Guava, white flesh ( <i>Psidium guajava</i> )	5	0.05±0.006	0.04±0.008	0.60±0.04	0.25±0.02	0.11±0.014	0.74±0.13	29.76±0.66	214±13.6								
E029	Guava, pink flesh ( <i>Psidium guajava</i> )	5	0.03±0.010	0.03±0.005	0.59±0.07	0.20±0.03	0.16±0.027	1.25±0.23	32.17±2.69	222±27.0								
E030	Jack fruit, ripe ( <i>Artocarpus heterophyllus</i> )	5	0.05±0.004	0.01±0.004	0.42±0.08	0.16±0.01	0.22±0.010	4.00±0.37	32.15±2.27	6.73±1.59								
E031	Jambu fruit, ripe ( <i>Syzygium samarangense</i> )	2	0.02	0.02	0.14	0.31	0.03	2.57	7.63	16.47								
E032	Karonda fruit ( <i>Carissa carandas</i> )	1	0.01	0.02	0.25	0.67	0.08	1.55	8.72	135								
E033	Lemon, juice ( <i>Citrus limon</i> )	6	0.04±0.007	0.01±0.000	0.10±0.01	0.12±0.01	0.03±0.004	1.92±0.14	12.43±1.85	48.16±4.35								
E034	Lime, sweet,pulp ( <i>Citrus limetta</i> )	6	0.06±0.005	0.01±0.003	0.17±0.02	0.25±0.03	0.05±0.013	2.23±0.23	15.38±4.15	46.96±7.64								
E035	Litchi ( <i>Litchi chinensis</i> )	4	0.02±0.003	0.06±0.008	0.23±0.02	0.19±0.10	0.07±0.010	2.80±0.34	15.69±5.09	33.82±5.24								
E036	Mango, ripe, banganapalli ( <i>Mangifera indica</i> )	6	0.03±0.005	0.04±0.004	0.26±0.03	0.12±0.02	0.12±0.02	1.60±0.11	82.05±7.90	32.97±7.14								

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid		
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg	
E037	Mango, ripe, gulabkhas ( <i>Mangifera indica</i> )	2	0.03	0.04	0.23	0.11	0.13	1.01	84.35	27.65									
E038	Mango, ripe, himsagar ( <i>Mangifera indica</i> )	3	0.03±0.005	0.03±0.004	0.27±0.04	0.11±0.00	0.10±0.030	1.46±0.02	90.98±6.12	49.09±23.24									
E039	Mango, ripe, kesar ( <i>Mangifera indica</i> )	4	0.03±0.007	0.04±0.006	0.26±0.02	0.11±0.01	0.10±0.014	1.67±0.23	90.43±8.24	29.08±4.61									
E040	Mango, ripe, neelam ( <i>Mangifera indica</i> )	2	0.03	0.04	0.23	0.14	0.12	1.02	68.70	29.93									
E041	Mango, ripe, paheri ( <i>Mangifera indica</i> )	2	0.03	0.04	0.28	0.10	0.23	1.73	65.28	30.75									
E042	Mango, ripe, totapari ( <i>Mangifera indica</i> )	1	0.02	0.05	0.27	0.13	0.12	1.64	77.69	25.26									
E043	Mangosteen ( <i>Garcinia mangostana</i> )	1	0.01	0.01	0.58	0.15	0.18	0.81	13.52	26.33									
E044	Manila tamarind ( <i>Pithecellobium dulce</i> )	1	0.18	0.14	0.40	0.18	0.04	0.22	4.24	55.78									
E045	Musk melon, orange flesh ( <i>Cucumis melon</i> )	5	0.01±0.000	0.01±0.003	0.41±0.05	0.13±0.02	0.05±0.005	0.75±0.18	22.31±2.48	22.76±3.42									
E046	Musk melon, yellow flesh ( <i>Cucumis melon</i> )	6	0.01±0.018	0.02±0.013	0.43±0.08	0.11±0.03	0.06±0.015	0.80±0.08	20.23±5.16	21.32±1.19									
E047	Orange, pulp ( <i>Citrus aurantium</i> )	6	0.07±0.009	0.02±0.005	0.28±0.04	0.20±0.05	0.04±0.003	2.88±0.42	19.46±1.09	42.72±4.81									
E048	Palm fruit, tender ( <i>Borassus flabellifer</i> )	1	0.01		0.46	0.13	0.07	2.49	24.40	0.25									
E049	Papaya, ripe ( <i>Carica papaya</i> )	6	0.03±0.009	0.11±0.008	0.33±0.03	0.44±0.07	0.04±0.003	3.05±0.27	60.90±6.64	43.09±7.02									
E050	Peach ( <i>Prunus communis</i> )	1	0.02	0.02	0.29	0.15	0.10	1.43	6.34	5.49									
E051	Pear ( <i>Pyrus</i> sp.)	6	0.02±0.005	0.02±0.008	0.13±0.03	0.05±0.01	0.09±0.015	1.41±0.27	5.28±1.17	3.31±0.90									
E052	Phalsa ( <i>Grewia asiatica</i> )	2	0.03	0.06	0.40	0.17	0.03	1.49	22.56	5.11									
E053	Pineapple ( <i>Ananas comosus</i> )	6	0.05±0.007	0.03±0.011	0.12±0.02	0.13±0.02	0.13±0.015	1.05±0.23	18.21±1.65	36.37±3.65									
E054	Plum ( <i>Prunus domestica</i> )	3	0.02±0.011	0.02±0.001	0.44±0.02	0.16±0.05	0.05±0.007	0.30±0.17	14.29±1.96	2.26±0.00									
E055	Pomegranate, maroon seeds ( <i>Punica granatum</i> )	6	0.06±0.005	0.01±0.004	0.20±0.03	0.42±0.04	0.29±0.032	0.60±0.09	38.64±2.93	12.69±1.36									
E056	Pummelo ( <i>Citrus maxima</i> )	3	0.06±0.045	0.02±0.011	0.23±0.08	0.05±0.03	0.04±0.011	1.81±0.30	13.44±1.47	48.89±1.52									

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg		mg		mg		mg	
E057	Raisins, dried, black ( <i>Vitis vinifera</i> )	6	0.09±0.013	0.04±0.017	0.48±0.04	0.21±0.05	0.17±0.020	0.73±0.11	38.30±4.98	2.05±0.14								
E058	Raisins, dried, golden ( <i>Vitis vinifera</i> )	6	0.09±0.012	0.04±0.006	0.64±0.05	0.18±0.06	0.17±0.03	0.75±0.14	34.68±4.36	1.85±0.27								
E059	Rambutan ( <i>Nephelium lappaceum</i> )	1	0.11	0.01	0.26	0.14	0.04	0.64	7.35	65.00								
E060	Sapota ( <i>Achras sapota</i> )	6	0.01±0.001	0.03±0.005	0.24±0.02	0.24±0.02	0.12±0.019	1.48±0.31	10.83±1.91	20.96±4.62								
E061	Soursop ( <i>Annona muricata</i> )	1	0.03	0.04	0.85	0.12	0.03	0.23	6.09	59.54								
E062	Star fruit ( <i>Averrhoa carambola</i> )	1	0.08	0.02	0.34	0.26	0.06	0.13	8.43	33.55								
E063	Strawberry ( <i>Fragaria x ananassa</i> )	1	0.06±0.063	0.01±0.003	0.48±0.11	0.18±0.06	0.09±0.026	0.07±0.04	8.91±3.84	50.20±4.97								
E064	Tamarind, pulp ( <i>Tamarindus indica</i> )	6	0.34±0.039	0.07±0.004	1.56±0.16	0.17±0.02	0.08±0.013	0.66±0.04	9.79±0.80	3.62±0.85								
E065	Water melon, dark green (sugar baby) ( <i>Citrullus vulgaris</i> )	6	0.02±0.004	0.02±0.003	0.28±0.03	0.19±0.01	0.10±0.019	0.59±0.06	5.88±0.55	13.26±2.66								
E066	Water melon, pale green ( <i>Citrullus vulgaris</i> )	6	0.02±0.003	0.02±0.002	0.30±0.04	0.19±0.00	0.07±0.025	0.57±0.06	5.55±1.61	11.45±2.09								
E067	Wood Apple ( <i>Limonia acidissima</i> )	3	0.04±0.009	0.01±0.001	0.55±0.05	0.22±0.02	0.17±0.021	1.65±0.14	6.51±0.44	22.17±7.49								
E068	Zizyphus ( <i>Zizyphus jujube</i> )	1	0.01	0.02	0.33	0.14	0.11	2.22	5.99	60.93								

