

Indian Food Composition Tables

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Editor: T. Longvah

Page and picture layout: R. Ananthan, S. Devendran, L. Bidyalakshmi & S. Jawahar

Cover design*:* S. Devendran

Printer and Publisher: N**ational Institute of Nutrition**
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Dedicated to



C. Gopalan

MD., Ph.D., D.Sc. (London), D.Sc. (Hon.), F.R.S., F.R.C.P. (Edin.), F.R.C.P. (London)

The Father of Nutrition in India

PREFACE

Ever since the pioneering Indian FCT was brought out in the year 1937, the National Institute of Nutrition (ICMR), Hyderabad, has been constantly updating the compositional database of Indian foods. The new 'Indian Food Composition Tables, 2017', provides nutritional information on 151 discrete food components for 528 key foods. All data presented in this book originate from regional composite samples averaged for six geographical regions of the country. The voluminous food composition data of unprecedented analytical quality is statistically representative of both the national food supply and consumption pattern. The standard deviation of each component data point represents the overall variability within. No data in this book has been borrowed or derived from other data sources and represents accurate nutritional information of foods that are consumed across the country. The data are of reasonable representation of year round nationwide means and fit for assessment of nutrient intakes and their impact on health of the population. Except for eggs, all other food component data are for foods in the raw form. Food being a biological matter exhibits variations in chemical composition due to multiple factors. This is particularly true for labile nutrients like vitamins and variations are imminent due to food processing. These limitations of the FCT need to be understood by the users.

Recent studies of the relationship between diet and health have led to increased interest in the range of biologically active constituents present in foods that accompany the nutrients. This book not only provides data of regular nutrients in foods complete in all respect but also on a whole range of bioactive substances. Vitamin D2 content in plant foods is presented here for the first time in the world. The tables contain data on oligosaccharides, phytosterols, organic acids and individual polyphenols. This book also embodies an exhaustive database on amino acid and fatty acid profiles of various foods. The users of the FCT will vary greatly and the data is expected to essentially benefit every national activity touching on human nutrition research, policy and education in India.

Keeping food composition data up-to-date is a continuous challenge and 'Indian Food Composition Tables, 2017' does not contain a exhaustive list of all foods consumed in India. The multi-cultural nature of the Indian population can be observed in the diverse ethnic foods used across the regions for which compositional database is still inconsistent and fragmentary. Food composition tables are never complete due to the constant introduction of new foods into food supply, discovery of food components that are associated with health and disease, and continuous improvements in analytical methods and techniques.

International support is necessary and the International Network of Food Data Systems (INFOODS) at the Food and Agriculture Organization of the United Nations (FAO), Rome continues to provide assistance in terms of standards development and capacity building to strengthen national food composition activities across the world. Generating high quality food composition data is an expensive proposition but essential for elevating the nutrition scenario of the country. Therefore, sustained funding from the government through policy environment is required to sustain this cardinal activity.

ACKNOWLEDGEMENTS

Several individuals and organizations have been involved in the development of the 'Indian Food Composition Tables, 2017' right from conception of the programme, infrastructure establishment, capacity building and execution. This herculean task could not have been possible without the immense support from all corners.

Particular acknowledgement is due to Dr. V. M. Katoch, Former Secretary, Department of Health Research & Director General, Indian Council of Medical Research (ICMR) who recognized the importance and the need for new Indian Food Composition Database and provided the required financial grant for implementing the programme.

Special thanks to Dr. Soumya Swaminathan, Secretary, Department of Health Research & Director General, Indian Council of Medical Research for her constant support and encouragement in accomplishing the task.

Sincere thanks to Dr. B. Sesikeran, Former Director, National Institute of Nutrition (NIN) and Dr. G. S. Toteja, Scientist-G & Head, Nutrition, ICMR for facilitating the smooth operation of the project without which the project would not have seen the light of the day.

Particular thanks to Late Dr. B. S. Narasinga Rao, former Director of NIN and Dr. Padam Singh former Adll. Director General, ICMR and all the Expert Committee Members for their invaluable scientific inputs which strengthened the programme.

The constant support and encouragement provided by Dr. Ute Ruth Charrondiere, INFOODS Coordinator, FAO, Rome is gratefully acknowledged. Special appreciation and thanks to Dr. Kailash Chandra, Director, ZSI., Dr. Rajkumar Rajan, Officer-in-charge, Mr. A. Anand Kumar and Mr. Shrini Vaasu from Marine Biological Regional Centre, Chennai for their tireless effort in taxonomical identification of all varieties of fish, shellfish and mollusc analyzed.

To the project scientists Dr. P. Ravindra Naik, Dr. Charles Dorni, Dr. Hyma Pardipur, Dr. B. Sreedhar, Dr. S. Muthuswami, Dr. V. S. S. Prasad, Dr. Smitha Mathews and all the project Technical and Supporting staff, who worked tirelessly with so much passion, a special acknowledgment of gratitude. The invaluable contribution of Mr. V. Satish Babu, Instrumentation Officer who kept all the big and small instruments in excellent condition, Technical Officers Mr. K. Mangthya, Mr. K. Subhash & Mrs. P. S. Prashanti, is gratefully acknowledged for their technical support.

The extraordinary support received from various quarters of the National Institute of Nutrition - Administration, Stores, Purchase, Accounts, Leave Section, Electrical, Plumbing and Supporting Staff, Scientific and Technical colleagues cannot be forgotten and it will go down into history as the new book 'Indian Food Composition Tables, 2017' is released.

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The origin and progression of Indian food composition tables: 1937-2017

1. Introduction

Food composition tables (FCT) are data repository for the content of nutritionally relevant chemical constituents and energy values of foods. The data compiled in the FCT normally comprises of analytical, archival, imputed, calculated and/or derived values weighted towards the most representative of the true content in a given food (Greenfield & Southgate, 2003). FCT are relied upon for nutrition research and health practice as they provide critical information regarding the content and distribution of various components in different foods. The multi-dimensional utility of FCT is enabled by a great deal of effort that goes into their construction, development and management involving statistical designs, food sampling, component characterization, analytical method development, estimation, data quality assessment, documentation and presentation.

Compositional values of foods are useful in manifold ways; in nutritional surveillance, consumer nutrition appraisal, nutrition labeling, etiology of disease prevalence, setting school menu standards-meal planning, issue of dietary guidelines- recommendations and even to estimate intake of toxic and non-nutritive components as well as to assess environmental impact of foods (FAO/WHO, 1994; MacIntosh et al., 1997; FAO/WHO, 1998; Harinarayan et al., 2007; Ayoya, Kodio, Iknane, & Sodjinou, 2010; Cunninghan & Sobolewski, 2011; Archer, Hand, & Blair, 2013; Ahuja, Moshfegh, Holden, & Harris, 2013; Seljak, Stibilj, Pograjc, Mis, & Benedik, 2013; Chiu et al., 2014; Su, Jia, Wang, Wang, & Zhang, 2015; Drewnowski, Rehm, Martin, Verger, Voinnesson, & Imbert, 2015; Jansen & Roodenburg, 2016). Thus, compilation of food composition data is an important activity the utility of which spans across various sectors and disciplines.

In India, nutrient profiling of foods began almost a century ago which manifested in four main published FCT editions in the year 1937, 1951, 1971 and 1989. This chapter aims to present a historical perspective of the Indian FCT and revisions through the decades. The evolutionary tracking and the associated viewpoints expressed in chronicling FCT development will provide the framework for evaluating nutrient supply trends in India.

2. Pioneering nutrient evaluations and the origin of the first FCT in India

Nutritional disorders were prominent public health concern in India during the early 20th century (Barry, 1900; Annual report of Government of India, 1905; Scott, 1916; Ernest, 1917). A general inclination was to pursue research that would elucidate the facts responsible for the prevalence of malnutrition in order to issue guidelines and deliver solutions for its prevention and control. In the year 1918, an enquiry headed by Sir Robert McCarrison was launched to investigate the prevalence of beriberi under the auspices of Indian Research Fund Association (IRFA), now Indian Council of Medical Research (ICMR). Subsequently, the research broadened to a 'deficiency disease enquiry' and ultimately transformed into a fully functional research organization named Nutrition Research Laboratories (NRL) housed at the Pasteur Institute, Coonor, Nilgiri, India (Narasinga Rao, 2005a).

One of the major public health concerns that NRL, Coonor started looking into was the protein energy malnutrition (PEM). Incipient reports on nutrient evaluations in India, suggested an emphasis on protein content and quality of Indian foods and diets (Lewis, 1880; McNamara, 1906; McCay, 1910; McCay, 1911; McCay, 1912; Passmore, 1948). Prevalence of iron deficiency anemia (IDA) among infants and children of India was also widely recognized. However, comprehensive and conclusive epidemiological studies on nutritional deficiencies in India were scarce. Aykroyd and Rajagopal (1936) reported that the weight for height of Indian children was below that of American children and almost 14% of them showed signs of deficiency diseases. Nutrient deficiency diseases such as beriberi, keratomalacia, night blindness, rickets, osteomalacia, dental caries, pellagra, pregnancy anaemia and lathyrism were of the major concern (McCarrison, 1932). In addition, incidence of goiter due to iodine deficiency was also an issue of concern affecting the Indian population in many regions of the country.

Insufficient consumption of milk, eggs and meat was found to be the cause of inadequate supply of protein, minerals such as calcium and fat soluble vitamin A among certain sections of Indian populations (McCarrison, 1925). Prevalence of malnutrition due to inadequate nutrient intake was observed throughout the country.The cause of beriberi in India was found to be low dietary supply of vitamin B either from rice or other food grains (McCarrison & Norris, 1924). Aykroyd (1932) found that milled parboiled rice contained considerably higher amount of vitamin B1 as compared to raw milled rice. Meanwhile, McCarrison (1936) established that populations who preferred consuming raw milled rice over parboiled milled rice were more prone to beriberi.

Sporadic reports on the composition of foods were available at that time. Sahasrabuddhe (1925) as well as Stewart, Boyd, & De (1931) published the tabulated

results for the chemical analyses of few common Indian foods. Data generated by McCarrison (1929) for limited number of foods was nevertheless devoid of information on mineral content, an important component in the diet. Similarly, the chemical composition of common Indian foods reported by Ranganathan, Sundararajan, and Swaminathan (1937) was lacking in information on critical vitamins content probably because quantification of vitamins in those times required specialized analytical expertise. The available reports on nutrient content of Indian foods were not comprehensive and required consolidation for wider outreach and effective utility. Based on nutritional studies, McCarrison (1932) had advised that the solution to the nutritional problems in India should evolve from a survey of food sources and classification of natural products into nutritive values involving biochemical analysis of foods for its nutrient content. Consequently, the League of Nations Technical Commission on Nutrition recommended a study into the composition of dietaries and nutritive value of principal foods due to the precarious nutrition situation (Wilson, 1937). Hence, a special enquiry into the nutritive value of Indian foods funded by the IRFA, New Delhi was initiated.

The first Indian FCT containing 218 foodstuffs was compiled by Aykroyd (1937) and released in the form of Health Bulletin No. 23 entitled 'The Nutritive Value of Indian Foods and The Planning of Satisfactory Diets'. These foodstuffs were classified into 11 food groups among which, other vegetables (20.1%), fruits (18.3%) and cereals (12.3%) were predominant. These vegetal foods were given importance as they were being widely consumed and were considered to have the potential to mitigate the prevalent nutritional problems. Animal source foods such as milk and milk products (3.6%) and flesh foods (5%) constituted relatively a small proportion (**Figure 1**). Condiments and spices accounted for 9.6% of the total foods. Fish samples represented those consumed in west-coast of Malabar region. All the selected foods were procured from the markets of Coonor and Coimbatore in south India, and few other places such as Bellary (*Sorghum cernuum*), Bijnor (*Fagopyrum esculentum; Trapa bispinosa*), Mangalore (*Eleucine coracana; Triticum vulgare; Cicer arietinum, Dolichos biflorus; Cjjanus indicus*), Darbanga (*Eleucine coracana; Glycine hispida; Lathyrus sativus*), Mysore (*Dolichos lablab*), Ahmedabad (*Glycine hispida*), Godavari (*Hibiscus sabdariffa; Spinacia oleracea*), West Godavari (*Momordica charantia*), Bangalore (*Coccinia indica*), Salem (*Mangifera indica*) and Punjab (*Citrus aurantium*) (Aykroyd, 1937).

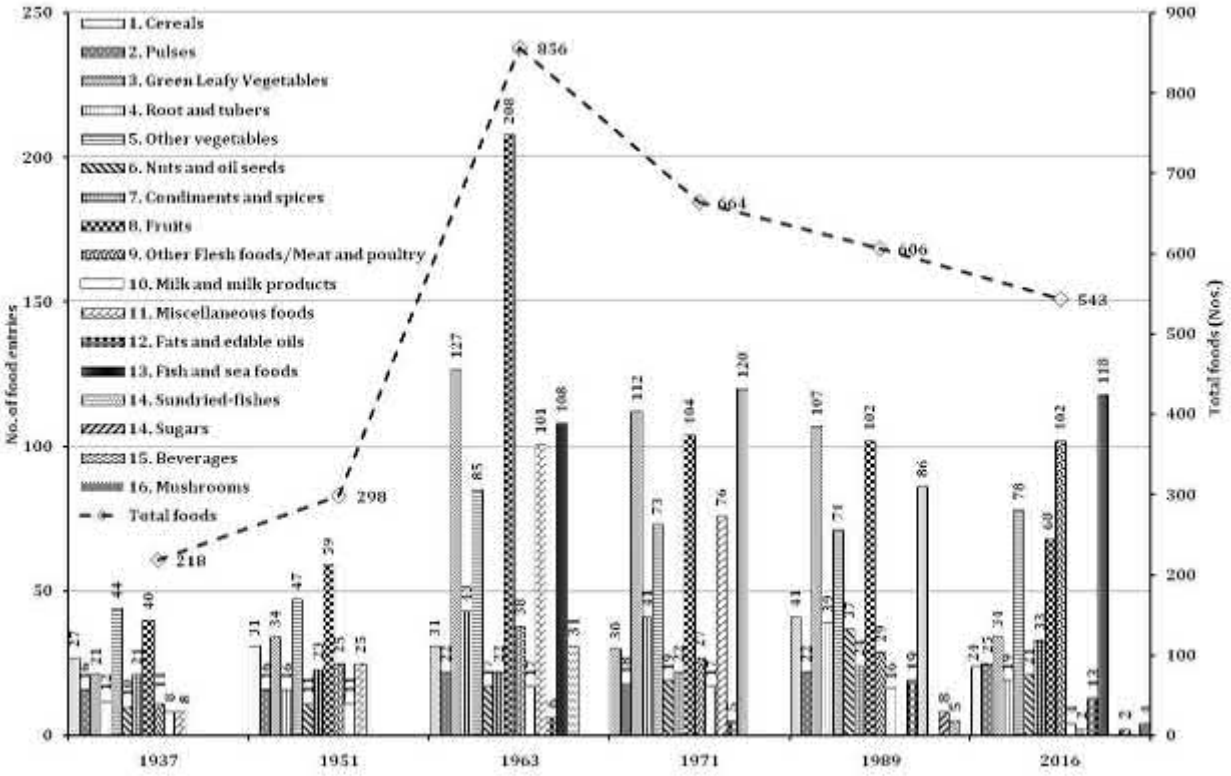


Figure 1. Metastasis of food representation by food groups in Indian Food Composition Tables, 1937-2017. **Sources:** Aykroyd (1937); Aykroyd et al. (1951); Aykroyd et al. (1963); Gopalan et al. (1971); Gopalan et al. revised and updated by Narasinga Rao, Deosthale, and Pant (1989).

Values for a total of 17 components were reported in the first edition though some components were not complete for every food (**Table 1**). The methods described by Ranganathan et al. (1937) were adopted for analysis of various foodstuffs. The values for moisture, mineral matter, fat, crude fibre and protein were determined analytically and the results were presented as percentage of the original sample. Carbohydrate content was obtained by subtracting the sum of moisture, total mineral matter, ether extractives, crude fibre and proteins from 100 while calorific values were derived by calculation according to Atwater (1889), assuming that a gram of protein or carbohydrate yields 4 Cal and a gram of fat yields 9 Cal of energy. Calcium was analyzed by titrimetry (Ranganthan et al., 1937), phosphorus by volumetric method (Association of Official Agricultural Chemists AOAC, 1930) and these minerals were expressed as g/100g. Total iron content was estimated by colorimetry following potassium thiocyanate method and the results were reported as mg/100g. Carotene values were estimated by spectrophotometric method and the values were expressed as vitamin A equivalent international units (IU) per 100g. The data for vitamin B1 content for 75 food entries was sourced from the published journal articles particularly by Wilson et al. (1937) and were presented in terms of IU per 100g. The tables thus provided the baseline availability of vitamin B1 in Indian foods to help formulate balanced diet and alleviate the incidence of beriberi. Vitamin B2 was estimated by biological method and the results were presented under the categories of rich (+++), good (++), presence (+) and poor (negligible). Vitamin C was estimated by chemical method and expressed as mg/100g (**Table 2**).

The protein biological value (BV) of 36 proteinaceous foodstuffs was also provided as an appendix in addition to the protein content of foods in regular tables. BV of proteins came from NRL, Coonor and Seth Gordhandas Sunderdas Medical College (Now King Edward Memorial Hospital), Bombay (now Mumbai) where determination of protein BV was initiated (Narasinga Rao, 2005b). Similarly, the percentage of available iron out of total iron in 26 hematopoietic foodstuffs was also provided as an appendix to help in recommending foods for alleviating the prevalence of IDA. The available proportion of iron in Indian foodstuffs was then estimated by chemical balance method (Goswami & Basu, 1938). Food values in the Health Bulletin

Table 1. Delineation of food components in published editions of Indian food composition tables.

	1937[1]		**1951[2]**		**1963[3]**		**1971[4]**		**1989[5]**	
Proximate principles, Fibre & Energy	7 (218)		7 (298)		7 (843)		7 (664)		7 (598)	
									IDF, SDF, TDF	3 (106)
Minerals	Ca, P, Fe	3 (218)	Ca, P, Fe	3 (298)	Ca, P, Fe	3 (830)	Ca, P, Fe	3 (664)	Ca, P, Fe	3 (598)
					Mg, Na, K, Cu, S, Cl	6 (830)	Mg, Na, K, Cu, S, Cl	6 (106)	Mg, Na, K, Cu, Mn, Mo, Zn, Cr, S, Cl	10 (227)
	Available Fe (%)	1 (26)			Ionizable Fe, Ionizable Fe (%)	2 (830)				
					Phytin P, Phytin P (%)	2 (830)	Phytin P, Phytin P (%)	2 (148)	Phytin P, Phytin P (%)	2 (145)
Vitamins	Carotene A, B1, B2, C	5 (218)	Carotene, A, B1, B2, B3, C	6 (298)	Carotene, A, B1, B2, B3, B5, B6, B7, B8 , K, B9, C	12 (533)	Carotene, A, B1, B2, B3, C	6 (664)	Carotene, A, B1, B2, B3, B6, C	7 (363)
							Free B9, Total B9	2 (68)	Free B9, Total B9	2 (363)
							B12	1 (17)	B12	1 (17)
					Choline	1 (533)	Choline	1 (60)	Choline	1 (327)
									β-carotene	1 (29)
Total Nitrogen & EAA						12 (73)		13 (118)		13 (124)
Fats & Fatty acids					PUFA	1 (9)	PUFA	1 (12)		13 (42)
Protein	BV (%)	1 (36)	BV (%)	1(49)	BV (%), PER	2 (75)				
Acid-base balance					Acid, ml 0.1N, Base, ml 0.1N	2 (830)	Acid, ml 0.1N, Base, ml 0.1N	2 (106)		
Oxalic acid						1 (830)		1 (148)		1 (145)

Notes: Values represent No. of components. Figures in parenthesis indicate number of food entries. **Source: 1**: Aykroyd (1937); **2**: Aykroyd et al. (1951); **3**: Aykroyd et al. (1963); **4**: Gopalan et al. (1971); **5**: Gopalan et al., revised and updated by Narasinga Rao, Deosthale, and Pant (1989).

No. 23 (Aykroyd, 1937) mostly represented the composition of Indian foods analyzed at NRL, Coonor (Swaminathan, 1937; Ranganathan et al., 1937). Additionally some nutrient values from India published in scientific articles particularly those from the Department of Biochemistry and Nutrition, All India Institute of Hygiene and Public Health, Calcutta (now Kolkata) were also made use of. However, the proportion of data from NRL, Coonor and those collected from other research laboratories in India could not be ascertained. Even though, the iodine content of 100 varieties of Indian foods was reported by Patnaik (1934) from NRL, Coonor, they were not included in this edition of composition tables as the topic was so convoluted that it was considered outside the scope of the bulletin.

Many significant interpretations emanated from the food values in the first compiled edition of NRL, Coonor. The data enabled calculation of the actual energy values of foods consumed and facilitated evaluation of optimal requirements. The FCT revealed that the proteins derived from animal sources such as beef muscle and whole egg had comparatively higher protein BV of 98 and 94%, respectively which were much higher than vegetal proteins like bengal gram with 76% and soya bean with 54%. Among the vegetal foods, pulses were found to be rich sources of protein ranging from 17.08% in bengal gram to 43.22% in soya bean. Vitamin A was found to occur in animal fats and the richest source was halibut liver oil containing 3900000 IU/100g. Vegetable oils and fats were found to be generally devoid of vitamin A and carotene except red palm (*Elaeis guineensis*) oil, which contained carotene equivalent to 44,000 IU of vitamin A per 100g. Apart from leafy vegetables (2000 – 12630 IU), carrots (2000 – 4300 IU), ripe fruits such as mangoes and papaya with 2020 and 4800 IU carotene equivalent vitamin A per 100g, respectively were considered among the richest dietary source of carotene. Foods such as coconut, soy and avocado had fat content of 41.6, 19.5 and 22.8%, respectively and were regarded as rich sources of fat. Calcium was found to be present in large amounts in buffalo milk (0.203%), '*ragi'* (0.334%) as well as leafy vegetables such as '*agathi'* (1.131%) and '*curry leaves'* (0.811%). The bioavailability of iron in meat, like pork muscle (86%) and beef liver (70%) was much higher than that of vegetables like spinach (19%) and lettuce (25%). Whole wheat was found to be rich source of vitamin B1 containing 230 IU/100g, while milled rice was observed to be poor source. Milk and milk products,

Table 2. Analyzed components and methods in published editions of Indian Food Composition Tables.

Component(s)	Method	Edition(s)
Moisture	Thermogravimetry	1937;1951;1971;1989
Protein	Kjeldahl method (N × 6.25)	1937;1951;1963;1971;1989
Fat	Ether extractives	1937;1951;1971;1989
Ash	Thermogravimetry	1937;1951;1971;1989
Crude fiber	AOAC (1930)	1937;1951
Carbohydrates	By difference	1937;1951;1963;1971;1989
Energy	Calculation	1937;1951;1963;1971;1989
Calcium	Titrimetry	1937;1951
Phosphorus	Volumetry	1937;1951
Calcium, Phosphorus	AOAC	1971;1989
Iron	Calorimetry	1937;1951
Iron, Magnesium	AOAC	1971;1989
Na, K, Cu, S, Cl	AOAC	1971
Na, K, Cu, Mn, Mo, Zn, Cr, S, Cl	AAS	1989
Vitamin A	Spectrophotometry	1937;1951;1963
β-carotene	HPLC	1989
Carotene	Spectrophotometry	1937;1951;1963;1971;1989
Thiamin	Biological and chemical method	1951;1963
Thiamin	Thiochrome method	1971;1989
Vitamin B2 (Now Riboflavin)	Chemical	1937
Riboflavin	Microbiological	1951;1971;1989
Niacin	Microbiological	1951;1971;1989
Folic acid	Microbiological	1971;1989
Vitamin C	Chemical	1937;1951;1963;1971;1989
Vitamin B12	Biological	1971;1989
Fats and fatty acid	Gas chromatography (Partly)	1989
PUFA	Gas liquid chromatography	1963;1971
Amino acids	Automated amino acid analyzer	1971;1989
Protein Biological Value	Biological, Human subjects	1937; 1951;1963
Protein Efficiency Ratio	Biological, Animal model	1963
Acid-Base balance	Calculation	1963;1971

eggs, pulses, leafy vegetables, certain roots and tubers were reported as good sources of vitamin B2. Un-sprouted pulses lacked vitamin C; nevertheless, sprouted pulses contained 10 to 15 mg of vitamin C per 100g.
After one year, the second edition of Health Bulletin No. 23 was published in the year 1938 which was widely circulated and translated into several Indian languages for greater popularity, wider outreach, general public nutrition education and utility. In this edition, a section on infant feeding was also added and corrections were incorporated for bringing in more clarity. The general configuration however, remained unchanged.

A revised and enlarged third edition was published in the year 1941 wherein the reported number of foods increased to 284. Content wise the third edition was substantially similar to previous two editions. Calorie values of the foods per ounce were provided as an additional column. The scientific nomenclature of the foods was provided as a separate column alongside the nutrient values. The indicative expressions for vitamin B2 was excluded in third edition as these were not quantified values and were unreliable for estimating intake levels. The importance of *'amla'* (*Phyllanthus emblica*) as a rich source of vitamin C was highlighted. Indian fish liver oil was proposed as a substitute for cod liver oil. Vernacular names of the foodstuffs in 'Hindustani' (now Hindi) language were additionally provided in the appendix against english names for the general public reference.

3. Health Bulletin No. 23, 4th edition 1951

Between 1938 and 1951, there was a notable transition in the Indian nutrition scenario. Among tropical regions, India contributed substantially in the field of nutrition (Nicholls, 1945). The incidence of pellagra was noticed and the role of niacin in its cure was successfully demonstrated in India (Raman, 1940; Aykroyd & Swaminathan, 1940). The agricultural practices in India also underwent modifications with concomitant increase in the crop yields. However, the basic diet of individuals remained inadequate, devoid of animal fats and proteins, due to poor economic conditions (Day, 1944). The translation of nutrition research into sustained public health was hindered by obstacles of weak economy, ignorance and poverty (Aykroyd, 1941). Other deficiency diseases such as maternal anaemia, infant beriberi and osteomalacia continued to be rampant. Sustained nutritional issues prompted the revision of Indian FCT resulting in the publication of fourth edition of the Health Bulletin No. 23 by Aykroyd, Patwardhan, and Ranganathan (1951).

The food grouping pattern remained unchanged in the Health bulletin No. 23, 4th edition. However, new foods were added to the groups increasing the total number of foods to 298 (**Figure 1**) out of which, fruits, other vegetables, green leafy vegetables (GLVs) and cereals constituted 19.7, 15.7, 11.4 and 10.4%, respectively. The number of flesh foods increased 2.2 times with addition of 14 new foods. Miscellaneous foods increased 3.1 times with addition of 17 new foods. Fruits and GLVs were expanded with addition of 19 and 13 foods, respectively. Three new foods were added in the class of milk and milk products. Pre-emptive knowledge regarding distribution of key micronutrients, mostly gained from past compilation, perhaps led to expansion of these food groups. The number of foods in pulses category however remained the same. Food sampling locations were the same as reported in the previous edition.

The 1951 version of the Health Bulletin No. 23 reflected improvement of analytical technique, which was quickly adopted in India. Unlike the previous 1937 edition where the values for B1 were sourced from scientific journals and expressed as IU/100g, in this revised edition, vitamin B1 was determined experimentally and the analytical values were expressed in terms of µg/100g (**Table 2**) to enable accurate intake estimations. Microbiological assays were introduced for determination of vitamins particularly that of riboflavin. The mode of expression for riboflavin was modified from indicative to quantitative form of µg/100g which made comparison of levels between different foods possible. Nicotinic acid content of foods, reported in terms of mg/100g, was added to the existing nutrient parameters to help in diet based mitigation of pellagra. However, the content of nicotinic acid and riboflavin were analyzed for some foods while the rest of information was drawn from literature. While taking the values from the scientific literature, preference was given to data that originated from India (Aykroyd, Patwardhan, & Ranganathan, 1951).

Since there was a great deal of difference between the Indian measures, the metric and avoirdupois system used in various provinces during those times, the nutrient values were additionally expressed either as gram (g) or milligram (mg) or microgram (µg) or international units (IU) per ounce of the edible portion. The appendix on the available percentage of iron in foodstuffs was dispensed with due to inconsistencies with estimations. However, the appendix on BV of proteins was retained and even augmented by providing additional data for 13 new foodstuffs. Vernacular names in 9 Indian languages viz., Hindi, Tamil, Telugu, Kannada, Oriya, Marathi, Bengali, Gujarati and Malayalam were provided against the English names for all the foodstuffs in addition to the scientific nomenclature for wider public utility across India.

Some of the significant and novel findings in this edition include the finding that the nutrient composition of undiluted buttermilk was similar to that of whole milk excluding its fat content. Honey was found to contain about 80% of sugars composed of fructose and

glucose and devoid of vitamins except vitamin C. Vitamin A content was found to be distributed in animal source foods like butter, ghee, whole milk, egg yolk, liver and fish. Among animal fats, cod liver oil (60000 to 200000 IU/100g) and halibut liver oil (390000 IU/100g) were reported as richest sources of vitamin A. Whole bengal gram (*Cicer arietinum*) was found to be devoid of vitamin C in their native state. Sprouted mung or green gram (*Phaseolus radiatus*) contained about three times more vitamin C than sprouted bengal gram whereas, '*amla'* (*Emblica officinalis*) containing 600 mg of vitamin C per 100g was regarded as the richest source of vitamin C.

The fifth edition of Health Bulletin No. 23, published by Aykroyd and Patwardhan (1956) focused on the general aspects of nutritional physiology in India. Since rice was the major staple consumed in larger proportion, the nutritive values of rice and rice products were studied in detail and published exclusively as separate and new edition in the year 1959 entitled "Rice"- Health Bulletin No. 28.

4. Sixth revised edition of Indian FCT 1963

In the subsequent years between 1952 and 1962, growth in nutrition oriented research in India took place even while deficiency disorders continued to be widespread. The diets predominantly comprised of cereals, small quantities of pulses, green vegetables and lesser proportion of milk, meat and eggs. Protein malnutrition was of considerable magnitude particularly among the poor communities (Rao, Swaminathan, Swarup, & Patwardhan,1959). Incidence of kwashiorkor and marasmus were observed across India (Gopalan & Ramalingaswami, 1955). Scientific articles around this time elucidated the role of amino acids in regulation of human health. Pellagra was reportedly instigated by amino acid imbalance of the sorghum diet, due to relatively excess leucine intake (Gopalan, 1961). Additionally, it was reported that the BV of proteins may not be limited by single amino acid but could be due to combined effects of partial amino acid deficiencies (Patwardhan, 1956). Among micronutrient deficiencies, iron deficiency anemia (IDA) was observed more among rural sections of populations while kwashiorkor occurred throughout India (Patwardhan, 1961). It was found that the prevalence of IDA was greater in India when compared to Europe due to excessive phosphorus and phytic acid with concomitant low calcium levels in the diet. About 16% of population had less than 8 g/100 dl mean blood haemoglobin level while the daily intake of iron among Indian populations ranged from 12 to 40 mg (Foy & Kondi, 1957). The occurrence of IDA was therefore observed to be not exclusively limited to the low iron intake from the diets but was also attributed to poor gastrointestinal absorption, inhibition of iron uptake by other dietary components or even the loss of absorbed iron.

The sixth revised edition was brought out by Aykroyd, Gopalan, and Balasubramanian (1963) in the form of a Special Report Series No. 42 retaining the original title 'Nutritive value of Indian foods and the planning of the satisfactory diets'. All the available literature based nutrient values of the Indian foods in this edition were inclusively compiled which significantly raised the total number of foods to 856; the highest among all the FCT published so far (**Figure 1**). Fruits and GLVs constituted 24.2 and 14.8%, respectively. 'Fishes and other sea foods' category, introduced as a new food group in this edition, constituted about 12.6% of total foods. Fats and edible oils were classified as yet another additional food group accounting for 0.7% of total foods in the FCT. Addition of fish, fats and edible oils as new food groups implied a better understanding about the role of amino and fatty acids in regulation of human health and their distribution in different foods (Chakrabarty & Hilditch, 1951; Master & Magar, 1954; Subrahmanyan, Swaminathan, Rao, & Joseph,1961; Subrahmanyan, Sreenivasan, & Swaminathan,1962). Among the new food groups, the compositional values of 108 numbers of 'fish and other sea foods' comprised the largest section in the tables. 'Milk and milk products' constituted 1.9% of total foods. The number of food entries was expanded by 3.7, 4 and 2.7 times in GLVs, miscellaneous foods and 'roots and tubers' categories, respectively to widen the coverage of foods consumed across India. Compared to the last edition of the year 1951, additional columns for the biological nature and the mass percentage of edible portions were also given.

The consumption of skimmed milk powder was found to be beneficial in the treatment of kwashiorkor in the areas where milk availability was limited. Legume proteins were also found to be useful in treatment of protein malnutrition (Patwardhan, 1962; Gopalan, 1961). Therefore, skimmed milk along with whole milk powder and certain legumes were included in the 1963 edition. The values for PER, a measure of protein quality were provided in addition to the existing protein BV (**Table 1**). The BV of proteins represented percentage of absorbed nitrogen retained in the body when food was considered as the sole source of nitrogen. PER was calculated from the gain in weight per gram of protein consumed. Protein content was calculated from nitrogen content by multiplying with the factor of 6.25. The data for eleven essential amino acids along with total nitrogen were included in the 1963 tables for the first time, to provide dietary nutrition solutions to tackle the incidence of pellagra and protein malnutrition. Amino acid values were drawn from research work carried out in India based on initial microbiological methods and later using automated amino acid analyzer, mostly at National Institute of Nutrition (NIN), Hyderabad and Central Food Technological Research Institute (CFTRI), Mysore. Amino acid content was expressed in terms of g/g N.

In order to provide dietetic solutions for alleviating IDA, iron content of foods were reported as total, ionizable and percentage of ionizable iron out of total iron. Percent ionizable iron content was introduced into the main table rather than as appendix to enlist different haematopoietic foods. Calcium and magnesium salts of phytic acid are insoluble and these minerals are hence rendered less bio-available. Phytates are resistant to digestion and the phosphorus in them is also not readily available. Therefore, phosphorus contents of certain foods was reported in three different forms namely, total phosphorus, phytin-phosphorus and percent phytin-phosphorus out of total phosphorus to aid in efficient diet based mitigation of osteomalacia. For the first time, oxalic acid content was also reported for 830 food entries in this 1963 edition. Oxalic acid was considered as an anti-nutrient along with phytin-phosphorus and were tabulated together, since physiology of mineral absorption and nutritional impedances caused by anti-nutrients were well deciphered.

Mineral data comprised of 9 individual elements in total as compared to 3 elements in previous edition. Magnesium, sodium, potassium, copper, sulphur and chlorine were the new inclusions (**Table 1**). All mineral contents were expressed in terms of mg/100g. Acid-base balance of foods that could be calculated from mineral content were provided to aid in the formulation or use of foods as therapeutic diets since large sections of rural population in India depended on the Indian system of diet based therapeutics and medication. Intake of folic acid was thought to play important role in curing anaemia in those days. Among vitamins, the contents of biotin, choline, inositol, pantothenic acid, pyridoxine and vitamin K including folic acid for 533 food entries were new inclusions (**Table 1**). Total β-carotene content obtained by solvent partition was multiplied by a factor of 10/6 to arrive at vitamin A value in IU/100g. Vitamin B1 was estimated mostly by chemical and to a small extent by biological methods (**Table 2**). Data expression units were either in gm or mg or µg per 100g edible portion. The percentage of polyunsaturated fatty acids (PUFA) in oils and fats were also provided for the first time in this 1963 edition because of their relevance in the management of cardiovascular disease.

Nutrient content of foods in the sixth edition was mostly based on the work carried out at NRL, Coonor where quantification of nutrient values was funded by Nutrition Research Funds Association (NRFA). Nutrient values were also obtained from institutions like University College of Technological Research Institute, Mysore; State Food and Drug Laboratory, Ambala Cantonment and Nutrition Laboratory, Patna to provide wider coverage for several constituents of different foods consumed across the country. However, no information was found on the extent of data obtained from these centers.

In order to meet the demands of teachers of home science and nutrition; researchers of diet and nutrition surveys as well as dieticians in hospitals, a handy and portable document, named Special Report Series No. 42 entitled "Nutritive Value of Indian Foods-Tables of Food Values" was brought out by Aykroyd, Gopalan, and Balasubramanian (1966). This book contained only the tabulated values and brief text on principles of nutrition and dietetics while the number of foods and component parameters, scientific and vernacular names remained unchanged.

5. Nutritive value of Indian foods (NVIF), 1971

In a relatively short duration between 1964 and 1970 there was very little probability for the alteration in the nutritive value of Indian foods. The dietary pattern remained similar despite economic growth, probably due to concomitant population expansion, low income and inadequate food supply (Rao, 1967). A slight upward trend was noted in the consumption of foods from animal sources, fats, sugars while a slight decline was noticed in the intakes of vegetables and food grains. Yet, diets were found to be inadequate in protein, vitamin A, calcium, iron, energy, ascorbic acid, thiamine and riboflavin according to Nutritional Advisory Committee (NAC) of the ICMR (Devadas et al., 1965). The Indian population continued to thrive on subsistence vegetarian diets with little or no milk. These dietetic and nutritional factors were considered while revising the FCT. Subsequently, a consolidated FCT entitled 'Nutritive Value of Indian Foods' was released by Gopalan, Ramasastri, and Balasubramanian (1971). The phrase 'Planning of Satisfactory Diets' was excluded from the title probably due to increase in consumer options triggered by economic growth.

Apart from inadequate dietary iron intake, the incidence of IDA was additionally ascribed to impair iron absorption leading to metabolic deficit due to preference for cereal rather than iron rich foods (Venkatachalam, 1968). Protein energy malnutrition (PEM) in the forms of Kwashiorkor (protein and calorie deficiency) and marasmus (calorie deficiency) were evident among children and were regarded as the most prevalent and widespread nutritional problems in India during those days (Gopalan, 1970). Nutritional hypertension observed among Indian population was at that time ascribed to the differential proportion of long chain versus short chain fatty acids in the fats and oils consumed (Malhotra, 1970).

The NVIF (1971), provided data for a total of 664 foods **(Figure 1)**. The net reduction in number of components to 45 from 51 (in the previous 1963 edition) was due to exclusion of components parameters of ionisable iron, percent ionisable iron, biotin, inositol, pantothenic acid, pyridoxine, vitamin K, protein BV and PER and inclusion of free folate, B12 and tyrosine. The total number of food representations dwindled by 22% compared to previous

edition, since analytical values were prioritized. Fruits in particular were reduced by 50%. The descriptive column for the nature of edible portion was removed probably due to more emphasis on nutrient data.

Free folic acid and vitamin B12 were included as new components in this 1971 edition to provide dietetic options for solving the issues of certain types of anemia, cardiovascular disorders and neural dysfunctions caused by their inadequacy. Folate contents for 68 food entries were evaluated microbiologically and were presented as free and total folate to aid in deciphering the degree of bioavailability from different foods. The free and total folate contents were estimated before and after incubation of food extracts with folic acid conjugase, respectively. Vitamin B12 was estimated by biological method using *Euglena gracilis* as the test organism, and the data was presented for 17 animal source foods in terms of µg/100g of edible portion. Many vitamins such as biotin, inositol, pantothenic acid, pyridoxine and vitamin K were however not considered in this edition due to scarcity of updated data, lack of clarity on deficiency symptoms and obscure metabolic role in those times. Due to lack of definite information about the conversion of carotene to vitamin A in the body, β-carotene values (estimated by alcohol extraction and ether partitioning) were expressed as µg/100g. Vitamin A content of pertinent foods was calculated considering 1 IU of vitamin A as equal to 0.3 µg of retinol. Vitamin C was estimated by 2, 6-dicholorophenol indophenol-xylene extraction method to avoid interference of colored extracts. Choline values for 60 food entries were presented as a separate table in terms of mg/100g edible portion (**Table 1**). Riboflavin and nicotinic acid were estimated by microbiological assays (**Table 2**).

The contents of ionizable iron and percentage of ionizable iron out of total iron was excluded in this edition probably due to low analytical reliability. Minerals such as Ca, P and Fe were estimated by standard AOAC methods using atomic absorption spectroscopy (AAS). The values of certain trace elements such as Mn and Zn analyzed by chemical methods were considered unreliable and were therefore not included in the tables. Phytate content was determined as phytin-phosphorus and the values were expressed as mg/100g as well as percentage of phytin phosphorus out of total phosphorus.

Protein BV and PER were also not considered in this 1971 edition since amino acid composition was given preference. The amino acid composition and total nitrogen content of foods were partly analysed at National Institute of Nutrition (NIN), Hyderabad and partly sourced from Indian literature. Unlike previous editions, the derived energy values were expressed in terms of kcal/100g. The PUFA content of twelve commonly consumed fats and oils were mostly analyzed using gas liquid chromatography at CFTRI, Mysore and NIN, Hyderabad and the results were expressed as gram percentage. The vernacular names of foods in Indian languages saw the inclusion of 'Kashmiri' and 'Punjabi' in this edition. The data presented in this edition was primarily taken from the work carried out at NIN, Hyderabad funded by ICMR, New Delhi. In order to increase the coverage of foodstuffs and the number of food constituents, data that originated from University College of Science and Technology, Calcutta; Haffkine Institute, Bombay (now Mumbai); CFTRI, Mysore; State Food and Drug Laboratories, Ambala Cantonment and Nutrition Laboratory, Patna were also included. The extent of sourced food values from various Indian scientific journals were neither specifically demarcated nor cited as to which components or foods.

Among the notable observations in this publication, fresh green vegetables, liver and pulses were regarded as good sources of folates. It was also reported that only animal source foods such as meat, milk and liver contained vitamin B12. GLVs were found to be rich in calcium, iron, carotene, riboflavin and folic acid. Potatoes contained significant amount of vitamin C (17 mg/100g). Jaggery (cane) was found to be a good source of iron with 11.4 mg/100g. The liver oils of cod, shark and halibut contained 20000-70000, 70000, and 1000000 µg of preformed vitamin A per 100g, respectively.

6. Nutritive value of Indian foods, 1989

The green revolution ushered in food security and there was a substantial decrease in the levels of poverty in India. After 1971, the status of nutritional deficiencies was observed to have improved with the reduction in the prevalence of IDA, vitamin A deficiency (VAD) and child malnutrition except the incidence of goitre which had escalated. Between 1971 and 1974, the prevalence of corneal disease (vitamin A deficiency) accounted for about 2% of the cases of blindness in India (Reddy, Shekar, Rao, & Gillespie, 1992). Between 1975 and 1990, there was a decline in clinical deficiency signs of VAD among children of 1 to 5 years in rural areas (National Nutrition Monitoring Bureau, NNMB Report, 1991). The prevalence of marasmus and kwashiorkor also decreased from 1.3 to 0.6 % and 0.4 to 0.1%, respectively. However, chronic diseases such as diabetes and cardiovascular health became matters of public health concern.

In order to rectify some of the shortcomings of the previous editions and to make space for new developments in nutrition situation, the NVIF was revised and updated (Gopalan, Ramasastri, & Balasubramanian, revised and updated by Narasinga Rao, Deosthale, & Pant, 1989). In this edition, foods were categorized into 14 groups with the segregation of 'meat and poultry', 'sugars' and 'beverages'. The content values for 64 individual components in 606 foods were compiled (**Table 1**). The foods were

classified into 'common' and 'less familiar'. The content of proximate, minerals and trace elements, vitamins and essential amino acids were tabulated separately for 'common' and 'less familiar' foods. Total and β-carotene contents were quantified using high performance liquid chromatography (HPLC) for 29 food entries and the values were reported as µg/100g in a separate table. Similarly, fatty acid composition, analyzed by gas chromatography for 16 commonly consumed edible oils and fats were given as separate table in addition to fat and fatty acid composition of 26 'common foods'. Thus, fatty acid compositions for a cumulative 42 food entries were provided, to aid in devising nutrition solutions for various age and physiological groups of populations. Vitamin B12 content of 2 fish foods, 8 flesh foods and 7 'milk and milk products' were also provided as separate table. In this edition, miscellaneous foods were integrated with 'less familiar' foods **(Figure 1)**.

Recognizing the importance of dietary fibers in regulation of human health, contents of soluble dietary fibre (SDF) and insoluble dietary fibre (IDF) were given for 106 food entries to find dietetic nutrition solutions for high prevalence of chronic diseases such as obesity and diabetes. Quantified values of trace elements such as manganese, molybdenum, zinc and chromium for 227 food entries were the new inclusions. The corrected values of nutrients particularly that of iron was included in this revised edition. Minerals such as Mg, Na, K, Cu, Mn, Mo, Zn, Cr, S and Cl were analyzed by AAS, whereas Ca, P and Fe were estimated by standard AOAC methods. Prevalence of iron deficiency was found to be not exclusively due to low dietary iron intake but also due to the folate and vitamin B12 deficiencies (Yusufji, Mathan, & Baker, 1973) as well as other factors such as absorption. Therefore, the components of ionizable iron content and percentage of ionisable iron out of total iron were dropped in this edition. Acid-base balances of foods were also withdrawn. However, the components of oxalic acid and phytin-phosphorus were retained and that of vitamin B6 was reintroduced.

In this edition, pulses, millets and GLVs were in general regarded as relatively rich sources of dietary iron. Fenugreek seeds were found to contain 48.6% IDF and 20% SDF, substantially higher compared to other foods. Safflower oil contained high levels of unsaturated fats. Groundnut oil with moderate levels of polyunsaturated fatty acids (PUFA) was considered as a good source of essential fatty acids. Rice bran oil was found to have fatty acid composition similar to groundnut oil. Fishes were found to contain omega-3 fatty acids, considered beneficial for cardiovascular health.

7. Notable transitions between 1937 and 1989 editions of Indian FCT

A steady progress in the analytical methods and techniques ensued with every major revision. In 1937, crude fibre was estimated in the residue left after ether extraction of fat, but in the 1989 edition dietary fibre values determined by enzymatic analysis akin to human gastric digestion, were reported. Minerals previously estimated by titrimetry, volumetry and colorimetry were replaced with modern reliable methods and quantified using AAS. Total β-carotene estimated previously by chemical methods was quantified by liquid chromatography in the 1989 edition for selected foods. Vitamins were quantitatively expressed as µg or mg/100g unlike initial FCT where they were reported in terms of IU/100g. Amino acid contents were expressed as mg/g N in 1989 edition as against g/g N in previous editions. Minerals were expressed in terms of mg/100g as against g% in earlier editions, thus progressing towards better precision.

The number of decimal places of the reported data values increased for thiamine, riboflavin, folic acid and PUFA over the decades (**Table 3**). The transition in the

Table 3. Data presentation for selected components in published editions of Indian food composition tables.

Components	1937[1]		1951[2]		1963[3]		1971[4]		1989[5]	
	DP	Units	DP	Units	DP	Units	DP	Units	DP	Units
Proximates	2	g %	1	g %	1	g/100g	1	g/100gm	1	g/100g
Energy	1	Cal/100g	0	Cal/100g	0	Cal/100g	0	Kcal/100g	0	Kcal/100g
Calcium	3	g %	2	g %	0	mg/100g	0	mg/100g	0	mg/100g
Phosphorus	3	g %	2	g %	0	mg/100g	0	mg/100g	0	mg/100g
Iron	2	mg %	1	mg %	1	mg/100g	1	mg/100g	2	mg/100g
Vitamin A	1	I.U./100g	1	I.U./100g	0	I.U./100g	0	I.U./100g	0	µg/100g
Carotene	0	I.U./100g	0	I.U./100g	0	I.U./100g	0	µg/100g	0	µg/100g
Thiamin	0	I.U./100g	0	µg/100g	2	mg/100g	2	mg/100g	2	mg/100g
Riboflavin	*	(+,++,+++)	0	µg/100g	2	mg/100g	2	mg/100g	2	mg/100g
Folic acid	-	-	-	-	0	µg/100g	1	µg/100g	1	µg/100g
Vitamin C	1	mg/100g	0	mg/100g	0	mg/100g	0	mg/100g	0	mg/100g
Amino acids	-	-	-	-	2	g/gN	2	g/gN	0	mg/gN
PUFA	-	-	-	-	0	gms %	0	gms %	2	g %

Notes: * Non-numeric indicative data; - component not included in the FCT; DP Decimal places. **Source:** 1**:** Aykroyd (1937); 2: Aykroyd et al. (1951); 3: Aykroyd et al. (1963); 4: Gopalan et al. (1971); 5: Gopalan et al., revised and updated by Narasinga Rao, Deosthale, and Pant (1989).

Table 4. Summary of changes in the composition of foods from 1937 to 1989.

Food group	Moisture	Protein	Fat	Ash	Fibre	CHO	Energy	Ca	P	Fe	Caro-tene	B1	Vit-C
Cereals	-2.1	-2.1	10.4	-7.7	0.2	-0.6	-0.4	-0.8	-1.8	3.4	-13.3	-11.3	-
Condiments & spices	1.3	1.2	19.8	2.7	7.7	-5.6	1.3	-6.6	5.7	16.4	-8.0	-33.8	9.3
Flesh foods	-0.1	-2.6	1.7	3.0	-	-1.5	0.2	10.9	-0.5	9.4	-2.7	-30.7	-
Fruits	0.2	-6.4	23.1	9.7	-1.8	-4.6	-1.8	24.8	7.4	79.4	-6.4	-22.5	-7.7
Leafy vegetables	1.0	6.4	8.3	6.5	10.0	**-12.3***	-4.4	1.4	6.1	-25.6	15.1	-60.4	-16.9
Milk & milk products	-0.3	-4.3	1.6	-3.1	-	-19.8	-4.0	4.5	0.0	-70.3	-10.1	-	-
Miscellaneous foods	0.0	0.4	6.0	1.3	-1.6	0.0	0.0	0.2	-4.0	34.7	-	-	-
Nuts & oil seeds	-7.9	-5.2	-0.6	2.2	-0.4	5.5	-0.3	2.7	-3.3	-21.6	-9.0	-2.9	
Other vegetables	0.5	1.5	12.7	-0.8	-0.7	-8.0	-6.4	-0.5	-0.5	-23.1	8.6	-31.2	-1.8
Pulses	0.0	0.1	0.1	0.0	-0.8	-1.8	-1.6	-6.2	-4.0	-4.7	2.9	-7.1	-
Root and tubers	0.1	1.6	26.8	7.6	1.1	-5.3	-4.3	-30.4	145.5	-19.3	47.7	**-66.9***	-37.5

Notes: Values were normalized to uniform expression units for each food group on dry weigh basis. * Significant change at $p \leq 0.05$ in the two-sided pair-wise comparisons test. - Not included in the analysis due to less than two common foods with data points. CHO, Carbohydrates.

data expression units and precision indicates enhanced accuracy and sensitivities of analytical techniques. The number of food constituents in FCT editions from 1963 onwards was resolved further into sub-components like phytin-phosphorus, ionizable iron fraction, free folic acid, individual essential amino acids, individual fatty acids, oxalic acid, SDF and IDF. Even while the number of foods increased in each food group, least expansion was observed in the 'condiments and spices' group with addition of only three new food items between 1937 and 1989.

The presentation of data value in all the published FCT were in the form of unitary numeric values either with or without decimal places and lacked variability of the contents. It was observed that the food sampling was limited to only few locations. Perhaps inclusion of data reported from other parts of the country served for the dimension of geographic distribution. Hence, the data were not true representation of foods consumed throughout the country. Unlike other countries FCT (McCance & Widdowson, 1960) which have additionally provided the composition of processed, prepared, preserved and cooked foods, Indian FCT have largely focussed on foods in their raw state due to large variation in the food habits, methods of preparation and minimal usage of processed foods in the country.

Common food groups in the FCT of 1937 and 1989 editions with an intermediary duration of about fifty years were compared based upon the mean nutrient and energy values after normalizing to common expression units on dry weight basis. It was observed that the alteration in nutrient content of 202 common foods belonging to eleven common food groups were meager despite several intermittent revisions. Percent change in the mean moisture, protein, ash, fibre and energy values of all food groups were insignificant and below 10%. Apparent rise observed in fat contents of food groups, perhaps due to improvement in the extraction techniques and reduced interference, were nevertheless insignificant. Carbohydrates in leafy vegetables declined significantly though the magnitude of change was only 12%. Such decrease is due to cumulative changes in the protein, fat, ash and fibre contents because the carbohydrate values were derived 'by difference'. Thiamine content of roots and tubers decreased significantly by 67% (**Table 4**). Despite alteration in agro-climatic conditions, modalities of food production and supply practices, sampling pattern, description of edible portions, advancement in the analytical techniques, the composition of large number of foods remained fairly steady without remarkable change which implies that substantial nutrient values exhibited carry forward trend from 1937 FCT.

The need for comprehensive and updated compositional data far surpassed the available range of food data for effective nutrition management. Sound food composition databases that are both comprehensive and representative of foods available and consumed in the country are essential basic tools for a variety of activities. Interest in food components is expanding rapidly, as are the varieties of foods that are available and consumed. The NVIF is an important contribution to the human knowledge, especially in the Indian context but the data is outdated and based on the methods available about 2-3 decades ago with partial or limited coverage of foods and nutrients. Further, no

documentation is available as to the sampling procedure followed or the source of the data. Due to deficit of many of the nutrient data which stimulate disproportional costs and inefficient use of resources, it was deemed necessary to completely revamp the Indian FCT with a totally new compositional database.

8. The New Indian Food Composition Tables, 2017

Economic liberalization and globalization changed the food and nutrition scenario in India. Between 1990 and 2010, the daily per capita supply of energy, protein and fat increased by 11, 12 and 30%, respectively. Consumption of fruits, starchy roots, vegetables increased by 91, 52 and 46%, respectively (Food and Agriculture Organization Statistics, FAOSTAT, 2013), though a steady increase in the food price was also observed. A change in dietary pattern was observed as the conventional diet of the Indian populations shifted largely due to the modified food supply systems. Reduction in incidence of kwashiorkor from 0.2 to 0% and bitot's spot from 0.7 to 0.2%, respectively among pre-school children (NNMB, 2012) was noticed. However, new public health issues emerged. The risk factors of overweight increased to 11.8 and 15.5% in men and women, respectively (NNMB, 2012). Prevalence of child malnourishment at 45.9% (National Family Health Survey NFHS-3, 2006), any anemia at 79% among 6-35 month children (NFHS-3, 2007), underweight among women at 35.6% women (NFHS-3, 2007), anemia at 55.3% among women of 15 to 49 years of age (NFHS-3, 2006), diabetes at 8.63% (International Diabetes Federation IDF, 2014), hypertension at 22.2% in men and 21.6% in women (NNMB, 2012) came to be matters of new public health concern.

The latest Indian food composition database funded by the ICMR covers all the key foods sampled from the entire country drawn from statistically valid sampling method. About 200 discrete food constituents including sub-components were standardized for analytical evaluation. In addition to the existing nutrients in NVIF, about 136 new components were additionally evaluated accounting for 212% increase over the number of components in the previous 1989 edition. Incorporation of such wide spectrum of nutritional components conforms to the requirements for dealing with various nutritional issues present today. Individual data for endemic foods of six geographic regions of the country were generated and compiled.

9. Conclusions

In India, nutrient evaluation of food was pioneered by Sir Robert McCarrison almost a century back resulting in the publication of the first Indian FCT in the year 1937. Indian FCT underwent revisions both in design and data quality in about every 12.5 years until 1989 and has effectively served dieticians, nutritionists and clinicians. Demerging, extension and expansion of food groups brought more clarity and widened the options to formulate effective nutrition solutions. In every edition emphasis was laid on nutritionally relevant component of food according to the nutritional situation of the country. During progression of the FCT it was observed that analytical data gained importance with the availability of improved methods of analysis and resources. Increase in the number of individual food components also reflected better understanding of nutritional roles as well as accessibility to new sensitive and selective analytical methodologies.

As metabolic links between newly defined constituents of the human diet and health conditions are established and as new dietary patterns emerge, FCT need to be structured accordingly. Without good food composition data, nutrition research cannot establish or explain the interrelationship between diet and its influence on health. Food composition databases are never complete due to the constant introduction of new foods into a food supply, newly discovered food components that are associated with health and disease, and continued improvements in methods of analysis. The food supply is now more dynamic than ever with increased availability and access to various foods from different parts of the country due to enhanced transportation which means that the food data providers are aiming at a moving target to provide the most accurate and authentic data. The latest new 'Indian Food Composition Tables, 2017' provides values with widest possible coverage of nutrient and bioactive components of key foods representing all major food groups. The new Indian food composition tables will provide the much needed data in specialized fields and bring about paradigm change in nutritional research in the country.

Identification of key foods, development of national sampling plan and nutrient parameters for generating the Indian food composition tables

1. Introduction

Food composition tables (FCT) provides data of nutritionally relevant components in foods along with their biophysical descriptions (Dwyer, 1994). FCT is vital for the development of the nutritional sciences and represents the primary scientific resource from which all other nutritional and health studies flow. Earlier, attempts were made to globalize FCT, however, it was found necessary to have national or regional food composition tables as variations in nutritional contents exist due to multiple factors such as genetic variability, agro-climatic conditions, edaphic and processing effects (Vaask et al., 2004). Thus, compilation of FCT specific to a country or region reflects the said variations in the nutritional value of common foods.

Accurate food composition data is critical for those involved in nutrition and epidemiological research and in formulating government policies. Today, the use of FCT goes beyond traditional nutrition science into many specialized areas that were not well-anticipated several years ago. (Deharveng, Charrondiere, Slimani, Southgate, & Riboli, 1999; Dwyer, 1994). Food composition data must contain appropriate details of documentation with respect to the data origin, analytical methods, statistical parameters employed and allied information required by investigators and researchers (Dwyer, 1994). Thus, sound food composition databases that are both comprehensive and representative of foods available and consumed in the country have become essential tools for a multitude of public health activities.

The National Institute of Nutrition (NIN), Hyderabad has generated and maintained the Indian food composition tables (IFCT). The first Indian Food Composition Table entitled 'Nutritive value of Indian Foods and the Planning of Satisfactory Diet' was published by Akroyd (1937). Several revisions (Aykroyd, Patwardhan, & Ranganathan, 1951; Aykroyd, Gopalan, & Balasubramanian, 1963, 1966) have taken place since then and the book was renamed 'Nutritive Value of Indian Foods' (NVIF) in the subsequent years (Gopalan, Ramasastry, & Balasubramanyam, 1971). The last revision of NVIF was carried out in 1989.

During primordial development of food composition tables, considerable sharing of data took place. The extent of usage of borrowed data was even greater in developing countries. Most FCT carry forward a large proportion of old data derived from outmoded analytical techniques into newer revised versions. In any national FCT there are scientifically reliable data, though it is difficult to assess what proportion and to what extent of the data in the FCTs is accurate. With the passage of time, due to improvement in analytical techniques and change in the food supply, the proportion of data that are considered to be reliable decreases. Further, keeping in mind the changing scope of the range of nutrients and bioactive substances in foods and their importance in health and disease, generating new data or revising FCT is necessary to cater the needs of the users.

In the previous versions of NVIF several limitations and deficiencies existed including limited coverage of foods, nutritional parameters, and other uncertainties regarding sampling, representativeness, use of outdated analytical methods and data origin etc. In order to address those issues the government of India initiated a program to generate new comprehensive compositional data on nutrient and bioactive substances in foods from nationally representative samples. The frame work that was adopted for identification of key foods, countrywide food sampling design and analytical parameters for the development of Indian food composition database are presented herewith.

2. Identification of key foods

Indian cuisine varies widely across the country according to the region, culture and tradition, characterized by the use of different spices, vegetables, grains, fruits and a variety of animal source foods. Analysing all the foods that are consumed in the country would not be feasible due to the prohibitive cost involved and thus it is essential to prioritize foods for compositional analysis. One method to set priorities is the 'key foods approach' developed by the United States Department of Agriculture (USDA) (Haytowitz, Pehrsson, Smith, Gebhardt, Matthews, & Anderson, 1996). Key foods are defined as those foods that contribute upto 75% of the nutrients intake by the population. The method combines food consumption data with its nutrient composition, and ranking the foods by applying a scoring system to identify the key foods that contribute significantly to the diet in terms of their nutrients (Haytowitz, Pehrsson, & Holden, 2000).

Large nationwide dietary surveys provide adequate information on the different foods consumed and the contribution of such foods to the overall nutrient intakes by the population in the country. In India, the National Nutrition Monitoring Bureau (NNMB) has been collecting dietary intake data for the states of Andhra Pradesh, Gujarat, Karnataka, Kerala, Madhya Pradesh, Maharashtra, Orissa, Tamil Nadu, Uttar Pradesh and West Bengal since 1972. These 10 states cover about 3/4th of the geographical area and 2/3rd of the total population of the country. Therefore, in order to identify and prioritize the key foods for sampling and analysis, nationwide food consumption survey carried

out by NNMB (NNMB, 2006) in rural areas of India was utilized. Dietary intakes data of 30,244 individuals of all age groups collected using 24 hour dietary recall method (Thimmayamma & Rao, 1969) was utilized.

The method adopted to determine key foods for analysis is the nutrient consumption scoring approach. However, in the present study, the use of nutrients of current or potential health importance as carried out by the USDA (Pehrsson, Haytowitz, Holden, Perry, & Beckler, 2000) is not used; rather contribution of each food to one or more nutrients is taken into consideration. The first step in determining the key foods is based on the consumption pattern of different recipes/foods prepared and used at household level. Food wise ingredients are listed and weighted to represent the amounts consumed by the survey respondents. All the foods that are consumed by the population are considered and their contributions for each nutrient is calculated. The amount of each food consumed is multiplied by the nutrient in the food obtained from NVIF to arrive at the nutrient contribution per food for the amount consumed by the population. Due to limitations of NVIF, intakes of only 12 nutrients namely, protein, total fat, iron, calcium, phosphorus, vitamin A, thiamine, riboflavin, niacin, vitamin C and total folic acid including energy, are taken into consideration. The relative contribution of each food to a particular nutrient is tabulated and sorted in descending order. Similar procedure is adopted for all the 12 nutrients. Finally, foods are sorted out according to score and cumulative percentage is calculated. Foods contributing to maximum number of nutrients in terms of intake are arranged in descending order and a total of 227 mutually exclusive foods are identified as the key foods of the Indian population. Given the relative importance of every key food in the Indian diet, similar sample units are adopted for collection of each food in order to obtain representative analytical data for all these foods.

2.1 National food sampling design

The next step is to provide the best estimate of the nutrient profile of the key foods identified. This involves food sampling, a critical step for generating reliable data representing the composition of the food of interest. The sampling procedure to generate the national food composition database for key foods involves selecting self-weighing, nationally representative estimates of the composition of foods (Pehrsson et al., 2000). To this end, a probability proportional to size national sampling plan is developed to sample the district and analyse the key foods (Cochran, 1977; Chaudhury & Vos, 1988). In India, the population size is not uniform across the States/Union Territories (UTs). Therefore, the number of districts in each State/UT is considered as the basis for fixing the sample size (Census of India, 2001). The country is divided into six broad geographic regions i.e. North, Central, West, South, East and Northeast India (**Table 1**). Similar categorization of states into regions is done in the National Family Health Surveys (NFHS, 2006) carried out at different time-points. The only exception in this case is the State of Uttar Pradesh which is considered under central region.

Table 1. Categorization of the States/UTs into six different regions.

Central	Chhattisgarh; Madhya Pradesh; Uttar Pradesh and Uttaranchal
East	Bihar; Jharkhand; Orissa and West-Bengal
North	Chandigarh; Delhi; Haryana; Himachal Pradesh; Jammu & Kashmir; Punjab and Rajasthan
Northeast	Arunachal Pradesh; Assam; Manipur; Mizoram; Meghalaya; Nagaland; Sikkim and Tripura
South	Andaman & Nicobar Islands; Andhra Pradesh; Karnataka; Kerala; Lakshadweep; Pondicherry; Telangana State and Tamil Nadu
West	Dadra & Nagar Haveli; Diu & Daman; Goa; Gujarat and Maharashtra

The next stage involves categorization of states /UTs according to the frequency distribution of number of districts for determining the number of districts to be sampled within the state of UT (**Table 2**). Only one district is selected from each of the northeast states except Assam and Arunachal Pradesh due to small area and population size. All the States/UTs are categorized into their Natural geographic regions (NGRs) and wherever NGRs are not available, administrative regions of the states/UTs are considered. Once sorted, a probability proportional to the size of districts is drawn using simple random sampling procedure to include one sample (district) from each NGR or Administrative region.

Table 2. Frequency distribution of States/ UTs for fixing the number of districts to be sampled.

No. of Districts	No. of States/UTs	No. of districts to be selected from each State/UT	Total No. of districts to be sampled
1-5	9	1	9
6-10	4	2	8
11-20	9	3	27
21-30	7	4	28
31-40	4	5	20
41-50	1	6	6
51-60	0	7	0
61-70	0	8	0
>70	1	9	9
Total	**35**		**107**

Overall, 107 districts out of the total 630 districts representing 17% of the country are selected for the collection of key foods for analysis (**Map 1**). The number of districts sampled in each state is presented in **Table 3**. Due to logistic reasons, the district headquarters of the selected districts constituted the primary sampling units (PSUs) and retail shops in the main markets of towns constituted the secondary sampling units (SSUs).

The sampling design thus arrived at provides geographically well dispersed districts that are statistically representative with respect to region and country. A centrally located well connected city is identified within each region for region wise collection and compositing of samples (**Table 4**). The sample size varied from a minimum of 11 districts in Northeast India to a maximum of 23 in North India to obtain a comprehensive picture of what is being consumed regionally; through compositing at regional level (**Figure 1**), it was possible to reduce the cost of analysis and still produce the most reliable estimate of nutrient content in food. The sampling design also ensures adequate number of samples, which takes care of the variables affecting their composition in order to obtain representative data (Greenfield et al., 2009; Tarley, Visentainer, Matsushita, & de Souza, 2004). This sampling plan is considered adequate for each food to express the data through distribution of values, calculation of mean/median, ranges and coefficient of variation taking into account the operational, logistic and perishable nature of the food. The mean of the six regions will represent the national value.

2.3 Validation of sampling design

National Bureau of Soil Survey & Land Use Planning (NBSS & LUP) (Velayutham, Mandal, Mandal, & Sehgal, 1999) has mapped twenty agro-ecological zones in the country. When the selected towns were super imposed on the agro-ecological map, it was observed that the spatial distributions of the selected sites were adequately dispersed across all twenty agro-ecological zones in the country indicating adequate representation of the entire country.



Map – 1. **Sample collection centres and zones.**

Table 3. Number of primary sampling units (districts) in each State/UT.

Sl. No.	State name	Total No. of Districts	No. of Districts Selected
1	Andhra Pradesh	23	4
2	Arunachal Pradesh	16	2
3	Assam	27	3
4	Bihar	38	9
5	Chhattisgarh	18	3
6	Goa	2	1
7	Gujarat	25	4
8	Haryana	21	4
9	Himachal Pradesh	12	3
10	Jammu and Kashmir	15	3
11	Jharkhand	24	4
12	Karnataka	30	4
13	Kerala	14	3
14	Madhya Pradesh	50	8
15	Maharashtra	35	5
16	Manipur	9	1
17	Meghalaya	7	1
18	Mizoram	8	1
19	Nagaland	11	1
20	Orissa	30	4
21	Punjab	20	3
22	Rajasthan	32	7
23	Sikkim	4	1
24	Tamil Nadu	32	5
25	Tripura	4	1
26	Uttarakhand	13	3
27	Uttar Pradesh	71	8
28	West Bengal	18	3
	Union Territories		
A	Andaman & Nicobar	3	1
B	Chandigarh	1	1
C	Dadra and Nagar Haveli	1	1
D	Daman and Diu	2	1
E	Lakshadweep	1	1
F	National Capital Territory of Delhi	9	2
G	Puducherry	4	1
	Total	**630**	**107**

2.4 Sample collection, handling and transportation

Sample collection, handling and transportation are critical to ensure integrity of the samples and subsequent accurate estimation of nutrient values (Trainer et al., 2010). The national food sampling plan has a wide geographical dispersion with 107 sampling sites selected according to probability-proportional to size. A systematic protocol was developed for collection and handling of various types of foods in order to optimize the sample integrity and thereby the stability of nutrients at the point of consumption. The sampling sites are categorised into six regions therefore, food sampling is carried out region-wise.

Table 4. Regional compositing centres and sample size of each region.

Region	Regional Compositing centre	Sample size
North	Delhi	23
East	Kolkata	20
South	Bangalore	19
West	Mumbai	12
Central	Varanasi	22
North East	Guwahati	11

All plant foods, egg and poultry are continuously sampled in batches from the selected sampling sites in the country (**Figure 1**). Purchase, collection and delivery to the laboratory is staggered to minimise any nutrient loss that may occur prior to analysis. All the samplers are trained in-house and on-site in one district to reduce intra and inter sampler variability and also to gain practical experience in order to ensure consistency in the handling methods such as packaging, storage and transportation. Each food sampler reaches the sampling site with adequate necessary supplies and information on the samples to be collected, method of collection, amount to be sampled, labeling and transportation to the regional compositing centre. Detailed instructions specifically customized for the type of foods to be sampled are given to each food sampler. All samplers are instructed not to sample fresh produce with signs of spoilage or intrinsic damage. The sampling of perishable foods is carried out using coolers and ice packs/dry ice.

Upon reaching the sampling town/city of the particular district, the samplers identify a number of wholesale/big retail shops spread across the city. One wholesale/big retail shop is then selected at random for procuring the food items. If any vegetal food has more than one cultivar available in the market, the sampler is instructed to pick up all the cultivars. In case any specific food item is not available at the primary sampling shop, the samplers are advised to proceed to the next shop to look for the missing items. Sampling perishable food items requires coordination and transportation methods to ensure that foods arrive at the regional compositing centres within a few hours of purchase. Maintaining short duration from sampling point to reaching the compositing centre is critical to preserve food integrity. Therefore, all samplers collect food samples simultaneously from multiple cities in the region and reach the regional composting centres at an appointed day and time.

Virtually no food material can be analysed in its entirety. Therefore, careful sampling techniques are required to obtain representative samples. All irrelevant extraneous matter is removed from the sample. Edible

portion of the fresh produce are separated out and composite samples of each food are prepared. In case of staple foods like rice and wheat, individual units from every sampling point of the region are collected and analysed individually. Similar varieties of some fruits and vegetables within the species are composited and analysed. Thus, a composite sample is a homogenous mixture of several samples of the same food collected from within the specified regions as per the sampling plan (**Figure 1**). Compositing reduces nutrient variability by increasing the effective sample size. Two aliquots of the composited samples from each of the six regions are transported by air to NIN, Hyderabad. One aliquot is used for analysis while another is stored as reserve sample.

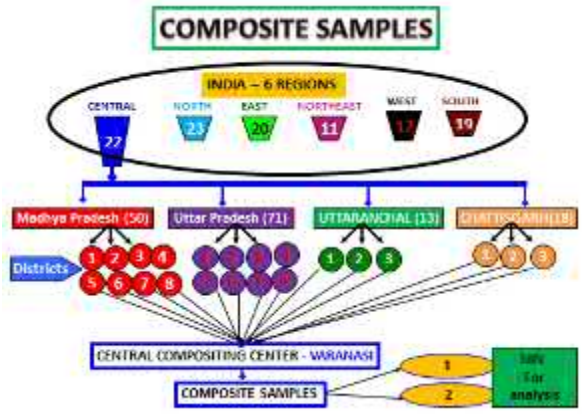


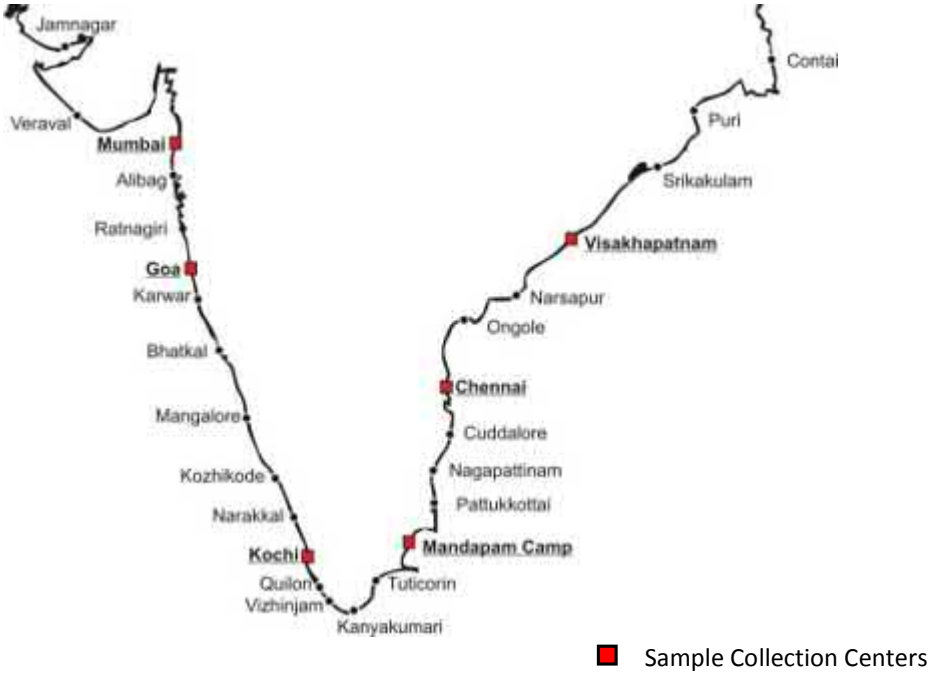
Figure 1. Overview of food sample compositing at regional centre.

2.5 *Sampling plan for 'meat & meat products' and 'inland fish & shellfish'*

Due to logistic reasons, all meat and meat products including inland fish are collected from the regional compositing centres only. However, six numbers of each meat sample is collected from six different outlets dispersed spatially across the city. Different meat cuts of all animals including organ meat are collected from every shop. The bone and connective tissues are removed, extra fat is trimmed as per the current practice in the regions and ready-to-cook samples are collected from the butcher. Six samples of each body part or organs collected from every shop are composited. Two aliquots of composited samples are collected,, frozen under dry ice and transported by air under frozen condition to NIN for analysis. Similarly for inland fish and shellfish, samples are cleaned, scaled/skinned, eviscerated and deboned at the shop itself and only edible portion is collected from six different outlets. After compositing, the samples are sealed/air lock and frozen under dry ice and transported to NIN for analysis.

2.6 *Sampling plan of marine fish and shellfish*

All marine samples are collected directly from the fish landing ports stratified into east and west coast of the country to capture the variety of marine fish and shellfish consumed in the country. The marine products landing ports identified by the Central Marine Fisheries Research Institute, Cochin is used for sampling the fish and shellfish (**Map 2**).



Map 2. Fish and other sea food sampling sites.

Simple random sampling procedure is used to select three sites from the two coastal belts in India for collection of fish and shellfish. The selected sites are Vishakhapatnam, Chennai and Mandapam from east coast belt as well as Mumbai, Goa and Kochi from west coast belt. All varieties of marine fish and shellfish available at the time of sampling at all the six landing sites are collected. All samples are cleaned, scaled/skinned, eviscerated and deboned at the collection site and only edible portion is composited. Two identical composited samples are collected and transported to NIN by air in frozen condition under dry ice, for analysis.

Upon arrival at the laboratory, the samples are checked for sample integrity. Fresh vegetables are expected to arrive at the laboratory cold and fresh in acceptable conditions, while frozen meat or fish samples are to be without any apparent sign of thawing. Any damaged sample was immediately discarded and logged onto the list for collection in the next sampling cycle. Descriptions of all sample handling, processing, and distribution of composite samples for analysis is maintained. Each sample is assigned an alpha numeric code upon arrival at the laboratory and all subsequent analysis and documentation is linked to that number. All samples are stored at appropriate location or at ambient temperature in the laboratory based on the sample perishability.

2.7 Analytical parameters

Interest in food components is expanding rapidly and the need to access core data on more nutrients and bioactive substances in foods is far out-stripping the amount of data that is available. Special interest database on emerging bioactive components in foods are necessary to meet the increasing demands of health professionals, dieticians, policy makers, epidemiologist studying the relationships between diet and health, as well as consumer interest in what is in the food they eat. In view of the demand for newer components in foods, it was decided to undertake a comprehensive analysis of nutrients and bioactive components in all key foods.

Official methods of analysis of Association of Official Analytical Chemist (AOAC) or if no AOAC method was available, other appropriate and reliable analytical methods that have undergone collaborative evaluations were tested and adopted. Each method was standardized in the laboratory and validated as per the IUPAC/ AOAC method validation procedures with respect to precision, accuracy, simplicity, cost-effective, sensitivity and selectivity. About 200 discrete food constituents including sub-components were standardized for each food in the new food composition database representing proximate principles (8), energy (1), water-soluble vitamins (13), fat soluble vitamins (17), carotenoids (11), individual free sugars (5), oligosaccharides (4), minerals (20), organic acids (8), fats and fatty acids (40), amino acid composition (20), sterols (4), polyphenols (39), and bioactive components (5) (**Table 5**). All the methods adopted here have been fully scrutinized for their robustness in analysing the compound of interest in different food matrices of different foods types.

2.8 Quality assurance and quality control (QAQC) scheme

Analytical Quality Assurance (QA) plan was designed to monitor the performance of the measurement systems to maintain statistical control and provide rapid feedback so that corrective measures could be taken before data quality was compromised. The programme ensures that reported data were sufficiently complete, comparable, representative, unbiased and precise so as to be suitable for their intended use. Certified Reference Material (CRMs) in which one or more properties are well quantified is used for calibration of analytical methods and to ensure data quality. The CRMs are procured from the European Commission Community Bureau of Reference (BCR), Belgium and the National Institute of Standards and Technology (NIST), Gaithersburg, USA.

As far as possible, certified reference materials (CRM) are used in this study, however, due to the prohibitive cost of CRMs, market rice sample is used as in-house quality control material with every batch of analysis. For this, a relatively large amount of the rice was homogenized and kept under controlled conditions. While market rice does not have a certified value, it develops an expected value through repeated analysis. The rationale for the development of control composites is driven by the need for precision and accuracy of data generated for the food samples. Control composites and CRM are included according to the level of validation needed for specific foods and nutrients. Regular participation in external proficiency testing programmes assured quality of the data generated in the laboratory.

3. Conclusions

The current national sampling plan addresses the key foods identified in the Indian food supply but does not include food specific to the sub-population of the country. The Indian national food composition database programme was initiated in India in 2011 with the objective of generating and improving the quantity and quality of food composition data in the country. Adequate infrastructure was developed at the National Institute of Nutrition, Hyderabad to meet the analytical requirements for all the components in foods. The identification of key foods, statistically derived sampling plan and analytical parameters described above provide what may be called an ideal plan. This ideal plan involves sampling all key foods identified as important in the Indian dietary supply from geographically dispersed areas across India covering all agro-ecological zones of the country. The ideal plan also includes the analysis of more than 150 analytical

Table 5. Analytical methods of nutrient and bioactive components.

Analyte	Method	Reference
Moisture	Gravimetric using vacuum /Hot air oven	AOAC 934.01
Protein	Titrimetry by combustion/Kjeldahl/Mixed catalyst	AOAC 2001.11; Jones (1941)
Ash	Gravimetric using Muffle furnace	AOAC 942.05
Total fat	Gravimetry; Ether extraction using Soxhlet apparatus	AOAC 963.15
Total, soluble and insoluble dietary fiber	Enzymatic-gravimetric	AOAC 991.43
Available carbohydrate	Calculation by difference	Greenfield & Southgate (2003)
	Trienzyme extraction and spectrophotometry	AOAC 991.43; AOAC 985.29
Energy	Atwater conversion factors	Merrill & Watt (1973); FAO / INFOODS Guidelines (2012)
Thiamin	Fluorometry	AOAC 942.23; Ramasastri (1975)
Riboflavin	Turbidometric-Microbiological assay	AOAC 940.33; AOAC 960.46
Niacin	Turbidometric-Microbiological assay	AOAC 985.34; 960.46
Pantothenic acid	RP-HPLC with UV detector	David & Harvey (2000)
Vitamin B6	HPLC-fluorometric detection	AOAC 985.32; Ollilainen (2008)
Biotin	U-HPLC and LC-ESI-IT-MS method	Holler et al. (2006)
Vitamin B9	Trienzyme Extraction and U-HPLC - UV or fluorescence detection	Finglas et al. (1999); Vahteristo et al. (1996); AOAC 2011.06; AOAC 2013.13
Vitamin C	RP-HPLC	AOAC 985.33; Keating & Haddad (1982)
Vitamin E	HPLC	AOAC 992.03; AOAC 2012.10
Vitamin A	HPLC	AOAC 974.29; Bieri et al. (1979)
Carotenoids	HPLC	Delia & Mieko (2004)
Vitamin D2 & D3	RP- HPLC-APCI-MS.	AOAC 982.29
Vitamin K1 & K2	RP- HPLC-APCI-MS	AOAC 992.27
Free sugars	HPLC-RID	AOAC 2013.12
Starch	Calculated from the increase in the amount of glucose by using conversion factor	Casterline et al. (1998)
Oligosaccharides (Raffinose, Stachyose, Verbascose and Ajucose)	HPLC	Frias et al. (1994); Johansen et al. (1996); Sanchez-Mata et al. (1998)
Iron, Zinc, Copper, Manganese, Potassium, Magnesium, Sodium, Calcium, Aluminium	Atomic Absorption Spectrophotometry (AAS)	
Lead, Cadmium, Nickel, Cobalt, Chromium, Lithium, Molybdenum	Graphite furnace Atomic Absorption Spectrophotometry	AOAC 968.08; AOAC 999.10; AOAC 999.11
Arsenic, Antimony, Mercury, and Selenium	Atomic Absorption Spectrophotometry (Hydride generation)	
Phosphorus	Colorimetry	AOAC 935.45; AOAC 995.11; Fiske & Subbarow (1925)
Heavy and trace metals Lead, Mercury, Antimony, Cadmium, Molybdenum, Selenium, Arsenic, Cobalt, Nickel, Chromium, Aluminum, Lithium	Inductively Coupled Plasma Mass Spectrometry (ICP-MS)	AOAC 2013.06
Citric acid, Malic acid, Fumaric acid, Succinic acid, Lactic acid, Cis-Aconitic acid, Tartaric acid and Quninic acid	HPLC	AOAC 969.30; AOAC 950.35; AOAC 948.14

Table 5. Continue…

Analyte	Method	Reference
Oxalic acid (Total) Soluble oxalic acid Insoluble oxalic acid	Fast- HPLC	Moreau & Savage (2009)
Fatty acid profile	Gas Chromatography with Flame Ionization Detector	AOAC 996.06; AOAC 996.01; AOAC 2012.13
Amino acid profile	Amino acid analyzer (Ion exchange chromatography)	AOAC 994.12; AOAC 985.28; Landry & Delhaye (1992)
Stigmasterol, β-Sitosterol, Campesterol, Ergosterol, 5-alpha-Cholestenol	Gas Chromatography (GC)	AOAC 922.06; Sorenson & Sullivan (2007)
Polyphenols	HPLC	Sakakibara et al. (2003)
Phyates	Ion Exchange and Spectrophotometry	AOAC 986.11-1988
Total Saponin	Colorimetry	Dini et al. (2009)

parameters in each food representing six regions of the country to enable region specific nutritional and epidemiological data interpretation. For every food sampled under this design, composite nutrient means are determined for each region and the means of six regions form the country wide average, wherein the standard deviation provides estimates of the content variability. The ambitious plan could be implemented due to the generous funds received from the Indian Council of Medical Research, Department of Health Research, Government of India, New Delhi.

General information

The new Indian Food Composition Tables (IFCT) 2017 is the major source of food composition data in India, generated, developed, managed and maintained by the National institute of Nutrition (ICMR), Hyderabad. All data except for poultry and egg pertains to raw food. None of the food sampled for analysis is fortified and it represents only inherent values. The uniqueness of the IFCT is that all nutrient values presented here have been derived from comprehensive national food sampling followed by analysis and contains only analytical data. The data set were carefully scrutinized in detail for consistency and validity, using FAO/INFOODS 'Guidelines for Checking Food Composition Data prior to Publication of a User Tables/Database – version 1.0 (2012)'.

1. Food identification

The Food entity is described by its most common english name, scientific name and photographs of the food sampled for analysis in order to provide as much description as possible. Scientific names consisting of the genus and the species are provided for clarity and to avoid confusion. Foods have been arranged alphabetically by english name for easy identification. The names of foods are also listed in regional official Indian languages namely Assamese, Bengali, Gujarati, Hindi, Kannada, Kashmiri, Konkani, Malayalam, Manipuri, Marathi, Nepali, Oriya, Punjabi, Sanskrit, Telegu and Urdu to make them acquiescent with the local or regional needs. For animal source foods, the specific body part sampled for analysis is also given. Each food tabulated has a unique four character alpha-numeric identification code. The alphabetic food character indicates the food group and the numeric character(s) represent a record position within a category. This allows convenient tracking of the data for each food throughout the food composition database.

2. Food groups

Foods with common characteristics have been placed together and arranged in groups (**Table1**). Each food group is preceded by text covering points of specific relevance to the foods in that group. All foods have been categorized into 20 food groups and the number in parenthesis indicates the total number of foods present in each group. A total of 528 foods have been analyzed for more than 150 parameters and presented under different nutrient component parameter.

3. Information on nutrients

3.1 Proximate components include moisture, protein, total fat, ash and carbohydrates. The Difference between 100 and the sum of proximate components including total dietary fibre represents carbohydrate 'by difference'.

3.2 Available carbohydrate is the sum of total free sugars and total starch. Free sugars are individual monosaccharides (galactose, glucose and fructose) and disaccharides (sucrose, lactose and maltose). The values for available carbohydrate have generally been obtained from the sum of individually analyzed values for these components and will differ with figures for carbohydrate 'by difference'. Available carbohydrates are those which is digested and absorbed, and are glucogenic in human corresponding to the term 'glycaemic carbohydrates'. For conversion between carbohydrate weights and monosaccharide equivalents, the factors shown in **Table 2** was used.

3.3 Total dietary fibre (TDF) is made of complex and heterogeneous polymeric materials such as soluble and insoluble polysaccharides and non-digestible oligosaccharides, as well as a range of non-swellable, more or less hydrophobic compounds such as cutins, suberins and lignins. Currently three different AOAC approved methods for measuring TDF values are available. TDF was analyzed using enzymatic gravimetric method (AOAC 991.43).

3.4 Protein values were calculated from the estimated total nitrogen in the food using the Jones (1941) conversion factors (**Table 3**). Protein values for soybean and mushrooms contain considerable non-protein nitrogen (NPN) in several form including urea, purines & pyrimidine. Therefore, NPN was estimated and subtracted from total nitrogen of mushrooms before multiplying with the Jones factor.

Table 1. Food groups in the IFCT.

Code	Food groups	No. of food entries
A	Cereals and Millets	24
B	Grain Legumes	25
C	Green Leafy Vegetables	34
D	Other Vegetables	78
E	Fruits	68
F	Roots and Tubers	19
G	Condiments and Spices	33
H	Nuts and Oil Seeds	21
I	Sugars	2
J	Mushrooms	4
K	Miscellaneous Foods	2
L	Milk and Milk Products	4
M	Egg and Egg Products	15
N	Poultry	19
O	Animal Meat	63
P	Marine Fish	92
Q	Marine Shellfish	8
R	Marine Mollusks	7
S	Fresh Water Fish and Shellfish	10
T	Edible Oils and Fats	9

Table 2. Conversion of carbohydrate weights to monosaccharide equivalents.

S. No.	Carbohydrate	Equivalent after Hydrolysis (g/100g)	Conversion to monosaccharide equivalent
1	Monosaccharides e.g. glucose	100	No conversion necessary
2	Disaccharides e.g. sucrose, lactose, maltose	105	x 1.05 or ÷ 0.95
3	Oligosaccharides		
	a. Raffinose (trisaccharide)	107	x 1.07 or ÷ 0.93
	b. Stachyose (tetrasaccharide)	108	x 1.08 or ÷ 0.93
	c. Verbascose (pentasaccharide)	109	x 1.09 or ÷ 0.92
4	Polysaccharides e.g. starch	110	x 1.10 or ÷ 0.90

Table 3. Jones factors for conversion of nitrogen to protein.

Food	Conversion Factor
Barley and its Flour; Rye and its flour; Oats	5.83
Rice and its flour	5.95
Wheat whole	5.83
Wheat bran	6.31
Refined wheat flour (Maida)	5.70
Almonds	5.18
Peanuts	5.46
Soybean	5.71
Cashew nuts, pistachio nut, Chest nut	5.30
Egg whole	6.25
Meat and Fish	6.25
Milk and milk products	6.38
Sunflower seeds	5.30
Food where specific factor is not listed	6.25

3.5 Total fat content of foods is determined by gravimetric methods, including acid hydrolysis and extraction methods using a mixed solvent system of chloroform and methanol. Total fat includes the triglyceride and other lipid components such as glycerol, sterols and phospholipids.

3.6 Food energy is expressed in kilojoules (kJ) calculated based on the Atwater system for determining energy values (**Table 4**). The data represent physiologically available energy, which is the energy value remaining after digestive and urinary losses are deducted from gross energy. Food energy in kilojoules (kJ) can be converted using the formula 1 kcal = 4.18 kJ

3.7 Minerals and trace elements included in the table are Aluminium, Arsenic, Cadmium, Calcium, Chromium, Cobalt, Copper, Iron, Lead, Lithium, Magnesium, Manganese, Mercury, Molybdenum, Nickel, Phospohorus, Potassium, Selenium, Sodium and Zinc. Except phosphorus, levels of all minerals and trace elements are determined by atomic absorption spectroscopy (AAS) or inductively coupled plasma mass spectrophotometry (ICP-MS). Phosphorus was determined by spectrophotometric method.

3.8 Thiamin, Riboflavin and Niacin: Thiamin was determined chemically by the thiochrome procedure and riboflavin by microbiological method. Niacin is determined by microbiological method. The values represent only preformed niacin and do not include the niacin contributed by tryptophan, a niacin precursor. Niacin equivalent applies to the sum of the preformed niacin and the amount that could be derived from tryptophan can be calculated as

Niacin equivalents (mg) = Niacin (mg)+ (Tryptophan, mg / 60).

3.9 Vitamin C data include both ascorbic and L-dehydroascorbic acids, as both forms are biologically active, the sum of which is expressed as total ascorbic acid content.

3.10 Vitamin B6 occurs in foods as pyridoxine, pyridoxal, pyridoxamine and their phosphates which were estimated by HPLC. The sum of all forms represents vitamin B6.

3.11 Pantothenic acid in foods was determined by liquid chromatographic methods.

Table 4. Metabolizeable energy conversion factors.

Component	kJ/g	kcal/g
Protein	17	4
Fat	37	9
Available carbohydrate	17	4
Fibre	8	2
Alcohol	29	7

3.12 Food folate values are analyzed using the trienzyme procedure and liquid chromatography. Food folate was expressed as the sum of one or more individual folate vitamers namely 5-methyl tetrahydrofolate, 10-formyl folic acid, 5-formyl tetrahydrofolic acid and tetrahydrofolic acid.

3.13 Vitamin A content is expressed as retinol and provitamin A carotenoid. The groups of plant pigments that are precursors of vitamin A are called carotenoids. Individual carotenoids available in the IFCT includes Lutein, zeaxanthin, lycopene, β-cryptoxanthin, α-carotene, β-carotene, γ-carotene and total carotenoids. The body can utilize these inactive forms once they are converted to the active form, retinol. Vitamin A activity values in Retinol Activity Equivalents (RAE) are calculated from the content of individual carotenoids using appropriate factors. Incidentally, there are many conversion factors for carotenoids and no universal factor exists.

3.14 Vitamin D have been reported in the IFCT which is lacking in many food composition databases. Ergocalciferol or vitamin D2 content in plant foods measured by LC-MS has been reported for the first time in the world. Cholecalciferol or vitamin D3 in animal source foods including 25 hydroxy-D3 measured by LC-MS/MS has also been reported. The availability of new analytical vitamin D data in foods will permit dietary intake assessment. Vitamin D2 (ergocalciferol) made commercially has been reported to have the similar potency in human. Total vitamin D activity has been taken as the sum of vitamin D3 (cholecalciferol) and five times 25-hydroxy vitamin D3 (25-hydroxy cholecalciferol), where data are available.

3.15 Vitamin E in food is presented as tocopherols and tocotrienols and its isomers. The new Dietary Reference Intake (DRI) for vitamin E (Krinsky, 2000) has stated that with the exception of α-tocopherol all other individual isomers of tocopherols and tocotrienols do not contribute to vitamin E activity, nevertheless, they are included in the database.

3.16 Vitamin K data as phylloquinone in plant foods and menaquinone in animal foods estimated using liquid chromatography are presented in the IFCT.

3.17 Fatty acid profile is obtained as the percentage of fatty acid methyl esters determined by gas liquid chromatographic (GLC) analysis. Fatty acids are expressed as the actual quantity of fatty acid in mg per 100g of edible potion of food calculated using Sheppard conversion factor as detailed in Weihrauch et al. (1977). Detailed information on individual fatty acids of each food including values for total saturated, monounsaturated and polyunsaturated fatty acids are reported.

3.18 Amino acid profile of each food is determined by three different analyses. Tryptophan is determined by alkaline hydrolysis, methionine and cystine by performic oxidation and the rest of the amino acids by acid hydrolysis. The amino acid profile of each food is expressed as g/100 g protein.

3.19 Organic acids is naturally present in a wide variety of foods especially fruits, berries and vegetables. Organic acids *cis*-aconitic acid, citric acid, fumaric acid, mallic acid, quinic acid, succinic acid and tartaric acid were determined in single liquid chromatographic run. Soluble, insoluble and total oxalates were determined separately by HPLC method. The organic acids are energy contributing components, although it varies between the different organic acids. According to the Codex Alimentarius Commission's Guidelines for Nutrition Labeling, the energy conversion factor for organic acids is 13 kJ/g. However, organic acids have not been included in the total energy of foods given in the IFCT.

3.20 Polyphenols exhibit highly diverse structures characterized by the presence in their structure of one or several phenolic groups. The recognition of the antioxidant properties of polyphenols, and their probable role in the prevention of various diseases associated with oxidative stress has generated great interest. Polyphenols are found abundantly in our diet and over 500 different molecules are known to be present in foods. The IFCT presents data on 37 individual and total polyphenols present in key Indian foods.

3.21 Cholesterol values are generated primarily by gas liquid chromatographic method in foods of animal origin assuming that cholesterol is present only in animal origin foods. Cholesterol values are expressed as mg/100g food. To convert to mmol cholesterol, divide the values by 386.6.

3.22 Plant sterols data on campesterol, stigmasterol, and β-sitosterol are obtained by gas-chromatographic procedures and summed to calculate total phytosterols.

3.23 Oligosaccharides are indigestible but the beneficial colonic bacteria break them down in the large intestine. In the recent times there is great interest in the health properties of non-digestible oligosaccharides (NDO) as prebiotic compounds. Data on the oligosaccharide content in foods are very meager, making it difficult to assess oligosaccharide consumption of any population in the world. Therefore, content of raffinose, stachyose, verbascose and ajugoes in key Indian foods is presented.

3.24 Saponins consist of a polycyclic aglycones attached to one or more sugar side chains and are found in most vegetables, beans and herbs. Saponins were not destroyed by processing or cooking and have many health benefits.

3.25 Phytate is commonly known as phytic acid, inositol hexaphosphate and IP-6. It has received considerable attention as anti-nutrient because it binds minerals in the digestive tract, making them less available metabolically to our bodies. However, in the recent years, some novel metabolic effects of phytate

or some of its degradation products have been recognized as antioxidant and may help fight some cancers and other diseases.

4. The expression of nutrient values

All foods are expressed per 100g edible portion. Generally the values have been expressed to a constant number of decimal places for each nutrient. The values of the more variable vitamins or minerals and trace elements have been expressed to less than their usual number of places where greater values render the extra places non-significant.

5. Nutrient identification-Tagnames

A unique abbreviation for a food component developed by International Network of Food Data Systems (INFOODS), have been used to aid in data interchange. Tagnames unambiguously indicate how the nutrient data are obtained indicating the methods of analysis used for the data. In case data was derived by calculation, tagname even indicates the formula used for calculation. INFOODS Tagnames, utilized worldwide, facilitate international data interchange and harmonization.

6. Data documentation

The alpha-numeric code provides a unique food identifier within the IFCTs. The foods are sorted alphabetically in the tables. All analytical data scrutinized against quality control data, unit of expression, conversion factors and calculations applied to each nutrient data and accepted after all criteria were met. The metadata was compiled in the archival database which has all the information on the sampling plan, numbers of samples analyzed, analytical methods used and quality assurance procedures in place.

The data presented in this book is the nutrient mean of all six regions representing the country wide value where the standard deviation represents the variation of the particular nutrient. The second type of sample is the individual sample of rice and wheat collected from the 107 sampling sites and analysed individually which increased variability by increasing the effective sample size. Such samples were drawn only for the main staples in the country and not for other foods due to the high cost associated with such analysis. The third type of samples are those of food within the species which were also analysed according to varieties/cultivars for some foods.

The values of six separate regions namely East, Northeast, North, West, South and Central India obtained from compositing adequate number of similar foods collected from within the region was tabulated. The mean value of six regional data was then used to calculate the national value with standard deviation to represent the variation within each nutrient. The mean±SD of all nutrients and bioactive components in foods are tabulated to represent the user database or the Indian Food Composition tables (**Figure 1**). All blank spaces in the nutrient tables represents below detectable limit of the particular method used for analysis.

Electronic format allow capturing higher volume of data, easier to update and can reach wider distribution if they are made publicly available. The region specific database is available in the electronic version at the National Institute of Nutrition (NIN). Regional foods may have a different nutrient profile that may differ from national average and hence individuals seeking local specific nutrient data are encouraged to obtain region specific data from NIN.

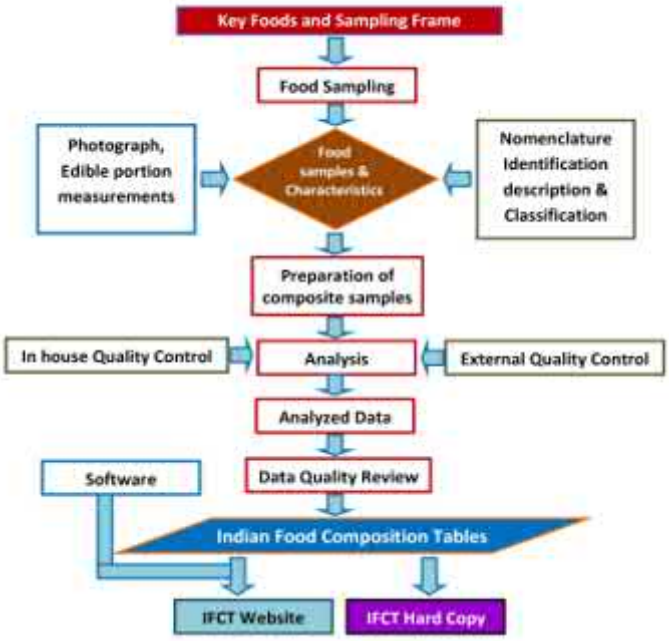


Figure 1. Indian food composition tables-data flow.

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Abbreviations

A.	Assamese
AAS	Atomic Absorption Spectroscopy
AOAC	Association of Official Analytical Chemists
APCI	Atmospheric Pressure Chemical Ionization
B.	Bengali
BV	Biological Value
CFTRI	Central Food Technological Research Institute
CHO	Carbohydrate
Common	Common name
CRM	Certified Reference Material
DRI	Dietary reference intake
EAA	Essential Amino Acids
ESI	Electro Spray Ionization
FAO	Food and Agriculture Organization of the United Nations
FAOSTAT	Food and Agriculture Organization Statistics
FCT	Food Composition Tables
G.	Gujarati
GC	Gas Chromatography
GLVs	Green Leafy Vegetables
H.	Hindi
HPLC	High Performance Liquid Chromatography
ICMR	Indian Council of Medical Research
ICP-MS	Inductively Coupled Plasma Mass Spectrometry
IDA	Iron Deficiency Anemia
IDF	Insoluble Dietary Fibre
IDF	International Diabetes Federation
IFCT	Indian Food Composition Tables
INFOODS	International Network of Food Data Systems
IP-6	Inositol hexaphosphate
IRFA	Indian Research Fund Association
IU	International Units
Kan.	Kannada
Kash.	Kashmiri
Kh.	Khasi
kJ	kilo Joule
Kon.	Konkani
M.	Manipuri
Mal.	Malayalam
Mar.	Marathi
N	Normality
N.	Nepali
NAC	Nutritional Advisory Committee
NDO	Non-digestible oligosaccharides
NFHS	National Family Health Survey
NIN	National Institute of Nutrition
NNMB	National Nutrition Monitoring Bureau
NRFA	Nutrition Research Funds Association
NRL	Nutrition Research Laboratories
NVIF	Nutritive Value of Indian Foods
O.	Oriya
P.	Punjabi
PEM	Protein Energy Malnutrition
PER	Protein Efficiency Ratio
PSUs	Primary Sampling Units
PUFA	Polyunsaturated Fatty Acids
QAQC	Quality assurance and quality control
RAE	Retinol equivalent activity
RID	Refractive index detector
RP	Reversed phase
S.	Sanskrit
Sci.	Scientific name
SD	Standard deviation
SDF	Soluble Dietary Fibre
SSUs	Secondary sampling units
Tam.	Tamil
TDF	Total Dietary Fibre
Tel.	Telugu
U.	Urdu
UT	Union territory
UV	Ultra violet
VAD	Vitamin A deficiency
WHO	World Health Organization

Table 1

PROXIMATE PRINCIPLES AND DIETARY FIBRE



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			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
A	**CEREALS AND MILLETS**										
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	9.89	14.59	2.78	5.74	7.02	5.76	1.26	59.98	1490
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	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	1489±10
A003	**Bajra** *(Pennisetum typhoideum)*	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	1456±18
A004	**Barley** *(Hordeum vulgare)*	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	1321±19
A005	**Jowar** *(Sorghum vulgare)*	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	1398±13
A006	**Maize, dry** *(Zea mays)*	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	1398±25
A007	**Maize, tender, local** *(Zea mays)*	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	502±7
A008	**Maize, tender, sweet** *(Zea mays)*	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	405±14
A009	**Quinoa** *(Chenopodium quinoa)*	1	10.43	13.11	2.65	5.50	14.66	10.21	4.46	53.65	1374
A010	**Ragi** *(Eleusine coracana)*	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	1342±10
A011	**Rice flakes** *(Oryza sativa)*	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	1480±16
A012	**Rice puffed** *(Oryza sativa)*	6	9.40±0.22	7.47±0.15	1.28±0.10	1.62±0.13	2.56±0.33	1.76±0.13	0.80±0.38	77.68±0.54	1514±4
A013	**Rice, raw, brown** *(Oryza sativa)*	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	1480±10
A014	**Rice, parboiled, milled** *(Oryza sativa)*	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	1471±8
A015	**Rice, raw, milled** *(Oryza sativa)*	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	1491±15
A016	**Samai** *(Panicum miliare)*	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	1449±19
A017	**Varagu** *(Setaria italica)*	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	1388±10
A018	**Wheat flour, refined** *(Triticum aestivum)*	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	1472±16

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
A019	**Wheat flour, atta** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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**										
B001	**Bengal gram, dal** *(Cicer arietinum)*	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** *(Cicer arietinum)*	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** *(Phaseolus mungo)*	6	9.16±0.35	23.06±0.59	3.17±0.02	1.69±0.12	11.93±0.26	7.58±0.13	4.35±0.15	51.00±0.80	1356±9
B004	**Black gram, whole** *(Phaseolus mungo)*	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** *(Vigna catjang)*	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** *(Vigna catjang)*	1	9.32	21.25	2.83	1.14	11.70	8.91	2.79	53.77	1340
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	9.57	19.93	2.73	0.92	23.40	17.99	5.41	43.46	1155
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	8.74	19.90	2.74	0.98	22.40	17.32	5.08	45.24	1184
B009	**Field bean, white** *(Phaseolus vulgaris)*	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** *(Phaseolus aureus)*	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** (*Phaseolus aureus)*	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** *(Dolicus biflorus)*	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** *(Lens culinaris)*	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

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
B014	**Lentil whole, brown** *(Lens culinaris)*	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** *(Lens culinaris)*	2	9.75	22.87	2.20	0.61	16.66	14.15	2.51	47.91	1246
B016	**Moth bean** *(Vigna aconitifolia)*	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** *(Pisum sativum)*	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** *(Phaseolus vulgaris)*	2	8.69	19.01	3.35	1.62	17.74	15.16	2.58	49.59	1247
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	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** *(Phaseolus vulgaris)*	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** *(Cajanus cajan)*	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** *(Cajanus cajan)*	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** (*Vigna umbellata*)	1	11.12	19.97	3.54	0.74	13.37	10.04	3.33	51.26	1265
B024	**Soya bean, brown** *(Glycine max)*	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	**Soya bean, white** *(Glycine max)*	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** *(Sesbania grandiflora)*	1	74.43	8.01	2.42	1.35	8.60	6.00	2.60	5.21	295
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	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** *(Amaranthus gangeticus)*	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** *(Amaranthus gangeticus)*	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 spinosus, leaves, green** *(Amaranthus spinosus)*	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 spinosus, leaves, red and green mix** *(Amaranthus spinosus)*	2	86.64	2.80	3.20	0.34	5.57	3.82	1.75	1.45	99
C007	**Basella leaves** *(Basella alba)*	2	92.68	1.57	1.09	0.45	2.21	1.64	0.57	2.01	82

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
C008	**Bathua leaves** *(Chenopodium album)*	2	88.77	2.50	1.71	0.44	4.01	2.34	1.68	2.56	116
C009	**Beet greens** *(Beta vulgaris)*	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)** *(Piper betle)*	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** *(Piper betle)*	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** *(Brassica oleracea* var. *gemmifera)*	1	84.39	4.26	1.47	0.50	4.29	3.35	0.94	5.09	185
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	93.19	1.58	0.73	0.13	2.01	1.55	0.45	2.36	75
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	89.53	3.63	0.81	0.27	2.98	2.04	0.94	2.79	126
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	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** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	91.94	1.39	0.71	0.21	2.21	1.58	0.62	3.54	97
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	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** *(Colocasia anti-quorum)*	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** *(Moringa oleifera)*	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** *(Trigonella foenum graecum)*	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** *(Lepidium sativum)*	2	84.02	5.62	2.48	0.80	2.60	1.77	0.83	4.48	208
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	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** *(Hibiscus cannabinus)*	1	87.98	1.85	0.97	1.07	3.89	2.66	1.23	4.24	153
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	86.20	3.12	1.42	0.35	2.76	1.81	0.95	6.16	178
C025	**Lettuce** *(Lactuca sativa)*	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** *(Brassica juncea)*	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** *(Brassica rapa* var. *Chinensis)*	1	93.56	1.41	1.10	0.25	1.91	1.44	0.47	1.78	67

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
C028	**Parsley** *(Petroselinum crispum)*	3	77.76±1.13	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** *(Alternanthera sessilis)*	2	79.43	5.29	2.65	0.71	6.74	5.63	1.11	5.17	213
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	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** *(Raphanus sativus)*	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** *(Rumex patientia)*	2	93.18	1.62	1.27	0.33	1.27	0.93	0.34	2.33	82
C033	**Spinach** *(Spinacia oleracea)*	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, tende**r (*Tamarindus indica)*	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** *(Benincasa hispida)*	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** *(Bambusa vulgaris)*	1	94.56	1.33	0.55	0.35	1.55	1.06	0.49	1.67	68
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	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** *(Momordica charantia)*	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** *(Momordica charantia)*	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	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	91.24	1.61	0.88	0.26	3.72	3.05	0.67	2.29	81
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	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** *(Lagenaria vulgaris)*	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** *(Lagenaria vulgaris)*	1	94.63	0.49	0.40	0.13	2.11	1.74	0.37	2.25	54
D010	**Brinjal-1** *(Solanum melongena)*	1	89.95	1.77	0.83	0.39	3.57	2.37	1.20	3.49	114
D011	**Brinjal-2** *(Solanum melongena)*	1	90.28	1.82	0.85	0.34	4.01	2.80	1.21	2.71	99
D012	**Brinjal-3** *(Solanum melongena)*	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
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D013	**Brinjal-4** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	2	90.57	1.46	0.72	0.29	3.68	3.00	0.68	3.29	97
D016	**Brinjal-7** *(Solanum melongena)*	1	91.25	1.40	0.57	0.37	3.32	2.30	1.02	3.10	98
D017	**Brinjal-8** *(Solanum melongena)*	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** *(Solanum melongena)*	2	89.83	1.47	0.83	0.35	4.00	2.94	1.06	3.52	106
D019	**Brinjal-10** *(Solanum melongena)*	2	89.38	1.68	0.72	0.25	3.90	2.74	1.16	4.08	116
D020	**Brinjal-11** *(Solanum melongena)*	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** *(Solanum melongena)*	2	90.94	1.60	0.58	0.27	3.89	2.70	1.19	2.73	93
D022	**Brinjal-13** *(Solanum melongena)*	1	89.14	1.49	0.64	0.31	3.92	2.61	1.31	4.51	124
D023	**Brinjal-14** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	1	90.39	1.26	0.80	0.34	3.74	2.54	1.20	3.46	103
D026	**Brinjal-17** *(Solanum melongena)*	1	90.83	1.18	0.81	0.36	3.94	2.80	1.14	2.89	91
D027	**Brinjal-18** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	2	89.83	1.36	0.69	0.35	3.85	2.57	1.28	3.93	113
D031	**Brinjal - all varieties** *(Solanum melongena)*	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** *(Vicia faba)*	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** *(Capsicum annuum)*	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

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D034	**Capsicum, red** *(Capsicum annuum)*	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** *(Capsicum annuum)*	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** *(Brassica oleracea)*	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** *(Apium graveolens)*	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** *(Sechium edule)*	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** *(Cyamopsis tetragonobola)*	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** *(Colocasia antiquorum)*	1	91.15	0.76	0.91	0.34	3.01	1.81	1.20	3.83	100
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	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** *(Zea mays)*	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** *(Cucumis sativus)*	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** *(Cucumis sativus)*	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** *(Cucumis sativus)*	2	92.80	0.98	0.52	0.24	2.46	1.78	0.68	3.01	82
D046	**Drumstick** *(Moringa oleifera)*	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** *(Vicia faba)*	2	86.98	3.06	0.94	0.64	5.64	4.84	0.79	2.75	129
D048	**Field beans, tender, lean** *(Vicia faba)*	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** *(Phaseolus vulgaris)*	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** *(Phaseolus vulgaris)*	2	90.11	2.12	0.77	0.19	4.18	3.53	0.65	2.63	93
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	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** *(Artocarpus heterophyllus)*	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 - Khol** *(Brassica oleracea)*	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** *(Coccinia cordifolia)*	6	92.78±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

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							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D055	**Kovai, small** *(Coccinia cordifolia)*	1	92.40	1.22	0.47	0.24	3.25	2.14	1.12	2.41	80
D056	**Ladies finger** *(Abelmoschus esculentus)*	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** *(Mangifera indica)*	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** *(Allium cepa)*	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** *(Carica papaya)*	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** *(Trichosanthes dioica)*	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** *(Pisum sativum)*	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** *(Musa x paradisiaca)*	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** *(Musa x paradisiaca)*	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** *(Musa x paradisiaca)*	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** *(Cucurbita maxima)*	1	91.73	0.87	0.47	0.18	2.53	1.28	1.25	4.22	103
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	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** *(Cajanus cajan)*	1	64.00	8.09	1.64	0.92	5.90	3.66	2.25	19.46	520
D068	**Ridge gourd** *(Luffa acutangula)*	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** *(Luffa acutangula)*	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** *(Trichosanthes anguina)*	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** *(Trichosanthes anguina)*	2	94.92	0.89	0.45	0.25	2.27	1.69	0.58	1.23	50
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	94.35	0.54	0.41	0.26	2.29	1.61	0.68	2.15	61
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	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** *(Lycopersicon esculentum)*	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** *(Lycopersicon esculentum)*	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

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	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** *(Cucurbita pepo)*	2	92.83	1.10	0.93	0.51	2.30	1.42	0.88	2.33	84
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2	93.15	1.31	1.08	0.44	1.84	1.37	0.47	2.20	79
E	**FRUITS**										
E001	**Apple, big** *(Malus domestica)*	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** *(Malus domestica)*	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** *(Malus domestica)*	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** *(Malus sylvestris)*	1	82.79	0.27	0.29	0.60	2.07	1.53	0.54	13.99	269
E005	**Apricot, dried** *(Prunus armeniaca)*	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** *(Prunus armeniaca)*	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** *(Persea americana)*	1	73.56	2.95	1.19	13.86	6.69	5.26	1.42	1.75	604
E008	**Bael fruit** *(Aegle marmelos)*	1	61.36	2.63	0.91	0.57	6.31	3.31	3.00	28.21	569
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	70.13	1.25	1.15	0.32	2.21	1.43	0.78	24.95	463
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	71.32	1.49	1.09	0.35	2.33	1.29	1.04	23.41	445
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	70.28	1.29	0.95	0.29	1.98	1.26	0.72	25.21	467
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	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** *(Rubus fruticosus)*	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** *(Prunus cerasus)*	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** *(Ribes nigrum)*	1	83.27	1.51	0.69	0.53	4.07	2.43	1.64	9.93	227
E016	**Custard apple** *(Annona squamosa)*	1	71.55	1.62	0.68	0.67	5.10	3.17	1.93	20.38	414

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	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** *(Phoenix dactylifera)*	2	13.13	2.38	2.39	0.35	9.10	7.57	1.53	72.67	1301
E019	**Dates, processed** *(Phoenix dactylifera)*	2	22.01	1.18	1.93	0.41	6.52	5.68	0.84	67.95	1197
E020	**Fig** *(Ficus carica)*	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	**Goosberry** *(Emblica officinalis)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Psidium guajava)*	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** *(Psidium guajava)*	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** *(Artocarpus heterophyllus)*	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** *(Syzygium cumini)*	2	83.33	0.82	0.31	0.17	3.07	2.40	0.67	12.30	235
E032	**Karonda fruit** *(Carissa carandas)*	1	86.04	1.15	1.02	1.67	7.25	5.87	1.38	2.87	141
E033	**Lemon, juice** *(Citrus limon)*	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** *(Citrus limetta)*	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** *(Nephelium litchi)*	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** *(Mangifera indica)*	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** *(Mangifera indica)*	2	86.65	0.52	0.32	0.53	1.67	1.03	0.64	10.32	209

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	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** *(Mangifera indica)*	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** *(Mangifera indica)*	2	88.41	0.68	0.38	0.55	1.77	0.97	0.79	8.21	178
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	87.69	0.68	0.42	0.58	1.97	0.99	0.98	8.67	188
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	84.14	0.41	0.47	0.49	1.73	0.95	0.78	12.75	248
E043	**Mangosteen** *(Garcinia mangostana)*	1	85.52	0.63	0.33	0.24	1.87	1.23	0.64	11.41	219
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	74.54	3.56	2.82	1.14	4.40	3.30	1.10	13.54	342
E045	**Musk melon, orange flesh** *(Cucumis melon)*	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** *(Cucumis melon)*	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** *(Citrus aurantium)*	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** *(Borassus flabellifer)*	1	91.93	0.50	0.13	0.12	2.40	1.87	0.53	4.92	101
E049	**Papaya, ripe** *(Carcia papaya)*	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** *(Prunus communis)*	1	88.31	0.86	0.51	0.37	2.13	1.22	0.91	7.82	168
E051	**Pear** *(Pyrus* 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** *(Grewia asiatica)*	2	77.48	1.66	1.09	0.14	4.54	3.44	1.09	15.09	299
E053	**Pineapple** *(Ananas comosus)*	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** *(Prunus domestica)*	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** *(Punica granatum)*	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** *(Citrus maxima)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
E059	**Rambutan** *(Nephelium lappaceum)*	1	80.87	0.68	0.43	0.16	1.02	0.71	0.30	16.84	306
E060	**Sapota** *(Achras sapota)*	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** *(Annona muricata)*	1	80.85	0.74	0.58	0.94	4.95	3.79	1.16	11.94	260
E062	**Star fruit** *(Averrhoa carambola)*	1	91.18	0.79	0.33	0.39	2.81	2.17	0.64	4.51	110
E063	**Strawberry** *(Fragaria ananassa)*	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** *(Tamarindus indicus)*	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)** *(Citrullus vulgaris)*	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** *(Citrullus vulgaris)*	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** *(Limonia acidissima)*	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** *(Zizyphus jujube)*	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** *(Beta vulgaris)*	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** *(Dacus carota)*	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** *(Dacus carota)*	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** *(Colocasia antiquorum)*	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** *(Nelumbium nelumbo)*	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** *(Solanum tuberosum)*	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** *(Solanum tuberosum)*	1	82.97	1.35	0.87	0.22	1.69	1.15	0.54	12.90	255
F008	**Potato, red skin** *(Solanum tuberosum)*	1	79.72	1.83	1.13	0.22	1.68	1.11	0.57	15.43	306
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	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

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	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** *(Raphanus sativus)*	1	89.68	0.89	0.91	0.16	2.29	1.56	0.73	6.07	130
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	89.76	0.80	0.80	0.14	2.37	1.63	0.74	6.13	129
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	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** *(Ipomoes batatas)*	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** *(Manihot esculenta)*	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** *(Eleocharis dulcis)*	1	73.34	0.86	0.95	0.37	3.02	2.15	0.87	21.46	400
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	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** *(Amorphophallus campanulatus)*	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** *(Dioscorea versicolor)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	1	84.93	3.01	0.96	0.64	5.15	3.91	1.24	5.31	175
G007	**Chillies, green-7** *(Capsicum annum)*	1	85.83	2.12	0.90	0.60	4.95	3.75	1.20	5.61	163
G008	**Chillies, green - all varieties** *(Capsicum annum)*	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** *(Coriandrum sativum)*	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	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
G010	**Curry leaves** *(Murraya koenigii)*	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** *(Allium sativum)*	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** *(Allium sativum)*	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, Kashmir** *(Allium sativum)*	1	64.49	6.12	1.76	0.16	4.01	2.20	1.81	23.46	523
G014	**Ginger, fresh** *(Zinziber officinale)*	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** *(Curcuma amada)*	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** *(Mentha spicata)*	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** *(Allium cepa)*	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** *(Allium cepa)*	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
G	**CONDIMENTS AND SPICES-DRY**										
G019	**Asafoetida** *(Ferula assa-foetida)*	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** *(Elettaria cardamomum)*	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** *(Elettaria cardamomum)*	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** *(Capsicum annum)*	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** *(Syzygium aromaticum)*	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** *(Coriandrum sativum)*	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** *(Cuminum cyminum)*	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** *(Trigonella foenum graecum)*	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** *(Myristica fragrans)*	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** *(Myristica fragrans)*	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	**Omum** *(Trachyspermum ammi)*	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

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
G030	**Pippali** *(Piper longum)*	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** *(Piper nigrum)*	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** *(Papaver somniferum)*	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** *(Curcuma domestica)*	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** *(Prunus amygdalus)*	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** *(Areca catechu)*	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** *(Areca catechu)*	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** *(Areca catechu)*	2	37.70	2.73	1.43	5.51	7.63	6.59	1.03	45.00	1024
H005	**Cashew nut** *(Anacardium occidentale)*	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, kernal, dry** *(Cocos nucifera)*	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** *(Cocos nucifera)*	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** *(Lepidium sativum)*	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** *(Sesamum indicum)*	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** *(Sesamum indicum)*	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** *(Sesamum indicum)*	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** *(Arachis hypogea)*	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** *(Brassica juncea)*	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** *(Linum usitatissimum)*	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** *(Guizotia abyssinica)*	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
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	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** *(Pinus gerardiana)*	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** *(Pistacla vera)*	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** *(Carthamus tinctorius)*	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** *(Helianthus annuus)*	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** *(Juglans regia)*	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
I	**SUGARS**										
I001	**Jaggery, cane** *(Saccharum officinarum)*	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** *(Saccharum officinarum)*	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
J	**MUSHROOMS**										
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	90.09	3.68	0.71	0.42	3.11	2.76	0.35	1.98	115
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1	92.43	1.84	0.74	0.25	1.99	1.82	0.18	2.76	89
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	82.94	3.19	1.11	0.76	3.02	2.03	0.99	8.98	243
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	4.51	19.04	1.41	2.86	39.12	35.64	3.48	33.07	1019
K	**MISCELLANEOUS FOODS**										
K001	**Toddy**	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**	6	95.77±0.42	0.26±0.04	0.65±0.06	0.16±0.02				3.16±0.39	64±7

Food code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Dietary Fibre			Carbohydrate	Energy
							Total	Insoluble	Soluble		
			← g →								KJ
			WATER	PROTCNT	ASH	FATCE	FIBTG	FIBINS	FIBSOL	CHOAVLDF	ENERC
L	**MILK AND MILK PRODUCTS**										
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	**Panner**	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	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
M	**EGG AND EGG PRODUCTS**						
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, quial, whole, raw	1	75.11	12.39	0.94	11.46	635
M015	Egg, quial, whole, boiled	1	74.41	13.03	0.99	11.50	647
N	**POULTRY**						
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

Food Code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				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
O	**ANIMAL MEAT**						
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	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
O006	Goat, lungs	4	79.03±1.20	16.86±0.71	0.74±0.01	3.09±0.56	401±32
O007	Goat, heart	5	75.15±1.23	19.38±0.80	0.95±0.09	4.40±0.71	492±33
O008	Goat, liver	6	73.37±1.16	20.32±0.92	1.30±0.07	4.88±0.73	526±31
O009	Goat, tripe	5	80.94±0.84	15.36±0.50	0.23±0.02	3.36±0.29	386±19
O010	Goat, spleen	4	77.93±0.50	18.45±0.15	1.15±0.09	2.37±0.36	401±14
O011	Goat, kidneys	4	80.26±1.07	15.60±1.15	1.10±0.05	2.93±0.18	374±18
O012	Goat, tube (small intestine)	3	78.12±0.63	12.92±0.54	0.54±0.01	8.26±1.08	525±32
O013	Goat, testis	2	84.29	12.32	0.87	2.39	298
O014	Sheep, shoulder	5	66.51±2.51	18.24±1.41	0.86±0.01	14.31±1.37	840±68
O015	Sheep, chops	4	75.66±2.78	18.00±1.22	1.09±0.02	5.15±2.05	496±86
O016	Sheep, leg	5	68.26±1.01	21.42±0.43	0.94±0.01	8.69±0.74	686±25
O017	Sheep, brain	1	78.36	13.05	1.19	7.29	492
O018	Sheep, tongue	1	68.70	16.61	1.06	13.53	783
O019	Sheep, lungs	2	80.41	16.12	0.97	2.41	363
O020	Sheep, heart	1	77.06	18.19	0.97	3.66	445
O021	Sheep, liver	4	69.71±1.12	22.26±1.46	1.26±0.07	4.87±0.12	559±21
O022	Sheep, tripe	2	78.81	16.76	0.26	4.05	435
O023	Sheep, spleen	1	79.66	16.02	1.17	3.02	384
O024	Sheep, kidneys	2	79.77	16.22	1.00	2.92	384
O025	Beef, shoulder	6	63.84±0.59	20.56±1.32	0.95±0.01	14.59±0.86	889±12
O026	Beef, chops	4	72.40±0.34	19.82±0.43	0.96±0.02	6.71±0.45	585±13
O027	Beef, round (leg)	6	68.04±1.36	22.64±1.03	1.19±0.01	7.38±0.71	658±37

Food Code	Food Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
O028	Beef, brain	4	78.71±1.43	10.55±0.50	1.37±0.17	9.28±0.92	523±42
O029	Beef, tongue	4	70.97±1.20	15.63±0.67	0.73±0.00	12.57±0.63	731±32
O030	Beef, lungs	3	80.83±0.18	15.66±0.42	1.13±0.05	2.28±0.21	351±1
O031	Beef, heart	5	77.77±0.72	17.68±0.51	0.87±0.01	3.57±0.46	433±20
O032	Beef, liver	6	74.15±1.31	20.73±0.96	1.07±0.03	3.96±0.45	499±30
O033	Beef, tripe	5	83.74±0.62	13.10±0.29	0.55±0.01	2.51±0.74	316±25
O034	Beef, spleen	6	79.03±0.73	17.42±0.55	1.22±0.04	2.22±0.24	378±16
O035	Beef, kidneys	3	77.59±0.66	17.09±0.30	1.22±0.04	4.01±0.36	439±17
O036	Calf, shoulder	2	70.49	20.98	0.94	7.47	633
O037	Calf, chops	2	72.66	22.47	0.92	3.85	524
O038	Calf, round (leg)	2	71.13	21.10	0.74	6.92	615
O039	Calf, brain	2	81.19	9.84	1.26	7.60	448
O040	Calf, tongue	2	69.44	17.78	0.93	11.76	737
O041	Calf, heart	1	73.44	18.84	0.86	3.75	459
O042	Calf, liver	1	73.66	21.02	1.26	3.95	503
O043	Calf, spleen	1	78.65	17.71	1.41	2.12	379
O044	Calf, kidneys	2	80.23	15.16	1.02	3.50	387
O045	Mithun, shoulder	1	68.86	19.05	0.84	11.14	736
O046	Mithun, chops	1	73.81	18.19	0.79	6.12	536
O047	Mithun, round (leg)	1	72.25	19.61	0.90	4.10	485
O048	Pork, shoulder	6	62.92±0.74	17.41±0.71	0.75±0.12	18.83±0.88	993±28
O049	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	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				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

Food Code	Fish Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
P	**MARINE FISH**						
P001	**Allathi** *(Elops machnata)*	1	75.91	21.77	1.06	0.98	406
P002	**Aluva** *(Parastromateus niger)*	3	75.71±0.06	21.63±0.28	1.39±0.08	1.80±0.51	434±17
P003	**Anchovy** *(Stolephorus indicus)*	2	77.77	19.88	1.62	0.78	367
P004	**Ari fish** *(Aprion virescens)*	1	77.09	22.01	1.34	1.11	415
P005	**Betki** *(Lates calcarifer)*	1	82.52	15.28	1.12	0.29	284
P006	**Black snapper** *(Macolor niger)*	1	78.09	19.50	1.19	1.24	377
P007	**Bombay duck** *(Harpadon nehereus)*	2	83.24	13.53	1.07	1.03	287
P008	**Bommuralu** *(Muraenesox cinerius)*	3	76.42±0.05	22.30±0.27	1.21±0.20	2.87±0.29	485±14
P009	**Cat fish** *(Tachysurus thalassinus)*	1	76.22	22.18	1.32	2.13	456
P010	**Chakla** *(Rachycentron canadum)*	5	78.36±0.07	20.21±0.70	1.07±0.09	1.68±1.00	406±36
P011	**Chappal** *(Aluterus monoceros)*	1	80.61	17.17	1.23	0.67	317
P012	**Chelu** *(Elagatis bipinnulata)*	2	76.36	20.02	1.28	0.70	366
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	77.54	20.06	0.86	1.77	406
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	76.54	22.30	1.28	2.02	454
P015	**Gobro** *(Epinephelus diacanthus)*	2	78.84	19.37	0.98	0.88	362
P016	**Guitar fish** *(Rhinobatus prahli)*	1	75.73	22.56	1.32	0.44	400
P017	**Hilsa** *(Tenualosa ilisha)*	2	60.09	21.80	1.11	18.49	1083
P018	**Jallal** *(Arius sp.)*	1	77.50	21.55	1.17	1.46	420
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	75.66	22.45	1.26	1.92	453
P020	**Kadal bral** *(Synodus indicus)*	1	79.66	18.72	1.27	1.34	368
P021	**Kadali** *(Nemipterus mesoprion)*	1	73.74	22.07	1.06	4.20	530

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

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

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

Food Code	Fish Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
P088	**Vela meen** *(Aprion virescens)*	1	71.82	22.16	1.34	4.34	537
P089	**Vora** *(Siganus javus)*	2	76.94	20.14	1.26	2.14	422
P090	**Whale shark** *(Galeocerdo cuvier)*	1	77.59	21.83	1.48	0.82	401
P091	**Xiphinis** *(Xiphias gladius)*	1	79.22	19.82	1.15	0.88	370
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	69.34	24.68	1.57	5.28	600
Q	**MARINE SHELLFISH**						
Q001	**Crab** *(Menippe mercenaria)*	1	79.77	10.23	1.74	1.41	343
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	79.67	15.36	0.92	0.60	283
Q003	**Lobster, brown** *(Thenus orientalis)*	1	81.48	15.96	1.29	0.56	292
Q004	**Lobster, king size** *(Thenus orientalis)*	1	77.77	18.54	1.08	0.78	375
Q005	**Mud crab** *(Scylla tranquebarica)*	1	83.10	10.00	2.60	0.55	190
Q006	**Oyster** *(Crassostrea sp.)*	1	82.50	9.51	2.47	2.44	252
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	82.41	14.85	0.94	0.56	273
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	81.48	14.25	0.83	0.74	270
R	**MARINE MOLLUSKS**						
R001	**Clam, green shell** *(Perna viridis)*	1	80.07	12.14	2.44	0.98	243
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1	80.27	11.82	0.85	1.34	250
R003	**Octopus** *(Octopus vulgaris)*	1	80.45	14.71	1.21	1.12	334
R004	**Squid, black** *(Loligo* sp.*)*	1	80.59	16.10	0.99	1.07	335
R005	**Squid, hard shell** *(Sepia pharaonis)*	1	80.52	16.82	0.75	0.93	320

Food Code	Fish Name	No. of Regions	Moisture	Protein	Ash	Total Fat	Energy
			← g →				KJ
			WATER	PROTCNT	ASH	FATCE	ENERC
R006	**Squid, red** *(Loligo duvaucelii)*	2	80.85	16.25	1.15	1.44	329
R007	**Squid, white, small** *(Uroteuthis duvauceli*)	1	79.38	17.41	1.19	1.15	353
S	**FRESHWATER FISH AND SHELLFISH**						
S001	**Cat fish** *(Tandanus tandanus)*	2	77.23±0.91	15.86±3.65	0.93±0.01	6.24±3.03	518±84
S002	**Catla** *(Catla catla)*	6	78.43±0.71	17.94±1.36	0.94±0.01	2.15±0.34	394±6
S003	**Freshwater Eel** *(Anguilla anguilla)*	1	75.57	20.41	1.03	2.63	451
S004	**Gold fish** *(Carassius auratus)*	2	79.07	16.91	1.10	2.94	396
S005	**Pangas** *(Pangasianodon hypophthalmus)*	6	68.50±1.01	17.12±1.62	1.12±0.03	16.77±0.91	852±24
S006	**Rohu** *(Labeo rohita)*	6	76.34±0.28	19.71±0.57	1.28±0.04	2.39±0.64	428±12
S007	**Crab** *(Pachygrapsus* sp.*)*	1	80.58	13.23	1.23	0.89	327
S008	**Prawns, big** *(Macrobrachium rosenbergii)*	1	77.43	19.24	0.84	0.52	380
S009	**Prawns, small** *(Macrobrachium* sp.*)*	3	82.58	13.07	0.86	0.78	297
S010	**Tiger prawns** *(Macrobrachium* sp.)	2	83.24	14.24	0.83	0.66	284

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 →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
A	**CEREALS AND MILLETS**									
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	0.04	0.04	0.45	0.24	0.50	1.92	27.44	
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	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** *(Pennisetum typhoideum)*	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** *(Hordeum vulgare)*	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** *(Sorghum vulgare)*	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** *(Zea mays)*	6	0.33±0.032	0.09±0.009	2.69±0.06	0.34±0.03	0.34±0.017	0.49±0.05	25.81±1.44	
A007	**Maize, tender, local** *(Zea mays)*	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** *(Zea mays)*	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** *(Chenopodium quinoa)*	1	0.83	0.22	1.70	0.62	0.21	0.62	173	
A010	**Ragi** *(Eleusine coracana)*	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** *(Oryza sativa)*	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** *(Oryza sativa)*	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** *(Oryza sativa)*	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** *(Oryza sativa)*	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** *(Oryza sativa)*	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** *(Panicum miliare)*	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** *(Setaria italica)*	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** *(Triticum aestivum)*	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
			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
A019	**Wheat flour, atta** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Triticum aestivum)*	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** *(Cicer arietinum)*	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** *(Cicer arietinum)*	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** *(Phaseolus mungo)*	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** *(Phaseolus mungo)*	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** *(Vigna catjang)*	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** *(Vigna catjang)*	1	0.34	0.09	1.51	1.66	0.26	4.28	249	
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	0.35	0.07	1.88	0.85	0.35	0.66	291	
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	0.32	0.07	2.04	0.97	0.37	0.76	292	
B009	**Field bean, white** *(Phaseolus vulgaris)*	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** *(Phaseolus aureus)*	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** (*Phaseolus aureus)*	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** *(Dolicus biflorus)*	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** *(Lens culinaris)*	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	

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
B014	**Lentil whole, brown** *(Lens culinaris)*	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** *(Lens culinaris)*	2	0.42	0.22	2.56	1.68	0.47	1.63	121	
B016	**Moth bean** *(Vigna aconitifolia)*	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** *(Pisum sativum)*	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** *(Phaseolus vulgaris)*	2	0.21	0.19	2.61	1.91	0.23	0.63	332	
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	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** *(Phaseolus vulgaris)*	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** *(Cajanus cajan)*	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** *(Cajanus cajan)*	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** (*Vigna umbellata*)	1	0.46	0.14	2.32	0.98	0.13	2.65	122	1.11
B024	**Soya bean, brown** *(Glycine max)*	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	**Soya bean, white** *(Glycine max)*	1	0.61	0.23	2.28	1.97	0.45	0.77	288	
C	**GREEN LEAFY VEGETABLES**									
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	0.26	0.33	1.18	0.53	0.22	7.75	120	121
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	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** *(Amaranthus gangeticus)*	1	0.010	0.269	0.62	0.37	0.22	2.95	81.95	86.20
C004	**Amaranth leaves, red and green mix** *(Amaranthus gangeticus)*	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 spinosus, leaves, green** *(Amaranthus spinosus)*	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 spinosus, leaves, red and green mix** *(Amaranthus spinosus)*	2	0.01	0.15	0.72	0.31	0.20	2.91	44.23	77.30
C007	**Basella leaves** *(Basella alba)*	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
			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
C008	**Bathua leaves** *(Chenopodium album)*	2	0.06	0.51	0.54	0.41	0.17	1.25	42.55	41.03
C009	**Beet greens** *(Beta vulgaris)*	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)** *(Piper betle)*	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** *(Piper betle)*	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** *(Brassica oleracea* var. *gemmifera)*	1	0.06	0.16	0.50	0.47	0.19	2.45	85.01	89.45
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	0.01	0.05	0.38	0.58	0.19	1.08	54.51	19.32
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	0.03	0.05	0.26	0.49	0.24	1.38	63.46	40.76
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	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** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	0.04	0.05	0.27	0.25	0.17	1.43	34.81	43.49
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	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** *(Colocasia anti-quorum)*	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** *(Moringa oleifera)*	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** *(Trigonella foenum graecum)*	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** *(Lepidium sativum)*	2	0.03	0.06	1.20	0.22	0.20	12.01	58.10	42.75
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	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** *(Hibiscus cannabinus)*	1	0.12	0.05	0.56	0.71	0.31	3.43	88.63	35.43
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	0.06	0.15	0.86	0.27	0.28	13.57	41.55	71.11
C025	**Lettuce** *(Lactuca sativa)*	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** *(Brassica juncea)*	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** *(Brassica rapa* var. *Chinensis)*	1	0.02	0.22	0.66	0.31	0.96	10.25	98.50	55.60
C028	**Parsley** *(Petroselinum crispum)*	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

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	0.02	0.10	0.32	0.21	0.19	11.18	48.42	103
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	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** *(Raphanus sativus)*	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** *(Rumex patientia)*	2	0.03	0.14	0.33	0.25	0.09	1.30	41.01	53.76
C033	**Spinach** *(Spinacia oleracea)*	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, tende**r (*Tamarindus indica)*	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** *(Benincasa hispida)*	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** *(Bambusa vulgaris)*	1	0.06	0.06	0.25	0.22	0.13	5.93	17.05	15.74
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	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** *(Momordica charantia)*	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** *(Momordica charantia)*	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** *(Momordica charantia)*	1	0.06	0.04	0.30	0.28	0.05	6.85	60.03	54.30
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	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** *(Lagenaria vulgaris)*	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** *(Lagenaria vulgaris)*	1	0.03	0.01	0.14	0.59	0.01	2.54	46.31	3.80
D010	**Brinjal-1** *(Solanum melongena)*	1	0.07	0.13	0.74	0.29	0.05	1.17	37.22	1.58
D011	**Brinjal-2** *(Solanum melongena)*	1	0.09	0.11	0.56	0.27	0.05	1.83	27.22	1.03
D012	**Brinjal-3** *(Solanum melongena)*	2	0.050	0.109	0.60	0.29	0.07	1.32	32.29	2.34
D013	**Brinjal-4** *(Solanum melongena)*	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
			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
D014	**Brinjal-5** *(Solanum melongena)*	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** *(Solanum melongena)*	2	0.05	0.11	0.51	0.30	0.07	1.65	34.21	1.49
D016	**Brinjal-7** *(Solanum melongena)*	1	0.05	0.12	0.44	0.33	0.07	1.32	26.58	1.08
D017	**Brinjal-8** *(Solanum melongena)*	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** *(Solanum melongena)*	2	0.06	0.11	0.56	0.30	0.09	2.30	35.89	1.72
D019	**Brinjal-10** *(Solanum melongena)*	2	0.06	0.10	0.50	0.29	0.08	1.27	37.11	2.40
D020	**Brinjal-11** *(Solanum melongena)*	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** *(Solanum melongena)*	2	0.04	0.10	0.46	0.35	0.06	1.11	27.83	2.55
D022	**Brinjal-13** *(Solanum melongena)*	1	0.04	0.12	0.54	0.34	0.09	2.29	30.99	1.49
D023	**Brinjal-14** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	1	0.04	0.11	0.44	0.29	0.10	2.14	30.87	1.53
D026	**Brinjal-17** *(Solanum melongena)*	1	0.08	0.09	0.53	0.34	0.10	3.57	27.70	1.95
D027	**Brinjal-18** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	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** *(Solanum melongena)*	2	0.05	0.11	0.53	0.32	0.08	1.93	32.60	1.38
D031	**Brinjal - all varieties** *(Solanum melongena)*	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** *(Vicia faba)*	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** *(Capsicum annuum)*	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** *(Capsicum annuum)*	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

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
D035	**Capsicum, yellow** *(Capsicum annuum)*	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** *(Brassica oleracea)*	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** *(Apium graveolens)*	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** *(Sechium edule)*	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** *(Cyamopsis tetragonobola)*	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** *(Colocasia antiquorum)*	1	0.02	0.04	0.16	0.47	0.06	3.80	30.88	5.15
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	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** *(Zea mays)*	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** *(Cucumis sativus)*	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** *(Cucumis sativus)*	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** *(Cucumis sativus)*	2	0.02	0.01	0.36	0.34	0.04	3.13	18.77	6.24
D046	**Drumstick** *(Moringa oleifera)*	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** *(Vicia faba)*	2	0.07	0.07	0.32	0.41	0.42	4.11	123	5.99
D048	**Field beans, tender, lean** *(Vicia faba)*	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** *(Phaseolus vulgaris)*	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** *(Phaseolus vulgaris)*	2	0.05	0.05	0.77	0.27	0.44	5.93	61.98	1.38
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	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** *(Artocarpus heterophyllus)*	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** *(Brassica oleracea)*	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** *(Coccinia cordifolia)*	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** *(Coccinia cordifolia)*	1	0.04	0.02	0.51	0.28	0.05	2.87	50.13	21.08

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
			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
D056	**Ladies finger** *(Abelmoschus esculentus)*	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** *(Mangifera indica)*	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** *(Allium cepa)*	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** *(Carica papaya)*	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** *(Trichosanthes dioica)*	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** *(Pisum sativum)*	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** *(Musa x paradisiaca)*	6	0.02±0.005	0.02±0.005	0.28±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** *(Musa x paradisiaca)*	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** *(Musa x paradisiaca)*	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** *(Cucurbita maxima)*	1	0.03	0.02	0.44	0.16	0.05	1.41	31.60	7.29
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	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** *(Cajanus cajan)*	1	0.23	0.09	2.14	0.71	0.30	2.91	94.21	15.13
D068	**Ridge gourd** *(Luffa acutangula)*	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** *(Luffa acutangula)*	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** *(Trichosanthes anguina)*	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** *(Trichosanthes anguina)*	2	0.03	0.03	0.33	0.27	0.07	2.43	16.52	2.85
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	0.03	0.02	0.33	0.31	0.06	2.50	17.74	2.30
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	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** *(Lycopersicon esculentum)*	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** *(Lycopersicon esculentum)*	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** *(Lycopersicon esculentum)*	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

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
D077	**Zucchini, green** *(Cucurbita pepo)*	2	0.05	0.09	1.03	0.99	0.25	1.02	18.85	15.78
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2	0.03	0.02	0.42	0.72	0.20	1.13	21.50	16.71
E	**FRUITS**									
E001	**Apple, big** *(Malus domestica)*	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** *(Malus domestica)*	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** *(Malus domestica)*	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** *(Malus domestica)*	1	0.01	0.01	0.09	0.12	0.04	0.44	3.97	4.24
E005	**Apricot, dried** *(Prunus armeniaca)*	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** *(Prunus armeniaca)*	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** *(Persea americana)*	1	0.07	0.08	0.90	1.26	0.18	1.25	67.17	9.36
E008	**Bael fruit** *(Aegle marmelos)*	1	0.03	0.04	0.25	1.62	0.03	1.14	55.22	7.50
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	0.01	0.04	0.48	0.35	0.51	1.54	17.93	8.06
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	0.01	0.03	0.43	0.40	0.50	1.79	19.95	6.74
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	0.01	0.02	0.46	0.41	0.45	1.35	18.92	6.74
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	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** *(Rubus fruticosus)*	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** *(Prunus cerasus)*	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** *(Ribes nigrum)*	1	0.03	0.03	0.35	0.28	0.09	2.41	8.48	182
E016	**Custard apple** *(Annona squamosa)*	1	0.13	0.09	0.69	0.19	0.07	0.76	7.60	21.51

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	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** *(Phoenix dactylifera)*	2	0.02	0.03	1.09	0.53	0.153	0.94	12.80	3.84
E019	**Dates, processed** *(Phoenix dactylifera)*	2	0.05	0.02	0.51	0.52	0.06	2.50	24.53	15.51
E020	**Fig** *(Ficus carica)*	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	**Goosberry** *(Emblica officinalis)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Psidium guajava)*	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** *(Psidium guajava)*	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** *(Artocarpus heterophyllus)*	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** *(Syzygium cumini)*	2	0.02	0.02	0.14	0.31	0.03	2.57	7.63	16.47
E032	**Karonda fruit** *(Carissa carandas)*	1	0.01	0.02	0.25	0.67	0.08	1.55	8.72	135
E033	**Lemon, juice** *(Citrus limon)*	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** *(Citrus limetta)*	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** *(Nephelium litchi)*	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** *(Mangifera indica)*	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

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	0.03	0.04	0.23	0.11	0.13	1.01	84.35	27.65
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	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** *(Mangifera indica)*	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** *(Mangifera indica)*	2	0.03	0.04	0.23	0.14	0.12	1.02	68.70	29.93
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	0.03	0.04	0.28	0.10	0.23	1.73	65.28	30.75
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	0.02	0.05	0.27	0.13	0.12	1.64	77.69	25.26
E043	**Mangosteen** *(Garcinia mangostana)*	1	0.01	0.01	0.58	0.15	0.18	0.81	13.52	26.33
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	0.18	0.14	0.40	0.18	0.04	0.22	4.24	55.78
E045	**Musk melon, orange flesh** *(Cucumis melon)*	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** *(Cucumis melon)*	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** *(Citrus aurantium)*	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** *(Borassus flabellifer)*	1	0.01		0.46	0.13	0.07	2.49	24.40	0.25
E049	**Papaya, ripe** *(Carcia papaya)*	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** *(Prunus communis)*	1	0.02	0.02	0.29	0.15	0.10	1.43	6.34	5.49
E051	**Pear** *(Pyrus* 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** *(Grewia asiatica)*	2	0.03	0.06	0.40	0.17	0.03	1.49	22.56	5.11
E053	**Pineapple** *(Ananas comosus)*	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** *(Prunus domestica)*	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** *(Punica granatum)*	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** *(Citrus maxima)*	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
			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
E057	**Raisins, dried, black** *(Vitis vinifera)*	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** *(Vitis vinifera)*	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** *(Nephelium lappaceum)*	1	0.11	0.01	0.26	0.14	0.04	0.64	7.35	65.00
E060	**Sapota** *(Achras sapota)*	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** *(Annona muricata)*	1	0.03	0.04	0.85	0.12	0.03	0.23	6.09	59.54
E062	**Star fruit** *(Averrhoa carambola)*	1	0.08	0.02	0.34	0.26	0.06	0.13	8.43	33.55
E063	**Strawberry** *(Fragaria ananassa)*	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** *(Tamarindus indicus)*	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)** *(Citrullus vulgaris)*	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** *(Citrullus vulgaris)*	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** *(Limonia acidissima)*	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** *(Zizyphus jujube)*	1	0.01	0.02	0.33	0.14	0.11	2.22	5.99	60.93
F	**ROOTS AND TUBERS**									
F001	**Beet root** *(Beta vulgaris)*	6	0.01±0.001	0.01±0.002	0.21±0.01	0.26±0.04	0.07±0.011	2.56±0.19	97.37±7.06	5.26±0.85
F002	**Carrot, orange** *(Dacus carota)*	6	0.04±0.003	0.03±0.003	0.22±0.02	0.30±0.03	0.11±0.016	1.50±0.23	24.04±2.07	6.22±1.99
F003	**Carrot, red** *(Dacus carota)*	4	0.04±0.017	0.03±0.016	0.25±0.05	0.27±0.04	0.07±0.012	1.30±0.14	23.67±3.25	6.76±1.56
F004	**Colocasia** *(Colocasia antiquorum)*	6	0.06±0.007	0.03±0.002	0.51±0.09	0.12±0.02	0.17±0.038	3.69±0.22	19.91±2.90	1.83±0.64
F005	**Lotus root** *(Nelumbium nelumbo)*	3	0.07±0.008	0.05±0.023	0.43±0.05	0.20±0.02	0.19±0.017	2.85±0.32	26.49±6.85	26.63±7.02
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	0.06±0.004	0.01±0.001	1.04±0.14	0.38±0.06	0.10±0.008	1.35±0.17	15.51±1.66	23.15±3.98

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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	0.05	0.01	1.36	0.49	0.12	1.82	13.85	26.41
F008	**Potato, red skin** *(Solanum tuberosum)*	1	0.06	0.01	1.13	0.39	0.10	1.68	17.83	25.04
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	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** *(Raphanus sativus)*	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** *(Raphanus sativus)*	1	0.03	0.02	0.30	0.18	0.07	2.92	24.59	15.69
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	0.03	0.02	0.24	0.15	0.07	2.59	22.60	14.00
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	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** *(Ipomoes batatas)*	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** *(Manihot esculenta)*	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** *(Eleocharis dulcis)*	1	0.02	0.02	0.74	0.52	0.13	1.08	9.80	5.26
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	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** *(Amorphophallus campanulatus)*	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** *(Dioscorea versicolor)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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** *(Capsicum annum)*	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

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			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
G006	**Chillies, green-6** *(Capsicum annum)*	1	0.07	0.13	0.92	0.27	0.29	0.73	18.87	108
G007	**Chillies, green-7** *(Capsicum annum)*	1	0.08	0.11	0.80	0.24	0.22	1.21	19.39	112
G008	**Chillies, green - all varieties** *(Capsicum annum)*	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** *(Coriandrum sativum)*	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** *(Murraya koenigii)*	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** *(Allium sativum)*	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** *(Allium sativum)*	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, Kashmir** *(Allium sativum)*	1	0.25	0.22	0.42	1.86	0.97	2.85	92.25	15.38
G014	**Ginger, fresh** *(Zinziber officinale)*	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** *(Curcuma amada)*	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** *(Mentha spicata)*	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** *(Allium cepa)*	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** *(Allium cepa)*	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
G	**CONDIMENTS AND SPICES-DRY**									
G019	**Asafoetida** *(Ferula assa-foetida)*	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** *(Elettaria cardamomum)*	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** *(Elettaria cardamomum)*	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** *(Capsicum annum)*	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** *(Syzygium aromaticum)*	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	

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			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
G024	**Coriander seeds** *(Coriandrum sativum)*	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** *(Cuminum cyminum)*	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** *(Trigonella foenum graecum)*	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** *(Myristica fragrans)*	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** *(Myristica fragrans)*	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** *(Trachyspermum ammi)*	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** *(Piper longum)*	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** *(Piper nigrum)*	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** *(Papaver somniferum)*	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** *(Curcuma domestica)*	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** *(Prunus amygdalus)*	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** *(Areca catechu)*	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** *(Areca catechu)*	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** *(Areca catechu)*	2	0.038	0.031	0.74	0.21	0.25	1.70	26.51	
H005	**Cashew nut** *(Anacardium occidentale)*	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, kernal, dry** *(Cocos nucifera)*	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** *(Cocos nucifera)*	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** *(Lepidium sativum)*	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** *(Sesamum indicum)*	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	

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			← mg →					← µg →		mg
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	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** *(Sesamum indicum)*	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** *(Arachis hypogea)*	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** *(Brassica juncea)*	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** *(Linum usitatissimum)*	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** *(Guizotia abyssinica)*	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** *(Guizotia abyssinica)*	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** *(Pinus gerardiana)*	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** *(Pistacla vera)*	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** *(Carthamus tinctorius)*	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** *(Helianthus annuus)*	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** *(Juglans regia)*	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
I	**SUGARS**									
I001	**Jaggery, cane** *(Saccharum officinarum)*	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** *(Saccharum officinarum)*	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	6.73±1.56
J	**MUSHROOMS**									
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	0.01	0.03	0.68	0.43	0.12	9.23	8.28	
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1	0.37	0.06	1.45	1.48	0.11	8.94	11.13	0.45
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	0.05	0.16	1.92	2.04	0.45	10.60	10.92	
J004	**Oyster mushroom, dried** *(Pleurotus* 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
			THIA	RIBF	NIA	PANTAC	VITB6C	BIOT	FOLSUM	VITC
K	**MISCELLANEOUS FOODS**									
K001	Toddy	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	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	6	0.05±0.006	0.13±0.031	0.07±0.01	0.38±0.03	0.04±0.004	2.16±0.19	8.57±0.44	2.37±0.19
L002	Milk, whole, Cow	6	0.03±0.006	0.11±0.019	0.08±0.01	0.34±0.01	0.04±0.007	1.98±0.13	7.03±0.39	2.01±0.28
L003	Panner	6	0.02±0.000	0.10±0.019	0.13±0.03	0.49±0.01	0.04±0.006	21.04±0.57	93.31±14.37	
L004	Khoa	6	0.11±0.013	0.11±0.005	0.43±0.03	0.33±0.01	0.06±0.006	20.39±0.86	94.25±8.57	

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)
			← mg →					← µg →	
			THIA	RIBF	NIA	PANTAC	VITB6A	BIOT	FOLSUM
M	**EGG AND EGG PRODUCTS**								
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, quial, whole, raw	1	0.15	0.11	0.12	0.93	0.17	18.82	54.86
M015	Egg, quial, whole, boiled	1	0.11	0.08	0.15	0.81	0.15	16.53	51.72
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	4.58±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 →					← 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	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
O	**ANIMAL MEAT**							
O001	**Goat, shoulder**	6	0.07±0.01	0.17±0.01	5.14±0.56	1.07±0.10	0.26±0.03	2.08±0.44
O002	**Goat, chops**	6	0.05±0.01	0.13±0.01	5.51±0.57	0.98±0.09	0.30±0.02	1.53±0.10
O003	**Goat, legs**	6	0.07±0.01	0.15±0.04	5.15±0.36	0.99±0.04	0.31±0.02	2.25±0.59
O004	**Goat, brain**	5	0.13±0.02	0.17±0.02	2.04±0.19	1.52±0.42	0.28±0.04	1.30±0.18
O005	**Goat, tongue**	4	0.14±0.00	0.22±0.03	3.04±0.24	0.88±0.06	0.17±0.04	2.54±0.18
O006	**Goat, lungs**	4	0.08±0.01	0.32±0.02	2.79±0.15	0.83±0.11	0.14±0.03	1.80±0.44
O007	**Goat, heart**	5	0.36±0.02	0.33±0.05	5.97±0.25	1.72±0.20	0.23±0.08	1.63±0.38
O008	**Goat, liver**	6	0.20±0.04	0.37±0.04	12.88±0.44	7.01±0.11	0.65±0.27	178±34.9
O009	**Goat, tripe**	5	0.02±0.01	0.10±0.01	0.81±0.14	0.21±0.03	0.20±0.05	2.36±0.30
O010	**Goat, spleen**	4	0.06±0.01	0.16±0.02	5.20±0.39	6.58±0.12	0.33±0.07	3.30±0.36
O011	**Goat, kidneys**	4	0.34±0.03	0.34±0.05	5.50±0.17	6.54±0.34	0.40±0.07	68.76±2.10
O012	**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	1.87±0.10
O013	**Goat, testis**	2	0.15	0.11	1.72	1.58	0.24	2.01
O014	**Sheep, shoulder**	5	0.05±0.01	0.18±0.03	4.53±0.41	0.96±0.10	0.15±0.04	3.16±0.17
O015	**Sheep, chops**	4	0.07±0.01	0.16±0.03	4.94±0.15	1.01±0.10	0.18±0.02	1.61±0.24
O016	**Sheep, leg**	5	0.08±0.02	0.16±0.02	5.25±0.32	1.04±0.11	0.24±0.04	1.81±0.25
O017	**Sheep, brain**	1	0.12	0.21	2.66	1.73	0.33	1.86
O018	**Sheep, tongue**	1	0.15	0.20	2.78	0.35	0.16	2.40
O019	**Sheep, lungs**	2	0.07	0.23	2.75	0.88	0.02	13.89
O020	**Sheep, heart**	1	0.34	0.30	5.43	1.66	0.30	2.17

Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
O021	Sheep, liver	4	0.17±0.04	0.35±0.02	15.66±0.44	6.95±0.18	0.26±0.05	206±26.8
O022	Sheep, tripe	2	0.02	0.08	0.63	0.20	0.22	1.87
O023	Sheep, spleen	1	0.07	0.23	5.42	6.07	0.27	3.19
O024	Sheep, kidneys	2	0.35	0.31	5.51	6.22	0.51	46.21
O025	Beef, shoulder	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
O026	Beef, chops	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
O027	Beef, round (leg)	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
O028	Beef, brain	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
O029	Beef, tongue	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
O030	Beef, lungs	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
O031	Beef, heart	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
O032	Beef, liver	6	0.17±0.03	0.34±0.05	14.01±0.44	9.32±0.03	0.30±0.05	1744±71.2
O033	Beef, tripe	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
O034	Beef, spleen	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
O035	Beef, kidneys	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
O036	Calf, shoulder	2	0.10	0.20	6.11	0.98	0.50	9.25
O037	Calf, chops	2	0.07	0.17	5.11	0.94	0.37	2.13
O038	Calf, round (leg)	2	0.03	0.17	5.97	0.87	0.41	7.81
O039	Calf, brain	2	0.07	0.19	3.19	1.61	0.30	1.50
O040	Calf, tongue	2	0.11	0.22	4.31	0.79	0.17	5.20
O041	Calf, heart	1	0.26	0.29	5.30	2.29	0.41	9.41

Food Code	Food Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
O042	Calf, liver	1	0.17	0.31	12.98	8.95	0.59	1473
O043	Calf, spleen	1	0.09	0.28	7.61	6.83	0.44	3.58
O044	Calf, kidneys	2	0.32	0.35	4.16	2.49	0.30	33.48
O045	Mithun, shoulder	1	0.04	0.06	6.29	1.31	0.37	1.86
O046	Mithun, chops	1	0.20	0.18	4.76	1.62	0.34	1.90
O047	Mithun, round (leg)	1	0.02	0.05	5.30	1.36	0.29	1.86
O048	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
O049	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
O050	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
O051	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
O052	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
O053	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
O054	Pork, stomach	1	0.10	0.06	1.90	3.10	0.19	6.87
O055	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
O056	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
O057	Pork, tube (small intestine)	1	0.08	0.10	0.90	3.02	0.19	7.84
O058	Hare, shoulder	1	0.07	0.27	5.04	0.70	0.28	2.20
O059	Hare, chops	1	0.07	0.28	4.85	0.61	0.22	3.85
O060	Hare, leg	1	0.08	0.22	5.63	0.64	0.24	1.95
O061	Rabbit, shoulder	1	0.03	0.14	4.38	0.69	0.30	1.80
O062	Rabbit, chops	1	0.02	0.08	7.54	0.73	0.24	2.10
O063	Rabbit, leg	1	0.03	0.10	5.02	0.70	0.26	1.80

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
P	**MARINE FISH**							
P001	**Allathi** *(Elops machnata)*	1	0.08	0.04	3.67	0.72	194	1230
P002	**Aluva** *(Parastromateus niger)*	3	0.05±0.01	0.02±0.00	2.35±0.50	0.74±0.12	158±8.5	1132±159
P003	**Anchovy** *(Stolephorus indicus)*	2	0.03	0.04	0.91	1.21	61.25	1170
P004	**Ari fish** *(Aprion virescens)*	1	0.06	0.03	3.65	0.23	218	602
P005	**Betki** *(Lates calcarifer)*	1	0.01	0.04	1.54	0.40	85.00	2079
P006	**Black snapper** *(Macolor niger)*	1		0.02	2.89	0.54	106	1772
P007	**Bombay duck** *(Harpadon nehereus)*	2	0.03	0.02	0.64	1.48	98.00	2784
P008	**Bommuralu** *(Muraenesox cinerius)*	3	0.05±0.02	0.02±0.00	1.34±1.09	0.64±0.08	68.63±18.97	1004±91
P009	**Cat fish** *(Tachysurus thalassinus)*	1	0.05	0.05	1.38	1.24	223	1136
P010	**Chakla** *(Rachycentron canadum)*	5	0.06±0.01	0.04±0.02	2.37±0.75	0.67±0.03	99.11±11.25	572±107
P011	**Chappal** *(Aluterus monoceros)*	1	0.06	0.02	3.95	0.18	185	776
P012	**Chelu** *(Elagatis bipinnulata)*	2	0.06	0.02	2.19	1.07	161	677
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	0.03	0.06	1.80	0.27	146	1221
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	0.04	0.03	2.88	0.57	190	579
P015	**Gobro** *(Epinephelus diacanthus)*	2	0.07	0.02	1.27	0.24	43.72	302
P016	**Guitar fish** *(Rhinobatus prahli)*	1	0.03	0.02	2.01	0.15	139	1532
P017	**Hilsa** *(Tenualosa ilisha)*	2	0.01	0.04	2.85	2.33	120	2875
P018	**Jallal** *(Arius* sp.*)*	1	0.02	0.02	3.24	0.91	89.14	627
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	0.12	0.02	2.82	0.29	67.45	828
P020	**Kadal bral** *(Synodus indicus)*	1	0.01	0.06	1.76	0.19	89.19	1178
P021	**Kadali** *(Nemipterus mesoprion)*	1	0.04	0.01	1.86	0.32	184	1317

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
P022	**Kalamaara** *(Leptomelanosoma indicum)*	2	0.06	0.03	2.22	0.65	160	657
P023	**Kalava** *(Epinephelus coioides)*	1	0.06	0.05	2.24	0.22	135	1194
P024	**Kanamayya** *(Lutjanus rivulatus)*	2	0.06	0.01	1.22	1.46	83.86	1167
P025	**Kannadi paarai** *(Alectis indicus)*	3	0.04±0.02	0.03±0.00	1.81±0.27	1.07±0.07	67.09±9.46	561±115
P026	**Karimeen** *(Etroplus suratensis)*	1	0.08	0.05	1.15	0.23	90.62	1199
P027	**Karnagawala** *(Anchoa hepsetus)*	1	0.07	0.01	0.98	1.39	60.47	377
P028	**Kayrai** *(Thunnus albacores)*	2	0.08	0.07	5.18	1.29	264	884
P029	**Kiriyan** *(Atule mate)*	1	0.04	0.13	2.75	1.36	121	604
P030	**Kite fish** *(Mobula kuhlii)*	1	0.04	0.07	2.50	0.45	127	1334
P031	**Korka** *(Terapon jarbua)*	1	0.03	0.17	3.42	0.40	316	751
P032	**Kulam paarai** *(Carangoides fulvoguttatus)*	1	0.06	0.01	1.97	0.57	218	699
P033	**Maagaa** *(Polynemus plebeius)*	1	0.02	0.01	0.73	0.40	106	695
P034	**Mackerel** *(Rastrelliger kanagurta)*	3	0.07±0.02	0.10±0.03	2.67±2.00	1.35±0.08	100±2.9	713±112
P035	**Manda clathi** *(Naso reticulatus)*	1	0.03	0.02	2.77	1.02	87.58	738
P036	**Matha** (*Acanthurus mata*)	2	0.05	0.05	2.37	1.40	42.45	1157
P037	**Milk fish** *(Chanos chanos)*	1	0.05	0.07	5.21	1.03	76.51	1132
P038	**Moon fish** *(Mene maculata)*	1	0.07	0.07	1.83	1.72	136	772
P039	**Mullet** *(Mugil cephalus)*	3	0.05±0.02	0.09±0.11	2.52±2.20	1.11±0.06	135±15.2	1189±267
P040	**Mural** *(Tylosurus crocodilus crocodilus)*	1	0.06	0.03	2.65	0.37	67.24	1146
P041	**Myil meen** *(Istiophorus platypterus)*	2	0.04	0.04	4.41	0.71	119	808
P042	**Nalla bontha** *(Epinephelus* sp.*)*	1	0.04	0.01	0.56	0.22	83.41	1714
P043	**Narba** *(Caranx sexfasciatus)*	2	0.05	0.04	1.51	0.75	153	1303

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
P044	**Paarai** *(Caranx heberi)*	1	0.03	0.02	2.86	0.27	173	1612
P045	**Padayappa** *(Canthidermis maculata)*	1	0.03	0.05	4.53	0.68	68.93	1337
P046	**Pali kora** *(Panna microdon)*	1	0.03	0.05	0.78	0.43	126	887
P047	**Pambada** *(Lepturacanthus savala)*	2	0.04	0.03	1.96	0.64	76.49	1163
P048	**Pandukopa** *(Pseudosciaena manchurica)*	1	0.04	0.02	0.54	0.42	262	1651
P049	**Parava** *(Lactarius lactarius)*	1	0.03	0.03	0.98	0.09	153	796
P050	**Parcus** (*Psettodes erumei)*	1	0.04	0.02	0.88	0.21	202	488
P051	**Parrot fish** *(Scarus ghobban)*	1	0.06	0.02	1.89	1.15	132	556
P052	**Perinkilichai** *(Pinjalo pinjalo)*	1	0.08	0.01	1.48	0.43	119	511
P053	**Phopat** *(Coryphaena hippurus)*	4	0.06±0.02	0.04±0.02	4.28±1.13	1.13±0.06	131±11	502±163
P054	**Piranha** *(Pygopritis sp.)*	1	0.04	0.05	0.97	1.04	67.91	774
P055	**Pomfret, black** *(Parastromateus niger)*	1	0.06	0.02	2.61	0.75	76.00	2056
P056	**Pomfret, snub nose** *(Trachinotus blochii)*	2	0.08	0.05	1.94	0.61	77.51	651
P057	**Pomfret, white** *(Pampus argenteus)*	2	0.05	0.03	1.38	1.11	130	961
P058	**Pranel** *(Gerres* sp.*)*	1	0.04	0.13	3.37	0.76	120	1251
P059	**Pulli paarai** *(Gnathanodon speciosus)*	1	0.05	0.04	1.94	1.13	101	1387
P060	**Queen fish** *(Scomberoides commersonianus)*	3	0.06±0.02	0.04±0.03	3.24±1.34	0.63±0.04	118±2.8	1073±177
P061	**Raai fish** *(Lobotes surinamensis)*	2	0.07	0.02	1.63	0.31	108	1638
P062	**Raai vanthu** *(Epinephelus chlorostigma)*	1	0.03	0.01	0.72	0.31	112	1562
P063	**Rani** *(Pink perch)*	1		0.01	1.33	0.53	75.70	1217
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1	0.05	0.03	1.99	0.23	120	1244
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1	0.02	0.02	3.14	0.52	66.93	1386

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
P066	**Red snapper, small** *(Priacanthus hamrur)*	1	0.06	0.03	3.43	0.96	172	906
P067	**Sadaya** *(Platax orbicularis)*	1	0.07	0.38	2.45	1.07	125	459
P068	**Salmon** *(Salmo salar)*	1	0.07	0.06	4.45	1.15	150	1136
P069	**Sangada** *(Nemipterus japanicus)*	1	0.01	0.02	0.68	0.22	101	1675
P070	**Sankata paarai** *(Caranx ignobilis)*	1	0.03	0.06	3.70	1.19	181	1076
P071	**Sardine** *(Sardinella longiceps)*	1	0.01	0.06	0.91	0.77	140	2266
P072	**Shark** *(Carcharhinus sorrah)*	2	0.03	0.04	2.68	1.15	110	857
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	0.02	0.04	2.72	0.66	73.11	2006
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1	0.05	0.05	1.02	0.67	76.56	1323
P075	**Shelavu** *(Sphyraena jello)*	4	0.05±0.01	0.06±0.03	2.10±0.71	0.44±0.05	110±6.5	790±101
P076	**Silan** *(Silonia silondia)*	1	0.02	0.07	1.27	0.90	122	2438
P077	**Silk fish** *(Beryx* sp.*)*	1	0.03	0.04	2.24	0.17	169	802
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	0.02	0.02	1.87	1.33	136	2462
P079	**Sole fish** *(Cynoglossus arel)*	1	0.01	0.02	0.47	0.91	68.89	1393
P080	**Stingray** *(Dasyatis pastinaca)*	1	0.03	0.02	2.74	0.98	214	2559
P081	**Tarlava** *(Drepane punctata)*	2	0.04	0.04	2.13	0.25	149	1380
P082	**Tholam** *(Plectorhinchus schotaf)*	2	0.04	0.03	2.74	1.22	160	824
P083	**Tilapia** *(Oreochromis niloticus)*	1	0.02	0.18	1.40	0.78	176	829
P084	**Tuna** *(Euthynnus affinis)*	5	0.06±0.02	0.07±0.03	4.73±1.83	1.34±0.13	68.24±14.90	1374±204
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	0.07	0.15	5.04	1.27	122	789
P086	**Valava** *(Chirocentrus nudus)*	1	0.13	0.02	0.86	0.61	104	1438
P087	**Vanjaram** *(Scomberomorus commerson)*	2	0.03	0.07	3.46	1.22	163	1545

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
P088	**Vela meen** *(Aprion virescens)*	1	0.05	0.04	5.15	0.22	97.92	1632
P089	**Vora** *(Siganus javus)*	2	0.06	0.07	3.72	0.28	121	1480
P090	**Whale shark** *(Galeocerdo cuvier)*	1	0.06	0.04	2.90	0.84	125	1605
P091	**Xiphinis** *(Xiphias gladius)*	1	0.06	0.05	3.24	0.21	65.79	820
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1		0.19	1.09	0.83	148	2059
Q	**MARINE SHELLFISH**							
Q001	**Crab** *(Menippe mercenaria)*	1	0.01	0.10	1.66	0.71	120	2304
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	0.05	0.06	0.97	1.53	117	774
Q003	**Lobster, brown** *(Thenus orientalis)*	1	0.01	0.01	0.63	1.44	216	1129
Q004	**Lobster, king size** *(Thenus orientalis)*	1	0.01	0.02	1.87	1.25	156	1997
Q005	**Mud crab** *(Scylla tranquebarica)*	1	0.06	0.14	0.60	1.30	180	1383
Q006	**Oyster** *(Crassostrea* sp.*)*	1	0.06	0.07	0.71	1.18	145	1612
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	0.01	0.03	1.03	1.68	104	1537
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	0.03	0.03	1.18	1.47	112	807
R	**MARINE MOLLUSKS**							
R001	**Clam, green shell** *(Perna viridis)*	1	0.06	0.10	0.96	1.14	96.00	907
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1	0.06	0.11	0.90	0.97	108	900
R003	**Octopus** *(Octopus vulgaris)*	1	0.05	0.05	1.18	0.94	87.71	2087
R004	**Squid, black** *(Loligo* sp.*)*	1	0.02	0.04	1.04	0.72	236	1233
R005	**Squid, hard shell** *(Sepia pharaonis)*	1	0.02	0.02	0.65	1.22	41.50	622

Food Code	Fish Name	No. of Regions	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic Acid (B5)	Total B6	Total Folates (B9)
			← mg →					µg
			THIA	RIBF	NIA	PANTAC	VITB6A	FOLSUM
R006	**Squid, red** *(Loligo duvaucelii)*	2	0.03	0.02	0.71	0.95	101	1300
R007	**Squid, white, small** *(Uroteuthis duvauceli)*	1	0.01	0.03	0.71	0.77	118	1833
S	**FRESHWATER FISH AND SHELLFISH**							
S001	**Cat fish** *(Tandanus tandanus)*	2	0.01±0.00	0.07±0.03	1.74±0.26	1.12±0.12	114±12.3	1395±168
S002	**Catla** *(Catla catla)*	6	0.01±0.00	0.03±0.01	2.21±0.19	1.00±0.05	116±13.5	1926±277
S003	**Freshwater Eel** *(Anguilla anguilla)*	1		0.31	2.30	1.52	106	1294
S004	**Gold fish** *(Carassius auratus)*	2		0.05	1.86	1.13	225	2457
S005	**Pangas** *(Pangasianodon hypophthalmus)*	6		0.05±0.01	1.28±0.21	0.66±0.06	229±17.2	1323±305
S006	**Rohu** *(Labeo rohita)*	6		0.04±0.01	2.33±0.43	1.18±0.07	240±23.3	1263±101
S007	**Crab** *(Pachygrapsus* sp.*)*	1	0.01	0.11	1.54	0.79	202	1783
S008	**Prawns, big** *(Macrobrachium rosenbergii)*	1		0.02	1.31	1.74	186	1826
S009	**Prawns, small** *(Macrobrachium* sp.*)*	3	0.01	0.03	0.54	1.74	207	1306
S010	**Tiger prawns** *(Macrobrachium* sp.*)*	2	0.01	0.04	1.28	1.87	216	1875

Table 3

FAT SOLUBLE VITAMINS



Table 3. FAT SOLUBLE VITAMINS

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

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
A	**CEREALS AND MILLETS**												
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	58.67	0.05	0.28	0.04						0.17	1.80
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	53.98±3.38	0.06±0.00	0.22±0.10	0.03±0.01						0.15±0.03	2.50±0.87
A003	**Bajra** *(Pennisetum typhoideum)*	6	5.65±0.27	0.10±0.01		1.42±0.20						0.24±0.02	2.85±0.63
A004	**Barley** *(Hordeum vulgare)*	6		0.01±0.01								0.01±0.01	1.85±0.79
A005	**Jowar** *(Sorghum vulgare)*	6	3.96±0.30	0.04±0.01		0.27±0.03						0.06±0.01	43.82±4.84
A006	**Maize, dry** *(Zea mays)*	6	33.60±2.82	0.21±0.04		1.29±0.17	0.38±0.05	0.05±0.00				0.36±0.03	2.50±0.76
A007	**Maize, tender, local** *(Zea mays)*	6	42.34±4.28	0.05±0.01		0.40±0.03	0.03±0.01					0.09±0.01	2.00±0.13
A008	**Maize, tender, sweet** *(Zea mays)*	4	16.94±2.13	0.07±0.00		0.30±0.06	0.03±0.01					0.10±0.01	1.80±0.32
A009	**Quinoa** *(Chenopodium quinoa)*	1		2.08	0.06	2.85						2.08	2.00
A010	**Ragi** *(Eleusine coracana)*	5	41.46±3.12	0.09±0.01		0.66±0.06						0.16±0.01	3.00±0.44
A011	**Rice flakes** *(Oryza sativa)*	6		0.05±0.01								0.05±0.01	1.00±0.53
A012	**Rice puffed** *(Oryza sativa)*	6		0.04±0.01								0.04±0.01	1.00±0.42
A013	**Rice, raw, brown** *(Oryza sativa)*	6		0.62±0.08	0.05±0.02	0.42±0.57		0.03±0.02		0.05±0.02	0.02±0.01	0.69±0.12	2.00±0.83
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6		0.06±0.04		0.13±0.12		0.05±0.02				0.09±0.04	1.50±0.50
A015	**Rice, raw, milled** *(Oryza sativa)*	6		0.04±0.03		0.06±0.02		0.03±0.02		0.05±0.02		0.06±0.03	1.50±0.40
A016	**Samai** *(Panicum miliare)*	6	3.75±0.80	0.28±0.14	0.67±0.40					0.28±0.09		0.55±0.16	4.47±0.38
A017	**Varagu** *(Setaria italica)*	5		0.03±0.01		0.43±0.12				0.19±0.05		0.07±0.02	3.75±0.63
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	6.73±0.96	0.05±0.01				0.02±0.01				0.05±0.01	1.00±0.46