Table 2. Water Soluble Vitamins

## F ROOTS AND TUBERS

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	< mg →		← μg →		mg			
F007	Potato, brown skin, small ( <i>Solanum tuberosum</i> )	1	0.05	0.01	1.36	0.49	0.12	1.82	13.85	26.41								
F008	Potato, red skin ( <i>Solanum tuberosum</i> )	1	0.06	0.01	1.13	0.39	0.10	1.68	17.83	25.04								
F009	Radish, elongate, red skin ( <i>Raphanus sativus</i> )	3	0.03±0.007	0.02±0.004	0.31±0.02	0.13±0.01	0.07±0.002	2.65±0.07	24.65±5.84	17.63±3.89								
F010	Radish, elongate, white skin ( <i>Raphanus sativus</i> )	6	0.02±0.004	0.02±0.003	0.30±0.03	0.15±0.03	0.07±0.008	2.48±0.21	29.75±8.30	19.91±5.69								
F011	Radish, round, red skin ( <i>Raphanus sativus</i> )	1	0.03	0.02	0.30	0.18	0.07	2.92	24.59	15.69								
F012	Radish, round, white skin ( <i>Raphanus sativus</i> )	2	0.03	0.02	0.24	0.15	0.07	2.59	22.60	14.00								
F013	Sweet potato, brown skin ( <i>Ipomoea batatas</i> )	4	0.07±0.085	0.04±0.012	0.67±0.09	0.89±0.10	0.12±0.006	5.19±0.78	15.62±2.13	17.94±1.40								
F014	Sweet potato, pink skin ( <i>Ipomoea batatas</i> )	3	0.06±0.012	0.04±0.001	0.69±0.12	0.56±0.34	0.09±0.007	5.71±0.28	14.44±2.06	22.20±2.32								
F015	Tapioca ( <i>Mannihot esculenta</i> )	3	0.07±0.003	0.02±0.001	0.45±0.01	0.17±0.05	0.09±0.006	1.93±0.09	25.64±0.47	15.51±3.19								
F016	Water Chestnut ( <i>Eleocharis dulcis</i> )	1	0.02	0.02	0.74	0.52	0.13	1.08	9.80	5.26								
F017	Yam, elephant ( <i>Amorphophallus campanulatus</i> )	6	0.04±0.004	0.05±0.017	0.61±0.10	0.23±0.03	0.22±0.044	4.51±0.37	20.54±2.42	15.22±1.84								
F018	Yam, ordinary ( <i>Amorphophallus</i> sp.)	4	0.04±0.003	0.02±0.006	0.56±0.06	0.32±0.04	0.17±0.06	4.19±0.41	15.68±1.61	13.88±3.43								
F019	Yam, wild ( <i>Dioscorea villosa</i> )	2	0.121	0.015	0.70	0.23	0.20	4.09	21.01	14.06								

## G CONDIMENTS AND SPICES-FRESH

G001	Chillies, green-1 ( <i>Capsicum annuum</i> )	5	0.11±0.029	0.09±0.024	0.80±0.09	0.19±0.03	0.45±0.043	0.50±0.13	25.31±2.47	79.50±5.94							
G002	Chillies, green-2 ( <i>Capsicum annuum</i> )	3	0.08±0.009	0.09±0.042	0.93±0.16	0.20±0.03	0.29±0.048	0.64±0.12	25.93±5.56	90.97±9.19							
G003	Chillies, green-3 ( <i>Capsicum annuum</i> )	5	0.09±0.035	0.11±0.034	0.87±0.17	0.24±0.13	0.24±0.030	0.64±0.05	20.45±1.69	93.63±9.46							
G004	Chillies, green-4 ( <i>Capsicum annuum</i> )	3	0.09±0.057	0.12±0.025	0.90±0.07	0.23±0.05	0.18±0.029	0.62±0.08	15.92±1.13	102±6.1							
G005	Chillies, green-5 ( <i>Capsicum annuum</i> )	2	0.08±0.047	0.16±0.031	1.06±0.08	0.20±0.03	0.20±0.025	0.57±0.05	17.75±2.38	97.77±4.28							

Food code	Food Name	No. of Regions	← mg		→ mg		← mg		→ mg		VITC
			Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM		
G006	Chillies, green-6 ( <i>Capsicum annuum</i> )	1	0.07	0.13	0.92	0.27	0.29	0.73	18.87	108	
G007	Chillies, green-7 ( <i>Capsicum annum</i> )	1	0.08	0.11	0.80	0.24	0.22	1.21	19.39	112	
G008	Chillies, green - all varieties ( <i>Capsicum annum</i> )	6	0.09±0.033	0.11±0.038	0.89±0.15	0.22±0.06	0.28±0.100	0.63±0.16	21.50±4.83	94.07±11.67	
G009	Coriander leaves ( <i>Coriandrum sativum</i> )	6	0.09±0.005	0.05±0.004	0.73±0.03	0.63±0.07	0.19±0.025	4.17±0.89	51.01±3.98	23.87±7.33	
G010	Curry leaves ( <i>Murraya koenigii</i> )	6	0.07±0.016	0.13±0.008	0.85±0.10	0.51±0.04	0.57±0.096	1.77±0.22	117±19.3	6.04±1.36	
G011	Garlic, big clove ( <i>Allium sativum</i> )	6	0.20±0.029	0.25±0.026	0.38±0.05	1.57±0.16	0.56±0.039	2.55±0.34	85.77±15.61	12.62±1.15	
G012	Garlic, small clove ( <i>Allium sativum</i> )	3	0.20±0.023	0.23±0.015	0.36±0.04	1.51±0.35	0.77±0.112	2.54±0.21	78.82±22.76	13.57±0.70	
G013	Garlic, single clove, Kashmiri ( <i>Allium sativum</i> )	1	0.25	0.22	0.42	1.86	0.97	2.85	92.25	15.38	
G014	Ginger, fresh ( <i>Zingiber officinale</i> )	6	0.04±0.005	0.04±0.003	0.42±0.05	0.24±0.02	0.20±0.025	1.07±0.15	10.82±1.61	5.43±1.22	
G015	Mango ginger ( <i>Curcuma amada</i> )	3	0.02±0.001	0.07±0.015	0.45±0.01	0.26±0.02	0.18±0.010	1.49±0.49	22.62±0.48	1.62±0.30	
G016	Mint leaves ( <i>Mentha spicata</i> )	4	0.02±0.005	0.19±0.029	0.74±0.23	0.34±0.09	0.17±0.028	2.21±0.43	106±6.3	17.16±6.75	
G017	Onion, big ( <i>Allium cepa</i> )	6	0.04±0.005	0.01±0.001	0.34±0.10	0.30±0.05	0.10±0.014	2.61±0.19	28.88±2.85	6.69±0.63	
G018	Onion, small ( <i>Allium cepa</i> )	5	0.07±0.012	0.02±0.004	0.21±0.01	0.14±0.01	0.12±0.009	2.69±0.63	29.68±1.98	10.96±2.00	
G019	Asafoetida ( <i>Ferula assa-foetida</i> )	6	0.82±0.037	0.01±0.006	0.43±0.05	0.14±0.03	0.02±0.003	2.27±0.34	26.28±4.12		
G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	0.12±0.016	0.07±0.013	1.13±0.13	0.27±0.05	0.15±0.007	4.94±0.39	2.85±1.05		
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	0.05±0.015	0.13±0.047	0.52±0.11	0.27±0.08	0.20±0.021	4.76±0.88	4.96±1.62		
G022	Chillies, red ( <i>Capsicum annum</i> )	6	0.46±0.036	0.83±0.009	6.94±0.55	0.57±0.09	0.42±0.009	0.92±0.04	51.50±2.87		
G023	Cloves ( <i>Syzygium aromaticum</i> )	6	0.53±0.122	0.22±0.022	1.15±0.12	0.36±0.03	0.03±0.003	2.41±0.23	32.81±1.90		

G CONDIMENTS AND SPICES-DRY

G020	Cardamom, green ( <i>Elettaria cardamomum</i> )	6	0.12±0.016	0.07±0.013	1.13±0.13	0.27±0.05	0.15±0.007	4.94±0.39	2.85±1.05
G021	Cardamom, black ( <i>Elettaria cardamomum</i> )	4	0.05±0.015	0.13±0.047	0.52±0.11	0.27±0.08	0.20±0.021	4.76±0.88	4.96±1.62
G022	Chillies, red ( <i>Capsicum annuum</i> )	6	0.46±0.036	0.83±0.009	6.94±0.55	0.57±0.09	0.42±0.009	0.92±0.04	51.50±2.87

Table 2. Water Soluble Vitamins

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	< mg →		← mg →		mg			
G024	Coriander seeds ( <i>Coriandrum sativum</i> )	6	0.19±0.018	0.23±0.022	1.20±0.16	0.28±0.02	0.04±0.002	1.46±0.34			22.07±4.23							
G025	Cumin seeds ( <i>Cuminum cyminum</i> )	6	0.52±0.055	0.13±0.022	2.87±0.38	0.22±0.01	0.39±0.010	1.20±0.22			27.79±2.55							
G026	Fenugreek seeds ( <i>Trigonella foenum graecum</i> )	6	0.28±0.029	0.14±0.026	1.19±0.10	0.27±0.03	0.77±0.128	1.54±0.29			51.11±4.69							
G027	Mace ( <i>Myristica fragrans</i> )	6	0.13±0.020	0.13±0.033	0.92±0.11	0.35±0.05	0.30±0.041	1.80±0.27			32.65±2.63							
G028	Nutmeg ( <i>Myristica fragrans</i> )	6	0.04±0.015	0.05±0.011	0.51±0.06	0.33±0.06	0.10±0.008	1.59±0.27			74.78±6.70							
G029	Omum ( <i>Trachyspermum ammi</i> )	6	0.30±0.032	0.23±0.024	1.23±0.19	0.22±0.04	0.24±0.006	1.78±0.30			51.79±1.08							
G030	Pippali ( <i>Piper longum</i> )	6	0.06±0.011	0.14±0.030	1.06±0.11	0.23±0.04	0.60±0.051	2.34±0.37			66.45±15.02							
G031	Pepper, black ( <i>Piper nigrum</i> )	6	0.06±0.012	0.09±0.013	0.85±0.02	0.30±0.03	0.27±0.013	3.49±0.38			21.89±2.08							
G032	Poppy seeds ( <i>Papaver somniferum</i> )	6	0.87±0.081	0.10±0.013	0.77±0.10	0.32±0.04	0.42±0.012	3.25±0.18			78.73±7.90							
G033	Turmeric powder ( <i>Curcuma domestica</i> )	6	0.06±0.004	0.01±0.000	1.55±0.10	0.13±0.02	0.13±0.006	0.76±0.14			13.86±2.38							

  

H NUTS AND OIL SEEDS																		
H001	Almond ( <i>Prunus amygdalus</i> )	6	0.15±0.024	0.26±0.046	3.71±0.24	0.73±0.09	0.09±0.005	2.39±0.35			36.46±5.67							0.74±0.07
H002	Arecanut, dried, brown ( <i>Areca catechu</i> )	6	0.04±0.012	0.03±0.008	0.71±0.07	0.12±0.01	0.32±0.024	1.66±0.16			7.54±0.86							
H003	Arecanut, dried, red color ( <i>Areca catechu</i> )	3	0.03±0.007	0.24±0.025	0.80±0.02	0.08±0.01	0.21±0.034	2.94±0.17			8.57±0.46							
H004	Arecanut, fresh ( <i>Areca catechu</i> )	2	0.038	0.031	0.74	0.21	0.25	1.70			26.51							
H005	Cashew nut ( <i>Anacardium occidentale</i> )	6	0.61±0.042	0.03±0.017	1.03±0.06	1.40±0.19	0.16±0.010	2.58±0.33			25.20±5.11							
H006	Coconut, kernel, dry ( <i>Cocos nucifera</i> )	6	0.04±0.005	0.04±0.015	0.71±0.11	0.21±0.01	0.15±0.008	1.01±0.07			24.27±3.16							
H007	Coconut, kernel, fresh ( <i>Cocos nucifera</i> )	6	0.03±0.003	0.08±0.006	0.30±0.02	0.21±0.02	0.10±0.008	0.63±0.04			25.41±2.66							0.80±0.24
H008	Garden cress, seeds ( <i>Lepidium sativum</i> )	5	0.52±0.023	0.15±0.004	5.67±0.06	0.28±0.03	0.05±0.008	8.66±0.62			30.92±6.34							
H009	Gingelly seeds, black ( <i>Sesamum indicum</i> )	6	0.34±0.027	0.10±0.009	3.12±0.26	0.49±0.07	0.64±0.034	3.06±0.39			127±11.8							