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	13.43±1.77	0.21±0.09	0.06±0.01			0.06±0.03				0.26±0.09	1.50±0.47
A020	**Wheat, whole** *(Triticum aestivum)*	6	17.49±3.51	0.60±0.33	0.37±0.12			0.07±0.03				0.77±0.35	1.75±0.26
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	6.27±0.31	0.20±0.01				0.05±0.02				0.21±0.01	1.50±0.41
A022	**Wheat, semolina** *(Triticum aestivum)*	6	8.19±0.81	0.16±0.02	0.07±0.02			0.05±0.03				0.20±0.01	1.20±0.48
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	4.06±0.35	0.03±0.01				0.03±0.02				0.03±0.01	1.00±0.51
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	3.21±0.21	0.01±0.01				0.02±0.01				0.01±0.01	1.00±0.52
B	**GRAIN LEGUMES**												
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	1.75±0.17	0.08±0.01		1.13±0.10	0.03±0.01					0.19±0.01	1.50±0.62
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	1.93±0.17	1.59±0.07		1.33±0.17	0.08±0.01					1.72±0.07	2.10±0.71
B003	**Black gram, dal** *(Phaseolus mungo)*	6	8.42±0.19	0.04±0.01		1.29±0.12	0.05±0.01					0.17±0.02	8.30±1.51
B004	**Black gram, whole** *(Phaseolus mungo)*	6	16.84±2.79	0.09±0.02		1.35±0.10	0.08±0.01					0.23±0.02	10.80±0.92
B005	**Cowpea, brown** *(Vigna catjang)*	6	0.92±0.02	0.33±0.02		3.50±0.21	2.44±0.22					0.70±0.03	1.75±0.14
B006	**Cowpea, white** *(Vigna catjang)*	1	0.93	0.32		3.06	2.70					0.65	1.70
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	4.35	0.24		2.69	0.07					0.51	21.50
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	4.24	0.25		2.74	0.06					0.53	20.70
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	4.26±0.10	0.25±0.02		2.65±0.59	0.07±0.00					0.52±0.06	22.65±1.15
B010	**Green gram, dal** *(Phaseolus aureus)*	6	2.05±0.08	0.06±0.01		1.66±0.15						0.23±0.02	8.30±0.85
B011	**Green gram, whole** (*Phaseolus aureus)*	6	3.15±0.33	0.13±0.02		2.08±0.22					0.26±0.04	0.33±0.02	12.63±1.23
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	1.80±0.06	0.06±0.01		2.06±0.16						0.27±0.02	10.24±1.40
B013	**Lentil dal** *(Lens culinaris)*	6	1.31±0.12	0.02±0.01		1.37±0.11	0.23±0.05					0.16±0.01	3.75±0.79
B014	**Lentil whole, brown** *(Lens culinaris)*	6	14.52±1.68	0.03±0.00		1.64±0.18	0.30±0.03					0.19±0.02	7.27±0.69

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	17.68	0.03		1.58	0.30					0.19	5.25
B016	**Moth bean** *(Vigna aconitifolia)*	6	9.77±0.17	0.29±0.02		5.04±0.44	0.26±0.02					0.79±0.05	22.75±1.22
B017	**Peas, dry** *(Pisum sativum)*	6	15.21±0.77	0.07±0.01		2.50±0.24						0.32±0.02	11.45±1.24
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	27.98	0.05		1.62						0.21	5.05
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	25.82±3.22	0.08±0.02		1.58±0.13						0.23±0.03	5.50±0.85
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	26.73±3.93	0.07±0.02		1.56±0.13						0.23±0.01	4.90±0.85
B021	**Red gram, dal** *(Cajanus cajan)*	6	2.12±0.08	0.13±0.02		0.63±0.09	0.06±0.01					0.19±0.02	42.25±7.70
B022	**Red gram, whole** *(Cajanus cajan)*	6	2.78±0.05	0.65±0.07		1.53±0.31	0.11±0.02					0.80±0.06	91.83±7.96
B023	**Ricebean** (*Vigna umbellata*)	1	8.26	0.90		1.43		0.05		0.18		1.06	21.85
B024	**Soya bean, brown** *(Glycine max)*	6	66.22±5.10	1.04±0.04		2.28±0.18	0.58±0.10	0.05±0.01				1.29±0.04	45.80±8.48
B025	**Soya bean, white** *(Glycine max)*	1	69.81	1.06		2.50	0.30	0.04				1.33	46.20
C	**GREEN LEAFY VEGETABLES**												
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	4.02	1.48	0.22	0.18		0.60		0.18		1.77	269
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	16.01±2.74	0.41±0.05		0.26±0.10						0.44±0.05	280±15.0
C003	**Amaranth leaves, red mix** *(Amaranthus gangeticus)*	1	15.10	0.44		0.21						0.46	312
C004	**Amaranth leaves, red and green mix** *(Amaranthus gangeticus)*	4	15.25±1.37	0.42±0.10		0.25±0.05						0.45±0.10	284±9.4
C005	**Amaranth spinosus, leaves, green mix** *(Amaranthus spinosus)*	4	15.23±0.28	0.28±0.02		0.03±0.01						0.28±0.02	443±3.6
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	15.04	0.28		0.04						0.28	448
C007	**Basella leaves** *(Basella alba)*	2	9.18	0.15		0.04		0.03				0.16	236
C008	**Bathua leaves** *(Chenopodium album)*	2	1.01	0.25								0.25	224

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
C009	**Beet greens** *(Beta vulgaris)*	6	1.65±0.52	0.15±0.03	0.17±0.05							0.21±0.03	69.45±5.24
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	3.78±0.40	0.04±0.01		0.05±0.01		0.02±0.01				0.05±0.01	207±10.9
C011	**Betel leaves, small** *(Piper betle)*	4	2.27±0.25	0.02±0.01		0.05±0.00		0.02±0.00				0.03±0.01	204±4.9
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	0.26	0.21								0.21	23.60
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	0.39	0.25								0.25	111
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	0.18	0.20								0.20	125
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	0.21±0.02	0.05±0.03								0.05±0.03	113±0.5
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	0.19	0.03								0.03	117
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	4.15±0.46	0.08±0.03			0.11±0.02					0.08±0.03	144±29.6
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	1.70±0.31	0.07±0.01								0.07±0.01	318±37.3
C019	**Drumstick leaves** *(Moringa oleifera)*	3	14.33±0.19	0.30±0.01		0.05±0.01		0.02±0.01				0.31±0.01	479±26.6
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	2.36±0.30	0.36±0.14								0.36±0.14	428±32.3
C021	**Garden cress** *(Lepidium sativum)*	2	0.55	0.74								0.74	458
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	4.28±0.14	0.46±0.16		0.43±0.17						0.50±0.15	433±1.6
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	4.27	0.47		0.32						0.50	438
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	0.59	0.53								0.53	295
C025	**Lettuce** *(Lactuca sativa)*	3	0.10±0.04	0.01±0.01								0.01±0.01	91.08±2.20
C026	**Mustard leaves** *(Brassica juncea)*	3	5.40±0.33	0.56±0.06		0.02±0.00						0.57±0.06	192±4.1
C027	**Pak Choi leaves** *(Brassica rapa* var. *Chinensis)*	1	0.10	0.03								0.03	39.85
C028	**Parsley** *(Petroselinum crispum)*	3	5.55±0.18	0.35±0.05								0.35±0.05	322±3.3
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	0.65	0.52	0.02			0.04				0.54	574

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				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	3.19±0.18	1.24±0.04	0.28±0.01	3.25±0.10		0.02±0.01	0.03±0.01			1.69±0.05	243±11.1
C031	**Radish leaves** *(Raphanus sativus)*	6	1.39±0.08	0.06±0.02	0.04±0.03							0.08±0.03	185±3.3
C032	**Rumex leaves** *(Rumex patientia)*	2	0.10	0.46	0.03	0.45	0.18					0.51	126
C033	**Spinach** *(Spinacia oleracea)*	6	0.26±0.03	1.27±0.03	0.01±0.01	0.06±0.00	0.03±0.00					1.29±0.02	325±2.3
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3	2.62±0.00	0.69±0.03		1.18±0.25						0.81±0.01	249±6.6
D	**OTHER VEGETABLES**												
D001	**Ash gourd** *(Benincasa hispida)*	6	1.35±0.18	0.01±0.00		0.13±0.02						0.02±0.01	27.15±0.45
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	0.41			0.01	0.05						1.13
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	1.40±0.17	0.15±0.03								0.15±0.03	60.10±3.36
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	1.92±0.28	0.01±0.01	0.03±0.01				0.11±0.01		0.07±0.03	0.03±0.01	4.55±0.36
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	1.90±0.15	0.01±0.00	0.04±0.01				0.11±0.02		0.08±0.03	0.03±0.00	4.85±0.35
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	1.83	0.01	0.03				0.09		0.10	0.03	4.70
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	0.74±0.02	0.01±0.01				0.02±0.01				0.02±0.01	2.10±0.23
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	0.70±0.04	0.01±0.00				0.03±0.01				0.01±0.00	2.06±0.36
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	0.60	0.01				0.02				0.02	1.80
D010	**Brinjal-1** *(Solanum melongena)*	1	0.85	0.08								0.08	10.30
D011	**Brinjal-2** *(Solanum melongena)*	1	1.01	0.11								0.11	11.45
D012	**Brinjal-3** *(Solanum melongena)*	2	1.19	0.09								0.09	12.25
D013	**Brinjal-4** *(Solanum melongena)*	4	1.05±0.18	0.09±0.02								0.09±0.02	12.75±0.33

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				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
D014	**Brinjal-5** *(Solanum melongena)*	3	1.61±0.26	0.10±0.02								0.10±0.02	13.05±0.64
D015	**Brinjal-6** *(Solanum melongena)*	2	1.14	0.08								0.08	21.45
D016	**Brinjal-7** *(Solanum melongena)*	1	0.84	0.03								0.03	13.14
D017	**Brinjal-8** *(Solanum melongena)*	3	0.97±0.17	0.08±0.02								0.08±0.02	13.94±2.56
D018	**Brinjal-9** *(Solanum melongena)*	2	1.02	0.09								0.09	14.05
D019	**Brinjal-10** *(Solanum melongena)*	2	0.88	0.05								0.05	14.25
D020	**Brinjal-11** *(Solanum melongena)*	6	1.01±0.24	0.07±0.03								0.07±0.03	14.46±1.91
D021	**Brinjal-12** *(Solanum melongena)*	2	0.87	0.09								0.09	14.32
D022	**Brinjal-13** *(Solanum melongena)*	1	1.06	0.07								0.07	14.29
D023	**Brinjal-14** *(Solanum melongena)*	3	0.89±0.05	0.06±0.01								0.06±0.01	14.58±1.77
D024	**Brinjal-15** *(Solanum melongena)*	4	1.12±0.22	0.08±0.01								0.08±0.01	14.04±2.02
D025	**Brinjal-16** *(Solanum melongena)*	1	0.76	0.09								0.09	13.37
D026	**Brinjal-17** *(Solanum melongena)*	1	1.33	0.07								0.07	12.75
D027	**Brinjal-18** *(Solanum melongena)*	3	1.01±0.15	0.04±0.01								0.04±0.01	13.67±0.92
D028	**Brinjal-19** *(Solanum melongena)*	3	1.06±0.46	0.07±0.03								0.07±0.03	11.48±1.05
D029	**Brinjal-20** *(Solanum melongena)*	5	1.02±0.33	0.07±0.03								0.07±0.03	10.94±1.17
D030	**Brinjal-21** *(Solanum melongena)*	2	0.84	0.08								0.08	10.50
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	1.04±0.27	0.07±0.03								0.07±0.03	13.53±2.62
D032	**Broad beans** *(Vicia faba)*	3	11.58±1.55	0.05±0.04	0.02±0.01							0.06±0.03	93.20±0.50
D033	**Capsicum, green** *(Capsicum annuum)*	6	0.70±0.21	0.07±0.03								0.07±0.03	24.66±2.89
D034	**Capsicum, red** *(Capsicum annuum)*	4	0.52±0.11	0.19±0.02								0.19±0.02	28.42±8.83
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	0.89±0.18	0.18±0.03								0.18±0.03	35.25±12.82

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			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
D036	**Cauliflower** *(Brassica oleracea)*	6	1.32±0.16	0.02±0.00			0.09±0.01					0.02±0.00	14.33±0.34
D037	**Celery stalk** *(Apium graveolens)*	3	1.39±0.07	0.03±0.03			0.02±0.00	0.01±0.00				0.03±0.03	25.87±3.13
D038	**Cho-cho-marrow** *(Sechium edule)*	4	5.46±0.18	0.01±0.01		0.57±0.02		0.06±0.01				0.09±0.01	1.78±0.21
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	13.72±0.29	0.77±0.04		0.31±0.04	0.04±0.00			0.06±0.01		0.81±0.04	23.70±0.30
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	0.21	0.06								0.06	35.75
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	0.14±0.03	0.09±0.03								0.09±0.03	33.68±6.36
D042	**Corn, Baby** *(Zea mays)*	6	31.20±3.77	0.13±0.02								0.13±0.02	75.05±0.00
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6	1.26±0.22	0.02±0.01								0.02±0.01	8.20±1.25
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	1.36±0.19	0.02±0.01								0.02±0.01	8.00±1.51
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	1.59	0.02								0.02	7.50
D046	**Drumstick** *(Moringa oleifera)*	6	1.67±0.25	0.31±0.07								0.31±0.07	358±3.4
D047	**Field beans, tender, broad** *(Vicia faba)*	2	7.14	0.08		0.25	0.06			0.04		0.11	26.45
D048	**Field beans, tender, lean** *(Vicia faba)*	6	7.20±0.10	0.08±0.01		0.25±0.03	0.06±0.01			0.04±0.01		0.10±0.01	26.35±1.83
D049	**French beans, country** *(Phaseolus vulgaris)*	5	1.82±0.14	0.06±0.02		0.12±0.01	0.09±0.01			0.03±0.00		0.07±0.03	15.12±1.18
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	1.85	0.08		0.13	0.08			0.08		0.09	15.14
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	6.84±0.48	0.05±0.02			0.06±0.01		0.08±0.01			0.05±0.02	22.30±0.71
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	1.40±0.19	0.05±0.03			0.06±0.01		0.07±0.01			0.06±0.03	13.56±0.22
D053	**Knol - Khol** *(Brassica oleracea)*	6	0.32±0.03	0.01±0.01		1.61±0.10	0.05±0.02					0.17±0.01	8.90±0.77
D054	**Kovai, big** *(Coccinia cordifolia)*	6	6.25±0.20	0.70±0.11		0.14±0.01						0.72±0.11	19.15±0.40
D055	**Kovai, small** *(Coccinia cordifolia)*	1	6.06	0.68		0.13						0.70	19.10
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	7.46±0.41	0.48±0.01		0.12±0.00						0.50±0.01	21.52±0.29

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D057	**Mango, green, raw** *(Mangifera indica)*	6	7.68±0.24	0.90±0.14		0.17±0.02						0.91±0.14	14.42±0.29
D058	**Onion, stalk** *(Allium cepa)*	6	6.81±0.31	0.81±0.01								0.81±0.01	44.33±1.52
D059	**Papaya, raw** *(Carica papaya)*	6	7.80±0.65	0.04±0.01				0.11±0.01				0.07±0.01	2.45±0.28
D060	**Parwar** *(Trichosanthes dioica)*	6	0.69±0.11	0.04±0.01								0.04±0.01	8.37±1.48
D061	**Peas, fresh** *(Pisum sativum)*	6	12.91±0.28	0.05±0.01		1.59±0.10						0.21±0.01	44.22±3.85
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	1.29±0.13	0.19±0.01								0.19±0.01	3.38±0.26
D063	**Plantain, green** *(Musa x paradisiaca)*	6	0.27±0.02	0.08±0.01								0.08±0.01	17.42±1.83
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	0.32±0.06	0.02±0.01								0.02±0.01	2.50±1.19
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	1.07	0.86	0.02					0.01		0.87	80.80
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	1.40±0.14	0.59±0.13	0.02±0.00					0.06±0.04		0.60±0.13	83.70±1.92
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	28.96	0.89		0.46	0.43					0.94	14.90
D068	**Ridge gourd** *(Luffa acutangula)*	6	0.37±0.03	0.02±0.00						0.05±0.01		0.02±0.00	11.23±0.31
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	0.34±0.04	0.02±0.01						0.04±0.01		0.02±0.01	11.57±0.15
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	2.67±0.31	0.01±0.00						0.04±0.00		0.01±0.00	8.35±0.28
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	3.08	0.01						0.05		0.01	8.40
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	3.12	0.01						0.05		0.01	8.30
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	2.76±0.09	0.05±0.03		0.03±0.01						0.05±0.03	2.73±0.77
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	1.10±0.22	0.37±0.27		0.11±0.03		0.04±0.01				0.39±0.27	16.10±1.51
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	11.83±1.41	0.14±0.03		0.67±0.07		0.02±0.01				0.22±0.03	24.12±2.96
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	12.24±1.05	0.19±0.02		0.75±0.05		0.02±0.01				0.27±0.02	17.18±1.73
D077	**Zucchini, green** *(Cucurbita pepo)*	2	0.40	3.90		0.05						3.90	41.05

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D078	**Zucchini, yellow** *(Cucurbita pepo)*	2	0.38	1.47		0.15						1.48	53.28
E	**FRUITS**												
E001	**Apple, big** *(Malus domestica)*	6	1.46±0.51	0.15±0.04								0.15±0.04	3.65±0.47
E002	**Apple, green** *(Malus domestica)*	6	2.45±0.40	0.10±0.04								0.10±0.04	2.13±0.09
E003	**Apple, small** *(Malus domestica)*	6	1.86±0.19	0.07±0.01								0.07±0.01	2.18±0.40
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	2.04	0.05								0.05	2.55
E005	**Apricot, dried** *(Prunus armeniaca)*	6	3.98±0.06	0.07±0.01		0.07±0.02	0.29±0.04	0.09±0.01		0.04±0.01		0.11±0.01	5.17±1.17
E006	**Apricot, processed** *(Prunus armeniaca)*	3	4.31±0.14	0.01±0.01		0.01±0.01	0.07±0.00	0.01±0.00		0.01±0.00		0.01±0.01	6.14±0.76
E007	**Avocado fruit** *(Persea americana)*	1	2.10	0.02								0.02	38.74
E008	**Bael fruit** *(Aegle marmelos)*	1	1.60	0.60								0.60	4.50
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	0.20	0.08		0.07						0.09	2.20
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	0.24	0.07		0.08						0.08	2.60
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	0.21	0.09		0.06						0.09	1.90
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	0.22±0.03	0.08±0.01		0.05±0.01						0.09±0.01	2.80±1.11
E013	**Black berry** *(Rubus fruticosus)*	5	14.65±0.40	0.49±0.04				0.07±0.02	0.05±0.01			0.52±0.04	1.82±0.04
E014	**Cherries, red** *(Prunus cerasus)*	4	4.30±0.44	0.07±0.02								0.06±0.04	5.56±1.10
E015	**Currants, black** *(Ribes nigrum)*	1	3.01	0.45								0.45	27.52
E016	**Custard apple** *(Annona squamosa)*	1	0.18	0.19	0.01							0.19	58.00
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	2.60±0.23	0.02±0.00				0.03±0.00				0.03±0.00	3.34±0.26
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	0.68	0.01				0.06				0.03	4.53
E019	**Dates, processed** *(Phoenix dactylifera)*	2	0.83	0.02				0.04				0.03	4.93

Food code	Food Name	No. of Regions	Ergocalciferol (D2)	Tocopherols				Tocotrienols				α-Tocopherol Equivalent	Phylloquinones (K1)
				Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
E020	**Fig** *(Ficus carica)*	6	1.47±0.15	0.42±0.16		1.17±0.08						0.54±0.17	5.75±1.51
E021	**Goosberry** *(Emblica officinalis)*	5	0.27±0.02	0.11±0.01		0.01±0.00	0.06±0.01	0.05±0.01				0.12±0.02	1.64±0.31
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	6.19±0.19	0.05±0.02		0.02±0.00				0.01±0.00		0.05±0.02	3.65±0.40
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	3.59±0.15	0.07±0.02		0.03±0.01				0.02±0.01		0.07±0.02	7.26±0.43
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	6.87±0.22	0.07±0.02		0.04±0.02				0.01±0.00		0.07±0.02	5.20±0.59
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	6.42±0.33	0.05±0.03		0.04±0.03				0.04±0.02		0.05±0.03	3.40±0.66
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	3.54±0.25	0.08±0.01		0.02±0.01				0.01±0.00		0.08±0.01	7.15±0.76
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	6.23±0.45	0.06±0.02		0.04±0.01				0.02±0.01		0.06±0.02	3.00±1.16
E028	**Guava, white flesh** *(Psidium guajava)*	5	1.68±0.23	0.06±0.01	0.02±0.01			0.04±0.01		0.03±0.01	0.74±0.03	0.09±0.01	3.68±0.38
E029	**Guava, pink flesh** *(Psidium guajava)*	5	0.93±0.06	0.07±0.02	0.03±0.01			0.09±0.01		0.01±0.01	0.25±0.04	0.11±0.01	5.35±0.61
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	7.49±0.25	0.06±0.01			0.06±0.01		0.09±0.01			0.07±0.01	37.00±3.73
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	0.82	0.04								0.04	7.94
E032	**Karonda fruit** *(Carissa carandas)*	1	1.43	0.04								0.04	2.50
E033	**Lemon, juice** *(Citrus limon)*	6	0.39±0.04	0.06±0.01								0.06±0.01	1.80±0.63
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6	0.30±0.09	0.07±0.02								0.07±0.02	2.20±1.01
E035	**Litchi** *(Nephelium litchi)*	4	0.33±0.09	0.06±0.01								0.06±0.01	7.81±2.06
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6	3.71±0.21	0.26±0.06		0.20±0.04						0.28±0.06	4.77±0.20
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	3.91	0.19		0.16						0.20	4.80
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3	3.73±0.11	0.29±0.08		0.20±0.07						0.31±0.09	4.40±0.26
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4	3.68±0.38	0.24±0.01		0.20±0.05						0.26±0.02	4.75±0.33
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2	3.72	0.24		0.19						0.29	5.00

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			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	3.62	0.35		0.20						0.37	4.80
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	3.77	0.27		0.26						0.30	4.60
E043	**Mangosteen** *(Garcinia mangostana)*	1		0.05								0.05	5.50
E044	**Manila tamarind** *(Pithecellobium dulce)*	1		0.38								0.38	33.18
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	4.41±0.57	0.01±0.00								0.01±0.00	5.70±0.27
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	2.33±0.23	0.02±0.01								0.02±0.01	1.74±0.44
E047	**Orange, pulp** *(Citrus aurantium)*	6	0.34±0.08	0.03±0.01				0.02±0.01				0.04±0.01	2.50±0.75
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1		0.01				0.03				0.02	3.60
E049	**Papaya, ripe** *(Carcia papaya)*	6	11.47±1.00	0.03±0.01				0.02±0.00				0.04±0.01	2.59±0.35
E050	**Peach** *(Prunus communis)*	1	2.41	0.02								0.02	4.40
E051	**Pear** *(Pyrus* sp.*)*	6	1.48±0.19	0.29±0.10				0.04±0.02				0.30±0.10	12.57±1.55
E052	**Phalsa** *(Grewia asiatica)*	2	1.34	0.87		0.58						0.93	5.36
E053	**Pineapple** *(Ananas comosus)*	6	0.21±0.01	0.36±0.09				0.31±0.01				0.45±0.09	2.40±0.29
E054	**Plum** *(Prunus domestica)*	3	3.32±0.42	0.50±0.04								0.50±0.04	8.50±0.74
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	109±2.1	0.01±0.01				0.05±0.00				0.03±0.01	18.50±2.35
E056	**Pummelo** *(Citrus maxima)*	3	0.98±0.11	0.46±0.10	0.03±0.02							0.50±0.09	4.88±0.82
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	1.76±0.17	0.01±0.01				0.02±0.01				0.02±0.01	1.63±0.32
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	11.87±1.10	0.01±0.00				0.03±0.00				0.02±0.00	1.71±0.20
E059	**Rambutan** *(Nephelium lappaceum)*	1	2.40	0.08								0.08	19.70
E060	**Sapota** *(Achras sapota)*	6	0.65±0.03	0.25±0.02								0.25±0.02	4.30±0.26
E061	**Soursop** *(Annona muricata)*	1	3.24	0.06								0.06	2.60
E062	**Star fruit** *(Averrhoa carambola)*	1	0.96	0.40								0.40	2.00

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			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
E063	**Strawberry** *(Fragaria ananassa)*	6	3.95±0.18	0.26±0.05								0.26±0.05	19.81±1.60
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	25.65±1.86	0.10±0.01								0.10±0.01	1.67±0.33
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	0.56±0.03	0.04±0.00								0.04±0.00	2.10±1.22
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	0.56±0.03	0.05±0.01								0.05±0.01	2.80±0.87
E067	**Wood Apple** *(Limonia acidissima)*	3	28.71±2.87	0.01±0.00	0.15±0.01							0.07±0.01	6.80±0.58
E068	**Zizyphus** *(Zizyphus jujube)*	1	16.70	0.02								0.02	2.50
F	**ROOTS AND TUBERS**												
F001	**Beet root** *(Beta vulgaris)*	6	0.18±0.01	0.09±0.01								0.09±0.01	2.98±0.94
F002	**Carrot, orange** *(Dacus carota)*	6	1.36±0.13	0.19±0.01		0.18±0.01		0.03±0.00				0.21±0.01	18.35±0.19
F003	**Carrot, red** *(Dacus carota)*	4	1.39±0.09	0.19±0.03		0.20±0.03		0.03±0.01				0.22±0.03	18.75±0.81
F004	**Colocasia** *(Colocasia antiquorum)*	6	0.27±0.01	0.32±0.02		0.08±0.01	0.12±0.01					0.33±0.02	3.15±0.90
F005	**Lotus root** *(Nelumbium nelumbo)*	3	0.27±0.06	0.73±0.11								0.73±0.11	44.45±4.37
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	0.19±0.02	0.06±0.01								0.06±0.01	2.12±0.31
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	0.22	0.07								0.07	1.80
F008	**Potato, red skin** *(Solanum tuberosum)*	1	0.20	0.06								0.06	2.30
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	0.04±0.02	0.01±0.01								0.01±0.01	2.10±0.12
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	0.05±0.02	0.01±0.00								0.01±0.00	2.50±0.19
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	0.05	0.01								0.01	2.60
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	0.04	0.01								0.01	1.90
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	1.26±0.31	0.01±0.01								0.01±0.01	3.00±0.84

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			µg	← mg →									µg
			ERGCAL	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK1
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	1.64±0.25	0.01±0.01								0.01±0.01	3.50±0.95
F015	**Tapioca** *(Manihot esculenta)*	3	0.13±0.01	0.19±0.02								0.19±0.02	2.80±0.83
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	1.20	0.09								0.09	3.50
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	1.30±0.23	0.06±0.01	0.69±0.04			0.03±0.01		0.17±0.02		0.34±0.02	4.80±1.46
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	0.23±0.00	0.23±0.01	0.35±0.11			0.04±0.00		0.43±0.03		0.39±0.04	5.50±1.02
F019	**Yam, wild** *(Dioscorea versicolor)*	2	1.18	0.40	0.28			0.05		0.13		0.53	6.00
G	**CONDIMENTS AND SPICES-FRESH**												
G001	**Chillies, green-1** *(Capsicum annum)*	5	3.14±1.19	0.07±0.02		1.93±0.05						0.26±0.02	20.12±3.87
G002	**Chillies, green-2** *(Capsicum annum)*	3	3.49±0.84	0.06±0.02		2.10±0.16						0.27±0.02	19.51±3.43
G003	**Chillies, green-3** *(Capsicum annum)*	5	3.17±0.79	0.06±0.02		2.03±0.25						0.26±0.02	18.05±3.76
G004	**Chillies, green-4** *(Capsicum annum)*	3	2.87±0.60	0.07±0.02		2.27±0.24						0.30±0.03	22.16±3.48
G005	**Chillies, green-5** *(Capsicum annum)*	2	3.26±0.51	0.08±0.01		1.73±0.25						0.25±0.03	15.70±1.86
G006	**Chillies, green-6** *(Capsicum annum)*	1	2.19	0.07		2.46						0.31	18.00
G007	**Chillies, green-7** *(Capsicum annum)*	1	2.43	0.04		1.80						0.22	19.50
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	3.11±0.81	0.06±0.02		2.04±0.28						0.27±0.03	19.18±3.42
G009	**Coriander leaves** *(Coriandrum sativum)*	6	3.55±0.21	0.42±0.03				0.12±0.00		0.07±0.02		0.46±0.03	274±23.4
G010	**Curry leaves** *(Murraya koenigii)*	6	117±4.5	1.71±0.27			0.82±0.07	0.34±0.12				1.82±0.30	275±14.8
G011	**Garlic, big clove** *(Allium sativum)*	6	1.88±0.37	0.07±0.01								0.07±0.01	2.80±1.70
G012	**Garlic, small clove** *(Allium sativum)*	3	1.97±0.19	0.06±0.01								0.06±0.01	3.20±1.22
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	2.89	0.05								0.05	4.50

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G014	**Ginger, fresh** *(Zinziber officinale)*	6	4.09±0.35	0.28±0.03		0.47±0.08						0.32±0.03	25.55±2.45
G015	**Mango ginger** *(Curcuma amada)*	3	3.10±0.39	0.35±0.07				0.79±0.09				0.59±0.10	27.71±0.70
G016	**Mint leaves** *(Mentha spicata)*	4	3.37±0.16	0.45±0.07		0.07±0.02						0.46±0.07	164±37.2
G017	**Onion, big** *(Allium cepa)*	6	0.73±0.19	0.05±0.01								0.05±0.01	4.50±1.47
G018	**Onion, small** *(Allium cepa)*	5	0.12±0.03	0.06±0.02								0.06±0.02	5.30±1.46
G	**CONDIMENTS AND SPICES-DRY**												
G019	**Asafoetida** *(Ferula assa-foetida)*	6	12.59±1.40	0.73±0.08				0.12±0.01				0.77±0.08	46.56±2.21
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	43.72±2.28	0.14±0.02	1.13±0.09			0.59±0.09				0.77±0.06	6.81±0.55
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	43.55±3.33	0.36±0.07	0.83±0.26			1.38±0.06				1.10±0.08	5.74±0.43
G022	**Chillies, red** *(Capsicum annum)*	6	24.36±2.56	0.69±0.21		2.91±1.02						0.98±0.30	274±6.6
G023	**Cloves** *(Syzygium aromaticum)*	6	45.07±2.37	0.46±0.04	0.77±0.07			0.01±0.00				0.77±0.04	161±36.7
G024	**Coriander seeds** *(Coriandrum sativum)*	6	1.31±0.01	0.91±0.07				0.32±0.02		0.47±0.02	0.24±0.02	1.01±0.06	35.70±2.52
G025	**Cumin seeds** *(Cuminum cyminum)*	6	12.10±0.07	1.49±0.05								1.49±0.05	146±2.2
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	1.98±0.08	0.02±0.00				0.02±0.00				0.02±0.00	1.50±0.84
G027	**Mace** *(Myristica fragrans)*	6	44.92±2.28	1.05±0.05				10.36±0.16				4.16±0.08	70.44±4.62
G028	**Nutmeg** *(Myristica fragrans)*	6	46.67±0.45	1.18±0.07				0.09±0.00				1.21±0.07	60.92±1.42
G029	**Omum** *(Trachyspermum ammi)*	6	2.62±0.19	0.01±0.00			0.41±0.02				0.11±0.01	0.01±0.00	30.36±3.99
G030	**Pippali** *(Piper longum)*	6	118±1.6	0.01±0.00		0.26±0.03						0.03±0.00	93.45±1.89
G031	**Pepper, black** *(Piper nigrum)*	6	25.68±0.51	0.59±0.15	1.58±0.15	0.45±0.05		0.01±0.00				1.27±0.16	171±31.5
G032	**Poppy seeds** *(Papaver somniferum)*	6	33.92±1.81	1.66±0.15		0.10±0.01						1.67±0.15	95.18±2.16
G033	**Turmeric powder** *(Curcuma domestica)*	6	18.67±1.38	2.63±0.67	0.28±0.10			0.60±0.06				2.92±0.70	12.80±1.26

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H	**NUTS AND OIL SEEDS**												
H001	**Almond** *(Prunus amygdalus)*	6	1.61±0.16	24.88±3.55	1.87±0.06	1.68±0.19	0.08±0.01	0.21±0.02				25.86±3.54	8.40±0.93
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	12.77±1.10	0.06±0.00	0.22±0.10	0.03±0.01						0.15±0.03	3.78±0.57
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	12.60±1.17	0.04±0.01	0.27±0.01	0.04±0.00						0.17±0.01	3.90±0.55
H004	**Arecanut, fresh** *(Areca catechu)*	2	11.03	0.01	0.13	0.02						0.06	3.71
H005	**Cashew nut** *(Anacardium occidentale)*	6	3.85±0.23	1.05±0.05	0.05±0.01	5.26±0.05						1.05±0.06	1.83±0.21
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6		6.02±0.54		0.44±0.01						6.06±0.54	2.88±0.57
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6		2.39±1.11	0.05±0.02	3.19±0.45						2.72±1.09	23.22±1.76
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	1.92±0.11	1.07±0.01								0.07±0.01	24.66±3.01
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	67.83±4.18	1.08±0.01				0.03±0.01				0.09±0.01	110±6.1
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	76.51±2.78	1.22±0.08				0.04±0.01				0.23±0.08	113±7.6
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	62.74±3.34	1.24±0.17				0.07±0.02				1.26±0.17	106±2.4
H012	**Ground nut** *(Arachis hypogea)*	6	7.10±0.72	4.26±0.10				0.04±0.01				0.28±0.10	2.50±0.75
H013	**Mustard seeds** *(Brassica juncea)*	6	31.79±1.56	1.44±0.08				0.04±0.01				0.45±0.08	8.20±1.27
H014	**Linseeds** *(Linum usitatissimum)*	6	0.55±0.13	7.79±0.81		1.51±0.13		1.12±0.01				8.28±0.81	19.17±0.70
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	2.52±0.41	2.59±0.09		7.79±1.04	1.05±0.03		1.08±0.02			1.44±0.17	110±13.5
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	2.70±0.18	2.18±0.10		4.18±0.33	1.25±0.21		1.12±0.02			2.66±0.11	105±14.3
H017	**Pine seed** *(Pinus gerardiana)*	5	0.61±0.08	4.01±0.00								0.01±0.00	44.55±2.44
H018	**Pistachio nuts** *(Pistacla vera)*	6	1.80±0.34	31.41±5.46	4.10±0.67	8.48±1.38	1.55±0.23	0.02±0.01				33.92±5.53	18.65±0.70
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	1.91±0.17	31.74±6.84	5.88±0.69	9.62±3.19	1.98±0.15	0.06±0.01				35.09±7.13	8.80±1.13
H020	**Sunflower seeds** *(Helianthus annuus)*	5	1.54±0.18	21.39±0.37	3.42±0.67	3.41±0.32						12.93±1.24	9.20±0.89

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

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

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

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

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

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

Table 3. Fat Soluble Vitamins

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← µg →			← mg →									µg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
P	**MARINE FISH**														
P001	**Allathi** *(Elops machnata)*	1	9.60	1.03	0.25	1.02								1.02	1.98
P002	**Aluva** *(Parastromateus niger)*	3	14.30±1.94	0.79±0.02	0.34±0.08	1.00±0.56								1.00±0.56	8.88±0.03
P003	**Anchovy** *(Stolephorus indicus)*	2	12.18	2.76	0.11	0.73								0.73	0.60
P004	**Ari fish** *(Aprion virescens)*	1	1.56	1.02	0.02	0.10								0.10	0.88
P005	**Betki** *(Lates calcarifer)*	1	5.58	1.05	0.06	0.38								0.38	0.63
P006	**Black snapper** *(Macolor niger)*	1	14.55	1.31	0.18	0.51								0.51	115
P007	**Bombay duck** *(Harpadon nehereus)*	2	3.38	0.96	0.29	0.75								0.75	1.04
P008	**Bommuralu** *(Muraenesox cinerius)*	3	3.28±1.70	3.19±0.09	0.08±0.04	0.54±0.46								0.54±0.46	0.94±0.04
P009	**Cat fish** *(Tachysurus thalassinus)*	1	14.08	1.42	0.47	0.38								0.38	0.96
P010	**Chakla** *(Rachycentron canadum)*	5	1.39±0.37	2.07±0.04	0.08±0.02	0.72±0.43								0.72±0.43	0.62±0.03
P011	**Chappal** *(Aluterus monoceros)*	1	1.37	0.21	0.04	1.09								1.09	0.77
P012	**Chelu** *(Elagatis bipinnulata)*	2	1.49	0.86	0.17	0.41								0.41	1.06
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	1.59	0.72	0.16	1.20								1.20	1.44
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	13.24	0.33	0.01	0.10								0.10	0.92
P015	**Gobro** *(Epinephelus diacanthus)*	2	1.82	0.15		0.89								0.89	1.58
P016	**Guitar fish** *(Rhinobatus prahli)*	1	1.27	0.12	0.30	0.34								0.34	3.43
P017	**Hilsa** *(Tenualosa ilisha)*	2	7.42	4.96	1.02	1.35								1.35	0.94
P018	**Jallal** *(Arius sp.)*	1	8.49	0.94	0.03	0.62								0.62	0.64
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	3.16	0.93	0.10	1.49								1.49	1.06

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

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

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← µg →			← mg →									µg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
P060	**Queen fish** *(Scomberoides commersonianus)*	3	1.52±0.47	0.19±0.01		0.40±0.26								0.40±0.26	0.79±0.01
P061	**Raai fish** *(Lobotes surinamensis)*	2	1.15	2.99	0.14	0.52								0.52	1.05
P062	**Raai vanthu** *(Epinephelus chlorostigma)*	1	2.87	1.23		0.02								0.02	1.21
P063	**Rani** *(Pink perch)*	1	1.78	1.84	0.06	1.65								1.65	0.71
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1	1.97	0.81	0.02	0.33								0.33	1.51
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1	4.77	2.32	0.05	0.41								0.41	98.48
P066	**Red snapper, small** *(Priacanthus hamrur)*	1	20.87	3.05	0.13	0.85								0.85	0.97
P067	**Sadaya** *(Platax orbicularis)*	1	64.20	1.56	0.05	0.52								0.52	1.77
P068	**Salmon** *(Salmo salar)*	1	15.63	0.86	0.08	0.58								0.58	0.75
P069	**Sangada** *(Nemipterus japanicus)*	1	3.07	0.92	0.13	0.36								0.36	0.71
P070	**Sankata paarai** *(Caranx ignobilis)*	1	2.58	0.58	0.14	1.07								1.07	1.17
P071	**Sardine** *(Sardinella longiceps)*	1	12.66	3.51		0.38								0.38	2.65
P072	**Shark** *(Carcharhinus sorrah)*	2	1.11	0.18	0.18	0.22								0.22	0.78
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	20.55	0.58	0.14	0.78								0.78	1.16
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1	12.43	1.23	0.14	0.19								0.19	0.86
P075	**Shelavu** *(Sphyraena jello)*	4	24.82±22.75	1.77±0.10	0.10±0.01	0.36±0.21								0.36±0.21	1.72±0.01
P076	**Silan** *(Silonia silondia)*	1	3.07	0.18		0.48								0.48	1.74
P077	**Silk fish** *(Beryx sp.)*	1	1.69	0.68	0.04	0.72								0.72	0.98
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	6.74	0.69	0.17	0.60								0.60	0.83
P079	**Sole fish** *(Cynoglossus arel)*	1	9.53	1.12	0.01	0.18								0.18	0.74

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← µg →			← mg →									µg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
P080	**Stingray** *(Dasyatis pastinaca)*	1	7.55	0.67	0.23	0.28								0.28	0.90
P081	**Tarlava** *(Drepane punctata)*	2	5.32	2.35	0.01	0.52								0.52	0.76
P082	**Tholam** *(Plectorhinchus schotaf)*	2	250	2.80	0.75	0.60								0.60	1.33
P083	**Tilapia** *(Oreochromis niloticus)*	1	17.14	0.85	0.08	1.86								1.86	3.65
P084	**Tuna** *(Euthynnus affinis)*	5	16.65±8.35	0.11±0.03	0.63±0.18	0.57±0.17								0.57±0.17	11.63±0.28
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	21.01	0.65	0.05	0.14								0.14	1.23
P086	**Valava** *(Chirocentrus nudus)*	1	1.25	0.25	0.01	0.31								0.31	0.84
P087	**Vanjaram** *(Scomberomorus commerson)*	2	81.90	1.57	0.07	0.67								0.67	0.65
P088	**Vela meen** *(Aprion virescens)*	1	3.03	0.92		0.44								0.44	0.81
P089	**Vora** *(Siganus javus)*	2	3.20	0.60	0.16	0.65								0.65	1.97
P090	**Whale shark** *(Galeocerdo cuvier)*	1	1.97	1.82	0.35	0.17								0.17	0.81
P091	**Xiphinis** *(Xiphias gladius)*	1	1.14	0.02	0.07	0.76								0.76	0.78
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	2.55	2.80	0.47	0.28								0.28	0.53
Q	**MARINE SHELLFISH**														
Q001	**Crab** *(Menippe mercenaria)*	1	1.55	0.21	0.68	6.33								6.33	1.04
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	5.02	0.63	0.10	2.06								2.06	1.11
Q003	**Lobster, brown** *(Thenus orientalis)*	1	1.83	0.78	0.06	1.35								1.35	1.06
Q004	**Lobster, king size** *(Thenus orientalis)*	1	15.02	0.19	0.09	0.52								0.52	1.25
Q005	**Mud crab** *(Scylla tranquebarica)*	1	8.33	0.94	0.14	2.34								2.34	1.03

Food Code	Fish Name	No. of Regions	Retinol	Cholecalciferol (D3)	25-OH-D3	Tocopherols				Tocotrienols				Alpha Tocopherol Equivalent	Menaquinones (K2)
						Alpha	Beta	Gamma	Delta	Alpha	Beta	Gamma	Delta		
			← µg →			← mg →									µg
			RETOL	CHOCAL		TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRB	TOCTRG	TOCTRD	VITE	VITK2
Q006	**Oyster** *(Crassostrea* sp.*)*	1	25.36	0.82	0.04	1.11								1.11	1.72
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	1.24	1.18	0.35	3.04								3.04	297
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	6.55	1.62	0.63	2.87								2.87	2.32
R	**MARINE MOLLUSKS**														
R001	**Clam, green shell** *(Perna viridis)*	1	29.04	0.86	0.07	2.70								2.70	1.48
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1	8.50	2.08	0.10	1.21								1.21	1.53
R003	**Octopus** *(Octopus vulgaris)*	1	28.00	0.43	0.24	0.66								0.66	0.84
R004	**Squid, black** *(Loligo sp.)*	1	2.55	0.57	0.32	0.68								0.68	1.14
R005	**Squid, hard shell** *(Sepia pharaonis)*	1	1.93	0.78	0.22	0.55								0.55	2.26
R006	**Squid, red** *(Loligo duvaucelii)*	2	4.72	1.05	0.18	0.47								0.47	1.14
R007	**Squid, white, small** *(Uroteuthis duvauceli*)	1	8.55	0.55	0.16	0.66								0.66	1.84
S	**FRESHWATER FISH AND SHELLFISH**														
S001	**Cat fish** *(Tandanus tandanus)*	2	13.59±0.70	1.37±0.12	0.11±0.02	0.38±0.00								0.38±0.00	0.96±0.00
S002	**Catla** *(Catla catla)*	6	4.32±0.78	1.90±0.19	0.16±0.04	2.35±0.00								2.35±0.00	1.12±0.02
S003	**Freshwater Eel** *(Anguilla anguilla)*	1	866	3.81	0.57	1.80								1.80	1.23
S004	**Gold fish** *(Carassius auratus)*	2	22.95	0.21	0.07	2.10								2.10	1.26
S005	**Pangas** *(Pangasianodon hypophthalmus)*	6	14.59±0.00	0.20±0.04	0.08±0.04	2.80±0.00								2.80±0.00	0.92±0.07
S006	**Rohu** *(Labeo rohita)*	6	3.87±0.94	0.84±0.11	0.17±0.03	2.40±0.00								2.40±0.00	1.03±0.24

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

Table 4

CAROTENOIDS



Table 4. CAROTENOIDS

(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	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
A	**CEREALS AND MILLETS**									
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	10.25							121
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	4.11±1.16							59.68±3.09
A003	**Bajra** *(Pennisetum typhoideum)*	6	29.69±8.72	9.30±1.23					28.23±9.42	293±55.7
A004	**Barley** *(Hordeum vulgare)*	6	5.39±2.77	1.90±0.35						69.87±28.88
A005	**Jowar** *(Sorghum vulgare)*	6	9.08±1.77	7.48±2.41					8.29±1.30	212±48.9
A006	**Maize, dry** *(Zea mays)*	6	186±19.4	42.4±15.7		110±10.1			186±19.2	893±154
A007	**Maize, tender, local** *(Zea mays)*	6	110±28.1	26.53±3.59		37.26±4.60			36.27±11.33	1428±225
A008	**Maize, tender, sweet** *(Zea mays)*	4	108±25.0	28.19±4.22		58.41±4.60			47.01±6.23	1035±154
A009	**Quinoa** *(Chenopodium quinoa)*	1	11.88	10.05					5.12	153
A010	**Ragi** *(Eleusine coracana)*	5	25.53±5.82	1.45±0.23					1.53±0.25	154±25.6
A011	**Rice flakes** *(Oryza sativa)*	6	1.46±0.25							33.61±4.26
A012	**Rice puffed** *(Oryza sativa)*	6	1.51±0.31							50.46±4.52
A013	**Rice, raw, brown** *(Oryza sativa)*	6	13.15±4.03							159±13.9
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	1.46±0.72							46.90±8.29
A015	**Rice, raw, milled** *(Oryza sativa)*	6	1.49±0.46							16.87±5.61
A016	**Samai** *(Panicum miliare)*	6	7.82±1.76	5.24±1.66					1.91±0.89	120±9.0
A017	**Varagu** *(Setaria italica)*	5	59.40±7.01	3.91±1.08					1.41±0.29	272±25.1
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	24.41±9.21	1.30±0.72					1.97±0.80	270±69.0

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	42.12±11.27	1.31±0.69					2.67±1.29	284±31.9
A020	**Wheat, whole** *(Triticum aestivum)*	6	52.56±5.67	1.47±0.68					3.03±2.13	287±40.5
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	47.67±13.64	1.06±0.80					2.55±0.85	191±15.1
A022	**Wheat, semolina** *(Triticum aestivum)*	6	29.94±7.39	1.13±0.66					1.60±0.59	276±29.9
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	19.31±5.80	0.89±0.57					1.68±0.31	39.54±5.33
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	12.89±4.12	1.08±0.42					0.92±0.58	21.33±5.71
B	**GRAIN LEGUMES**									
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	314±82.4	1.05±0.44					165±22.8	1018±16.9
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	385±39.4	24.74±12.0					172±21.0	999±240
B003	**Black gram, dal** *(Phaseolus mungo)*	6	83.87±22.87						10.11±2.10	279±54.8
B004	**Black gram, whole** *(Phaseolus mungo)*	6	95.42±2.13						12.80±0.50	463±34.2
B005	**Cowpea, brown** *(Vigna catjang)*	6	83.34±26.30						7.08±1.58	218±16.8
B006	**Cowpea, white** *(Vigna catjang)*	1	78.52						8.21	250
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	48.99							207
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	53.18							254
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	58.47±4.55							256±33.2
B010	**Green gram, dal** *(Phaseolus aureus)*	6	113±22.6	2.98±1.73					122±2.7	619±61.9
B011	**Green gram, whole** (*Phaseolus aureus)*	6	187±20.7	5.63±2.50					137±33.5	889±106
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	67.26±9.84	2.92±1.81					58.57±9.13	267±42.8
B013	**Lentil dal** *(Lens culinaris)*	6	5.92±3.05						6.34±0.82	812±93.3

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
B014	**Lentil whole, brown** *(Lens culinaris)*	6	6.85±2.24						10.29±1.09	924±89.0
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	7.76						12.64	939
B016	**Moth bean** *(Vigna aconitifolia)*	6	148±21.2						3.57±1.03	622±72.9
B017	**Peas, dry** *(Pisum sativum)*	6	474±35.6	23.41±7.12					65.71±8.07	933±94.1
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	6.38						1.95	86.67
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	7.18±1.82						2.16±0.50	90.26±14.96
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	6.76±2.55						1.60±0.24	103±29.2
B021	**Red gram, dal** *(Cajanus cajan)*	6	11.69±1.31						127±26.3	484±90.6
B022	**Red gram, whole** *(Cajanus cajan)*	6	25.25±6.15						149±21.0	579±44.8
B023	**Ricebean** (*Vigna umbellata*)	1	6.88							29.02
B024	**Soya bean, brown** *(Glycine max)*	6	35.47±13.69						3.50±1.01	262±22.4
B025	**Soya bean, white** *(Glycine max)*	1	28.50						2.82	282
C	**GREEN LEAFY VEGETABLES**									
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	12941	559					12582	36087
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	8397±1005	164±32.3					8553±1813	20473±1060
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	7439	118					8457	21449
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	7390±1361	148±30.0					8464±1753	20181±1961
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	1861±203	126±16.3					1594±315	4174±815
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	1748	160					1487	4540
C007	**Basella leaves** *(Basella alba)*	2	2962	241					2473	5824

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
C008	**Bathua leaves** *(Chenopodium album)*	2	1795	132					1075	3469
C009	**Beet greens** *(Beta vulgaris)*	6	1495±329.1	146±53.2					1703±146	3340.97±143.39
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	4253±1026	60.31±18.37				191±39.0	4186±524	13735±1594
C011	**Betel leaves, small** *(Piper betle)*	4	5783±460	79.80±13.41				427±64.0	4676±622	16563±1292
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	1653	35.64					360	2564
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	58.00	1.50					5.50	103
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	143	2.68					104	358
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	3.98±1.34						20.48±2.21	273±7.3
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	44.50	2.20					31.17	339
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	152±21.2	1.97±0.39					146±15.6	1742±9.4
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	5222±1363	136±28.9					5758±1836	26820±3413
C019	**Drumstick leaves** *(Moringa oleifera)*	3	15580±3760	235±19.4					17542±1425	38765±7172
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	2275±754	28.28±9.53					9245±974	12755±1221
C021	**Garden cress** *(Lepidium sativum)*	2	1354	16.63					88.72	5048
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	5276±985	18.72±10.90					5285±856	16088±3497
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	4782	20.50					5143	15934
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	15.62	2.77					12.04	154
C025	**Lettuce** *(Lactuca sativa)*	3	1858±322	5.64±2.79					1285±167	7532±1363
C026	**Mustard leaves** *(Brassica juncea)*	3	2939±562	8.13±3.96					2619±372	6397±1014
C027	**Pak Choi leaves** *(Brassica rapa* var. *Chinensis)*	1	2655	5.50					2450	5111
C028	**Parsley** *(Petroselinum crispum)*	3	3574±455	11.92±7.28					2710±349	6558±578

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			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	5201	105					5288	24206
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	6139±982	45.28±17.23					1455±146	8247±720
C031	**Radish leaves** *(Raphanus sativus)*	6	1741±190	22.71±10.72					2591±572	9339±854
C032	**Rumex leaves** *(Rumex patientia)*	2	2370	18.98					2754	8290
C033	**Spinach** *(Spinacia oleracea)*	6	3850±926	17.23±5.40					2605±521	9553±1491
C034	**Tamarind leaves, tender** (*Tamarindus indica)*	3	58.83±10.16	1.88±0.26					168±21.2	4002±389
D	**OTHER VEGETABLES**									
D001	**Ash gourd** *(Benincasa hispida)*	6	18.29±4.23	5.76±2.93						66.67±10.19
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	2.50							11.60
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	98.51±21.39	2.67±0.33					35.52±3.88	1055±156
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	282±101	5.83±2.55					122±10.9	717±179
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	244±82.0	6.96±2.53					126±7.10	505±86
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	313	7.20					130	481
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	28.88±8.19						44.05±11.68	95.12±13.56
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	29.64±2.98	8.60±2.23					47.13±3.49	92.56±17.23
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	28.98	2.50					44.82	97.02
D010	**Brinjal-1** *(Solanum melongena)*	1	126	1.90					126	186
D011	**Brinjal-2** *(Solanum melongena)*	1	130	2.80					130	167
D012	**Brinjal-3** *(Solanum melongena)*	2	131	3.29					138	155
D013	**Brinjal-4** *(Solanum melongena)*	4	142±18.5	3.90±1.39					140±15.0	138±34.2

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			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
D014	**Brinjal-5** *(Solanum melongena)*	3	122±10.1	2.78±1.52					123±12.7	136±3.9
D015	**Brinjal-6** *(Solanum melongena)*	2	126	4.16					129	168
D016	**Brinjal-7** *(Solanum melongena)*	1	155	4.50					155	166
D017	**Brinjal-8** *(Solanum melongena)*	3	162±19.2	3.77±1.89					162±16.1	190±12.3
D018	**Brinjal-9** *(Solanum melongena)*	2	160	2.89					158	232
D019	**Brinjal-10** *(Solanum melongena)*	2	161	2.39					161	162
D020	**Brinjal-11** *(Solanum melongena)*	6	152±11.5	2.02±0.63					162±22.2	227±28.0
D021	**Brinjal-12** *(Solanum melongena)*	2	147	2.89					144	217
D022	**Brinjal-13** *(Solanum melongena)*	1	138	3.90					138	116
D023	**Brinjal-14** *(Solanum melongena)*	3	137±12.2	4.12±2.23					134±21.4	493±142
D024	**Brinjal-15** *(Solanum melongena)*	4	169±24.2	4.35±1.76					162±41.9	346±84.4
D025	**Brinjal-16** *(Solanum melongena)*	1	155	1.80					155	364
D026	**Brinjal-17** *(Solanum melongena)*	1	146	1.90					146	564
D027	**Brinjal-18** *(Solanum melongena)*	3	128±15.1	2.88±1.48					130±11.4	364±94.2
D028	**Brinjal-19** *(Solanum melongena)*	3	119±14.7	3.68±1.70					119±16.8	552±90.6
D029	**Brinjal-20** *(Solanum melongena)*	5	139±12.6	4.08±1.72					139±18.5	651±37.7
D030	**Brinjal-21** *(Solanum melongena)*	2	156	4.44					155	670
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	144±18.7	3.21±1.55					146±24.0	309±188
D032	**Broad beans** *(Vicia faba)*	3	106±33.5	24.25±8.69					6.38±0.62	574±5.14
D033	**Capsicum, green** *(Capsicum annuum)*	6	164±43.9	21.41±8.02					328±61.7	2511±776
D034	**Capsicum, red** *(Capsicum annuum)*	4	165±33.2	18.28±6.66					246±47.2	3047±785
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	280±57.2	17.95±5.26					166±15.0	2717±203

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			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
D036	**Cauliflower** *(Brassica oleracea)*	6	31.3±7.69	5.77±2.61					1.59±0.66	50.48±4.22
D037	**Celery stalk** *(Apium graveolens)*	3	161±15.4	2.61±1.56					465±57.3	2439±280
D038	**Cho-cho-marrow** *(Sechium edule)*	4	8.56±1.67	1.80±1.29					1.57±0.31	24.53±9.12
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	538±164	21.49±8.50					241±32.8	1192±250
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	97.12	5.30					4.97	631
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	99.6±19.5	1.96±0.90					2.30±1.25	597±153
D042	**Corn, Baby** *(Zea mays)*	6	5.79±3.45	1.90±0.84					1.52±0.33	72.89±13.79
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6	2.22±1.12						5.33±0.93	171±46.8
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	4.86±1.82						4.80±1.45	172±44.8
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	3.19						5.55	134
D046	**Drumstick** *(Moringa oleifera)*	6	145±18.8	5.52±3.79					17.28±1.85	350±62.0
D047	**Field beans, tender, broad** *(Vicia faba)*	2	467	21.54				83.48	555	1738
D048	**Field beans, tender, lean** *(Vicia faba)*	6	297±55.7	2.79±2.18				74.32±6.96	556±6.0	1837±86.5
D049	**French beans, country** *(Phaseolus vulgaris)*	5	235±71.8	21.21±10.10				3.57±0.71	413±10.4	1501±171
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	228	13.35				3.18	388	1449
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	4.86±2.54	2.92±1.65						17.66±1.17
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	2.13±0.82	1.56±1.11						19.63±2.17
D053	**Knol - Khol** *(Brassica oleracea)*	6	2.51±0.83	1.55±1.24						28.82±2.36
D054	**Kovai, big** *(Coccinia cordifolia)*	6	170±14.3	5.74±2.43					134±9.8	498±66.2
D055	**Kovai, small** *(Coccinia cordifolia)*	1	157	4.50					147	586
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	798±83.0	3.53±1.91					69.10±10.41	1223±118

Table 4. Carotenoids

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
D057	**Mango, green, raw** *(Mangifera indica)*	6	122±13.7	1.52±1.18		11.94±0.73			72.37±6.60	517±53.6
D058	**Onion, stalk** *(Allium cepa)*	6	575±175	2.43±0.68					700±2.6	3488±11.1
D059	**Papaya, raw** *(Carica papaya)*	6	266±55.8	7.88±0.32		76.80±18.04			164±60.8	548±67.5
D060	**Parwar** *(Trichosanthes dioica)*	6	322±102	10.77±3.25					13.10±1.50	965±15.0
D061	**Peas, fresh** *(Pisum sativum)*	6	68.6±19.1	11.40±2.54					121±12.5	1286±259
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	75.7±5.0	5.90±2.93					35.36±7.72	149±19.5
D063	**Plantain, green** *(Musa x paradisiaca)*	6	28.9±9.85	3.45±1.94					3.01±1.65	224±29.8
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	26.3±6.75	3.68±1.72					2.39±1.25	69.31±6.73
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	394	26.60				63.91	363	1319
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	161±17.5	34.91±4.73				90.74±12.40	149±16.8	1449±167
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	190						165	495
D068	**Ridge gourd** *(Luffa acutangula)*	6	129±20.5	19.50±3.17					348±31.4	838±101
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	127±25.8	18.83±2.68					349±23.4	851±84.6
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	38.9±8.68	3.67±2.30					61.29±2.40	190±18.8
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	39.60	5.41					61.64	188
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	32.75	4.50					62.84	188
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	8.19±2.71	2.22±1.62					7.96±1.10	49.81±2.51
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	38.9±8.90	2.48±1.34	35.97±13.4		5.80±0.79		32.33±3.91	546±59.3
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	1568±530	10.96±2.17	2481±495		7.32±1.16		1513±146	5826±828
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	965±167	17.52±6.44	1736±278		9.37±0.53		905±58.4	4656±636
D077	**Zucchini, green** *(Cucurbita pepo)*	2	87.86	16.23					85.79	963

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2	294	25.60					69.90	1177
E	**FRUITS**									
E001	**Apple, big** *(Malus domestica)*	6	36.4±5.19	1.90±0.95					2.41±2.13	229±98.5
E002	**Apple, green** *(Malus domestica)*	6	40.2±18.8	1.91±0.77					2.20±0.93	196±47.5
E003	**Apple, small** *(Malus domestica)*	6	38.8±2.95	1.71±0.48					2.08±0.82	198±25.6
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	46.26	1.98					2.11	344
E005	**Apricot, dried** *(Prunus armeniaca)*	6	4.98±2.79	2.33±1.08					1806±106	4313±123
E006	**Apricot, processed** *(Prunus armeniaca)*	3	3.07±1.49	1.98±0.62					1372±198	3357±748
E007	**Avocado fruit** *(Persea americana)*	1	25.13	2.50					12.00	321
E008	**Bael fruit** *(Aegle marmelos)*	1	36.12	2.20					2.50	172
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	47.32	1.90				3.57	53.06	260
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	34.67	2.75				1.71	57.33	252
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	47.08	2.50				2.12	51.52	261
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	26.9±6.18	2.33±0.87				3.57±1.67	56.78±11.56	314±64.8
E013	**Black berry** *(Rubus fruticosus)*	5	105±17.5	2.37±0.98					52.32±2.65	166±2.4
E014	**Cherries, red** *(Prunus cerasus)*	4	92.9±12.4	5.69±2.12					40.78±1.15	259±36.4
E015	**Currants, black** *(Ribes nigrum)*	1	242	12.90					62.48	453
E016	**Custard apple** *(Annona squamosa)*	1	12.45	1.80						142
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	281±77.8	8.95±1.88					2700±345	3483±551
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	285	4.83					2705	3280
E019	**Dates, processed** *(Phoenix dactylifera)*	2	305	86.34					2781	3288

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
E020	**Fig** *(Ficus carica)*	6	19.0±2.27	2.01±0.64					2.40±0.59	454±51.3
E021	**Goosberry** *(Emblica officinalis)*	5	38.7±9.78	2.86±1.61					1.58±0.09	62.01±6.45
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	27.8±8.85	3.59±2.20					29.36±8.37	213±29.4
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	31.3±8.77	4.06±1.60					30.77±11.10	208±28.8
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	17.2±3.04	7.58±2.28					19.94±1.29	314±99.9
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	19.4±3.07	8.14±1.73					19.73±1.76	321±50.6
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	25.8±7.90	6.82±3.77					25.46±6.66	216±31.3
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	16.1±2.90	7.95±1.73					20.58±2.36	232±27.9
E028	**Guava, white flesh** *(Psidium guajava)*	5	19.7±4.59	5.92±3.06					298±32.8	996±108
E029	**Guava, pink flesh** *(Psidium guajava)*	5	90.3±11.5	8.94±2.21	2843±340				267±88.2	4078±477
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	19.3±6.91	2.42±1.27					23.53±1.24	59.61±4.90
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	18.49	5.68					1.55	66.50
E032	**Karonda fruit** *(Carissa carandas)*	1	6.12	1.14					15.64	55.89
E033	**Lemon, juice** *(Citrus limon)*	6	9.68±2.22	1.72±0.50					2.62±0.34	85.99±3.36
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6	13.2±3.54	1.89±0.44					2.54±0.30	85.13±10.71
E035	**Litchi** *(Nephelium litchi)*	4	27.33±9.81	1.61±0.62					1.47±0.21	129±15.1
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6	3.19±1.51	1.62±0.22		2.72±1.31			1168±141	1424±308
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	4.18	1.64		4.58			666	1350
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3	6.26±2.09	1.19±0.14		5.60±3.84			1181±136	1423±201
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4	3.71±2.21	2.33±0.17		6.96±3.31			1264±172	1438±314
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2	2.95	1.67		2.51			1291	1376
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	2.51	7.19		2.49			1061	1210

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	13.27	2.86		4.56			602	1632
E043	**Mangosteen** *(Garcinia mangostana)*	1	16.81	5.40					1.80	181
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	36.50	10.50					2.20	154
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	20.17±3.03	2.52±0.84					771±96.4	925±43.6
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	22.48±9.44	2.69±1.16					6.87±0.36	92.15±6.04
E047	**Orange, pulp** *(Citrus aurantium)*	6	13.8±1.83	31.88±6.66		44.02±13.91		5.76±1.79	31.94±2.12	675±11.0
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1	5.80	1.50						50.00
E049	**Papaya, ripe** *(Carcia papaya)*	6	5.43±0.87	280±43.9	833±82.9	648±85.2			694±84.5	2472±81.1
E050	**Peach** *(Prunus communis)*	1	5.80	1.50						50.00
E051	**Pear** *(Pyrus* sp.*)*	6	14.7±1.34	2.77±1.18		1.44±0.28			13.16±1.78	92.30±8.23
E052	**Phalsa** *(Grewia asiatica)*	2	157	3.11				5.68	1.71	396
E053	**Pineapple** *(Ananas comosus)*	6	8.11±1.14	1.80±1.23					31.21±4.33	86.31±10.74
E054	**Plum** *(Prunus domestica)*	3	5.67±0.98	2.39±1.04					1.32±0.22	430±82.9
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	27.8±7.62	2.51±0.82					2.05±0.58	47.28±7.09
E056	**Pummelo** *(Citrus maxima)*	3	22.5±8.14	5.90±1.56		10.43±1.83			1.55±0.35	337±83.6
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	9.13±1.70	2.18±0.95					3.71±1.08	207±44.7
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	28.3±4.93	3.53±1.13					2.53±0.63	272±38.6
E059	**Rambutan** *(Nephelium lappaceum)*	1	16.80	2.50					2.90	175
E060	**Sapota** *(Achras sapota)*	6	22.6±7.22	2.09±0.64					80.70±5.96	229±17.3
E061	**Soursop** ***(*** *Annona muricata* ***)***	1	29.80	5.30					2.20	78.00
E062	**Star fruit** *(Averrhoa carambola)*	1	26.80	2.60					1.40	152
E063	**Strawberry** *(Fragaria ananassa)*	6	19.3±4.86	1.45±0.22					2.19±0.17	218±71.1

Table 4: Carotenoids

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	28.4±2.99	11.61±5.64					1.54±0.42	188±21.3
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	914±211	25.95±11.73	1477±347				605±121	4176±537
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	981±124	23.40±8.65	1257±408				576±119	4300±379
E067	**Wood Apple** *(Limonia acidissima)*	3	11.0±1.56	2.57±0.83					3.81±1.28	77.06±7.46
E068	**Zizyphus** *(Zizyphus jujube)*	1	10.70	1.60					1.50	76.80
F	**ROOTS AND TUBERS**									
F001	**Beet root** *(Beta vulgaris)*	6	28.6±10.9	4.57±2.69					10.14±2.52	12.88±1.58
F002	**Carrot, orange** *(Dacus carota)*	6	257±63.1	13.93±4.31	157±44.9			2654±524	5423±450	9377±1093
F003	**Carrot, red** *(Dacus carota)*	4	224±45.1	15.49±4.61	871±95.9			1128±179	2706±298	7570±412
F004	**Colocasia** *(Colocasia antiquorum)*	6	5.87±1.78	2.07±0.69					6.50±1.16	21.72±2.75
F005	**Lotus root** *(Nelumbium nelumbo)*	3	13.0±1.58							156±19.5
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	8.07±0.98	122±4.9						208±19.3
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	7.86	125						224
F008	**Potato, red skin** *(Solanum tuberosum)*	1	8.12	123						226
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	8.68±1.90	2.38±0.93					1.62±0.37	17.61±5.77
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	5.34±0.84	2.08±0.84						10.60±1.22
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	7.80	2.50					1.20	13.07
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	6.36	1.66						23.69
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	282±56.1	146±22.7					5376±816	8653±749
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	208±54.2	133±11.7					11.12±1.45	95.93±16.07

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
F015	**Tapioca** *(Manihot esculenta)*	3	5.93±1.86	2.38±0.95						60.90±8.50
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	8.12	2.50						93.08
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	168±14.8	10.43±2.76				32.32±3.56	176±19.3	599±70.0
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	273±51.3	8.69±3.43					158±31.8	51.04±7.68
F019	**Yam, wild** *(Dioscorea versicolor)*	2	11.39	1.20				8.95	230	94.53
G	**CONDIMENTS AND SPICES-FRESH**									
G001	**Chillies, green-1** *(Capsicum annum)*	5	255±44.6	18.92±3.74					31.69±9.15	1135±403
G002	**Chillies, green-2** *(Capsicum annum)*	3	283±66.7	24.48±6.29					232±91.3	1336±100
G003	**Chillies, green-3** *(Capsicum annum)*	5	285±79.9	34.74±11.55					158±45.8	1107±317
G004	**Chillies, green-4** *(Capsicum annum)*	3	207±56.1	45.64±13.89					67.84±5.44	1761±178
G005	**Chillies, green-5** *(Capsicum annum)*	2	278±93.3	41.40±25.80					45.41±11.38	1539±477
G006	**Chillies, green-6** *(Capsicum annum)*	1	234	35.50					508	1478
G007	**Chillies, green-7** *(Capsicum annum)*	1	294	28.50					44.00	1891
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	261±60.9	31.47±13.46					125±122	1347±382
G009	**Coriander leaves** *(Coriandrum sativum)*	6	6351±1069	28.30±14.89					3808±891	13808±2107
G010	**Curry leaves** *(Murraya koenigii)*	6	2945±381	36.13±12.13				144±14.5	7663±704	21862±2168
G011	**Garlic, big clove** *(Allium sativum)*	6	4.02±1.61	1.55±0.28						33.91±6.10
G012	**Garlic, small clove** *(Allium sativum)*	3	5.09±1.50	1.57±0.37						30.48±6.94
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	2.52	1.36						26.58

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
G014	**Ginger, fresh** *(Zinziber officinale)*	6	15.0±4.48	5.97±3.00					88.85±0.92	329±53.7
G015	**Mango ginger** *(Curcuma amada)*	3	23.6±3.99	3.09±1.50					76.62±13.12	250±5.3
G016	**Mint leaves** *(Mentha spicata)*	4	2526±730	300±51.2					4602±553	18693±1938
G017	**Onion, big** *(Allium cepa)*	6	1.77±0.64	1.81±0.69					1.08±0.28	89.10±6.38
G018	**Onion, small** *(Allium cepa)*	5	15.3±0.92	1.69±0.09					1.10±0.06	31.04±12.49
G	**CONDIMENTS AND SPICES-DRY**									
G019	**Asafoetida** *(Ferula assa-foetida)*	6	23.8±6.80	1.52±0.29					6.42±0.75	168±24.7
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	37.0±10.0	32.85±4.78					21.91±2.31	366±22.6
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	56.9±17.6	10.31±2.62					77.48±13.27	1137±95.2
G022	**Chillies, red** *(Capsicum annum)*	6	1843±342	2712±789	36.44±10.4	1599±203			1542±288	101812±5619
G023	**Cloves** *(Syzygium aromaticum)*	6	16.9±3.39	1.55±0.23				8.55±0.71	73.51±2.74	356±38.2
G024	**Coriander seeds** *(Coriandrum sativum)*	6	225±34.0	10.96±2.23					122±13.5	996±50.0
G025	**Cumin seeds** *(Cuminum cyminum)*	6	170±10.8	42.60±6.86					89.19±19.24	553±32.5
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	586±91.3	201±12.0					142±1.5	1210±162
G027	**Mace** *(Myristica fragrans)*	6	135±26.7	196±22.4					2322±157	9203±880
G028	**Nutmeg** *(Myristica fragrans)*	6	4.01±1.18	1.33±0.26					15.37±1.11	80.91±9.87
G029	**Omum** *(Trachyspermum ammi)*	6	494±61.2	8.30±2.99		51.37±9.37			746±17.7	1836±22.1
G030	**Pippali** *(Piper longum)*	6	666±92.3	479±54.8		110±10.5		278±28.4	545±50.4	2401±205
G031	**Pepper, black** *(Piper nigrum)*	6	650±62.3	158±15.4		165±11.6		157±10.1	767±65.5	2219±56
G032	**Poppy seeds** *(Papaver somniferum)*	6	23.5±15.0	1.76±0.79					3.51±0.66	34.45±10.70

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
G033	**Turmeric powder** *(Curcuma domestica)*	6	99.8±16.0	3.56±1.60					55.20±1.77	427±85.8
H	**NUTS AND OIL SEEDS**									
H001	**Almond** *(Prunus amygdalus)*	6	5.93±1.89	1.79±0.12						11.31±1.57
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	21.3±6.13	3.83±2.00						41.96±3.23
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	27.5±7.24	3.12±1.66						63.72±3.91
H004	**Arecanut, fresh** *(Areca catechu)*	2	31.65	6.23						47.78
H005	**Cashew nut** *(Anacardium occidentale)*	6	5.87±1.91	3.21±1.77						16.94±3.30
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	62.5±9.59	3.12±1.03						176±9.4
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	122±15.4	4.84±1.66					2.66±0.28	204±11.3
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	22.5±7.41	33.93±10.2						559±34.6
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	22.9±11.0	2.67±1.21					13.09±2.67	60.78±13.60
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	17.0±4.46	2.40±0.61					5.41±0.57	86.72±3.90
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	19.7±5.45	1.88±0.33					12.94±1.55	57.06±19.48
H012	**Ground nut** *(Arachis hypogea)*	6	4.42±1.04	8.07±2.32					22.75±2.13	82.80±6.06
H013	**Mustard seeds** *(Brassica juncea)*	6	192±16.3	6.54±2.42					36.72±7.07	675±77.0
H014	**Linseeds** *(Linum usitatissimum)*	6	5.67±0.81	7.22±0.70					1.05±0.03	92±22.8
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	22.1±4.41	9.61±1.59					2.15±0.81	295±39.1
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	6.00±0.54	2.38±1.13		2.73±0.91			8.49±0.83	187±21.6
H017	**Pine seed** *(Pinus gerardiana)*	5	97.0±17.4	11.55±1.53					1.98±0.52	297±40.4
H018	**Pistachio nuts** *(Pistacla vera)*	6	171±6.8						110±10.4	519±31.3
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	27.6±7.88	11.04±2.45					2.07±0.58	142±13.8

Food code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β-Cryptoxanthin	γ-Carotene	α-Carotene	β-Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
H020	**Sunflower seeds** *(Helianthus annuus)*	5	20.0±2.52	2.48±0.71					8.15±1.18	249±12.0
H021	**Walnut** *(Juglans regia)*	6	21.7±10.05	2.30±0.82		4.94±0.79			9.53±0.91	122±5.8
I	**SUGARS**									
I001	**Jaggery, cane** *(Saccharum officinarum)*	6	5.90±1.83							18.49±2.26
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6	8.36±2.40						7.87±0.37	41.23±4.16
J	**MUSHROOMS**									
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1								
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1								
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1								
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1								
K	**MISCELLANEOUS FOODS**									
K001	**Toddy**	10								
K002	**Coconut Water**	6	4.53±2.12							46.12±7.32
L	**MILK AND MILK PRODUCTS**									
L001	**Milk, whole, Buffalo**	6	8.78±2.21						8.42±0.40	80.87±1.41
L002	**Milk, whole, Cow**	6	9.62±1.51	5.01±1.15					13.67±3.79	200±55.9
L003	**Panner**	6	7.58±0.97						4.39±1.44	194±1.7
L004	**Khoa**	6	2.70±0.69						3.52±1.16	190±8.0

Food Code	Food Name	No. of Regions	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin	γ - Carotene	α - Carotene	β - Carotene	Total Carotenoids
			← µg →							
			LUTN	ZEA	LYCPN	CRYPXB	CARTG	CARTA	CARTB	CARTOID
M	**EGG AND EGG PRODUCTS**									
M001	**Egg, poultry, whole, raw**	6	17.61±2.89	37.23±7.16		0.97±0.44			13.60±2.04	135±2.6
M002	**Egg, poultry, white, raw**	6								
M003	**Egg, poultry, yolk, raw**	6	27.29±1.29	56.60±15.23		2.09±0.78			88.87±0.94	241±6.7
M004	**Egg, poultry, whole, boiled**	6	14.69±3.40	26.29±11.09		1.07±0.53			13.19±0.49	136±7.3
M005	**Egg, poultry, white, boiled**	6								5.30±0.31
M006	**Egg, poultry, yolk, boiled**	6	19.36±3.98	54.75±12.66		1.69±0.77			68.59±2.93	218±9.8
M007	**Egg, poultry, omlet**	3	14.47±0.35	19.03±0.96		0.75±0.10			11.36±0.84	111±1.0
M008	**Egg, country hen, whole, raw**	1	26.86	47.26		1.56			18.55	191
M009	**Egg, country hen, whole, boiled**	1	23.61	37.85		1.06			17.45	166
M010	**Egg, country hen, omlet**	1	20.55	30.85		0.95			14.75	161
M011	**Egg, duck, whole, boiled**	1	22.21	10.16		9.25			34.59	228
M012	**Egg, duck, whole, raw**	1	29.50	17.96		11.08			35.66	249
M013	**Egg, duck, whole, omlet**	1	20.05	9.55		8.98			30.08	213
M014	**Egg, quial, whole, raw**	1	14.83	28.48		3.57			12.96	242
M015	**Egg, quial, whole, boiled**	1	12.55	14.75		1.86			10.55	230

Table 4. Carotenoids

Table 5

MINERALS AND TRACE ELEMENTS



Table 5. MINERALS AND TRACE ELEMENTS

(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	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
A	**CEREALS AND MILLETS**											
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	3.32			181	1.227	0.059	0.81	9.33	0.013	0.028
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	2.73±0.47		0.001±0.000	162±15.7	0.092±0.045	0.021±0.005	0.56±0.09	8.02±0.93	0.018±0.012	0.008±0.008
A003	**Bajra** *(Pennisetum typhoideum)*	6	2.21±0.78	0.97±0.24	0.003±0.001	27.35±2.16	0.025±0.006	0.030±0.015	0.54±0.11	6.42±1.04	0.008±0.002	0.003±0.001
A004	**Barley** *(Hordeum vulgare)*	6				28.64±3.49	0.029±0.009	0.027±0.010	0.43±0.17	1.56±0.15		
A005	**Jowar** *(Sorghum vulgare)*	6	2.56±0.59	1.53±0.04	0.002±0.002	27.60±3.71	0.010±0.003	0.012±0.007	0.45±0.11	3.95±0.94	0.008±0.003	0.001±0.001
A006	**Maize, dry** *(Zea mays)*	6	2.82±0.16			8.91±0.61	0.010±0.006	0.010±0.003	0.45±0.23	2.49±0.32		0.002±0.001
A007	**Maize, tender, local** *(Zea mays)*	6	0.12±0.05			6.35±0.89	0.004±0.003		0.18±0.06	0.71±0.06	0.001±0.000	
A008	**Maize, tender, sweet** *(Zea mays)*	4	0.11±0.02			6.37±1.07	0.002±0.001	0.001±0.000	0.11±0.02	0.54±0.07		
A009	**Quinoa***(Chenopodium quinoa)*	1		0.03	0.002	198	0.004		0.48	7.51		
A010	**Ragi** *(Eleusine coracana)*	5	3.64±0.69		0.004±0.004	364±58.0	0.032±0.019	0.022±0.009	0.67±0.22	4.62±0.36	0.005±0.002	0.003±0.003
A011	**Rice flakes** *(Oryza sativa)*	6	2.44±0.60		0.002±0.001	9.19±1.33	0.050±0.027	0.007±0.003	0.26±0.05	4.46±0.81	0.005±0.003	0.002±0.002
A012	**Rice puffed** *(Oryza sativa)*	6	2.41±0.61		0.004±0.003	15.09±2.92	0.028±0.007	0.007±0.002	0.25±0.05	4.55±1.03	0.013±0.006	0.004±0.002
A013	**Rice, raw, brown** *(Oryza sativa)*	6	0.60±0.18		0.002±0.001	10.93±1.79	0.005±0.002	0.011±0.003	0.37±0.14	1.02±0.35	0.002±0.001	
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	0.20±0.06		0.002±0.003	8.11±1.01	0.005±0.002	0.003±0.001	0.27±0.12	0.72±0.20	0.006±0.002	0.005±0.002
A015	**Rice, raw, milled** *(Oryza sativa)*	6	0.44±0.30		0.002±0.002	7.49±1.26	0.005±0.003	0.003±0.002	0.23±0.06	0.65±0.11	0.005±0.004	0.002±0.002
A016	**Samai** *(Panicum miliare)*	6		0.49±0.15	0.001±0.000	16.06±1.54	0.016±0.006	0.001±0.000	0.34±0.08	1.26±0.44		
A017	**Varagu** *(Setaria italica)*	5	1.07±0.83			15.27±1.28	0.021±0.027	0.005±0.003	0.26±0.05	2.34±0.46		0.027±0.003
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	0.94±0.33		0.001±0.000	20.40±2.46	0.005±0.002	0.001±0.001	0.17±0.02	1.77±0.38	0.004±0.002	0.003±0.003

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
A	**CEREALS AND MILLETS**											
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	325	5.29		0.016	0.345	374	433	16.46	2.70	2.66
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	270±33.2	4.44±0.27		0.049±0.014	0.048±0.017	412±22.0	413±45.9	21.41±6.15	2.81±0.22	2.52±0.20
A003	**Bajra** *(Pennisetum typhoideum)*	6	124±19.5	1.12±0.17	0.77±1.48	0.050±0.025	0.056±0.022	289±25.3	365±18.0	30.40±5.22	4.11±0.09	2.76±0.36
A004	**Barley** *(Hordeum vulgare)*	6	48.97±6.1	1.24±0.11	1.84±0.50	0.032±0.005		178±26.8	268±20.4	18.61±1.32	7.56±1.52	1.50±0.27
A005	**Jowar** *(Sorghum vulgare)*	6	133±14.8	1.19±0.11	2.62±2.15	0.042±0.021	0.059±0.021	274±35.7	328±25.1	26.29±11.08	5.42±0.21	1.96±0.31
A006	**Maize, dry** *(Zea mays)*	6	145±12.4	0.71±0.08	3.19±2.64	0.035±0.014	0.035±0.013	279±35.3	291±27.7	8.69±1.81	4.44±0.18	2.27±0.23
A007	**Maize, tender, local** *(Zea mays)*	6	47.62±5.32	0.36±0.07		0.009±0.009	0.016±0.007	163±25.7	167±36.8	3.83±2.28	2.24±0.07	0.97±0.14
A008	**Maize, tender, sweet** *(Zea mays)*	4	36.51±1.87	0.32±0.04		0.006±0.001	0.009±0.004	121±13.6	297±4.1	2.17±1.11	2.23±0.06	0.77±0.09
A009	**Quinoa***(Chenopodium quinoa)*	1	119	1.77			0.004	212	474	7.81	4.50	3.31
A010	**Ragi** *(Eleusine coracana)*	5	146±10.7	3.19±0.88	3.96±1.41	0.011±0.008	0.078±0.020	210±58.4	443±59.6	15.30±6.23	4.75±0.14	2.53±0.51
A011	**Rice flakes** *(Oryza sativa)*	6	77.92±12.75	0.89±0.13		0.049±0.011	0.043±0.015	195±20.5	148±13.8		2.58±0.06	1.49±0.21
A012	**Rice puffed** *(Oryza sativa)*	6	64.59±6.01	0.91±0.15		0.034±0.024	0.048±0.014	152±20.6	140±14.0		3.69±0.87	1.45±0.29
A013	**Rice, raw, brown** *(Oryza sativa)*	6	93.91±9.11	1.70±0.45		0.053±0.026	0.038±0.024	267±64.9	199±40.9	2.26±0.43	3.64±0.08	1.68±0.33
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	26.72±8.52	0.79±0.25		0.055±0.017	0.027±0.009	140±25.0	142±20.3	1.19±0.14	3.16±1.33	1.08±0.20
A015	**Rice, raw, milled** *(Oryza sativa)*	6	19.30±6.99	0.73±0.21		0.056±0.037	0.022±0.012	96±16.30	108±10.9	1.01±0.13	2.34±0.28	1.21±0.17
A016	**Samai** *(Panicum miliare)*	6	91.41±12.63	0.23±0.08		0.020±0.010	0.086±0.029	130±27.5	105±15.7	40.41±24.09	4.77±0.14	1.82±0.14
A017	**Varagu** *(Setaria italica)*	5	122±5.9	0.33±0.05	0.74±0.15	0.020±0.007	0.074±0.019	101±5.2	94±10.7	14.12±2.26	3.35±0.04	1.65±0.18
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	30.69±2.77	0.63±0.09		0.013±0.003	0.005±0.003	110±9.8	148±7.0		1.54±0.48	0.88±0.07

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	1.54±0.53		0.001±0.001	30.94±3.65	0.006±0.005	0.006±0.003	0.48±0.11	4.10±0.67	0.006±0.003	0.002±0.001
A020	**Wheat, whole** *(Triticum aestivum)*	6	0.55±0.23		0.002±0.001	39.36±5.65	0.006±0.003	0.003±0.002	0.49±0.12	3.97±0.78		0.005±0.004
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	0.43±0.16	0.40±0.18	0.001±0.001	27.09±1.62	0.007±0.002	0.001±0.000	0.40±0.07	3.86±0.34	0.008±0.011	
A022	**Wheat, semolina** *(Triticum aestivum)*	6	0.64±0.19		0.002±0.001	29.38±2.11	0.006±0.003	0.003±0.002	0.46±0.11	2.98±0.34	0.004±0.000	0.002±0.002
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	1.15±0.38		0.001±0.001	19.42±1.74	0.006±0.005	0.002±0.001	0.19±0.03	2.02±0.41	0.008±0.002	0.001±0.001
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	1.20±0.16		0.001±0.000	22.63±3.46	0.007±0.002	0.003±0.002	0.22±0.05	2.09±0.42	0.009±0.008	0.001±0.000
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	0.65±0.19			46.32±5.12	0.008±0.006	0.024±0.006	0.82±0.12	6.08±0.27	0.011±0.013	0.003±0.001
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	2.10±0.19			150±18.3	0.015±0.003	0.021±0.005	0.85±0.12	6.78±0.75	0.006±0.002	0.006±0.002
B003	**Black gram, dal** *(Phaseolus mungo)*	6	1.19±0.33			55.67±6.10	0.011±0.004	0.014±0.004	0.64±0.08	4.67±0.55	0.004±0.000	0.002±0.001
B004	**Black gram, whole** *(Phaseolus mungo)*	6	2.25±0.63			86.18±8.99	0.019±0.007	0.018±0.004	0.76±0.12	5.97±0.56	0.008±0.006	0.005±0.002
B005	**Cowpea, brown** *(Vigna catjang)*	6	1.36±0.61			81.73±7.63	0.010±0.002	0.013±0.002	0.81±0.16	5.90±1.26		0.006±0.002
B006	**Cowpea, white** *(Vigna catjang)*	1	0.40			84.10	0.004	0.017	0.68	5.04		0.007
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	0.53			78.16	0.010	0.021	1.03	4.50		0.001
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	0.73			75.20	0.010	0.018	0.90	4.99		0.001
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	0.52±0.24			77.24±10.17	0.019±0.014	0.014±0.005	0.94±0.09	5.50±0.72		0.001±0.001
B010	**Green gram, dal** *(Phaseolus aureus)*	6	2.47±0.24			43.13±5.14	0.002±0.001	0.006±0.001	0.97±0.11	3.93±0.30	0.002±0.001	0.002±0.001
B011	**Green gram, whole** (*Phaseolus aureus)*	6	3.24±0.39			92.43±10.68	0.012±0.006	0.021±0.009	1.00±0.14	4.89±0.46		0.002±0.002
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	4.69±1.04		0.001±0.001	269±34.9	0.027±0.010	0.054±0.024	1.29±0.09	8.76±1.16	0.007±0.002	0.005±0.008
B013	**Lentil dal** *(Lens culinaris)*	6	1.60±0.14	1.19±0.76		44.32±4.74	0.006±0.002	0.009±0.003	0.96±0.11	7.06±0.55		0.003±0.003
B014	**Lentil whole, brown** *(Lens culinaris)*	6	2.60±0.43	0.46±0.47		76.13±7.23	0.022±0.013	0.015±0.004	0.98±0.07	7.57±0.67	0.016±0.013	0.004±0.002