Food code	Food Name	No. of Regions	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)		Total Ascorbic Acid	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM	VITC	mg	mg	mg	mg	mg	mg	mg	mg
H010	Gingelly seeds, brown ( <i>Sesamum indicum</i> )	4	0.27±0.025	0.08±0.009	3.05±0.45	0.49±0.04	0.49±0.033	3.48±0.24	92.63±5.90									
H011	Gingelly seeds, white ( <i>Sesamum indicum</i> )	5	0.36±0.047	0.07±0.009	3.94±0.14	0.48±0.04	0.62±0.029	3.46±0.46	131±4.3									
H012	Ground nut ( <i>Arachis hypogaea</i> )	6	0.57±0.052	0.12±0.017	11.35±0.36	1.01±0.03	0.23±0.023	1.61±0.22	90.87±4.80									
H013	Mustard seeds ( <i>Brassica nigra</i> )	6	0.55±0.065	0.33±0.010	3.80±0.41	0.48±0.04	0.24±0.019	1.45±0.36	94.88±4.67									
H014	Linseeds ( <i>Linum usitatissimum</i> )	6	0.28±0.018	0.05±0.001	1.09±0.05	0.37±0.03	0.35±0.020	21.25±0.49	86.50±2.75									
H015	Niger seeds, black ( <i>Guizotia abyssinica</i> )	4	0.46±0.043	0.23±0.031	1.14±0.09	0.49±0.03	0.45±0.061	2.37±0.11	140±29.3									
H016	Niger seeds, gray ( <i>Guizotia abyssinica</i> )	5	0.38±0.064	0.35±0.042	0.88±0.15	0.46±0.03	0.34±0.025	2.40±0.29	73.13±4.56									
H017	Pine seed ( <i>Pinus</i> sp.)	5	0.36±0.051	0.08±0.004	3.52±0.05	0.50±0.03	0.11±0.004	18.46±0.62	31.64±2.70									
H018	Pistachio nuts ( <i>Pistacia vera</i> )	6	0.98±0.144	0.04±0.002	0.86±0.01	0.58±0.03	0.96±0.029	11.82±2.20	64.90±7.22									
H019	Safflower seeds ( <i>Carthamus tinctorius</i> )	5	0.85±0.019	0.15±0.006	1.12±0.02	0.89±0.05	0.93±0.072	17.37±2.17	82.41±1.80									
H020	Sunflower seeds ( <i>Helianthus annuus</i> )	5	0.59±0.064	0.13±0.027	1.60±0.27	0.97±0.05	0.94±0.150	2.44±0.18	81.79±21.37									
H021	Walnut ( <i>Juglans regia</i> )	6	0.40±0.020	0.12±0.006	0.86±0.03	0.84±0.03	0.80±0.072	13.05±1.48	57.95±9.72	0.88±0.10								

Table 2. Water Soluble Vitamins

## I SUGARS

I001	Jaggery, cane ( <i>Saccharum officinarum</i> )	6	0.04±0.006	0.01±0.000	0.02±0.00	0.23±0.01	0.71±0.084	0.58±0.06	14.40±2.40
I002	Sugarcane, juice ( <i>Saccharum officinarum</i> )	6	0.03±0.003	0.04±0.004	0.14±0.02	0.07±0.01	0.40±0.089	0.59±0.06	44.53±4.14

## J MUSHROOMS

J001	Button mushroom, fresh ( <i>Agaricus</i> sp.)	1	0.01	0.03	0.68	0.43	0.12	9.23	8.28
J002	Chicken mushroom, fresh ( <i>Lactiporus</i> sp.)	1	0.37	0.06	1.45	1.48	0.11	8.94	11.13
J003	Shiitake mushroom, fresh ( <i>Lentinula</i> sp.)	1	0.05	0.16	1.92	2.04	0.45	10.60	10.92
J004	Oyster mushroom, dried ( <i>Pleurotus</i> sp.)	1	0.24	0.17	3.77	2.33	0.85	22.51	10.40

Food code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	Total Ascorbic Acid
			←	mg	→		←	μg →		mg
	<b>K MISCELLANEOUS FOODS</b>									
K001	Toddy ( <i>Borassus flabellifer</i> )	10	0.01±0.002	0.27±0.048	0.35±0.05	0.08±0.02	0.03±0.014	1.96±0.28	0.73±0.11	0.92±0.25
K002	Coconut Water ( <i>Cocos nucifera</i> )	6	0.01±0.000	0.01±0.000	0.04±0.01	0.26±0.02	0.06±0.006	0.21±0.02	10.88±1.86	0.64±0.11

L MILK AND MILK PRODUCTS	L001 Milk, whole, Buffalo	L002 Milk, whole, Cow	L003 Paneer	L004 Khoa
	6	0.05±0.006	0.13±0.031	0.07±0.01
		0.03±0.006	0.11±0.019	0.08±0.01
			0.13±0.03	0.49±0.01
				0.43±0.005
				0.11±0.013
				0.43±0.005
				0.33±0.03
				0.06±0.006
				0.39±0.86
				94.25±8.57

Food Code	Food Name	No. of Regions		mg		μg		FOLSUM	
		Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Biotin (B7)	Total Folates (B9)	
		THIA	RIBF	NIA	PANTAC	VITB6A	BIOT		
<b>M EGG AND EGG PRODUCTS</b>									
M001	Egg, poultry, whole, raw	6	0.06±0.01	0.19±0.01	0.11±0.01	1.47±0.04	0.16±0.02	18.24±1.33	49.32±2.35
M002	Egg, poultry, white, raw	6	0.02±0.01	0.16±0.01	0.01±0.00	1.35±0.17		4.36±0.84	4.96±0.39
M003	Egg, poultry, yolk, raw	6	0.11±0.01	0.16±0.01	0.69±0.03	2.78±0.05	0.29±0.02	65.22±5.01	112±6.1
M004	Egg, poultry, whole, boiled	6	0.06±0.01	0.18±0.01	0.21±0.01	1.42±0.03	0.14±0.01	15.36±1.41	48.25±2.37
M005	Egg, poultry, white, boiled	6	0.02±0.01	0.18±0.01	0.01±0.00	0.18±0.00		4.37±0.27	4.10±0.21
M006	Egg, poultry, yolk, boiled	6	0.17±0.01	0.15±0.01	0.45±0.02	2.57±0.10	0.27±0.02	58.43±6.73	110±6.1
M007	Egg, poultry, omlet	3	0.11±0.02	0.20±0.00	0.33±0.01	2.06±0.04	0.14±0.01	17.13±2.25	37.66±1.03
M008	Egg, country hen, whole, raw	1	0.14	0.08	0.14	1.03	0.18	19.35	54.60
M009	Egg, country hen, whole, boiled	1	0.11	0.08	0.12	0.96	0.18	20.15	59.98
M010	Egg, country hen, omlet	1	0.14	0.07	0.14	0.94	0.18	18.55	58.79
M011	Egg, duck, whole, boiled	1	0.21	0.07	0.18	1.14	0.15	13.87	73.32
M012	Egg, duck, whole, raw	1	0.18	0.07	0.13	0.51	0.15	14.52	75.48
M013	Egg, duck, whole, omlet	1	0.31	0.09	0.14	1.05	0.15	13.81	67.95
M014	Egg, quail, whole, raw	1	0.15	0.11	0.12	0.93	0.17	18.82	54.86
M015	Egg, quail, whole, boiled	1	0.11	0.08	0.15	0.81	0.15	16.53	51.72

Table 2. Water Soluble Vitamins

**N POULTRY**

N001	Chicken, poultry, leg, skinless	4	0.17±0.04	0.13±0.02	5.60±0.96	1.28±0.24	0.33±0.01	4.53±0.71	7.47±0.19
N002	Chicken, poultry, thigh, skinless	6	0.13±0.01	0.10±0.01	5.62±1.05	1.06±0.46	0.38±0.07	3.86±0.74	9.00±0.62

Food Code	Food Name	No. of Regions		Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Biotin (B7)		Total Folates (B9)	
		< mg		>		< mg		>		< µg		>		< µg		>	
		THIA		RIBF		NIA		PANTAC		VITB6A		BIOT		FOLSUM			
N003	Chicken, poultry, breast, skinless	5	0.10±0.04	0.06±0.01	8.06±0.87	1.15±0.18	0.53±0.05	4.11±0.49	10.44±0.55								
N004	Chicken, poultry, wing, skinless	5	0.08±0.02	0.07±0.01	6.66±1.00	1.28±0.14	0.39±0.06	3.61±0.55	7.87±0.45								
N005	Poultry, chicken, liver	1	0.28	0.20	4.44	6.39	0.92	4.07	1032								
N006	Poultry, chicken, gizzard	1	0.01	0.11	2.87	0.70	0.14	5.12	8.72								
N007	Country hen, leg, with skin	1	0.17	0.10	2.44	0.73	0.36	4.60	8.10								
N008	Country hen, thigh, with skin	1	0.11	0.13	3.62	0.89	0.42	2.91	10.42								
N009	Country hen, breast, with skin	1	0.11	0.04	5.62	0.81	0.59	3.06	12.98								
N010	Country hen, wing, with skin	1	0.07	0.03	3.19	0.85	0.43	5.13	9.19								
N011	Duck, meat, with skin	1	0.22	0.13	2.24	0.74	0.31	4.27	27.98								
N012	Emu, meat, skinless	1	0.10	0.17	3.26	2.21	0.35	NA	7.07								
N013	Guinea fowl, meat, with skin	1	0.02	0.18	3.64	0.71	0.58	NA	5.69								
N014	Pigeon, meat, with skin	1	0.18	0.39	3.45	0.79	0.48	NA	8.41								
N015	Quail, meat, skinless	1	0.05	0.24	4.69	0.81	0.56	NA	9.33								
N016	Turkey, leg, with skin	1	0.05	0.11	4.92	1.59	0.48	NA	8.55								
N017	Turkey, thigh, with skin	1	0.04	0.12	1.94	1.54	0.51	NA	10.91								
N018	Turkey, breast, with skin	1	0.06	0.10	4.49	1.53	0.56	NA	14.67								
N019	Turkey, wing, with skin	1	0.03	0.09	4.38	1.36	0.45	NA	10.41								

NA-Not Analysed

Food Code	Food Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	←	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	→	μg	μg	
<b>O ANIMAL MEAT</b>													
0001	Goat, shoulder	6	0.07±0.01	0.17±0.01	5.14±0.56	1.07±0.10	0.26±0.03	0.26±0.03	0.26±0.03	2.08±0.44	2.08±0.44		
0002	Goat, chops	6	0.05±0.01	0.13±0.01	5.51±0.57	0.98±0.09	0.30±0.02	0.30±0.02	0.30±0.02	1.53±0.10	1.53±0.10		
0003	Goat, legs	6	0.07±0.01	0.15±0.04	5.15±0.36	0.99±0.04	0.31±0.02	0.31±0.02	0.31±0.02	2.25±0.59	2.25±0.59		
0004	Goat, brain	5	0.13±0.02	0.17±0.02	2.04±0.19	1.52±0.42	0.28±0.04	0.28±0.04	0.28±0.04	1.30±0.18	1.30±0.18		
0005	Goat, tongue	4	0.14±0.00	0.22±0.03	3.04±0.24	0.88±0.06	0.17±0.04	0.17±0.04	0.17±0.04	2.54±0.18	2.54±0.18		
0006	Goat, lungs	4	0.08±0.01	0.32±0.02	2.79±0.15	0.83±0.11	0.14±0.03	0.14±0.03	0.14±0.03	1.80±0.44	1.80±0.44		
0007	Goat, heart	5	0.36±0.02	0.33±0.05	5.97±0.25	1.72±0.20	0.23±0.08	0.23±0.08	0.23±0.08	1.63±0.38	1.63±0.38		
0008	Goat, liver	6	0.20±0.04	0.37±0.04	12.88±0.44	7.01±0.11	0.65±0.27	0.65±0.27	0.65±0.27	17.8±34.9	17.8±34.9		
0009	Goat, tripe	5	0.02±0.01	0.10±0.01	0.81±0.14	0.21±0.03	0.20±0.05	0.20±0.05	0.20±0.05	2.36±0.30	2.36±0.30		
0010	Goat, spleen	4	0.06±0.01	0.16±0.02	5.20±0.39	6.58±0.12	0.33±0.07	0.33±0.07	0.33±0.07	3.30±0.36	3.30±0.36		
0011	Goat, kidneys	4	0.34±0.03	0.34±0.05	5.50±0.17	6.54±0.34	0.40±0.07	0.40±0.07	0.40±0.07	68.76±2.10	68.76±2.10		
0012	Goat, tube (small intestine)	3	0.01±0.00	0.11±0.01	0.64±0.14	0.53±0.13	0.21±0.05	0.21±0.05	0.21±0.05	1.87±0.10	1.87±0.10		
0013	Goat, testis	2	0.15	0.11	1.72	1.58	0.24	0.24	0.24	2.01	2.01		
0014	Sheep, shoulder	5	0.05±0.01	0.18±0.03	4.53±0.41	0.96±0.10	0.15±0.04	0.15±0.04	0.15±0.04	3.16±0.17	3.16±0.17		
0015	Sheep, chops	4	0.07±0.01	0.16±0.03	4.94±0.15	1.01±0.10	0.18±0.02	0.18±0.02	0.18±0.02	1.61±0.24	1.61±0.24		
0016	Sheep, leg	5	0.08±0.02	0.16±0.02	5.25±0.32	1.04±0.11	0.24±0.04	0.24±0.04	0.24±0.04	1.81±0.25	1.81±0.25		
0017	Sheep, brain	1	0.12	0.21	2.66	1.73	0.33	0.33	0.33	1.86	1.86		
0018	Sheep, tongue	1	0.15	0.20	2.78	0.35	0.16	0.16	0.16	2.40	2.40		
0019	Sheep, lungs	2	0.07	0.23	2.75	0.88	0.02	0.02	0.02	13.89	13.89		
0020	Sheep, heart	1	0.34	0.30	5.43	1.66	0.30	0.30	0.30	2.17	2.17		