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	125±11.5	2.98±0.36		0.022±0.009	0.021±0.015	315±41.4	311±38.3	53.12±5.47	2.04±0.31	2.85±0.32
A020	**Wheat, whole** *(Triticum aestivum)*	6	125±14.8	3.19±0.59		0.073±0.030	0.014±0.005	315±41.8	366±59.6	47.76±5.96	2.50±0.20	2.85±0.65
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	116±14.0	1.95±0.13	2.01±0.12	0.029±0.013	0.018±0.016	245±27.9	330±33.4	10.54±2.23	2.09±0.34	1.97±0.25
A022	**Wheat, semolina** *(Triticum aestivum)*	6	37.89±3.71	1.98±0.18	2.67±3.69	0.018±0.011	0.008±0.006	119±8.5	284±26.5	10.93±5.06	2.31±0.61	2.13±0.32
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	34.18±5.28	0.67±0.11		0.031±0.016	0.008±0.002	99±12.94	163±26.7	15.33±3.25	2.71±0.79	0.83±0.12
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	39.03±7.18	0.75±0.15		0.019±0.004	0.010±0.005	107±21.6	177±30.3	14.29±3.11	3.43±0.14	0.88±0.22
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	118±12.9	1.68±0.16	1.78±0.12	0.047±0.034	0.141±0.031	325±14.0	957±23.7	50.97±22.01	20.83±0.15	3.65±0.37
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	160±17.5	2.71±0.33	1.77±0.12	0.064±0.031	0.081±0.023	267±21.9	935±37.9	41.23±11.67	26.56±0.12	3.37±0.26
B003	**Black gram, dal** *(Phaseolus mungo)*	6	173±3.1	1.46±0.06	2.11±0.44	0.054±0.032	0.249±0.070	375±43.7	1157±38.0	23.99±2.15	18.88±2.27	3.00±0.18
B004	**Black gram, whole** *(Phaseolus mungo)*	6	190±19.1	1.83±0.34	2.43±1.06	0.099±0.053	0.241±0.077	345±36.5	1093±24.5	27.98±7.08	26.80±3.77	3.05±0.24
B005	**Cowpea, brown** *(Vigna catjang)*	6	213±20.3	1.51±0.29		0.108±0.052	0.233±0.071	372±32.9	1241±116	23.95±4.40	13.68±0.07	3.41±0.41
B006	**Cowpea, white** *(Vigna catjang)*	1	213	1.35		0.226	0.228	378	1243	26.55	12.52	3.57
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	197	2.38		0.073	0.184	457	1272	32.55	1.35	2.42
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	173	2.38		0.057	0.283	429	1245	22.82	1.41	2.44
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	190±15.1	2.41±0.33		0.034±0.020	0.261±0.100	448±71.4	1360±33.0	21.52±1.34	1.70±0.04	2.80±0.18
B010	**Green gram, dal** *(Phaseolus aureus)*	6	155±17.2	0.98±0.06	2.03±2.80	0.162±0.140	0.129±0.045	416±22.4	1268±85.3	50.14±8.92	10.14±0.33	2.49±0.12
B011	**Green gram, whole** (*Phaseolus aureus)*	6	198±39.2	1.05±0.08	2.96±4.83	0.174±0.058	0.103±0.014	353±33.6	1177±74.3	23.32±6.03	12.48±0.07	2.67±0.13
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	152±18.1	3.13±0.41	6.72±3.83	0.124±0.056	0.273±0.077	298±22.5	1065±42.4	29.49±6.79	12.14±0.17	2.71±0.21
B013	**Lentil dal** *(Lens culinaris)*	6	74.69±7.78	1.16±0.12	0.34±0.39	0.079±0.036	0.101±0.015	310±5.3	786±55.3	49.50±18.40	10.27±0.07	3.61±0.26
B014	**Lentil whole, brown** *(Lens culinaris)*	6	101±13.9	1.55±0.26	2.08±0.25	0.076±0.057	0.201±0.062	274±27.4	756±63.6	33.14±18.27	11.20±0.08	3.60±0.23

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	1.02			76.66	0.012	0.012	0.88	7.91	0.016	0.004
B016	**Moth bean** *(Vigna aconitifolia)*	6	0.54±0.42			154±17.0	0.003±0.001	0.019±0.007	0.64±0.06	7.90±0.17		0.005±0.002
B017	**Peas, dry** *(Pisum sativum)*	6	0.52±0.19			75.11±13.93	0.010±0.007	0.009±0.004	0.68±0.06	5.09±0.45	0.005±0.003	0.003±0.003
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	0.75			134	0.032	0.006	0.87	6.17	0.012	0.002
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	0.92±0.20			134±17.6	0.025±0.015	0.024±0.024	0.89±0.12	6.30±0.61	0.006±0.005	0.002±0.002
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	0.65±0.16			126±8.1	0.029±0.013	0.013±0.004	0.78±0.08	6.13±0.77	0.003±0.000	0.003±0.004
B021	**Red gram, dal** *(Cajanus cajan)*	6	0.83±0.48			71.73±6.41	0.007±0.003	0.003±0.002	1.14±0.14	3.90±0.46	0.003±0.001	0.004±0.003
B022	**Red gram, whole** *(Cajanus cajan)*	6	2.21±0.40		0.001±0.001	139±11.8	0.022±0.005	0.020±0.007	1.32±0.15	5.37±1.36	0.004±0.001	0.008±0.005
B023	**Ricebean** (*Vigna umbellata*)	1				200	0.002		0.75	4.76		
B024	**Soya bean, brown** *(Glycine max)*	6	1.45±0.39		0.001±0.000	239±26.6	0.003±0.003	0.049±0.012	1.29±0.22	8.29±0.51		0.001±0.001
B025	**Soya bean, white** *(Glycine max)*	1	0.71			195	0.007	0.018	0.79	8.22		
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1		3.92	0.001	901		0.007	0.25	4.36	0.013	
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	3.91±0.77		0.002±0.001	330±74.2	0.027±0.009	0.005±0.002	0.21±0.08	4.64±0.85	0.004±0.000	0.009±0.004
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	3.03		0.002	245	0.028	0.023	0.22	7.25		0.009
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	3.59±0.47		0.002±0.000	269±34.0	0.024±0.008	0.012±0.002	0.17±0.08	5.28±0.75	0.004±0.001	0.007±0.006
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	2.87±0.87			359±39.7	0.035±0.015	0.002±0.001	0.23±0.07	6.37±1.59	0.001±0.001	0.008±0.008
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	3.61			372	0.028	0.005	0.33	4.58	0.001	0.014
C007	**Basella leaves** *(Basella alba)*	2	2.69	2.75	0.002	93.89	0.046	0.006	0.12	4.20	0.006	0.006
C008	**Bathua leaves** *(Chenopodium album)*	2		0.82	0.001	211		0.001	0.10	2.66	0.001	

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	86.38	1.56	1.62	0.299	0.145	261	764	56.28	10.87	3.31
B016	**Moth bean** *(Vigna aconitifolia)*	6	205±13.5	1.07±0.02		0.059±0.025	0.180±0.014	362±31.7	1356±53.2	18.82±3.46	26.34±0.10	1.92±0.08
B017	**Peas, dry** *(Pisum sativum)*	6	123±8.1	1.08±0.09	1.83±3.36	0.113±0.084	0.111±0.021	334±18.3	922±67.4	50.07±3.23	23.40±0.07	3.10±0.14
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	160	1.19		0.034	0.283	386	1362	18.65	9.40	3.08
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	164±22.3	1.19±0.09	1.48±0.18	0.081±0.043	0.287±0.122	396±32.5	1366±113	12.70±5.51	10.47±0.10	2.60±0.17
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	173±9.7	1.24±0.11		0.054±0.035	0.203±0.085	409±32.4	1324±195	22.45±5.37	10.45±0.05	2.69±0.34
B021	**Red gram, dal** *(Cajanus cajan)*	6	119±15.3	1.12±0.08	1.56±0.34	0.131±0.080	0.198±0.053	328±17.2	1395±118	14.36±4.16	18.01±0.12	2.63±0.10
B022	**Red gram, whole** *(Cajanus cajan)*	6	155±23.1	1.34±0.29	2.22±0.47	0.087±0.054	0.161±0.031	312±38.3	1303±103	15.41±7.61	19.03±0.11	2.99±0.25
B023	**Ricebean** (*Vigna umbellata*)	1	201	1.68				270	1196		10.62	2.29
B024	**Soya bean, brown** *(Glycine max)*	6	259±40.2	2.69±0.37	1.15±0.30	0.157±0.108	0.154±0.039	483±38.9	1613±75.6	19.00±5.48	2.07±0.05	4.01±0.51
B025	**Soya bean, white** *(Glycine max)*	1	189	2.27		0.156	0.169	494	1634	16.85	2.83	3.47
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	96.64	1.24	0.41	0.003	0.068	52.52	674	30.70	18.12	0.53
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	194±53.2	1.24±0.23		0.024±0.023	0.017±0.008	73.22±12.66	572±152	20.97±2.01	16.08±3.71	0.86±0.31
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	177	2.15		0.013	0.026	75.98	564	22.55	14.58	1.37
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	146±25.9	1.43±0.44		0.010±0.004	0.030±0.020	68.23±5.66	597±118	21.62±2.82	17.55±2.59	1.03±0.31
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	202±68.2	1.07±0.31		0.032±0.015	0.024±0.004	72.46±21.03	569±78.0	28.97±2.54	15.66±1.50	1.57±0.50
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	187	1.84		0.021	0.020	85.02	588	19.41	16.27	1.11
C007	**Basella leaves** *(Basella alba)*	2	153	1.29		0.006	0.044	37.26	337	6.17	18.74	0.39
C008	**Bathua leaves** *(Chenopodium album)*	2	48.41	1.58	0.18	0.003	0.008	37.55	438	1.40	10.75	0.98

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
C009	**Beet greens** *(Beta vulgaris)*	6		3.53±1.92	0.01±0.01	151±46.9		0.004±0.001	0.14±0.01	5.80±0.57	0.011±0.006	
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	2.01±0.51	1.17±0.85	0.002±0.001	207±14.9	0.026±0.010	0.003±0.001	0.24±0.05	3.00±0.77	0.005±0.002	0.012±0.006
C011	**Betel leaves, small** *(Piper betle)*	4	1.85±0.43	1.68±0.00		196±13.7	0.019±0.005	0.002±0.001	0.29±0.02	2.87±0.29	0.004±0.003	0.005±0.006
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1		0.57	0.001	53.99	0.002	0.001	0.08	1.54	0.004	
C013	**Cabbage, Chinese** *(Brassica rupa)*	1				58.46	0.001		0.05	0.39		
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	2.29		0.001	170	0.001	0.002	0.06	2.67		0.004
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6				51.76±4.44	0.004±0.002	0.001±0.001	0.03±0.02	0.35±0.16		0.001±0.001
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2				48.00	0.004	0.002	0.02	0.24		0.001
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	0.46±0.16		0.001±0.000	96.70±16.41	0.014±0.007		0.14±0.01	2.42±0.32	0.006±0.002	0.003±0.003
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6		2.74±1.45	0.001±0.001	216±50.8	0.004±0.003	0.003±0.002	0.29±0.06	3.41±0.50	0.007±0.004	
C019	**Drumstick leaves** *(Moringa oleifera)*	3	1.15±0.07	1.60±0.01	0.001±0.000	314±71.0	0.020±0.003		0.44±0.26	4.56±1.09	0.004±0.001	0.019±0.013
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	2.01±0.21		0.001±0.000	274±27.8	0.039±0.004	0.006±0.003	0.18±0.04	5.69±1.37	0.006±0.001	0.007±0.002
C021	**Garden cress** *(Lepidium sativum)*	2		3.89	0.005	217	0.001	0.006	0.23	6.19	0.015	
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	2.30±0.29			145±15.3	0.061±0.014	0.004±0.002	0.23±0.08	7.65±1.74		0.005±0.002
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	2.74			129	0.040	0.009	0.16	9.56	0.001	0.005
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2		7.98	0.004	368		0.005	0.07	2.51	0.006	
C025	**Lettuce** *(Lactuca sativa)*	3	0.90±0.12	1.43±0.31	0.003±0.001	56.71±2.07	0.020±0.010	0.002±0.000	0.14±0.05	2.73±0.59	0.004±0.002	0.008±0.000
C026	**Mustard leaves** *(Brassica juncea)*	3	1.74±0.05	3.65±0.32	0.004±0.000	191±23.8	0.039±0.005	0.001±0.000	0.24±0.07	2.84±0.12	0.007±0.000	0.008±0.001
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1	3.16	3.29	3.098	150	0.028	0.002	0.06	3.78	0.014	0.005
C028	**Parsley** *(Petroselinum crispum)*	3		4.04±0.97	0.007±0.002	288±48.7	0.001±0.000	0.002±0.000	0.19±0.04	5.51±2.25	0.052±0.016	
C029	**Ponnaganni** *(Alternanthera sessilis)*	2		2.68	0.004	388	0.002	0.014	0.21	3.88	0.008	

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
C009	**Beet greens** *(Beta vulgaris)*	6	120±7.8	1.16±0.04	0.26±0.12	0.036±0.030	0.02±0.011	36.02±4.80	530±49.0	47.75±17.81	111±34.1	0.16±0.03
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	107±22.4	2.57±0.77	0.21±0.13	0.004±0.004	0.050±0.023	51.73±4.83	649±9.0	12.15±2.80	16.80±0.03	0.47±0.17
C011	**Betel leaves, small** *(Piper betle)*	4	89.94±14.98	1.79±0.62		0.002±0.002	0.043±0.017	55.72±3.36	678±5.2	5.40±1.71	14.04±2.32	0.39±0.06
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	32.99	0.41	0.06	0.013	0.012	98.56	639	2.01	18.51	0.57
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	11.51	0.19				33.05	258	1.85	20.28	0.19
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	45.90	1.27		0.004	0.030	54.67	292	2.35	22.98	0.35
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	17.99±3.22	0.20±0.09		0.002±0.001	0.009±0.003	30.15±6.48	233±59.0	1.08±0.16	14.98±2.78	0.16±0.03
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	26.87	0.19		0.002	0.004	22.14	201	1.08	24.00	0.13
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	41.50±1.86	0.50±0.05		0.006±0.003	0.013±0.009	62.82±2.98	374±14.1	1.05±0.16	24.31±5.03	0.31±0.06
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	59.44±16.08	1.30±0.42	0.25±0.07	0.015±0.011	0.026±0.012	57.88±5.60	404±104	4.30±1.13	12.08±1.93	0.82±0.21
C019	**Drumstick leaves** *(Moringa oleifera)*	3	97.09±10.17	1.26±0.60		0.036±0.000	0.024±0.015	109±20.7	397±2.1	5.95±3.28	9.34±2.11	0.72±0.19
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	63.67±18.51	0.84±0.34		0.017±0.014	0.034±0.013	53.05±7.08	226±63.0	1.29±0.51	47.01±4.23	0.54±0.06
C021	**Garden cress** *(Lepidium sativum)*	2	79.24	1.20	0.34	0.005	0.042	45.55	379	8.08	25.35	1.52
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	83.09±15.88	2.03±0.32		0.012±0.007	0.050±0.013	41.99±6.83	260±5.4	2.38±0.33	12.34±2.36	0.65±0.08
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	75.75	1.75		0.010	0.050	36.38	161	3.25	14.08	0.63
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	66.00	0.70	0.29	0.105	0.018	55.02	309	10.50	26.80	0.42
C025	**Lettuce** *(Lactuca sativa)*	3	43.22±17.56	0.38±0.15	0.08±0.04	0.004±0.002	0.010±0.002	44.10±11.69	279±77.6	5.56±1.89	17.53±2.53	0.51±0.22
C026	**Mustard leaves** *(Brassica juncea)*	3	51.63±4.38	0.41±0.07		0.010±0.001	0.015±0.001	71.62±16.63	403±62.5	8.03±0.33	19.14±3.67	0.68±0.09
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1	45.28	0.36	0.08	0.020	0.024	25.95	250	0.79	33.73	0.16
C028	**Parsley** *(Petroselinum crispum)*	3	49.18±13.89	0.91±0.01	0.49±0.22	0.015±0.007	0.043±0.017	78.56±15.86	466±62.2	10.24±1.91	53.08±0.46	1.29±0.14
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	80.39	0.66	0.34	0.002	0.041	58.26	457	17.19	39.36	0.99

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			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	4.70±0.90		0.001±0.001	271±73.6	0.053±0.016	0.005±0.002	0.29±0.06	5.58±0.39	0.011±0.005	0.009±0.008
C031	**Radish leaves** *(Raphanus sativus)*	6	1.95±0.47	4.91±0.52	0.003±0.001	234±53.1	0.051±0.014	0.005±0.003	0.29±0.08	3.82±0.52	0.003±0.000	0.014±0.005
C032	**Rumex leaves** *(Rumex patientia)*	2	3.15	2.75	0.001	131	0.048	0.002	0.25	3.67	0.005	0.007
C033	**Spinach** *(Spinacia oleracea)*	6	1.51±0.47			82.29±6.51	0.028±0.005	0.002±0.001	0.17±0.05	2.95±0.68	0.001±0.001	0.047±0.017
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3				66.93±0.96	0.002±0.001		0.56±0.04	2.84±0.70		
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6	0.04±0.02			19.39±1.46	0.006±0.002	0.001±0.001	0.04±0.01	0.47±0.20	0.003±0.000	0.001±0.000
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	0.03			10.00	0.004		0.14	0.33	0.014	
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5		0.30±0.07		43.48±18.32		0.001±0.000	0.17±0.01	0.73±0.04		
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	0.37±0.20			21.36±3.00	0.014±0.002	0.002±0.001	0.09±0.04	1.15±0.36	0.001±0.000	0.002±0.001
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	0.40±0.10			16.27±2.20	0.013±0.003	0.002±0.000	0.12±0.04	1.08±0.47		0.002±0.001
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	0.40			17.62	0.013	0.007	0.10	1.28	0.001	0.002
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	0.03±0.01			15.42±2.54	0.004±0.001	0.001±0.000	0.05±0.01	0.26±0.03		
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	0.05±0.03		0.000±0.001	15.05±1.70	0.003±0.001	0.001±0.000	0.05±0.01	0.28±0.02		
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	0.03			16.64	0.003	0.004	0.07	0.34		
D010	**Brinjal-1** *(Solanum melongena)*	1	0.24		0.002	22.17	0.004	0.001	0.25	0.49	0.002	0.011
D011	**Brinjal-2** *(Solanum melongena)*	1	0.05		0.002	17.13	0.004	0.003	0.04	0.44		
D012	**Brinjal-3** *(Solanum melongena)*	2	0.05		0.001	14.58	0.006	0.003	0.11	0.34		0.011

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	84.21±9.97	1.14±0.60		0.031±0.016	0.027±0.014	64.54±10.74	423±64.2	1.38±0.25	12.20±2.49	0.90±0.25
C031	**Radish leaves** *(Raphanus sativus)*	6	57.96±15.93	0.90±0.59		0.019±0.022	0.025±0.010	50.08±15.00	304±4.2	33.05±26.21	17.39±3.22	0.49±0.12
C032	**Rumex leaves** *(Rumex patientia)*	2	48.33	0.82	0.47	0.015	0.020	32.40	336	5.37	19.95	0.46
C033	**Spinach** *(Spinacia oleracea)*	6	86.97±8.58	1.12±0.42		0.008±0.004	0.025±0.004	32.59±8.08	625±5.9	2.09±0.22	42.55±4.12	0.46±0.09
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3	42.10±0.80	0.64±0.05				86.86±2.14	465±4.0	2.45±0.39	13.43±0.07	0.93±0.03
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6	19.95±6.83	0.09±0.03		0.008±0.004	0.008±0.004	29.07±8.45	372±82.0	1.15±0.18	0.77±0.14	0.13±0.06
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	8.28	0.42			0.008	39.63	422	2.58	1.12	0.37
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	43.75±1.66	0.37±0.02		0.039±0.016	0.027±0.013	62.13±3.09	164±8.3	0.02±0.01	1.46±0.54	0.57±0.05
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	32.14±5.53	0.25±0.02		0.004±0.001	0.015±0.012	44.90±4.39	326±35.0	4.97±1.10	13.09±0.07	0.31±0.07
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	31.58±2.56	0.23±0.11		0.004±0.000	0.013±0.003	40.21±9.79	282±51.6	3.72±0.68	12.59±0.06	0.36±0.07
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	33.34	0.50		0.003	0.047	44.75	356	5.22	11.16	0.43
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	10.93±1.69	0.13±0.07		0.002±0.001	0.008±0.004	16.01±1.97	124±16.5	1.77±0.29	1.46±0.08	0.15±0.02
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	10.89±1.53	0.11±0.04		0.001±0.000	0.013±0.004	16.99±7.45	116±20.2	1.80±0.39	1.52±0.09	0.15±0.02
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	12.90	0.15			0.014	26.86	171	2.05	1.35	0.18
D010	**Brinjal-1** *(Solanum melongena)*	1	26.75	0.29			0.024	39.95	302		3.15	0.32
D011	**Brinjal-2** *(Solanum melongena)*	1	29.56	0.29			0.008	44.65	206		3.92	0.23
D012	**Brinjal-3** *(Solanum melongena)*	2	18.62	0.29			0.024	27.79	192		3.12	0.20

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			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D013	**Brinjal-4** *(Solanum melongena)*	4	0.11±0.00			13.39±3.79	0.002±0.001	0.002±0.002	0.14±0.03	0.38±0.12	0.001±0.000	0.009±0.007
D014	**Brinjal-5** *(Solanum melongena)*	3	0.08±0.00		0.001±0.001	17.03±2.93	0.002±0.001		0.11±0.03	0.36±0.04	0.001±0.000	0.009±0.008
D015	**Brinjal-6** *(Solanum melongena)*	2	0.07		0.001	17.17	0.002	0.001	0.11	0.39	0.001	0.016
D016	**Brinjal-7** *(Solanum melongena)*	1	0.15		0.001	19.95	0.003		0.09	0.27		0.004
D017	**Brinjal-8***(Solanum melongena)*	3	0.09±0.00			21±2	0.004±0.001	0.001±0.001	0.12±0.04	0.42±0.05	0.003±0.003	0.005±0.003
D018	**Brinjal-9***(Solanum melongena)*	2	0.02			18.79	0.006	0.001	0.11	0.38	0.002	0.001
D019	**Brinjal-10** *(Solanum melongena)*	2	0.12		0.001	15.59	0.007	0.001	0.12	0.41		0.011
D020	**Brinjal-11** *(Solanum melongena)*	6	0.06±0.01			15.92±2.76	0.006±0.004	0.001±0.001	0.12±0.03	0.37±0.08	0.001±0.000	0.005±0.003
D021	**Brinjal-12** *(Solanum melongena)*	2	0.09		0.001	19.85	0.007	0.001	0.14	0.37	0.001	0.012
D022	**Brinjal-13***(Solanum melongena)*	1	0.04			18.95	0.005	0.003	0.11	0.32		0.003
D023	**Brinjal-14***(Solanum melongena)*	3	0.11±0.02		0.001±0.001	14.43±3.70	0.005±0.002		0.11±0.02	0.32±0.08	0.001±0.000	0.010±0.005
D024	**Brinjal-15** *(Solanum melongena)*	4	0.06±0.02			17.82±2.16	0.003±0.002	0.001±0.002	0.12±0.01	0.36±0.14	0.001±0.000	0.009±0.008
D025	**Brinjal-16***(Solanum melongena)*	1	0.10		0.001	18.33	0.010		0.07	0.32	0.001	0.003
D026	**Brinjal-17***(Solanum melongena)*	1	0.10			20.83	0.004	0.001	0.12	0.50	0.002	
D027	**Brinjal-18** *(Solanum melongena)*	3	0.08±0.02		0.001±0.001	16.24±4.21	0.007±0.005	0.001±0.002	0.10±0.03	0.38±0.08	0.002±0.002	0.008±0.009
D028	**Brinjal-19***(Solanum melongena)*	3	0.07±0.06		0.001±0.000	16.10±1.74	0.003±0.002	0.001±0.000	0.10±0.03	0.32±0.04	0.002±0.000	0.010±0.004
D029	**Brinjal-20***(Solanum melongena)*	5	0.14±0.09		0.001±0.001	14.36±2.59	0.005±0.004	0.001±0.001	0.10±0.03	0.33±0.10	0.001±0.000	0.010±0.006
D030	**Brinjal-21***(Solanum melongena)*	2	0.08		0.002	15.27	0.007	0.003	0.09	0.34	0.003	0.009
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	0.08±0.05		0.001±0.001	16.59±3.13	0.005±0.003	0.001±0.001	0.11±0.03	0.37±0.08	0.001±0.001	0.008±0.006
D032	**Broad beans** *(Vicia faba)*	3		0.34±0.16		64.37±5.06	0.001±0.000	0.002±0.001	0.20±0.01	0.94±0.20	0.003±0.000	
D033	**Capsicum, green** *(Capsicum annuum)*	6			0.001±0.000	14.75±2.93	0.017±0.008	0.002±0.001	0.06±0.01	0.48±0.11	0.001±0.000	0.002±0.002
D034	**Capsicum, red** *(Capsicum annuum)*	4	0.25±0.06		0.001±0.001	15.76±1.11	0.008±0.002	0.001±0.000	0.07±0.01	0.38±0.05	0.001±0.001	0.001±0.000

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D013	**Brinjal-4** *(Solanum melongena)*	4	20.65±7.46	0.18±0.03		0.001±0.000	0.019±0.011	31.82±5.99	268±114		3.31±0.24	0.21±0.04
D014	**Brinjal-5** *(Solanum melongena)*	3	25.36±11.97	0.16±0.02		0.001±0.001	0.011±0.008	33.13±6.40	227±35.4		4.03±0.55	0.20±0.05
D015	**Brinjal-6** *(Solanum melongena)*	2	18.82	0.20		0.003	0.007	30.12	289		3.75	0.20
D016	**Brinjal-7** *(Solanum melongena)*	1	15.26	0.16		0.001	0.011	29.58	238		3.45	0.16
D017	**Brinjal-8***(Solanum melongena)*	3	26.63±8.03	0.19±0.02		0.002±0.001	0.012±0.009	35.84±3.90	284±124		4.73±0.10	0.24±0.08
D018	**Brinjal-9***(Solanum melongena)*	2	26.23	0.16			0.003	35.71	224		3.08	0.23
D019	**Brinjal-10** *(Solanum melongena)*	2	22.11	0.18			0.016	37.36	252		4.35	0.23
D020	**Brinjal-11** *(Solanum melongena)*	6	20.73±5.13	0.14±0.02		0.002±0.001	0.007±0.003	33.28±7.08	260±51.3		3.47±0.27	0.22±0.04
D021	**Brinjal-12** *(Solanum melongena)*	2	19.26	0.18		0.001	0.013	37.81	259		3.88	0.25
D022	**Brinjal-13***(Solanum melongena)*	1	18.00	0.15			0.007	26.81	260		3.00	0.19
D023	**Brinjal-14***(Solanum melongena)*	3	19.19±8.62	0.15±0.07		0.002±0.000	0.015±0.013	30.07±4.05	246±20.2		3.71±0.25	0.19±0.06
D024	**Brinjal-15** *(Solanum melongena)*	4	21.89±3.72	0.15±0.05		0.004±0.003	0.003±0.001	30.32±4.00	215±67.5		3.34±0.27	0.22±0.04
D025	**Brinjal-16***(Solanum melongena)*	1	17.06	0.18			0.003	29.86	294		3.22	0.19
D026	**Brinjal-17***(Solanum melongena)*	1	23.13	0.14			0.005	35.94	233		3.09	0.25
D027	**Brinjal-18** *(Solanum melongena)*	3	15.48±1.73	0.17±0.04		0.006±0.000	0.010±0.013	28.03±6.25	208±51.4		3.63±0.38	0.18±0.05
D028	**Brinjal-19***(Solanum melongena)*	3	18.41±2.91	0.16±0.02		0.001±0.000	0.016±0.003	29.76±2.67	243±57.7		3.11±0.08	0.19±0.03
D029	**Brinjal-20***(Solanum melongena)*	5	18.51±3.26	0.16±0.05		0.001±0.001	0.009±0.007	31.21±6.76	239±29.6		3.58±0.27	0.20±0.05
D030	**Brinjal-21***(Solanum melongena)*	2	17.30	0.23			0.017	34.98	252		3.06	0.20
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	21±5.68	0.17±0.06		0.002±0.002	0.011±0.009	32.56±5.91	247±59.8		3.55±0.47	0.21±0.05
D032	**Broad beans** *(Vicia faba)*	3	40.18±2.10	0.47±0.04		0.024±0.006	0.04±0.01	67.97±8.14	362±14.1	9.03±1.67	20.74±0.65	0.61±0.06
D033	**Capsicum, green** *(Capsicum annuum)*	6	11.84±1.91	0.10±0.04		0.001±0.001	0.014±0.007	23±5.42	154±24.2	0.18±0.05	1.84±0.10	0.15±0.03
D034	**Capsicum, red** *(Capsicum annuum)*	4	19.57±5.45	0.24±0.12			0.005±0.004	30.81±5.81	224±24.7	0.34±0.05	1.70±0.14	0.34±0.06

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	0.23±0.07	0.03±0.02	0.001±0.000	19.13±4.17	0.036±0.015	0.003±0.001	0.09±0.02	0.69±0.12	0.007±0.002	0.001±0.000
D036	**Cauliflower** *(Brassica oleracea)*	6	0.17±0.13			25.16±3.47	0.007±0.003	0.001±0.001	0.05±0.03	0.96±0.34	0.004±0.001	0.001±0.000
D037	**Celery stalk** *(Apium graveolens)*	3	1.32±0.34	0.51±0.10	0.002±0.001	38.73±3.38	0.016±0.006	0.001±0.000	0.12±0.12	1.36±0.41	0.003±0.001	0.001±0.001
D038	**Cho-cho-marrow** *(Sechium edule)*	4				18.64±2.31	0.006±0.002	0.001±0.001	0.05±0.01	0.48±0.11		
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	0.33±0.08			121±17.8	0.013±0.004	0.004±0.000	0.14±0.02	3.90±0.66		0.001±0.001
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1		1.16	0.001	29.46	0.015	0.002	0.05	0.77		
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5		1.58±1.42		40.21±6.92	0.020±0.006	0.002±0.002	0.08±0.03	0.55±0.22		0.001±0.001
D042	**Corn, Baby***(Zea mays)*	6				76.51±13.84	0.002±0.001	0.001±0.000	0.12±0.03	1.45±0.23		
D043	**Cucumber, green, elongate***(Cucumis sativus)*	6	0.07±0.07			16.39±3.74	0.006±0.002	0.002±0.001	0.04±0.01	0.46±0.21	0.001±0.000	0.002±0.002
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	0.05±0.05			19.25±3.46	0.005±0.002	0.002±0.001	0.07±0.05	0.59±0.12	0.001±0.000	0.002±0.001
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	0.10		0.001	21.98	0.006	0.002	0.04	0.45	0.001	0.002
D046	**Drumstick** *(Moringa oleifera)*	6	0.24±0.09			33.30±5.54	0.008±0.003		0.10±0.02	0.73±0.18	0.007±0.003	0.002±0.001
D047	**Field beans, tender, broad** *(Vicia faba)*	2	0.64			70.57	0.006	0.003	0.24	1.95	0.003	0.002
D048	**Field beans, tender, lean** *(Vicia faba)*	6	0.36±0.13			58.59±5.21	0.007±0.003	0.003±0.002	0.20±0.08	1.48±0.39	0.003±0.001	0.002±0.000
D049	**French beans, country** *(Phaseolus vulgaris)*	5	0.50±0.26			55.99±10.70	0.007±0.002	0.004±0.003	0.11±0.03	1.25±0.31	0.002±0.000	
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	0.35			49.90	0.004	0.008	0.07	0.98		
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5				45.74±7.19	0.004±0.002		0.24±0.07	0.31±0.04		
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5				37.56±3.36	0.001±0.001	0.001±0.001	0.21±0.07	0.37±0.15	0.001±0.001	
D053	**Knol - Khol** *(Brassica oleracea)*	6				35.26±3.81	0.004±0.002	0.002±0.001	0.08±0.03	0.24±0.05		
D054	**Kovai, big** *(Coccinia cordifolia)*	6	0.06±0.02			34.39±5.90	0.003±0.001	0.002±0.001	0.06±0.01	0.38±0.05		0.001±0.000
D055	**Kovai, small** *(Coccinia cordifolia)*	1	0.02			37.12	0.002	0.001	0.06	0.29		0.001

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	17.23±4.30	0.17±0.05			0.008±0.002	43.33±10.64	242±45.6	0.28±0.09	1.56±0.18	0.26±0.08
D036	**Cauliflower** *(Brassica oleracea)*	6	23.08±4.37	0.23±0.08		0.002±0.001	0.013±0.005	47.33±10.61	329±56.3	0.47±0.06	30.72±3.83	0.31±0.11
D037	**Celery stalk** *(Apium graveolens)*	3	17.12±6.63	0.24±0.04			0.011±0.001	44.84±9.18	298±10.1	3.59±1.27	10.68±0.05	0.18±0.03
D038	**Cho-cho-marrow** *(Sechium edule)*	4	13.05±1.03	0.17±0.09		0.002±0.001	0.008±0.005	21.61±4.89	120±20.8	0.16±0.05	1.28±0.05	0.10±0.03
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	81.74±10.44	0.39±0.12		0.022±0.007	0.057±0.016	45.28±4.07	301±47.7	1.59±0.51	4.05±0.73	0.61±0.13
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	11.07	2.00		0.003	0.013	20.31	381	0.82	0.45	0.54
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	19.56±4.36	0.37±0.20		0.005±0.004	0.008±0.003	30.73±6.04	414±85.6	1.48±0.76	0.60±0.15	0.20±0.08
D042	**Corn, Baby***(Zea mays)*	6	25.47±2.17	0.19±0.03				8.69±1.35	260±19.4	0.22±0.05	1.40±0.69	1.13±0.22
D043	**Cucumber, green, elongate***(Cucumis sativus)*	6	20.38±4.95	0.08±0.03		0.002±0.002	0.008±0.002	28.34±4.85	183±36.6	0.17±0.07	6.33±0.20	0.17±0.02
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	18.48±5.63	0.09±0.02		0.001±0.001	0.008±0.002	29.74±7.59	198±56.4	0.19±0.08	6.11±0.14	0.19±0.05
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	20.34	0.07		0.002	0.009	23.17	185	0.14	8.16	0.16
D046	**Drumstick** *(Moringa oleifera)*	6	38.10±10.53	0.19±0.03		0.001±0.000	0.011±0.005	52.87±8.72	419±76.4	3.12±0.70	22.38±0.36	0.31±0.06
D047	**Field beans, tender, broad** *(Vicia faba)*	2	50.88	0.56		0.047	0.037	73.30	345		14.14	0.64
D048	**Field beans, tender, lean** *(Vicia faba)*	6	47.42±6.76	0.50±0.09		0.047±0.029	0.039±0.016	76.54±12.27	314±39.0		12.76±0.13	0.63±0.20
D049	**French beans, country** *(Phaseolus vulgaris)*	5	43.01±7.64	0.44±0.13		0.059±0.032	0.056±0.022	59.86±11.58	324±51.1		8.84±0.10	0.50±0.15
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	34.98	0.27		0.017	0.037	45.90	317		9.18	0.37
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	26.60±9.13	0.36±0.11			0.008±0.006	27.78±3.89	327±18.1		3.53±0.52	0.17±0.03
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	37.04±15.48	0.27±0.10			0.015±0.007	29.33±10.67	376±70.1	0.33±0.10	4.00±0.09	0.29±0.12
D053	**Knol - Khol** *(Brassica oleracea)*	6	19.05±3.69	0.13±0.03		0.004±0.002	0.006±0.003	40.77±4.47	327±63.8		27.46±3.47	0.15±0.03
D054	**Kovai, big** *(Coccinia cordifolia)*	6	19.60±3.26	0.16±0.05		0.001±0.001	0.010±0.002	36.90±4.81	198±34.9		1.53±0.15	0.18±0.03
D055	**Kovai, small** *(Coccinia cordifolia)*	1	18.87	0.12		0.001	0.006	26.29	167		2.20	0.13

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			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	0.47±0.15		0.002±0.001	86.12±6.93	0.005±0.001	0.002±0.001	0.13±0.01	0.84±0.15	0.001±0.000	0.002±0.001
D057	**Mango, green, raw** *(Mangifera indica)*	6	0.11±0.02			27.00±4.93	0.010±0.003		0.08±0.02	0.40±0.08		
D058	**Onion, stalk** *(Allium cepa)*	6	2.78±1.26	1.73±0.46	0.003±0.003	31.12±7.53	0.059±0.014	0.002±0.001	0.14±0.03	3.09±0.54	0.016±0.008	0.007±0.001
D059	**Papaya, raw** *(Carica papaya)*	6	0.05±0.01	0.63±0.34		22.72±1.71	0.003±0.002		0.05±0.04	0.20±0.03	0.001±0.000	0.001±0.001
D060	**Parwar** *(Trichosanthes dioica)*	6	0.33±0.06	0.68±0.38		30.76±3.08	0.013±0.002	0.001±0.001	0.09±0.01	0.50±0.11		
D061	**Peas, fresh** *(Pisum sativum)*	6	0.20±0.06			28.24±3.62	0.002±0.001	0.003±0.001	0.22±0.03	1.58±0.15		
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	0.07±0.02			34.06±1.85	0.005±0.002		0.10±0.01	0.40±0.05		
D063	**Plantain, green** *(Musa x paradisiaca)*	6	0.08±0.06			13.80±2.56	0.012±0.009	0.002±0.003	0.10±0.03	0.34±0.09	0.001±0.001	
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	0.13±0.02	0.05±0.03		11.24±2.30	0.015±0.006	0.001±0.001	0.04±0.02	0.26±0.10	0.002±0.003	0.001±0.001
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	0.09			24.10	0.004		0.04	0.29		
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	0.11±0.05			23.06±4.30	0.002±0.001		0.06±0.01	0.36±0.11		
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1		0.11	0.002	58.58		0.001	0.45	1.18	0.006	
D068	**Ridge gourd** *(Luffa acutangula)*	6	0.07±0.03			13.70±1.38	0.003±0.000	0.001±0.000	0.10±0.03	0.42±0.05		0.001±0.001
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	0.10±0.07			14.96±2.15	0.003±0.001	0.001±0.001	0.09±0.02	0.50±0.18		0.001±0.001
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	0.06±0.03			24.60±4.77	0.002±0.002	0.001±0.001	0.09±0.02	0.32±0.08		0.001±0.000
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	0.05			27.11	0.002	0.001	0.11	0.47		0.001
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	0.05			17.90	0.001		0.05	0.20		
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	0.15±0.03			19.68±3.27	0.004±0.001	0.001±0.000	0.08±0.01	0.41±0.03		0.001±0.001
D074	**Tomato, green** *(Lycopersicon esculentum)*	6		0.18±0.07	0.001±0.000	8.49±1.56	0.028±0.013	0.002±0.001	0.06±0.02	0.42±0.08	0.002±0.001	
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	0.05±0.02			8.90±1.04	0.003±0.001	0.001±0.000	0.04±0.01	0.22±0.02	0.001±0.000	
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	0.04±0.02			10.17±1.84	0.005±0.004		0.06±0.01	0.30±0.09		

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	66.10±8.99	0.30±0.04		0.005±0.002	0.012±0.001	57.48±6.93	263±32.5		7.37±0.14	0.45±0.04
D057	**Mango, green, raw** *(Mangifera indica)*	6	17.54±3.18	0.23±0.06			0.006±0.002	14.92±2.22	147±20.9		33.15±0.10	0.09±0.02
D058	**Onion, stalk** *(Allium cepa)*	6	66.71±8.82	0.22±0.06		0.017±0.007	0.031±0.007	28.53±3.74	312±63.2	5.22±2.02	15.52±2.48	0.99±0.21
D059	**Papaya, raw** *(Carica papaya)*	6	15.03±1.12	0.03±0.01		0.001±0.001	0.002±0.000	24.11±6.35	173±29.1	1.29±1.05	7.55±0.08	0.08±0.01
D060	**Parwar** *(Trichosanthes dioica)*	6	24.59±3.64	0.13±0.03			0.012±0.004	33.81±3.72	117±2.5	2.32±0.88	2.29±0.09	0.23±0.03
D061	**Peas, fresh** *(Pisum sativum)*	6	40.11±3.29	0.46±0.06		0.020±0.004	0.043±0.008	55.95±2.74	249±9.0	1.63±0.41	3.66±0.04	1.09±0.15
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	39.76±5.37	1.09±0.21		0.004±0.002	0.009±0.003	47.31±5.74	488±46.3	2.82±0.48	7.51±0.11	0.42±0.05
D063	**Plantain, green** *(Musa x paradisiaca)*	6	35.64±5.34	0.29±0.09	0.12±0.01	0.002±0.001	0.005±0.003	31.69±5.76	402±17.8	0.82±0.79	18.57±0.13	0.23±0.05
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	32.82±9.01	0.10±0.05		0.001±0.001	0.003±0.002	16.31±1.61	373±1.7	0.45±0.272	23.17±2.40	0.14±0.10
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	13.27	0.08				24.51	186	0.34	5.21	0.14
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	10.43±2.35	0.07±0.02				22.18±7.47	253±39.2	0.37±0.17	8.81±0.09	0.11±0.04
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	56.95	0.53	0.05	0.149	0.121	141	616	2.19	2.54	1.10
D068	**Ridge gourd** *(Luffa acutangula)*	6	16.15±2.57	0.11±0.04		0.003±0.001	0.012±0.005	33.06±5.97	118±4.0	0.59±0.28	4.71±0.20	0.22±0.06
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	17.66±2.71	0.15±0.02		0.003±0.001	0.014±0.002	39.25±4.18	125±4.1		6.27±0.03	0.26±0.05
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	18.70±5.79	0.14±0.06		0.002±0.001	0.012±0.005	23.27±3.04	100±18.6		7.07±1.20	0.14±0.02
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	21.70	0.19		0.001	0.017	31.03	104		5.04	0.20
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	15.07	0.11		0.002	0.007	21.33	84.00		2.50	0.11
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	18.96±4.68	0.10±0.01		0.001±0.000	0.012±0.002	30.37±2.47	56.18±3.68	0.22±0.06	20.61±4.52	0.20±0.01
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	13.57±2.84	0.12±0.04		0.005±0.002	0.007±0.005	22.50±3.04	225±10.5	8.25±1.97	13.11±2.73	0.16±0.03
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	11.86±2.87	0.09±0.02		0.008±0.012	0.003±0.002	15.45±2.11	167±18.9		11.86±2.83	0.11±0.02
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	13.65±2.13	0.09±0.01				18.77±3.79	204±34.1		9.73±2.51	0.12±0.02

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
D077	**Zucchini, green** *(Cucurbita pepo)*	2				17.26	0.002		0.07	0.52		
D078	**Zucchini, yellow***(Cucurbita pepo)*	2				20.98	0.003		0.11	0.34		
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6	0.23±0.12	0.96±0.37	0.040±0.014	13.68±3.20	0.007±0.002	0.261±0.093	0.04±0.01	0.26±0.02	0.058±0.029	0.592±0.402
E002	**Apple, green** *(Malus domestica)*	6				6.53±2.48	0.002±0.001		0.33±0.04	0.20±0.04		
E003	**Apple, small** *(Malus domestica)*	6	0.08±0.03	0.19±0.21		5.39±0.82	0.005±0.002		0.06±0.03	0.25±0.06	0.002±0.001	0.001±0.000
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	0.11			4.72	0.007		0.06	0.21	0.002	0.001
E005	**Apricot, dried** *(Prunus armeniaca)*	6	2.11±0.51	0.88±0.44		28.57±4.32	0.016±0.008	0.002±0.001	0.43±0.04	2.50±0.26	0.008±0.012	0.002±0.001
E006	**Apricot, processed** *(Prunus armeniaca)*	3	0.80±0.18	0.26±0.03		5.42±0.41	0.006±0.001	0.003±0.000	0.42±0.04	1.12±0.23	0.002±0.000	
E007	**Avocado fruit** *(Persea americana)*	1				28.48	0.002		0.39	0.81		
E008	**Bael fruit** *(Aegle marmelos)*	1	0.11	0.65	0.027	47.95	0.002	0.419	0.15	0.23	0.077	2.446
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1				6.77	0.017		0.12	0.40	0.002	
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2				8.73	0.010		0.10	0.35	0.001	0.001
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1				9.56	0.008		0.06	0.24	0.001	0.001
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6				5.07±0.94	0.007±0.005		0.13±0.05	0.28±0.05	0.001±0.000	0.001±0.000
E013	**Black berry** *(Rubus fruticosus)*	5				23.81±2.70			0.05±0.01	0.63±0.21		0.002±0.000
E014	**Cherries, red** *(Prunus cerasus)*	4	0.37±0.05			23.88±5.01	0.010±0.003		0.07±0.02	0.36±0.10		
E015	**Currants, black** *(Ribes nigrum)*	1	0.50		0.001	40.32	0.031		0.08	1.36		
E016	**Custard apple** *(Annona squamosa)*	1				28.20	0.003		0.19	0.42		
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	2.47±0.62			71.20±4.51	0.022±0.008	0.001±0.000	0.36±0.05	3.20±0.45	0.013±0.005	0.006±0.002

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
D077	**Zucchini, green** *(Cucurbita pepo)*	2	15.41	0.13				21.38	178	0.21	0.40	0.29
D078	**Zucchini, yellow***(Cucurbita pepo)*	2	10.82	0.21				32.03	131	0.30	0.39	0.27
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6	8.09±0.81	0.05±0.02	0.01±0.00	0.839±0.447	3.798±1.461	10.44±1.18	116±12.9	0.47±0.18	1.43±0.42	0.09±0.04
E002	**Apple, green** *(Malus domestica)*	6	5.42±0.11	0.02±0.00				7.48±0.11	94.55±2.07	0.25±0.08	1.47±0.65	0.08±0.01
E003	**Apple, small** *(Malus domestica)*	6	5.48±0.56	0.04±0.01		0.003±0.002	0.002±0.001	8.39±1.20	100±9.1	0.23±0.07	1.45±0.05	0.05±0.02
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	5.19	0.05		0.002	0.002	10.72	106	0.11	1.22	0.08
E005	**Apricot, dried** *(Prunus armeniaca)*	6	14.04±2.21	0.31±0.02		0.018±0.011	0.055±0.016	72.02±6.39	285±5.9	2.05±0.52	3.94±0.12	0.41±0.04
E006	**Apricot, processed** *(Prunus armeniaca)*	3	4.29±0.21	0.06±0.02		0.008±0.000	0.058±0.018	27.33±1.29	95±2.3	1.03±0.39	1.60±0.02	0.26±0.03
E007	**Avocado fruit** *(Persea americana)*	1	48.14	0.74				63.14	377		2.81	0.75
E008	**Bael fruit** *(Aegle marmelos)*	1	34.10	0.10	0.07	0.819	0.042	37.29	409	0.72	1.56	0.14
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	30.22	0.36			0.013	20.85	362		1.25	0.15
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	43.79	0.30		0.002	0.010	33.63	335		1.00	0.17
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	31.44	0.19			0.006	23.27	313		1.11	0.09
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	34.98±7.77	0.36±0.15		0.001±0.001	0.008±0.005	24.32±4.46	306±32.7		0.85±0.14	0.14±0.05
E013	**Black berry** *(Rubus fruticosus)*	5	30.90±4.17	0.47±0.01			0.027±0.004	20.08±4.50	205±40.5		1.21±0.33	0.11±0.03
E014	**Cherries, red** *(Prunus cerasus)*	4	14.37±4.80	0.15±0.08			0.002±0.001	25.31±8.43	165±44.4		1.64±0.09	0.12±0.04
E015	**Currants, black** *(Ribes nigrum)*	1	16.66	0.11			0.005	78.80	283	1.51	1.45	0.21
E016	**Custard apple** *(Annona squamosa)*	1	38.47	0.15				40.81	278		3.11	0.22
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	73.79±6.51	0.82±0.10		0.005±0.003	0.030±0.009	73.02±10.73	804±49.5	0.78±0.10	3.27±0.37	0.70±0.06

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	2.43			66.13	0.017	0.001	0.44	4.79	0.006	0.006
E019	**Dates, processed** *(Phoenix dactylifera)*	2	2.43			15.73	0.015	0.001	0.33	0.89	0.002	0.001
E020	**Fig** *(Ficus carica)*	6	0.71±0.24			78.52±16.48	0.017±0.004		0.19±0.02	0.69±0.06		
E021	**Goosberry** *(Emblica officinalis)*	5	0.08±0.02			20.14±2.51	0.007±0.003		0.12±0.08	1.25±0.08	0.004±0.002	0.001±0.001
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4				10.57±2.03	0.008±0.007		0.06±0.01	0.22±0.04	0.001±0.000	
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5				11.16±2.02	0.003±0.000		0.07±0.01	0.24±0.10	0.001±0.000	0.001±0.001
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5				11.27±3.54	0.003±0.002		0.05±0.01	0.33±0.04		0.001±0.000
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5			0.001±0.000	15.26±3.03	0.004±0.001	0.001±0.000	0.16±0.03	0.28±0.02		0.001±0.000
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5				14.22±2.14	0.003±0.001		0.23±0.33	0.24±0.02	0.001±0.001	
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5			0.001±0.000	18.75±5.41	0.004±0.002		0.05±0.01	0.39±0.07		0.001±0.001
E028	**Guava, white flesh** *(Psidium guajava)*	5				18.52±2.10	0.004±0.002	0.003±0.002	0.16±0.04	0.32±0.07		
E029	**Guava, pink flesh** *(Psidium guajava)*	5				14.22±2.92	0.009±0.003	0.003±0.001	0.17±0.02	0.40±0.14	0.014±0.003	
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5				35.03±4.50	0.005±0.002		0.19±0.09	0.36±0.16	0.002±0.001	
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	0.45			25.36	0.015		0.02	0.33	0.001	
E032	**Karonda fruit** *(Carissa carandas)*	1	0.99	1.84	1.813	10.81	0.002	0.620	0.71	0.87	0.021	1.406
E033	**Lemon, juice** *(Citrus limon)*	6	0.11±0.04			22.68±2.90	0.002±0.002		0.03±0.01	0.12±0.05	0.003±0.002	
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6				25.79±5.02	0.017±0.007		0.03±0.00	0.11±0.02	0.000±0.000	
E035	**Litchi** *(Nephelium litchi)*	4	0.54±0.07	0.21±0.11		5.77±0.80	0.010±0.004		0.11±0.02	0.79±0.21		
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6				15.77±1.64	0.020±0.010		0.10±0.01	0.51±0.17	0.002±0.001	
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2				19.33	0.010		0.07	0.38	0.001	
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3				15.54±1.84	0.016±0.006	0.001±0.002	0.08±0.01	0.29±0.05	0.002±0.002	

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	75.23	0.84		0.004	0.022	70.26	782	0.77	3.09	0.58
E019	**Dates, processed** *(Phoenix dactylifera)*	2	14.34	0.44		0.003	0.035	33.88	289	0.46	1.60	0.42
E020	**Fig** *(Ficus carica)*	6	26.18±2.34	0.07±0.01			0.013±0.003	21.62±1.97	231±7.2		2.37±1.29	0.22±0.01
E021	**Goosberry** *(Emblica officinalis)*	5	6.50±0.93	0.11±0.02		0.001±0.000	0.010±0.003	21.85±1.87	223±12.6		1.37±0.19	0.05±0.01
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	7.47±0.92	0.08±0.03			0.003±0.002	21.04±3.63	171±26.5		1.93±0.19	0.05±0.02
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	6.87±1.10	0.07±0.01			0.002±0.001	19.50±3.45	166±28.0		1.89±0.19	0.05±0.01
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	7.06±0.84	0.11±0.01			0.003±0.002	27.91±4.51	188±10.2		1.59±0.71	0.07±0.01
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	11.29±1.79	0.15±0.02		0.007±0.003	0.043±0.013	29.02±4.16	237±11.1		1.83±0.74	0.10±0.02
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	8.43±1.73	0.07±0.02			0.002±0.000	20.27±1.20	168±20.4		1.81±1.02	0.05±0.01
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	10.80±1.71	0.15±0.02		0.003±0.002	0.005±0.002	26.68±3.14	235±9.8		1.92±0.75	0.09±0.02
E028	**Guava, white flesh** *(Psidium guajava)*	5	15.26±2.22	0.22±0.07			0.009±0.002	23.54±3.12	283±47.1	1.84±0.64	2.87±0.09	0.23±0.03
E029	**Guava, pink flesh** *(Psidium guajava)*	5	13.26±1.32	0.16±0.03		0.003±0.002	0.014±0.003	29.93±7.85	270±11.6	2.10±1.06	1.89±0.06	0.21±0.01
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	31.84±5.19	0.35±0.17			0.005±0.003	23.02±9.21	279±58.8		1.62±0.08	0.17±0.07
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	27.97	0.04			0.016	9.60	103		2.64	0.06
E032	**Karonda fruit** *(Carissa carandas)*	1	24.45	0.24	0.07	0.006	0.010	32.62	351	1.57	2.55	0.25
E033	**Lemon, juice** *(Citrus limon)*	6	8.90±0.55	0.02±0.00		0.009±0.006	0.001±0.000	9.86±0.52	113±19.1		1.21±0.23	0.08±0.02
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6	15.40±1.42	0.04±0.01		0.001±0.001	0.001±0.000	20.55±1.27	182±39.4	0.72±0.46	1.17±0.45	0.05±0.01
E035	**Litchi** *(Nephelium litchi)*	4	14.58±1.67	0.04±0.01			0.007±0.002	23.32±3.13	161±35.6	0.46±0.22	0.54±0.14	0.24±0.09
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6	13.35±1.07	0.22±0.08			0.007±0.002	11.07±2.00	144±15.3	1.91±0.745	1.34±0.06	0.12±0.04
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	11.53	0.11			0.001	10.66	115	2.05	1.39	0.06
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3	12.07±0.78	0.17±0.04			0.005±0.004	12.25±4.15	137±17.7	1.90±0.49	1.31±0.02	0.12±0.07

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4				15.74±0.89	0.028±0.019		0.07±0.01	0.43±0.19	0.002±0.002	
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2				11.36	0.004		0.08	0.36		
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2				15.11	0.024		0.11	0.51	0.001	
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1				13.34	0.004		0.08	0.28		
E043	**Mangosteen** *(Garcinia mangostana)*	1	0.17	0.05	0.002	4.69	0.003	1.501	0.11	0.28	0.056	0.106
E044	**Manila tamarind** *(Pithecellobium dulce)*	1				8.51			0.22	0.71		
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	0.02±0.01	0.03±0.04		9.80±2.14	0.004±0.002	0.001±0.001	0.03±0.02	0.18±0.04	0.003±0.001	
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	0.04±0.03			9.02±2.95	0.002±0.000	0.001±0.000	0.05±0.02	0.21±0.06	0.003±0.001	
E047	**Orange, pulp** *(Citrus aurantium)*	6				19.52±1.48	0.012±0.003		0.03±0.01	0.81±0.04		
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1										
E049	**Papaya, ripe** *(Carcia papaya)*	6	0.05±0.01			15.02±1.47	0.003±0.000		0.04±0.01	0.23±0.02		
E050	**Peach** *(Prunus communis)*	1	0.18	0.11	0.197	6.98	0.006	0.276	0.08	0.35	0.011	0.179
E051	**Pear** *(Pyrus* sp.*)*	6	0.59±0.03			6.55±1.39	0.009±0.003	0.001±0.000	0.08±0.02	0.28±0.10	0.002±0.001	0.001±0.001
E052	**Phalsa** *(Grewia asiatica)*	2		0.92		153			0.24	2.01		
E053	**Pineapple** *(Ananas comosus)*	6	0.08±0.04	0.24±0.25		10.88±1.91	0.008±0.006	0.001±0.000	0.07±0.03	0.28±0.11	0.002±0.001	
E054	**Plum** *(Prunus domestica)*	3	0.20±0.05	0.03±0.04	0.057±0.021	7.61±0.94	0.002±0.000	0.297±0.024	0.41±0.39	0.25±0.09	0.003±0.001	0.070±0.002
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	0.05±0.01			10.65±1.82	0.010±0.003	0.001±0.000	0.13±0.03	0.31±0.06	0.003±0.001	
E056	**Pummelo** *(Citrus maxima)*	3		0.33±0.10		14.03±4.73	0.001±0.000		0.03±0.01	0.06±0.01	0.006±0.003	
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	3.06±0.49			73.24±5.48	0.024±0.009	0.003±0.001	0.47±0.12	6.81±0.91	0.005±0.001	0.054±0.043
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	3.53±0.36			51.83±5.26	0.009±0.002	0.003±0.001	0.39±0.04	4.26±0.60	0.008±0.003	0.009±0.009
E059	**Rambutan** *(Nephelium lappaceum)*	1				8.67	0.003		0.08	0.37		

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4	12.53±1.19	0.22±0.07			0.004±0.002	12.36±0.38	143±21.5	1.85±0.41	1.43±0.03	0.10±0.04
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2	10.10	0.07				11.63	137	1.36	1.20	0.07
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	14.28	0.24			0.003	15.18	153	1.44	1.63	0.20
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	12.55	0.32			0.004	9.87	160	1.85	1.32	0.08
E043	**Mangosteen** *(Garcinia mangostana)*	1	12.00	0.04	0.03	0.002	5.183	7.18	46.93		3.79	0.21
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	32.98	0.27				73.53	376		1.35	0.56
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	11.62±3.20	0.04±0.01			0.006±0.003	17.28±1.65	206±41.9	0.88±0.32	14.94±2.71	0.09±0.03
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	9.81±2.68	0.04±0.01			0.006±0.002	13.09±2.91	196±42.2	1.35±0.48	15.78±3.74	0.09±0.02
E047	**Orange, pulp** *(Citrus aurantium)*	6	11.05±0.52	0.02±0.00		0.001±0.001	0.001±0.000	12.90±4.47	164±23.6	0.19±0.16	1.47±0.05	0.04±0.01
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1							158		1.25	0.05
E049	**Papaya, ripe** *(Carcia papaya)*	6	10.97±2.21	0.03±0.00		0.001±0.000	0.002±0.001	17.73±3.53	173±12.4	12.78±5.71	6.68±0.16	0.08±0.03
E050	**Peach** *(Prunus communis)*	1	8.06	0.05	0.01	0.713	0.138	19.08	281	0.67	1.15	0.10
E051	**Pear** *(Pyrus* sp.*)*	6	7.61±1.23	0.08±0.01			0.008±0.004	6.74±1.79	106±6.6		1.64±0.08	0.07±0.02
E052	**Phalsa** *(Grewia asiatica)*	2	76.92	0.47	0.17	0.003	0.006	23.65	362	3.53	1.99	0.48
E053	**Pineapple** *(Ananas comosus)*	6	12.68±4.32	1.28±0.35			0.017±0.004	13.56±4.36	143±22.2	0.08±0.06	1.43±0.10	0.10±0.02
E054	**Plum** *(Prunus domestica)*	3	7.79±1.00	0.06±0.02	0.01±0.00	0.115±0.162	0.052±0.023	13.83±3.85	162±3.3	0.56±0.04	1.55±0.09	0.10±0.04
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	11.07±0.96	0.13±0.03			0.005±0.003	27.20±10.01	206±32.9	0.55±0.22	2.13±0.10	0.18±0.04
E056	**Pummelo** *(Citrus maxima)*	3	6.83±1.69	0.01±0.00	0.03±0.01	0.001±0.000		13.99±1.75	189±15.4		1.06±0.49	0.06±0.01
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	33.76±6.09	0.52±0.09		0.016±0.020	0.025±0.004	77.62±8.95	1105±145	1.86±0.98	10.99±1.77	0.22±0.07
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	28.32±6.15	0.41±0.06		0.011±0.015	0.018±0.007	93.30±7.18	913±59.9	1.72±0.45	10.16±0.04	0.25±0.05
E059	**Rambutan** *(Nephelium lappaceum)*	1	21.38	0.37				6.98	131		1.75	0.53

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			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
E060	**Sapota** *(Achras sapota)*	6				17.87±3.38	0.010±0.003		0.07±0.03	0.49±0.33		
E061	**Soursop** ***(****Annona muricata****)***	1				10.05	0.001		0.14	0.29	0.013	0.821
E062	**Star fruit** *(Averrhoa carambola)*	1	0.43	0.05	0.852	4.97	0.023	0.002	0.07	0.45	0.010	0.176
E063	**Strawberry** *(Fragaria ananassa)*	6				15.28±3.37	0.001±0.000		0.07±0.01	0.36±0.03		
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	4.03±0.81		0.001±0.001	149±13.9	0.066±0.007	0.002±0.001	0.50±0.09	9.16±1.71	0.014±0.003	0.007±0.005
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6				5.29±1.09	0.002±0.001	0.001±0.001	0.04±0.01	0.22±0.14	0.001±0.001	
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	0.01±0.00			4.35±0.88	0.003±0.002	0.001±0.000	0.03±0.01	0.16±0.07	0.001±0.000	
E067	**Wood Apple** *(Limonia acidissima)*	3	0.09±0.03			55.71±7.46	0.004±0.002	0.001±0.000	0.20±0.04	0.45±0.06	0.004±0.001	
E068	**Zizyphus***(Zizyphus jujube)*	1	0.11			46.55	0.006		0.12	0.40		0.001
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6	0.33±0.08			17.28±2.25	0.008±0.001	0.001±0.000	0.12±0.03	0.76±0.12		0.003±0.002
F002	**Carrot, orange** *(Dacus carota)*	6	0.36±0.14			35.09±5.89	0.004±0.001		0.08±0.01	0.60±0.24		0.001±0.001
F003	**Carrot, red** *(Dacus carota)*	4	0.54±0.13			41.06±8.47	0.004±0.001		0.10±0.03	0.71±0.37		0.004±0.003
F004	**Colocasia** *(Colocasia antiquorum)*	6	0.82±0.22			30.18±3.86	0.009±0.003	0.003±0.002	0.30±0.03	0.66±0.09		0.003±0.001
F005	**Lotus root** *(Nelumbium nelumbo)*	3	5.91±1.59	3.89±2.13		37.71±2.79	0.028±0.009	0.004±0.001	0.22±0.02	3.34±1.31	0.001±0.001	0.006±0.004
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	0.13±0.05		0.001±0.001	9.52±1.09	0.002±0.001	0.005±0.002	0.09±0.02	0.57±0.20		0.001±0.001
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	0.15			8.53	0.007	0.003	0.14	0.53		
F008	**Potato, red skin** *(Solanum tuberosum)*	1	0.16		0.002	8.62	0.006	0.001	0.15	0.66		
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	0.26±0.23			28.44±1.88	0.004±0.003	0.001±0.000	0.03±0.00	0.37±0.11		
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	0.20±0.13			30.20±3.58	0.003±0.001	0.001±0.001	0.03±0.01	0.36±0.22		

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
E060	**Sapota** *(Achras sapota)*	6	16.19±2.51	0.08±0.01		0.001±0.000	0.029±0.006	22.26±1.34	280±8.6	0.39±0.19	4.61±0.08	0.18±0.01
E061	**Soursop** ***(****Annona muricata****)***	1	17.70	0.07				25.83	264		6.78	0.12
E062	**Star fruit** *(Averrhoa carambola)*	1	11.53	0.06	0.04	0.010	0.028	11.67	159	0.56	1.56	0.24
E063	**Strawberry** *(Fragaria ananassa)*	1	15.53±1.31	0.43±0.02				26.31±2.09	140±5.7	0.30±0.11	1.19±0.67	0.14±0.02
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	82.73±8.55	0.52±0.14		0.070±0.060	0.032±0.020	113±18.1	836±8.1	2.05±0.48	24.92±2.45	0.58±0.05
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	9.91±0.73	0.04±0.02			0.010±0.008	11.33±2.50	124±7.5		1.89±0.33	0.10±0.02
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	7.42±1.71	0.03±0.01			0.009±0.008	8.09±1.76	126±5.6		1.62±0.31	0.07±0.01
E067	**Wood Apple** *(Limonia acidissima)*	3	23.70±1.68	0.20±0.02			0.025±0.006	84.32±4.00	347±28.5	2.32±0.21	1.48±0.36	0.31±0.03
E068	**Zizyphus***(Zizyphus jujube)*	1	16.72	0.24			0.008	32.38	237	1.42	1.52	0.10
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6	33.21±2.70	0.57±0.11		0.002±0.001	0.008±0.002	36.33±4.84	306±26.9	0.25±0.05	69.44±0.83	0.30±0.09
F002	**Carrot, orange** *(Dacus carota)*	6	16.73±3.20	0.23±0.07		0.002±0.002	0.010±0.004	43.06±6.46	273±28.2	0.22±0.06	52.33±0.62	0.25±0.03
F003	**Carrot, red** *(Dacus carota)*	4	18.83±7.02	0.20±0.05		0.008±0.002	0.011±0.006	25.81±11.63	267±15.7	0.29±0.14	60.69±7.21	0.34±0.09
F004	**Colocasia** *(Colocasia antiquorum)*	6	36.93±4.86	0.47±0.29		0.027±0.021	0.035±0.019	81.16±11.90	514±2.8	0.30±0.05	4.54±1.06	0.41±0.09
F005	**Lotus root** *(Nelumbium nelumbo)*	3	26.58±1.74	1.40±0.81		0.002±0.000	0.023±0.008	74.30±7.54	611±105	4.61±4.35	20.63±1.33	0.35±0.11
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	24.07±7.55	0.14±0.04	0.29±0.03	0.002±0.001	0.006±0.001	43.42±8.44	541±5.3	0.75±0.61	4.11±0.06	0.28±0.03
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	22.34	0.16		0.003	0.013	37.90	474	0.28	3.97	0.38
F008	**Potato, red skin** *(Solanum tuberosum)*	1	25.54	0.14			0.012	30.39	501	0.32	4.36	0.34
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	13.34±1.14	0.09±0.01		0.011±0.007	0.005±0.002	27.51±6.96	255±6.0	0.13±0.01	24.73±2.82	0.16±0.02
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	16.07±3.27	0.10±0.04		0.009±0.003	0.005±0.003	30.10±10.91	288±30.9	0.10±0.01	28.20±5.92	0.22±0.09

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			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	0.17			35.76	0.003		0.03	0.42		
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	0.08			34.23	0.002	0.001	0.04	0.41		
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4		0.15±0.16	0.001±0.000	27.50±5.24	0.002±0.001	0.002±0.002	0.17±0.02	0.35±0.03		
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3		0.09±0.04		28.93±3.24	0.002±0.001	0.001±0.001	0.15±0.03	0.51±0.16		
F015	**Tapioca** *(Manihot esculenta)*	3	0.26±0.18			25.89±6.52	0.005±0.001	0.002±0.001	0.19±0.04	0.81±0.18	0.001±0.001	0.001±0.001
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	0.11	0.60	0.001	37.15	0.014	0.003	0.19	0.77	0.029	0.113
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	0.72±0.19		0.001±0.001	46.91±5.12	0.009±0.003	0.006±0.004	0.17±0.04	1.22±0.11	0.001±0.001	0.001±0.000
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	0.46±0.14			16.19±2.79	0.006±0.002	0.001±0.000	0.23±0.08	0.77±0.22		
F019	**Yam, wild** *(Dioscorea versicolor)*	2		0.21	0.001	44.13		0.003	0.21	1.04	0.006	
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5	0.35±0.24			24.10±7.08	0.006±0.002	0.003±0.002	0.19±0.06	1.46±0.30	0.001±0.000	0.006±0.002
G002	**Chillies, green-2** *(Capsicum annum)*	3	0.20±0.06		0.000±0.001	16.86±2.36	0.004±0.001	0.003±0.001	0.15±0.03	1.24±0.38	0.001±0.001	0.008±0.002
G003	**Chillies, green-3** *(Capsicum annum)*	5	0.33±0.16		0.001±0.001	18.04±3.56	0.004±0.003	0.005±0.004	0.14±0.06	1.25±0.08		0.004±0.001
G004	**Chillies, green-4** *(Capsicum annum)*	3	0.32±0.16		0.001±0.001	15.87±1.49	0.004±0.003	0.005±0.003	0.16±0.11	1.08±0.28	0.005±0.000	0.003±0.003
G005	**Chillies, green-5** *(Capsicum annum)*	2	0.27±0.20		0.000±0.001	15.31±3.61	0.005±0.004	0.003±0.002	0.12±0.03	0.93±0.12		0.004±0.001
G006	**Chillies, green-6** *(Capsicum annum)*	1	0.10		0.001	24.82	0.003	0.005	0.14	0.75		0.002
G007	**Chillies, green-7** *(Capsicum annum)*	1	2.09			16.85	0.002	0.006	0.09	1.23		0.006
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	0.45±0.57		0.001±0.001	18.45±4.86	0.005±0.002	0.004±0.003	0.15±0.06	1.20±0.30	0.002±0.002	0.005±0.003
G009	**Coriander leaves** *(Coriandrum sativum)*	6	1.84±0.49			146±13.0	0.033±0.007	0.002±0.001	0.24±0.04	5.30±1.55	0.001±0.001	0.006±0.002
G010	**Curry leaves** *(Murraya koenigii)*	6	4.10±0.44	7.42±1.16	0.002±0.000	659±77.4	0.060±0.012	0.005±0.002	0.46±0.09	8.67±0.42	0.037±0.018	0.051±0.033

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			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	22.25	0.08		0.016	0.003	28.27	308	0.22	32.27	0.18
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	15.46	0.13		0.005	0.009	29.47	287	0.13	24.14	0.17
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	17.37±4.75	0.28±0.24		0.003±0.000	0.013±0.001	42.96±1.95	345±24.3		29.60±5.32	0.16±0.05
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	21.05±3.95	0.20±0.03		0.005±0.000	0.009±0.004	37.60±4.74	329±37.6		29.04±3.64	0.14±0.03
F015	**Tapioca** *(Manihot esculenta)*	3	23.08±4.06	0.20±0.06			0.015±0.008	42.55±11.04	255±36.3	0.07±0.01	10.86±0.10	0.17±0.05
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	57.43	0.57	0.02	0.007	0.011	62.83	382	2.43	13.08	0.67
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	33.51±7.66	0.28±0.07		0.005±0.005	0.011±0.003	43.06±5.98	501±84.3	0.59±0.12	14.33±2.20	0.26±0.04
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	30.40±3.90	0.14±0.10		0.002±0.001	0.013±0.003	49.46±8.37	463±74.1	0.57±0.08	15.28±0.07	0.33±0.09
F019	**Yam, wild** *(Dioscorea versicolor)*	2	31.75	0.37	0.21	0.002	0.020	55.94	654	0.56	12.80	0.31
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5	34.72±8.28	0.29±0.08		0.002±0.002	0.014±0.002	62.16±14.29	431±53.8		3.32±0.66	0.31±0.08
G002	**Chillies, green-2** *(Capsicum annum)*	3	27.54±6.31	0.27±0.09		0.002±0.002	0.041±0.027	51.72±9.20	321±41.7		2.47±0.50	0.26±0.06
G003	**Chillies, green-3** *(Capsicum annum)*	5	29.90±6.97	0.27±0.10		0.002±0.002	0.032±0.017	50.24±12.28	317±72.7		2.56±1.04	0.27±0.08
G004	**Chillies, green-4** *(Capsicum annum)*	3	29.74±8.00	0.29±0.18		0.001±0.001	0.032±0.035	42.79±2.85	318±25.0		1.94±0.60	0.28±0.15
G005	**Chillies, green-5** *(Capsicum annum)*	2	23.96±6.20	0.25±0.11		0.001±0.001	0.021±0.014	44.35±15.69	317±66.7		2.19±0.88	0.31±0.13
G006	**Chillies, green-6** *(Capsicum annum)*	1	34.80	0.33		0.006		56.05	340		2.43	0.29
G007	**Chillies, green-7** *(Capsicum annum)*	1	26.71	0.28			0.034	45.58	319		2.00	0.17
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	29.51±7.13	0.28±0.10		0.002±0.002	0.029±0.022	50.91±11.79	341±64.6		2.50±0.80	0.27±0.09
G009	**Coriander leaves** *(Coriandrum sativum)*	6	72.68±14.20	0.96±0.25		0.014±0.009	0.044±0.015	64.69±13.00	546±134	0.45±0.26	37.00±8.01	0.68±0.16
G010	**Curry leaves** *(Murraya koenigii)*	6	182±44.8	1.23±0.25		0.013±0.006	0.093±0.030	83.29±14.06	584±113	17.25±5.96	18.66±4.13	1.18±0.51

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
G011	**Garlic, big clove** *(Allium sativum)*	6	0.05±0.02		0.001±0.001	20.08±5.73	0.004±0.002	0.001±0.000	0.19±0.02	1.05±0.15	0.001±0.000	0.001±0.000
G012	**Garlic, small clove** *(Allium sativum)*	3	0.05±0.02		0.001±0.001	17.63±2.77	0.003±0.002		0.11±0.09	0.88±0.21	0.006±0.000	0.002±0.001
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	0.18		0.004	19.00	0.008		0.23	1.01	0.003	0.001
G014	**Ginger, fresh** *(Zinziber officinale)*	6	1.71±0.47			18.88±2.87	0.013±0.005	0.003±0.001	0.13±0.02	1.90±0.55	0.004±0.003	0.001±0.001
G015	**Mango ginger** *(Curcuma amada)*	3		0.21±0.00	0.002±0.002	13.74±2.59	0.002±0.001	0.003±0.001	0.10±0.03	2.31±1.27	0.007±0.005	
G016	**Mint leaves** *(Mentha spicata)*	4	1.17±0.16	5.26±0.00		205±31.8	0.063±0.000	0.007±0.000	0.37±0.18	8.56±3.21	0.019±0.000	0.009±0.000
G017	**Onion, big** *(Allium cepa)*	6	0.08±0.03		0.001±0.001	21.03±6.68	0.003±0.002	0.002±0.001	0.11±0.09	0.43±0.11	0.003±0.002	
G018	**Onion, small** *(Allium cepa)*	5		0.29±0.09		19.92±4.48	0.002±0.001	0.001±0.001	0.07±0.02	0.53±0.37		
G	**CONDIMENTS AND SPICES-DRY**											
G019	**Asafoetida** *(Ferula assa-foetida)*	6	4.76±1.45	2.13±3.13	0.001±0.001	266±41.4	0.051±0.016	0.022±0.008	0.22±0.03	15.68±4.51	0.035±0.019	0.012±0.005
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	7.59±1.21	3.79±1.73	0.008±0.006	378±40.7	0.210±0.053	0.039±0.009	0.92±0.30	8.33±1.44	0.011±0.007	0.003±0.002
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	6.05±1.26	0.28±0.01	0.006±0.001	312±57.3	0.091±0.007	0.011±0.002	0.75±0.09	7.94±1.07	0.006±0.003	0.007±0.001
G022	**Chillies, red** *(Capsicum annum)*	6	4.70±1.01		0.003±0.000	99.83±6.61	0.114±0.020	0.036±0.004	0.87±0.06	6.23±0.79	0.007±0.005	0.011±0.005
G023	**Cloves** *(Syzygium aromaticum)*	6	6.09±1.25	5.08±0.92		567±70.8	0.047±0.026	0.006±0.000	0.54±0.08	9.41±2.10	0.026±0.018	0.004±0.001
G024	**Coriander seeds** *(Coriandrum sativum)*	6	5.74±1.83		0.001±0.001	718±43.0	0.041±0.019	0.020±0.008	1.46±0.08	17.64±6.74	0.003±0.002	0.026±0.007
G025	**Cumin seeds** *(Cuminum cyminum)*	6	9.31±3.52		0.001±0.001	878±78.0	0.126±0.072	0.026±0.015	1.14±0.04	20.58±4.24		0.059±0.020
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	1.31±0.31	3.48±0.70	0.002±0.001	135±17.2	0.015±0.004	0.031±0.011	1.16±0.32	8.47±1.90	0.012±0.009	
G027	**Mace** *(Myristica fragrans)*	6	1.99±0.42	4.70±1.95	0.001±0.001	174±3.5	0.069±0.015	0.006±0.002	1.90±0.13	22.69±6.87	0.051±0.018	0.004±0.003
G028	**Nutmeg** *(Myristica fragrans)*	6	0.68±0.19			148±12.1	0.006±0.002	0.001±0.000	1.20±0.09	2.33±0.20	0.035±0.024	
G029	**Omum** *(Trachyspermum ammi)*	6	6.71±1.12	8.32±6.00	0.005±0.002	1034±144	0.069±0.020	0.021±0.009	1.24±0.08	13.65±2.29	0.015±0.007	0.043±0.012
G030	**Pippali** *(Piper longum)*	6	4.48±0.34	3.71±1.07	0.001±0.000	414±66.2	0.055±0.028	0.008±0.004	1.34±0.40	7.99±2.11	0.030±0.014	0.006±0.001

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
G011	**Garlic, big clove** *(Allium sativum)*	6	27.08±7.89	0.34±0.03		0.001±0.000	0.019±0.009	119±10.9	430±84		9.42±0.07	0.89±0.18
G012	**Garlic, small clove** *(Allium sativum)*	3	25.78±4.86	0.32±0.11			0.026±0.016	116±27.9	453±126	0.37±0.07	10.56±0.05	0.81±0.17
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	41.13	0.13		0.009	0.032	128	584	0.43	8.87	0.66
G014	**Ginger, fresh** *(Zinziber officinale)*	6	54.66±7.12	3.85±1.56		0.002±0.001	0.030±0.017	44.36±2.16	407±49.5		10.03±1.91	0.39±0.17
G015	**Mango ginger** *(Curcuma amada)*	3	36.86±6.27	1.52±0.53	0.04±0.01	0.006±0.004	0.011±0.005	68.33±20.13	384±2.5		5.51±1.29	0.47±0.14
G016	**Mint leaves** *(Mentha spicata)*	4	110±30.9	1.06±0.57	0.21±0.00	0.020±0.000	0.042±0.000	65.25±16.18	539±2.7	10.79±1.48	16.87±5.37	0.75±0.08
G017	**Onion, big** *(Allium cepa)*	6	17.96±5.17	0.24±0.21			0.008±0.005	32.34±7.63	171±38.6	0.35±0.10	5.50±1.14	0.35±0.29
G018	**Onion, small** *(Allium cepa)*	5	15.16±3.75	0.11±0.02		0.003±0.000	0.005±0.002	39.65±9.90	160±34.8	1.02±0.77	4.06±0.06	0.24±0.04
G	**CONDIMENTS AND SPICES-DRY**											
G019	**Asafoetida** *(Ferula assa-foetida)*	6	96.40±17.98	2.96±1.11		0.014±0.006	0.052±0.030	69.09±15.60	245±30.4	13.42±2.90	16.04±0.55	0.98±0.21
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	330±66.1	37.98±1.44		0.013±0.018	0.219±0.074	132±14.8	1262±14.4	11.71±2.73	15.51±0.70	3.71±0.31
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	286±31.9	30.25±2.38		0.006±0.001	0.234±0.183	117±18.7	1331±63.7	3.99±1.89	16.25±4.22	4.75±0.36
G022	**Chillies, red** *(Capsicum annum)*	6	231±25.4	1.45±0.13	1.60±0.25	0.012±0.011	0.036±0.004	280±57.5	2245±145	18.83±2.09	19.45±3.60	1.66±0.12
G023	**Cloves** *(Syzygium aromaticum)*	6	334±42.2	61.86±5.79		0.008±0.004	0.060±0.021	83.10±18.56	1434±86.6	7.75±1.59	183±23.9	1.13±0.14
G024	**Coriander seeds** *(Coriandrum sativum)*	6	343±25.5	2.81±0.39		0.011±0.005	0.143±0.024	293±54.4	1473±59.2	6.34±1.22	34.41±0.39	3.91±0.32
G025	**Cumin seeds** *(Cuminum cyminum)*	6	442±65.7	4.21±0.63		0.015±0.006	0.164±0.063	382±6.4	1886±139	4.01±1.98	125±31.1	4.29±0.23
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	167±35.6	1.60±0.33		0.098±0.036	0.188±0.054	435±115	891±11.5	9.98±1.81	40.20±0.06	3.80±0.93
G027	**Mace** *(Myristica fragrans)*	6	207±25.1	2.12±0.73		0.013±0.009	0.259±0.093	110±17.7	623±25.9	7.24±3.15	27.17±6.81	1.16±0.15
G028	**Nutmeg** *(Myristica fragrans)*	6	212±25.0	3.42±0.17		0.007±0.005	0.221±0.060	207±37.2	474±15.2	7.33±6.84	14.31±0.28	1.45±0.10
G029	**Omum** *(Trachyspermum ammi)*	6	273±22.3	6.86±0.92		0.053±0.018	0.296±0.069	329±57.7	1692±246	87.04±10.70	28.58±0.29	5.67±0.46
G030	**Pippali** *(Piper longum)*	6	189±46.0	1.85±0.70		0.040±0.021	0.218±0.117	181±6.9	1852±425	20.51±4.23	16.28±2.00	1.52±0.26

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
G031	**Pepper, black** *(Piper nigrum)*	6	6.37±2.16	2.01±0.35	0.001±0.000	405±40.9	0.068±0.020	0.005±0.002	1.76±0.43	11.91±3.48	0.037±0.028	0.005±0.003
G032	**Poppy seeds** *(Papaver somniferum)*	6	2.81±0.82		0.005±0.002	1372±194	0.030±0.009	0.010±0.002	2.05±0.17	10.13±1.04	0.005±0.005	0.004±0.002
G033	**Turmeric powder** *(Curcuma domestica)*	6	12.55±2.14	1.84±0.52	0.001±0.002	122±20.9	0.151±0.043	0.039±0.011	0.44±0.02	46.08±1.83	0.196±0.103	0.014±0.007
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6	0.88±0.32			228±10.2	0.006±0.003	0.007±0.002	1.08±0.06	4.59±0.61	0.002±0.002	0.001±0.001
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	1.68±0.97			61±13.25	0.045±0.020	0.003±0.003	1.27±0.29	2.74±0.71	0.008±0.006	0.004±0.003
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	1.05±0.33		0.001±0.000	51±11.33	0.029±0.016	0.002±0.001	1.57±0.59	3.26±0.90	0.005±0.003	0.002±0.000
H004	**Arecanut, fresh** *(Areca catechu)*	2				34.03			0.71	1.04		
H005	**Cashew nut** *(Anacardium occidentale)*	6	0.18±0.11			34±2.98	0.002±0.001	0.004±0.001	2.23±0.13	5.95±0.44	0.005±0.004	
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	0.41±0.05		0.001±0.000	32±4.51	0.013±0.012	0.006±0.003	0.90±0.11	3.13±0.47	0.006±0.003	0.004±0.003
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	0.03±0.01		0.001±0.000	8±1.42	0.003±0.002	0.004±0.002	0.36±0.19	1.30±0.51	0.002±0.000	
H008	**Garden cress, seeds** *(Lepidium sativum)*	5		11.01±10.33	0.008±0.003	318±54.8		0.019±0.010	0.51±0.09	17.20±5.49	0.042±0.029	
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	2.08±0.32		0.004±0.002	1664±329	0.029±0.014	0.035±0.013	1.76±0.24	13.90±1.60	0.034±0.017	0.035±0.019
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	2.50±0.69		0.001±0.001	1174±189	0.020±0.009	0.022±0.011	1.68±0.18	14.95±1.69	0.010±0.011	0.004±0.003
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	1.29±0.43			1283±149	0.015±0.006	0.023±0.026	1.50±0.12	15.04±2.09	0.024±0.017	0.005±0.003
H012	**Ground nut** *(Arachis hypogea)*	6	3.16±0.39		0.002±0.001	54±7.37	0.007±0.002	0.009±0.003	0.92±0.08	3.44±0.36	0.003±0.002	0.002±0.002
H013	**Mustard seeds** *(Brassica juncea)*	6	7.78±1.60	5.84±1.58	0.004±0.002	402±54.0	0.027±0.018	0.019±0.010	0.69±0.15	13.49±2.95	0.008±0.004	0.016±0.016
H014	**Linseeds** *(Linum usitatissimum)*	6		8.25±3.18	0.009±0.002	257±14.0	0.001±0.000	0.033±0.014	1.34±0.09	5.44±0.69	0.004±0.002	
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	11.94±3.46	3.35±0.16	0.001±0.001	572±37.1	0.029±0.019	0.011±0.004	1.20±0.04	18.19±0.22	0.004±0.003	0.037±0.035