Table 2. Water Soluble Vitamins

Food Code	Food Name	No. of Regions		Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		<	>	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	mg	μg				
0021	<b>Sheep, liver</b>	4	0.17±0.04	0.35±0.02	15.66±0.44	6.95±0.18	0.26±0.05					206±26.8			
0022	<b>Sheep, tripe</b>	2	0.02	0.08	0.63	0.20	0.22					1.87			
0023	<b>Sheep, spleen</b>	1	0.07	0.23	5.42	6.07	0.27					3.19			
0024	<b>Sheep, kidneys</b>	2	0.35	0.31	5.51	6.22	0.51					46.21			
0025	<b>Beef, shoulder</b>	6	0.03±0.01	0.12±0.02	5.18±0.21	1.14±0.09	0.48±0.04					8.06±1.30			
0026	<b>Beef, chops</b>	4	0.02±0.01	0.06±0.01	4.36±0.17	1.27±0.08	0.34±0.03					5.69±0.82			
0027	<b>Beef, round (leg)</b>	6	0.04±0.01	0.06±0.01	6.30±0.26	0.84±0.12	0.44±0.11					2.11±0.28			
0028	<b>Beef, brain</b>	4	0.12±0.01	0.13±0.01	1.91±0.48	1.76±0.09	0.25±0.01					5.39±2.10			
0029	<b>Beef, tongue</b>	4	0.05±0.01	0.13±0.01	2.93±0.05	0.72±0.03	0.19±0.04					10.81±1.33			
0030	<b>Beef, lungs</b>	3	0.09±0.01	0.12±0.02	3.13±0.05	0.85±0.06	0.23±0.01					6.98±0.78			
0031	<b>Beef, heart</b>	5	0.24±0.04	0.30±0.05	5.38±0.45	1.55±0.06	0.25±0.07					8.50±1.25			
0032	<b>Beef, liver</b>	6	0.17±0.03	0.34±0.05	14.01±0.44	9.32±0.03	0.30±0.05					1744±71.2			
0033	<b>Beef, tripe</b>	5	0.03±0.01	0.08±0.03	1.31±0.12	1.09±0.09	0.23±0.07					1.45±0.19			
0034	<b>Beef, spleen</b>	6	0.31±0.02	0.25±0.03	7.45±0.43	7.30±0.21	0.26±0.03					3.40±0.88			
0035	<b>Beef, kidneys</b>	3	0.26±0.04	0.27±0.05	6.52±0.25	2.05±0.18	0.22±0.02					53.68±4.93			
0036	<b>Calf, shoulder</b>	2	0.10	0.20	6.11	0.98	0.50					9.25			
0037	<b>Calf, chops</b>	2	0.07	0.17	5.11	0.94	0.37					2.13			
0038	<b>Calf, round (leg)</b>	2	0.03	0.17	5.97	0.87	0.41					7.81			
0039	<b>Calf, brain</b>	2	0.07	0.19	3.19	1.61	0.30					1.50			
0040	<b>Calf, tongue</b>	2	0.11	0.22	4.31	0.79	0.17					5.20			
0041	<b>Calf, heart</b>	1	0.26	0.29	5.30	2.29	0.41					9.41			

Food Code	Food Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	<	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	→	μg		
0042	Calf, liver	1	0.17	0.31	12.98	8.95	0.59	1473					
0043	Calf, spleen	1	0.09	0.28	7.61	6.83	0.44	3.58					
0044	Calf, kidneys	2	0.32	0.35	4.16	2.49	0.30	33.48					
0045	Mithun, shoulder	1	0.04	0.06	6.29	1.31	0.37	1.86					
0046	Mithun, chops	1	0.20	0.18	4.76	1.62	0.34	1.90					
0047	Mithun, round (leg)	1	0.02	0.05	5.30	1.36	0.29	1.86					
0048	Pork, shoulder	6	0.18±0.01	0.10±0.02	4.22±0.43	0.86±0.06	0.41±0.08	6.70±1.09					
0049	Pork, chops	6	0.30±0.02	0.11±0.02	4.49±0.30	0.72±0.13	0.36±0.10	7.74±1.03					
0050	Pork, ham	6	0.24±0.02	0.10±0.01	4.59±0.68	0.79±0.06	0.25±0.06	1.51±0.21					
0051	Pork, lungs	4	0.08±0.02	0.14±0.02	3.11±0.19	1.79±0.20	0.19±0.02	6.36±0.75					
0052	Pork, heart	4	0.28±0.03	0.30±0.04	5.13±0.18	1.49±0.15	0.30±0.05	4.73±0.80					
0053	Pork, liver	5	0.16±0.02	0.31±0.05	13.76±0.76	7.93±0.20	0.37±0.16	954±88.6					
0054	Pork, stomach	1	0.10	0.06	1.90	3.10	0.19	6.87					
0055	Pork, spleen	3	0.13±0.02	0.27±0.12	7.80±0.43	4.87±0.34	0.22±0.04	5.92±0.49					
0056	Pork, kidneys	5	0.24±0.14	0.37±0.05	6.46±0.38	2.52±0.27	0.16±0.04	59.61±10.30					
0057	Pork, tube (small intestine)	1	0.08	0.10	0.90	3.02	0.19	7.84					
0058	Hare, shoulder	1	0.07	0.27	5.04	0.70	0.28	2.20					
0059	Hare, chops	1	0.07	0.28	4.85	0.61	0.22	3.85					
0060	Hare, leg	1	0.08	0.22	5.63	0.64	0.24	1.95					
0061	Rabbit, shoulder	1	0.03	0.14	4.38	0.69	0.30	1.80					
0062	Rabbit, chops	1	0.02	0.08	7.54	0.73	0.24	2.10					
0063	Rabbit, leg	1	0.03	0.10	5.02	0.70	0.26	1.80					

Table 2. Water Soluble Vitamins

Food Code	Fish Name	No. of Regions		Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		↓	↑	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	mg	μg	mg	μg		
<b>P MARINE FISH</b>															
P001	Allathi ( <i>Elops machnata</i> )	1	0.08	0.04		3.67	0.72			0.19				12.30	
P002	Aluva ( <i>Parastromateus niger</i> )	3	0.05±0.01	0.02±0.00		2.35±0.50	0.74±0.12			0.16±0.01				11.32±1.59	
P003	Anchovy ( <i>Stolephorus indicus</i> )	2	0.03	0.04		0.91	1.21			0.06				11.70	
P004	Ari fish ( <i>Apion virescens</i> )	1	0.06	0.03		3.65	0.23			0.22				6.02	
P005	Betki ( <i>Lates calcarifer</i> )	1	0.01	0.04		1.54	0.40			0.09				20.79	
P006	Black snapper ( <i>Macolor niger</i> )	1		0.02		2.89	0.54			0.11				17.72	
P007	Bombay duck ( <i>Harpodon nehereus</i> )	2	0.03	0.02		0.64	1.48			0.10				27.84	
P008	Bommallu ( <i>Muraenesox cinerius</i> )	3	0.05±0.02	0.02±0.00		1.34±1.09	0.64±0.08			0.07±0.02				10.04±0.91	
P009	Cat fish ( <i>Tachysurus thalassinus</i> )	1	0.05	0.05		1.38	1.24			0.22				11.36	
P010	Chakla ( <i>Rachycentron canadum</i> )	5	0.06±0.01	0.04±0.02		2.37±0.75	0.67±0.03			0.10±0.01				5.72±1.07	
P011	Chappal ( <i>Aluterus monoceros</i> )	1	0.06	0.02		3.95	0.18			0.18				7.76	
P012	Chelu ( <i>Elagatis bipinnulata</i> )	2	0.06	0.02		2.19	1.07			0.16				6.77	
P013	Chembali ( <i>Lutjanus quinquelineatus</i> )	1	0.03	0.06		1.80	0.27			0.15				12.21	
P014	Eri meen ( <i>Pristipomoides filamentosus</i> )	1	0.04	0.03		2.88	0.57			0.19				5.79	
P015	Gobro ( <i>Epinephelus diacanthus</i> )	2	0.07	0.02		1.27	0.24			0.04				3.02	
P016	Guitar fish ( <i>Rhinobatos prahli</i> )	1	0.03	0.02		2.01	0.15			0.14				15.32	
P017	Hilsa ( <i>Tenualoosa ilisha</i> )	2	0.01	0.04		2.85	2.33			0.12				28.75	
P018	Jallal ( <i>Arius</i> sp.)	1	0.02	0.02		3.24	0.91			0.09				6.27	
P019	Jathi vela meen ( <i>Lethrinus lentjan</i> )	2	0.12	0.02		2.82	0.29			0.07				8.28	
P020	Kadal bral ( <i>Synodus indicus</i> )	1	0.01	0.06		1.76	0.19			0.09				11.78	
P021	Kadali ( <i>Nemipterus mesopion</i> )	1	0.04	0.01		1.86	0.32			0.18				13.17	