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
G031	**Pepper, black** *(Piper nigrum)*	6	196±68.8	7.50±1.22		0.022±0.014	0.269±0.088	144±14.8	1487±178	12.13±2.48	24.08±3.85	1.24±0.43
G032	**Poppy seeds** *(Papaver somniferum)*	6	393±60.9	7.14±1.11		0.103±0.030	0.143±0.039	804±139	646±55.0	7.68±1.67	25.35±2.22	6.38±0.21
G033	**Turmeric powder** *(Curcuma domestica)*	6	260±16.2	8.09±1.55	1.93±0.52	0.047±0.048	0.049±0.020	276±33.1	2374±172	6.41±1.34	24.41±2.48	2.64±0.25
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6	318±49.5	2.54±0.20		0.033±0.012	0.130±0.027	446±23.2	699±43.4	3.61±1.30	1.50±0.51	3.50±0.10
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	76.39±17.49	2.14±0.75		0.005±0.003	0.111±0.057	105±8.3	524±43.4	15.21±4.09	12.06±1.47	0.89±0.11
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	91.01±14.45	2.32±0.84		0.022±0.036	0.104±0.019	127±3.4	617±125	12.52±1.56	17.13±2.81	1.02±0.20
H004	**Arecanut, fresh** *(Areca catechu)*	2	47.60	1.36				90.48	329		5.53	0.56
H005	**Cashew nut** *(Anacardium occidentale)*	6	307±46.6	1.78±0.08		0.025±0.011	0.607±0.145	500±35.3	635±35.2	13.08±1.07	9.00±0.19	5.34±0.27
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	97.21±14.66	1.61±0.40	2.10±0.65	0.025±0.013	0.282±0.098	203±6.0	739±62.0	25.25±2.78	16.68±0.38	1.41±0.11
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	35±11.30	0.74±0.15		0.012±0.008	0.050±0.025	67.73±15.15	246±81.2		8.12±2.48	0.58±0.16
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	307±11.9	2.87±0.35		0.033±0.007	0.128±0.045	539±50.7	952±41.7	54.41±4.38	21.84±3.57	4.83±0.97
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	390±53.1	2.53±0.32		0.075±0.021	0.262±0.100	568±96.4	480±8.7	15.70±1.67	15.91±0.56	8.59±0.69
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	328±13.3	1.76±0.19		0.114±0.029	0.113±0.030	613±86.8	491±7.5	52.64±8.89	11.94±0.17	7.84±0.93
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	372±39.9	1.74±0.15		0.126±0.036	0.116±0.039	754±42.6	460±38.9	26.74±2.78	15.43±0.70	7.77±0.67
H012	**Ground nut** *(Arachis hypogea)*	6	197±15.5	1.62±0.07	1.37±0.00	0.108±0.024	0.174±0.065	391±13.0	679±48.9	3.41±0.74	12.21±0.47	3.18±0.14
H013	**Mustard seeds** *(Brassica juncea)*	6	266±47.3	4.23±1.18		0.028±0.010	0.076±0.036	715±82.1	694±112	71.47±15.33	3.97±1.01	4.03±0.26
H014	**Linseeds** *(Linum usitatissimum)*	6	349±19.8	2.14±0.23		0.022±0.009	0.171±0.052	445±20.1	655±45.6	46.87±9.22	32.93±6.45	4.86±0.25
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	346±41.0	3.08±0.19		0.030±0.018	0.257±0.036	461±9.5	716±70.6	39.31±5.41	10.70±1.79	4.98±0.77

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	13.84±2.87	3.02±0.38	0.004±0.006	375±58.1	0.046±0.022	0.017±0.005	1.37±0.15	19.61±5.77	0.008±0.008	0.024±0.020
H017	**Pine seed** *(Pinus gerardiana)*	5		7.00±1.48	0.004±0.001	17±1.27	0.002±0.001	0.001±0.001	1.17±0.07	4.50±1.03	0.004±0.002	
H018	**Pistachio nuts** *(Pistacla vera)*	6		3.09±0.56	0.001±0.000	135±22.4	0.003±0.004	0.001±0.000	0.89±0.05	4.50±0.63	0.014±0.007	
H019	**Safflower seeds** *(Carthamus tinctorius)*	5		1.19±0.21	0.005±0.002	211±14.5	0.003±0.002	0.003±0.001	0.56±0.13	4.06±0.42	0.032±0.044	
H020	**Sunflower seeds** *(Helianthus annuus)*	5	1.33±0.51		0.005±0.000	176±27.0	0.009±0.002	0.021±0.001	2.78±0.99	5.85±1.09	0.009±0.003	0.006±0.000
H021	**Walnut** *(Juglans regia)*	6	0.37±0.15	0.46±0.52		105±5.9	0.006±0.007	0.009±0.003	1.52±0.33	3.21±0.17	0.015±0.012	
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6	2.40±0.82			107±19.7	0.011±0.006	0.006±0.004	0.07±0.04	4.63±1.23	0.008±0.002	0.005±0.004
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6	0.14±0.12			18±4.07	0.002±0.000	0.001±0.000	0.03±0.01	1.12±0.27	0.001±0.001	0.001±0.000
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	0.13	0.15	0.288	18.38	0.010	0.001	0.09	0.29	1.725	1.275
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1				4.83			0.42	0.30		
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	0.51	2.54	1.154	5.30	0.022	0.001	0.23	1.93	1.666	1.023
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	5.17	1.95	3.591	23.61	0.058	0.003	0.90	3.58	9.301	4.383
K	**MISCELLANEOUS FOODS**											
K001	**Toddy**	10				0.44±0.25			0.02±0.01	0.42±0.13		
K002	**Coconut Water**	6	0.04±0.02			27.47±4.28	0.001±0.001		0.02±0.01	0.06±0.01	0.003±0.003	

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	379±69.3	4.44±0.14		0.048±0.026	0.293±0.104	474±93.5	874±11.4	153.64±5.52	8.08±0.18	3.62±0.82
H017	**Pine seed** *(Pinus gerardiana)*	5	268±18.7	7.92±0.55		0.033±0.021	0.191±0.045	618±39.7	686±69.0	10.56±4.93	1.31±0.04	4.18±0.04
H018	**Pistachio nuts** *(Pistacla vera)*	6	149±3.0	0.87±0.06	0.65±0.33	0.022±0.003	0.087±0.009	537±9.2	1053±11.7	10.46±2.65	6.93±1.84	2.42±0.14
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	321±49.5	0.56±0.81	0.36±0.10	0.020±0.010	0.053±0.016	644±56.5	550±64.3	6.33±1.14	3.05±0.91	3.90±0.76
H020	**Sunflower seeds** *(Helianthus annuus)*	5	413±33.5	2.35±0.91		0.047±0.020	0.322±0.144	752±118	559±8.0		1.90±0.44	7.07±0.52
H021	**Walnut** *(Juglans regia)*	6	180±16.2	3.47±0.32		0.020±0.006	0.300±0.079	400±43.0	457±33.2	6.53±3.72	1.33±0.56	2.94±0.25
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6	115±27.9	0.72±0.39			0.017±0.006	74.53±12.20	488±103		25.38±7.47	0.45±0.22
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6	13.03±6.37	0.33±0.23			0.002±0.000	22.08±5.08	150±47.2		1.16±0.28	0.14±0.07
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	18.30	0.15		0.002	0.009	87.11	318		7.72	0.17
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1	10.78	0.18				79.74	340		10.22	0.55
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	24.47	0.13	0.15	0.002	0.007	96.36	323		9.30	1.21
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	136	1.02	5.01	0.004	0.044	702	350	0.04	8.67	8.67
K	**MISCELLANEOUS FOODS**											
K001	**Toddy**	10	3.99±0.64	0.02±0.01				5.82±1.31	83.54±17.52		1.64±0.45	0.01±0.01
K002	**Coconut Water**	6	18.19±6.03	0.48±0.16			0.043±0.034	18.05±7.06	215±40.0		28.09±4.41	0.04±0.01

Food code	Food Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
L	**MILK AND MILK PRODUCTS**											
L001	**Milk, whole, Buffalo**	6			0.01±0.00	121±3.0	0.004±0.001	0.005±0.001	0.03±0.01	0.16±0.02	0.005±0.002	
L002	**Milk, whole, Cow**	6			0.01±0.00	118±2.9	0.004±0.001	0.004±0.001	0.03±0.01	0.15±0.02	0.002±0.001	
L003	**Panner**	6	2.53±0.51			476±35.7	0.110±0.012	0.001±0.001	0.10±0.05	0.90±0.24		
L004	**Khoa**	6	3.36±0.34	2.89±0.95		602±79.7	0.119±0.011		0.07±0.09	2.32±0.36	0.010±0.003	0.004±0.001

Food code	Food Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
L	**MILK AND MILK PRODUCTS**											
L001	**Milk, whole, Buffalo**	6	10.05±1.46	0.01±0.00				86.94±6.27	109±5.6	1.45±0.26	30.10±2.98	0.30±0.05
L002	**Milk, whole, Cow**	6	8.28±1.38	0.01±0.00				96.56±9.10	115±4.1	0.95±0.17	25.46±2.86	0.33±0.03
L003	**Panner**	6	26.62±1.87	0.13±0.05			0.010±0.006	330±34.6	63.53±9.96	23.14±1.37	18.04±1.25	2.74±0.14
L004	**Khoa**	6	58.53±6.04	0.08±0.03			0.008±0.001	476±47.4	536±24.3	44.97±13.14	48.10±10.89	2.34±0.15

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
M	**EGG AND EGG PRODUCTS**											
M001	Egg, poultry, whole, raw	6				49.44±8.99			0.07±0.01	1.82±0.40		
M002	Egg, poultry, white, raw	6				5.64±0.95			0.03±0.00	0.07±0.05		
M003	Egg, poultry, yolk, raw	6				116±10.0			0.10±0.01	3.17±0.34		
M004	Egg, poultry, whole, boiled	6				55.12±3.14			0.07±0.02	1.87±0.16		
M005	Egg, poultry, white, boiled	6				8.07±0.03			0.05±0.01	0.15±0.05		
M006	Egg, poultry, yolk, boiled	6				120±2.2			0.13±0.00	4.92±0.33		
M007	Egg, poultry, omlet	3				53.26±4.25			0.15±0.09	2.16±0.39		
M008	Egg, country hen, whole, raw	1				50.14			0.06	1.64		
M009	Egg, country hen, whole, boiled	1				57.79			0.09	1.73		
M010	Egg, country hen, omlet	1				55.88			0.17	2.15		
M011	Egg, duck, whole, boiled	1				56.12			0.12	2.61		
M012	Egg, duck, whole, raw	1				52.46			0.11	2.46		
M013	Egg, duck, whole, omlet	1				71.79			0.17	3.28		
M014	Egg, quial, whole, raw	1				60.67			0.09	2.55		
M015	Egg, quial, whole, boiled	1				61.35			0.13	2.63		
N	**POULTRY**											
N001	Chicken, poultry, leg, skinless	4	0.01±0.00			20.52±0.33			0.25±0.11	1.27±0.23	0.002±0.000	
N002	Chicken, poultry, thigh, skinless	6	0.10±0.00			18.37±0.39			0.23±0.20	1.11±0.16		
N003	Chicken, poultry, breast, skinless	5	0.03±0.00			12.91±3.41			0.27±0.23	0.83±0.16		
N004	Chicken, poultry, wing, skinless	5	0.02±0.00			28.13±3.66			0.43±0.29	1.38±0.29		

Food Code	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
M	**EGG AND EGG PRODUCTS**											
M001	Egg, poultry, whole, raw	6	12.01±0.50	0.02±0.01				185±2.8	138±7.1	40.44±3.63	123±6.2	1.23±0.31
M002	Egg, poultry, white, raw	6	11.42±1.07					15.81±2.31	152±3.9	21.23±2.87	166±1.9	0.03±0.01
M003	Egg, poultry, yolk, raw	6	13.17±0.30	0.03±0.00				549±18.2	118±7.7	51.44±1.97	46.33±2.16	1.64±0.32
M004	Egg, poultry, whole, boiled	6	13.76±0.25	0.03±0.00				209±16.3	127±1.4	46.12±3.87	121±2.8	1.31±0.11
M005	Egg, poultry, white, boiled	6	11.62±0.57					23±3.3	147±15.0	14.86±1.51	144±15.3	0.09±0.03
M006	Egg, poultry, yolk, boiled	6	15.52±2.19	0.05±0.01				586±2.9	106±7.7	38.57±3.23	44.83±2.04	3.59±0.20
M007	Egg, poultry, omlet	3	14.84±0.34	0.02±0.00				222±30.3	163±10.6	42.18±3.37	169±19.9	1.31±0.13
M008	Egg, country hen, whole, raw	1	11	0.02				198	117	62.33	157	1.12
M009	Egg, country hen, whole, boiled	1	11	0.02				206	120	52.65	149	1.25
M010	Egg, country hen, omlet	1	13	0.03				243	151	58.63	157	1.26
M011	Egg, duck, whole, boiled	1	12	0.06				263	221	43.66	110	1.58
M012	Egg, duck, whole, raw	1	12	0.06				247	228	46.33	113	1.49
M013	Egg, duck, whole, omlet	1	15	0.08				309	154	42.02	175	1.89
M014	Egg, quial, whole, raw	1	11	0.03				236	119	50.63	132	1.51
M015	Egg, quial, whole, boiled	1	12	0.03				237	115	42.60	130	1.55
N	**POULTRY**											
N001	Chicken, poultry, leg, skinless	4	23.82±1.59	0.03±0.01			0.01±0.00	199±13.7	283±28.5	20.22±1.67	65.07±13.68	1.77±0.14
N002	Chicken, poultry, thigh, skinless	6	22.55±0.64	0.02±0.00				186±12.6	263±33.7	18.69±2.12	64.59±14.32	1.42±0.07
N003	Chicken, poultry, breast, skinless	5	20.20±0.14	0.02±0.01				178±0.5	295±15.6	18.56±2.12	36.70±3.29	0.78±0.30
N004	Chicken, poultry, wing, skinless	5	22.81±0.71	0.04±0.02			0.01±0.00	189±12.7	185±5.8	20.52±2.52	72.78±9.61	1.48±0.23

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
N005	Poultry, chicken, liver	1				4.10			0.29	9.92		
N006	Poultry, chicken, gizzard	1				5.46			0.20	3.19		
N007	Country hen, leg, with skin	1				22.56			0.22	1.66		
N008	Country hen, thigh, with skin	1				20.12			0.40	1.40		
N009	Country hen, breast, with skin	1				12.49			0.13	1.09		
N010	Country hen, wing, with skin	1				35.46			0.15	1.45		
N011	Duck, meat, with skin	1				22.77	0.001		1.00	4.26		
N012	Emu, meat, skinless	1				7.40	0.002		0.65	3.95		
N013	Guinea fowl, meat, with skin	1				30.77	0.002		0.17	2.20		
N014	Pigeon, meat, with skin	1				18.11			0.10	3.81		
N015	Quail, meat, skinless	1				20.60			0.20	1.90		
N016	Turkey, leg, with skin	1				20.44	0.001		0.53	2.01		
N017	Turkey, thigh, with skin	1				23.52			0.47	1.58		
N018	Turkey, breast, with skin	1				14.35			0.10	1.01		
N019	Turkey, wing, with skin	1				33.49	0.001		0.20	1.00		
O	**ANIMAL MEAT**											
O001	Goat, shoulder, meat	6	0.29±0.06	0.71±0.32		6.18±1.58	0.008±0.005		0.11±0.07	1.48±0.34	0.003±0.001	
O002	Goat, chops	6	0.16±0.02	0.76±0.41		7.44±0.28	0.012±0.007	0.001±0.000	0.07±0.01	1.87±0.44	0.002±0.000	
O003	Goat, legs	6	0.13±0.02	1.20±0.69		5.76±0.97	0.007±0.003		0.08±0.02	1.77±0.48	0.003±0.001	
O004	Goat, brain	5	0.22±0.04	0.56±0.20		10.61±0.24	0.011±0.012		0.30±0.06	1.63±0.35	0.003±0.001	
O005	Goat, tongue	4	0.40±0.04	0.57±0.18		7.11±0.14	0.014±0.004		0.16±0.03	2.09±0.42	0.003±0.002	

Food Code	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
N005	**Poultry, chicken, liver**	1	16	0.21				244	241	46.35	61.58	2.65
N006	**Poultry, chicken, gizzard**	1	14	0.03				119	244	54.66	50.60	2.65
N007	**Country hen, leg, with skin**	1	25	0.03				250	357	16.33	50.46	2.71
N008	**Country hen, thigh, with skin**	1	24	0.02				232	330	18.33	51.14	2.16
N009	**Country hen, breast, with skin**	1	22	0.01				222	365	20.12	23.13	0.78
N010	**Country hen, wing, with skin**	1	25	0.02				235	249	18.01	54.15	1.64
N011	**Duck, meat, with skin**	1	26	0.06				237	273	23.55	82.25	2.92
N012	**Emu, meat, skinless**	1	25	0.04				243	275	21.32	48.48	2.91
N013	**Guinea fowl, meat, with skin**	1	21	0.03				187	240	24.37	57.64	1.48
N014	**Pigeon, meat, with skin**	1	29	0.04				255	346	19.32	56.10	2.48
N015	**Quail, meat, skinless**	1	31	0.05				300	333	14.32	56.21	1.13
N016	**Turkey, leg, with skin**	1	26	0.04				236	308	17.63	66.47	3.35
N017	**Turkey, thigh, with skin**	1	23	0.02				194	280	20.36	50.01	2.95
N018	**Turkey, breast, with skin**	1	22	0.02				182	315	14.33	40.45	1.28
N019	**Turkey, wing, with skin**	1	24	0.02				199	262	18.36	57.00	1.68
O	**ANIMAL MEAT**											
O001	**Goat, shoulder, meat**	6	21.39±1.54	0.02±0.00	0.25±0.30		0.01±0.00	189±11.6	332±46.8	12.91±3.65	47.31±8.90	4.19±0.54
O002	**Goat, chops**	6	21.13±2.10	0.02±0.01	0.19±0.13		0.01±0.00	195±11.7	334±43.9	21.76±5.69	45.72±6.21	4.55±1.05
O003	**Goat, legs**	6	21.71±1.72	0.01±0.00	0.01±0.01		0.01±0.00	187±14.2	339±25.5	17.76±3.82	42.77±5.74	3.52±0.43
O004	**Goat, brain**	5	13.94±0.67	0.04±0.01	0.03±0.02		0.01±0.00	296±21.2	296±15.6	21.70±6.90	132±38.4	1.08±0.09
O005	**Goat, tongue**	4	19.39±2.23	0.04±0.01	0.20±0.19		0.01±0.01	212±15.9	223±37.3	22.76±6.04	118±35.1	2.44±0.11

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
O006	Goat, lungs	4	0.32±0.05	1.18±0.35		10.44±2.48	0.041±0.031	0.001±0.000	0.22±0.01	7.10±1.77	0.002±0.000	
O007	Goat, heart	5	0.37±0.08	0.93±0.21		5.71±1.43	0.012±0.005		0.34±0.04	3.38±0.54	0.002±0.000	
O008	Goat, liver	6	0.53±0.12	1.49±0.49	0.002±0.003	6.09±2.31	0.010±0.004	0.006±0.002	3.70±1.67	6.56±0.34	0.004±0.002	
O009	Goat, tripe	5	0.33±0.06	0.18±0.23		20.87±6.81	0.007±0.001		0.07±0.02	0.81±0.23	0.003±0.001	
O010	Goat, spleen	4	0.29±0.03	1.18±0.39		8.35±0.44	0.015±0.006	0.001±0.001	0.13±0.02	51.41±17.21	0.004±0.002	
O011	Goat, kidneys	4	0.19±0.04	1.44±0.87	0.002±0.001	12.37±4.51	0.009±0.005	0.003±0.001	0.25±0.03	6.73±0.13	0.001±0.000	
O012	Goat, tube (small intestine)	3	0.57±0.19	2.05±0.91		27.52±1.44	0.009±0.000	0.001±0.000	0.06±0.03	2.21±0.97	0.001±0.000	
O013	Goat, testis	2	0.06	0.65	0.001	5.95	0.015	0.001	0.08	1.43	0.007	
O014	Sheep, shoulder	5	0.25±0.06	1.18±0.52		5.46±2.05	0.023±0.038	0.001±0.000	0.07±0.04	1.63±0.62	0.003±0.001	
O015	Sheep, chops	4	0.13±0.02	0.69±0.39		7.98±1.94	0.009±0.004	0.001±0.001	0.08±0.02	2.24±0.33	0.003±0.001	
O016	Sheep, leg	5	0.13±0.03	0.70±0.26		6.87±1.88	0.009±0.003		0.09±0.01	1.54±0.15	0.001±0.001	
O017	Sheep, brain	1	0.14	0.73		10.27	0.003		0.28	1.93	0.002	
O018	Sheep, tongue	1	0.28	0.34		8.05	0.082		0.17	2.46	0.001	
O019	Sheep, lungs	2	0.48	1.85	0.004	7.74	0.015	0.003	0.41	8.58	0.001	
O020	Sheep, heart	1	0.03	6.04		6.79	0.012	0.001	0.29	3.07		0.03
O021	Sheep, liver	4	0.16±0.00	1.66±0.51	0.001±0.000	5.92±0.44	0.025±0.004	0.007±0.002	5.70±1.99	6.15±1.70	0.007±0.001	
O022	Sheep, tripe	2	0.27	0.10		14.85	0.019		0.06	0.90	0.002	
O023	Sheep, spleen	1	0.16	0.92	0.001	11.49	0.013	0.001	0.16	53.11	0.009	
O024	Sheep, kidneys	2	0.19	2.10	0.003	14.15	0.006	0.009	0.38	6.11	0.006	
O025	Beef, shoulder	6	0.38±0.10	0.76±0.26		6.50±1.85	0.007±0.002		0.07±0.04	2.22±0.56	0.003±0.001	
O026	Beef, chops	4	0.30±0.04	1.40±0.41		4.64±1.64	0.005±0.001		0.04±0.02	1.95±0.46	0.002±0.000	
O027	Beef, round (leg)	6	0.19±0.11	1.08±0.29		5.86±1.13	0.007±0.002		0.06±0.01	2.30±0.96	0.003±0.001	

Food Code	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
O006	Goat, lungs	4	11.48±1.33	0.04±0.00	0.07±0.03	0.02±0.00	0.01±0.00	209±8.5	180±19.4	26.00±6.96	85.72±22.56	1.70±0.32
O007	Goat, heart	5	18±2.32	0.03±0.01	0.04±0.03		0.01±0.00	174±21.0	224±26.8	15.00±3.00	73.21±10.98	1.45±0.16
O008	Goat, liver	6	18±1.34	0.26±0.04	0.44±0.79	0.12±0.04	0.01±0.00	336±45.5	284±48.8	48.12±26.66	55.41±14.75	3.48±1.32
O009	Goat, tripe	5	13±2.07	0.07±0.03	0.15±0.07		0.01±0.01	59.2±21.2	45±28.7	15.59±7.21	22.38±5.45	1.66±0.40
O010	Goat, spleen	4	15.3±2.76	0.03±0.00	0.05±0.01	0.01±0.00	0.01±0.00	266±7.3	368±17.1	48.55±13.46	52.40±8.62	1.95±0.19
O011	Goat, kidneys	4	18.6±2.65	0.08±0.01	0.38±0.11	0.01±0.00	0.01±0.00	220±8.1	195±43.7	142±47.6	184±21.3	1.73±0.07
O012	Goat, tube (small intestine)	3	7.14±1.99	0.05±0.02	0.05±0.03	0.01±0.00	0.03±0.00	55.9±16.5	130±5.4	26.09±10.09	7.46±2.01	1.12±0.55
O013	Goat, testis	2	13.66	0.02	0.64			186	253	80.34	92.61	1.19
O014	Sheep, shoulder	5	21.31±3.01	0.02±0.01	0.07±0.03	0.01±0.00	0.01±0.00	195±24.9	336±61.6	22.36±7.31	45.65±11.25	3.69±0.53
O015	Sheep, chops	4	21.42±2.22	0.03±0.01	0.13±0.01		0.01±0.00	191±20.0	323±49.9	20.82±9.63	45.26±10.93	3.46±0.71
O016	Sheep, leg	5	22.22±1.50	0.01±0.00	0.02±0.02			187±9.2	333±22.2	20.00±7.37	49.30±9.48	2.67±0.56
O017	Sheep, brain	1	14.08	0.04	0.02		0.01	271	312	34.60	122	1.11
O018	Sheep, tongue	1	24.53	0.03	0.45		0.02	207	220	23.20	185	2.46
O019	Sheep, lungs	2	11.68	0.03	0.07	0.01	0.01	187	204	16.12	109	1.58
O020	Sheep, heart	1	15.19	0.03	0.03		0.01	163	225	33.30	72.62	1.31
O021	Sheep, liver	4	17.91±2.26	0.28±0.02	0.16±0.15	0.15±0.03	0.02±0.01	334±55.6	280±53.8	43.38±17.97	55.82±12.86	3.73±1.05
O022	Sheep, tripe	2	17.81	0.16	0.19		0.01	55.61	48.75	13.92	18.37	1.89
O023	Sheep, spleen	1	17.23	0.04	0.04	0.04	0.01	266	327	64.53	50.58	1.71
O024	Sheep, kidneys	2	17.46	0.69	0.61	0.02	0.01	204	198	127	163	1.92
O025	Beef, shoulder	6	22.24±3.28	0.01±0.00	0.10±0.07			201±25.2	367±56.0	11.58±3.25	45.59±12.45	4.64±0.38
O026	Beef, chops	4	24.72±4.70	0.01±0.00	0.24±0.39			209±42.2	383±73.0	11.54±4.42	32.47±4.39	3.77±1.08
O027	Beef, round (leg)	6	26.59±2.36	0.01±0.00	0.02±0.01		0.01±0.00	215±20.0	366±3.8	18.14±10.72	38.96±8.25	3.36±0.52

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
O028	Beef, brain	4	0.38±0.10	0.85±0.15		11.38±0.39	0.004±0.000		0.29±0.06	2.15±0.42	0.003±0.001	
O029	Beef, tongue	4	0.48±0.10	1.04±0.27		9.49±0.28	0.005±0.002		0.13±0.03	2.17±0.70	0.003±0.001	
O030	Beef, lungs	3	0.33±0.04	2.06±0.57	0.001±0.000	9.31±0.87	0.011±0.010	0.002±0.001	0.20±0.12	6.85±1.65	0.006±0.002	
O031	Beef, heart	5	0.62±0.12	1.39±0.32		6.16±1.43	0.006±0.001	0.002±0.002	0.37±0.08	3.62±0.29	0.004±0.001	
O032	Beef, liver	6	0.52±0.14	2.60±0.33	0.001±0.000	5.46±0.44	0.012±0.005	0.004±0.003	1.23±1.40	14.82±2.65	0.007±0.002	
O033	Beef, tripe	5	0.37±0.21	0.61±0.43		15.30±2.91	0.012±0.007	0.001±0.001	0.04±0.02	0.84±0.12	0.002±0.000	
O034	Beef, spleen	6	0.32±0.12	1.80±0.56	0.001±0.000	9.40±0.24	0.008±0.004	0.001±0.000	0.09±0.01	31.68±4.50	0.003±0.001	
O035	Beef, kidneys	3	0.34±0.12	2.37±0.54	0.043±0.010	15.31±0.44	0.005±0.000	0.002±0.002	0.21±0.09	4.71±1.89	0.481±0.827	
O036	Calf, shoulder	2	0.29	0.70		8.39	0.008		0.05	1.31	0.001	
O037	Calf, chops	2	0.27	0.27		9.27	0.012		0.07	1.20	0.004	
O038	Calf, round (leg)	2	0.19	0.93		10.03	0.007		0.08	2.40		
O039	Calf, brain	2	0.15	0.71		10.53	0.006		0.24	1.44	0.002	
O040	Calf, tongue	2	0.30	0.93		9.08	0.015		0.14	2.63		
O041	Calf, heart	1	0.17	0.60		6.48	0.031	0.001	0.28	4.66		
O042	Calf, liver	1	0.07	3.47	0.001	5.19	0.007	0.013	1.04	16.26		
O043	Calf, spleen	1	0.32	0.45	0.003	10.56	0.008	0.001	0.19	25.42	0.006	
O044	Calf, kidneys	2	0.19	1.42	0.014	12.63	0.008	0.002	0.21	4.92	0.003	
O045	Mithun, shoulder	1	0.35	1.40		4.27	0.050		0.08	2.05	0.003	
O046	Mithun, chops	1	0.36	0.62	0.001	4.88	0.019		0.09	2.25	0.006	
O047	Mithun, round (leg)	1	0.17	0.63		5.32	0.038	0.001	0.09	2.18	0.004	
O048	Pork, shoulder	6	0.47±0.14	1.53±0.89		9.95±5.13	0.020±0.011		0.23±0.17	0.91±0.23	0.005±0.000	
O049	Pork, chops	6	0.41±0.12	0.85±0.38		8.12±0.81	0.024±0.005		0.22±0.13	1.00±0.20	0.003±0.001	

Food Code	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
O028	Beef, brain	4	15.84±2.93	0.03±0.01	0.04±0.01		0.01±0.00	326±34.2	320±59.0	16.57±4.35	127±25.4	1.18±0.19
O029	Beef, tongue	4	22.82±7.66	0.04±0.01	0.11±0.07		0.01±0.00	220±61.6	260±57.4	15.16±2.49	89.88±20.41	3.31±0.35
O030	Beef, lungs	3	11.60±1.19	0.07±0.09	0.07±0.02	0.01±0.00	0.01±0.00	172±15.0	216±37.2	16.69±5.47	109±14.5	1.52±0.20
O031	Beef, heart	5	15.66±8.91	0.03±0.01	0.09±0.07			181±16.0	258±69.1	20.66±7.75	70.52±13.92	1.50±0.22
O032	Beef, liver	6	18.57±2.85	0.25±0.08	0.46±0.25	0.10±0.02	0.02±0.01	332±61.4	289±58.2	20.20±5.44	50.14±3.83	4.36±1.97
O033	Beef, tripe	5	9.33±2.12	0.03±0.02	0.08±0.03		0.01±0.00	60.17±9.2	143±61.1	10.18±3.72	41.00±11.13	2.02±0.36
O034	Beef, spleen	6	15.80±1.25	0.03±0.01	0.11±0.04	0.05±0.01	0.01±0.00	252±24.2	348±32.4	37.55±9.76	58.94±5.92	2.01±0.16
O035	Beef, kidneys	3	14.70±6.6.8	0.05±0.02	0.78±0.18	0.01±0.01		180±16.5	184±80.9	135±16.8	160±31.1	1.40±0.49
O036	Calf, shoulder	2	22.71	0.01	0.07		0.01	197	369	12.34	77.00	3.31
O037	Calf, chops	2	20.77		0.13		0.01	195	366	12.53	64.94	3.29
O038	Calf, round (leg)	2	22.28	0.01	0.05		0.01	185	356	13.32	67.04	2.64
O039	Calf, brain	2	14.29	0.03	0.03		0.01	296	306	15.48	115	1.11
O040	Calf, tongue	2	15.38	0.03	0.07		0.01	178	238	10.57	91.64	2.67
O041	Calf, heart	1	18.21	0.04	0.05		0.01	185	224	11.86	58.00	1.63
O042	Calf, liver	1	19.16	0.19	0.80	0.12	0.01	358	307	19.94	54.99	3.80
O043	Calf, spleen	1	18.95	0.04	0.11	0.08	0.01	274	372	41.33	67.87	2.02
O044	Calf, kidneys	2	17.35	0.06	1.33	0.01	0.01	204	206	91.31	174	1.58
O045	Mithun, shoulder	1	18.86	0.01	0.08		0.02	199	307	28.28	32.94	6.11
O046	Mithun, chops	1	18.20	0.02			0.03	178	222	14.58	42.17	6.08
O047	Mithun, round (leg)	1	22.23	0.01			0.06	190	338	14.81	28.42	3.47
O048	Pork, shoulder	6	15.01±4.36	0.02±0.01	0.15±0.10			157±36.8	234±33.1	13.26±5.22	54.47±16.10	2.08±0.66
O049	Pork, chops	6	11.62±1.58	0.03±0.01	0.23±0.05			143±0.3	243±0.7	15.06±3.70	43.70±11.05	1.34±0.46

Food Code	Food Name	No. of regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mg	µg	mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
O050	Pork, ham	6	0.32±0.28	1.54±0.94		7.40±2.16	0.015±0.012		0.20±0.19	1.27±0.48	0.003±0.001	
O051	Pork, lungs	4	0.33±0.14	2.03±0.55	0.002±0.000	10.30±0.26	0.007±0.007	0.001±0.001	0.21±0.12	6.76±2.03		
O052	Pork, heart	4	0.29±0.09	1.06±0.24		4.74±0.91	0.011±0.004		0.32±0.04	3.97±0.43	0.002±0.001	
O053	Pork, liver	5	0.33±0.27	1.64±0.89	0.003±0.004	5.52±0.27	0.007±0.002	0.003±0.003	0.66±0.31	20.74±7.24	0.002±0.001	
O054	Pork, stomach	1	0.44	5.94		11.75	0.042		0.74	1.92	0.006	
O055	Pork, spleen	3	0.26±0.22	1.83±1.59	0.003±0.003	6.98±2.93	0.018±0.018		0.11±0.01	27.21±6.43	0.799±1.381	
O056	Pork, kidneys	5	0.11±0.02	1.80±1.89	0.022±0.014	6.71±0.55	0.012±0.008	0.001±0.001	0.53±0.19	6.26±2.55	0.002±0.001	
O057	Pork, tube (small intestine)	1	0.52	2.48	0.001	16.05	0.008		0.11	2.83	0.007	
O058	Hare, shoulder	1				57.51	0.002		0.43	2.98	0.002	
O059	Hare, chops	1				38.36			0.19	2.78	0.001	
O060	Hare, leg	1				53.02			0.25	2.46	0.002	
O061	Rabbit, shoulder	1				46.37	0.001		0.64	1.74	0.003	
O062	Rabbit, chops	1				25.48			0.08	2.42	0.002	
O063	Rabbit, leg	1				22.31			0.18	1.21	0.003	

Food Code	Food Name	No. of regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdeum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mg	µg	mg	mg	mg	mg	µg	mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
O050	Pork, ham	6	17.05±3.66	0.01±0.01	0.10±0.14			140±26.6	239±34.6	13.21±6.77	40.44±9.89	1.76±0.41
O051	Pork, lungs	4	9.82±3.41	0.03±0.01	0.12±0.11		0.01±0.00	161±33.4	200±23.0	17.75±9.09	61.41±20.69	1.18±0.21
O052	Pork, heart	4	18.23±1.82	0.03±0.00	0.27±0.05	0.01±0.00	0.01±0.02	187±18.5	268±54.9	20.75±5.43	70.52±13.46	1.60±0.23
O053	Pork, liver	5	16.59±1.79	0.17±0.03	0.92±1.63	0.13±0.02	0.01±0.00	310±24.2	279±20.7	33.49±10.76	64.89±17.55	4.19±1.30
O054	Pork, stomach	1	23.32	0.02	0.16		0.01	125	200	31.64	109	2.34
O055	Pork, spleen	3	16.08±2.24	0.03±0.01	0.18±0.10	0.01±0.00	0.01±0.00	230±28.7	325±35.1	37.25±4.76	49.14±5.55	2.09±0.29
O056	Pork, kidneys	5	15.56±1.39	0.10±0.01	1.15±0.43	0.01±0.01	0.01±0.00	201±17.8	198±11.5	206±39.5	138±17.5	1.90±0.28
O057	Pork, tube (small intestine)	1	9.78	0.05	0.16		0.01	124	140	26.44	60.17	1.36
O058	Hare, shoulder	1	28	0.04				260	303	16.38	55.03	2.72
O059	Hare, chops	1	31	0.03				295	340	30.25	48.61	1.45
O060	Hare, leg	1	32	0.02				275	370	21.01	42.48	1.62
O061	Rabbit, shoulder	1	32	0.03				238	361	14.83	61.38	2.34
O062	Rabbit, chops	1	33	0.03				245	374	30.22	47.84	1.30
O063	Rabbit, leg	1	21	0.03				245	389	24.31	46.03	1.23

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg		mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P	**MARINE FISH**											
P001	**Allathi** *(Elops machnata)*	1				13.78	0.012		0.03	0.62		
P002	**Aluva** *(Parastromateus niger)*	3			0.001±0.000	11.32±2.07	0.011±0.007	0.001±0.000	0.04±0.01	0.42±0.02	0.004±0.002	0.003±0.002
P003	**Anchovy** *(Stolephorus indicus)*	2			0.003	36.60	0.016		0.04	0.54		0.011
P004	**Ari fish** *(Aprion virescens)*	1				4.36	0.002		0.02	0.47		0.002
P005	**Betki** *(Lates calcarifer)*	1	0.01	0.27		8.84	0.014		0.79	0.31	0.002	
P006	**Black snapper** *(Macolor niger)*	1	0.17	0.08		9.91	0.046		0.02	0.56		
P007	**Bombay duck** *(Harpadon nehereus)*	2	0.67	7.68	0.001	159	0.010	0.001	0.03	0.81	0.003	0.004
P008	**Bommuralu** *(Muraenesox cinerius)*	3				47.33±16.91	0.017±0.002	0.001±0.000	0.14±0.21	0.43±0.10		0.002±0.001
P009	**Cat fish** *(Tachysurus thalassinus)*	1				5.54	0.015		0.03	0.72		
P010	**Chakla** *(Rachycentron canadum)*	5				6.55±1.09	0.014±0.003	0.001±0.001	0.38±0.73	0.41±0.10	0.001±0.000	0.002±0.002
P011	**Chappal** *(Aluterus monoceros)*	1				10.22	0.014		0.43	1.29		0.001
P012	**Chelu** *(Elagatis bipinnulata)*	2				8.17	0.009		0.13	0.67		0.002
P013	**Chembali** *(Lutjanus quinquelineatus)*	1			0.001	23.72	0.003		0.03	0.31		0.001
P014	**Eri meen** *(Pristipomoides filamentosus)*	1				12.45	0.001		0.02	0.46		0.001
P015	**Gobro** *(Epinephelus diacanthus)*	2				24.18	0.006	0.001	0.10	0.36		0.001
P016	**Guitar fish** *(Rhinobatus prahli)*	1				17.32	0.024	0.001	0.03	0.44		0.002
P017	**Hilsa** *(Tenualosa ilisha)*	2	0.59	0.18	0.001	19.82	0.006	0.001	0.15	1.19		0.001
P018	**Jallal** *(Arius* sp.*)*	1				14.73	0.003		0.03	0.46		0.002
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2				6.65	0.011	0.001	0.02	0.28	0.001	0.001
P020	**Kadal bral** *(Synodus indicus)*	1			0.001	73.92	0.001		0.02	0.31		0.002

Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg		mg	mg	mg	mgg		mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P	**MARINE FISH**											
P001	**Allathi** *(Elops machnata)*	1	29.08	0.01			0.004	215	286	12.55	32.68	0.30
P002	**Aluva** *(Parastromateus niger)*	3	34.38±1.63	0.01±0.00			0.004±0.001	245±13.9	470±61.3	35.15±8.07	44.86±6.80	0.38±0.02
P003	**Anchovy** *(Stolephorus indicus)*	2	53.00	0.07			0.004	246	270	56.22	212	0.65
P004	**Ari fish** *(Aprion virescens)*	1	30.27	0.01			0.006	265	447	53.21	37.35	0.31
P005	**Betki** *(Lates calcarifer)*	1	24.16	0.01	5.87		0.003	188	355	35.75	63.68	0.36
P006	**Black snapper** *(Macolor niger)*	1	26.72	0.01	6.88	0.001	0.007	195	341	14.40	41.23	0.40
P007	**Bombay duck** *(Harpadon nehereus)*	2	24.27	0.05	0.90		0.006	185	188	25.45	223	0.42
P008	**Bommuralu** *(Muraenesox cinerius)*	3	27.13±4.91	0.03±0.03			0.005±0.002	207±29.5	349±27.7	18.01±5.16	61.87±2.43	0.67±0.21
P009	**Cat fish** *(Tachysurus thalassinus)*	1	25.69	0.01			0.005	252	429	42.33	35.82	0.58
P010	**Chakla** *(Rachycentron canadum)*	5	24.71±1.74	0.01±0.00		0.001±0.000	0.006±0.002	219±59.3	343±43.7	58.99±7.35	51.41±11.15	0.57±0.38
P011	**Chappal** *(Aluterus monoceros)*	1	25.85	0.01		0.004		203	306	52.37	38.12	0.67
P012	**Chelu** *(Elagatis bipinnulata)*	2	31.68	0.02			0.019	252	406	18.43	37.60	0.41
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	30.55	0.02			0.002	211	323	15.65	38.98	0.32
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	30.99	0.01			0.005	243	402	14.36	41.19	0.31
P015	**Gobro** *(Epinephelus diacanthus)*	2	28.23	0.01			0.004	170	316	70.58	52.68	0.37
P016	**Guitar fish** *(Rhinobatus prahli)*	1	27.45	0.01		0.003	0.002	230	342	34.66	70.81	0.35
P017	**Hilsa** *(Tenualosa ilisha)*	2	30.62	0.08	0.52		0.001	278	341	37.62	80.88	0.64
P018	**Jallal** *(Arius sp.)*	1	29.12	0.01			0.003	204	368	41.03	74.33	0.83
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	31.12	0.01		0.001	0.003	249	467	12.35	30.53	0.35
P020	**Kadal bral** *(Synodus indicus)*	1	29.55	0.02			0.002	219	366	52.85	53.66	0.38

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg		mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P021	**Kadali** *(Nemipterus mesoprion)*	1				8.62	0.018		0.02	0.38		
P022	**Kalamaara** *(Leptomelanosoma indicum)*	2				7.54	0.006	0.001	0.03	0.50	0.009	0.001
P023	**Kalava** *(Epinephelus coioides)*	1			0.001	10.66	0.009		0.72	0.26	0.004	
P024	**Kanamayya** *(Lutjanus rivulatus)*	2				7.72	0.003		0.02	0.36		0.001
P025	**Kannadi paarai** *(Alectis indicus)*	3			0.002±0.001	9.04±2.54	0.010±0.004	0.001±0.001	0.03±0.01	0.31±0.06		0.002±0.001
P026	**Karimeen** *(Etroplus suratensis)*	1				11.73	0.006	0.001		0.60		
P027	**Karnagawala** *(Anchoa hepsetus)*	1				60.03	0.013		0.01	0.44		0.007
P028	**Kayrai** *(Thunnus albacores)*	2				6.00	0.006		0.08	0.98		
P029	**Kiriyan** *(Atule mate)*	1			0.004	19.42			0.09	1.00		0.002
P030	**Kite fish** *(Mobula kuhlii)*	1			0.001	11.02	0.005		0.04	1.38		0.002
P031	**Korka** *(Terapon jarbua)*	1			0.003	11.12	0.004		1.22	0.73	0.004	0.001
P032	**Kulam paarai** *(Carangoides fulvoguttatus)*	1				15.17	0.027	0.001	0.05	0.50		
P033	**Maagaa** *(Polynemus plebeius)*	1				8.42	0.002		0.02	0.23		0.001
P034	**Mackerel** *(Rastrelliger kanagurta)*	3			0.002±0.001	31.27±15.90	0.011±0.007	0.001±0.001	0.12±0.03	1.46±0.63	0.003±0.000	0.003±0.003
P035	**Manda clathi** *(Naso reticulatus)*	1				11.48	0.027		0.01	0.43		0.001
P036	**Matha** (*Acanthurus mata*)	2				14.02	0.017	0.001	0.02	0.32		0.003
P037	**Milk fish** *(Chanos chanos)*	1			0.003	29.18	0.006		0.45	1.35	0.002	0.001
P038	**Moon fish** *(Mene maculata)*	1			0.001	29.18	0.004	0.001	0.16	1.67		0.004
P039	**Mullet** *(Mugil cephalus)*	3			0.001±0.001	35.20±5.83	0.014±0.002	0.001±0.000	0.06±0.05	1.31±0.98		0.002±0.001
P040	**Mural** *(Tylosurus crocodilus crocodilus)*	1				8.61	0.005		0.02	0.24		
P041	**Myil meen** *(Istiophorus platypterus)*	2				7.20	0.060	0.002	0.12	1.20		0.003

Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg		mg	mg	mg	mgg		mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P021	**Kadali** *(Nemipterus mesoprion)*	1	26.23			0.001	0.005	207	390	16.88	36.06	0.35
P022	**Kalamaara** *(Leptomelanosoma indicum)*	2	34.29	0.01		0.001	0.003	227	420	57.99	29.33	0.38
P023	**Kalava** *(Epinephelus coioides)*	1	22.87	0.02			0.003	177	279	12.34	40.14	0.82
P024	**Kanamayya** *(Lutjanus rivulatus)*	2	27.07	0.01			0.003	194	346	5.60	50.53	0.31
P025	**Kannadi paarai** *(Alectis indicus)*	3	32.36±2.43	0.01±0.00			0.005±0.002	252±47.7	432±47.8	23.26±0.15	59.57±15.15	0.40±0.05
P026	**Karimeen** *(Etroplus suratensis)*	1	28.49	0.03			0.005	192	452	19.66	23.72	0.46
P027	**Karnagawala** *(Anchoa hepsetus)*	1	44.30	0.02			0.004	178	228	16.45	63.27	0.41
P028	**Kayrai** *(Thunnus albacores)*	2	31.74	0.01			0.003	266	321	40.32	25.12	0.39
P029	**Kiriyan** *(Atule mate)*	1	31.98	0.03		0.001	0.004	214	277	23.56	35.88	0.82
P030	**Kite fish** *(Mobula kuhlii)*	1	28.46	0.01			0.005	231	387	15.69	59.03	0.55
P031	**Korka** *(Terapon jarbua)*	1	28.55	0.02			0.007	229	349	51.96	43.30	1.47
P032	**Kulam paarai** *(Carangoides fulvoguttatus)*	1	30.79	0.01			0.008	244	366	21.51	49.17	0.52
P033	**Maagaa** *(Polynemus plebeius)*	1	30.32	0.01			0.002	181	375	32.85	52.28	0.35
P034	**Mackerel** *(Rastrelliger kanagurta)*	3	37.46±10.04	0.02±0.00			0.002±0.001	231±18.6	309±36.8	64.08±9.98	83.01±12.99	0.67±0.11
P035	**Manda clathi** *(Naso reticulatus)*	1	37.88	0.01		0.003	0.006	320	431	22.56	58.50	0.37
P036	**Matha** (*Acanthurus mata*)	2	40.24	0.01			0.012	263	450	17.90	62.58	0.32
P037	**Milk fish** *(Chanos chanos)*	1	35.38	0.02			0.003	292	301	62.25	42.98	2.43
P038	**Moon fish** *(Mene maculata)*	1	37.14	0.04			0.003	169	157	30.02	65.17	0.93
P039	**Mullet** *(Mugil cephalus)*	3	34.09±4.19	0.04±0.03			0.004±0.002	222±35.2	331±18.9	40.49±16.75	66.09±6.91	0.45±0.13
P040	**Mural** *(Tylosurus crocodilus crocodilus)*	1	27.10	0.01			0.001	224	330	26.36	110	0.71
P041	**Myil meen** *(Istiophorus platypterus)*	2	30.08	0.02		0.007	0.004	268	365	47.58	61.96	0.58

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg		mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P042	**Nalla bontha** *(Epinephelus* sp.*)*	1				9.04	0.005		0.02	0.31		0.002
P043	**Narba** *(Caranx sexfasciatus)*	2			0.001	7.21	0.004		0.10	1.11	0.004	0.002
P044	**Paarai** *(Caranx heberi)*	1				13.52	0.011		0.03	0.69		0.001
P045	**Padayappa** *(Canthidermis maculata)*	1			0.001	9.83	0.003	0.001	0.58	0.33	0.001	0.001
P046	**Pali kora** *(Panna microdon)*	1				17.03	0.002		0.01	0.42		0.002
P047	**Pambada** *(Lepturacanthus savala)*	2				16.53	0.023	0.001	0.02	0.38		0.004
P048	**Pandukopa** *(Pseudosciaena manchurica)*	1				12.18	0.004		0.03	0.47		0.002
P049	**Parava** *(Lactarius lactarius)*	1				29.12	0.006		0.02	3.58		0.002
P050	**Parcus** (*Psettodes erumei)*	1				21.08	0.005		0.02	0.28		0.002
P051	**Parrot fish** *(Scarus ghobban)*	1				9.21	0.021	0.003	0.06	0.38		
P052	**Perinkilichai** *(Pinjalo pinjalo)*	1				7.25	0.015		0.02	0.29		0.001
P053	**Phopat** *(Coryphaena hippurus)*	4				9.32±3.09	0.013±0.002		0.05±0.01	0.47±0.05	0.015±0.006	
P054	**Piranha** *(Pygopritis* sp.*)*	1				14.85	0.003	0.001		0.50		
P055	**Pomfret, black** *(Parastromateus niger)*	1	0.13	1.52	0.001	18.10	0.008		0.07	0.78		
P056	**Pomfret, snub nose** *(Trachinotus blochii)*	2			0.001	6.57	0.002		0.03	0.41		0.001
P057	**Pomfret, white** *(Pampus argenteus)*	2				13.64	0.011	0.004	0.05	0.31		0.001
P058	**Pranel** *(Gerres* sp.*)*	1				21.88	0.003	0.001	0.03	0.41		0.001
P059	**Pulli paarai** *(Gnathanodon speciosus)*	1				21.84	0.014	0.001	0.04	0.35		0.002
P060	**Queen fish** *(Scomberoides commersonianus)*	3				5.75±1.87	0.015±0.005		0.05±0.01	0.49±0.09		0.001±0.001
P061	**Raai fish** *(Lobotes surinamensis)*	2			0.001	11.09	0.016	0.001	0.03	0.46		0.001
P062	**Raai vanthu** *(Epinephelus chlorostigma)*	1				8.72	0.009		0.03	0.36		0.001

Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg		mg	mg	mg	mgg		mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P042	**Nalla bontha** *(Epinephelus* sp.*)*	1	29.20	0.01			0.003	197	403	12.34	57.87	0.30
P043	**Narba** *(Caranx sexfasciatus)*	2	26.33	0.01			0.003	235	384	42.50	49.51	0.45
P044	**Paarai** *(Caranx heberi)*	1	27.59	0.01		0.003	0.007	284	384	35.63	45.22	0.45
P045	**Padayappa** *(Canthidermis maculata)*	1	28.98	0.02			0.006	256	490	62.35	33.87	1.48
P046	**Pali kora** *(Panna microdon)*	1	28.00	0.01			0.001	195	364	32.15	54.85	0.38
P047	**Pambada** *(Lepturacanthus savala)*	2	29.87	0.02			0.002	170	263	13.58	82.65	0.41
P048	**Pandukopa** *(Pseudosciaena manchurica)*	1	29.15	0.01			0.004	203	427	15.65	49.15	0.33
P049	**Parava** *(Lactarius lactarius)*	1	32.52	0.03		0.001	0.009	194	363	11.54	84.08	0.56
P050	**Parcus** (*Psettodes erumei)*	1	28.84	0.02			0.004	218	446	16.23	64.38	0.33
P051	**Parrot fish** *(Scarus ghobban)*	1	28.88	0.02		0.004	0.003	316	432	64.52	51.79	0.31
P052	**Perinkilichai** *(Pinjalo pinjalo)*	1	29.01	0.01			0.003	236	365	26.33	34.16	0.36
P053	**Phopat** *(Coryphaena hippurus)*	4	32.27±2.78	0.01±0.00			0.007±0.004	258±21.3	439±12.1	65.53±7.30	36.20±2.65	0.36±0.06
P054	**Piranha** *(Pygopritis* sp.*)*	1	23.41	0.02			0.003	170	323	28.22	38.97	0.43
P055	**Pomfret, black** *(Parastromateus niger)*	1	28.22	0.02	1.70		0.005	195	295	50.25	69.09	0.50
P056	**Pomfret, snub nose** *(Trachinotus blochii)*	2	29.85	0.01			0.004	247	483	30.62	36.10	0.92
P057	**Pomfret, white** *(Pampus argenteus)*	2	32.20	0.02		0.001	0.003	211	255	29.33	46.09	0.53
P058	**Pranel** *(Gerres* sp.*)*	1	26.26	0.02			0.003	166	251	63.35	52.37	0.55
P059	**Pulli paarai** *(Gnathanodon speciosus)*	1	31.12	0.01			0.002	232	335	53.25	58.56	0.52
P060	**Queen fish** *(Scomberoides commersonianus)*	3	28.10±2.72	0.01±0.00		0.001±0.000	0.006±0.003	235±17.8	440±17.8	39.82±11.13	48.93±9.31	0.35±0.02
P061	**Raai fish** *(Lobotes surinamensis)*	2	21.99	0.02			0.003	213	347	7.92	47.62	0.36
P062	**Raai vanthu** *(Epinephelus chlorostigma)*	1	27.39	0.01			0.006	178	311	16.53	50.83	0.35

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg		mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P063	**Rani** *(Pink perch)*	1	0.41	0.90		37.90	0.005		0.08	0.87		0.001
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1			0.001	9.64	0.001		0.03	0.25		0.002
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1				8.39	0.006		0.03	0.37		0.003
P066	**Red snapper, small** *(Priacanthus hamrur)*	1				17.43	0.013		0.16	0.57		0.002
P067	**Sadaya** *(Platax orbicularis*)	1				9.08	0.011		0.16	0.47		
P068	**Salmon** *(Salmo salar)*	1			0.001	24.30	0.008		0.08	0.98		
P069	**Sangada** *(Nemipterus japanicus)*	1				7.90	0.008	0.001	0.05	0.99		0.005
P070	**Sankata paarai** *(Caranx ignobilis)*	1				6.03	0.003		0.05	0.99		
P071	**Sardine** *(Sardinella longiceps)*	1	0.10	0.08	0.001	42.26	0.008		0.07	0.83		
P072	**Shark** *(Carcharhinus sorrah)*	2				8.44	0.028	0.007	0.23	0.38	0.002	0.001
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	0.18	0.88		7.92	0.014		0.03	0.86		
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1			0.004	8.10	0.012		0.03	0.54		0.001
P075	**Shelavu** *(Sphyraena jello)*	4				11.42±1.81	0.006±0.001		0.04±0.03	0.52±0.27		0.001±0.001
P076	**Silan** *(Silonia silondia)*	1	0.03	1.20		28.82	0.007	0.001	0.08	0.56	0.004	
P077	**Silk fish** *(Beryx* sp.*)*	1				10.46	0.003		0.02	0.30		0.001
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	0.11	9.61		85.55	0.025		0.02	0.58		0.002
P079	**Sole fish** *(Cynoglossus arel)*	1				47.28	0.004		0.02	0.33		0.004
P080	**Stingray** *(Dasyatis pastinaca)*	1	0.02	0.44	0.001	9.16	0.010		0.03	0.74	0.003	
P081	**Tarlava** *(Drepane punctata)*	2				11.68	0.009	0.001	0.03	0.53		
P082	**Tholam** *(Plectorhinchus schotaf)*	2				11.40	0.016		0.05	0.60		0.001
P083	**Tilapia** *(Oreochromis niloticus)*	1	0.86	0.65		99.39	0.033	0.001	0.04	2.84	0.011	

Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg		mg	mg	mg	mgg		mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P063	**Rani** *(Pink perch)*	1	29.91	0.02	4.53		0.001	208	335	40.12	63.17	0.40
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1	19.25	0.01			0.003	196	353	44.37	105	0.49
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1	32.65	0.01			0.003	204	446	12.84	59.89	0.34
P066	**Red snapper, small** *(Priacanthus hamrur)*	1	31.03	0.01			0.004	204	327	23.65	38.97	0.40
P067	**Sadaya** *(Platax orbicularis*)	1	26.27	0.02			0.033	221	360	23.55	49.41	0.68
P068	**Salmon** *(Salmo salar)*	1	31.18	0.01		0.003	0.005	211	345	36.34	20.25	0.51
P069	**Sangada** *(Nemipterus japanicus)*	1	28.37	0.09			0.003	211	217	26.00	77.82	0.32
P070	**Sankata paarai** *(Caranx ignobilis)*	1	27.53	0.01			0.001	246	379	33.02	22.33	0.39
P071	**Sardine** *(Sardinella longiceps)*	1	24.39	0.02	1.49		0.003	191	228	50.21	38.49	0.89
P072	**Shark** *(Carcharhinus sorrah)*	2	32.58	0.02		0.002	0.005	263	372	28.90	63.63	0.46
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	25.11	0.02	3.74		0.008	200	304	50.31	53.55	0.40
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1	19.05	0.02			0.003	179	318	62.32	131	0.55
P075	**Shelavu** *(Sphyraena jello)*	4	29.90±6.95	0.01±0.00			0.006±0.003	251±28.2	453±51.9	30.81±3.61	38.73±5.26	0.42±0.12
P076	**Silan** *(Silonia silondia)*	1	22.64	0.02	0.21			163	223	20.23	29.39	0.58
P077	**Silk fish** *(Beryx* sp.*)*	1	27.13	0.01			0.004	211	440	16.59	41.57	0.34
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	24.97	0.03	1.81		0.005	187	249	72.55	19.60	0.57
P079	**Sole fish** *(Cynoglossus arel)*	1	27.96	0.07			0.003	123	199	40.22	74.57	0.17
P080	**Stingray** *(Dasyatis pastinaca)*	1	24.61	0.01	1.54		0.004	174	270	23.85	64.14	0.44
P081	**Tarlava** *(Drepane punctata)*	2	30.10	0.01		0.001	0.005	199	370	23.42	67.40	0.31
P082	**Tholam** *(Plectorhinchus schotaf)*	2	26.14	0.01		0.001	0.004	241	382	46.23	28.00	0.36
P083	**Tilapia** *(Oreochromis niloticus)*	1	24.56	0.10			0.010	184	255	20.85	52.55	0.88

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg		mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
P084	**Tuna** *(Euthynnus affinis)*	5			0.001±0.001	9.82±1.65	0.015±0.004	0.001±0.001	0.27±0.13	1.60±0.50	0.001±0.000	0.001±0.001
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1			0.001	6.45	0.002		0.11	1.43		
P086	**Valava** *(Chirocentrus nudus)*	1				37.06	0.004		0.03	0.24		0.002
P087	**Vanjaram** *(Scomberomorus commerson)*	2		0.22	0.060	9.85		0.007	0.08	0.41		0.012
P088	**Vela meen** *(Aprion virescens)*	1				14.90	0.045	0.009	0.08	0.64		
P089	**Vora** *(Siganus javus)*	2				7.64	0.016		0.01	0.27		0.001
P090	**Whale shark** *(Galeocerdo cuvier)*	1			0.001	8.32	0.006	0.002	0.10	0.33		0.003
P091	**Xiphinis** *(Xiphias gladius)*	1			0.002	12.08	0.010		0.03	0.54		0.002
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	0.48	1.11		61.69	0.021	0.005	0.08	6.65		
Q	**MARINE SHELLFISH**											
Q001	**Crab** *(Menippe mercenaria)*	1	1.40	0.13	0.009	128	0.048	0.018	0.42	1.10		0.005
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1			0.006	333	0.032	0.012	0.84	0.98		0.017
Q003	**Lobster, brown** *(Thenus orientalis)*	1			0.003	73.06	0.044	0.003	0.12	0.77		0.007
Q004	**Lobster, king size** *(Thenus orientalis)*	1	0.17	1.08	0.011	66.44	0.014	0.001	0.49	0.35	0.009	0.005
Q005	**Mud crab** *(Scylla tranquebarica)*	1			0.001	201	0.014	0.001	1.23	0.87		
Q006	**Oyster** *(Crassostrea* sp.*)*	1			0.013	126	0.096	0.011	3.41	0.90		0.010
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1			0.001	37.81	0.020	0.001	0.32	0.73		0.006
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1			0.001	71.89	0.004		0.41	0.39		

Food Code	Fish Name	No. of Regions	Magnesium (Mg)	Manganese (Mn)	Mercury (Hg)	Molebdenum (Mo)	Nickel (Ni)	Phosphorus (P)	Potassium (K)	Selenium (Se)	Sodium (Na)	Zinc (Zn)
			mg	mgg		mg	mg	mg	mgg		mg	mg
			MG	MN	HG	MO	NI	P	K	SE	NA	ZN
P084	**Tuna** *(Euthynnus affinis)*	5	35.85±1.59	0.02±0.01		0.002±0.001	0.007±0.002	292±39.6	357±20.6	21.55±5.13	52.89±10.16	0.69±0.20
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	26.02	0.02			0.004	209	273	23.85	22.60	0.46
P086	**Valava** *(Chirocentrus nudus)*	1	39.05	0.02			0.004	229	365	32.02	91.91	0.42
P087	**Vanjaram** *(Scomberomorus commerson*)	2	36.73	0.01		0.002		302	473	32.64	34.85	0.74
P088	**Vela meen** *(Aprion virescens)*	1	31.93	0.02		0.001	0.011	280	387	35.45	38.15	0.36
P089	**Vora** *(Siganus javus)*	2	32.27	0.01			0.003	246	401	23.65	43.66	0.29
P090	**Whale shark** *(Galeocerdo cuvier)*	1	20.61	0.01			0.001	274	365	33.95	116	0.38
P091	**Xiphinis** *(Xiphias gladius)*	1	26.38	0.01			0.002	255	306	32.82	66.21	0.56
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	59.93	0.50	2.26		0.016	445	252	43.57	54.83	3.11
Q	**MARINE SHELLFISH**											
Q001	**Crab** *(Menippe mercenaria)*	1	38.04	0.33	4.61	0.024	0.024	100	171	34.80	244	0.76
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	80.04	0.16		0.012	0.003	193	252	37.69	313	3.07
Q003	**Lobster, brown** *(Thenus orientalis)*	1	45.34	0.07		0.004	0.005	223	212	33.82	140	1.16
Q004	**Lobster, king size** *(Thenus orientalis)*	1	50.16	0.04	14.58		0.006	261	315	69.71	191	1.92
Q005	**Mud crab** *(Scylla tranquebarica)*	1	46.92	0.79			0.002	153	227	51.97	305	3.30
Q006	**Oyster** *(Crassostrea* sp.*)*	1	22.24	0.56		0.071		170	122	28.91	41.01	7.35
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	45.93	0.03			0.003	189	141	46.95	188	1.10
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	30.50	0.02		0.001	0.003	191	140	54.22	61.05	1.16

Food Code	Fish Name	No. of Regions	Aluminium (Al)	Arsenic (As)	Cadmium (Cd)	Calcium (Ca)	Chromium (Cr)	Cobalt (Co)	Copper (Cu)	Iron (Fe)	Lead (Pb)	Lithium (Li)
			mgg		mg	mg	mg	mg	mg	mg	mg	mg
			AL	AS	CD	CA	CR	CO	CU	FE	PB	LI
R	**MARINE MOLLUSKS**											
R001	**Clam, green shell** *(Perna viridis)*	1			0.008	121	0.104	0.027	0.25	1.01		
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1			0.012	50.00	0.123	0.031	0.31	0.94		0.004
R003	**Octopus** *(Octopus vulgaris)*	1	0.10	0.34	0.015	22.10	0.011	0.035	6.72	1.08		
R004	**Squid, black** *(Loligo* sp.*)*	1	0.16	0.47	0.004	22.98	0.005	0.001	1.09	0.50	0.023	0.003
R005	**Squid, hard shell** *(Sepia pharaonis)*	1			0.004	8.73	0.006		0.10	0.62	0.001	0.002
R006	**Squid, red** *(Loligo duvaucelii)*	2			0.003	14.15	0.027		0.15	0.26		0.007
R007	**Squid, white, small** *(Uroteuthis duvauceli*)	1	0.08	0.85	0.005	36.46	0.007	0.009	1.10	0.39	0.022	0.003
S	**FRESHWATER FISH AND SHELLFISH**											
S001	**Cat fish** *(Tandanus tandanus)*	2	0.48±0.17	1.68±0.71		21.99±8.75	0.008±0.002		0.03±0.01	0.82±0.19	0.012±0.001	
S002	**Catla** *(Catla catla)*	6	0.41±0.13	7.70±3.37		43.53±3.91	0.017±0.002	0.003±0.003	0.06±0.02	1.14±0.35	0.005±0.003	
S003	**Freshwater Eel** *(Anguilla anguilla)*	1	0.81	1.81	0.004	52.99	0.069		2.72	1.54	0.606	
S004	**Gold fish** *(Carassius auratus)*	2	0.27	2.84		47.89	0.01		0.03	0.76		
S005	**Pangas** *(Pangasianodon hypophthalmus)*	6	0.38±0.20	2.22±1.06	0.001±0.000	11.19±1.58	0.009±0.003		0.04±0.01	0.69±0.16	0.004±0.000	
S006	**Rohu** *(Labeo rohita)*	6	0.48±0.10	3.71±1.29		39.37±5.44	0.009±0.005	0.003±0.003	0.05±0.02	1.04±0.34	0.014±0.003	
S007	**Crab** *(Pachygrapsus* sp.*)*	1	0.49	1.74	0.030	199	0.016	0.001	0.52	1.10		0.006
S008	**Prawns, big** *(Macrobrachium rosenbergii)*	1	0.95	3.02	0.003	48.55	0.008		0.69	0.78		
S009	**Prawns, small** *(Macrobrachium* sp.*)*	3	0.91	8.14		67.99	0.007	0.001	0.14	0.87		0.001
S010	**Tiger prawns** *(Macrobrachium sp.)*	2	0.36	4.77	0.002	57.90	0.007		0.39	0.84		0.003

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

Table 6

STARCH AND INDIVIDUAL SUGARS



Table 6. STARCH AND INDIVIDUAL SUGARS

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

Food code	Food Name	No. of Regions	Total Available CHO	Total Starch	Fructose	Glucose	Sucrose	Maltose	Total Free Sugars
			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
A	**CEREALS AND MILLETS**								
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	56.71	55.83	0.10	0.22	0.46	0.10	0.88
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	60.13±1.30	59.33±1.31	0.10±0.01	0.22±0.04	0.48±0.04		0.80±0.07
A003	**Bajra** *(Pennisetum typhoideum)*	6	56.02±2.57	55.21±2.57	0.21±0.01	0.60±0.02			0.81±0.01
A004	**Barley** *(Hordeum vulgare)*	6	72.73±2.93	72.67±2.92		0.06±0.02			0.06±0.02
A005	**Jowar** *(Sorghum vulgare)*	6	60.96±1.70	59.70±1.70	0.57±0.07	0.10±0.01	0.60±0.04		1.27±0.05
A006	**Maize, dry** *(Zea mays)*	6	61.01±0.76	59.35±0.83	0.16±0.03	0.80±0.01	0.70±0.03		1.66±0.04
A007	**Maize, tender, local** *(Zea mays)*	6	17.35±2.78	15.88±2.80	0.27±0.03	0.80±0.06	0.40±0.04		1.47±0.05
A008	**Maize, tender, sweet** *(Zea mays)*	4	12.11±0.64	7.45±0.68	0.91±0.04	0.97±0.02	2.79±0.03		4.67±0.05
A009	**Quinoa** *(Chenopodium quinoa)*	1	49.82	48.41		1.41			1.41
A010	**Ragi** *(Eleusine coracana)*	5	62.47±1.24	62.13±1.31		0.25±0.06	0.12±0.02		0.34±0.06
A011	**Rice flakes** *(Oryza sativa)*	6	68.40±1.67	68.06±1.81		0.20±0.07	0.14±0.02		0.34±0.06
A012	**Rice puffed** *(Oryza sativa)*	6	69.89±2.19	69.25±2.16		0.49±0.07	0.15±0.03		0.64±0.08
A013	**Rice, raw, brown** *(Oryza sativa)*	6	72.00±1.87	71.31±1.91		0.55±0.08	0.14±0.02		0.69±0.08
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	76.80±5.71	76.14±5.73		0.51±0.24	0.16±0.06		0.67±0.25
A015	**Rice, raw, milled** *(Oryza sativa)*	6	76.39±2.76	75.70±2.70		0.54±0.25	0.15±0.06		0.69±0.28
A016	**Samai** *(Panicum miliare)*	6	56.43±4.09	56.07±4.12		0.24±0.10	0.13±0.01		0.37±0.09
A017	**Varagu** *(Setaria italica)*	5	66.25±2.90	64.96±2.93		0.89±0.11	0.40±0.02		1.29±0.10
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	71.82±1.07	70.03±1.01	0.64±0.03	0.75±0.02	0.40±0.05		1.79±0.08

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

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

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
C011	**Betel leaves, small** *(Piper betle)*	4	5.54±0.03	5.14±0.02	0.20±0.02	0.20±0.02			0.40±0.03
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	4.42	4.31	0.04	0.05	0.08		0.17
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	1.42	1.00	0.20	0.10	0.12		0.42
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	2.35	1.59	0.41	0.24	0.11		0.76
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	1.54±0.21	0.53±0.13	0.52±0.08	0.26±0.09	0.23±0.08		1.00±0.11
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	1.33	0.54	0.43	0.18	0.19		0.80
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	2.15±0.07	1.53±0.03	0.32±0.01	0.24±0.02	0.05±0.03		0.61±0.04
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	2.72±0.09	2.10±0.03	0.20±0.04	0.10±0.01	0.33±0.03		0.63±0.07
C019	**Drumstick leaves** *(Moringa oleifera)*	3	2.51±0.12	2.49±0.12		0.02±0.01			0.02±0.01
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	1.48±0.05	0.60±0.07	0.71±0.08	0.17±0.03			0.88±0.08
C021	**Garden cress** *(Lepidium sativum)*	2	2.17	1.25	0.10	0.72	0.10		0.92
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	1.16±0.06	1.15±0.06		0.01±0.01			0.01±0.01
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	1.17	1.16		0.01			0.01
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	4.57	4.47		0.05	0.05		0.10
C025	**Lettuce** *(Lactuca sativa)*	3	1.72±0.09	1.50±0.14	0.17±0.04	0.05±0.01			0.22±0.05
C026	**Mustard leaves** *(Brassica juncea)*	3	1.45±0.09	1.41±0.07		0.02±0.01	0.02±0.02		0.04±0.03
C027	**Pak Choi leaves** *(Brassica rapa* var. *Chinensis)*	1	1.62	1.10	0.10	0.20	0.22		0.52
C028	**Parsley** *(Petroselinum crispum)*	3	7.05±0.07	6.36±0.10	0.29±0.02	0.20±0.03	0.20±0.02		0.69±0.03
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	4.10	3.66	0.11	0.33			0.44
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	2.20±0.03	2.10±0.02		0.10±0.02			0.10±0.02
C031	**Radish leaves** *(Raphanus sativus)*	6	2.09±0.07	1.80±0.03	0.14±0.03	0.05±0.02	0.10±0.01		0.29±0.05

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
C032	**Rumex leaves** *(Rumex patientia)*	2	1.55	1.10	0.11	0.21	0.14		0.45
C033	**Spinach** *(Spinacia oleracea)*	6	1.62±0.20	1.38±0.24	0.07±0.03	0.18±0.04			0.24±0.04
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3	7.01±0.02	6.85±0.02	0.05±0.02	0.12±0.02			0.17±0.00
D	**OTHER VEGETABLES**								
D001	**Ash gourd** *(Benincasa hispida)*	6	1.20±0.06	1.01±0.01	0.12±0.04	0.05±0.02	0.02±0.02		0.19±0.06
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	0.60	0.51	0.07	0.02			0.09
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	4.56±0.05	3.53±0.02	0.38±0.02	0.51±0.03	0.14±0.02		1.03±0.04
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	0.96±0.09	0.92±0.08	0.04±0.01				0.04±0.01
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	0.99±0.08	0.93±0.07	0.06±0.01				0.06±0.01
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	0.95	0.87	0.08				0.08
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	1.03±0.12	0.67±0.09	0.23±0.05	0.13±0.03			0.36±0.06
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	1.02±0.06	0.67±0.07	0.25±0.03	0.10±0.01			0.34±0.04
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	0.97	0.58	0.33	0.06			0.39
D010	**Brinjal-1** *(Solanum melongena)*	1	1.92	1.04	0.66	0.03	0.19		0.88
D011	**Brinjal-2** *(Solanum melongena)*	1	1.99	1.01	0.79	0.04	0.15		0.98
D012	**Brinjal-3** *(Solanum melongena)*	2	1.44	0.51	0.52	0.32	0.10		0.93
D013	**Brinjal-4** *(Solanum melongena)*	4	1.83±0.07	0.97±0.02	0.55±0.01	0.15±0.04	0.17±0.02		0.86±0.06
D014	**Brinjal-5** *(Solanum melongena)*	3	1.84±0.33	0.85±0.21	0.67±0.13	0.10±0.06	0.22±0.15		0.99±0.13
D015	**Brinjal-6** *(Solanum melongena)*	2	2.36	1.36	0.52	0.26	0.23		1.00
D016	**Brinjal-7** *(Solanum melongena)*	1	2.27	0.89	1.01	0.30	0.07		1.38

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
D017	**Brinjal-8** *(Solanum melongena)*	3	2.77±0.07	1.98±0.02	0.41±0.20	0.11±0.03	0.27±0.18		0.79±0.06
D018	**Brinjal-9** *(Solanum melongena)*	2	2.45	1.54	0.47	0.23	0.21		0.91
D019	**Brinjal-10** *(Solanum melongena)*	2	2.15	1.29	0.50	0.23	0.13		0.86
D020	**Brinjal-11** *(Solanum melongena)*	6	2.81±0.10	1.76±0.04	0.54±0.03	0.21±0.01	0.30±0.06		1.05±0.08
D021	**Brinjal-12** *(Solanum melongena)*	2	1.97	0.75	0.82	0.14	0.27		1.22
D022	**Brinjal-13** *(Solanum melongena)*	1	2.27	1.12	0.59	0.37	0.19		1.15
D023	**Brinjal-14** *(Solanum melongena)*	3	1.80±0.16	0.92±0.01	0.40±0.02	0.28±0.07	0.20±0.20		0.88±0.17
D024	**Brinjal-15** *(Solanum melongena)*	4	1.90±0.12	1.08±0.01	0.40±0.02	0.15±0.02	0.27±0.13		0.82±0.12
D025	**Brinjal-16** *(Solanum melongena)*	1	1.60	0.61	0.54	0.13	0.32		0.99
D026	**Brinjal-17** *(Solanum melongena)*	1	1.47	0.62	0.40	0.26	0.19		0.85
D027	**Brinjal-18** *(Solanum melongena)*	3	2.72±0.85	1.28±0.57	0.95±0.44	0.20±0.23	0.29±0.28		1.44±0.43
D028	**Brinjal-19** *(Solanum melongena)*	3	2.02±0.02	1.05±0.02	0.50±0.03	0.32±0.04	0.14±0.02		0.96±0.01
D029	**Brinjal-20** *(Solanum melongena)*	5	2.83±0.04	2.08±0.02	0.42±0.02	0.21±0.02	0.12±0.01		0.76±0.03
D030	**Brinjal-21** *(Solanum melongena)*	2	2.01	1.08	0.70	0.07	0.15		0.93
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	2.28±0.51	1.31±0.48	0.55±0.19	0.20±0.09	0.22±0.12		0.97±0.21
D032	**Broad beans** *(Vicia faba)*	3	2.06±0.06	0.84±0.03	0.61±0.02	0.41±0.02	0.20±0.02		1.22±0.05
D033	**Capsicum, green** *(Capsicum annuum)*	6	1.16±0.10	0.31±0.02	0.42±0.04	0.20±0.07	0.23±0.01		0.86±0.11
D034	**Capsicum, red** *(Capsicum annuum)*	4	1.01±0.05	0.08±0.02	0.34±0.03	0.26±0.02	0.33±0.01		0.93±0.05
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	1.10±0.03	0.12±0.01	0.38±0.02	0.25±0.03	0.35±0.03		0.97±0.04
D036	**Cauliflower** *(Brassica oleracea)*	6	1.05±0.07	0.59±0.11	0.27±0.06	0.14±0.03	0.06±0.06		0.47±0.10
D037	**Celery stalk** *(Apium graveolens)*	3	1.42±0.08	0.68±0.03	0.15±0.03	0.25±0.04	0.35±0.02		0.75±0.06

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
D038	**Cho-cho-marrow** *(Sechium edule)*	4	1.93±0.03	1.17±0.02	0.40±0.01	0.25±0.02	0.12±0.01		0.76±0.02
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	4.54±0.04	4.42±0.03		0.10±0.01	0.02±0.01		0.12±0.02
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	1.08	0.55	0.37	0.16			0.53
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	1.14±0.20	0.89±0.19	0.09±0.02	0.16±0.08			0.25±0.09
D042	**Corn, Baby** *(Zea mays)*	6	4.61±0.05	4.12±0.03	0.20±0.02	0.15±0.02	0.14±0.03		0.49±0.02
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6	0.76±0.13	0.50±0.10	0.25±0.03	0.02±0.01			0.27±0.04
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	0.79±0.11	0.58±0.12	0.19±0.04	0.02±0.01			0.21±0.04
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	0.75	0.53	0.18	0.05			0.22
D046	**Drumstick** *(Moringa oleifera)*	6	2.77±0.22	1.31±0.46	1.02±0.36	0.20±0.10	0.24±0.07		1.47±0.50
D047	**Field beans, tender, broad** *(Vicia faba)*	2	2.63	1.68	0.68	0.21	0.06		0.95
D048	**Field beans, tender, lean** *(Vicia faba)*	6	2.27±0.21	1.51±0.01	0.59±0.18	0.15±0.04	0.02±0.02		0.76±0.21
D049	**French beans, country** *(Phaseolus vulgaris)*	5	1.82±0.11	0.75±0.05	0.60±0.14	0.12±0.02	0.12±0.05	0.22±0.18	1.06±0.13
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	1.77	0.77	0.65	0.14	0.10	0.12	1.00
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	2.04±0.06	0.02±0.01	1.21±0.02	0.26±0.03	0.55±0.03		2.02±0.05
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	8.77±0.05	6.54±0.03	1.45±0.03	0.67±0.02	0.11±0.01		2.23±0.03
D053	**Knol - Khol** *(Brassica oleracea)*	6	0.94±0.05	0.51±0.01	0.05±0.02	0.11±0.01	0.27±0.04		0.43±0.04
D054	**Kovai, big** *(Coccinia cordifolia)*	6	1.21±0.29	0.22±0.04	0.74±0.16	0.06±0.03		0.19±0.13	0.98±0.29
D055	**Kovai, small** *(Coccinia cordifolia)*	1	1.19	0.12	0.83	0.10		0.14	1.07
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	1.37±0.07	0.89±0.04	0.40±0.05	0.07±0.01	0.05±0.01		0.48±0.08
D057	**Mango, green, raw** *(Mangifera indica)*	6	8.32±0.46	5.80±0.54	1.84±0.23	0.52±0.30			2.42±0.31
D058	**Onion, stalk** *(Allium cepa)*	6	1.51±0.04	1.10±0.02		0.05±0.04	0.06±0.02	0.31±0.05	0.41±0.05

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			← g →						
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D059	**Papaya, raw** *(Carica papaya)*	6	3.63±0.24		2.64±0.17	0.99±0.07			3.63±0.24
D060	**Parwar** *(Trichosanthes dioica)*	6	1.26±0.21	0.90±0.09	0.31±0.12	0.06±0.05			0.37±0.17
D061	**Peas, fresh** *(Pisum sativum)*	6	7.89±0.50	6.92±0.49	0.41±0.02	0.20±0.02	0.36±0.02		0.97±0.02
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	2.03±0.11	1.86±0.11	0.13±0.01	0.04±0.01			0.17±0.01
D063	**Plantain, green** *(Musa x paradisiaca)*	6	16.29±1.65	15.43±1.15	0.76±0.59	0.10±0.11			0.86±0.67
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	5.15±0.70	4.51±0.34		0.65±0.45			0.65±0.45
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	3.10	0.20	1.03	1.01	0.86		2.90
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	3.30±0.12	0.33±0.08	1.90±0.24	0.33±0.15	0.74±0.33		2.97±0.15
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	14.57	14.02	0.22	0.10	0.23		0.55
D068	**Ridge gourd** *(Luffa acutangula)*	6	1.40±0.07	0.81±0.12	0.45±0.11	0.08±0.05	0.03±0.00	0.06±0.01	0.62±0.18
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	1.19±0.16	0.79±0.05	0.32±0.11	0.06±0.04	0.02±0.02	0.01±0.00	0.41±0.16
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	1.20±0.56	0.78±0.55	0.31±0.03	0.05±0.05	0.01±0.01	0.05±0.02	0.42±0.05
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	1.19	0.74	0.30	0.10	0.01	0.04	0.45
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	1.18	0.72	0.31	0.12	0.01	0.01	0.46
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	1.07±0.06	0.64±0.02	0.25±0.03	0.07±0.03		0.12±0.02	0.44±0.06
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	1.31±0.04	0.48±0.03	0.41±0.02	0.42±0.02			0.83±0.02
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	1.82±0.18		1.65±0.15	0.18±0.05			1.82±0.18
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	1.34±0.19		1.16±0.18	0.18±0.07			1.34±0.19
D077	**Zucchini, green** *(Cucurbita pepo)*	2	1.61	1.47	0.12	0.02			0.14
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2	1.37	1.07	0.19	0.10			0.29

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

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

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	9.24		7.33	1.05	0.86		9.24
E043	**Mangosteen** *(Garcinia mangostana)*	1	9.41	0.50	5.12	1.67	2.12		8.91
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	12.63	0.50	3.45	4.12	4.56		12.13
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	2.99±0.05		0.62±0.02	0.71±0.01	1.65±0.06		2.99±0.05
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	2.36±0.06		0.51±0.02	0.84±0.02	1.01±0.03		2.36±0.06
E047	**Orange, pulp** *(Citrus aurantium)*	6	6.86±0.06		2.86±0.03	1.21±0.02	2.79±0.03		6.86±0.06
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1	1.03	0.84	0.17	0.02			0.19
E049	**Papaya, ripe** *(Carcia papaya)*	6	4.09±0.17		2.44±0.13	1.15±0.02	0.50±0.03		4.09±0.17
E050	**Peach** *(Prunus communis)*	1	6.95		1.15	0.89	4.61	0.30	6.95
E051	**Pear** *(Pyrus* sp.*)*	6	7.39±0.77		3.51±0.21	2.74±0.30	1.12±0.01		7.39±0.77
E052	**Phalsa** *(Grewia asiatica)*	2	13.75	0.75	6.12	4.66	2.22		13.00
E053	**Pineapple** *(Ananas comosus)*	6	8.56±0.05		1.21±0.02	3.12±0.02	4.23±0.02		8.56±0.05
E054	**Plum** *(Prunus domestica)*	3	10.13±0.03		3.50±0.03	3.42±0.03	3.21±0.03		10.13±0.03
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	10.87±0.05		1.01±0.03	1.74±0.04	8.12±0.04		10.87±0.05
E056	**Pummelo** *(Citrus maxima)*	3	4.85±0.05	0.46±0.02	2.09±0.02	1.44±0.03	0.86±0.04		4.38±0.07
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	62.80±2.05	1.29±0.03	23.12±1.79	16.22±0.66	22.17±0.93		61.51±2.02
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	58.17±2.00	1.05±0.03	26.54±0.56	15.58±2.03	15.00±0.23		57.12±2.02
E059	**Rambutan** *(Nephelium lappaceum)*	1	15.80		8.78	6.00	1.02		15.80
E060	**Sapota** *(Achras sapota)*	6	12.30±0.05		8.60±0.03	2.85±0.06	0.85±0.03		12.30±0.05
E061	**Soursop** *(Annona muricata)*	1	9.95	0.12	7.99	1.66	0.18		9.83
E062	**Star fruit** *(Averrhoa carambola)*	1	3.95		2.22	1.73			3.95

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
E063	**Strawberry** *(Fragaria ananassa)*	6	3.66±0.11	0.10±0.01	1.90±0.05	1.60±0.14	0.07±0.03		3.56±0.11
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	52.88±2.38		12.31±1.27	14.53±0.83	26.04±1.08		52.88±2.38
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	3.66±0.27		1.91±0.15	0.31±0.03	1.44±0.02		3.66±0.27
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	3.00±0.25		2.57±0.39	0.21±0.02	0.22±0.01		3.00±0.25
E067	**Wood Apple** *(Limonia acidissima)*	3	6.60±0.04	2.79±0.02	1.38±0.02	1.41±0.02	1.02±0.02		3.81±0.02
E068	**Zizyphus** *(Zizyphus jujube)*	1	8.29		4.30	2.98	1.01		8.29
F	**ROOTS AND TUBERS**								
F001	**Beet root** *(Beta vulgaris)*	6	6.04±0.94	1.69±0.43	1.67±0.02	1.46±0.02	1.21±0.03		4.35±0.02
F002	**Carrot, orange** *(Dacus carota)*	6	4.48±0.65	1.24±0.27	0.11±0.02	1.15±0.03	1.98±0.02		3.23±0.03
F003	**Carrot, red** *(Dacus carota)*	4	5.35±0.03	1.39±0.05	1.08±0.02	1.13±0.02	1.75±0.02		3.96±0.03
F004	**Colocasia** *(Colocasia antiquorum)*	6	14.78±0.71	13.88±0.74	0.54±0.03	0.25±0.03	0.12±0.02		0.90±0.05
F005	**Lotus root** *(Nelumbium nelumbo)*	3	13.46±0.78	13.22±0.82	0.07±0.02	0.11±0.02	0.07±0.02		0.24±0.04
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	11.79±0.76	11.47±0.71	0.24±0.02	0.05±0.02	0.04±0.02		0.32±0.02
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	10.73	10.29	0.26	0.08	0.10		0.44
F008	**Potato, red skin** *(Solanum tuberosum)*	1	13.46	13.08	0.22	0.10	0.05		0.38
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	1.56±0.04	0.41±0.02	0.48±0.06	0.27±0.04	0.40±0.04		1.15±0.03
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	1.54±0.11	0.59±0.09	0.31±0.05	0.03±0.01	0.62±0.03		0.95±0.04
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	1.50	0.64	0.38	0.18	0.30		0.86
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	1.46	0.30	0.36	0.30	0.50		1.16
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	22.45±1.75	18.82±1.74	0.46±0.04	0.71±0.04	2.47±0.05		3.63±0.05
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	23.91±1.54	19.88±1.53	0.90±0.03	0.97±0.02	2.16±0.04		4.03±0.03

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			← g →						
				STARCH	FRUS	GLUS	SUCS	MALS	
F015	**Tapioca** *(Manihot esculenta)*	3	17.50±0.10	15.36±0.12	0.13±0.03	0.29±0.02	1.72±0.02		2.14±0.05
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	17.88	15.93	0.12	0.32	1.51		1.95
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	15.94±0.20	14.36±0.18	0.70±0.02	0.16±0.03	0.72±0.03		1.58±0.05
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	16.09±1.00	14.94±0.35	0.42±0.24	0.11±0.06	0.62±0.48		1.15±0.75
F019	**Yam, wild** *(Dioscorea versicolor)*	2	16.89	15.35	0.62	0.12	0.80		1.54
G	**CONDIMENTS AND SPICES-FRESH**								
G001	**Chillies, green-1** *(Capsicum annum)*	5	3.02±0.04	2.31±0.01	0.54±0.03	0.16±0.03	0.02±0.00		0.71±0.03
G002	**Chillies, green-2** *(Capsicum annum)*	3	3.01±0.09	1.96±0.04	0.93±0.03	0.11±0.02	0.02±0.01		1.05±0.05
G003	**Chillies, green-3** *(Capsicum annum)*	5	2.39±0.07	1.85±0.02	0.45±0.04	0.08±0.02	0.02±0.01		0.54±0.04
G004	**Chillies, green-4** *(Capsicum annum)*	3	2.27±0.07	1.65±0.03	0.47±0.05	0.14±0.02	0.01±0.00		0.62±0.06
G005	**Chillies, green-5** *(Capsicum annum)*	2	2.30±0.01	1.84±0.03	0.42±0.03	0.02±0.01	0.02±0.00		0.46±0.02
G006	**Chillies, green-6** *(Capsicum annum)*	1	2.29	1.70	0.43	0.15	0.01		0.59
G007	**Chillies, green-7** *(Capsicum annum)*	1	3.21	2.48	0.66	0.05	0.02		0.73
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	2.63±0.37	1.96±0.26	0.55±0.17	0.11±0.05	0.02±0.00		0.67±0.18
G009	**Coriander leaves** *(Coriandrum sativum)*	6	1.23±0.13	1.06±0.09	0.07±0.04	0.06±0.03	0.05±0.02		0.17±0.04
G010	**Curry leaves** *(Murraya koenigii)*	6	3.66±0.17	3.08±0.16	0.41±0.03	0.20±0.01			0.60±0.03
G011	**Garlic, big clove** *(Allium sativum)*	6	20.81±1.23	14.84±0.97	4.20±0.34	1.20±0.02	0.57±0.21		5.97±0.43
G012	**Garlic, small clove** *(Allium sativum)*	3	19.70±0.97	14.86±0.87	1.48±0.06	1.08±0.03	2.28±0.06		4.84±0.11
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	21.26	17.53	1.21	1.05	1.47		3.73
G014	**Ginger, fresh** *(Zinziber officinale)*	6	5.11±0.11	3.80±0.04	1.00±0.07	0.15±0.03	0.17±0.14		1.31±0.12

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			← g →						
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G015	**Mango ginger** *(Curcuma amada)*	3	4.21±0.07	1.79±0.09	1.11±0.02	0.81±0.11	0.50±0.03		2.42±0.12
G016	**Mint leaves** *(Mentha spicata)*	4	1.10±0.03	1.02±0.03	0.01±0.00	0.07±0.02			0.08±0.02
G017	**Onion, big** *(Allium cepa)*	6	6.68±0.09	0.80±0.03	1.89±0.19	1.47±0.04	2.52±0.10		5.88±0.09
G018	**Onion, small** *(Allium cepa)*	5	6.37±1.15	0.75±0.26	1.44±0.26	1.63±0.09	2.55±1.06		5.62±1.06
G	**CONDIMENTS AND SPICES-DRY**								
G019	**Asafoetida** *(Ferula assa-foetida)*	6	37.76±1.01	36.83±1.00	0.21±0.11	0.47±0.13	0.25±0.10		0.93±0.26
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	33.75±1.38	29.47±1.39	1.84±0.02	1.89±0.04	0.55±0.05		4.28±0.06
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	31.34±0.34	29.04±0.36	1.37±0.03	0.76±0.02	0.17±0.02		2.30±0.04
G022	**Chillies, red** *(Capsicum annum)*	6	9.45±0.59	4.75±0.22	2.68±0.33	1.82±0.33	0.20±0.02		4.70±0.38
G023	**Cloves** *(Syzygium aromaticum)*	6	10.67±0.35	8.57±0.45	1.68±0.16	0.43±0.05			2.10±0.15
G024	**Coriander seeds** *(Coriandrum sativum)*	6	8.45±0.77	6.07±0.76	1.61±0.84	0.77±0.16			2.38±0.95
G025	**Cumin seeds** *(Cuminum cyminum)*	6	15.84±0.50	14.46±0.20	0.63±0.11	0.75±0.24			1.38±0.33
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	4.22±0.20	3.66±0.20	0.31±0.02	0.12±0.01	0.11±0.02	0.01±0.01	0.55±0.05
G027	**Mace** *(Myristica fragrans)*	6	23.71±1.14	22.85±1.07	0.20±0.02	0.28±0.05	0.38±0.11		0.85±0.12
G028	**Nutmeg** *(Myristica fragrans)*	6	25.56±1.40	24.49±1.39	0.29±0.10	0.59±0.11	0.20±0.02		1.08±0.21
G029	**Omum** *(Trachyspermum ammi)*	6	18.51±1.26	15.75±1.05	2.07±0.13	0.47±0.28	0.22±0.06		2.76±0.37
G030	**Pippali** *(Piper longum)*	6	34.46±0.61	31.72±0.72	1.24±0.23	0.51±0.10	1.00±0.02		2.75±0.25
G031	**Pepper, black** *(Piper nigrum)*	6	35.67±0.85	35.35±1.12	0.09±0.04	0.23±0.05			0.32±0.05
G032	**Poppy seeds** *(Papaver somniferum)*	6	12.28±0.79	10.43±0.81	0.78±0.43	0.77±0.11	0.30±0.13		1.85±0.40
G033	**Turmeric powder** *(Curcuma domestica)*	6	45.67±1.50	44.44±1.34		0.49±0.22	0.75±0.42		1.23±0.35

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

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

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

Table 7

FATTY ACID PROFILE



Table 7. FATTY ACID PROFILE

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

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

Table 7. FATTY ACID PROFILE

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

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
A	**CEREALS AND MILLETS**											
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	12.62			2259		20.91		1280	1033	2279
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	12.71±1.56			2223±129		43.03±2.70		1140±70.5	1043±65.8	2266±132
A003	**Bajra** *(Pennisetum typhoideum)*	6				1844±56.7		140±5.8		875±34.5	1047±39.9	1984±55.0
A004	**Barley** *(Hordeum vulgare)*	6				549±21.6		26.32±3.35		232±11.9	90.79±5.63	575±18.6
A005	**Jowar** *(Sorghum vulgare)*	6				508±18.3		16.54±1.31		163±6.2	314±13.7	524±18.3
A006	**Maize, dry** *(Zea mays)*	6	6.62±0.74			1565±18.2		40.76±2.43		413±5.6	706±17.4	1606±18.5
A007	**Maize, tender, local** *(Zea mays)*	6	1.85±0.61			337±4.9		10.46±0.74		109±4.4	147±6.8	347±5.2
A008	**Maize, tender, sweet** *(Zea mays)*	4	2.05±0.22			292±10.3		7.65±0.33		123±2.9	176±6.3	300±10.3
A009	**Quinoa***(Chenopodium quinoa)*	1				2203		204		570	1424	2406
A010	**Ragi** *(Eleusine coracana)*	5				362±15.3		68.58±11.85		317±17.0	585±36.3	431±20.7
A011	**Rice flakes** *(Oryza sativa)*	6				553±38.2		24.37±4.81		284±20.6	425±11.4	577±36.4
A012	**Rice puffed** *(Oryza sativa)*	6				43.42±5.98		1.39±0.19		46.84±5.55	39.77±5.05	44.80±6.15
A013	**Rice, raw, brown** *(Oryza sativa)*	6	1.89±0.25		0.89±0.22	490±33.2		16.10±0.92		346±20.3	203±15.7	506±33.6
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	0.89±0.14		0.49±0.16	209±12.8		7.18±0.56		150±10.2	86.66±6.38	216±13.2
A015	**Rice, raw, milled** *(Oryza sativa)*	6	1.54±0.44		0.75±0.36	234±45.8		9.51±1.09		184±8.9	117±6.6	253±13.2
A016	**Samai** *(Panicum miliare)*	6				1230±42.9		47.20±5.17		589±31.9	868±24.2	1277±47.5
A017	**Varagu** *(Setaria italica)*	5	2.75±0.89			576±17.8		21.02±1.20		246±2.3	297±6.8	597±18.4

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
A018	**Wheat flour, refined** *(Triticum aestivum)*	6				91.24±1.50	7.31±0.73						50.64±2.98
A019	**Wheat flour, atta** *(Triticum aestivum)*	6				191±5.6	14.55±3.10						149±7.5
A020	**Wheat, whole** *(Triticum aestivum)*	6				176±7.4	14.83±2.25						141±9.4
A021	**Wheat, bulgur** *(Triticum aestivum)*	6				179±4.2	17.41±2.78						152±5.8
A022	**Wheat, semolina** *(Triticum aestivum)*	6				81.63±4.28	7.24±1.49						67.34±3.25
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6				59.43±4.42	5.15±0.65						36.06±2.43
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6				46.97±4.72	2.98±0.21						28.84±1.22
B	**GRAIN LEGUMES**												
B001	**Bengal gram, dal** *(Cicer arietinum)*	6				405±6.6	51.90±2.23	11.55±1.42				7.89±0.99	855±18.9
B002	**Bengal gram, whole** *(Cicer arietinum)*	6				382±4.6	58.02±6.35	13.29±2.64				7.87±1.06	871±25.1
B003	**Black gram, dal** *(Phaseolus mungo)*	6				221±9.9	54.60±2.89						186±8.1
B004	**Black gram, whole** *(Phaseolus mungo)*	6				211±12.2	47.37±6.75						161±7.1
B005	**Cowpea, brown** *(Vigna catjang)*	6				227±5.6	33.10±1.30	6.84±0.76	11.52±0.79	4.43±0.43			57.69±6.88
B006	**Cowpea, white** *(Vigna catjang)*	1				228	34.43	6.34	12.19	4.05			67.63
B007	**Field bean, black** *(Phaseolus vulgaris)*	1				142	36.97	3.33	2.61	2.68			80.07
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1				149	39.16	3.66	3.01	3.04			127
B009	**Field bean, white** *(Phaseolus vulgaris)*	5				142±6.0	37.22±1.84	2.81±0.22	2.31±0.48	1.92±0.26			61.57±6.06
B010	**Green gram, dal** *(Phaseolus aureus)*	6				208±6.3	39.24±4.70						35.85±4.30
B011	**Green gram, whole** (*Phaseolus aureus)*	6				233±7.6	41.32±4.98						27.22±5.09
B012	**Horse gram, whole** *(Dolicus biflorus)*	6				114±2.1	13.59±0.76		4.45±0.21	2.65±0.19			68.89±1.85

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
A018	**Wheat flour, refined** *(Triticum aestivum)*	6				325±6.8		17.45±1.21		98.55±1.87	50.64±2.98	343±7.8
A019	**Wheat flour, atta** *(Triticum aestivum)*	6				697±19.4		44.93±1.64		206±8.2	149±7.5	742±19.2
A020	**Wheat, whole** *(Triticum aestivum)*	6				616±22.1		38.51±3.88		191±8.0	141±9.4	654±23.7
A021	**Wheat, bulgur** *(Triticum aestivum)*	6				657±9.0		42.69±3.34		196±2.6	152±5.8	700±11.3
A022	**Wheat, semolina** *(Triticum aestivum)*	6				306±3.0		19.21±0.84		88.87±5.16	67.34±3.25	325±2.4
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6				209±17.4		11.26±0.74		64.59±4.94	36.06±2.43	220±17.8
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6				162±12.8		8.55±0.50		49.95±4.74	28.84±1.22	170±13.1
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	13.23±2.17			2360±51.0		116±5.1		469±8.0	876±17.9	2476±51.6
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	11.77±1.44			2220±73.6		117±7.9		453±10.6	890±24.6	2337±78.2
B003	**Black gram, dal** *(Phaseolus mungo)*	6				176±7.7		566±25.6		276±12.2	186±8.1	742±32.5
B004	**Black gram, whole** *(Phaseolus mungo)*	6				117±5.9		601±23.8		258±18.6	161±7.1	718±29.0
B005	**Cowpea, brown** *(Vigna catjang)*	6	2.89±0.50			343±9.8		207±16.0		283±5.3	60.58±6.62	550±24.0
B006	**Cowpea, white** *(Vigna catjang)*	1	2.49			354		203		285	70.12	557
B007	**Field bean, black** *(Phaseolus vulgaris)*	1				398		69.82		188	80.07	468
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1				389		70.06		198	127	460
B009	**Field bean, white** *(Phaseolus vulgaris)*	5				426±6.2		76.61±8.35		186±6.9	61.57±6.06	503±12.8
B010	**Green gram, dal** *(Phaseolus aureus)*	6				377±14.8		157±14.9		247±9.5	35.85±4.30	534±28.2
B011	**Green gram, whole** (*Phaseolus aureus)*	6				430±10.8		180±6.7		274±10.9	27.22±5.09	611±12.8
B012	**Horse gram, whole** *(Dolicus biflorus)*	6				207±3.8		51.68±3.81		135±2.3	68.89±1.85	258±6.4

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
B013	**Lentil dal** *(Lens culinaris)*	6				79.74±3.82	11.28±0.91						112±7.6
B014	**Lentil whole, brown** *(Lens culinaris)*	6				70.01±2.45	11.20±0.99						102±5.3
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2				66.76	9.41						92.18
B016	**Moth bean** *(Vigna aconitifolia)*	6				320±7.9	97.75±3.22	7.94±0.27	4.79±0.50	2.83±0.28			72.25±5.74
B017	**Peas, dry** *(Pisum sativum)*	6				193±10.2	48.50±3.39						398±31.2
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2				216	21.97						105
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6				215±13.1	26.74±3.42						91.76±2.33
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3				225±6.0	30.51±5.16						87.84±14.82
B021	**Red gram, dal** *(Cajanus cajan)*	6				222±11.6	35.22±3.19						89.94±4.43
B022	**Red gram, whole** *(Cajanus cajan)*	6				236±11.0	40.95±3.31						78.55±6.71
B023	**Ricebean** (*Vigna umbellata*)	1				50.69	14.81	17.97	28.06	18.26			357
B024	**Soya bean, brown** *(Glycine max)*	6				2381±26.3	566±54.7	47.10±6.29	67.89±4.22	29.84±4.91		22.79±2.11	4499±230
B025	**Soya bean, white** *(Glycine max)*	1				2338	523.44	43.30	65.49	30.95		25.35	4723
C	**GREEN LEAFY VEGETABLES**												
C001	**Agathi leaves** *(Sesbania grandiflora)*	1				346	74.53	23.95	24.96	20.61		16.91	40.76
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6			18.47±4.66	143±5.4	16.15±1.99	2.57±0.38	4.74±1.26	9.09±1.70		16.05±2.51	31.26±2.04
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1			20.33	159	17.75	2.24	3.99	7.01		14.48	31.48
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4			18.37±3.07	144±12.5	19.16±3.23	2.83±0.36	5.03±1.01	7.93±1.14		12.28±3.08	32.72±2.99
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4			8.28±1.05	63.62±3.29	6.89±0.47	0.85±0.09	2.22±0.40	3.27±0.17		7.88±0.67	7.79±0.32

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
B013	**Lentil dal** *(Lens culinaris)*	6				266±15.4		70.14±4.07		91.02±3.30	112±7.6	336±18.9
B014	**Lentil whole, brown** *(Lens culinaris)*	6				221±8.1		55.40±3.46		81.22±2.82	102±5.3	277±9.7
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2				217		57.16		76.17	92.18	274
B016	**Moth bean** *(Vigna aconitifolia)*	6				609±18.7		240±7.8		434±10.8	72.25±5.74	848±24.6
B017	**Peas, dry** *(Pisum sativum)*	6				728±31.5		145±12.8		242±9.7	398±31.2	873±41.5
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2				386		541		238	105	927
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6				344±7.7		552±26.6		242±14.1	91.76±2.33	896±26.7
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3				374±20.7		557±23.2		256±10.9	87.84±14.82	931±28.9
B021	**Red gram, dal** *(Cajanus cajan)*	6				600±29.5		51.44±7.77		257±14.3	89.94±4.43	651±36.2
B022	**Red gram, whole** *(Cajanus cajan)*	6				585±40.3		51.67±4.67		277±13.1	78.55±6.71	637±41.6
B023	**Ricebean** (*Vigna umbellata*)	1				62.93				172	357	62.93
B024	**Soya bean, brown** *(Glycine max)*	6	35.99±5.33			9969±135		1310±97.8		3092±75.9	4558±230	11279±188
B025	**Soya bean, white** *(Glycine max)*	1	68.10			9754		1318		3002	4817	11071
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1				125		407		490	57.67	532
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	1.57±0.20			111±8.6		247±10.9		194±3.2	48.87±2.73	358±17.3
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	1.39			112		214		210	47.34	326
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	1.59±0.28			118±11.1		214±13.8		197±14.8	46.59±2.31	332±23.5
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	0.34±0.10		0.45±0.10	39.00±2.30		147±10.4		85.13±4.42	16.46±0.79	186±10.8

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

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

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
C026	**Mustard leaves** *(Brassica juncea)*	3			12.60±1.33	110±4.2	17.09±0.16		2.35±0.16			16.25±1.15	11.31±0.57
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1		1.53	2.18	33.69	1.58						23.03
C028	**Parsley** *(Petroselinum crispum)*	3			15.18±1.18	235±9.1	58.05±2.44	6.04±0.09	13.80±0.36	16.67±0.31		14.42±0.54	18.52±0.74
C029	**Ponnaganni** *(Alternanthera sessilis)*	2				148	17.43	2.93	8.73	27.61		9.77	23.61
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6			19.86±0.55	188±11.0	32.53±3.60	5.74±0.72	13.53±1.27	6.74±0.15		9.79±1.11	6.91±0.48
C031	**Radish leaves** *(Raphanus sativus)*	6			9.62±0.95	110±4.6	27.54±2.05					8.05±0.66	18.88±1.89
C032	**Rumex leaves** *(Rumex patientia)*	2			6.95	49.83	4.14					6.95	11.73
C033	**Spinach** *(Spinacia oleracea)*	6			17.01±0.72	147±6.3	9.54±1.17	1.29±0.25	4.13±0.29	3.99±0.39		8.77±0.84	32.87±1.74
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3			16.14±0.46	150±2.2		1.20±0.23	4.08±0.43	4.27±0.40		9.29±0.35	33.01±2.46
D	**OTHER VEGETABLES**												
D001	**Ash gourd** *(Benincasa hispida)*	6			0.81±0.10	17.99±1.16	5.90±0.20	0.55±0.11				0.86±0.27	6.57±0.35
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1				35.75	1.84		1.72	1.77			7.45
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5			3.08±0.41	191±5.4	40.33±0.41	8.93±0.31	13.20±0.25	9.38±0.64		8.72±0.25	38.09±1.54
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6			2.99±0.57	78.62±5.32	50.55±3.47	2.89±0.60	3.65±0.77	5.78±0.77		1.03±0.30	4.55±0.40
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4			3.35±0.46	84.32±2.23	41.25±2.34	3.09±0.44	3.44±0.20	3.74±0.64		0.96±0.33	5.36±0.39
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1			4.25	86.82	40.28	3.16	3.47	4.14		1.05	3.91
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6			1.32±0.23	31.30±3.01	4.35±0.55	0.70±0.12	2.22±0.30	1.54±0.22			3.54±0.58

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
C026	**Mustard leaves** *(Brassica juncea)*	3				83.12±3.94		240±8.7		142±4.4	27.56±1.48	323±12.4
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1				60.03		77.96		38.98	23.03	138
C028	**Parsley** *(Petroselinum crispum)*	3				221±4.7		255±4.2		345±11.8	32.94±1.09	476±8.6
C029	**Ponnaganni** *(Alternanthera sessilis)*	2				107		143		204	33.38	250
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	0.97±0.07			14.95±1.29		298±9.3		267±12.6	17.67±1.38	313±8.6
C031	**Radish leaves** *(Raphanus sativus)*	6				45.49±4.42		203±10.7		147±6.9	26.93±1.99	248±13.5
C032	**Rumex leaves** *(Rumex patientia)*	2				45.68		143		60.92	18.68	188
C033	**Spinach** *(Spinacia oleracea)*	6	1.19±0.12			75.06±4.22		220±8.3		183±8.1	42.83±2.54	295±12.2
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3				76.79±1.82		230±3.5		176±3.1	42.30±2.81	306±1.9
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6				74.89±5.14		1.58±0.24		25.26±1.06	7.43±0.40	76.47±5.06
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1				42.23		9.24		41.09	7.45	51.46
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5				203±2.3		227±1.5		266±6.1	46.81±1.57	429±3.7
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6			2.50±0.38	17.74±1.99		23.04±1.87		144±8.3	8.08±0.53	40.78±3.79
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4			1.29±0.14	17.50±0.86		37.70±1.93		139±4.0	7.61±0.46	55.20±2.65
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1			1.68	22.75		36.50		142	6.63	59.25
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6				40.31±3.41		24.63±2.30		41.44±3.93	3.54±0.58	64.94±5.35

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

Table 7. Fatty Acid Profile

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

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

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

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

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

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
D068	**Ridge gourd** *(Luffa acutangula)*	6			0.83±0.17	42.19±2.81	6.33±0.68	1.22±0.16	1.56±0.18	2.37±0.15		0.82±0.11	1.75±0.12
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3			0.77±0.07	30.64±2.57	6.72±0.51	1.21±0.10	1.94±0.14	1.81±0.11		0.87±0.13	2.08±0.31
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6				72.23±2.64	11.64±1.09	3.77±0.23	4.33±0.38	2.94±0.16			4.89±0.85
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2				72.09	11.77	4.36	4.87	2.78			4.77
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1				76.61	10.02	3.87	5.04	4.41			2.96
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6			1.59±0.16	36.25±2.47	7.41±1.55	0.93±0.14	1.41±0.22	1.60±0.08		0.90±0.17	5.75±1.20
D074	**Tomato, green** *(Lycopersicon esculentum)*	6				33.68±0.98	10.37±0.70	1.36±0.08	0.72±0.01	0.77±0.03		0.64±0.02	35.51±1.06
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6				35.23±2.83	9.50±0.96	1.27±0.10	0.86±0.05	0.79±0.15		0.64±0.10	29.25±3.48
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6				58.47±2.78	16.77±1.47	1.94±0.13	1.23±0.11	1.17±0.14		1.22±0.15	56.55±6.33
D077	**Zucchini, green** *(Cucurbita pepo)*	2		3.29		98.79	16.94					2.88	36.38
D078	**Zucchini, yellow***(Cucurbita pepo)*	2		1.51		49.25	6.08					1.45	19.87
E	**FRUITS**												
E001	**Apple, big** *(Malus domestica)*	6				103±1.8	39.27±0.63	11.40±0.55					51.13±0.74
E002	**Apple, green** *(Malus domestica)*	6				77.85±0.61	28.51±1.14	9.74±0.36					40.99±0.84
E003	**Apple, small** *(Malus domestica)*	6				90.18±6.12	33.40±1.55	10.58±0.96	8.68±1.10	6.23±0.63			46.96±6.37
E004	**Apple, small, Kashmir** *(Malus domestica)*	1				105	40.72	12.27	10.36	7.98			50.63
E005	**Apricot, dried** *(Prunus armeniaca)*	6				168±5.3	32.58±3.32						118±3.4
E006	**Apricot, processed** *(Prunus armeniaca)*	3				155±5.9	30.05±2.29						23.33±3.37
E007	**Avocado fruit** *(Persea americana)*	1				1237						495	8215

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
D068	**Ridge gourd** *(Luffa acutangula)*	6				28.66±1.37		26.42±0.76		54.49±3.62	2.57±0.22	55.08±2.08
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3				29.79±2.44		28.19±1.90		43.07±3.45	2.95±0.44	57.98±4.32
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6				42.96±3.58		54.59±3.36		94.90±3.25	4.89±0.85	97.54±6.66
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2				45.65		53.71		95.87	4.77	99.36
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1				34.56		70.55		100	2.96	105
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6				46.46±5.00		30.39±2.13		48.97±5.84	6.28±1.61	76.11±9.46
D074	**Tomato, green** *(Lycopersicon esculentum)*	6			0.77±0.16	95.45±3.03		13.57±0.71		46.91±0.99	36.91±1.04	109±2.6
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6			0.62±0.10	104±12.8		14.70±1.58		47.65±3.66	30.50±3.59	119±13.4
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6			0.89±0.23	185±12.9		23.59±4.07		79.56±4.04	58.66±6.57	208±13.4
D077	**Zucchini, green** *(Cucurbita pepo)*	2				98.72		152		119	37.83	251
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2				43.00		71.42		56.92	21.32	114
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6				249±0.8		32.63±0.84		154±2.0	51.13±0.74	282±0.5
E002	**Apple, green** *(Malus domestica)*	6				173±1.0		49.73±0.55		116±1.5	40.99±0.84	223±1.1
E003	**Apple, small** *(Malus domestica)*	6				195±18.4		29.52±2.69		149±9.0	46.96±6.37	224±20.0
E004	**Apple, small, Kashmir** *(Malus domestica)*	1				211		41.61		176	50.63	253
E005	**Apricot, dried** *(Prunus armeniaca)*	6				206±9.6		79.91±4.75		200±5.6	118±3.4	286±9.3
E006	**Apricot, processed** *(Prunus armeniaca)*	3				165±8.6		154±7.8		185±7.7	23.33±3.37	319±6.7
E007	**Avocado fruit** *(Persea americana)*	1				1078		62.11	11.14	1237	8710	1141

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

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

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

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

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

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

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

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
E067	**Wood Apple** *(Limonia acidissima)*	3				799±19.0		636±46.2		877±4.3	595±24.7	1435±27.7
E068	**Zizyphus** *(Zizyphus jujube)*	1	2.33			27.18		8.07		119	126	35.25
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6				57.23±5.65		6.98±0.71		31.17±3.30	21.96±2.57	64.21±6.24
F002	**Carrot, orange** *(Dacus carota)*	6				241±10.5		24.38±1.90		87.71±3.56	21.01±1.26	266±12.0
F003	**Carrot, red** *(Dacus carota)*	4				246±0.3		24.10±0.25		88.91±1.03	18.27±0.53	270±0.3
F004	**Colocasia** *(Colocasia antiquorum)*	6				69.01±5.43		8.40±0.39		41.84±2.89	22.92±1.60	77.41±5.53
F005	**Lotus root** *(Nelumbium nelumbo)*	3				291±23.3		123±8.9		249±20.3	84.12±3.38	414±31.1
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6				97.45±6.16		31.84±2.68		43.56±1.88	13.82±1.65	129±8.2
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1				54.34		73.68		44.03	11.94	128
F008	**Potato, red skin** *(Solanum tuberosum)*	1				92.44		28.78		39.87	14.91	121
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3				23.71±1.6		33.02±4.55		42.65±3.07	7.29±0.74	56.73±5.71
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6				21.64±2.09		32.00±1.60		43.88±3.78	9.14±0.86	53.64±3.41
F011	**Radish, round, red skin** *(Raphanus sativus)*	1				21.18		54.67		46.08	6.08	75.85
F012	**Radish, round, white skin** *(Raphanus sativus)*	2				15.71		46.49		41.15	12.64	62.20
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4				96.29±7.72		19.52±0.67		66.10±3.26	4.10±0.60	116±8.3
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3				154±7.2		25.92±2.35		101±4.4	9.35±1.72	180±6.1
F015	**Tapioca** *(Manihot esculenta)*	3				78.47±5.88		12.83±0.98		59.50±2.11	9.20±0.72	91.29±6.85
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	2.08	1.52		97.81		6.16		87.42	105	104

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

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6				57.08±7.02		16.44±2.18		35.72±3.38	6.75±0.92	73.52±8.96
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4				56.32±3.93		16.02±0.85		42.63±1.24	13.04±1.03	72.34±4.73
F019	**Yam, wild** *(Dioscorea versicolor)*	2				111		30.93		79.51	22.66	142
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5				384±12.5		43.99±6.11		126±8.3	38.19±2.86	428±14.3
G002	**Chillies, green-2** *(Capsicum annum)*	3				391±19.6		41.73±4.99		131±14.9	33.39±2.72	433±24.1
G003	**Chillies, green-3** *(Capsicum annum)*	5				372±17.4		45.49±5.89		133±7.3	31.74±3.10	418±15.2
G004	**Chillies, green-4** *(Capsicum annum)*	3				364±7.9		47.37±0.69		148±5.9	29.25±2.42	412±7.8
G005	**Chillies, green-5** *(Capsicum annum)*	2				342±19.8		42.60±4.91		109±2.8	26.97±3.30	384±23.0
G006	**Chillies, green-6** *(Capsicum annum)*	1				329		34.57		121	27.57	363
G007	**Chillies, green-7** *(Capsicum annum)*	1				303		28.91		102	29.66	332
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6				370±26.7		43.14±5.96		129±14.9	32.20±4.48	413±29.5
G009	**Coriander leaves** *(Coriandrum sativum)*	6	0.75±0.12			151±10.6		169±20.1		228±16.0	9.06±0.59	320±29.4
G010	**Curry leaves** *(Murraya koenigii)*	6				152±19.6		417±39.3		267±29.4	44.57±5.15	569±58.4
G011	**Garlic, big clove** *(Allium sativum)*	6				60.62±7.90		6.28±0.63		33.52±4.39	14.24±2.48	66.90±8.48
G012	**Garlic, small clove** *(Allium sativum)*	3				56.95±3.67		4.86±0.88		32.63±2.10	13.55±0.78	61.82±4.48
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1				73.10		9.31		34.76	10.83	82.40
G014	**Ginger, fresh** *(Zinziber officinale)*	6				302±14.0		78.99±9.71		231±7.4	67.97±8.76	381±16.4
G015	**Mango ginger** *(Curcuma amada)*	3				256±16.8		78.26±2.34		177±8.3	52.26±3.28	334±14.6

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
G016	**Mint leaves** *(Mentha spicata)*	4			2.18±0.18	105±8.6	17.59±1.10						13.23±1.01
G017	**Onion, big** *(Allium cepa)*	6				47.96±0.96	4.65±0.34		3.80±0.29	4.40±0.32			39.36±0.89
G018	**Onion, small** *(Allium cepa)*	5				32.07±2.47	4.08±0.41		2.50±0.21	2.37±0.42			15.83±1.73
G	**CONDIMENTS AND SPICES-DRY**												
G019	**Asafoetida** *(Ferula assa-foetida)*	6			5.04±0.97	191±4.3	45.89±3.99					5.91±0.71	236±7.9
G020	**Cardamom, green** *(Elettaria cardamomum)*	6				557±22.5	66.70±6.98					32.49±5.63	858±65.5
G021	**Cardamom, black** *(Elettaria cardamomum)*	4				430±6.3	62.50±0.85					39.53±0.59	1043±13.7
G022	**Chillies, red** *(Capsicum annum)*	6			60.26±6.53	890±41.5	141±5.1	21.09±0.77	15.91±0.82	13.52±0.83		22.41±1.65	646±66.3
G023	**Cloves** *(Syzygium aromaticum)*	6				2020±33.4	659±23.8						605±47.7
G024	**Coriander seeds** *(Coriandrum sativum)*	6			54.98±10.72	631±20.6	141±5.8	31.53±4.31	56.26±5.65	36.98±3.68		27.35±3.65	10702±135
G025	**Cumin seeds** *(Cuminum cyminum)*	6				500±12.4	98.2±3.04	20.46±1.89				35.01±0.95	8344±88.0
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6				501±12.2	188±5.3	50.12±2.25	18.60±1.44	11.78±1.27			663±24.1
G027	**Mace** *(Myristica fragrans)*	6			362±38	8120±304	767±200	54.30±13.98				404±35.2	8898±398
G028	**Nutmeg** *(Myristica fragrans)*	6		783±18.0		2372±102	204±32.7					47.77±9.28	1562±117
G029	**Omum** *(Trachyspermum ammi)*	6			16.93±2.62	895±10.9	177±10.0	23.26±0.90				26.83±0.98	13810±152
G030	**Pippali** *(Piper longum)*	6				436±11.7	165±10.0					38.18±1.88	289±15.1
G031	**Pepper, black** *(Piper nigrum)*	6				548±23.3	106±5.9						463±24.8
G032	**Poppy seeds** *(Papaver somniferum)*	6			10.16±0.81	1644±46.6	397±11.0	22.27±1.91				27.62±2.90	2311±106
G033	**Turmeric powder** *(Curcuma domestica)*	6				769±42.7	691±44.7	174±16.1					448±83.7

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
G016	**Mint leaves** *(Mentha spicata)*	4				65.09±4.74		286±20.5		125±9.7	13.23±1.01	352±25.2
G017	**Onion, big** *(Allium cepa)*	6				100±1.5		6.63±0.54		60.81±0.53	39.36±0.89	107±1.9
G018	**Onion, small** *(Allium cepa)*	5				66.60±4.12		4.55±0.46		41.01±2.60	15.83±1.73	71.16±4.41
G	**CONDIMENTS AND SPICES-DRY**											
G019	**Asafoetida** *(Ferula assa-foetida)*	6	7.35±1.74			470±15.7		43.79±6.93		242±4.2	250±6.5	514±13.6
G020	**Cardamom, green** *(Elettaria cardamomum)*	6				411±9.4		172±7.3		624±24.3	891±68.8	583±16.1
G021	**Cardamom, black** *(Elettaria cardamomum)*	4				320±0.5		197±5.8		493±5.4	1083±14.3	517±5.6
G022	**Chillies, red** *(Capsicum annum)*	6	6.75±0.23		43.11±5.25	3081±111		182±14.3		1141±44.1	718±64.0	3263±101
G023	**Cloves** *(Syzygium aromaticum)*	6				2737±71.8		691±36.4		2679±52.7	605±47.7	3428±83.6
G024	**Coriander seeds** *(Coriandrum sativum)*	6	40.02±2.30			2203±60.9		44.01±5.39		952±10.1	10769±134	2247±62.1
G025	**Cumin seeds** *(Cuminum cyminum)*	6				4269±48.2		44.00±3.65		619±16.3	8379±88.6	4313±47.1
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	12.15±1.86			2051±23.7		1082±13.6		770±17.5	675±23.4	3133±35.9
G027	**Mace** *(Myristica fragrans)*	6				4571±233		159±33.1		9304±214	9302±370	4731±260
G028	**Nutmeg** *(Myristica fragrans)*	6	26.66±2.85			299±21.9		79.30±7.33		3359±88.8	1637±107	379±25.5
G029	**Omum** *(Trachyspermum ammi)*	6	42.03±3.51			5116±127		76.71±4.77		1112±18.0	13879±152	5193±128
G030	**Pippali** *(Piper longum)*	6				587±10.8		299±9.3		602±9.7	327±15.5	885±10.9
G031	**Pepper, black** *(Piper nigrum)*	6				818±5.8		258±10.7		654±24.1	463±24.8	1076±15.2
G032	**Poppy seeds** *(Papaver somniferum)*	6	14.09±1.15			13742±91.3		106±9.2		2074±56.7	2353±110	13847±94.7
G033	**Turmeric powder** *(Curcuma domestica)*	6				1563±22.9		377±44.9		1634±46.8	448±83.7	1940±32.3

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
H	**NUTS AND OIL SEEDS**												
H001	**Almond** *(Prunus amygdalus)*	6			30.36±3.96	3553±20.3	717±24.8	57.98±10.77				281±6.5	38012±162
H002	**Arecanut, dried, brown** *(Areca catechu)*	6		524±17.5	1527±27.0	487±8.8	56.30±2.94	9.72±0.46					461±21.5
H003	**Arecanut, dried, red color** *(Areca catechu)*	3		236±13.8	833±22.4	498±15.4	94.80±6.23	12.14±0.73					980±16.7
H004	**Arecanut, fresh** *(Areca catechu)*	2		586	2093	628	68.65	13.31					582
H005	**Cashew nut** *(Anacardium occidentale)*	6				4033±59	3447±89.3	233±5.2	47.13±1.73	56.25±3.84		163±7.9	27678±303
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	2674±33.6	24525±379	10243±145	4322±185	1373±74.3	0.00±0.00	0.00±0.00	0.00±0.00			3710±133
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	1699±59.3	15442±303	6736±195	3067±157	1043±166	32.77±8.25	10.93±1.65	17.37±2.38			2434±59.5
H008	**Garden cress, seeds** *(Lepidium sativum)*	5			32.71±4.62	2190±36.2	730±21.6	800±24.0	219±12.4	130±7.6		55.48±2.08	5166±261
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6				3735±151	2230±164	263±11.9	51.25±6.32	38.42±6.09		62.24±4.91	15475±432
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4				3826±66.6	2090±46.5	251±3	47.61±8.43	35.87±1.72		56.96±2.60	15866±282
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5				3883±17.2	2206±143	256±22.8	50.85±10.31	33.17±5.10		55.87±7.22	16001±330
H012	**Ground nut** *(Arachis hypogea)*	6				4520±84.5	1303±96.2	598±66.3	1247±133	478±70		242±22.6	17719±562
H013	**Mustard seeds** *(Brassica juncea)*	6				856±29.4	389.3±38	289±27.8	348±31.2	230±36		69.74±7.52	4012±549
H014	**Linseeds** *(Linum usitatissimum)*	6				1503±68.1	1323±65.6	59.74±4.28	51.21±3.89	31.93±2.83		25.61±1.29	5049±303
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4			100±2.0	4750±57.7	951±52.8	91.53±2.82	23.39±1.53	27.87±2.13		98.16±5.18	8813±417
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5			136±28.3	6061±180	2651±104	250±25.2	386±147	253±17.2		131±19.7	4013±149
H017	**Pine seed** *(Pinus gerardiana)*	5			19.65±1.31	2640±69.1	791±67.9	246±22.5	74.80±5.21	30.03±3.06		31.06±1.90	18261±172
H018	**Pistachio nuts** *(Pistacla vera)*	6			39.96±3.16	3473±81.9	425±34.4	49.82±2.80	38.10±7.85	18.11±3.13		285±12.9	18478±209
H019	**Safflower seeds** *(Carthamus tinctorius)*	5			28.06±1.91	1789±132	546±21.4	90.69±5.27	58.62±3.79	36.13±3.31		17.08±2.37	3487±27
H020	**Sunflower seeds** *(Helianthus annuus)*	5			47.49±10.65	3215±109	2166±179	175±7.7	411±33.7	145±12.2		71.56±7.04	17649±467

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6	43.69±6.16			13183±153		32.04±3.78		4358±22.4	38336±159	13215±156
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	4.87±0.65			396±23.1		7.42±0.62		2605±38.3	466±21.3	403±23.3
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	7.24±0.47			901±22.5		16.78±0.07		1674±29.9	987±16.3	918±22.5
H004	**Arecanut, fresh** *(Areca catechu)*	2	16.44			506		15.67		3389	599	522
H005	**Cashew nut** *(Anacardium occidentale)*	6	66.58±3.22			7427±205		55.04±6.90		7816±148	27907±309	7482±203
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	0.00±0.00			929±37.7				43138±268	3710±133	929±37.7
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	15.62±0.99			639±40.1				28048±174	2449±59.3	639±40.1
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	2699±52.1		211±9.3	2839±50.1	141±8.8	7484±246		4101±69.3	8131±242	10464±234
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	67.66±4.99			19123±472		136±32.3		6317±169	15605±437	19259±477
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	66.30±2.49			18966±202		112±12.7		6250±36.6	15989±279	19078±208
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	67.54±4.43			18477±495		120±14.1		6430±189	16124±329	18597±490
H012	**Ground nut** *(Arachis hypogea)*	6	376±30.0			11584±426		0.00±0.00		8144±214	18337±552	11584±426
H013	**Mustard seeds** *(Brassica juncea)*	6	1838±84.9	14468±820	644±33.6	4932±112	245±39.3	3341±379		2112±41.7	21032±503	8910±540
H014	**Linseeds** *(Linum usitatissimum)*	6	36.60±1.43			3191±144		12956±467		2968±48.4	5112±303	16147±378
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	122±11.5			21871±500		64.5±3.15		5945±88.9	9033±422	21935±499
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	308±42.3			23300±300		265±23.6		9737±189	4452±129	23564±289
H017	**Pine seed** *(Pinus gerardiana)*	5	332±7.4			23874±310	140±27.5	188±10.1		3801±123	18624±177	24202±303
H018	**Pistachio nuts** *(Pistacla vera)*	6	144±2.7		13.87±1.80	11776±277		171±5.2		4043±94.4	18922±207	11946±281
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	49.34±1.37		36.44±2.22	18760±227		21.90±0.73		2548±115	3589±26.7	18781±226
H020	**Sunflower seeds** *(Helianthus annuus)*	5	82.25±11.93			25545±308		35.6±5.78		6159±310	17803±471	25580±305

Food code	Food Name	No. of Regions	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)
			← mg →										
			F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	F14D1	F16D1C	F18D1CN9
H021	**Walnut** *(Juglans regia)*	6				3661±50.6	1502±36.3	44.18±21.48				39.95±6.12	11168±799
I	**SUGARS**												
I001	**Jaggery, cane** *(Saccharum officinarum)*	6				45.00±3.15	24.23±1.77						21.67±1.45
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6				119±4.4	20.80±2.38						29.70±2.99
J	**MUSHROOMS**												
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1			1.83	40.06	12.95	5.07	2.98			1.23	5.25
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1			0.79	54.83	3.99					0.62	2.40
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1			3.25	72.70	18.44	9.17	5.21			2.05	9.73
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1			12.67	256	91.79	36.78	20.76			7.94	38.44
K	**MISCELLANEOUS FOODS**												
K001	**Toddy**	10			2.10±0.38	21.04±0.93	7.50±0.40					4.19±0.81	30.49±1.14
K002	**Coconut Water**	6		47.14±3.52	24.62±2.06	16.18±0.97	5.56±1.10						10.78±0.38
L	**MILK AND MILK PRODUCTS**												
L001	**Milk, whole, Buffalo**	6	158±6.6	220±3.3	806±16.9	1776±63.6	943±58.7				47.08±7.37	61.97±4.34	1671±103
L002	**Milk, whole, Cow**	6	172±8.8	98±3.08	451±11.8	1033±40.3	518±15.7					37.90±2.11	1176±30.3
L003	**Panner**	6	230±10.0	340±29.6	1600±60.9	4792±199	1755±166	88.14±15.40	28.73±6.32	17.14±2.69		385±33.5	3914±206
L004	**Khoa**	6	259±21.1	375±19.4	1932±112	7138±290	3099±286	61.24±12.26	43.03±15.56	28.18±7.46		398±57.1	5266±422

Food code	Food Name	No. of Regions	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)	Arachidonic (C20:4n6)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← mg →									
			F20D1N9F	F22D1N9	F24D1C	F18D2CN6	F20D2	F18D3N3	F20D4N6	FASAT	FAMS	FAPU
H021	**Walnut** *(Juglans regia)*	6	108±13.5			36205±626		8710±238		5208±74.2	11316±796	44915±830
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6				33.10±2.09				69.23±4.91	21.67±1.45	33.10±2.09
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6				145±12.5		28.34±4.27		140±3.1	29.70±2.99	173±16.1
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	0.34			263				62.89	6.82	263
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1				111		26.43		59.60	3.02	137
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	0.55			417	63.63			116	12.33	480
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	27.58			1491	301			422	73.96	1792
K	**MISCELLANEOUS FOODS**											
K001	**Toddy**	10				44.90±1.71		20.28±0.78		30.65±0.93	34.68±0.79	65.18±2.11
K002	**Coconut Water**	6				3.73±0.91				93.49±4.64	24.11±32.54	3.73±0.91
L	**MILK AND MILK PRODUCTS**											
L001	**Milk, whole, Buffalo**	6	139±2.8			132±5.4		34.76±2.06	21.78±0.89	4630±93.9	1919±106	200±7.8
L002	**Milk, whole, Cow**	6				106±2.9		20.52±2.24	7.03±0.49	2707±29.9	1214±29.4	138±2.6
L003	**Panner**	6				206±69.1		233±14.6		8851±136	4300±202	439±59.0
L004	**Khoa**	6				525±124		265±76.8		12936±221	5664±462	790±53.1

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

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

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

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
N004	Chicken, poultry, wing, skinless	5			24.51±2.38		914±38.4	274±24.8	5.68±1.37	11.85±1.68	10.85±1.73
N005	Poultry, chicken, liver	1					677	651			
N006	Poultry, chicken, gizzard	1			9.91		495	256	5.92	4.36	
N007	Country hen, leg, with skin	1			13.27	2.11	362	174	2.63		
N008	Country hen, thigh, with skin	1			18.74	2.73	421	167			
N009	Country hen, breast, with skin	1			10.33	1.35	286	122			
N010	Country hen, wing, with skin	1			19.17	2.94	467	199			
N011	Duck, meat, with skin	1					287	58			
N012	Emu, meat, skinless	1			3.36		137	60			
N013	Guinea fowl, meat, with skin	1	0.90	1.81	17.07	7.03	508	556	17.03	9.63	2.49
N014	Pigeon, meat, with skin	1			10.72		939	879			
N015	Quail, meat, skinless	1			44.53	6.70	1463	479	23.18		8.54
N016	Turkey, leg, with skin	1					667	313			
N017	Turkey, thigh, with skin	1					681	334			
N018	Turkey, breast, with skin	1					647	286			
N019	Turkey, wing, with skin	1					604	275			
O	**ANIMAL MEAT**										
O001	Goat, shoulder	6		45.17±38.01	376±238		2638±337	2331±160	18.08±3.57		35.45±26.72
O002	Goat, chops	6		16.34±10.05	202±93.7		1383±160	1252±111	12.19±4.91		11.48±6.13
O003	Goat, legs	6		24.30±15.82	263±105		1795±154	1522±157	18.61±5.01		41.99±34.76

Food Code	Food Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	α-Linolenic (C18:3n3)
			← mg →								
			F14D1	F16D1	F18D1	F20D1	F22D1	F24D1	F18D2CN6	F20D2	F18D3N3
N004	Chicken, poultry, wing, skinless	5		238±14.9	1524±63	15.00±1.25			623±20.6		27.64±5.06
N005	Poultry, chicken, liver	1			681				680		140
N006	Poultry, chicken, gizzard	1		98	604	13.85			342		
N007	Country hen, leg, with skin	1		59	616	5.59			273	3.45	11.45
N008	Country hen, thigh, with skin	1		57	687	6.05			287		12.91
N009	Country hen, breast, with skin	1		28	422	3.65			182		7.26
N010	Country hen, wing, with skin	1		65	763	7.94			305		14.03
N011	Duck, meat, with skin	1		1467	748				217		86.54
N012	Emu, meat, skinless	1		20	221	1.00			90		7.97
N013	Guinea fowl, meat, with skin	1	1.52	21	879	17.33	1.86	6.23	816		30.49
N014	Pigeon, meat, with skin	1		283	2305				958		
N015	Quail, meat, skinless	1		392	2364	14.13		12.52	788		22.50
N016	Turkey, leg, with skin	1		0	938				908		150
N017	Turkey, thigh, with skin	1		0	927				904		131
N018	Turkey, breast, with skin	1		0	884				886		170
N019	Turkey, wing, with skin	1		0	826				787		126
O	**ANIMAL MEAT**										
O001	Goat, shoulder	6		251±54.2	4563±318	87.48±42.27			432±149		33.28±10.52
O002	Goat, chops	6		113±27.3	2193±170	39.47±12.04			184±42.1		16.12±8.80
O003	Goat, legs	6		156±22.5	2805±340	77.43±30.80			374±74.8		21.85±2.70

Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa-pentaenoic (C20:5n3)	Docosa-hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
N004	**Chicken, poultry, wing, skinless**	5	7.31±0.38				1241±55.1	1777±73.9	658±22.3	54.52±0.78
N005	**Poultry, chicken, liver**	1				194	1328	681	1013	268
N006	**Poultry, chicken, gizzard**	1		122			772	716	464	57.24
N007	**Country hen, leg, with skin**	1	6.24	90		15.98	534	681	400	87.95
N008	**Country hen, thigh, with skin**	1	3.63	48		7.63	610	750	360	91.81
N009	**Country hen, breast, with skin**	1		72			419	453	262	66.03
N010	**Country hen, wing, with skin**	1	6.75	87	12.90	25.09	688	836	451	55.42
N011	**Duck, meat, with skin**	1					345	2215	304	81.76
N012	**Emu, meat, skinless**	1		34	5.94	5.26	200	242	144	72.69
N013	**Guinea fowl, meat, with skin**	1		1	45.45	102	1138	928	995	87.48
N014	**Pigeon, meat, with skin**	1		200	94.93	29.29	1828	2588	1282	107
N015	**Quail, meat, skinless**	1					2024	2789	810	77.87
N016	**Turkey, leg, with skin**	1					980	938	1058	83.44
N017	**Turkey, thigh, with skin**	1					1015	927	1035	85.35
N018	**Turkey, breast, with skin**	1					934	884	1055	81.28
N019	**Turkey, wing, with skin**	1					897	826	913	80.01
O	**ANIMAL MEAT**									
O001	**Goat, shoulder**	6		178±54.8			5444±803	4902±415	643±214	82.18±3.33
O002	**Goat, chops**	6		59.35±12.87			2877±386	2346±210	259±63.7	88.37±7.14
O003	**Goat, legs**	6		172±52.3			3665±471	3038±393	567±130	82.52±5.47

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O004	Goat, brain	5			32.63±6.10		1007±97.9	1013±57.5	28.88±3.12	22.73±3.77	33.49±7.60
O005	Goat, tongue	4		37.79±18.66	388±150		2556±325	1976±377	21.00±2.75		49.13±42.98
O006	Goat, lungs	4		16.42±20.30	95.79±52.64		907±156	513±122	12.42±8.43		20.21±12.37
O007	Goat, heart	5		10.26±7.38	128±70.9		763±183	1017±273	6.51±2.66		13.97±13.54
O008	Goat, liver	6		3.97±1.08	37.41±14.69		735±173	944±137			49.82±39.91
O009	Goat, tripe	5		16.61±12.79	155±96.5		828±144	661±139	9.66±0.82		12.66±4.47
O010	Goat, spleen	4		9.23±3.32	56.89±9.62		555±51.2	553±138	9.47±4.33		17.09±9.01
O011	Goat, kidneys	4		7.80±3.94	70.83±36.59		557±61.7	470±66.4	5.20±1.56		32.65±23.84
O012	Goat, tube (small intestine)	3		28.28±23.62	294±258		1961±184	2103±792	24.09±6.81		35.02±35.16
O013	Goat, testis	2		3.15	33.66		899	259	5.88		14.56
O014	Sheep, shoulder	5		48.54±32.58	603±320		3569±629	2595±598	30.32±14.36		70.13±106
O015	Sheep, chops	4		18.76±13.09	221±123		1323±484	1190±331	10.63±2.76		9.19±2.99
O016	Sheep, leg	5		30.98±14.68	282±152		1797±145	1591±512	20.00±9.49		24.42±12.81
O017	Sheep, brain	1			24.69		938	990	23.43	14.85	49.24
O018	Sheep, tongue	1		251	408		2533	2384			
O019	Sheep, lungs	2		11.61	33.99		640	442	6.31		4.82
O020	Sheep, heart	1		20.40	186		773	690			
O021	Sheep, liver	4			24.79±14.41		681±103	1078±168			38.64±47.47
O022	Sheep, tripe	2		13.91	154		989	789	7.63		8.62
O023	Sheep, spleen	1		10.04	74.93		663	753	9.72		22.65
O024	Sheep, kidneys	2		7.08	60.88		505	543	4.56		5.57

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

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

Food Code	Food Name	No. of Regions	Undecanoic (C11:0)	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			← mg →								
			F4D0	F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0
O025	Beef, shoulder	6		32.91±2.41	392±160		3772±410	2768±554	41.78±11.66		39.47±17.43
O026	Beef, chops	4		14.18±1.20	168±65.4		1625±193	1188±218	18.13±5.57		17.01±7.72
O027	Beef, round (leg)	6		13.58±1.50	135±16.2		1732±197	1023±136	42.45±4.10		52.78±6.67
O028	Beef, brain	4			67.09±33.46		1131±90.0	1188±149	19.51±3.09		84.15±13.23
O029	Beef, tongue	4		24.35±2.26	364±42.7		3197±262	2663±402	25.09±2.92		13.19±4.30
O030	Beef, lungs	3		3.95±0.23	71.64±69.29		625±123	468±78.5	14.22±9.86		13.92±8.94
O031	Beef, heart	5		5.69±1.23	44.89±16.77		614±121	787±119	9.39±2.42		19.06±11.57
O032	Beef, liver	6		5.86±0.74	34.29±13.79		664±179	806±119	6.72±1.34		26.54±17.71
O033	Beef, tripe	5		4.83±1.70	80.33±26.92		653±179	619±277	9.13±5.37		4.84±1.46
O034	Beef, spleen	6		4.08±0.89	26.85±7.72		505±70.9	592±69.2	10.29±1.57		22.43±8.41
O035	Beef, kidneys	3		5.50±0.00	56.58±0.00		777±0.0	892±0.0	6.79±0.00		5.40±0.00
O036	Calf, shoulder	2		13.57	133		1649	1646	22.73		45.09
O037	Calf, chops	2		3.39	60.78		830	1036	15.26		20.25
O038	Calf, round (leg)	2		7.65	85.35		1189	893	41.78		45.74
O039	Calf, brain	2			53.44		1048	1064	17.15		18.83
O040	Calf, tongue	2		18.97	320		2813	2415	22.44		40.10
O041	Calf, heart	1		5.23	46.27		602	814	9.22		12.28
O042	Calf, liver	1		5.46	28.39		666	898	9.71		8.59
O043	Calf, spleen	1		3.43	27.07		486	498	5.85		9.81
O044	Calf, kidneys	2		4.25	52.12		660	734	7.18		6.04
O045	Mithun, shoulder	1			96.92		1427	2772	60.51		79.49

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

Food Code	Food Name	No. of Regions	Eicosatrienoic (C20:3n6)	Arachidonic (C20:4n6)	Eicosa-pentaenoic (C20:5n3)	Docosa-hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D3N6	F20D4N6	F20D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
O025	Beef, shoulder	6		280±168			7046±1155	6227±1010	1008±536	66.36±4.77
O026	Beef, chops	4		122±74.7			3031±491	2680±428	437±236	45.97±5.89
O027	Beef, round (leg)	6		211±12.7			2998±361	3280±291	480±40	55.81±1.96
O028	Beef, brain	4		321±77.3		432±99.1	2490±289	1869±200	848±200	1668±28.5
O029	Beef, tongue	4		86.44±28.31			6287±716	4741±524	484±99	141±1.1
O030	Beef, lungs	3		146±85.9			1198±290	647±73.6	244±111	334±8.8
O031	Beef, heart	5		128±38			1479±273	848±240	490±136	92.73±5.29
O032	Beef, liver	6		218±79.7		103±27.5	1543±331	826±202	566±162	261±9.9
O033	Beef, tripe	5		35.70±4.88			1371±491	833±216	95.26±25.86	82.66±4.33
O034	Beef, spleen	6		254±84.3			1160±159	480±130	393±113	353±8.3
O035	Beef, kidneys	3		135±0.0			1743±0.0	835±0.0	291±0.0	439±3.8
O036	Calf, shoulder	2		231			3510	2647	689	58.27
O037	Calf, chops	2		105			1966	1034	449	62.05
O038	Calf, round (leg)	2		233			2263	2433	497	50.10
O039	Calf, brain	2		264		249	2202	1460	603	1345
O040	Calf, tongue	2		256			5630	4406	737	107
O041	Calf, heart	1		198			1489	696	773	130
O042	Calf, liver	1		265		92.00	1616	670	643	306
O043	Calf, spleen	1		269			1030	513	397	360
O044	Calf, kidneys	2		239			1464	660	491	271
O045	Mithun, shoulder	1		889			4436	2157	3613	45.07

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

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

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

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

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

Food Code	Fish Name	No. of Regions	rachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P	**MRINE FISH**									
P001	**Allathi** *(Elops machnata)*	1	30.50	54.35	21.54	141	346	165	261	13.98
P002	**Aluva** *(Parastromateus niger)*	3	90.30±10.41	77.61±41.72	70.40±22.65	226±72.7	755±224	288±105	490±150	21.97±11.26
P003	**Anchovy** *(Stolephorus indicus)*	2	26.26	60.00	10.15	187	248	50.36	290	29.56
P004	**Ari fish** *(Aprion virescens)*	1	58.12	18.53	21.75	194	408	166	319	15.99
P005	**Betki** *(Lates calcarifer)*	1	20.38	5.74		14.76	86.40	53.27	57.36	18.99
P006	**Black snapper** *(Macolor niger)*	1	49.55	41.48		165	470	251	293	30.45
P007	**Bombay duck** *(Harpadon nehereus)*	2	43.72	61.27		137	398	171	252	46.43
P008	**Bommuralu** *(Muraenesox cinerius)*	3	79.66±9.02	116±17.6	128±46.4	214±12.8	1238±199	701±122	594±60.4	44.68±33.13
P009	**Cat fish** *(Tachysurus thalassinus)*	1	133	75.24	61.60	320	792	430	619	18.36
P010	**Chakla** *(Rachycentron canadum)*	5	74.42±33.79	76.10±81.26	39.35±26.20	204±116	654±435	352±231	422±267	30.39±18.24
P011	**Chappal** *(Aluterus monoceros)*	1	36.64	16.28	8.92	129	199	74.51	208	10.84
P012	**Chelu** *(Elagatis bipinnulata)*	2	19.95	20.13	8.79	118	229	104	179	22.64
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	59.85	99.82	49.26	209	700	369	440	10.86
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	88.36	95.68	53.02	387	739	340	666	13.17
P015	**Gobro** *(Epinephelus diacanthus)*	2	41.11	30.09	28.02	138	289	138	251	21.38
P016	**Guitar fish** *(Rhinobatus prahli)*	1	30.26	11.92	5.69	86.04	114	36.87	143	10.48
P017	**Hilsa** *(Tenualosa ilisha)*	2	146	925		232	9286	6021	1801	82.42
P018	**Jallal** *(Arius* sp.*)*	1	64.74	69.13	42.00	184	519	311	389	19.26
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	41.76	35.89	27.75	166	837	519	294	19.98
P020	**Kadal bral** *(Synodus indicus)*	1	42.90	95.53	34.93	244	478	192	436	26.09

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

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

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

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

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

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

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

Table 7. Fatty Acid Profile

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

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P063	**Rani** *(Pink perch)*	1	163	317		494	2926	1878	1112	69.04
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1	64.36	15.87	27.42	93.05	187	98.70	222	13.91
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1	57.90	40.85	31.73	172	485	299	325	132
P066	**Red snapper, small** *(Priacanthus hamrur)*	1	89.21	162	33.67	406	861	407	734	38.42
P067	**Sadaya** *(Platax orbicularis)*	1	316	86.49	94.23	582	1059	444	1128	61.97
P068	**Salmon** *(Salmo salar)*	1	209	406	329	1192	4305	2453	2297	61.27
P069	**Sangada** *(Nemipterus japanicus)*	1	99.19	127	88.66	338	1128	513	706	75.77
P070	**Sankata paarai** *(Caranx ignobilis)*	1	204	398	197	834	3317	1876	1746	64.34
P071	**Sardine** *(Sardinella longiceps)*	1	88.19	297		317	1250	630	770	49.12
P072	**Shark** *(Carcharhinus sorrah)*	2	34.77	35.47	28.68	121	275	126	230	24.40
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	48.70	23.08		148	264	103	232	55.81
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1	39.42	23.66	19.30	77.52	253	137	169	13.75
P075	**Shelavu** *(Sphyraena jello)*	4	47.67±7.39	116±68.3	43.52±15.52	207±70.2	677±197	369±135	431±137	30.50±22.45
P076	**Silan** *(Silonia silondia)*	1	60.16	22.45		47.48	3615	3199	1140	58.93
P077	**Silk fish** *(Beryx* sp.*)*	1	58.25	82.20	38.02	286	497	281	506	10.71
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	86.03	171		125	1826	1964	894	68.54
P079	**Sole fish** *(Cynoglossus arel)*	1	53.78	78.35	44.56	176	416	167	370	16.00
P080	**Stingray** *(Dasyatis pastinaca)*	1	39.38	20.07		75.62	289	173	174	62.47
P081	**Tarlava** *(Drepane punctata)*	2	66.49	55.77	60.03	67.22	504	207	265	18.94
P082	**Tholam** *(Plectorhinchus schotaf)*	2	51.15	72.74	65.02	257	856	510	481	59.73

Food Code	Fish Name	No. of Regions	Lauric (C12:0)	Myristic (C14:0)	Pentadecanoic (C15:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)	Palmitoleic (C16:1)
			← mg →								
			F12D0	F14D0	F15D0	F16D0	F18D0	F20D0	F22D0	F24D0	F16D1C
P083	**Tilapia** *(Oreochromis niloticus)*	1		61.56		270	76.21	4.72			113
P084	**Tuna** *(Euthynnus affinis)*	5		53.12±59.44	11.08±11.43	399±317	184±108	8.50±10.28	3.75±4.37		76.97±85.13
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1		30.58	8.29	243	137	5.87			35.30
P086	**Valava** *(Chirocentrus nudus)*	1		33.97	7.72	262	96.64	3.31			29.78
P087	**Vanjaram** *(Scomberomorus commerson)*	2		325	33.96	1352	464	28.87	17.73	7.74	431
P088	**Vela meen** *(Aprion virescens)*	1		50.60		1255	528	11.77	11.42		103
P089	**Vora** *(Siganus javus)*	2	44.09	144	29.09	767	197	15.68	8.16	1.14	143
P090	**Whale shark** *(Galeocerdo cuvier)*	1		22.76	5.18	164	69.44	3.06	2.07		43.98
P091	**Xiphinis** *(Xiphias gladius)*	1		39.39	5.47	235	73.36	6.43	3.36		27.21
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1		67.15		1206	526	5.72	12.81		197
Q	**MARINE SHELLFISH**										
Q001	**Crab** *(Menippe mercenaria)*	1		10.85		131	71.80				29.24
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1		5.70	1.01	63.49	57.40	0.99			20.35
Q003	**Lobster, brown** *(Thenus orientalis)*	1		6.83	2.32	56.45	37.70	2.26			19.88
Q004	**Lobster, king size** *(Thenus orientalis)*	1		7.51		95.24	71.66				28.21
Q005	**Mud crab** *(Scylla tranquebarica)*	1		4.36		52.71	38.05				17.87
Q006	**Oyster** *(Crassostrea* sp.*)*	1		126	27.48	736	190	8.39			137
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1		7.19	3.11	65.63	43.57	1.20			25.87
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1		5.20	5.31	94.05	72.64				24.59

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
P083	**Tilapia** *(Oreochromis niloticus)*	1	134	7.52			49.44	32.45			7.95
P084	**Tuna** *(Euthynnus affinis)*	5	207±171	8.72±7.33	1.69±2.87	5.46±5.81	23.05±17.65	4.76±4.29			1.98±2.86
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	133				25.61				
P086	**Valava** *(Chirocentrus nudus)*	1	73.60	3.48			16.91				
P087	**Vanjaram** *(Scomberomorus commerson)*	2	603	26.17	6.59	12.16	59.97	9.87			11.94
P088	**Vela meen** *(Aprion virescens)*	1	685	46.68		15.80	16.40				
P089	**Vora** *(Siganus javus)*	2	278	27.36	7.74	10.31	23.58	5.64			4.76
P090	**Whale shark** *(Galeocerdo cuvier)*	1	84.28	5.18		2.01	7.65	2.69			1.69
P091	**Xiphinis** *(Xiphias gladius)*	1	130	16.28	6.73	3.72	3.95	1.30			0.89
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	905	23.32			290	98.50	18.91		72.11
Q	**MRINE SHELLFISH**										
Q001	**Crab** *(Menippe mercenaria)*	1	111				16.26				
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	41.99			1.99	5.83	2.42			1.26
Q003	**Lobster, brown** *(Thenus orientalis)*	1	49.96	1.25		1.65	19.92	2.23			1.40
Q004	**Lobster, king size** *(Thenus orientalis)*	1	101				15.75				
Q005	**Mud crab** *(Scylla tranquebarica)*	1	48.75				11.56	3.26			
Q006	**Oyster** *(Crassostrea* sp.*)*	1	90.00	71.16			55.37				7.36
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	48.27	2.40			12.55	2.04			0.99
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	58.66	5.05			20.99				

Food Code	Fish Name	No. of Regions	Arachidonic (C20:4n6)	Eicosa pentaenoic (C20:5n3)	Docosa pentaenoic (C22:5n3)	Docosa hexaenoic (C22:6n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)	Cholesterol
			← mg →							
			F20D4N6	F20D5N3	F22D5N3	F22D6N3	FASAT	FAMS	FAPU	CHOLC
P083	**Tilapia** *(Oreochromis niloticus)*	1	35.03	14.76		59.16	413	254	199	26.36
P084	**Tuna** *(Euthynnus affinis)*	5	69.44±36.77	90.61±91.77	40.23±33.78	345±262	660±508	300±268	575±441	46.10±42.20
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	37.61	40.39	11.68	191	424	168	306	64.06
P086	**Valava** *(Chirocentrus nudus)*	1	33.28	38.19	14.57	233	403	107	336	15.60
P087	**Vanjaram** *(Scomberomorus commerson)*	2	140	422	115	626	2229	1078	1384	67.71
P088	**Vela meen** *(Aprion virescens)*	1	190	136	94.40	761	1857	851	1199	35.85
P089	**Vora** *(Siganus javus)*	2	102	54.20	123	333	1207	467	647	19.34
P090	**Whale shark** *(Galeocerdo cuvier)*	1	37.20	33.44	28.12	109	266	135	220	25.33
P091	**Xiphinis** *(Xiphias gladius)*	1	16.88	24.11	25.23	61.55	363	184	134	27.59
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	223	156		577	1818	1125	1436	269
Q	**MARINE SHELLFISH**									
Q001	**Crab** *(Menippe mercenaria)*	1	49.09	82.64		108	214	140	256	53.87
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	31.72	30.35	6.97	67.91	129	64.32	146	23.18
Q003	**Lobster, brown** *(Thenus orientalis)*	1	26.66	23.17	4.72	40.06	106	72.73	118	32.64
Q004	**Lobster, king size** *(Thenus orientalis)*	1	54.59	67.46		68.32	174	129	206	41.13
Q005	**Mud crab** *(Scylla tranquebarica)*	1	35.64	41.52	5.53	31.76	95.11	66.63	129	7.10
Q006	**Oyster** *(Crassostrea* sp.*)*	1	95.01	256	26.65	210	1087	298	651	32.45
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	22.95	19.83	6.63	35.72	121	76.53	101	70.80
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	54.81	69.78	8.28	50.40	177	88.30	204	19.47

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

Food Code	Fish Name	No. of Regions	Oleic (C18:1n9)	Eicosaenoic (C20:1n9)	Erucic (C22:1n9)	Nervonic (C24:1n9)	Linoleic (C18:2n6)	Eicosadienoic (C20:2)	Docosadienoic (C22:2)	α-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n6)
			← mg →								
			F18D1CN9	F20D1N9	F22D1N9	F24D1C	F18D2CN6	F20D2	F22D2	F18D3N3	F20D3N6
R	**MRINE MOLLUSKS**										
R001	**Clam, green shell** *(Perna viridis)*	1	18.53	16.55			19.74	2.38			
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1	60.30	14.05			16.94	29.48			
R003	**Octopus** *(Octopus vulgaris)*	1	46.38				9.32				
R004	**Squid, black** *(Loligo* sp.*)*	1	36.20	13.63			8.46				
R005	**Squid, hard shell** *(Sepia pharaonis)*	1	37.90	10.63			3.25	2.32			
R006	**Squid, red** *(Loligo duvaucelii)*	2	61.11	9.77			17.81	1.87			
R007	**Squid, white, small** *(Uroteuthis duvauceli*)	1	37.64	18.13			8.22				
S	**FRESH WTER FISH ND SHELLFISH**										
S001	**Cat fish** *(Tandanus tandanus)*	2	1428±1049	88.89±56.90			458±327	132±104	36.82±28.10		51.98±23.47
S002	**Catla** *(Catla catla)*	6	910±35.6	53.36±16.22			214±51.9	89.97±95.09			26.26±10.65
S003	**Freshwater Eel** *(Anguilla anguilla)*	1	493	35.62			190	90.12	20.95		24.90
S004	**Gold fish** *(Carassius auratus)*	2	715	102			302	26.52			24.29
S005	**Pangas** *(Pangasianodon hypophthalmus)*	6	510±243	71.60±60.25			221±87.0	57.41±48.71			16.97±5.91
S006	**Rohu** *(Labeo rohita)*	6	2401±807	93.13±55.77			531±149	46.60±48.01			44.91±22.09
S007	**Crab** *(Pachygrapsus* sp.*)*	1	111				16.26				
S008	**Prawns, big** *(Macrobrachium rosenbergii)*	1	39.93	2.25			17.75	3.91			
S009	**Prawns, small** *(Macrobrachium* sp.*)*	3	130				41.37	14.44			
S010	**Tiger prawns** *(Macrobrachium* sp.*)*	2	95.76	7.92			29.27				

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

Table 8

AMINO ACID PROFILE



Table 8. AMINO ACID PROFILE

(All values are expressed in g per 100g protein)

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Luecine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
A	**CEREALS AND MILLETS**											
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	1.86	2.82	4.83	5.45	1.86	1.60	3.98	3.02	1.50	4.34
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	1.98±0.50	2.85±0.04	4.94±0.17	5.50±0.35	1.95±0.12	1.51±0.15	4.75±0.41	2.99±0.21	1.69±0.10	4.30±0.27
A003	**Bajra** *(Pennisetum typhoideum)*	6	2.15±0.37	3.45±0.74	8.52±0.86	3.19±0.49	2.11±0.50	1.23±0.33	4.82±1.18	3.55±0.40	1.33±0.30	4.79±1.04
A004	**Barley** *(Hordeum vulgare)*	6	2.13±0.23	3.63±0.40	6.49±0.41	3.42±0.19	1.86±0.04	2.20±0.27	4.88±0.44	3.30±0.14	1.28±0.07	4.78±0.49
A005	**Jowar** *(Sorghum vulgare)*	6	2.07±0.20	3.45±0.63	12.03±1.51	2.31±0.40	1.52±0.50	1.06±0.30	5.10±0.50	2.96±0.17	1.03±0.21	4.51±0.71
A006	**Maize, dry** *(Zea mays)*	6	2.70±0.21	3.67±0.22	12.24±0.57	2.64±0.18	2.10±0.17	1.55±0.14	5.14±0.29	3.23±0.29	0.57±0.12	5.41±0.71
A007	**Maize, tender, local** *(Zea mays)*	6	2.15±0.47	3.55±0.21	10.09±1.65	2.02±0.39	1.67±0.06	1.18±0.32	3.95±1.15	2.97±0.42	0.58±0.07	3.54±0.37
A008	**Maize, tender, sweet** *(Zea mays)*	4	2.16±0.18	3.45±0.08	10.61±0.71	2.06±0.17	1.76±0.09	1.36±0.15	3.05±0.21	2.88±0.53	0.70±0.05	3.88±0.29
A009	**Quinoa***(Chenopodium quinoa)*	1	2.98	3.75	6.08	5.55	2.24	1.85	4.35	3.01	1.25	4.55
A010	**Ragi** *(Eleusine coracana)*	5	2.37±0.46	3.70±0.44	8.86±0.54	2.83±0.34	2.74±0.27	1.48±0.23	5.70±1.27	3.84±0.45	0.91±0.30	5.65±0.44
A011	**Rice flakes** *(Oryza sativa)*	6	2.28±0.10	3.62±0.79	8.05±0.64	3.62±0.27	2.11±0.51	1.65±0.47	5.22±0.24	3.17±0.40	1.11±0.13	5.40±1.23
A012	**Rice puffed** *(Oryza sativa)*	6	2.11±0.13	3.68±0.88	7.75±0.47	3.14±0.21	2.00±0.32	1.34±0.13	5.33±0.27	3.03±0.44	1.07±0.29	5.37±1.33
A013	**Rice, raw, brown** *(Oryza sativa)*	6	2.36±0.18	4.08±0.51	8.40±0.55	3.63±0.29	2.39±0.26	2.02±0.12	5.50±0.49	3.38±0.25	1.00±0.17	6.72±0.36
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	2.35±0.18	4.14±0.08	8.08±0.06	3.42±0.10	2.48±0.24	2.15±0.08	5.14±0.10	3.24±0.12	1.15±0.06	6.26±0.13
A015	**Rice, raw, milled** *(Oryza sativa)*	6	2.45±0.30	4.29±0.23	8.09±0.40	3.70±0.39	2.60±0.34	1.84±0.18	5.36±0.43	3.28±0.27	1.27±0.14	6.06±0.02
A016	**Samai** *(Panicum miliare)*	6	2.35±0.18	4.14±0.08	8.08±0.06	2.42±0.10	2.21±0.10	1.85±0.14	6.14±0.10	4.24±0.12	1.35±0.10	5.31±0.16
A017	**Varagu** *(Setaria italica)*	5	2.14±0.07	4.55±0.22	11.96±1.65	1.42±0.17	2.69±0.16	1.92±0.05	6.27±0.34	3.89±0.16	1.32±0.19	5.49±0.23
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	1.95±0.23	3.19±0.27	6.22±0.46	2.05±0.18	1.64±0.20	2.03±0.27	4.29±0.28	2.34±0.08	1.04±0.16	4.01±0.44
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	2.56±0.25	3.78±0.21	6.13±0.48	2.42±0.22	1.77±0.08	2.24±0.18	5.03±0.14	2.58±0.14	0.99±0.16	5.12±0.48

Table 8. AMINO ACID PROFILE

(All values are expressed in g per 100g protein)

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
A	**CEREALS AND MILLETS**									
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	4.26	7.77	12.57	16.12	8.50	3.76	7.79	2.85
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	3.83±0.64	7.21±0.91	12.70±2.25	17.39±1.68	8.28±0.35	3.83±0.45	7.27±0.46	3.10±0.34
A003	**Bajra** *(Pennisetum typhoideum)*	6	7.68±1.01	4.54±0.62	7.77±1.29	17.42±1.69	3.52±0.17	5.30±0.26	4.44±0.41	2.67±0.51
A004	**Barley** *(Hordeum vulgare)*	6	4.20±0.79	5.22±0.20	6.51±0.61	26.75±1.15	4.03±0.61	9.79±0.87	4.80±0.55	2.68±0.41
A005	**Jowar** *(Sorghum vulgare)*	6	9.19±1.12	3.96±0.43	7.09±0.86	21.54±2.81	3.08±0.25	6.99±0.92	4.02±0.43	3.61±0.25
A006	**Maize, dry** *(Zea mays)*	6	7.73±0.46	4.20±0.24	6.55±0.59	19.39±0.70	3.27±0.15	7.88±0.71	4.58±0.44	3.71±0.18
A007	**Maize, tender, local** *(Zea mays)*	6	9.90±5.07	3.05±0.42	9.24±1.45	20.05±2.14	4.50±2.09	7.91±0.97	6.07±0.91	3.15±0.37
A008	**Maize, tender, sweet** *(Zea mays)*	4	7.61±0.20	3.63±0.21	8.55±1.21	18.72±1.81	4.65±0.37	8.60±0.11	5.62±0.12	3.26±0.22
A009	**Quinoa***(Chenopodium quinoa)*	1	4.35	7.85	8.40	13.75	4.80	5.67	4.56	1.98
A010	**Ragi** *(Eleusine coracana)*	5	6.71±0.80	4.33±0.48	6.40±0.53	20.22±0.73	3.59±0.35	5.42±0.42	4.81±0.57	3.37±0.80
A011	**Rice flakes** *(Oryza sativa)*	6	6.34±0.96	7.62±0.40	9.20±0.82	18.60±1.02	4.35±0.30	4.27±0.36	4.78±0.93	3.75±0.51
A012	**Rice puffed** *(Oryza sativa)*	6	6.19±1.01	7.04±0.50	8.79±1.05	17.96±0.97	4.03±0.39	4.04±0.55	4.62±0.55	4.13±0.54
A013	**Rice, raw, brown** *(Oryza sativa)*	6	6.60±0.75	7.69±0.37	8.68±0.46	18.75±1.03	4.28±0.19	4.33±0.39	4.64±0.62	4.36±0.36
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	5.60±0.10	7.95±0.10	8.51±0.29	19.22±0.24	4.19±0.14	4.04±0.10	4.60±0.09	4.43±0.09
A015	**Rice, raw, milled** *(Oryza sativa)*	6	5.51±0.40	7.72±0.55	8.73±0.80	18.92±1.76	4.18±0.16	4.31±0.78	4.95±0.21	4.36±0.41
A016	**Samai** *(Panicum miliare)*	6	8.60±0.10	5.96±0.11	5.51±0.29	20.22±0.24	3.43±0.33	6.04±0.10	5.60±0.09	3.43±0.09
A017	**Varagu** *(Setaria italica)*	5	11.00±0.36	3.18±0.19	5.61±0.88	18.25±1.87	3.12±0.29	7.33±0.53	5.50±0.31	3.87±0.38
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	2.98±0.37	3.49±0.28	4.63±0.39	31.57±1.80	3.21±0.20	9.23±0.64	4.77±0.39	2.62±0.15
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	3.88±1.11	4.70±0.21	5.06±0.16	29.61±2.08	3.76±0.56	10.27±0.84	4.73±0.49	2.10±0.06

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
A020	**Wheat, whole** *(Triticum aestivum)*	6	2.65±0.31	3.83±0.20	6.81±0.33	3.13±0.26	1.75±0.21	2.35±0.23	4.75±0.38	3.01±0.17	1.40±0.10	5.11±0.05
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	2.23±0.25	3.48±0.28	6.61±0.66	2.42±0.10	1.62±0.36	1.96±0.05	4.46±2.10	2.46±0.34	1.11±0.15	4.28±0.25
A022	**Wheat, semolina** *(Triticum aestivum)*	6	2.38±0.27	3.43±0.26	6.71±0.59	2.54±0.13	1.57±0.23	1.79±0.03	4.77±0.32	2.71±0.15	1.04±0.12	4.47±0.39
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	1.76±0.11	1.56±0.56	5.23±1.23	1.83±0.04	1.17±0.14	1.83±0.02	4.90±1.74	2.26±0.16	1.07±0.09	3.54±1.35
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	1.63±0.23	1.46±0.13	5.63±0.24	1.54±0.30	1.15±0.08	1.85±0.08	4.96±2.06	2.25±0.28	0.99±0.14	3.71±0.24
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	2.39±0.34	4.25±0.26	6.91±0.65	6.06±0.52	1.12±0.31	0.84±0.14	5.97±1.06	3.24±0.34	1.09±0.25	4.09±0.41
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	2.51±0.18	4.34±0.23	7.40±0.31	6.59±0.25	1.16±0.16	1.27±0.09	6.26±0.70	3.55±0.31	0.95±0.07	4.58±0.51
B003	**Black gram, dal** *(Phaseolus mungo)*	6	2.64±0.11	3.75±0.92	7.93±0.45	6.22±0.21	1.31±0.35	0.49±0.04	5.68±0.91	2.99±0.19	1.07±0.12	4.61±1.06
B004	**Black gram, whole** *(Phaseolus mungo)*	6	2.85±0.08	3.42±0.82	7.58±0.62	6.35±0.53	1.17±0.38	0.58±0.12	5.90±0.38	2.87±0.63	0.98±0.14	4.11±0.88
B005	**Cowpea, brown** *(Vigna catjang)*	6	2.93±0.42	4.10±0.58	7.49±1.23	6.67±1.26	1.38±0.16	0.57±0.09	5.47±0.49	3.80±0.61	1.05±0.03	4.87±0.59
B006	**Cowpea, white** *(Vigna catjang)*	1	3.25	4.40	7.96	7.14	1.53	0.60	5.63	4.10	0.92	5.31
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	3.21	4.57	8.91	6.79	1.36	0.59	5.88	4.12	0.73	5.24
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	3.23	4.59	8.88	6.75	1.38	0.52	5.72	3.97	0.78	5.16
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	2.82±0.76	4.41±0.36	8.48±0.66	6.13±0.68	1.40±0.18	0.57±0.09	5.76±0.32	3.97±0.31	0.89±0.07	4.96±0.36
B010	**Green gram, dal** *(Phaseolus aureus)*	6	2.55±0.26	4.07±1.11	7.90±0.99	6.09±1.06	1.05±0.23	0.43±0.10	6.20±0.61	3.36±0.60	1.24±0.42	5.21±1.28
B011	**Green gram, whole** (*Phaseolus aureus)*	6	2.85±0.26	4.17±0.37	7.45±0.50	6.60±0.33	1.21±0.20	0.74±0.03	6.21±0.39	3.20±0.18	1.02±0.14	5.45±0.37
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	2.70±0.28	3.72±0.83	6.79±0.81	6.24±0.57	0.73±0.30	0.75±0.19	8.08±0.60	3.32±0.10	1.08±0.25	4.16±0.96
B013	**Lentil dal** *(Lens culinaris)*	6	1.93±0.32	3.74±0.91	7.10±0.86	6.12±0.71	0.54±0.19	0.55±0.07	5.10±0.73	3.31±0.24	0.81±0.07	5.02±0.39
B014	**Lentil whole, brown** *(Lens culinaris)*	6	2.07±0.14	4.17±0.05	7.36±0.34	6.78±0.51	0.84±0.03	1.18±0.04	4.61±0.68	3.35±0.05	0.76±0.04	4.85±0.06
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	2.26	4.12	7.47	6.43	0.84	1.06	4.67	3.49	0.75	4.75

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
A020	**Wheat, whole** *(Triticum aestivum)*	6	3.64±0.21	5.13±0.33	5.44±0.33	27.06±1.76	4.19±0.23	10.25±1.49	4.80±0.14	3.12±0.31
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	3.48±0.42	5.36±0.54	5.15±0.19	30.48±5.06	4.27±0.19	10.49±0.52	4.87±0.17	2.46±1.23
A022	**Wheat, semolina** *(Triticum aestivum)*	6	3.46±0.35	4.34±0.20	4.94±0.21	31.05±1.75	3.50±0.11	9.49±0.84	4.44±0.67	3.00±0.24
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	3.59±0.13	2.98±0.43	5.39±0.97	31.96±1.20	4.54±1.77	9.89±1.65	5.33±0.62	2.18±0.76
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	3.74±0.55	2.84±0.49	4.78±0.75	34.08±0.60	4.35±0.47	9.43±0.72	5.35±0.41	1.92±0.82
B	**GRAIN LEGUMES**									
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	4.11±0.36	8.83±0.53	11.73±0.80	16.52±0.10	3.46±0.24	3.53±0.25	4.56±0.45	2.72±0.29
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	4.67±0.56	8.59±0.58	11.78±1.60	17.27±1.08	3.95±0.16	3.74±0.19	5.10±0.65	2.88±0.15
B003	**Black gram, dal** *(Phaseolus mungo)*	6	4.73±0.57	6.25±0.47	11.96±0.71	18.38±1.37	3.38±0.26	3.73±0.28	5.54±0.61	3.04±0.23
B004	**Black gram, whole** *(Phaseolus mungo)*	6	4.64±0.82	6.06±0.49	13.12±1.60	19.00±1.10	3.80±0.41	4.03±0.13	5.29±0.69	3.06±0.17
B005	**Cowpea, brown** *(Vigna catjang)*	6	4.24±0.57	7.10±1.36	10.11±1.15	19.02±2.19	4.69±0.51	4.60±0.28	4.44±0.18	2.83±0.26
B006	**Cowpea, white** *(Vigna catjang)*	1	5.06	7.44	11.01	18.20	4.09	4.05	4.80	3.25
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	5.47	7.49	10.47	17.14	4.74	4.43	5.76	4.00
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	5.37	7.71	10.07	17.28	4.25	4.43	5.61	3.85
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	5.19±0.37	7.01±0.73	10.61±0.60	16.59±2.32	4.04±0.28	4.24±0.31	5.51±0.40	3.84±0.21
B010	**Green gram, dal** *(Phaseolus aureus)*	6	4.59±0.33	6.51±0.58	12.10±2.16	17.43±2.22	3.70±0.53	3.67±0.67	5.01±0.53	2.95±0.44
B011	**Green gram, whole** (*Phaseolus aureus)*	6	4.94±0.77	6.62±0.30	10.99±0.94	18.59±1.15	3.78±0.39	4.07±0.49	5.50±0.82	2.83±0.27
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	4.60±0.75	5.87±0.27	11.24±1.19	18.54±1.69	4.03±0.34	3.72±0.34	5.19±0.75	3.18±0.26
B013	**Lentil dal** *(Lens culinaris)*	6	4.45±0.70	7.92±0.44	12.69±1.67	18.31±0.61	3.67±0.26	3.63±0.31	4.90±0.64	2.95±0.21
B014	**Lentil whole, brown** *(Lens culinaris)*	6	5.75±0.61	7.44±2.06	12.48±1.70	17.25±1.68	4.78±0.08	5.01±1.49	5.51±0.21	2.40±0.77
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	5.59	7.74	12.93	16.48	4.89	4.50	5.68	2.81

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
B016	**Moth bean** *(Vigna aconitifolia)*	6	2.80±0.29	4.17±0.57	7.85±0.73	6.63±0.60	0.97±0.20	0.43±0.06	5.85±0.70	3.63±0.11	0.92±0.04	4.90±0.47
B017	**Peas, dry** *(Pisum sativum)*	6	2.34±0.09	3.87±0.46	7.02±0.38	7.12±0.51	0.68±0.19	0.82±0.15	4.76±0.23	3.65±0.15	0.86±0.19	4.67±0.66
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	2.44	3.91	6.84	6.01	0.79	0.72	5.32	3.91	1.22	4.83
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	2.71±0.22	4.27±0.50	7.93±0.43	6.67±0.18	0.97±0.26	0.62±0.21	5.91±0.56	4.35±0.21	1.04±0.13	5.21±0.69
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	2.70±0.30	4.23±0.38	7.78±0.71	6.71±0.81	0.88±0.40	0.70±0.18	5.90±0.56	4.18±0.65	1.05±0.27	5.07±0.71
B021	**Red gram, dal** *(Cajanus cajan)*	6	3.16±0.27	3.42±0.43	6.73±0.56	6.16±0.28	0.87±0.22	0.67±0.12	8.76±1.02	3.26±0.17	0.71±0.11	4.38±0.30
B022	**Red gram, whole** *(Cajanus cajan)*	6	3.28±0.13	3.38±0.49	6.88±0.48	7.07±0.37	0.92±0.32	0.91±0.07	8.71±0.82	3.38±0.21	0.75±0.17	4.17±0.65
B023	**Ricebean** (*Vigna umbellata*)	1	3.23	3.80	7.86	6.75	1.12	1.02	7.56	3.52	0.82	5.23
B024	**Soya bean, brown** *(Glycine max)*	6	2.40±0.28	4.57±0.33	8.27±0.17	7.67±0.11	1.46±0.11	1.56±0.08	4.73±0.77	3.47±0.17	1.59±0.26	5.04±0.59
B025	**Soya bean, white** *(Glycine max)*	1	2.55	4.59	8.14	7.18	1.55	1.44	5.01	3.88	1.68	5.53
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	2.39	2.80	7.58	7.62	1.28	0.85	6.03	5.39	1.77	5.99
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	2.12±0.35	4.39±0.65	8.04±0.79	5.48±0.35	1.38±0.06	0.82±0.14	5.68±0.65	4.16±0.36	1.01±0.08	5.03±0.82
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	2.01	4.31	8.20	5.58	1.63	0.96	4.77	4.04	1.20	5.24
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	2.15±0.15	4.33±1.25	8.40±0.89	5.26±1.33	1.44±0.39	1.06±0.22	5.88±0.10	4.39±0.60	1.08±0.11	4.98±1.37
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	1.95±0.24	4.05±0.18	7.66±0.48	4.99±0.15	1.25±0.03	0.71±0.09	5.00±0.82	4.40±0.30	0.89±0.21	4.18±1.06
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	1.90	3.03	7.57	4.74	1.10	0.75	4.34	4.44	1.17	4.12
C007	**Basella leaves** *(Basella alba)*	2	2.20	3.30	7.68	5.16	0.90	0.79	4.17	4.01	1.88	3.88
C008	**Bathua leaves** *(Chenopodium album)*	2	1.76	4.83	8.99	3.77	1.77	0.89	5.73	4.95	1.08	6.07
C009	**Beet greens** *(Beta vulgaris)*	6	1.59±0.16	2.62±0.14	5.17±0.20	4.34±0.65	0.76±0.24	0.92±0.06	3.63±0.05	3.76±0.40	0.82±0.15	4.27±0.07