Food Code	Fish Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	μg	→		↓	
P022	Kalamaara ( <i>Leptoleanosoma indicum</i> )	2	0.06	0.03	2.22	0.65	0.16		6.57				
P023	Kallava ( <i>Epinephelus coioides</i> )	1	0.06	0.05	2.24	0.22	0.13		11.94				
P024	Kanamayya ( <i>Lutjanus rivulatus</i> )	2	0.06	0.01	1.22	1.46	0.08		11.67				
P025	Kannadi paarai ( <i>Alectis indicus</i> )	3	0.04±0.02	0.03±0.00	1.81±0.27	1.07±0.07	0.07±0.01		5.61±1.15				
P026	Karimeen ( <i>Etorplus suratensis</i> )	1	0.08	0.05	1.15	0.23	0.09		11.99				
P027	Karnagawala ( <i>Anchoa hepsetus</i> )	1	0.07	0.01	0.98	1.39	0.06		3.77				
P028	Kayrai ( <i>Thunnus albacores</i> )	2	0.08	0.07	5.18	1.29	0.26		8.84				
P029	Kiriyam ( <i>Atule mate</i> )	1	0.04	0.13	2.75	1.36	0.12		6.04				
P030	Kite fish ( <i>Mobula kuhlii</i> )	1	0.04	0.07	2.50	0.45	0.13		13.34				
P031	Korka ( <i>Terapon jarbua</i> )	1	0.03	0.17	3.42	0.40	0.32		7.51				
P032	Kulam paarai ( <i>Carangoides fulvoguttatus</i> )	1	0.06	0.01	1.97	0.57	0.22		6.99				
P033	Maagaa ( <i>Polydactylus plebeius</i> )	1	0.02	0.01	0.73	0.40	0.11		6.95				
P034	Mackerel ( <i>Rastrelliger kanagurta</i> )	3	0.07±0.02	0.10±0.03	2.67±2.00	1.35±0.08	0.10±0.01		7.13±1.12				
P035	Manda clathi ( <i>Naso reticulatus</i> )	1	0.03	0.02	2.77	1.02	0.09		7.38				
P036	Matha ( <i>Acanthurus mata</i> )	2	0.05	0.05	2.37	1.40	0.04		11.57				
P037	Milk fish ( <i>Chanos chanos</i> )	1	0.05	0.07	5.21	1.03	0.08		11.32				
P038	Moon fish ( <i>Mene maculata</i> )	1	0.07	0.07	1.83	1.72	0.14		7.72				
P039	Mullet ( <i>Mugil cephalus</i> )	3	0.05±0.02	0.09±0.11	2.52±2.20	1.11±0.06	0.14±0.01		11.89±2.67				
P040	Mural ( <i>Tylosurus crocodilus</i> )	1	0.06	0.03	2.65	0.37	0.07		11.46				
P041	Myil meen ( <i>Istiophorus platypterus</i> )	2	0.04	0.04	4.41	0.71	0.12		8.08				
P042	Nalla bontha ( <i>Epinephelus sp.</i> )	1	0.04	0.01	0.56	0.22	0.08		17.14				
P043	Narba ( <i>Caranx sexfasciatus</i> )	2	0.05	0.04	1.51	0.75	0.02		13.03				

Table 2. Water Soluble Vitamins

Food Code	Fish Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	μg	→		↓	
P044	Paarai ( <i>Caranx heberi</i> )	1	0.03	0.02	2.86	0.27	0.17					16.12	
P045	Padayappa ( <i>Canthidermis maculata</i> )	1	0.03	0.05	4.53	0.68	0.07					13.37	
P046	Pali kora ( <i>Panna microdon</i> )	1	0.03	0.05	0.78	0.43	0.13					8.87	
P047	Pambada ( <i>Lepturacanthus savala</i> )	2	0.04	0.03	1.96	0.64	0.08					11.63	
P048	Pandukopa ( <i>Pseudosciaena manchurica</i> )	1	0.04	0.02	0.54	0.42	0.26					16.51	
P049	Parava ( <i>Lactarius lactarius</i> )	1	0.03	0.03	0.98	0.09	0.15					7.96	
P050	Parcus ( <i>Psettodes erumei</i> )	1	0.04	0.02	0.88	0.21	0.20					4.88	
P051	Parrot fish ( <i>Scarus ghobban</i> )	1	0.06	0.02	1.89	1.15	0.13					5.56	
P052	Perinkilichai ( <i>Pinjalo pinjalo</i> )	1	0.08	0.01	1.48	0.43	0.12					5.11	
P053	Phopat ( <i>Cynophaena hippurus</i> )	4	0.06±0.02	0.04±0.02	4.28±1.13	1.13±0.06	0.13±0.01					5.02±1.63	
P054	Piranha ( <i>Pygocentrus sp.</i> )	1	0.04	0.05	0.97	1.04	0.07					7.74	
P055	Pomfret, black ( <i>Parastromateus niger</i> )	1	0.06	0.02	2.61	0.75	0.08					20.56	
P056	Pomfret, snub nose ( <i>Trachinotus blochii</i> )	2	0.08	0.05	1.94	0.61	0.08					6.51	
P057	Pomfret, white ( <i>Pampus argenteus</i> )	2	0.05	0.03	1.38	1.11	0.13					9.61	
P058	Pranel ( <i>Gerres sp.</i> )	1	0.04	0.13	3.37	0.76	0.12					12.51	
P059	Pulli paarai ( <i>Gnathanodon speciosus</i> )	1	0.05	0.04	1.94	1.13	0.10					13.87	
P060	Queen fish ( <i>Scomberoides commersonianus</i> )	3	0.06±0.02	0.04±0.03	3.24±1.34	0.63±0.04	0.12±0.00					10.73±1.77	
P061	Raai fish ( <i>Lobotes surinamensis</i> )	2	0.07	0.02	1.63	0.31	0.11					16.38	
P062	Raai vanthu ( <i>Epinephelus chlorostigma</i> )	1	0.03	0.01	0.72	0.31	0.11					15.62	
P063	Rani ( <i>Pink perch</i> )	1		0.01	1.33	0.53	0.08					12.17	
P064	Ray fish, bow head, spotted ( <i>Rhina ancylostoma</i> )	1	0.05	0.03	1.99	0.23	0.12					12.44	
P065	Red snapper ( <i>Lutjanus argentimaculatus</i> )	1	0.02	0.02	3.14	0.52	0.07					13.86	