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
B016	**Moth bean** *(Vigna aconitifolia)*	6	5.00±0.42	7.68±0.76	10.54±0.81	16.89±1.33	3.68±0.31	3.95±0.48	5.04±0.38	2.92±0.37
B017	**Peas, dry** *(Pisum sativum)*	6	4.51±0.44	8.09±0.30	11.34±0.72	17.52±0.81	4.19±0.16	3.73±0.19	4.83±0.38	3.25±0.19
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	4.68	5.81	12.96	18.89	3.42	3.23	5.10	3.10
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	4.59±0.34	5.96±0.25	11.35±0.95	16.60±0.73	3.90±0.12	3.63±0.27	5.81±0.44	3.24±0.14
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	4.57±0.53	6.10±0.85	10.50±0.85	16.01±2.17	3.78±0.49	3.40±0.58	5.74±0.90	3.12±0.37
B021	**Red gram, dal** *(Cajanus cajan)*	6	4.49±0.87	5.87±0.34	10.26±1.05	21.50±1.33	3.23±0.18	3.94±0.53	4.26±0.43	2.32±0.25
B022	**Red gram, whole** *(Cajanus cajan)*	6	4.35±0.41	5.98±0.33	10.41±0.95	20.27±0.94	3.33±0.25	3.93±0.47	4.40±0.41	2.54±0.25
B023	**Ricebean** (*Vigna umbellata*)	1	4.76	5.58	10.12	17.32	4.28	4.20	4.83	3.12
B024	**Soya bean, brown** *(Glycine max)*	6	4.32±0.61	6.62±0.50	11.47±1.19	18.27±1.26	3.79±0.31	4.40±0.20	4.91±0.66	3.21±0.30
B025	**Soya bean, white** *(Glycine max)*	1	4.33	7.33	11.40	16.78	3.89	3.24	4.62	3.32
C	**GREEN LEAFY VEGETABLES**									
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	7.22	4.58	10.61	15.78	5.47	4.63	4.44	3.76
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	6.55±0.66	6.10±0.49	9.22±0.71	12.75±1.46	5.59±0.53	4.45±0.43	4.62±0.28	3.69±0.38
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	6.56	5.83	9.14	12.86	5.12	4.07	4.50	3.01
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	7.89±0.65	6.61±1.05	9.91±1.40	13.04±2.34	5.93±0.67	4.93±0.67	4.89±0.15	3.76±0.13
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	8.42±1.34	5.78±0.81	10.87±1.05	11.77±0.21	6.10±0.48	5.39±0.71	5.29±0.33	3.43±0.40
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	8.34	5.40	9.74	11.98	6.10	5.31	5.23	3.42
C007	**Basella leaves** *(Basella alba)*	2	7.42	5.18	9.22	12.97	5.71	4.83	4.61	3.44
C008	**Bathua leaves** *(Chenopodium album)*	2	6.52	5.04	10.04	13.68	7.18	4.72	4.16	3.98
C009	**Beet greens** *(Beta vulgaris)*	6	6.19±0.32	2.91±0.50	6.91±0.71	12.10±0.67	4.25±0.13	3.96±0.13	3.76±0.52	2.96±0.20

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	0.80±0.09	2.05±0.26	7.87±0.65	2.30±0.41	0.72±0.17	0.42±0.26	4.58±1.11	4.25±0.60	1.00±0.45	3.46±0.36
C011	**Betel leaves, small** *(Piper betle)*	4	0.81±0.03	2.59±1.26	7.86±1.60	2.27±0.13	0.76±0.23	0.38±0.10	4.73±1.81	4.57±0.42	0.69±0.18	3.93±1.61
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	1.79	3.58	5.04	3.50	1.34	0.67	3.23	4.30	0.93	4.74
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	1.97	5.72	5.69	5.78	1.06	0.94	3.27	4.01	1.24	5.40
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	1.62	3.81	6.67	3.62	1.11	0.91	4.56	4.04	1.24	5.64
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	1.56±0.36	3.56±0.61	5.31±0.79	3.12±0.88	1.06±0.22	0.90±0.23	2.56±0.64	3.76±0.56	0.93±0.04	4.83±1.23
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	1.62	3.56	5.31	2.85	0.85	0.63	2.21	2.67	0.82	5.47
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	1.88±0.19	3.37±0.16	5.36±0.29	4.01±0.08	0.99±0.09	0.68±0.04	4.16±0.41	4.01±0.04	1.12±0.34	4.93±0.38
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	3.40±1.66	3.51±1.02	7.45±0.50	4.26±0.62	1.79±0.48	1.07±0.30	4.43±0.74	4.53±0.25	1.01±0.30	4.64±1.52
C019	**Drumstick leaves** *(Moringa oleifera)*	3	2.06±0.21	3.10±1.17	6.70±0.59	4.38±0.29	0.92±0.17	0.75±0.04	6.45±0.58	3.75±0.47	1.27±0.23	4.38±1.28
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	2.40±0.23	4.47±0.55	7.50±0.63	5.88±1.09	1.28±0.10	0.74±0.19	5.52±0.23	4.90±0.61	0.99±0.13	6.27±0.60
C021	**Garden cress** *(Lepidium sativum)*	2	1.42	4.51	9.23	4.54	1.95	0.67	4.72	4.95	1.26	6.17
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	2.61±0.11	3.64±0.79	7.60±0.37	5.61±0.26	1.31±0.11	0.73±0.13	5.04±0.28	4.63±0.16	1.07±0.25	4.55±1.16
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	2.72	4.34	8.60	6.03	1.76	0.86	5.65	5.10	1.04	6.02
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	1.96	4.31	7.20	4.27	1.37	0.95	4.93	4.45	1.05	5.70
C025	**Lettuce** *(Lactuca sativa)*	3	1.74±0.19	3.49±1.44	6.90±1.45	5.22±0.37	0.95±0.37	0.87±0.10	3.61±1.49	4.50±0.57	1.23±0.41	4.95±0.58
C026	**Mustard leaves** *(Brassica juncea)*	3	1.91±0.23	3.22±0.15	6.57±0.01	5.42±0.34	0.74±0.09	1.02±0.13	3.53±0.67	4.08±0.57	1.31±0.14	3.52±0.43
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1	2.48	3.78	7.98	6.26	1.96	1.12	5.89	5.03	1.23	5.67
C028	**Parsley** *(Petroselinum crispum)*	3	1.76±0.16	4.78±0.24	7.82±0.82	5.75±0.86	1.32±0.13	0.87±0.05	5.31±0.39	4.91±0.39	1.68±0.06	6.19±0.33
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	1.87	4.89	8.77	5.01	1.58	0.93	5.41	5.35	1.18	5.95
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	1.63±0.53	5.27±0.07	8.85±0.22	4.90±0.17	0.99±0.27	0.85±0.07	6.40±0.12	4.52±0.30	1.76±0.05	5.82±0.11

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	8.68±0.82	4.94±0.51	12.59±0.61	13.33±1.59	7.50±1.22	5.43±0.79	6.16±0.69	3.48±0.27
C011	**Betel leaves, small** *(Piper betle)*	4	7.61±1.58	4.59±0.57	11.69±0.47	12.99±1.39	7.88±1.42	5.13±0.87	6.21±0.96	3.37±0.28
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	4.63	7.63	12.36	20.82	4.54	8.89	5.45	2.37
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	6.37	5.84	10.84	21.42	3.82	3.76	5.82	2.05
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	7.68	4.32	11.13	21.91	5.61	5.35	4.20	2.78
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	6.26±0.95	4.57±1.62	10.55±1.92	26.30±5.17	3.24±0.74	3.98±0.85	4.02±0.76	2.11±0.29
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	6.17	4.67	11.53	28.60	3.04	4.34	4.22	2.29
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	6.82±0.41	5.89±0.88	11.76±1.28	22.09±2.64	3.96±0.14	4.63±0.51	5.14±0.16	0.77±0.99
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	9.40±2.53	5.84±0.43	8.55±3.08	15.25±1.91	4.66±0.50	5.01±0.18	4.52±0.32	3.78±0.21
C019	**Drumstick leaves** *(Moringa oleifera)*	3	7.18±0.84	5.56±0.61	11.94±1.80	16.87±2.55	4.60±0.17	4.00±0.37	4.79±0.55	2.87±0.23
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	6.06±1.35	5.45±0.97	13.48±2.09	11.12±2.92	5.21±0.45	4.92±0.89	3.94±0.88	3.55±0.26
C021	**Garden cress** *(Lepidium sativum)*	2	7.15	4.41	12.48	15.70	5.79	5.06	4.00	3.50
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	7.30±1.61	6.04±0.39	11.78±1.43	12.63±0.43	5.17±0.45	4.31±0.14	4.88±0.63	3.40±0.19
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	6.79	6.92	12.21	12.82	5.57	4.69	4.79	3.80
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	6.76	5.30	10.33	18.00	5.31	5.39	4.48	2.90
C025	**Lettuce** *(Lactuca sativa)*	3	6.51±1.32	4.77±0.70	11.32±1.55	16.10±3.52	5.68±0.33	4.51±0.41	3.80±1.00	3.00±0.57
C026	**Mustard leaves** *(Brassica juncea)*	3	6.60±0.38	5.74±1.04	10.86±1.05	18.67±1.11	5.31±0.37	4.65±0.63	5.11±0.53	3.21±0.17
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1	5.86	6.58	9.58	12.86	4.87	4.76	4.61	3.48
C028	**Parsley** *(Petroselinum crispum)*	3	7.18±0.42	4.53±0.18	11.18±0.12	12.86±0.09	5.06±0.02	4.63±0.55	4.56±0.21	3.00±0.44
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	6.83	4.67	9.32	14.56	6.02	5.40	4.46	3.25
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	5.62±1.10	6.02±1.00	11.79±1.10	14.36±0.04	5.50±0.35	5.25±0.54	4.65±0.19	3.46±0.22

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
C031	**Radish leaves** *(Raphanus sativus)*	6	1.96±0.41	3.59±0.82	6.89±1.11	5.34±0.50	1.01±0.35	0.86±0.14	6.00±3.77	3.99±0.87	1.39±0.52	4.26±1.65
C032	**Rumex leaves** *(Rumex patientia)*	2	2.84	3.57	6.82	4.46	0.88	0.59	7.92	4.69	1.24	3.97
C033	**Spinach** *(Spinacia oleracea)*	6	2.18±0.16	4.31±0.29	8.70±0.59	4.68±0.13	1.33±0.05	0.84±0.06	5.38±0.46	4.70±0.26	1.53±0.11	5.83±0.38
C034	**Tamarind leaves, tender** (*Tamarindus indica)*	3	2.19±0.05	4.20±0.04	8.70±0.67	4.69±0.21	1.26±0.10	0.63±0.03	4.86±0.59	4.64±0.34	1.47±0.06	5.65±0.38
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6	2.58±1.06	4.31±0.72	5.67±0.45	3.39±0.69	1.56±0.37	0.83±0.17	3.22±0.70	3.65±0.38	0.72±0.30	5.11±0.62
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	1.73	2.19	6.24	4.82	1.04	0.49	5.57	3.90	0.95	3.69
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	3.23±0.20	3.96±0.35	8.31±0.26	6.70±0.28	1.46±0.16	0.62±0.09	5.13±0.23	4.43±0.42	0.88±0.16	4.54±0.27
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	3.53±0.39	4.74±0.28	7.40±0.52	6.13±0.20	1.55±0.08	0.94±0.13	2.60±0.37	4.83±0.33	1.28±0.10	6.49±0.29
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	3.17±0.33	4.71±0.36	7.19±0.33	6.63±0.50	1.49±0.12	0.98±0.39	3.15±0.48	4.72±0.39	1.42±0.20	6.51±0.41
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	3.71	4.85	7.40	6.45	1.62	0.85	2.98	4.61	1.32	6.76
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	1.80±0.25	4.98±0.51	7.74±0.49	4.81±0.61	0.94±0.15	0.57±0.07	3.73±0.70	4.18±0.42	1.60±0.08	6.58±0.53
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	2.10±0.42	5.20±0.27	7.80±0.50	4.97±0.86	0.97±0.26	0.60±0.14	3.41±0.90	4.62±0.14	1.67±0.23	6.64±0.28
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	2.16	5.19	7.88	5.02	0.88	0.70	3.71	4.62	1.46	6.98
D010	**Brinjal-1** *(Solanum melongena)*	1	1.58	3.75	5.49	4.49	0.62	0.66	4.73	2.50	1.12	3.32
D011	**Brinjal-2** *(Solanum melongena)*	1	1.57	3.23	4.53	4.03	0.80	0.76	4.40	2.54	0.66	4.15
D012	**Brinjal-3** *(Solanum melongena)*	2	1.98	3.80	5.53	3.87	0.88	0.67	5.42	3.08	0.68	5.20
D013	**Brinjal-4** *(Solanum melongena)*	4	2.36±0.14	3.79±0.42	5.18±0.91	4.24±0.21	0.78±0.13	0.79±0.10	4.30±0.18	2.86±0.56	0.78±0.03	4.15±1.14
D014	**Brinjal-5** *(Solanum melongena)*	3	1.67±0.18	3.99±0.52	6.14±0.33	3.82±0.10	0.95±0.06	0.79±0.05	4.52±0.15	3.23±0.13	0.72±0.06	5.39±0.36

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
C031	**Radish leaves** *(Raphanus sativus)*	6	7.90±0.77	4.80±0.73	9.71±0.80	17.10±3.08	5.50±0.39	4.04±1.25	4.73±0.62	3.05±0.48
C032	**Rumex leaves** *(Rumex patientia)*	2	7.99	5.00	10.22	15.67	7.48	3.99	5.79	2.53
C033	**Spinach** *(Spinacia oleracea)*	6	6.78±0.42	5.41±0.36	9.24±0.71	14.77±1.57	5.70±0.25	4.70±0.59	4.40±0.22	3.95±0.32
C034	**Tamarind leaves, tender** (*Tamarindus indica)*	3	6.63±0.61	5.58±0.20	8.29±1.27	13.45±1.16	5.81±0.50	4.68±0.85	4.32±0.27	3.93±0.28
D	**OTHER VEGETABLES**									
D001	**Ash gourd** *(Benincasa hispida)*	6	5.66±0.64	7.83±2.40	10.67±1.94	17.95±1.22	5.59±1.14	3.99±0.66	4.06±0.25	2.88±0.73
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	4.85	4.63	14.57	11.85	4.48	7.85	5.12	3.94
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	5.62±0.35	6.07±0.08	11.88±0.95	16.07±0.00	4.76±0.37	4.68±0.24	5.50±0.39	2.83±0.14
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	4.90±0.90	13.97±1.79	7.65±0.63	8.50±0.49	5.45±0.27	4.74±0.38	4.11±0.68	4.77±0.40
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	4.79±0.42	13.01±1.46	7.83±1.58	8.74±1.41	5.26±0.33	4.75±0.38	4.26±0.89	4.61±0.32
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	5.64	12.77	8.34	8.90	5.34	4.66	4.41	4.68
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	7.18±0.79	5.95±0.62	9.15±0.73	17.27±1.15	5.08±0.34	4.64±0.60	4.86±0.43	3.08±0.36
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	6.91±1.07	5.95±1.38	9.23±0.54	16.19±0.33	5.12±0.54	4.74±0.37	5.10±0.27	3.56±0.64
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	8.94	6.19	9.33	15.69	4.95	4.85	4.74	3.65
D010	**Brinjal-1** *(Solanum melongena)*	1	5.59	4.42	15.95	20.57	4.44	3.85	3.34	2.26
D011	**Brinjal-2** *(Solanum melongena)*	1	3.72	5.14	16.15	20.56	3.40	3.54	3.09	2.30
D012	**Brinjal-3** *(Solanum melongena)*	2	3.84	4.55	14.44	20.14	3.77	3.55	3.62	2.59
D013	**Brinjal-4** *(Solanum melongena)*	4	5.03±0.73	5.27±0.59	15.98±0.99	20.30±1.30	3.97±0.55	3.74±0.50	4.03±0.53	2.68±0.35
D014	**Brinjal-5** *(Solanum melongena)*	3	4.98±0.67	5.49±0.46	14.14±1.77	21.64±2.20	3.86±0.49	3.76±0.78	3.52±0.39	3.15±0.16

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
D015	**Brinjal-6** *(Solanum melongena)*	2	2.31	3.14	5.77	3.67	0.76	0.63	4.60	2.69	0.68	3.86
D016	**Brinjal-7** *(Solanum melongena)*	1	2.11	3.44	6.18	4.25	0.95	0.99	4.85	3.03	0.70	4.72
D017	**Brinjal-8***(Solanum melongena)*	3	2.47±0.16	4.62±0.45	6.84±0.52	5.27±0.35	0.94±0.02	0.76±0.15	4.84±0.31	2.94±0.12	0.60±0.12	5.77±0.43
D018	**Brinjal-9***(Solanum melongena)*	2	2.39	4.44	6.51	4.94	1.03	0.81	4.31	2.97	0.75	5.66
D019	**Brinjal-10** *(Solanum melongena)*	2	1.72	3.38	5.63	3.93	0.59	0.59	4.46	2.71	1.07	4.50
D020	**Brinjal-11** *(Solanum melongena)*	6	1.79±0.28	3.35±1.00	5.24±0.90	3.15±0.64	0.81±0.18	0.79±0.12	4.75±0.28	3.04±0.38	0.73±0.28	4.36±1.45
D021	**Brinjal-12** *(Solanum melongena)*	2	2.71	3.98	5.68	4.06	1.00	0.51	4.43	3.33	0.71	5.42
D022	**Brinjal-13***(Solanum melongena)*	1	2.30	4.12	5.77	4.66	0.76	0.84	5.47	3.43	0.80	5.98
D023	**Brinjal-14***(Solanum melongena)*	3	2.12±0.26	3.98±0.47	5.34±0.80	4.26±0.18	0.84±0.21	0.63±0.18	4.29±0.33	2.84±0.34	0.90±0.10	4.82±0.26
D024	**Brinjal-15** *(Solanum melongena)*	4	1.64±0.26	3.09±0.55	5.10±0.91	3.55±0.28	0.70±0.22	0.53±0.14	4.51±0.75	2.85±0.22	0.91±0.20	4.48±1.18
D025	**Brinjal-16***(Solanum melongena)*	1	2.21	3.90	6.04	3.23	0.78	0.59	3.52	2.92	0.73	4.84
D026	**Brinjal-17***(Solanum melongena)*	1	2.24	3.79	5.60	4.70	0.80	0.84	4.35	3.08	0.89	4.97
D027	**Brinjal-18** *(Solanum melongena)*	3	1.67±0.26	3.14±0.60	5.45±0.42	3.29±0.03	0.60±0.31	0.49±0.15	4.41±0.13	2.51±0.35	0.89±0.21	3.31±1.31
D028	**Brinjal-19***(Solanum melongena)*	3	1.93±0.31	3.73±0.59	6.23±0.69	3.90±0.97	0.84±0.32	0.63±0.16	4.63±0.87	2.95±0.42	0.83±0.21	3.75±1.73
D029	**Brinjal-20***(Solanum melongena)*	5	1.88±0.35	3.63±0.46	5.70±0.70	3.35±0.30	0.97±0.15	0.77±0.16	5.69±0.71	3.07±0.05	0.86±0.38	4.81±0.60
D030	**Brinjal-21***(Solanum melongena)*	2	2.07	3.15	5.44	3.40	0.68	0.71	4.87	3.24	0.97	4.60
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	1.98±0.37	3.63±0.73	5.61±0.78	3.81±0.75	0.82±0.20	0.71±0.16	4.70±0.68	2.96±0.36	0.80±0.21	4.60±1.15
D032	**Broad beans** *(Vicia faba)*	3	3.16±0.63	4.28±0.12	7.63±0.15	5.66±0.50	0.65±0.81	0.55±0.03	3.86±0.59	3.40±0.66	0.88±0.02	5.41±0.16
D033	**Capsicum, green** *(Capsicum annuum)*	6	1.72±0.79	3.79±0.95	5.68±0.57	3.47±1.08	1.24±0.40	0.98±0.04	3.49±1.26	4.05±0.56	0.96±0.15	5.17±0.78
D034	**Capsicum, red** *(Capsicum annuum)*	4	1.16±0.15	3.61±0.17	5.40±0.21	3.67±0.12	1.10±0.14	1.13±0.15	3.16±0.40	4.14±0.17	0.92±0.12	5.17±0.26
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	1.13±0.23	3.92±0.20	5.29±0.28	3.80±0.33	1.18±0.20	1.19±0.21	2.98±0.19	4.31±0.71	0.99±0.22	5.24±0.48
D036	**Cauliflower** *(Brassica oleracea)*	6	1.80±0.19	3.84±0.45	6.01±0.86	4.13±0.41	1.01±0.10	0.56±0.10	3.88±0.49	4.02±0.33	1.06±0.06	5.81±0.89

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
D015	**Brinjal-6** *(Solanum melongena)*	2	5.50	4.70	15.15	22.59	4.78	3.64	3.57	4.46
D016	**Brinjal-7** *(Solanum melongena)*	1	7.03	5.34	14.02	17.88	4.32	4.19	4.67	3.01
D017	**Brinjal-8***(Solanum melongena)*	3	5.75±0.75	5.37±0.35	15.40±1.02	19.63±1.11	4.60±0.28	3.90±0.49	4.22±0.27	3.32±0.34
D018	**Brinjal-9***(Solanum melongena)*	2	5.31	5.97	16.10	15.96	4.63	3.96	4.01	2.99
D019	**Brinjal-10** *(Solanum melongena)*	2	4.39	5.95	15.27	21.73	3.66	3.25	3.01	2.48
D020	**Brinjal-11** *(Solanum melongena)*	6	5.71±1.69	4.98±1.07	16.71±1.98	20.98±2.17	4.28±0.76	3.49±0.92	3.82±0.71	2.88±0.68
D021	**Brinjal-12** *(Solanum melongena)*	2	5.07	5.25	15.62	19.92	4.18	3.04	3.46	2.51
D022	**Brinjal-13***(Solanum melongena)*	1	5.43	5.57	16.67	18.85	3.71	3.74	3.82	2.79
D023	**Brinjal-14***(Solanum melongena)*	3	5.37±0.29	5.23±0.35	16.21±0.69	19.59±2.16	3.91±0.14	4.08±0.36	3.35±0.37	2.60±0.49
D024	**Brinjal-15** *(Solanum melongena)*	4	5.31±0.34	4.48±1.25	16.23±0.72	20.53±1.76	3.81±0.11	3.26±0.46	3.79±0.64	2.68±0.57
D025	**Brinjal-16***(Solanum melongena)*	1	5.54	5.43	16.88	21.96	3.85	3.12	3.85	2.17
D026	**Brinjal-17***(Solanum melongena)*	1	5.19	5.61	15.45	19.39	3.94	3.28	3.83	2.99
D027	**Brinjal-18** *(Solanum melongena)*	3	5.51±0.60	4.98±0.30	15.68±0.24	21.38±1.48	3.82±0.07	3.39±0.80	3.87±0.26	2.83±0.12
D028	**Brinjal-19***(Solanum melongena)*	3	5.70±0.36	4.34±0.88	16.98±1.41	21.76±3.24	3.64±0.15	3.73±0.57	4.28±0.01	3.16±0.41
D029	**Brinjal-20***(Solanum melongena)*	5	5.61±1.05	4.32±0.60	16.36±3.20	21.23±2.21	4.45±0.58	3.30±0.53	4.15±0.46	2.66±0.37
D030	**Brinjal-21***(Solanum melongena)*	2	5.48	5.02	17.23	21.64	4.30	3.45	3.90	2.58
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	5.37±1.01	5.02±0.79	16.01±1.59	20.62±2.36	4.11±0.55	3.56±0.61	3.82±0.52	2.85±0.60
D032	**Broad beans** *(Vicia faba)*	3	6.43±0.01	7.61±0.01	14.41±0.64	13.83±0.38	4.80±0.10	4.51±0.35	4.54±0.21	2.83±0.13
D033	**Capsicum, green** *(Capsicum annuum)*	6	6.43±0.79	3.07±0.97	14.89±2.12	24.82±3.73	4.86±0.62	3.83±1.39	4.30±0.65	2.91±0.93
D034	**Capsicum, red** *(Capsicum annuum)*	4	6.53±0.22	3.36±0.24	14.28±1.32	25.17±0.94	5.69±0.32	2.97±0.16	4.84±0.29	2.89±0.13
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	5.34±0.26	3.84±0.36	14.95±1.18	24.51±0.15	5.22±0.43	2.45±0.14	4.96±0.25	2.93±0.19
D036	**Cauliflower** *(Brassica oleracea)*	6	7.96±1.00	4.15±0.94	10.61±1.49	20.70±2.88	4.15±0.31	3.45±0.76	5.15±0.61	2.89±0.34

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
D037	**Celery stalk** *(Apium graveolens)*	3	1.43±0.13	2.93±0.14	4.44±0.45	3.32±0.21	0.90±0.05	0.45±0.07	2.92±0.53	3.71±0.56	1.15±0.03	4.64±0.15
D038	**Cho-cho-marrow** *(Sechium edule)*	4	1.82±0.54	4.72±0.68	8.64±0.94	3.56±0.56	1.29±0.17	0.70±0.17	4.65±0.54	4.57±0.67	0.86±0.09	6.71±0.69
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	1.75±0.33	2.68±1.05	4.68±0.73	3.09±0.56	0.82±0.03	1.02±0.20	2.99±0.99	3.27±0.86	0.91±0.16	3.96±1.01
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	2.28	4.10	7.53	4.09	1.22	1.51	4.06	4.28	0.75	5.96
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	2.37±0.51	4.26±0.53	7.20±0.53	3.33±0.97	1.20±0.19	0.80±0.20	4.14±0.48	4.22±0.34	0.73±0.10	5.96±0.35
D042	**Corn, Baby***(Zea mays)*	6	2.13±0.16	4.35±0.28	8.03±0.30	3.36±0.39	1.59±0.29	1.27±0.13	4.85±0.17	4.83±0.34	0.96±0.18	4.87±0.33
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6	1.92±0.27	4.14±0.47	6.94±0.63	3.15±0.30	1.06±0.22	0.64±0.14	3.17±0.45	3.13±0.72	0.27±0.12	6.09±0.88
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	1.84±0.28	3.77±0.47	6.11±0.37	3.38±0.29	0.87±0.15	0.79±0.22	4.14±0.05	3.14±0.16	0.66±0.14	5.22±0.38
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	1.80	4.74	6.43	3.28	0.75	0.76	4.43	3.70	0.52	6.13
D046	**Drumstick** *(Moringa oleifera)*	6	1.95±0.15	3.08±0.29	5.98±0.37	3.09±0.45	1.10±0.30	0.89±0.22	3.43±0.36	3.83±0.08	0.53±0.15	5.02±0.35
D047	**Field beans, tender, broad** *(Vicia faba)*	2	2.63	4.05	8.19	4.61	0.83	0.59	4.57	3.68	0.75	5.10
D048	**Field beans, tender, lean** *(Vicia faba)*	6	2.75±0.06	4.30±0.19	8.20±0.37	5.35±0.49	0.94±0.06	0.62±0.11	4.73±0.41	3.76±0.04	0.80±0.08	5.21±0.16
D049	**French beans, country** *(Phaseolus vulgaris)*	5	3.01±0.67	3.79±0.67	7.29±0.81	4.77±0.54	0.83±0.12	0.60±0.15	4.04±0.57	4.39±0.25	0.96±0.13	5.38±0.84
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	2.57	4.35	6.71	4.83	1.07	0.53	4.22	4.32	0.80	5.98
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	1.86±0.21	4.90±0.48	6.60±0.53	2.99±0.14	0.79±0.11	0.65±0.09	3.96±0.76	4.16±0.56	0.53±0.08	5.65±0.18
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	1.69±0.17	5.50±0.52	7.19±0.34	3.73±0.29	0.94±0.17	0.55±0.03	6.22±0.34	5.46±0.51	0.94±0.14	6.86±0.10
D053	**Knol - Khol** *(Brassica oleracea)*	6	0.91±0.65	3.40±0.11	4.04±0.09	2.50±1.09	0.96±0.06	0.71±0.02	1.90±0.18	3.30±0.26	0.78±0.05	5.31±0.19
D054	**Kovai, big** *(Coccinia cordifolia)*	6	1.91±0.16	4.10±0.36	7.32±0.34	7.05±0.27	0.94±0.09	0.66±0.11	3.87±0.81	4.17±0.38	0.93±0.08	4.97±0.78
D055	**Kovai, small** *(Coccinia cordifolia)*	1	1.83	3.88	7.14	6.38	0.90	0.69	4.16	4.20	0.85	5.05
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	2.42±0.37	3.26±0.48	5.04±0.42	3.79±0.51	0.81±0.21	0.57±0.10	3.44±0.27	3.75±0.38	0.49±0.09	4.46±0.36
D057	**Mango, green, raw** *(Mangifera indica)*	6	2.83±0.21	4.44±0.88	7.90±0.75	5.34±0.39	1.37±0.08	0.71±0.05	3.75±0.16	4.19±0.46	1.06±0.36	5.79±1.02

Table 8. Amino Acid Profile

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
D037	**Celery stalk** *(Apium graveolens)*	3	3.07±0.10	3.53±0.51	20.42±1.44	25.87±1.94	3.61±0.13	2.85±0.40	4.29±0.28	2.21±0.04
D038	**Cho-cho-marrow** *(Sechium edule)*	4	7.29±0.79	4.01±1.93	13.25±2.43	16.75±1.63	4.85±0.54	4.18±0.85	5.90±0.81	3.35±0.92
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	7.08±1.05	6.48±0.49	18.73±3.01	11.00±1.56	4.44±0.51	3.90±0.42	4.15±0.77	4.17±0.84
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	7.77	4.52	13.23	16.36	5.87	4.63	5.53	3.56
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	7.37±1.23	4.70±0.63	11.84±1.78	18.86±2.51	6.69±1.43	4.14±0.75	4.94±0.80	3.08±0.47
D042	**Corn, Baby***(Zea mays)*	6	6.85±0.26	5.90±0.18	12.40±1.31	17.20±0.55	5.84±0.21	4.66±0.31	4.23±0.34	3.15±0.27
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6	7.18±1.41	4.47±0.44	6.96±0.92	22.84±2.45	4.47±0.52	3.30±0.49	3.79±0.68	2.98±0.46
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	7.12±0.81	4.96±1.46	7.03±0.10	24.25±3.15	4.94±0.87	3.68±0.35	3.94±0.72	2.58±0.32
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	7.19	3.42	7.48	25.58	5.51	3.94	3.53	3.11
D046	**Drumstick** *(Moringa oleifera)*	6	5.68±0.61	10.93±0.29	9.42±1.33	23.30±2.18	3.91±0.41	3.36±0.54	4.60±0.34	2.16±0.20
D047	**Field beans, tender, broad** *(Vicia faba)*	2	5.88	6.02	13.35	14.95	4.53	4.24	5.43	3.36
D048	**Field beans, tender, lean** *(Vicia faba)*	6	5.58±0.10	6.01±0.23	13.41±1.66	16.19±1.64	4.64±0.17	4.13±0.06	5.64±0.22	3.62±0.13
D049	**French beans, country** *(Phaseolus vulgaris)*	5	5.78±0.63	5.95±0.71	11.66±0.48	15.73±1.66	4.32±0.26	4.01±0.31	5.09±0.82	3.15±0.50
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	4.08	6.41	11.43	13.06	3.90	5.81	5.20	2.95
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	6.13±0.30	3.68±0.50	21.99±1.65	10.62±1.45	5.59±0.44	4.06±0.46	4.40±0.57	2.95±0.41
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	4.89±0.37	3.02±0.30	15.33±1.83	11.45±0.46	5.99±0.33	4.81±0.53	5.31±0.62	5.61±0.12
D053	**Knol - Khol** *(Brassica oleracea)*	6	5.51±0.97	5.74±1.70	9.88±0.18	36.40±1.63	3.43±0.14	3.27±0.24	4.02±0.29	2.01±0.09
D054	**Kovai, big** *(Coccinia cordifolia)*	6	7.18±0.68	6.04±1.10	10.69±1.01	20.82±1.66	5.18±0.19	4.17±0.48	5.71±0.37	3.04±0.64
D055	**Kovai, small** *(Coccinia cordifolia)*	1	6.57	6.45	11.71	21.11	4.67	3.61	5.19	3.31
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	5.37±0.57	5.95±0.70	15.47±1.48	16.70±1.03	3.95±0.47	3.39±0.47	3.59±0.32	2.51±0.43
D057	**Mango, green, raw** *(Mangifera indica)*	6	9.22±1.34	5.34±1.22	10.23±0.75	14.23±0.85	5.43±0.81	5.34±1.02	4.99±1.08	3.39±0.55

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
D058	**Onion, stalk** *(Allium cepa)*	6	2.16±0.18	4.88±0.20	8.05±0.20	6.50±0.38	1.21±0.22	0.46±0.12	4.09±0.19	4.74±0.33	1.07±0.03	5.90±0.32
D059	**Papaya, raw** *(Carica papaya)*	6	0.97±0.09	1.57±0.19	3.22±0.28	3.82±0.98	0.63±0.21	3.77±0.37	3.91±1.94	2.85±0.80	1.00±0.10	3.16±0.23
D060	**Parwar** *(Trichosanthes dioica)*	6	1.75±0.27	4.41±0.59	7.22±0.30	5.89±0.91	1.33±0.33	0.86±0.10	3.86±0.99	3.82±0.45	0.59±0.15	5.95±0.32
D061	**Peas, fresh** *(Pisum sativum)*	6	2.15±0.38	3.33±1.04	7.63±0.64	5.72±0.54	0.63±0.12	0.64±0.13	5.02±0.24	4.08±0.37	0.84±0.08	4.23±0.98
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	2.31±0.14	3.63±0.50	7.06±0.47	2.81±0.20	0.81±0.19	0.65±0.15	3.68±0.31	4.43±0.20	0.81±0.10	4.75±0.55
D063	**Plantain, green** *(Musa x paradisiaca)*	6	2.45±0.19	2.59±0.54	4.98±0.51	3.70±0.25	0.80±0.08	0.67±0.10	5.32±1.40	2.93±0.25	0.68±0.13	5.51±0.46
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	1.91±0.58	4.92±0.41	4.59±0.32	2.99±0.64	1.57±0.34	0.99±0.21	4.50±0.78	4.86±0.50	0.67±0.11	5.84±0.62
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	2.18	4.54	5.41	3.40	0.96	0.60	2.84	3.47	0.73	5.97
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	1.68±0.10	5.00±0.36	5.32±0.34	3.20±0.48	1.03±0.13	0.68±0.06	4.91±1.13	3.85±0.43	0.77±0.19	6.05±0.50
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	3.14	3.31	4.89	6.21	0.41	0.75	8.56	3.87	0.99	4.30
D068	**Ridge gourd** *(Luffa acutangula)*	6	1.87±0.14	4.60±0.14	5.34±0.09	4.78±0.37	0.98±0.08	0.40±0.10	4.21±0.38	3.68±0.11	0.72±0.09	5.95±0.30
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	2.25±0.59	4.92±0.40	5.79±0.10	4.64±0.72	1.06±0.25	0.42±0.07	4.45±0.28	4.03±0.27	0.69±0.05	5.99±0.30
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	1.64±0.12	4.11±0.62	5.22±0.07	4.13±0.28	0.90±0.13	0.65±0.05	4.11±0.36	3.40±0.37	0.60±0.09	5.66±0.48
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	1.85	4.85	5.71	5.64	0.93	0.64	3.95	3.86	0.63	5.27
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	1.35	4.06	5.66	4.91	1.13	0.61	4.25	3.12	0.63	5.40
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	1.78±0.13	4.11±0.09	6.70±0.22	4.88±0.86	0.91±0.04	0.70±0.05	3.64±0.10	3.70±0.08	0.62±0.13	5.79±0.12
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	2.26±1.19	2.69±0.26	3.62±0.37	4.35±0.52	1.01±0.16	0.80±0.07	3.47±0.59	2.62±0.37	0.73±0.07	3.09±0.15
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	1.58±0.18	2.29±0.71	4.18±0.93	2.55±0.58	0.67±0.16	0.95±0.19	4.54±0.91	2.52±0.63	0.52±0.11	2.74±0.97
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	1.36±0.27	2.69±0.38	4.71±0.57	2.33±0.38	0.68±0.34	0.94±0.14	4.30±0.77	2.71±0.40	0.64±0.07	3.26±0.63
D077	**Zucchini, green** *(Cucurbita pepo)*	2	1.98	4.24	5.68	4.67	0.78	0.57	4.73	3.82	0.85	5.87
D078	**Zucchini, yellow***(Cucurbita pepo)*	2	1.74	4.25	5.50	5.03	0.75	0.68	5.54	3.81	0.86	5.71

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
D058	**Onion, stalk** *(Allium cepa)*	6	5.91±0.21	4.50±0.29	9.66±0.42	14.62±0.27	7.82±0.31	5.03±0.25	4.53±0.25	3.75±0.24
D059	**Papaya, raw** *(Carica papaya)*	6	5.07±0.88	3.08±0.25	11.90±0.26	14.27±1.52	4.93±0.48	2.99±0.45	3.56±0.93	4.38±1.31
D060	**Parwar** *(Trichosanthes dioica)*	6	6.61±1.55	5.97±1.03	9.60±0.60	19.43±2.33	6.21±1.28	5.28±0.31	4.79±0.45	2.96±0.20
D061	**Peas, fresh** *(Pisum sativum)*	6	4.23±0.32	10.05±1.51	11.61±0.94	17.38±1.96	4.28±0.27	3.78±0.85	4.53±0.38	3.06±0.48
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	6.96±1.02	5.06±0.31	10.40±0.97	21.78±2.69	5.19±0.40	4.39±0.75	5.62±0.66	2.86±0.29
D063	**Plantain, green** *(Musa x paradisiaca)*	6	5.94±0.89	4.46±1.11	14.43±1.76	20.43±1.81	3.83±0.38	3.14±0.52	4.45±0.49	2.09±0.47
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	7.68±1.02	3.84±0.91	10.82±0.87	20.16±3.54	4.06±0.29	4.89±0.95	5.06±0.21	2.83±0.49
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	4.72	5.23	12.58	20.37	3.15	3.57	4.30	4.48
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	4.96±0.31	3.65±0.45	12.99±1.28	19.58±1.75	5.05±0.36	3.87±0.24	4.42±0.24	2.85±0.40
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	6.60	5.84	10.61	20.95	3.96	4.63	5.09	2.63
D068	**Ridge gourd** *(Luffa acutangula)*	6	6.47±0.39	5.15±0.88	9.98±0.63	21.06±1.69	5.04±0.30	3.39±0.52	4.33±0.07	3.27±0.28
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	6.15±0.61	4.85±0.80	9.91±0.42	21.40±3.50	5.04±0.42	3.74±0.71	4.55±0.36	3.24±0.53
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	6.07±0.42	4.83±0.75	10.04±1.07	20.81±1.49	4.46±0.43	3.85±0.78	4.79±0.43	2.62±0.28
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	6.59	5.67	10.16	20.07	4.98	4.18	4.72	2.99
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	6.62	5.43	9.70	20.21	4.26	3.69	4.41	2.79
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	4.37±0.33	7.03±1.14	10.29±0.95	19.87±3.60	3.52±0.10	3.92±0.20	5.06±0.14	2.94±0.24
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	2.46±0.17	3.93±0.46	10.94±0.69	30.29±4.05	3.35±0.17	2.37±0.38	3.76±0.45	2.27±0.08
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	4.21±0.72	3.23±0.91	14.26±1.75	37.44±5.55	3.64±0.34	2.43±0.56	3.40±0.64	2.66±0.39
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	4.72±0.84	4.13±0.51	12.71±2.23	39.25±1.68	3.86±0.51	2.87±0.63	3.67±0.45	2.68±0.29
D077	**Zucchini, green** *(Cucurbita pepo)*	2	6.86	3.80	10.04	22.68	3.48	4.26	4.42	2.87
D078	**Zucchini, yellow***(Cucurbita pepo)*	2	6.66	4.25	10.68	22.29	3.56	4.71	4.44	2.89

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6	2.26±0.25	3.56±0.19	5.17±0.12	3.01±0.22	1.23±0.13	0.75±0.13	3.39±0.36	3.85±0.28	0.86±0.12	3.50±0.26
E002	**Apple, green** *(Malus domestica)*	6	2.67±0.21	4.85±0.43	5.75±0.11	3.11±0.20	1.40±0.11	0.67±0.15	3.86±0.30	4.40±0.28	0.78±0.10	3.66±0.30
E003	**Apple, small** *(Malus domestica)*	6	2.36±0.43	3.86±0.47	5.71±0.72	2.86±0.21	1.27±0.13	0.71±0.13	3.74±0.19	4.07±0.62	0.85±0.06	4.38±0.31
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	2.30	4.11	6.69	3.48	1.34	0.62	4.16	4.19	0.85	4.18
E005	**Apricot, dried** *(Prunus armeniaca)*	6	1.21±0.29	2.25±0.31	4.22±0.08	3.28±0.19	1.19±0.30	0.86±0.11	2.73±0.41	2.48±0.16	0.70±0.07	2.31±0.33
E006	**Apricot, processed** *(Prunus armeniaca)*	3	1.49±0.63	2.22±0.33	4.12±0.14	4.54±0.49	0.80±0.01	0.60±0.01	2.69±0.09	2.58±0.26	0.80±0.02	2.12±0.02
E007	**Avocado fruit** *(Persea americana)*	1	2.38	3.45	6.27	5.84	1.66	1.58	4.24	3.48	1.04	4.48
E008	**Bael fruit** *(Aegle marmelos)*	1	2.52	3.29	5.86	4.86	1.26	0.65	4.81	4.16	0.98	4.62
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	6.76	4.94	9.22	4.51	1.18	0.64	5.52	4.66	0.81	5.82
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	6.42	3.79	9.41	4.89	1.05	0.75	5.32	5.08	0.90	6.11
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	6.77	4.25	8.72	4.17	1.20	0.53	5.28	4.56	0.82	6.56
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	5.85±0.26	3.69±0.41	8.23±0.47	4.30±0.27	1.09±0.13	0.57±0.11	4.28±0.49	4.09±0.21	0.99±0.08	6.05±0.40
E013	**Black berry** *(Rubus fruticosus)*	5	3.09±0.34	4.86±0.26	7.82±0.34	4.72±0.13	1.49±0.16	0.66±0.12	5.18±0.91	4.76±0.43	0.83±0.06	6.57±0.58
E014	**Cherries, red** *(Prunus cerasus)*	4	1.76±0.23	3.46±0.88	5.88±1.42	3.88±0.27	1.68±0.61	0.92±0.10	4.10±1.05	4.06±0.75	0.50±0.06	4.78±1.02
E015	**Currants, black** *(Ribes nigrum)*	1	2.25	4.35	8.33	3.82	1.77	0.44	4.42	4.14	1.47	5.11
E016	**Custard apple** *(Annona squamosa)*	1	5.25	2.26	4.88	4.26	0.99	0.48	4.16	4.37	0.86	4.86
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	1.84±0.38	1.92±0.39	5.17±0.79	2.44±0.77	1.03±0.20	1.33±0.12	3.55±0.72	3.73±0.43	0.85±0.12	2.85±0.46
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	2.06	3.05	5.23	2.81	1.25	1.26	3.46	3.27	1.83	3.30
E019	**Dates, processed** *(Phoenix dactylifera)*	2	1.62	2.29	4.98	2.97	1.05	1.35	2.59	3.64	0.80	2.85
E020	**Fig** *(Ficus carica)*	6	1.16±0.05	4.84±0.20	5.80±0.19	3.19±0.18	0.90±0.14	1.68±0.12	3.36±0.28	4.24±0.35	0.85±0.03	5.34±0.14
E021	**Goosberry** *(Emblica officinalis)*	5	2.40±0.26	1.94±0.34	4.25±0.42	4.06±0.50	0.73±0.17	0.61±0.16	4.85±2.04	3.30±0.69	0.75±0.08	2.99±0.39

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
E	**FRUITS**									
E001	**Apple, big** *(Malus domestica)*	6	8.22±0.20	3.19±0.21	25.16±2.09	8.92±1.09	3.58±0.43	3.28±0.16	5.64±0.20	2.67±0.25
E002	**Apple, green** *(Malus domestica)*	6	7.12±0.29	3.96±0.49	20.64±0.61	9.60±0.32	4.79±0.17	4.15±0.17	5.31±0.23	2.10±0.20
E003	**Apple, small** *(Malus domestica)*	6	6.86±0.70	2.47±0.26	22.08±2.22	9.64±0.27	4.93±0.54	3.78±0.33	5.67±0.66	2.39±0.23
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	6.12	2.52	18.40	9.78	4.11	5.45	5.53	1.58
E005	**Apricot, dried** *(Prunus armeniaca)*	6	4.36±0.71	3.89±0.81	18.26±4.95	9.54±1.24	3.29±0.87	8.69±0.30	3.77±1.02	3.43±0.22
E006	**Apricot, processed** *(Prunus armeniaca)*	3	5.29±0.13	2.54±0.34	17.38±0.70	13.44±1.15	3.32±0.43	8.60±0.78	3.81±0.02	1.96±0.54
E007	**Avocado fruit** *(Persea americana)*	1	5.38	4.45	15.56	13.37	4.25	4.48	4.46	2.64
E008	**Bael fruit** *(Aegle marmelos)*	1	4.82	3.86	18.20	14.26	3.86	5.26	5.40	2.43
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	5.25	2.52	12.92	13.91	3.35	5.11	5.99	2.30
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	5.46	3.18	13.03	16.88	6.70	4.59	5.67	2.22
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	4.89	2.75	13.32	17.90	5.37	4.16	5.39	1.97
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	7.08±0.90	3.70±0.32	13.07±1.30	15.17±0.14	4.79±0.43	3.65±0.93	4.70±0.36	2.14±0.34
E013	**Black berry** *(Rubus fruticosus)*	5	6.40±0.24	4.31±2.14	12.08±0.69	15.66±0.50	6.02±0.65	5.55±0.42	5.36±0.50	3.03±0.26
E014	**Cherries, red** *(Prunus cerasus)*	4	4.99±1.97	1.77±0.53	28.46±12.91	15.62±3.07	6.51±2.15	4.22±0.96	4.61±0.88	2.20±0.41
E015	**Currants, black** *(Ribes nigrum)*	1	3.69	6.97	10.42	20.94	5.36	5.03	5.23	2.89
E016	**Custard apple** *(Annona squamosa)*	1	7.08	3.87	18.32	17.32	4.86	4.82	5.12	1.97
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	6.94±0.51	4.08±0.44	12.80±0.35	15.76±1.09	6.18±0.41	5.78±0.90	5.08±0.24	2.15±0.40
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	7.02	3.90	9.68	14.85	5.96	5.62	4.86	2.00
E019	**Dates, processed** *(Phoenix dactylifera)*	2	8.53	3.66	13.63	16.39	6.70	6.43	5.94	2.09
E020	**Fig** *(Ficus carica)*	6	5.74±0.47	2.02±0.15	20.90±0.89	19.36±1.12	4.71±0.32	4.89±0.36	4.63±0.20	2.80±0.18
E021	**Goosberry** *(Emblica officinalis)*	5	6.47±1.67	3.87±0.45	14.90±2.63	23.90±2.39	5.01±0.47	4.48±0.48	4.95±0.23	2.60±0.39

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	2.59±0.25	1.98±0.37	5.92±0.81	2.15±0.18	1.13±0.31	1.17±0.02	3.59±0.35	4.90±0.39	0.49±0.03	2.60±0.18
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	2.61±0.31	2.20±0.09	6.31±0.72	2.34±0.16	1.04±0.16	1.25±0.11	3.12±0.33	5.33±0.31	0.66±0.06	2.46±0.24
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	2.34±0.19	3.49±0.30	5.86±0.40	1.92±0.13	0.94±0.16	1.14±0.12	4.14±0.53	4.87±0.72	0.69±0.13	2.83±0.25
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	2.78±0.10	2.58±0.31	7.21±0.21	1.92±0.16	1.02±0.12	1.24±0.37	3.85±0.19	5.28±0.13	0.69±0.10	2.73±0.21
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	2.87±0.32	1.98±0.12	7.15±0.15	2.38±0.12	0.91±0.01	1.33±0.17	4.17±0.16	5.25±0.21	0.69±0.18	2.70±0.03
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	2.32±0.18	2.74±0.07	6.44±0.19	2.55±0.16	0.85±0.11	1.15±0.12	4.79±0.13	5.05±0.23	0.76±0.14	2.70±0.07
E028	**Guava, white flesh** *(Psidium guajava)*	5	2.04±0.07	4.08±0.82	6.77±0.86	2.55±0.19	0.96±0.05	0.97±0.12	1.34±0.13	3.15±0.46	0.83±0.12	3.27±0.21
E029	**Guava, pink flesh** *(Psidium guajava)*	5	1.84±0.21	3.94±0.27	6.01±0.60	2.76±0.17	0.89±0.23	1.02±0.30	1.55±0.28	3.77±0.22	0.77±0.04	3.36±0.20
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	1.63±0.23	3.49±0.55	6.76±0.90	3.32±0.40	0.54±0.13	0.50±0.09	4.49±1.06	4.35±0.71	0.62±0.51	5.18±1.28
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	2.38	5.21	8.52	1.99	1.85	0.93	5.63	5.32	0.83	6.99
E032	**Karonda fruit** *(Carissa carandas)*	1	3.08	2.86	4.85	1.98	1.25	1.18	3.86	3.66	0.85	4.62
E033	**Lemon, juice** *(Citrus limon)*	6	1.99±0.16	2.72±0.15	2.51±0.49	5.07±0.09	1.10±0.07	1.28±0.30	3.54±0.20	1.69±0.17	0.45±0.21	2.90±0.42
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6	3.40±0.31	2.12±0.09	2.66±0.27	2.31±0.17	0.97±0.59	1.33±0.04	1.32±0.23	1.29±0.17	0.48±0.09	1.73±0.22
E035	**Litchi** *(Nephelium litchi)*	4	1.84±0.27	4.73±0.36	8.08±0.63	4.95±0.22	1.46±0.23	1.22±0.15	5.39±0.39	4.74±0.52	0.74±0.04	6.05±0.58
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6	2.69±0.29	3.73±0.48	8.18±1.05	5.69±0.24	1.57±0.13	0.78±0.19	3.20±0.17	5.10±0.44	0.94±0.32	5.92±0.91
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	2.33	3.79	9.21	3.34	1.66	0.71	3.75	5.38	1.33	6.32
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3	2.18±0.33	3.80±0.44	7.55±0.42	4.74±0.56	1.69±0.17	1.04±0.03	3.70±0.33	5.23±0.36	1.16±0.49	4.87±0.76
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4	2.07±0.19	4.05±0.65	8.26±0.97	3.05±0.53	1.59±0.27	0.85±0.28	3.47±0.49	5.29±0.59	1.28±0.26	5.23±0.93
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2	2.46	4.30	9.19	3.10	1.84	1.22	3.38	5.61	1.33	6.29
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	1.94	4.36	8.25	3.44	1.20	0.94	3.94	5.45	1.49	6.13
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	2.07	4.20	8.85	3.51	1.65	0.90	4.15	5.25	1.21	5.92

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	6.56±0.46	5.97±0.35	9.65±0.78	22.50±3.32	3.35±0.42	4.72±0.68	4.59±0.51	2.24±0.68
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	7.11±0.65	6.58±0.22	10.41±0.69	21.65±1.32	3.44±0.28	4.29±1.41	4.61±0.48	2.34±0.61
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	6.32±1.55	6.50±0.24	10.87±0.98	19.45±0.92	3.18±0.14	4.72±0.27	4.79±0.19	2.49±0.30
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	7.26±0.33	6.86±0.19	10.39±0.48	22.33±0.97	4.27±0.61	5.39±0.26	5.26±0.49	2.01±0.16
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	7.35±0.85	7.01±0.57	10.39±0.78	21.53±0.31	3.46±0.42	4.84±2.08	4.69±0.46	2.40±0.02
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	6.05±0.18	6.46±0.35	10.60±0.36	18.37±0.78	3.76±0.27	6.93±0.17	4.83±0.37	2.06±0.19
E028	**Guava, white flesh** *(Psidium guajava)*	5	6.26±0.88	3.18±0.23	19.73±3.56	15.70±1.14	6.12±0.61	5.56±0.51	3.80±0.59	2.66±0.07
E029	**Guava, pink flesh** *(Psidium guajava)*	5	6.52±0.86	3.31±0.27	19.16±1.61	15.59±0.74	6.98±0.98	5.67±0.35	4.19±0.33	2.63±0.33
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	6.16±0.67	3.22±0.88	26.27±5.38	9.24±1.33	5.40±1.49	4.42±0.76	5.39±1.72	3.22±1.06
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	7.04	1.54	11.99	15.22	6.59	6.09	5.54	3.23
E032	**Karonda fruit** *(Carissa carandas)*	1	5.62	4.21	15.38	15.62	3.85	3.82	4.85	3.12
E033	**Lemon, juice** *(Citrus limon)*	6	5.22±0.55	4.28±0.47	20.55±1.50	15.10±0.71	2.03±0.27	7.60±0.83	3.86±0.33	1.35±0.19
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6	3.39±0.72	1.30±0.81	19.78±1.90	5.41±1.07	2.16±0.39	6.81±1.29	3.40±0.46	0.80±0.19
E035	**Litchi** *(Nephelium litchi)*	4	10.56±1.75	2.24±0.75	11.65±0.62	16.07±1.40	5.56±0.45	5.72±1.59	5.16±0.51	2.92±0.73
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6	8.21±0.31	4.26±1.36	11.58±0.78	15.60±1.03	5.88±0.57	4.07±1.13	4.14±0.35	2.21±0.49
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	9.02	4.64	11.82	14.59	5.25	3.97	4.53	2.41
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3	10.14±0.58	4.41±0.94	12.41±1.44	14.99±0.30	5.99±0.47	4.11±0.74	4.44±0.37	2.82±0.77
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4	8.62±0.43	4.48±0.83	12.75±1.15	14.51±1.20	6.13±0.73	4.24±0.40	4.52±0.25	2.70±0.35
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2	9.93	4.29	12.33	15.06	6.03	3.48	6.55	2.54
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	9.03	3.90	12.19	14.82	5.49	3.95	4.06	2.45
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	8.84	4.53	13.49	13.95	5.86	3.47	4.26	2.27

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
E043	**Mangosteen** *(Garcinia mangostana)*	1	2.51	4.54	9.10	2.83	1.29	0.81	6.21	6.87	1.21	5.36
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	2.78	3.64	5.60	2.21	1.26	0.59	4.35	4.81	1.14	4.92
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	0.93±0.14	1.75±0.37	4.09±1.02	1.84±0.25	0.89±0.10	0.79±0.07	1.82±0.48	3.60±0.83	0.56±0.17	3.33±0.42
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	0.88±0.02	2.72±0.21	3.67±0.95	2.27±0.10	0.89±0.04	0.80±0.31	1.62±0.38	2.81±0.14	0.52±0.16	3.06±0.43
E047	**Orange, pulp** *(Citrus aurantium)*	6	0.70±0.16	1.39±0.34	2.11±0.12	2.98±0.38	0.53±0.10	0.48±0.06	1.77±0.20	1.52±0.13	0.54±0.05	2.12±0.39
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1	3.14	4.16	3.74	2.35	0.85	1.10	2.76	4.32	0.44	4.31
E049	**Papaya, ripe** *(Carcia papaya)*	6	0.87±0.36	2.27±0.24	4.43±0.26	4.91±0.40	0.68±0.06	0.73±0.07	1.93±0.11	3.27±0.64	1.66±0.09	3.93±0.79
E050	**Peach** *(Prunus communis)*	1	1.53	2.54	5.49	2.75	0.98	1.21	2.95	4.92	0.43	5.43
E051	**Pear** *(Pyrus* sp.*)*	6	1.39±0.30	3.65±0.28	4.95±0.89	2.27±0.35	1.05±0.22	0.87±0.33	3.04±1.21	3.64±0.51	0.58±0.13	5.10±0.31
E052	**Phalsa** *(Grewia asiatica)*	2	1.91	4.44	7.19	2.82	2.05	1.10	4.84	4.18	0.66	5.76
E053	**Pineapple** *(Ananas comosus)*	6	1.37±0.58	2.61±0.69	3.97±0.44	4.03±0.10	1.06±0.28	2.23±0.06	2.59±0.70	3.01±0.87	1.09±0.14	4.07±0.92
E054	**Plum** *(Prunus domestica)*	3	1.33±0.18	2.20±0.22	3.82±0.10	2.97±0.13	1.08±0.12	1.89±0.15	2.75±0.14	2.33±0.18	1.21±0.10	3.63±0.18
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	1.94±0.16	1.67±0.57	4.87±0.64	1.15±0.44	0.61±0.25	0.89±0.29	3.18±0.55	2.59±0.42	0.46±0.08	2.40±0.42
E056	**Pummelo** *(Citrus maxima)*	3	1.76±0.15	2.81±0.19	4.69±0.20	3.78±0.21	0.87±0.05	0.81±0.14	2.45±0.35	3.19±0.22	0.48±0.03	4.23±0.14
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	2.17±0.32	1.97±0.25	4.80±0.71	2.90±0.60	0.97±0.13	0.61±0.12	2.44±0.24	2.91±0.32	0.97±0.07	2.87±0.06
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	2.92±0.43	1.88±0.19	4.26±0.32	3.04±0.40	0.74±0.11	0.78±0.16	2.51±0.50	3.39±0.77	0.70±0.33	2.84±0.55
E059	**Rambutan** *(Nephelium lappaceum)*	1	3.38	1.90	4.66	3.54	1.12	0.76	2.41	4.01	1.25	4.77
E060	**Sapota** *(Achras sapota)*	6	3.61±0.37	3.52±0.25	6.10±0.43	4.93±0.59	0.82±0.24	0.51±0.15	3.95±0.54	4.68±0.48	0.75±0.09	5.03±0.64
E061	**Soursop (***Annona muricata***)**	1	2.93	4.45	6.62	4.67	1.02	0.57	4.99	4.56	0.84	5.91
E062	**Star fruit** *(Averrhoa carambola)*	1	2.60	2.80	5.67	5.30	0.91	0.74	4.07	3.89	0.87	4.21
E063	**Strawberry** *(Fragaria ananassa)*	6	2.56±0.31	3.61±0.53	5.61±0.44	3.14±0.29	0.86±0.09	0.67±0.11	2.50±0.28	4.32±0.24	0.93±0.17	4.51±0.38
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	2.58±0.50	3.28±0.75	5.58±0.54	5.18±0.61	0.84±0.15	0.71±0.15	5.46±0.73	3.26±0.51	0.85±0.15	4.02±0.72

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
E043	**Mangosteen** *(Garcinia mangostana)*	1	7.60	2.64	14.16	13.30	7.07	4.27	4.76	2.86
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	6.25	3.35	13.85	16.45	4.21	3.56	4.86	1.85
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	12.72±1.30	2.12±0.39	10.60±0.69	28.92±5.33	3.89±0.82	2.97±0.30	4.26±0.82	1.65±0.29
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	12.94±0.55	2.51±0.43	9.99±1.19	25.89±6.58	3.76±1.70	3.20±0.15	4.82±1.13	1.69±0.11
E047	**Orange, pulp** *(Citrus aurantium)*	6	2.28±1.28	6.51±0.26	13.29±2.66	5.82±1.15	2.46±0.27	12.17±2.77	3.38±0.25	1.08±0.15
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1	6.84	3.85	13.86	16.82	4.56	4.17	5.18	1.25
E049	**Papaya, ripe** *(Carcia papaya)*	6	4.23±0.42	2.59±0.51	15.42±1.42	13.85±3.84	5.23±0.19	4.55±0.97	4.70±0.95	2.85±0.63
E050	**Peach** *(Prunus communis)*	1	5.77	4.14	21.02	19.19	3.23	4.07	4.79	1.78
E051	**Pear** *(Pyrus* sp.*)*	6	6.55±0.35	2.48±0.41	25.05±2.31	11.67±1.81	4.31±0.62	3.64±0.62	4.46±0.26	1.36±0.13
E052	**Phalsa** *(Grewia asiatica)*	2	5.27	5.86	12.12	18.54	4.96	5.31	5.01	2.18
E053	**Pineapple** *(Ananas comosus)*	6	6.94±0.99	2.64±0.71	27.04±8.48	14.92±3.44	5.32±1.65	3.76±0.81	5.31±1.27	3.10±0.21
E054	**Plum** *(Prunus domestica)*	3	4.25±0.23	2.67±0.25	32.17±0.94	4.85±0.07	2.06±0.19	5.83±0.09	4.23±0.12	1.61±0.14
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	4.80±0.80	8.35±2.12	8.50±0.32	27.33±2.29	3.55±0.14	3.46±0.43	4.83±0.49	1.83±0.39
E056	**Pummelo** *(Citrus maxima)*	3	7.62±0.38	5.19±0.54	27.70±1.20	12.35±0.25	2.74±0.17	9.41±0.30	4.78±0.11	1.83±0.08
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	6.28±0.60	13.13±2.04	7.35±1.24	10.49±0.33	3.29±0.87	8.53±0.43	4.32±0.37	2.20±0.71
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	6.64±0.98	14.04±0.69	6.30±0.39	11.02±0.23	3.75±0.26	9.38±0.47	5.15±0.93	1.56±0.35
E059	**Rambutan** *(Nephelium lappaceum)*	1	5.87	6.75	12.73	28.08	6.62	4.66	2.69	2.70
E060	**Sapota** *(Achras sapota)*	6	5.92±0.62	6.70±0.44	10.90±0.95	10.63±1.16	5.20±0.61	3.80±0.22	5.60±0.48	3.35±0.47
E061	**Soursop (***Annona muricata***)**	1	4.30	3.63	15.84	19.99	5.07	5.69	5.17	3.31
E062	**Star fruit** *(Averrhoa carambola)*	1	6.10	5.37	17.40	18.55	4.45	3.35	4.67	3.89
E063	**Strawberry** *(Fragaria ananassa)*	6	4.98±0.30	4.51±0.30	19.70±1.69	15.88±0.98	5.63±0.39	3.41±0.18	4.10±0.28	2.88±0.29
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	4.34±0.41	3.15±0.42	12.28±0.72	15.19±0.82	4.01±0.43	5.04±0.48	3.51±0.39	3.43±0.49

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	2.34±0.16	3.34±0.18	2.87±0.19	3.36±0.23	0.78±0.08	0.77±0.05	2.58±0.28	4.60±0.38	1.15±0.24	3.54±0.21
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	2.80±0.09	3.49±0.24	3.10±0.16	2.91±0.11	0.94±0.25	0.84±0.08	2.69±0.17	4.31±0.17	1.13±0.14	3.64±0.08
E067	**Wood Apple** *(Limonia acidissima)*	3	1.20±0.21	3.93±0.09	3.17±0.10	2.58±0.05	0.85±0.13	0.41±0.11	2.98±2.82	2.01±0.30	0.85±0.05	3.72±0.29
E068	**Zizyphus***(Zizyphus jujube)*	1	1.84	4.09	3.59	1.50	1.06	1.54	3.47	2.35	0.88	4.67
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6	2.21±0.36	3.90±0.46	5.08±0.47	4.58±0.48	0.88±0.20	0.61±0.07	2.31±0.43	3.60±0.68	0.86±0.14	5.60±0.58
F002	**Carrot, orange** *(Dacus carota)*	6	1.38±0.21	3.56±0.57	4.84±0.52	3.36±0.23	0.78±0.11	0.90±0.14	2.84±0.64	3.98±0.62	1.01±0.08	4.58±1.24
F003	**Carrot, red** *(Dacus carota)*	4	1.34±0.05	3.04±0.36	4.14±0.38	2.53±0.21	0.90±0.03	0.77±0.05	2.21±0.47	3.00±0.43	1.13±0.17	4.47±0.38
F004	**Colocasia** *(Colocasia antiquorum)*	6	2.03±0.19	3.06±0.28	6.36±0.48	3.93±0.17	0.77±0.17	1.39±0.23	5.22±0.35	3.40±0.41	1.16±0.38	5.37±0.69
F005	**Lotus root** *(Nelumbium nelumbo)*	3	1.71±0.13	3.38±0.49	5.47±0.74	3.43±0.49	0.82±0.02	1.03±0.10	4.32±1.18	3.95±0.37	1.02±0.05	4.57±0.29
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	1.56±0.49	3.34±0.82	6.44±0.63	5.51±0.41	1.00±0.24	0.83±0.20	5.61±1.70	3.50±0.52	1.03±0.13	4.29±1.33
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	1.37	3.77	7.36	5.78	1.17	0.74	4.11	4.08	1.19	4.23
F008	**Potato, red skin** *(Solanum tuberosum)*	1	1.25	3.19	5.64	5.46	0.96	0.79	4.59	4.06	1.20	3.26
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	1.70±0.03	3.49±0.68	5.47±0.36	3.35±0.29	0.76±0.10	0.99±0.12	3.41±0.12	4.20±0.42	0.56±0.07	5.15±0.02
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	1.78±0.15	3.33±0.50	6.14±1.31	3.02±0.19	0.77±0.15	0.85±0.14	3.26±0.12	4.03±0.49	0.52±0.08	5.57±0.81
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	1.89	3.55	6.19	2.71	0.64	0.83	3.84	4.05	0.58	5.27
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	1.45	3.16	5.50	2.80	0.77	0.94	3.12	3.66	0.60	5.18
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	1.99±0.36	4.56±0.17	7.66±0.69	4.27±1.80	1.63±0.11	1.31±0.24	6.37±0.92	5.41±0.61	1.90±0.12	5.57±0.59
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	1.86±0.30	4.42±0.54	7.23±0.51	4.00±0.81	1.67±0.25	1.12±0.12	5.35±0.50	5.21±0.57	1.46±0.06	5.72±0.40
F015	**Tapioca** *(Manihot esculenta)*	3	2.01±0.54	2.32±0.11	7.51±0.82	2.96±0.67	0.80±0.11	1.44±0.09	5.29±0.75	5.00±0.53	0.70±0.15	4.72±0.46

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	3.86±0.15	7.87±0.29	16.26±1.09	13.85±0.41	1.74±0.26	3.70±0.15	2.51±0.19	1.89±0.20
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	4.04±0.29	8.19±0.27	16.50±0.83	14.70±0.54	2.40±0.27	4.21±0.14	3.47±0.25	1.87±0.14
E067	**Wood Apple** *(Limonia acidissima)*	3	5.51±0.81	7.54±1.48	31.42±4.82	15.65±3.76	2.92±0.77	4.20±1.18	4.26±0.53	2.51±0.21
E068	**Zizyphus***(Zizyphus jujube)*	1	4.62	5.51	31.84	17.33	3.14	2.52	3.86	3.46
F	**ROOTS AND TUBERS**									
F001	**Beet root** *(Beta vulgaris)*	6	8.76±0.71	3.51±0.25	7.52±0.76	28.73±0.85	3.37±0.44	3.35±0.32	4.28±0.36	2.76±0.56
F002	**Carrot, orange** *(Dacus carota)*	6	10.44±1.52	3.30±0.91	14.35±1.39	26.56±3.69	3.64±0.66	3.74±0.72	3.72±0.53	1.71±0.78
F003	**Carrot, red** *(Dacus carota)*	4	10.23±2.20	2.47±0.13	15.01±0.32	28.68±0.42	3.07±0.47	5.50±2.64	3.97±0.68	1.74±0.03
F004	**Colocasia** *(Colocasia antiquorum)*	6	4.74±0.61	7.60±0.91	12.77±1.06	14.22±0.85	4.57±0.51	4.03±0.94	4.17±0.39	3.89±0.26
F005	**Lotus root** *(Nelumbium nelumbo)*	3	5.11±1.11	5.57±0.58	26.00±5.38	14.81±2.20	3.91±0.43	3.16±0.96	4.33±0.23	2.70±0.11
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	5.81±1.42	3.58±0.72	21.07±0.46	18.54±0.61	3.31±0.07	3.60±0.49	4.39±0.84	3.23±0.54
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	5.63	3.55	9.76	19.04	3.00	3.19	4.17	2.94
F008	**Potato, red skin** *(Solanum tuberosum)*	1	7.52	3.64	6.81	20.40	2.80	3.36	4.54	3.92
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	7.36±0.11	4.53±0.01	9.70±0.96	28.02±1.14	4.08±0.05	4.29±0.13	4.33±0.05	1.62±0.30
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	7.49±1.02	4.15±0.94	9.78±1.30	26.26±6.49	4.51±1.56	4.28±1.11	4.55±1.16	1.73±0.32
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	7.12	4.89	10.10	24.98	4.12	4.84	4.01	1.43
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	7.37	4.16	10.49	27.62	3.83	4.45	4.12	1.78
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	8.00±1.11	3.48±1.23	22.80±1.34	9.65±0.44	4.90±0.66	3.83±0.07	5.21±0.44	3.26±0.41
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	8.18±2.81	3.19±0.54	14.21±1.92	10.60±1.50	5.46±0.72	3.98±0.77	5.26±0.27	2.69±0.30
F015	**Tapioca** *(Manihot esculenta)*	3	8.75±1.23	3.77±0.98	13.86±2.02	14.54±1.41	5.65±0.65	3.83±0.65	5.76±0.55	1.92±0.74

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	1.86	3.27	5.85	3.76	0.98	1.23	4.64	3.75	1.06	3.80
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	2.89±0.11	3.36±0.24	6.00±0.56	2.99±0.38	1.55±0.16	1.66±0.10	6.46±0.71	3.81±0.33	1.13±0.04	5.84±0.49
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	2.86±0.65	3.82±0.72	6.71±0.18	4.27±0.28	1.42±0.21	1.65±0.16	4.54±1.15	3.54±0.28	0.96±0.14	4.62±0.90
F019	**Yam, wild** *(Dioscorea versicolor)*	2	2.37	3.27	6.09	3.13	1.18	1.76	6.23	4.00	1.25	5.98
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5	1.77±0.38	3.64±0.46	5.13±1.07	3.43±0.59	1.17±0.12	1.52±0.31	4.33±0.68	3.87±0.72	0.82±0.14	4.43±1.19
G002	**Chillies, green-2** *(Capsicum annum)*	3	1.62±0.18	3.16±0.32	5.02±0.32	3.58±0.52	1.25±0.09	1.41±0.22	4.25±0.31	3.84±0.29	0.75±0.06	4.22±0.48
G003	**Chillies, green-3** *(Capsicum annum)*	5	1.76±0.25	2.99±0.34	4.94±0.23	3.95±0.24	1.04±0.14	1.61±0.23	4.54±1.01	3.67±0.52	0.80±0.14	4.07±0.44
G004	**Chillies, green-4** *(Capsicum annum)*	3	1.82±0.12	3.08±0.68	4.99±0.37	3.41±0.82	1.05±0.10	1.22±0.12	4.59±0.32	3.67±0.32	0.72±0.11	3.88±0.47
G005	**Chillies, green-5** *(Capsicum annum)*	2	1.54±0.15	2.86±0.50	5.01±0.28	3.79±0.29	0.86±0.15	1.01±0.05	5.47±0.43	3.52±0.17	0.68±0.09	3.82±0.76
G006	**Chillies, green-6** *(Capsicum annum)*	1	1.49	2.97	4.97	3.65	0.66	0.98	4.76	2.95	0.92	3.08
G007	**Chillies, green-7** *(Capsicum annum)*	1	2.00	2.89	5.40	4.09	1.18	1.68	6.25	3.14	0.80	3.24
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	1.72±0.28	3.14±0.47	5.05±0.54	3.66±0.51	1.09±0.18	1.40±0.29	4.69±0.82	3.66±0.47	0.77±0.11	4.02±0.72
G009	**Coriander leaves** *(Coriandrum sativum)*	6	2.48±0.39	4.37±0.24	6.08±0.63	5.19±0.28	1.30±0.14	0.63±0.05	5.35±0.50	4.00±0.45	1.08±0.07	6.44±0.30
G010	**Curry leaves** *(Murraya koenigii)*	6	1.73±0.13	3.75±0.17	6.51±0.30	3.66±0.30	0.50±0.09	0.60±0.06	3.50±0.33	3.88±0.26	1.64±0.25	3.92±0.15
G011	**Garlic, big clove** *(Allium sativum)*	6	1.33±0.17	2.25±0.33	3.79±0.24	4.11±0.29	0.75±0.19	1.71±0.38	3.53±0.52	3.18±0.47	0.83±0.09	3.17±0.63
G012	**Garlic, small clove** *(Allium sativum)*	3	1.26±0.06	2.24±0.41	4.07±0.47	3.94±0.26	0.76±0.06	1.93±0.21	3.27±0.37	3.08±0.42	0.73±0.23	3.79±0.99
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	1.30	3.44	5.68	4.15	0.69	1.66	3.46	3.65	0.97	3.58
G014	**Ginger, fresh** *(Zinziber officinale)*	6	1.58±0.17	3.98±0.47	6.49±0.51	2.31±0.48	0.89±0.29	0.82±0.18	4.36±0.40	4.35±0.47	0.99±0.17	4.35±0.65
G015	**Mango ginger** *(Curcuma amada)*	3	2.05±0.17	4.30±0.65	9.80±0.11	1.88±0.56	1.11±0.05	0.80±0.19	4.52±0.28	5.70±0.67	1.29±0.23	4.79±0.31
G016	**Mint leaves** *(Mentha spicata)*	4	1.62±0.29	4.34±0.30	8.22±0.38	2.93±0.19	1.41±0.09	0.72±0.08	5.34±0.47	4.57±0.30	1.23±0.17	5.73±0.38

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	6.21	5.43	15.82	14.54	5.21	3.68	5.86	3.62
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	5.37±0.72	9.26±1.01	11.47±0.72	16.63±1.63	4.61±0.27	5.03±0.59	6.48±0.57	3.17±0.43
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	5.82±1.28	7.78±1.35	11.40±1.41	14.97±1.28	4.52±0.84	4.47±0.77	5.48±1.22	3.09±0.56
F019	**Yam, wild** *(Dioscorea versicolor)*	2	6.78	8.61	11.93	16.15	4.78	5.30	6.28	3.34
G	**CONDIMENTS AND SPICES-FRESH**									
G001	**Chillies, green-1** *(Capsicum annum)*	5	4.98±0.69	4.99±1.66	16.33±2.33	16.66±1.36	4.95±0.80	3.16±0.45	4.59±0.40	2.71±0.45
G002	**Chillies, green-2** *(Capsicum annum)*	3	4.79±0.79	4.83±0.67	16.93±1.43	18.31±0.86	4.03±0.52	2.81±0.30	4.17±0.47	2.49±0.39
G003	**Chillies, green-3** *(Capsicum annum)*	5	5.01±0.51	4.78±0.26	18.29±1.17	19.15±0.59	4.57±0.42	2.65±0.30	4.66±0.38	2.58±0.33
G004	**Chillies, green-4** *(Capsicum annum)*	3	4.60±0.59	4.78±0.33	17.72±0.78	17.31±0.54	4.98±0.48	2.76±0.31	4.21±0.35	2.93±0.25
G005	**Chillies, green-5** *(Capsicum annum)*	2	5.12±0.29	4.36±0.14	17.19±1.22	17.64±0.77	4.40±0.04	2.71±0.21	4.70±0.40	2.51±0.42
G006	**Chillies, green-6** *(Capsicum annum)*	1	3.91	4.30	18.43	19.59	3.64	2.08	4.01	2.11
G007	**Chillies, green-7** *(Capsicum annum)*	1	5.02	5.13	16.38	17.96	3.69	3.44	4.37	2.93
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	4.86±0.62	4.79±0.79	17.24±1.50	17.94±1.20	4.46±0.65	2.85±0.41	4.42±0.42	2.64±0.38
G009	**Coriander leaves** *(Coriandrum sativum)*	6	5.56±0.51	5.04±0.18	14.75±1.81	12.31±1.23	5.07±0.69	4.09±0.27	3.94±0.63	3.42±0.36
G010	**Curry leaves** *(Murraya koenigii)*	6	7.75±0.50	4.64±0.53	15.17±0.79	11.12±0.54	6.48±0.49	6.19±0.33	5.94±0.38	2.81±0.17
G011	**Garlic, big clove** *(Allium sativum)*	6	4.44±0.23	16.46±1.08	11.11±1.68	16.97±1.37	3.03±0.40	3.47±0.50	3.65±0.40	3.31±0.53
G012	**Garlic, small clove** *(Allium sativum)*	3	3.73±0.23	14.66±0.47	10.45±0.81	17.60±1.05	2.94±0.28	3.92±1.30	3.20±0.22	3.27±0.19
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	4.25	16.42	12.15	16.92	3.85	3.85	4.60	3.07
G014	**Ginger, fresh** *(Zinziber officinale)*	6	4.73±0.69	5.93±0.68	15.34±1.84	13.82±1.64	4.91±0.73	3.28±0.71	4.80±0.87	3.78±0.32
G015	**Mango ginger** *(Curcuma amada)*	3	4.59±0.67	4.35±0.75	17.86±1.67	14.13±0.21	5.51±0.22	4.03±1.17	5.05±0.69	3.29±0.29
G016	**Mint leaves** *(Mentha spicata)*	4	5.25±0.12	4.96±0.14	13.21±1.43	15.47±0.99	5.46±0.49	4.81±0.72	4.54±0.20	3.32±0.28

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
G017	**Onion, big** *(Allium cepa)*	6	1.76±0.20	2.08±0.40	3.25±0.23	3.52±0.62	0.92±0.13	0.88±0.12	2.77±0.20	2.10±0.36	1.23±0.08	2.75±0.61
G018	**Onion, small** *(Allium cepa)*	5	1.53±0.33	3.91±0.73	5.02±1.29	2.62±0.44	1.84±0.35	1.38±0.38	4.13±0.38	3.62±0.33	0.73±0.09	3.93±0.21
G	**CONDIMENTS AND SPICES-DRY**											
G019	**Asafoetida** *(Ferula assa-foetida)*	6	2.19±0.84	2.49±0.15	5.61±0.50	2.21±0.45	0.70±0.16	0.89±0.39	4.35±0.62	2.74±0.27	1.23±0.11	1.84±0.27
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	1.91±0.29	2.15±0.45	7.24±0.57	3.24±0.44	1.20±0.18	1.06±0.21	4.32±1.07	3.03±0.50	0.96±0.05	2.85±0.22
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	1.82±0.04	1.80±0.15	6.02±0.22	2.58±0.05	0.86±0.03	0.79±0.04	3.39±0.07	2.95±0.07	0.86±0.18	2.64±0.16
G022	**Chillies, red** *(Capsicum annum)*	6	2.11±0.19	3.75±0.41	6.38±0.59	4.19±0.25	1.26±0.38	1.74±0.13	5.09±0.81	4.08±0.56	0.92±0.18	4.82±0.57
G023	**Cloves** *(Syzygium aromaticum)*	6	2.28±0.40	2.13±0.13	5.82±0.35	6.60±0.39	1.26±0.12	0.81±0.06	4.10±0.50	2.99±0.33	0.90±0.05	4.31±0.11
G024	**Coriander seeds** *(Coriandrum sativum)*	6	2.85±0.22	4.52±0.40	6.73±0.42	5.62±0.25	2.04±0.16	0.99±0.07	4.09±0.30	4.02±0.26	1.18±0.16	6.24±0.39
G025	**Cumin seeds** *(Cuminum cyminum)*	6	2.87±0.09	4.43±0.13	6.23±0.34	4.85±0.16	1.25±0.19	1.02±0.03	4.46±0.36	3.91±0.25	0.95±0.07	5.13±0.15
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	2.28±0.40	4.57±0.34	6.00±0.41	6.60±0.39	1.22±0.08	1.38±0.16	4.10±0.50	2.85±0.16	1.19±0.01	4.43±0.54
G027	**Mace** *(Myristica fragrans)*	6	1.89±0.19	2.35±0.26	5.78±0.52	2.61±0.50	1.18±0.01	1.31±0.10	4.29±0.94	5.26±0.67	1.26±0.07	3.09±0.89
G028	**Nutmeg** *(Myristica fragrans)*	6	1.43±0.36	2.23±0.59	5.20±0.79	3.42±0.52	1.08±0.07	0.83±0.14	4.86±0.40	3.02±0.59	0.88±0.06	3.12±0.22
G029	**Omum** *(Trachyspermum ammi)*	6	2.38±0.12	1.70±0.18	5.26±0.51	4.17±0.36	0.97±0.10	1.11±0.17	3.23±0.49	3.04±0.47	1.38±0.09	4.70±0.43
G030	**Pippali** *(Piper longum)*	6	1.46±0.06	2.44±0.48	8.49±0.38	1.95±0.29	0.93±0.13	0.77±0.10	4.25±0.98	3.01±0.14	1.31±0.14	3.82±0.45
G031	**Pepper, black** *(Piper nigrum)*	6	1.28±0.12	3.85±0.39	8.25±0.45	2.23±0.17	0.60±0.10	1.26±0.09	5.15±0.39	2.63±0.78	0.55±0.06	3.62±0.13
G032	**Poppy seeds** *(Papaver somniferum)*	6	2.18±0.13	3.64±0.08	5.98±0.29	4.45±0.29	1.51±0.29	1.37±0.14	3.69±0.56	3.54±0.29	0.82±0.08	4.33±0.09
G033	**Turmeric powder** *(Curcuma domestica)*	6	1.88±0.15	4.54±0.32	8.28±0.36	3.76±0.17	1.13±0.23	0.77±0.16	5.56±0.45	4.45±0.19	2.06±0.23	5.81±0.60
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6	2.22±0.43	2.38±0.38	4.02±0.57	2.28±0.19	1.24±0.27	0.84±0.12	5.61±0.22	2.82±0.40	0.89±0.04	4.45±0.40
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	2.09±0.35	1.74±0.16	4.43±0.43	4.59±0.40	0.98±0.05	0.65±0.18	3.56±0.96	2.81±0.63	0.79±0.17	3.25±0.44

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
G017	**Onion, big** *(Allium cepa)*	6	3.61±0.64	13.21±0.46	8.96±0.84	25.10±0.60	3.86±0.64	2.01±0.33	2.68±0.54	1.92±0.23
G018	**Onion, small** *(Allium cepa)*	5	5.48±0.78	12.28±0.81	9.51±1.25	25.34±1.94	6.50±0.36	3.55±0.81	3.03±0.55	2.24±0.48
G	**CONDIMENTS AND SPICES-DRY**									
G019	**Asafoetida** *(Ferula assa-foetida)*	6	3.99±0.34	3.33±0.61	13.74±1.92	27.68±4.23	4.34±0.46	7.15±0.64	6.03±0.50	2.40±0.33
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	6.24±0.75	9.33±0.93	11.96±1.40	19.21±1.33	5.29±0.77	3.60±0.30	5.82±0.64	2.39±0.42
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	6.19±0.88	7.36±0.31	15.14±0.95	17.81±0.83	5.64±0.85	4.25±0.20	5.37±0.01	1.97±0.36
G022	**Chillies, red** *(Capsicum annum)*	6	4.77±0.35	4.96±0.22	14.05±2.24	17.32±0.88	5.13±0.50	5.67±0.62	4.32±0.37	3.09±0.44
G023	**Cloves** *(Syzygium aromaticum)*	6	4.31±0.58	6.38±0.25	11.01±0.99	18.47±0.91	4.58±1.27	3.90±0.45	5.32±0.46	2.57±0.30
G024	**Coriander seeds** *(Coriandrum sativum)*	6	4.97±0.51	6.01±0.58	10.72±0.70	15.62±1.50	6.29±0.44	4.91±0.49	4.70±0.52	3.05±0.33
G025	**Cumin seeds** *(Cuminum cyminum)*	6	5.22±0.28	6.82±0.34	8.96±0.29	20.91±0.54	7.22±0.44	4.33±0.41	5.07±0.18	3.27±0.32
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	4.31±0.58	8.38±0.41	11.01±0.99	18.47±0.91	4.92±0.54	3.90±0.45	5.32±0.46	2.57±0.30
G027	**Mace** *(Myristica fragrans)*	6	7.39±0.52	4.80±0.60	12.36±1.37	10.93±0.68	6.24±0.41	5.21±0.55	5.92±0.67	3.78±0.33
G028	**Nutmeg** *(Myristica fragrans)*	6	5.98±0.79	6.88±0.80	10.96±0.83	16.10±0.76	5.72±0.66	4.54±0.70	6.20±0.68	2.43±0.43
G029	**Omum** *(Trachyspermum ammi)*	6	5.47±0.51	5.91±0.48	10.87±1.78	18.46±0.72	7.84±0.68	4.72±0.40	5.33±0.44	2.74±0.15
G030	**Pippali** *(Piper longum)*	6	6.12±0.90	7.69±0.19	15.24±1.47	15.04±0.83	4.70±0.73	6.61±1.02	5.25±0.85	4.97±0.53
G031	**Pepper, black** *(Piper nigrum)*	6	5.45±0.06	2.31±0.40	12.11±0.70	15.96±0.78	4.72±0.22	6.58±0.99	4.16±0.24	4.50±0.13
G032	**Poppy seeds** *(Papaver somniferum)*	6	4.89±0.43	8.87±0.25	10.98±0.87	24.34±0.92	5.12±0.58	14.39±0.10	5.29±0.55	3.41±0.22
G033	**Turmeric powder** *(Curcuma domestica)*	6	3.75±0.32	5.35±0.48	14.66±0.43	13.44±0.50	4.53±0.23	2.61±0.26	4.46±0.27	3.12±0.32
H	**NUTS AND OIL SEEDS**									
H001	**Almond** *(Prunus amygdalus)*	6	4.20±0.75	11.01±0.22	11.77±0.43	27.98±0.71	6.04±0.15	4.03±0.13	4.27±0.44	3.38±0.73
H002	**Arecanut, dried, brown** *(Areca catechu)*	6	3.80±0.37	11.15±1.15	8.03±0.92	19.36±1.56	4.70±0.58	3.71±0.30	4.68±0.28	3.18±0.76