Food Code	Fish Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	μg	→		↓	
P066	Red snapper, small ( <i>Priacanthus hamrur</i> )	1	0.06	0.03	3.43	0.96	0.17					9.06	
P067	Sadaya ( <i>Platax orbicularis</i> )	1	0.07	0.38	2.45	1.07	0.13					4.59	
P068	Salmon ( <i>Salmo salar</i> )	1	0.07	0.06	4.45	1.15	0.15					11.36	
P069	Sangada ( <i>Nemipterus japonicus</i> )	1	0.01	0.02	0.68	0.22	0.10					16.75	
P070	Sankata paarai ( <i>Caranx ignobilis</i> )	1	0.03	0.06	3.70	1.19	0.18					10.76	
P071	Sardine ( <i>Sardinella longiceps</i> )	1	0.01	0.06	0.91	0.77	0.14					22.66	
P072	Shark ( <i>Carcharhinus sorrah</i> )	2	0.03	0.04	2.68	1.15	0.11					8.57	
P073	Shark, hammer head ( <i>Sphyrna mokarran</i> )	1	0.02	0.04	2.72	0.66	0.07					20.06	
P074	Shark, spotted ( <i>Stegostoma fasciatum</i> )	1	0.05	0.05	1.02	0.67	0.08					13.23	
P075	Shelavu ( <i>Sphyraena jello</i> )	4	0.05±0.01	0.06±0.03	2.10±0.71	0.44±0.05	0.11±0.01					7.90±1.01	
P076	Silan ( <i>Silonia silondia</i> )	1	0.02	0.07	1.27	0.90	0.12					24.38	
P077	Silk fish ( <i>Beryx</i> sp.)	1	0.03	0.04	2.24	0.17	0.17					8.02	
P078	Silver carp ( <i>Hypophthalmichthys molitrix</i> )	1	0.02	0.02	1.87	1.33	0.14					24.62	
P079	Sole fish ( <i>Cynoglossus arel</i> )	1	0.01	0.02	0.47	0.91	0.07					13.93	
P080	Stingray ( <i>Dasyatis pastinaca</i> )	1	0.03	0.02	2.74	0.98	0.22					25.59	
P081	Tarlava ( <i>Drepane punctata</i> )	2	0.04	0.04	2.13	0.25	0.15					13.80	
P082	Tholam ( <i>Plectrohinchus schotaf</i> )	2	0.04	0.03	2.74	1.22	0.16					8.24	
P083	Tilapia ( <i>Oreochromis niloticus</i> )	1	0.02	0.18	1.40	0.78	0.18					8.29	
P084	Tuna ( <i>Euthynnus affinis</i> )	5	0.06±0.02	0.07±0.03	4.73±1.83	1.34±0.13	0.07±0.01					13.74±2.04	
P085	Tuna, striped ( <i>Katsuwonus pelamis</i> )	1	0.07	0.15	5.04	1.27	0.12					7.89	
P086	Vallava ( <i>Chirocentrus nudus</i> )	1	0.13	0.02	0.86	0.61	0.10					14.38	
P087	Vanjaram ( <i>Scomberomorus commerson</i> )	2	0.03	0.07	3.46	1.22	0.16					15.45	

Table 2. Water Soluble Vitamins

Food Code	Fish Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	mg	μg	mg	μg	
P088	Vela meen ( <i>Apriion virescens</i> )	1	0.05	0.04	5.15	0.22	0.10	0.10	16.32				
P089	Vora ( <i>Siganus javus</i> )	2	0.06	0.07	3.72	0.28	0.12	0.12	14.80				
P090	Whale shark ( <i>Galeocerdo cuvier</i> )	1	0.06	0.04	2.90	0.84	0.12	0.12	16.05				
P091	Xiphinias ( <i>Xiphias gladius</i> )	1	0.06	0.05	3.24	0.21	0.07	0.07	8.20				
P092	Eggs, Cat fish ( <i>Ompok bimaculatus</i> )	1		0.19	1.09	0.83	0.15	0.15	20.59				

## Q MARINE SHELLFISH

Q001	Crab ( <i>Menippe mercenaria</i> )	1	0.01	0.10	1.66	0.71	0.12	0.12	23.04			
Q002	Crab, sea ( <i>Portunus sanguinolentus</i> )	1	0.05	0.06	0.97	1.53	0.12	0.12	7.74			
Q003	Lobster, brown ( <i>Thenus orientalis</i> )	1	0.01	0.01	0.63	1.44	0.22	0.22	11.29			
Q004	Lobster, King size ( <i>Thenus orientalis</i> )	1	0.01	0.02	1.87	1.25	0.16	0.16	19.97			
Q005	Mud crab ( <i>Scylla tranquebarica</i> )	1	0.06	0.14	0.60	1.30	0.18	0.18	13.83			
Q006	Oyster ( <i>Crassostrea</i> sp.)	1	0.06	0.07	0.71	1.18	0.15	0.15	16.12			
Q007	Tiger prawns, brown ( <i>Solenocera crassicornis</i> )	1	0.01	0.03	1.03	1.68	0.10	0.10	15.37			
Q008	Tiger Prawns, orange ( <i>Penaeus monodon</i> )	1	0.03	0.03	1.18	1.47	0.11	0.11	8.07			

## R MARINE MOLLUSKS

R001	Clam, green shell ( <i>Perna viridis</i> )	1	0.06	0.10	0.96	1.14	0.10	0.10	9.07			
R002	Clam, white shell, ribbed ( <i>Meretrix meretrix</i> )	1	0.06	0.11	0.90	0.97	0.11	0.11	9.00			
R003	Octopus ( <i>Octopus vulgaris</i> )	1	0.05	0.05	1.18	0.94	0.09	0.09	20.87			
R004	Squid, black ( <i>Loigo</i> sp.)	1	0.02	0.04	1.04	0.72	0.24	0.24	12.33			
R005	Squid, hard shell ( <i>Sepia pharaonis</i> )	1	0.02	0.02	0.65	1.22	0.04	0.04	6.22			

Food Code	Fish Name	Thiamine (B1)		Riboflavin (B2)		Niacin (B3)		Pantothenic Acid (B5)		Total B6		Total Folates (B9)	
		No. of Regions	THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM	μg	→		↓	
R006	Squid, red ( <i>Loligo duvaucelii</i> )	2	0.03	0.02	0.71	0.95	0.10			13.00			
R007	Squid, white, small ( <i>Uroteuthis duvaucelii</i> )	1	0.01	0.03	0.71	0.77	0.12			18.33			

## S FRESHWATER FISH AND SHELLFISH

S001	Cat fish ( <i>Tandanus tandanus</i> )	2	0.01±0.00	0.07±0.03	1.74±0.26	1.12±0.12	0.12±0.01			13.95±1.68	
S002	Catla ( <i>Catla catla</i> )	6	0.01±0.00	0.03±0.01	2.21±0.19	1.00±0.05	0.12±0.01			19.26±2.77	
S003	Freshwater Eel ( <i>Anguilla anguilla</i> )	1		0.31	2.30	1.52	0.11			12.94	
S004	Gold fish ( <i>Carassius auratus</i> )	2		0.05	1.86	1.13	0.23			24.57	
S005	Pangas ( <i>Pangasianodon hypophthalmus</i> )	6		0.05±0.01	1.28±0.21	0.66±0.06	0.23±0.02			13.23±3.05	
S006	Rohu ( <i>Labeo rohita</i> )	6		0.04±0.01	2.33±0.43	1.18±0.07	0.24±0.02			12.63±1.01	
S007	Crab ( <i>Pachygrapsus sp.</i> )	1	0.01	0.11	1.54	0.79	0.20			17.83	
S008	Prawns, big ( <i>Macrobrachium rosenbergii</i> )	1		0.02	1.31	1.74	0.19			18.26	
S009	Prawns, small ( <i>Macrobrachium sp.</i> )	3	0.01	0.03	0.54	1.74	0.21			13.06	
S010	Tiger prawns ( <i>Macrobrachium sp.</i> )	2	0.01	0.04	1.28	1.87	0.22			18.75	

Table 2. Water Soluble Vitamins

**Table 3**

**FAT SOLUBLE VITAMINS**