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	2.75±0.96	1.56±0.27	4.26±0.07	4.84±0.36	0.97±0.18	0.55±0.03	3.83±0.72	2.86±0.89	0.76±0.13	3.33±0.18
H004	**Arecanut, fresh** *(Areca catechu)*	2	1.81	1.62	4.51	4.59	1.27	0.64	3.65	2.89	0.70	4.89
H005	**Cashew nut** *(Anacardium occidentale)*	6	2.27±0.36	3.86±0.30	7.02±0.23	4.80±0.26	1.38±0.11	1.33±0.09	4.87±0.70	3.12±0.17	1.05±0.11	3.23±0.19
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	2.15±0.17	3.02±0.69	6.74±0.45	4.31±0.38	1.55±0.20	1.75±0.10	5.19±0.49	3.07±0.18	0.62±0.12	4.81±1.10
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	2.40±0.23	4.37±0.41	6.93±0.38	4.08±0.19	2.19±0.14	1.47±0.13	4.51±0.20	3.25±0.26	1.20±0.15	5.83±0.36
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	2.62±0.10	3.75±0.15	6.58±0.10	3.85±0.19	1.85±0.16	1.23±0.10	3.89±0.18	3.15±0.16	1.24±0.18	4.69±0.18
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	2.39±0.25	5.69±0.17	5.91±0.78	2.63±0.31	3.36±0.13	1.22±0.16	4.74±0.38	3.19±0.22	1.10±0.11	4.78±0.37
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	2.30±0.24	5.01±0.29	6.18±0.37	2.57±0.22	2.69±0.16	1.13±0.13	3.83±0.85	3.05±0.37	1.17±0.10	4.79±0.14
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	2.41±0.11	6.02±0.02	5.40±0.41	2.59±0.08	2.25±0.04	1.31±0.08	4.38±0.60	3.00±0.28	1.16±0.09	4.64±0.23
H012	**Ground nut** *(Arachis hypogea)*	6	2.24±0.20	4.67±0.38	6.40±0.57	3.39±0.28	1.21±0.14	1.33±0.11	5.40±1.08	2.54±0.17	0.90±0.14	3.92±0.93
H013	**Mustard seeds** *(Brassica juncea)*	6	2.76±0.16	3.80±0.46	6.96±0.32	5.31±0.34	1.66±0.43	1.63±0.10	4.47±0.71	4.02±0.31	1.23±0.09	5.00±0.72
H014	**Linseeds** *(Linum usitatissimum)*	6	2.62±0.10	4.47±0.22	6.81±0.26	4.63±0.22	1.75±0.05	1.61±0.10	5.58±0.26	3.88±0.10	1.57±0.12	5.31±0.13
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	1.88±0.47	4.57±0.23	4.71±0.27	3.61±0.28	1.31±0.21	1.76±0.53	3.14±0.91	2.70±0.88	1.25±0.14	3.69±0.67
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	1.87±0.20	4.69±0.27	5.22±0.77	3.72±0.19	1.32±0.07	1.71±0.14	3.72±0.67	3.12±0.35	1.11±0.10	4.50±0.31
H017	**Pine seed** *(Pinus gerardiana)*	5	2.38±0.19	4.00±0.22	6.23±0.19	3.79±0.18	1.43±0.13	1.56±0.27	3.68±0.26	3.63±0.32	0.83±0.09	4.73±0.17
H018	**Pistachio nuts** *(Pistacla vera)*	6	2.28±0.13	5.22±0.15	7.55±0.30	3.32±0.18	1.45±0.12	1.46±0.13	5.52±0.51	4.60±0.17	1.42±0.19	5.27±0.22
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	2.44±0.21	3.69±0.33	6.32±0.14	3.55±0.09	0.74±0.06	1.60±0.12	4.27±0.19	3.30±0.13	1.43±0.14	4.35±0.24
H020	**Sunflower seeds** *(Helianthus annuus)*	5	2.30±0.10	4.21±0.08	6.38±0.34	3.26±0.26	0.84±0.19	1.43±0.15	4.97±0.31	3.31±0.16	1.14±0.06	4.99±0.19
H021	**Walnut** *(Juglans regia)*	6	2.34±0.24	4.74±0.12	6.87±0.50	2.18±0.54	0.73±0.13	1.36±0.13	4.41±0.68	3.08±0.28	1.04±0.13	5.78±0.36
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6	1.64±0.41	2.27±0.57	2.97±0.14	2.73±0.15	0.44±0.11	0.49±0.10	4.82±0.46	2.18±0.25	0.59±0.18	3.45±0.30

Table 8. Amino Acid Profile

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
H003	**Arecanut, dried, red color** *(Areca catechu)*	3	6.70±0.44	12.68±1.19	8.22±1.00	19.61±1.29	5.21±0.30	4.62±0.69	5.89±1.02	2.84±0.28
H004	**Arecanut, fresh** *(Areca catechu)*	2	3.80	10.99	8.20	22.03	4.54	4.25	5.01	2.84
H005	**Cashew nut** *(Anacardium occidentale)*	6	5.35±0.37	9.75±0.07	9.85±0.19	22.76±0.64	5.25±0.39	3.97±0.20	6.39±0.35	2.81±0.11
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	5.51±0.58	13.08±1.96	9.59±1.16	22.14±1.17	4.54±0.33	3.50±0.27	5.11±0.62	2.69±0.07
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	5.27±0.18	13.87±0.44	9.62±0.23	19.12±0.56	4.63±0.19	4.61±0.21	5.33±0.20	3.20±0.31
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	5.33±0.35	10.67±0.38	10.29±0.83	21.34±0.82	5.22±0.19	4.37±0.17	4.99±0.18	3.47±0.12
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	5.92±0.70	11.02±0.73	8.63±1.39	20.14±1.72	5.66±0.76	3.76±0.41	5.48±0.54	3.22±0.72
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	5.67±0.82	11.30±0.77	8.65±0.48	20.73±0.99	5.58±0.55	3.48±0.14	5.43±0.38	3.36±0.26
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	5.62±1.14	11.18±0.75	9.06±1.38	20.03±1.33	6.32±1.48	3.76±0.41	5.63±0.51	3.30±0.33
H012	**Ground nut** *(Arachis hypogea)*	6	4.23±0.30	10.85±0.78	11.68±1.66	19.41±1.16	5.56±0.38	3.74±0.97	5.05±0.37	3.86±0.37
H013	**Mustard seeds** *(Brassica juncea)*	6	4.62±0.53	6.71±0.74	7.14±0.68	19.70±2.13	5.08±0.77	6.11±0.80	4.20±0.72	3.03±0.30
H014	**Linseeds** *(Linum usitatissimum)*	6	4.89±0.25	11.15±0.62	10.87±0.25	17.70±1.07	5.71±0.20	4.39±0.17	5.25±0.12	3.48±0.12
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	6.92±0.68	7.54±0.65	9.85±0.55	22.85±2.79	6.13±0.79	4.46±0.61	4.16±0.84	3.02±0.19
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	4.90±0.74	8.33±0.52	10.53±1.76	21.33±1.60	6.24±0.13	4.20±0.56	6.18±0.91	2.87±0.95
H017	**Pine seed** *(Pinus gerardiana)*	5	4.33±0.27	16.73±0.51	8.97±0.61	18.23±0.79	4.34±0.20	4.59±0.23	4.18±0.22	2.74±0.11
H018	**Pistachio nuts** *(Pistacla vera)*	6	5.17±0.15	8.52±0.36	9.94±0.38	16.37±0.62	5.99±0.17	3.69±0.12	4.19±0.30	3.18±0.29
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	5.71±0.19	9.34±0.23	10.22±0.38	20.14±0.86	5.96±0.16	4.05±0.21	5.56±0.12	3.24±0.21
H020	**Sunflower seeds** *(Helianthus annuus)*	5	5.69±0.33	8.55±0.37	9.80±0.29	22.29±0.81	6.29±0.18	4.76±0.28	5.51±0.08	2.47±0.11
H021	**Walnut** *(Juglans regia)*	6	5.44±0.60	13.47±0.49	10.18±0.90	20.50±0.77	5.55±0.32	3.42±0.35	6.54±0.50	2.73±0.34
I	**SUGARS**									
I001	**Jaggery, cane** *(Saccharum officinarum)*	6	4.53±0.25	3.01±0.42	31.24±0.90	12.89±2.93	2.72±0.71	1.71±0.74	3.34±0.28	1.00±0.18

Food code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6	1.79±0.17	3.81±0.15	3.55±0.08	2.53±0.29	0.40±0.06	0.52±0.14	5.11±0.29	3.02±0.10	0.75±0.16	4.19±0.27
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	2.68	4.36	6.88	6.82	1.66	0.98	4.63	4.40	1.26	5.48
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1	2.16	4.42	7.03	7.20	1.70	1.02	4.50	4.38	1.30	5.36
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	2.20	4.50	7.14	7.36	1.56	1.06	4.20	4.92	1.32	6.08
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	2.81	4.30	7.08	7.54	1.82	1.20	4.52	4.86	1.41	6.16
K	**MISCELLANEOUS FOODS**											
K001	**Toddy**	10										
K002	**Coconut Water**	6	1.75±0.46	1.58±0.28	2.35±0.56	3.84±2.33	0.59±0.12	0.99±0.13	1.95±0.89	2.69±0.66	0.78±0.18	3.02±0.59
L	**MILK AND MILK PRODUCTS**											
L001	**Milk, whole, Buffalo**	6	2.08±0.11	5.30±0.38	9.83±0.05	7.87±0.30	2.46±0.08	1.25±0.08	4.26±0.14	4.42±0.21	1.30±0.18	5.86±0.29
L002	**Milk, whole, Cow**	6	2.14±0.13	6.20±0.55	10.66±0.41	8.59±0.20	2.51±0.12	1.22±0.04	5.09±0.42	4.81±0.07	1.46±0.11	6.40±0.24
L003	**Panner**	6	2.04±0.45	4.79±0.19	9.76±0.14	5.79±0.93	2.28±0.21	0.72±0.16	5.08±0.16	4.37±0.16	1.42±0.87	5.68±0.20
L004	**Khoa**	6	1.47±0.16	4.93±0.21	10.34±0.28	2.41±0.21	1.95±0.17	0.75±0.17	5.08±0.32	4.63±0.18	1.59±0.80	6.10±0.18

Food code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6	5.22±0.36	3.43±0.16	30.49±1.15	11.60±0.54	2.70±0.22	2.46±0.25	3.55±0.31	2.35±0.19
J	**MUSHROOMS**									
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	5.60	6.60	10.24	14.35	5.38	3.80	4.32	3.20
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1	6.20	7.23	10.30	15.80	5.26	4.21	4.50	3.18
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	6.38	6.80	10.51	14.67	5.80	3.66	4.45	3.10
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	6.46	6.94	10.72	15.60	5.69	4.40	4.80	3.08
K	**MISCELLANEOUS FOODS**									
K001	**Toddy**	10								
K002	**Coconut Water**	6	20.28±2.26	5.13±1.26	10.81±0.71	31.01±1.65	1.97±0.64	4.25±1.56	5.05±1.71	1.57±0.31
L	**MILK AND MILK PRODUCTS**									
L001	**Milk, whole, Buffalo**	6	3.38±0.14	3.09±0.42	8.21±0.16	16.21±0.76	2.43±0.08	7.60±0.40	5.78±0.39	4.86±0.41
L002	**Milk, whole, Cow**	6	3.87±0.27	3.25±0.34	8.84±0.36	17.88±0.43	2.35±0.07	6.82±0.13	6.36±0.51	5.48±0.35
L003	**Panner**	6	3.39±1.05	3.56±0.46	7.69±0.14	20.24±1.09	2.18±0.19	10.45±0.59	5.27±0.13	5.36±0.31
L004	**Khoa**	6	3.99±0.35	1.06±0.67	7.95±0.23	21.82±0.43	2.02±0.11	11.32±0.89	5.37±0.33	4.95±0.31

Food Code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
M	**EGG AND EGG PRODUCTS**											
M001	Egg, poultry, whole, raw	6	4.65±0.07	2.15±0.07	7.95±0.18	8.37±0.19	6.72±0.27	9.53±0.18	6.29±0.32	6.34±0.23	1.59±0.15	5.82±0.20
M002	Egg, poultry, white, raw	6	4.54±0.17	2.25±0.14	7.94±0.25	8.35±0.20	6.24±0.33	10.55±0.49	5.28±0.56	6.90±0.21	1.50±0.11	6.89±0.19
M003	Egg, poultry, yolk, raw	6	5.69±0.09	2.19±0.08	7.24±0.23	8.58±0.29	6.17±0.22	9.35±0.23	7.08±0.38	6.14±0.10	1.47±0.12	5.66±0.33
M004	Egg, poultry, whole, boiled	6	4.56±0.30	2.29±0.16	7.30±0.07	8.17±0.12	6.66±0.09	10.13±0.56	6.25±0.40	6.42±0.25	1.38±0.14	6.04±0.09
M005	Egg, poultry, white, boiled	6	4.48±0.15	2.21±0.21	7.57±0.16	8.31±0.27	6.16±0.39	10.20±0.40	5.37±0.16	6.70±0.40	1.45±0.08	6.81±0.30
M006	Egg, poultry, yolk, boiled	6	5.44±0.50	2.16±0.18	7.99±0.33	8.46±0.38	6.43±0.82	9.36±0.24	6.94±0.49	5.86±0.46	1.35±0.08	5.70±0.23
M007	Egg, poultry, omlet	3	4.65±0.03	2.12±0.14	7.48±0.05	8.34±0.06	6.81±1.01	9.76±0.28	6.09±0.27	6.43±0.08	1.36±0.14	5.85±0.24
M008	Egg, country hen, whole, raw	1	5.15	2.25	7.53	7.74	6.21	9.79	6.42	6.24	1.42	5.72
M009	Egg, country hen, whole, boiled	1	4.52	2.28	7.95	7.81	6.87	9.58	6.39	6.42	1.35	5.97
M010	Egg, country hen, omlet	1	4.61	2.04	7.18	7.52	5.82	10.03	5.91	6.53	1.34	5.76
M011	Egg, duck, whole, boiled	1	4.36	1.80	7.39	8.90	6.36	10.12	5.08	6.52	1.36	6.58
M012	Egg, duck, whole, raw	1	4.79	1.83	7.55	8.85	6.45	10.29	5.22	6.84	1.38	6.60
M013	Egg, duck, whole, omlet	1	4.24	1.80	7.76	8.40	6.74	9.74	5.08	6.34	1.36	6.38
M014	Egg, quial, whole, raw	1	4.86	2.40	7.11	7.96	6.18	10.79	6.03	6.50		5.73
M015	Egg, quial, whole, boiled	1	4.31	2.39	7.37	8.02	5.34	9.93	5.48	6.33	1.47	5.57
N	**POULTRY**											
N001	Chicken, poultry, leg, skinless	4	4.47±0.17	2.76±0.18	7.84±0.17	7.26±0.28	6.04±0.32	9.35±0.51	7.07±0.21	5.66±0.29	1.16±0.22	4.92±0.22
N002	Chicken, poultry, thigh, skinless	6	4.57±0.21	2.54±0.25	7.87±0.13	8.06±0.22	6.04±0.32	9.05±0.56	7.01±0.15	5.94±0.44	1.20±0.21	4.63±0.29
N003	Chicken, poultry, breast, skinless	5	4.87±0.22	3.57±0.11	7.89±0.34	6.34±0.42	6.31±0.37	9.16±0.45	7.23±0.23	5.66±0.23	1.20±0.21	4.97±0.23
N004	Chicken, poultry, wing, skinless	5	4.46±0.20	2.62±0.18	8.51±0.17	7.74±0.20	6.26±0.33	9.42±0.37	6.84±0.20	5.02±0.33	1.21±0.21	4.55±0.16

Food Code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
M	**EGG AND EGG PRODUCTS**									
M001	Egg, poultry, whole, raw	6	3.12±0.12	13.53±0.32	3.23±0.20	2.28±0.05	4.11±0.21	5.36±0.39	6.71±0.33	3.93±0.12
M002	Egg, poultry, white, raw	6	3.06±0.13	14.15±0.65	3.49±0.27	2.35±0.23	4.88±0.78	5.31±0.23	6.45±0.31	3.62±0.16
M003	Egg, poultry, yolk, raw	6	2.72±0.11	13.69±0.40	3.20±0.11	2.11±0.07	3.97±0.15	5.35±0.21	7.97±0.33	4.05±0.17
M004	Egg, poultry, whole, boiled	6	2.86±0.23	13.69±0.39	3.20±0.12	2.30±0.29	3.88±0.17	5.23±0.11	6.85±0.21	4.03±0.15
M005	Egg, poultry, white, boiled	6	3.34±0.27	13.03±0.64	3.42±0.25	2.25±0.04	4.53±0.71	5.24±0.11	7.36±0.35	3.48±0.22
M006	Egg, poultry, yolk, boiled	6	2.43±0.31	13.06±0.74	3.04±0.06	2.08±0.05	3.46±0.25	5.29±0.13	7.44±0.38	4.06±0.62
M007	Egg, poultry, omlet	3	2.98±0.06	13.73±0.07	3.32±0.07	2.04±0.40	4.91±1.51	5.24±0.03	6.68±0.15	3.93±0.04
M008	Egg, country hen, whole, raw	1	2.97	13.04	3.54	2.15	3.36	5.74	7.54	3.70
M009	Egg, country hen, whole, boiled	1	3.10	13.24	3.28	2.18	3.82	5.82	6.65	3.99
M010	Egg, country hen, omlet	1	2.88	13.87	3.26	2.20	3.83	5.33	6.90	3.71
M011	Egg, duck, whole, boiled	1	3.03	13.41	2.76	2.12	3.59	5.42	5.74	3.93
M012	Egg, duck, whole, raw	1	2.82	13.61	3.62	2.08	3.50	5.24	6.49	3.96
M013	Egg, duck, whole, omlet	1	3.18	13.88	2.88	1.98	3.91	5.42	5.61	3.53
M014	Egg, quial, whole, raw	1	2.64	13.77	4.14	1.85	3.36	5.77	6.43	3.73
M015	Egg, quial, whole, boiled	1	2.72	13.44	3.45	1.88	3.71	5.82	6.00	3.89
N	**POULTRY**									
N001	Chicken, poultry, leg, skinless	4	2.39±0.21	16.40±0.68	4.98±0.12	1.16±0.14	4.30±0.17	4.75±0.25	3.91±0.25	3.71±0.17
N002	Chicken, poultry, thigh, skinless	6	2.63±0.32	16.87±0.37	4.85±0.46	1.20±0.12	3.93±0.47	4.89±0.16	4.01±0.36	3.51±0.23
N003	Chicken, poultry, breast, skinless	5	2.49±0.20	16.92±0.43	4.80±0.25	1.08±0.12	4.77±0.31	5.48±0.37	4.15±0.39	3.89±0.16
N004	Chicken, poultry, wing, skinless	5	2.69±0.18	16.01±0.45	5.01±0.27	1.42±0.13	4.37±0.43	4.77±0.15	3.85±0.20	3.15±0.05

Food Code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
N005	Poultry, chicken, liver	1	4.82	3.20	8.20	9.93	6.12	9.33	6.59	6.30	1.52	5.82
N006	Poultry, chicken, gizzard	1	4.30	2.61	8.82	7.67	6.22	8.56	7.97	4.59	1.83	4.48
N007	Country hen, leg, with skin	1	4.93	2.20	7.52	9.22	6.03	9.92	7.42	5.99	1.15	4.32
N008	Country hen, thigh, with skin	1	5.21	2.87	7.65	9.29	6.19	8.86	7.32	5.01	1.26	5.01
N009	Country hen, breast, with skin	1	4.38	4.04	7.96	7.92	6.05	8.77	7.67	5.08	1.80	5.77
N010	Country hen, wing, with skin	1	4.33	3.50	7.90	9.12	6.58	9.03	6.50	5.12	1.24	5.70
N011	Duck, meat, with skin	1	5.31	3.26	7.31	8.36	6.44	9.31	7.45	5.09	1.54	5.34
N012	Emu, meat, skinless	1	5.13	3.12	7.23	8.58	6.62	8.73	7.14	5.04	1.74	5.12
N013	Guinea fowl, meat, with skin	1	4.64	2.66	7.35	8.49	6.58	9.08	6.79	4.98	1.65	4.70
N014	Pigeon, meat, with skin	1	4.88	2.47	7.22	8.32	6.31	8.95	6.59	5.28	1.62	4.51
N015	Quail, meat, skinless	1	5.11	2.98	7.20	8.65	6.79	8.90	7.01	5.14	1.74	5.03
N016	Turkey, leg, with skin	1	5.06	2.40	6.58	8.62	6.60	8.77	6.80	5.06	1.66	4.64
N017	Turkey, thigh, with skin	1	5.32	2.62	6.78	8.94	6.15	8.65	6.93	5.36	1.62	4.62
N018	Turkey, breast, with skin	1	4.80	2.97	7.07	8.17	6.44	8.86	7.52	5.03	1.54	5.91
N019	Turkey, wing, with skin	1	4.85	3.32	7.22	9.14	6.09	9.44	6.26	5.51	1.71	5.07
O	**ANIMAL MEAT**											
O001	Goat, shoulder	6	4.71±0.15	3.33±0.48	7.66±0.33	9.00±0.38	5.66±0.62	9.26±0.68	7.29±1.42	5.12±0.28	1.34±0.10	4.71±0.24
O002	Goat, chops	6	5.09±0.66	3.53±0.69	6.24±0.19	7.26±0.09	5.41±0.61	9.29±0.34	7.06±1.26	4.92±0.29	1.63±0.23	4.45±0.23
O003	Goat, legs	6	5.38±0.82	3.63±0.76	6.81±0.04	8.09±0.15	5.15±0.74	9.89±0.20	7.76±1.20	4.65±0.35	1.43±0.21	4.51±0.09
O004	Goat, brain	5	5.29±0.44	2.98±1.01	5.21±0.20	8.24±0.25	6.01±0.30	8.47±0.30	6.61±0.72	5.29±0.18	1.36±0.11	4.70±0.03
O005	Goat, tongue	4	4.70±0.47	3.18±0.37	5.59±0.09	7.05±0.18	5.70±0.61	8.26±0.43	7.02±0.81	4.67±0.32	1.45±0.23	4.50±0.42

Food Code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
N005	Poultry, chicken, liver	1	2.53	12.74	4.65	1.44	4.51	5.11	4.44	3.81
N006	Poultry, chicken, gizzard	1	2.55	14.29	5.63	1.67	5.90	4.53	4.01	3.78
N007	Country hen, leg, with skin	1	2.49	15.12	3.03	1.19	3.69	5.16	5.57	3.97
N008	Country hen, thigh, with skin	1	2.63	15.54	4.76	1.08	4.87	5.04	4.96	3.99
N009	Country hen, breast, with skin	1	2.47	15.91	4.34	1.08	5.06	4.98	4.78	4.09
N010	Country hen, wing, with skin	1	2.84	15.93	5.37	1.16	4.60	4.64	3.77	3.86
N011	Duck, meat, with skin	1	2.65	14.99	4.80	1.14	4.47	5.46	4.43	4.59
N012	Emu, meat, skinless	1	2.89	14.36	4.83	1.24	4.53	5.77	4.26	4.39
N013	Guinea fowl, meat, with skin	1	2.58	14.57	4.98	0.99	4.20	4.88	4.04	3.45
N014	Pigeon, meat, with skin	1	3.02	14.38	4.77	1.16	4.14	5.33	4.19	3.62
N015	Quail, meat, skinless	1	2.89	14.35	5.03	1.27	3.50	5.74	4.46	4.13
N016	Turkey, leg, with skin	1	3.08	15.71	4.55	1.43	4.13	5.80	4.46	4.04
N017	Turkey, thigh, with skin	1	2.69	16.08	4.66	1.44	4.27	5.82	4.65	3.89
N018	Turkey, breast, with skin	1	2.57	15.39	4.62	1.12	4.26	5.46	4.09	4.36
N019	Turkey, wing, with skin	1	2.35	16.62	5.20	1.43	4.28	5.10	4.22	4.07
O	**ANIMAL MEAT**									
O001	Goat, shoulder	6	2.17±0.17	14.68±0.73	5.63±0.34	1.35±0.18	4.72±0.13	4.19±0.39	4.34±0.30	3.95±0.43
O002	Goat, chops	6	2.56±0.57	14.31±1.25	6.05±0.70	1.35±0.16	4.20±0.47	4.59±0.17	4.24±0.63	3.71±0.23
O003	Goat, legs	6	2.79±0.30	14.02±1.12	5.64±0.58	1.67±0.57	4.08±0.45	4.63±0.31	4.43±0.42	4.66±0.79
O004	Goat, brain	5	3.05±0.29	13.68±0.35	5.72±0.23	1.29±0.08	4.20±0.14	4.82±0.09	5.29±0.35	4.68±0.55
O005	Goat, tongue	4	2.38±0.52	13.47±0.63	6.34±0.36	1.45±0.11	4.78±0.53	4.15±0.28	4.64±0.75	3.97±0.62

Food Code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
O006	Goat, lungs	4	4.64±0.42	2.54±0.05	5.82±0.10	8.04±0.59	6.07±0.64	7.77±0.31	7.16±0.67	5.74±0.45	1.45±0.16	5.15±0.53
O007	Goat, heart	5	5.38±0.21	3.08±0.76	6.35±0.18	7.04±0.07	5.59±0.34	8.15±0.36	6.25±0.50	5.43±0.51	1.31±0.12	5.08±0.62
O008	Goat, liver	6	4.23±0.47	3.04±0.42	6.02±0.25	8.39±0.98	6.27±0.18	8.74±0.76	5.64±1.19	6.58±0.68	1.22±0.11	4.53±0.99
O009	Goat, tripe	5	4.40±0.25	3.59±0.31	5.99±0.17	7.22±0.19	5.55±0.26	8.33±0.59	7.76±0.93	4.16±0.21	1.34±0.06	5.24±0.45
O010	Goat, spleen	4	4.62±0.35	2.70±0.41	5.50±0.11	8.89±0.87	6.49±0.32	8.80±0.40	6.58±0.40	6.27±0.90	1.46±0.06	5.27±0.28
O011	Goat, kidneys	4	5.23±0.18	3.41±0.39	6.46±0.19	8.48±0.46	5.52±0.22	8.43±0.22	5.74±1.03	5.69±0.21	1.50±0.11	5.44±0.43
O012	Goat, tube (small intestine)	3	4.55±0.33	3.90±0.83	7.01±0.34	7.50±0.04	5.75±0.38	8.28±0.00	7.42±0.74	4.44±0.17	1.47±0.00	4.14±0.03
O013	Goat, testis	2	4.59	3.88	8.31	7.09	5.99	8.38	6.44	5.25	1.28	4.36
O014	Sheep, shoulder	5	5.23±0.78	3.73±0.65	7.68±0.28	8.05±0.15	5.36±0.29	9.61±0.32	7.87±0.87	5.22±0.36	1.42±0.12	4.82±0.07
O015	Sheep, chops	4	5.19±0.69	3.31±0.26	7.36±0.48	7.29±0.13	5.48±0.19	9.39±0.32	6.80±0.37	4.89±0.17	1.50±0.16	4.23±0.26
O016	Sheep, leg	5	5.54±0.86	3.88±0.84	7.07±0.25	8.26±0.16	5.33±0.34	9.52±0.55	7.78±0.72	4.89±0.12	1.47±0.17	4.58±0.07
O017	Sheep, brain	1	5.54	2.47	5.21	8.51	6.04	8.08	6.83	5.30	1.29	4.19
O018	Sheep, tongue	1	5.71	3.64	5.45	7.49	5.22	8.30	6.79	4.87	1.36	3.62
O019	Sheep, lungs	2	4.56	2.58	5.02	7.78	6.63	7.27	7.43	5.41	1.36	4.53
O020	Sheep, heart	1	5.93	3.18	6.77	7.86	5.56	7.65	6.45	5.45	1.40	4.86
O021	Sheep, liver	4	4.39±0.30	2.83±0.27	6.20±0.06	7.79±0.34	5.12±0.71	8.22±0.80	5.66±0.99	5.52±0.39	1.19±0.28	4.68±0.20
O022	Sheep, tripe	2	4.72	3.44	5.78	7.05	5.33	8.65	7.17	3.86	1.46	6.05
O023	Sheep, spleen	1	5.05	2.89	5.90	8.91	7.04	8.83	6.55	6.94	1.38	5.50
O024	Sheep, kidneys	2	5.08	3.78	6.34	7.69	5.04	8.82	5.61	4.89	1.59	5.11
O025	Beef, shoulder	6	5.09±0.52	3.85±0.44	7.57±0.11	8.29±0.09	5.36±0.36	9.06±0.29	7.48±0.88	5.35±0.38	0.94±0.22	4.91±0.34
O026	Beef, chops	4	5.51±0.47	3.82±0.38	5.67±0.09	8.26±0.62	5.37±0.45	9.40±0.72	6.51±0.88	5.32±0.52	1.17±0.18	5.32±0.55
O027	Beef, round (leg)	6	5.07±0.36	3.67±0.50	6.43±0.16	8.09±0.22	5.41±0.17	9.85±0.31	7.00±0.85	5.10±0.13	1.42±0.16	4.67±0.18

Food Code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
O006	Goat, lungs	4	2.46±0.41	11.41±0.94	6.06±0.26	1.48±0.05	5.59±0.45	3.26±0.12	4.58±0.29	4.51±0.48
O007	Goat, heart	5	2.41±0.20	13.14±0.74	6.71±1.03	1.71±0.38	4.38±0.38	4.27±0.26	4.74±0.29	3.97±0.40
O008	Goat, liver	6	2.49±0.15	12.09±1.18	5.29±0.35	1.71±0.74	4.76±0.34	4.61±0.38	4.93±0.21	3.50±0.07
O009	Goat, tripe	5	2.88±0.20	11.46±0.53	8.20±0.97	1.62±0.42	5.02±0.45	3.24±0.10	4.48±0.35	4.11±0.91
O010	Goat, spleen	4	2.48±0.61	12.26±0.30	7.86±1.08	1.37±0.17	4.54±0.50	3.44±0.02	4.26±0.15	3.74±0.35
O011	Goat, kidneys	4	2.66±0.32	12.62±0.77	6.98±0.29	1.71±0.05	4.73±0.29	4.08±0.25	5.08±0.09	4.77±0.87
O012	Goat, tube (small intestine)	3	2.31±1.02	12.78±0.81	9.29±0.34	1.44±0.05	5.30±0.13	3.50±0.11	4.61±0.09	3.13±0.03
O013	Goat, testis	2	2.41	12.92	9.35	1.32	5.51	3.40	4.31	3.94
O014	Sheep, shoulder	5	2.48±0.20	14.72±0.95	5.47±0.39	1.31±0.37	4.64±0.27	4.19±0.19	4.34±0.45	4.10±0.45
O015	Sheep, chops	4	2.76±0.20	14.31±0.14	5.91±0.80	1.39±0.11	4.24±0.15	4.64±0.38	4.33±0.40	3.59±0.21
O016	Sheep, leg	5	2.42±0.28	14.46±0.43	5.86±0.67	1.54±0.16	3.97±0.35	4.19±0.04	4.57±0.54	4.10±0.53
O017	Sheep, brain	1	3.20	13.47	5.28	1.34	3.89	4.69	5.19	4.23
O018	Sheep, tongue	1	2.72	14.42	6.28	1.48	4.30	3.72	4.79	3.78
O019	Sheep, lungs	2	2.48	10.53	8.33	1.40	5.48	3.22	4.64	3.37
O020	Sheep, heart	1	2.09	13.75	5.50	1.61	4.23	4.15	4.72	3.81
O021	Sheep, liver	4	2.64±0.29	10.93±0.65	5.17±0.20	1.68±0.22	4.79±0.65	4.53±0.12	4.91±0.16	3.67±0.07
O022	Sheep, tripe	2	2.60	10.80	8.76	1.48	5.11	3.32	4.36	4.42
O023	Sheep, spleen	1	2.27	12.11	6.76	1.46	4.38	4.02	4.39	3.34
O024	Sheep, kidneys	2	2.57	12.78	6.65	1.69	4.90	3.78	4.91	4.36
O025	Beef, shoulder	6	2.60±0.28	13.85±0.62	5.96±0.50	1.38±0.15	4.46±0.31	4.25±0.11	4.45±0.32	3.97±0.44
O026	Beef, chops	4	2.87±0.40	14.07±0.78	6.26±0.25	1.25±0.09	4.80±0.26	4.73±0.66	4.79±0.57	3.80±0.47
O027	Beef, round (leg)	6	2.90±0.22	14.70±0.61	5.82±0.65	1.63±0.35	4.13±0.23	4.49±0.29	4.19±0.58	4.28±0.30

Food Code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
O028	Beef, brain	4	5.35±0.53	2.74±0.02	5.48±0.21	8.42±0.46	5.64±0.50	8.08±0.25	6.29±0.53	5.43±0.62	1.39±0.02	4.70±0.07
O029	Beef, tongue	4	4.99±0.45	3.22±0.21	5.55±0.11	7.98±0.47	5.49±0.14	8.23±0.50	6.77±0.88	5.20±0.59	1.20±0.18	4.59±0.55
O030	Beef, lungs	3	4.51±0.47	3.46±0.28	5.37±0.14	8.13±0.26	6.12±0.47	7.08±0.19	6.21±1.62	5.92±0.18	1.47±0.14	5.20±0.59
O031	Beef, heart	5	5.84±0.46	2.54±0.50	6.41±0.05	7.77±0.48	5.53±0.54	8.00±0.55	7.29±0.08	4.99±0.57	1.44±0.13	6.01±0.20
O032	Beef, liver	6	4.83±0.23	2.92±0.13	6.53±0.18	8.53±0.57	5.54±0.29	8.48±0.25	5.94±0.31	5.90±0.55	1.17±0.12	5.02±0.59
O033	Beef, tripe	5	4.38±0.07	3.30±0.14	5.28±0.06	7.11±0.18	6.07±0.38	8.39±0.68	7.06±0.20	4.75±0.20	1.48±0.16	5.58±0.07
O034	Beef, spleen	6	4.82±0.34	3.19±0.35	5.50±0.19	8.38±0.39	5.71±0.58	7.73±0.41	6.12±0.55	5.83±0.51	1.49±0.14	5.05±0.56
O035	Beef, kidneys	3	5.27±0.38	3.33±0.27	6.85±0.18	8.08±0.21	5.40±0.44	7.95±0.18	6.21±0.18	5.14±0.63	1.32±0.04	5.22±0.60
O036	Calf, shoulder	2	4.82	3.60	5.58	7.73	5.40	9.49	5.35	4.71	1.14	3.87
O037	Calf, chops	2	5.22	3.76	5.61	8.23	5.69	10.47	5.78	5.28	1.30	4.47
O038	Calf, round (leg)	2	5.12	5.10	6.49	8.32	5.99	9.45	6.66	5.45	1.25	4.36
O039	Calf, brain	2	5.98	2.33	5.56	9.19	5.67	8.18	5.22	5.17	1.40	4.25
O040	Calf, tongue	2	4.89	2.70	5.54	7.77	6.86	8.45	6.39	4.76	1.54	4.37
O041	Calf, heart	1	5.25	2.69	6.43	8.11	4.98	7.97	6.83	5.00	1.41	5.38
O042	Calf, liver	1	4.33	2.36	6.13	8.76	5.51	8.61	5.55	6.13	1.43	4.98
O043	Calf, spleen	1	4.76	3.15	5.66	9.51	6.96	8.25	5.32	6.84	1.47	5.19
O044	Calf, kidneys	2	5.49	3.77	6.39	8.27	5.92	8.20	6.15	5.53	1.21	5.38
O045	Mithun, shoulder	1	4.72	4.08	7.78	7.48	6.01	9.54	7.44	5.01	1.28	4.47
O046	Mithun, chops	1	5.21	3.35	6.92	7.87	5.37	9.71	7.73	4.65	1.28	4.76
O047	Mithun, round (leg)	1	5.08	3.77	6.49	7.87	5.50	9.57	7.34	4.93	1.33	3.94
O048	Pork, shoulder	6	4.83±0.29	3.86±0.46	5.50±0.13	8.39±0.12	5.32±0.44	9.17±0.24	6.51±0.58	4.39±0.43	1.32±0.11	4.41±0.29
O049	Pork, chops	6	4.42±0.25	4.08±0.72	5.97±1.11	7.77±0.04	6.74±0.05	9.73±0.21	7.30±1.49	4.63±0.23	1.31±0.08	4.37±0.67

Food Code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
O028	Beef, brain	4	2.75±0.17	12.75±0.54	5.65±0.47	1.35±0.08	4.05±0.23	4.17±0.55	5.43±0.53	4.87±0.58
O029	Beef, tongue	4	3.02±0.21	13.80±0.47	5.72±0.48	1.25±0.31	4.77±0.21	4.35±0.32	4.67±0.18	3.71±0.43
O030	Beef, lungs	3	2.61±0.30	11.46±0.08	8.15±0.52	1.64±0.20	5.74±0.34	3.56±0.13	4.78±0.56	3.87±0.55
O031	Beef, heart	5	2.84±0.16	13.39±0.53	4.60±0.47	1.61±0.23	4.30±0.63	4.53±0.44	4.92±0.54	4.92±0.61
O032	Beef, liver	6	2.82±0.21	11.84±0.42	5.60±0.37	1.30±0.26	4.59±0.09	4.24±0.18	4.66±0.14	3.77±0.59
O033	Beef, tripe	5	2.82±0.23	11.70±0.13	7.40±0.23	1.75±0.37	5.40±0.64	4.07±0.14	4.54±0.27	4.16±0.26
O034	Beef, spleen	6	2.54±0.44	11.81±0.51	7.41±0.60	1.65±0.40	4.75±0.52	3.78±0.49	4.86±0.26	3.17±0.08
O035	Beef, kidneys	3	2.56±0.26	12.93±0.66	5.26±0.09	1.56±0.21	5.05±0.30	3.78±0.34	4.96±0.23	4.26±0.34
O036	Calf, shoulder	2	2.36	13.73	5.07	1.04	4.59	3.95	4.64	3.11
O037	Calf, chops	2	2.82	14.47	5.09	1.08	4.33	4.90	4.43	3.68
O038	Calf, round (leg)	2	3.01	14.32	5.38	1.66	4.37	4.62	4.52	4.09
O039	Calf, brain	2	2.30	13.19	5.12	1.32	4.08	4.37	5.59	4.40
O040	Calf, tongue	2	2.21	12.73	6.61	1.20	4.43	3.92	4.70	3.50
O041	Calf, heart	1	2.29	13.82	5.50	1.49	3.78	4.13	4.20	4.28
O042	Calf, liver	1	2.65	12.77	5.66	1.52	4.55	4.28	4.62	3.62
O043	Calf, spleen	1	2.26	13.25	7.83	1.47	4.54	3.45	4.51	3.25
O044	Calf, kidneys	2	2.81	12.50	6.08	1.55	5.23	3.88	5.10	4.19
O045	Mithun, shoulder	1	2.52	16.40	5.63	1.28	4.83	4.45	4.20	3.87
O046	Mithun, chops	1	3.10	15.61	5.60	1.14	4.29	4.71	4.50	3.87
O047	Mithun, round (leg)	1	2.58	14.79	5.38	1.21	4.16	4.40	4.37	4.58
O048	Pork, shoulder	6	2.89±0.40	13.31±0.59	5.37±0.10	1.35±0.43	5.74±0.50	4.40±0.07	4.33±0.12	3.23±0.52
O049	Pork, chops	6	2.88±0.13	14.27±0.94	5.50±0.13	1.41±0.14	5.27±0.04	4.55±0.08	4.69±0.64	3.46±0.07

Food Code	Food Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LEU	LYS	MET	CYS	PHE	THR	TRP	VAL
O050	Pork, ham	6	4.91±0.38	4.47±0.22	6.49±0.14	8.27±0.26	5.32±0.44	9.38±0.25	7.62±0.58	4.56±0.34	1.47±0.11	5.09±0.25
O051	Pork, lungs	4	4.34±0.20	3.02±0.35	5.50±0.12	8.00±0.55	6.76±0.31	8.22±0.62	6.50±0.88	6.16±0.48	1.37±0.18	3.92±0.62
O052	Pork, heart	4	5.09±0.49	3.11±0.08	6.57±0.24	8.73±0.35	5.76±0.35	8.65±0.46	6.20±1.89	5.69±0.36	1.55±0.04	5.58±0.12
O053	Pork, liver	5	4.73±0.45	3.07±0.47	6.71±0.21	8.64±0.35	5.26±0.51	8.60±0.20	6.12±0.70	6.07±0.18	1.24±0.15	4.73±0.57
O054	Pork, stomach	1	5.27	3.13	6.66	6.44	5.55	8.96	8.82	5.04	1.46	5.47
O055	Pork, spleen	3	4.36±0.08	3.06±0.02	7.53±0.34	8.61±0.47	6.30±0.42	8.61±0.68	6.77±0.44	5.84±0.16	1.28±0.28	4.26±0.07
O056	Pork, kidneys	5	5.15±0.61	3.67±0.49	7.76±0.07	8.12±0.11	5.55±0.56	8.87±0.51	5.86±0.32	6.11±0.64	1.26±0.10	4.96±0.21
O057	Pork, tube (small intestine)	1	4.98	4.08	7.74	7.93	6.70	8.07	7.99	4.73	1.27	3.50
O058	Hare, shoulder	1	4.64	2.57	7.76	9.13	7.07	8.41	6.81	5.04	1.49	5.01
O059	Hare, chops	1	4.98	2.64	7.46	9.08	6.82	8.80	6.48	5.86	1.64	4.88
O060	Hare, leg	1	4.83	2.72	7.73	9.00	6.47	8.93	6.45	5.08	1.82	4.94
O061	Rabbit, shoulder	1	5.04	2.86	7.23	8.34	6.63	8.65	6.59	5.10	1.65	5.31
O062	Rabbit, chops	1	5.11	2.97	7.51	8.84	6.74	8.61	6.52	5.10	1.46	4.93
O063	Rabbit, leg	1	4.86	2.95	7.21	9.17	6.94	8.48	6.71	5.08	1.52	5.09

Food Code	Food Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASP	GLU	GLY	PRO	SER	TYR
O050	Pork, ham	6	2.78±0.26	14.18±1.07	5.41±0.29	1.77±0.39	4.79±0.54	4.81±0.45	4.49±0.21	4.47±0.51
O051	Pork, lungs	4	2.27±0.58	11.71±0.39	8.27±0.11	1.84±0.25	6.23±0.22	3.17±0.29	4.75±0.34	2.93±0.22
O052	Pork, heart	4	2.86±0.34	13.97±0.63	6.09±0.15	1.68±0.44	4.49±0.28	4.44±0.40	4.41±0.33	4.51±0.41
O053	Pork, liver	5	2.57±0.27	12.99±0.81	5.89±0.44	1.53±0.43	4.34±0.38	4.28±0.19	4.87±0.56	3.61±0.43
O054	Pork, stomach	1	2.89	9.24	8.41	1.22	4.56	4.49	5.29	5.48
O055	Pork, spleen	3	2.43±0.65	12.65±0.40	7.08±0.41	1.50±0.51	4.59±0.28	3.61±0.30	4.78±0.42	2.71±0.21
O056	Pork, kidneys	5	2.53±0.23	11.65±0.48	7.22±0.43	1.36±0.41	4.73±0.27	4.07±0.31	5.08±0.35	3.98±0.66
O057	Pork, tube (small intestine)	1	2.25	13.19	9.15	1.26	5.32	3.62	4.97	2.92
O058	Hare, shoulder	1	2.53	15.99	6.27	1.03	4.75	5.04	4.08	3.99
O059	Hare, chops	1	2.93	14.89	5.53	1.20	4.24	5.26	4.32	3.80
O060	Hare, leg	1	2.71	15.68	5.22	1.05	4.43	5.18	4.12	4.03
O061	Rabbit, shoulder	1	2.88	15.43	5.01	1.21	3.83	5.42	4.29	4.35
O062	Rabbit, chops	1	3.17	15.31	4.80	1.34	4.46	5.56	4.31	4.21
O063	Rabbit, leg	1	2.54	14.40	6.02	1.21	4.62	5.31	4.26	4.41

Food Code	Fish Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LE	LYS	MET	CYS	PHE	THR	TRP	VAL
P	**MARINE FISH**											
P001	**Allathi** *(Elops machnata)*	1	5.23	4.76	7.80	6.63	3.26	1.42	5.49	5.13	1.18	5.26
P002	**Aluva** *(Parastromateus niger)*	3	3.72±0.23	4.57±0.40	8.65±0.35	5.91±0.96	2.28±0.30	1.42±0.39	6.43±0.42	5.57±0.74	0.99±0.02	5.74±0.25
P003	**Anchovy** *(Stolephorus indicus)*	2	3.65	4.59	7.72	5.67	3.28	1.82	4.61	5.55	0.81	5.49
P004	**Ari fish** *(Aprion virescens)*	1	4.71	4.56	8.23	6.30	2.64	2.14	4.55	5.49	1.23	5.11
P005	**Betki** *(Lates calcarifer)*	1	4.54	4.62	6.98	7.60	3.15	1.95	5.79	5.19	0.81	5.33
P006	**Black snapper** *(Macolor niger)*	1	4.94	4.93	7.97	5.84	3.12	2.01	5.33	4.64	0.79	5.43
P007	**Bombay duck** *(Harpadon nehereus)*	2	4.60	4.49	7.47	7.17	3.44	1.74	5.37	4.51	1.25	5.34
P008	**Bommuralu** *(Muraenesox cinerius)*	3	3.74±0.09	4.75±0.46	8.59±0.25	5.07±0.45	2.57±0.13	1.48±0.14	6.19±0.37	5.58±0.11	1.19±0.07	5.35±0.45
P009	**Cat fish** *(Tachysurus thalassinus)*	1	2.06	5.04	8.35	6.13	2.12	1.42	4.40	4.83	0.55	5.59
P010	**Chakla** *(Rachycentron canadum)*	5	3.61±0.32	4.62±0.17	7.59±0.29	6.26±0.44	2.52±0.21	1.83±0.32	5.63±0.28	5.15±0.46	1.02±0.12	5.28±0.16
P011	**Chappal** *(Aluterus monoceros)*	1	3.04	4.82	8.35	5.47	4.10	1.91	4.72	5.76	1.18	5.75
P012	**Chelu** *(Elagatis bipinnulata)*	2	2.96	4.70	7.41	6.31	4.15	1.58	4.37	5.82	1.13	5.63
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	3.19	4.60	7.72	8.03	4.30	1.45	4.93	5.29	1.01	5.26
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	3.89	4.86	8.19	6.92	3.19	1.67	5.95	5.25	1.11	5.39
P015	**Gobro** *(Epinephelus diacanthus)*	2	2.87	4.59	7.92	7.51	3.54	1.98	4.52	5.53	1.15	5.23
P016	**Guitar fish** *(Rhinobatus prahli)*	1	2.35	4.89	8.37	6.92	3.07	1.33	4.26	4.96	1.04	5.22
P017	**Hilsa** *(Tenualosa ilisha)*	2	4.32	3.79	8.14	7.45	3.68	1.43	5.17	5.48	1.88	5.35
P018	**Jallal** *(Arius* sp.*)*	1	3.50	4.78	7.85	6.03	3.97	2.27	5.02	5.80	1.08	5.41
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	3.58	4.63	8.25	6.72	3.79	1.75	4.40	4.75	1.00	5.70
P020	**Kadal bral** *(Synodus indicus)*	1	3.20	4.38	7.43	6.52	3.46	2.01	3.82	5.39	0.81	5.22
P021	**Kadali** *(Nemipterus mesoprion)*	1	3.63	4.71	8.01	7.43	2.33	1.21	5.77	5.48	1.11	5.24

Food Code	Fish Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASN	GLU	GLY	PRO	SER	TYR
P	**MARINE FISH**									
P001	**Allathi** *(Elops machnata)*	1	5.41	5.95	10.70	14.01	4.68	3.39	3.88	5.15
P002	**Aluva** *(Parastromateus niger)*	3	5.55±0.36	6.97±1.17	9.56±1.05	13.13±0.62	5.47±0.29	3.53±0.40	4.34±0.63	5.13±0.33
P003	**Anchovy** *(Stolephorus indicus)*	2	5.28	5.83	7.89	14.66	5.57	3.35	4.39	4.15
P004	**Ari fish** *(Aprion virescens)*	1	5.39	7.56	10.65	12.16	5.83	3.28	4.38	4.26
P005	**Betki** *(Lates calcarifer)*	1	2.15	5.93	10.35	13.28	6.51	5.55	4.46	5.28
P006	**Black snapper** *(Macolor niger)*	1	5.67	5.74	11.43	15.70	5.36	3.58	4.07	3.85
P007	**Bombay duck** *(Harpadon nehereus)*	2	5.95	5.25	9.93	11.16	6.17	6.14	4.50	4.23
P008	**Bommuralu** *(Muraenesox cinerius)*	3	4.52±0.53	6.73±0.33	10.19±0.81	13.89±0.53	4.76±0.34	3.29±0.42	4.54±0.07	5.46±0.47
P009	**Cat fish** *(Tachysurus thalassinus)*	1	5.84	5.77	12.00	15.36	5.19	3.62	4.18	3.91
P010	**Chakla** *(Rachycentron canadum)*	5	5.57±0.20	6.88±1.24	10.25±0.50	13.92±0.58	4.96±0.22	3.44±0.16	4.30±0.25	4.41±0.59
P011	**Chappal** *(Aluterus monoceros)*	1	5.73	8.17	9.16	14.10	6.10	3.75	4.97	3.35
P012	**Chelu** *(Elagatis bipinnulata)*	2	5.15	6.98	9.86	14.88	5.07	3.34	5.11	4.47
P013	**Chembali** *(Lutjanus quinquelineatus)*	1	5.72	5.98	11.41	12.69	5.60	3.21	4.28	5.44
P014	**Eri meen** *(Pristipomoides filamentosus)*	1	5.72	5.97	10.33	15.02	5.89	3.56	4.40	3.48
P015	**Gobro** *(Epinephelus diacanthus)*	2	5.43	6.38	9.19	14.35	5.02	3.37	4.49	4.26
P016	**Guitar fish** *(Rhinobatus prahli)*	1	6.14	6.69	9.13	14.68	5.78	5.29	4.29	4.85
P017	**Hilsa** *(Tenualosa ilisha)*	2	4.43	4.15	1.72	13.13	6.66	6.85	4.43	3.83
P018	**Jallal** *(Arius* sp.*)*	1	5.11	6.87	9.54	13.98	5.33	3.14	5.41	4.28
P019	**Jathi vela meen** *(Lethrinus lentjan)*	2	5.61	6.42	9.92	14.07	5.38	3.73	4.23	4.18
P020	**Kadal bral** *(Synodus indicus)*	1	5.00	6.44	10.46	13.80	5.37	3.20	4.34	3.51
P021	**Kadali** *(Nemipterus mesoprion)*	1	6.23	5.35	8.51	16.44	5.13	3.74	3.87	5.27

Food Code	Fish Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LE	LYS	MET	CYS	PHE	THR	TRP	VAL
P022	**Kalamaara** *(Leptomelanosoma indicum)*	2	2.76	4.52	8.63	6.04	3.05	1.76	6.29	5.50	1.10	5.06
P023	**Kalava** *(Epinephelus coioides)*	1	3.81	4.82	8.00	6.04	3.50	1.72	5.61	5.10	1.28	5.19
P024	**Kanamayya** *(Lutjanus rivulatus)*	2	2.00	4.95	7.78	5.62	2.87	1.61	5.36	6.11	0.98	5.64
P025	**Kannadi paarai** *(Alectis indicus)*	3	4.13±0.64	4.47±0.02	7.68±0.36	6.11±0.42	2.89±0.11	1.66±0.34	5.61±0.09	5.57±0.24	1.10±0.06	5.29±0.06
P026	**Karimeen** *(Etroplus suratensis)*	1	2.30	4.59	8.06	6.50	3.61	1.70	4.03	5.11	0.78	5.24
P027	**Karnagawala** *(Anchoa hepsetus)*	1	2.85	5.06	8.51	5.43	3.66	2.54	4.68	6.80	0.91	5.83
P028	**Kayrai** *(Thunnus albacores)*	2	2.27	4.60	8.27	6.76	2.46	1.52	5.13	5.19	1.10	5.72
P029	**Kiriyan** *(Atule mate)*	1	3.07	4.54	7.39	6.30	4.14	2.34	5.09	5.37	1.24	5.59
P030	**Kite fish** *(Mobula kuhlii)*	1	3.07	4.67	8.18	5.80	3.10	1.31	4.97	5.66	1.56	4.98
P031	**Korka** *(Terapon jarbua)*	1	3.43	4.47	7.40	5.49	3.34	2.38	3.60	5.56	1.09	5.18
P032	**Kulam paarai** *(Carangoides fulvoguttatus)*	1	1.74	4.91	8.39	5.95	2.49	1.56	5.17	6.36	1.15	6.03
P033	**Maagaa** *(Polynemus plebeius)*	1	3.07	4.75	8.15	7.24	3.25	1.43	5.18	5.17	1.14	5.29
P034	**Mackerel** *(Rastrelliger kanagurta)*	3	3.63±0.31	4.64±0.16	7.91±0.35	6.39±0.19	2.56±0.23	1.68±0.36	5.25±0.29	5.71±0.39	1.00±0.06	5.47±0.19
P035	**Manda clathi** *(Naso reticulatus)*	1	2.98	4.70	8.74	6.05	3.32	1.94	6.09	4.80	0.81	5.16
P036	**Matha** (*Acanthurus mata*)	2	4.02	5.11	8.65	5.18	3.54	2.03	5.94	5.68	1.25	5.74
P037	**Milk fish** *(Chanos chanos)*	1	3.10	5.15	8.30	7.36	3.30	1.86	5.20	5.87	0.90	6.12
P038	**Moon fish** *(Mene maculata)*	1	4.94	4.89	8.27	5.84	3.12	2.01	4.73	4.64	1.22	5.54
P039	**Mullet** *(Mugil cephalus)*	3	3.35±0.30	4.66±0.04	7.91±0.13	6.41±0.60	2.96±0.20	1.39±0.10	5.44±0.13	5.92±0.39	0.93±0.06	5.32±0.10
P040	**Mural** *(Tylosurus crocodilus crocodilus)*	1	4.77	4.86	8.44	5.50	3.95	1.57	5.56	5.21	0.80	5.46
P041	**Myil meen** *(Istiophorus platypterus)*	2	2.95	4.78	7.94	7.21	2.03	1.94	4.48	5.34	0.90	5.94
P042	**Nalla bontha** *(Epinephelus* sp.*)*	1	3.51	4.00	7.31	6.27	3.08	2.05	4.01	6.62	1.12	4.91
P043	**Narba** *(Caranx sexfasciatus)*	2	5.32	4.44	7.58	6.54	3.88	1.92	5.47	4.81	1.23	5.43

Table 8. Amino Acid Profile

Food Code	Fish Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASN	GLU	GLY	PRO	SER	TYR
P022	**Kalamaara** *(Leptomelanosoma indicum)*	2	5.48	7.75	8.39	13.66	5.38	3.55	4.44	5.55
P023	**Kalava** *(Epinephelus coioides)*	1	5.41	6.54	9.33	14.20	5.83	3.82	4.44	4.50
P024	**Kanamayya** *(Lutjanus rivulatus)*	2	5.66	6.09	10.96	14.60	5.42	3.73	4.63	5.24
P025	**Kannadi paarai** *(Alectis indicus)*	3	5.34±0.20	6.01±0.22	9.73±1.86	13.56±0.62	5.09±0.25	3.37±0.08	4.43±0.21	4.28±0.13
P026	**Karimeen** *(Etroplus suratensis)*	1	6.36	6.48	11.62	15.32	6.34	3.69	4.50	3.20
P027	**Karnagawala** *(Anchoa hepsetus)*	1	5.69	6.63	9.28	13.80	5.18	3.33	5.36	3.39
P028	**Kayrai** *(Thunnus albacores)*	2	5.56	6.33	9.56	13.19	4.56	3.69	4.04	4.71
P029	**Kiriyan** *(Atule mate)*	1	5.54	6.56	10.05	14.49	6.06	3.37	4.22	3.93
P030	**Kite fish** *(Mobula kuhlii)*	1	5.25	6.70	10.35	14.85	6.30	3.57	4.47	4.96
P031	**Korka** *(Terapon jarbua)*	1	5.36	8.53	8.38	13.01	5.75	3.14	4.22	3.03
P032	**Kulam paarai** *(Carangoides fulvoguttatus)*	1	5.64	7.64	10.08	12.26	6.13	3.68	5.02	4.09
P033	**Maagaa** *(Polynemus plebeius)*	1	5.67	6.34	8.91	15.62	4.96	3.54	4.45	5.61
P034	**Mackerel** *(Rastrelliger kanagurta)*	3	5.41±0.54	5.81±0.54	9.96±0.72	13.38±0.59	5.28±0.26	3.27±0.24	4.46±0.11	4.59±0.15
P035	**Manda clathi** *(Naso reticulatus)*	1	5.29	6.64	10.88	13.48	5.35	3.22	4.13	4.61
P036	**Matha** (*Acanthurus mata*)	2	5.52	8.02	8.66	13.56	5.22	3.63	4.39	4.80
P037	**Milk fish** *(Chanos chanos)*	1	6.23	6.15	8.60	14.07	5.06	3.96	3.93	4.84
P038	**Moon fish** *(Mene maculata)*	1	5.67	5.74	11.43	14.70	5.36	3.58	4.07	4.26
P039	**Mullet** *(Mugil cephalus)*	3	5.57±0.29	7.18±0.38	8.33±0.67	14.52±0.52	5.76±0.37	3.54±0.37	4.60±0.36	5.27±0.31
P040	**Mural** *(Tylosurus crocodilus crocodilus)*	1	5.56	6.08	8.24	14.67	5.80	3.83	4.29	4.98
P041	**Myil meen** *(Istiophorus platypterus)*	2	5.44	7.37	8.56	13.97	5.65	3.53	4.50	4.08
P042	**Nalla bontha** *(Epinephelus* sp.*)*	1	6.61	7.43	9.59	13.21	4.71	2.73	5.41	4.90
P043	**Narba** *(Caranx sexfasciatus)*	2	5.42	6.11	9.75	13.59	5.44	3.36	4.12	4.74

Food Code	Fish Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LE	LYS	MET	CYS	PHE	THR	TRP	VAL
P044	**Paarai** *(Caranx heberi)*	1	3.09	4.11	7.82	7.08	3.96	1.15	4.86	4.37	1.12	5.20
P045	**Padayappa** *(Canthidermis maculata)*	1	2.45	4.69	7.94	6.22	3.27	1.35	3.84	5.02	1.22	5.23
P046	**Pali kora** *(Panna microdon)*	1	2.90	4.64	7.74	6.85	3.94	1.33	3.78	5.90	0.86	5.15
P047	**Pambada** *(Lepturacanthus savala)*	2	2.73	4.58	7.77	6.44	3.38	1.27	5.51	6.13	0.94	5.20
P048	**Pandukopa** *(Pseudosciaena manchurica)*	1	4.00	4.89	8.37	5.28	2.63	1.10	5.71	5.29	0.90	5.94
P049	**Parava** *(Lactarius lactarius)*	1	2.60	4.77	8.11	5.25	3.73	1.76	4.18	4.82	0.89	5.09
P050	**Parcus** (*Psettodes erumei)*	1	3.07	4.81	8.44	6.08	3.81	2.07	5.33	5.20	0.88	5.61
P051	**Parrot fish** *(Scarus ghobban)*	1	2.61	4.86	8.06	7.06	3.62	1.96	5.34	5.18	0.78	5.66
P052	**Perinkilichai** *(Pinjalo pinjalo)*	1	3.16	4.93	8.49	7.18	3.20	1.35	5.08	5.18	0.87	5.53
P053	**Phopat** *(Coryphaena hippurus)*	4	3.40±0.13	4.66±0.24	7.72±0.29	7.30±0.44	3.02±0.17	1.57±0.28	3.99±0.47	5.18±0.22	1.00±0.11	5.39±0.33
P054	**Piranha** *(Pygopritis* sp.*)*	1	3.26	4.51	8.05	7.24	2.87	1.14	3.74	5.10	1.05	5.15
P055	**Pomfret, black** *(Parastromateus niger)*	2	4.36	4.77	8.11	5.52	2.42	1.52	6.43	5.12	1.12	5.95
P056	**Pomfret, snub nose** *(Trachinotus blochii)*	2	3.19	5.52	7.94	6.04	3.13	1.71	4.25	4.89	0.89	5.45
P057	**Pomfret, white** *(Pampus argenteus)*	2	3.80	4.64	8.21	7.03	2.99	1.75	6.38	5.28	1.11	5.42
P058	**Pranel** *(Gerres* sp.*)*	1	3.00	4.55	7.75	5.94	3.24	1.82	5.85	4.79	1.05	5.97
P059	**Pulli paarai** *(Gnathanodon speciosus)*	1	2.94	4.88	8.31	5.75	2.75	1.63	5.11	4.42	1.21	5.70
P060	**Queen fish** *(Scomberoides commersonianus)*	3	0.86±0.50	4.56±0.11	7.58±0.21	5.93±0.26	3.63±0.50	1.39±0.38	4.25±0.42	5.98±2.20	0.80±0.17	5.32±0.31
P061	**Raai fish** *(Lobotes surinamensis)*	2	2.80	4.52	8.05	6.48	3.10	1.76	5.54	5.91	1.07	5.17
P062	**Raai vanthu** *(Epinephelus chlorostigma)*	1	3.26	4.47	7.89	6.71	2.98	2.14	5.02	6.50	1.62	5.06
P063	**Rani** *(Pink perch)*	1	4.35	4.65	8.03	7.27	2.56	1.95	5.04	5.07	1.66	5.07
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1	3.06	4.77	7.94	6.52	2.65	1.41	5.87	5.04	0.98	4.64
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1	3.14	4.57	7.89	6.32	3.80	1.68	6.28	6.16	1.12	5.26

Food Code	Fish Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASN	GLU	GLY	PRO	SER	TYR
P044	**Paarai** *(Caranx heberi)*	1	6.36	6.08	11.10	14.51	6.78	4.66	3.94	3.36
P045	**Padayappa** *(Canthidermis maculata)*	1	6.30	6.06	13.85	15.76	6.40	4.06	4.30	3.55
P046	**Pali kora** *(Panna microdon)*	1	5.49	5.72	10.57	15.68	4.78	3.12	4.57	3.19
P047	**Pambada** *(Lepturacanthus savala)*	2	5.71	6.09	8.95	14.10	6.45	3.77	4.43	5.59
P048	**Pandukopa** *(Pseudosciaena manchurica)*	1	5.31	7.08	9.66	14.10	5.19	3.75	4.45	5.44
P049	**Parava** *(Lactarius lactarius)*	1	6.01	6.15	8.08	13.19	6.42	3.45	4.00	3.15
P050	**Parcus** (*Psettodes erumei)*	1	5.29	6.43	9.08	14.97	4.69	3.35	4.43	5.58
P051	**Parrot fish** *(Scarus ghobban)*	1	5.78	5.12	10.40	14.96	5.59	3.64	4.36	4.85
P052	**Perinkilichai** *(Pinjalo pinjalo)*	1	5.59	7.30	9.94	14.94	4.50	3.47	4.49	4.56
P053	**Phopat** *(Coryphaena hippurus)*	4	5.63±0.10	6.02±0.51	10.00±0.24	14.08±0.16	5.54±0.38	3.55±0.09	4.41±0.04	4.89±0.11
P054	**Piranha** *(Pygopritis* sp.*)*	1	6.18	5.66	11.24	15.79	6.56	3.96	4.33	4.13
P055	**Pomfret, black** *(Parastromateus niger)*	2	5.75	6.86	9.77	12.54	6.07	4.70	4.91	4.98
P056	**Pomfret, snub nose** *(Trachinotus blochii)*	2	5.70	6.07	10.89	14.65	5.01	3.51	4.08	3.74
P057	**Pomfret, white** *(Pampus argenteus)*	2	5.09	6.11	9.11	14.69	5.66	3.15	4.34	5.98
P058	**Pranel** *(Gerres* sp.*)*	1	6.41	5.22	8.96	16.31	6.51	3.76	3.85	5.47
P059	**Pulli paarai** *(Gnathanodon speciosus)*	1	6.42	5.06	11.60	14.05	5.50	3.99	3.93	5.86
P060	**Queen fish** *(Scomberoides commersonianus)*	3	5.21±0.25	6.26±1.88	9.83±1.11	14.51±0.54	4.84±0.93	3.29±0.10	4.62±1.51	3.93±0.35
P061	**Raai fish** *(Lobotes surinamensis)*	2	5.67	7.02	8.14	14.18	5.58	3.76	4.61	5.04
P062	**Raai vanthu** *(Epinephelus chlorostigma)*	1	5.47	7.80	10.14	13.69	4.68	3.32	4.26	4.40
P063	**Rani** *(Pink perch)*	1	5.40	8.24	9.10	12.08	5.90	4.11	4.34	5.73
P064	**Ray fish, bow head, spotted** *(Rhina ancylostoma)*	1	5.76	6.03	8.38	16.86	6.76	3.94	4.05	3.25
P065	**Red snapper** *(Lutjanus argentimaculatus)*	1	5.21	6.48	8.80	13.92	5.17	3.31	4.76	5.48

Food Code	Fish Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LE	LYS	MET	CYS	PHE	THR	TRP	VAL
P066	**Red snapper, small** *(Priacanthus hamrur)*	1	3.49	4.39	8.59	5.04	2.59	1.64	6.78	5.74	0.89	5.14
P067	**Sadaya** *(Platax orbicularis)*	1	3.29	4.47	8.82	5.16	2.91	1.18	6.44	5.73	1.26	5.42
P068	**Salmon** *(Salmo salar)*	1	3.60	4.78	7.83	5.44	3.15	1.52	5.40	5.87	0.92	5.63
P069	**Sangada** *(Nemipterus japanicus)*	1	2.39	4.60	8.71	6.72	2.21	1.09	6.34	6.32	0.96	5.19
P070	**Sankata paarai** *(Caranx ignobilis)*	1	2.04	4.86	8.36	6.56	3.36	1.65	6.11	5.31	1.39	5.69
P071	**Sardine** *(Sardinella longiceps)*	1	4.31	4.73	8.17	6.43	3.00	1.84	5.24	5.30	1.57	5.18
P072	**Shark** *(Carcharhinus sorrah)*	2	3.58	5.05	7.41	5.73	4.31	2.46	3.81	5.65	0.85	5.52
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	4.13	3.75	8.20	7.99	4.51	1.27	5.19	3.88	0.65	4.97
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1	3.69	5.22	8.44	4.47	3.38	0.92	4.04	5.38	0.96	5.49
P075	**Shelavu** *(Sphyraena jello)*	4	2.76±0.31	4.66±0.27	8.18±0.46	6.33±0.41	3.37±0.53	1.35±0.29	5.56±0.74	5.06±0.18	1.08±0.28	5.46±0.16
P076	**Silan** *(Silonia silondia)*	1	1.55	4.71	7.92	6.17	3.61	1.58	4.04	5.38	0.96	5.49
P077	**Silk fish** *(Beryx* sp.*)*	1	3.39	4.36	7.84	6.34	3.22	1.47	3.98	4.93	1.22	5.02
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	4.51	4.75	7.24	6.11	4.24	1.41	5.32	4.69	1.17	4.77
P079	**Sole fish** *(Cynoglossus arel)*	1	2.53	4.56	8.08	5.35	4.48	2.43	6.71	5.42	0.97	5.18
P080	**Stingray** *(Dasyatis pastinaca)*	1	4.54	3.56	6.37	5.66	2.86	1.88	5.12	4.71	0.92	5.58
P081	**Tarlava** *(Drepane punctata)*	2	4.06	4.72	8.11	6.14	2.13	1.58	5.08	4.90	0.82	5.38
P082	**Tholam** *(Plectorhinchus schotaf)*	2	3.17	4.66	8.42	6.37	2.79	1.78	4.79	5.11	0.95	5.51
P083	**Tilapia** *(Oreochromis niloticus)*	1	4.21	5.71	7.87	7.71	3.19	1.52	6.02	5.41	0.79	5.66
P084	**Tuna** *(Euthynnus affinis)*	5	3.37±0.79	4.85±0.32	8.23±0.56	5.70±0.29	3.01±0.37	1.41±0.05	5.40±0.36	6.20±0.40	0.90±0.05	5.75±0.35
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	2.70	4.96	8.16	7.11	3.93	1.79	4.29	5.40	1.63	6.03
P086	**Valava** *(Chirocentrus nudus)*	1	3.14	4.94	8.32	7.62	3.65	1.52	4.65	5.26	1.09	5.71
P087	**Vanjaram** *(Scomberomorus commerson)*	2	3.82	4.93	8.29	5.21	3.51	1.76	4.19	5.05	1.05	5.76

Food Code	Fish Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASN	GLU	GLY	PRO	SER	TYR
P066	**Red snapper, small** *(Priacanthus hamrur)*	1	5.21	6.75	9.36	13.86	5.88	3.11	4.65	5.26
P067	**Sadaya** *(Platax orbicularis)*	1	5.28	7.92	9.15	14.00	5.28	3.54	4.52	3.95
P068	**Salmon** *(Salmo salar)*	1	5.31	7.25	9.77	14.05	5.50	3.53	4.82	4.97
P069	**Sangada** *(Nemipterus japanicus)*	1	4.90	7.36	8.21	13.48	5.29	3.12	4.81	5.92
P070	**Sankata paarai** *(Caranx ignobilis)*	1	5.56	4.90	10.62	14.54	4.94	3.59	4.87	4.55
P071	**Sardine** *(Sardinella longiceps)*	1	5.36	6.45	10.65	13.86	5.66	4.41	4.62	4.11
P072	**Shark** *(Carcharhinus sorrah)*	2	5.54	6.71	8.89	14.20	6.72	3.65	4.57	3.65
P073	**Shark, hammer head** *(Sphyrna mokarran)*	1	5.75	4.23	9.04	13.68	6.24	6.30	4.13	3.54
P074	**Shark, spotted** *(Stegostoma fasciatum)*	1	6.02	6.69	8.71	16.23	6.87	4.56	4.88	3.25
P075	**Shelavu** *(Sphyraena jello)*	4	5.58±0.23	7.31±1.40	9.05±2.88	14.24±0.50	5.41±0.55	3.39±0.14	4.24±0.18	3.87±0.89
P076	**Silan** *(Silonia silondia)*	1	5.18	7.44	7.79	15.05	5.76	4.02	6.41	4.26
P077	**Silk fish** *(Beryx* sp.*)*	1	5.43	7.53	10.21	14.57	5.25	3.45	4.39	3.53
P078	**Silver carp** *(Hypophthalmichthys molitrix)*	1	3.31	3.97	9.43	13.75	9.82	7.72	4.54	3.40
P079	**Sole fish** *(Cynoglossus arel)*	1	5.71	6.24	8.01	14.66	4.98	3.36	4.65	5.79
P080	**Stingray** *(Dasyatis pastinaca)*	1	5.21	5.94	8.21	13.94	5.65	4.18	5.65	4.33
P081	**Tarlava** *(Drepane punctata)*	2	5.94	5.94	9.79	14.51	4.96	4.11	4.21	4.64
P082	**Tholam** *(Plectorhinchus schotaf)*	2	5.86	5.68	9.51	15.03	5.80	3.70	4.36	3.67
P083	**Tilapia** *(Oreochromis niloticus)*	1	3.05	6.47	9.02	13.03	4.89	5.62	5.17	5.67
P084	**Tuna** *(Euthynnus affinis)*	5	5.28±0.64	6.46±1.00	8.60±0.30	13.49±0.51	5.60±0.36	3.49±0.36	4.53±0.31	5.19±1.01
P085	**Tuna, striped** *(Katsuwonus pelamis)*	1	5.97	7.02	8.04	14.20	5.24	3.46	4.50	5.72
P086	**Valava** *(Chirocentrus nudus)*	1	5.60	5.02	10.14	16.04	4.41	3.30	4.90	4.21
P087	**Vanjaram** *(Scomberomorus commerson)*	2	5.71	6.81	10.31	14.51	5.90	3.74	4.35	3.74

Food Code	Fish Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LE	LYS	MET	CYS	PHE	THR	TRP	VAL
P088	**Vela meen** *(Aprion virescens)*	1	3.61	4.82	8.12	5.45	2.34	2.21	6.17	5.51	0.93	5.65
P089	**Vora** *(Siganus javus)*	2	3.76	4.99	8.49	6.58	2.95	1.47	5.13	5.27	0.77	5.79
P090	**Whale shark** *(Galeocerdo cuvier)*	1	4.02	4.90	8.19	5.46	3.40	1.72	7.00	5.26	1.15	5.30
P091	**Xiphinis** *(Xiphias gladius)*	1	5.94	4.68	7.90	5.92	3.51	2.05	4.82	5.07	0.77	5.27
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	4.55	5.21	8.04	7.36	2.80	1.63	6.30	5.21	1.06	5.15
Q	**MARINE SHELLFISH**											
Q001	**Crab** *(Menippe mercenaria)*	1	2.33	4.54	6.35	7.11	3.43	1.69	4.72	2.43	1.41	4.79
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	2.20	4.48	7.30	7.82	3.62	1.60	4.11	4.81	0.64	4.91
Q003	**Lobster, brown** *(Thenus orientalis)*	1	2.74	4.98	8.62	7.73	3.99	1.52	3.70	5.09	0.75	5.87
Q004	**Lobster, king size** *(Thenus orientalis)*	1	3.22	4.37	6.45	7.53	4.24	1.91	4.83	4.33	0.88	5.38
Q005	**Mud crab** *(Scylla tranquebarica)*	1	1.73	4.12	6.90	6.78	2.39	1.42	4.07	4.28	1.15	4.67
Q006	**Oyster** *(Crassostrea* sp.*)*	1	2.34	4.56	7.08	6.06	2.21	1.16	3.87	4.76	0.92	5.31
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	2.03	4.55	7.72	7.49	3.43	1.77	4.60	4.90	0.87	5.06
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	2.11	4.67	7.39	7.93	3.81	2.04	3.68	4.90	0.71	5.13
R	**MARINE MOLLUSKS**											
R001	**Clam, green shell** *(Perna viridis)*	1	2.42	4.44	6.43	4.12	3.62	1.30	3.71	5.61	0.92	4.92
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1	2.23	4.06	6.31	4.62	3.08	0.79	3.18	5.09	0.79	4.69
R003	**Octopus** *(Octopus vulgaris)*	1	4.48	5.82	8.48	7.55	2.46	1.87	6.37	5.82	0.88	5.30
R004	**Squid, black** *(Loligo* sp.*)*	1	4.14	4.05	8.49	6.58	2.25	1.69	5.21	5.53	0.93	4.62
R005	**Squid, hard shell** *(Sepia pharaonis)*	1	3.89	4.24	7.57	5.09	3.89	1.75	3.21	4.45	0.71	4.19

Food Code	Fish Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASN	GLU	GLY	PRO	SER	TYR
P088	**Vela meen** *(Aprion virescens)*	1	5.42	6.57	8.71	14.28	6.04	3.53	4.46	4.69
P089	**Vora** *(Siganus javus)*	2	5.85	4.46	9.41	15.08	5.14	3.70	4.16	4.56
P090	**Whale shark** *(Galeocerdo cuvier)*	1	5.49	5.88	9.02	13.93	6.13	3.85	4.37	5.16
P091	**Xiphinis** *(Xiphias gladius)*	1	5.12	5.67	8.73	13.64	5.41	3.51	4.36	4.38
P092	**Eggs, Cat fish** *(Ompok bimaculatus)*	1	3.38	6.53	9.31	12.24	5.28	5.38	4.72	5.57
Q	**MARINE SHELLFISH**									
Q001	**Crab** *(Menippe mercenaria)*	1	2.80	3.37	8.31	13.53	7.58	3.34	4.17	3.56
Q002	**Crab, sea** *(Portunus sanguinolentus)*	1	6.19	6.91	8.11	15.34	7.97	3.97	3.62	3.81
Q003	**Lobster, brown** *(Thenus orientalis)*	1	6.08	6.81	10.35	15.93	6.69	3.86	4.68	3.43
Q004	**Lobster, king size** *(Thenus orientalis)*	1	3.43	5.13	8.32	13.76	6.38	7.55	4.77	4.53
Q005	**Mud crab** *(Scylla tranquebarica)*	1	5.47	7.47	8.68	14.34	7.48	4.85	3.70	3.88
Q006	**Oyster** *(Crassostrea* sp.*)*	1	5.57	6.07	10.93	14.64	7.88	5.24	4.61	3.61
Q007	**Tiger prawns, brown** *(Solenocera crassicornis)*	1	5.25	7.69	8.84	14.31	5.94	3.52	4.16	3.79
Q008	**Tiger Prawns, orange** *(Penaeus monodon)*	1	5.37	5.65	8.60	14.50	5.95	3.41	4.07	3.40
R	**MARINE MOLLUSKS**									
R001	**Clam, green shell** *(Perna viridis)*	1	4.44	6.21	10.19	13.15	8.87	3.64	5.20	3.67
R002	**Clam, white shell, ribbed** *(Meretrix meretrix)*	1	6.80	7.54	10.20	13.55	8.43	3.35	4.71	3.17
R003	**Octopus** *(Octopus vulgaris)*	1	5.34	6.59	8.90	10.43	5.84	4.43	4.75	6.32
R004	**Squid, black** *(Loligo* sp.*)*	1	5.27	6.99	10.65	13.08	5.95	4.56	4.16	4.30
R005	**Squid, hard shell** *(Sepia pharaonis)*	1	4.43	7.03	9.96	13.99	4.64	4.44	4.50	2.91

Food Code	Fish Name	No. of Regions	Histidine	Isoleucine	Leucine	Lysine	Methionine	Cystine	Phenylalanine	Threonine	Tryptophan	Valine
			← g →									
			HIS	ILE	LE	LYS	MET	CYS	PHE	THR	TRP	VAL
R006	**Squid, red** *(Loligo duvaucelii)*	2	3.54	5.34	7.84	5.58	3.77	1.52	6.47	7.18	1.24	5.10
R007	**Squid, white, small** *(Uroteuthis duvauceli)*	1	4.54	4.14	5.99	7.94	3.31	1.74	4.38	4.88	0.97	4.80
R	**FRESH WATER FISH AND SHELLFISH**											
R001	**Cat fish** *(Tandanus tandanus)*	2	4.80±0.29	4.46±0.33	7.29±0.82	8.11±0.23	6.07±0.15	14.31±1.10	5.30±0.20	3.46±0.77	1.18±0.45	5.15±0.12
R002	**Catla** *(Catla catla)*	6	5.23±0.11	4.06±0.86	7.53±0.39	8.09±0.05	5.61±0.66	15.25±0.91	5.49±0.22	3.54±0.37	0.74±0.17	5.18±0.09
R003	**Freshwater Eel** *(Anguilla anguilla)*	1	3.67	3.43	3.41	5.94	4.62	10.94	4.07	3.46	1.22	4.56
R004	**Gold fish** *(Carassius auratus)*	1	4.90	4.47	6.31	7.94	5.76	14.49	5.14	2.50	1.03	5.23
R005	**Pangas** *(Pangasianodon hypophthalmus)*	2	8.30	6.59	3.83	4.57	4.01	4.74	4.49	4.19	1.26	6.07
R006	**Rohu** *(Labeo rohita)*	6	4.77±0.39	4.09±0.54	6.27±0.69	8.03±0.55	5.57±0.44	15.13±0.75	5.26±0.37	2.90±0.58	1.04±0.28	5.39±0.72
R007	**Crab** *(Pachygrapsus* sp.*)*	1	3.86	3.73	5.19	6.82	4.97	13.27	3.94	3.43	0.93	3.96
R008	**Prawns, big** *(Macrobrachium rosenbergii)*	3	4.66	2.99	6.72	7.79	5.16	14.75	4.57	3.33	1.11	4.72
R009	**Prawns, small** *(Macrobrachium* sp.*)*	6	4.45±0.28	4.11±0.57	6.76±0.77	7.89±0.58	5.73±0.43	14.71±0.87	5.37±0.41	2.92±0.63	1.02±0.17	5.17±0.68
R010	**Tiger prawns** *(Macrobrachium* sp.*)*	2	4.19	2.96	4.85	7.54	5.15	15.67	4.64	3.53	0.94	4.75

Food Code	Fish Name	No. of Regions	Alanine	Arginine	Aspartic Acid	Glutamic Acid	Glycine	Proline	Serine	Tyrosine
			← g →							
			ALA	ARG	ASN	GLU	GLY	PRO	SER	TYR
R006	**Squid, red** *(Loligo duvaucelii)*	2	5.71	6.75	8.86	12.38	5.48	3.27	5.79	5.63
R007	**Squid, white, small** *(Uroteuthis duvauceli)*	1	4.74	4.67	9.75	8.18	5.33	4.34	4.60	4.46
R	**FRESH WATER FISH AND SHELLFISH**									
R001	**Cat fish** *(Tandanus tandanus)*	2	2.38±0.43	4.03±0.54	1.56±0.17	6.74±0.65	8.78±0.99	7.13±1.37	4.72±0.54	3.82±0.32
R002	**Catla** *(Catla catla)*	6	2.64±0.33	3.53±0.05	1.08±0.55	6.64±1.21	9.32±2.68	6.75±1.68	4.43±0.03	2.88±0.75
R003	**Freshwater Eel** *(Anguilla anguilla)*	1	2.06	4.06	1.12	7.74	6.53	5.97	3.52	3.78
R004	**Gold fish** *(Carassius auratus)*	1	3.12	3.19	1.61	7.39	8.61	7.77	4.38	3.14
R005	**Pangas** *(Pangasianodon hypophthalmus)*	2	13.64	95.04	3.34	6.08	2.84	8.44	6.51	5.31
R006	**Rohu** *(Labeo rohita)*	6	2.45±0.64	3.68±1.15	1.45±0.12	7.19±0.24	9.60±0.89	6.41±0.57	4.63±0.50	3.40±0.92
R007	**Crab** *(Pachygrapsus* sp.*)*	1	2.92	5.27	2.03	9.15	8.42	7.73	3.80	5.17
R008	**Prawns, big** *(Macrobrachium rosenbergii)*	3	2.79	3.28	1.82	9.11	9.10	5.49	4.13	2.66
R009	**Prawns, small** *(Macrobrachium* sp.*)*	6	2.56±0.43	4.42±0.77	1.51±0.43	6.52±1.01	8.32±2.18	6.30±1.04	4.36±0.57	3.86±0.53
R010	**Tiger prawns** *(Macrobrachium* sp.*)*	2	2.35	4.06	1.41	10.29	8.84	4.24	4.30	3.59

Table 9

ORGANIC ACIDS



Table 9. ORGANIC ACIDS

(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	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			←				mg					→
							CITAC	FUMAC	MALAC		SUCAC	TARAC
A	**CEREALS AND MILLETS**											
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	226	37.43	188		8.64	0.15	45.78	75.53	1.47	
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	209±49.7	32.30±1.46	177±49.8	0.14±0.02	7.93±0.45	0.14±0.02	47.16±1.64	75.06±0.57	1.89±0.13	
A003	**Bajra** *(Pennisetum typhoideum)*	6	53.13±5.34	43.49±3.90	9.88±8.36	0.08±0.03		1.99±0.59	0.86±0.21		0.02±0.01	
A004	**Barley** *(Hordeum vulgare)*	6	10.98±1.31	8.73±0.54	2.04±0.61	1.43±0.27			0.90±0.48	0.52±0.09	0.17±0.06	3.24±1.27
A005	**Jowar** *(Sorghum vulgare)*	6	28.38±2.65	24.62±4.49	1.72±0.46			1.84±0.79	0.51±0.24		3.88±1.22	
A006	**Maize, dry** *(Zea mays)*	6	15.26±1.78	14.19±1.30	2.73±1.34			0.66±0.20	0.93±0.50	0.84±0.07	1.50±0.23	0.94±0.05
A007	**Maize, tender, local** *(Zea mays)*	6	5.20±1.09	3.98±0.66	0.92±0.15	0.29±0.07		0.46±0.19	0.73±0.48	1.83±0.58	1.22±0.10	4.35±0.72
A008	**Maize, tender, sweet** *(Zea mays)*	4	1.67±0.15	1.45±0.08	0.34±0.12	0.26±0.01		0.78±0.07	0.64±0.15	4.56±0.78	1.90±0.53	2.24±0.43
A009	**Quinoa** *(Chenopodium quinoa)*	1	82.94	42.22	40.72			25.07	0.23		2.07	
A010	**Ragi** *(Eleusine coracana)*	5	39.58±6.47	31.16±3.05	8.58±1.55			0.20±0.06	0.75±0.35		1.89±0.56	1.60±0.26
A011	**Rice flakes** *(Oryza sativa)*	6	10.97±0.60	8.52±0.48	2.45±0.40			1.28±0.10	0.48±0.23		1.35±0.28	
A012	**Rice puffed** *(Oryza sativa)*	6	6.27±0.24	5.59±0.21	0.68±0.25			0.49±0.21	0.45±0.12		1.30±0.28	
A013	**Rice, raw, brown** *(Oryza sativa)*	6	12.06±1.05	9.30±0.83	1.96±0.44			1.72±0.60	0.50±0.29		1.85±0.60	
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	5.02±0.81	3.70±0.97	1.10±0.68			0.05±0.02	0.49±0.26		1.61±0.36	
A015	**Rice, raw, milled** *(Oryza sativa)*	6	1.92±0.37	1.58±0.37	0.35±0.08			0.07±0.06	0.48±0.34		1.54±0.41	
A016	**Samai** *(Panicum miliare)*	6	6.74±0.98	5.40±0.49	1.61±0.11			0.37±0.04	0.51±0.23		2.35±0.69	6.07±2.18
A017	**Varagu** *(Setaria italica)*	5	3.48±0.17	2.57±0.40	0.65±0.06	0.21±0.03		0.26±0.09	0.45±0.24		1.87±0.82	
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	20.22±0.77	11.02±0.64	9.20±0.57			1.07±0.07	0.02±0.01	5.57±1.78	1.05±0.06	1.07±0.04

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	52.38±10.71	26.20±1.99	24.18±1.35			1.50±0.13	0.02±0.01	6.49±1.98	1.15±0.12	1.41±0.18
A020	**Wheat, whole** *(Triticum aestivum)*	6	52.46±3.32	25.55±7.62	26.96±7.58			1.61±0.39	0.03±0.03	6.16±2.71	1.48±0.58	1.72±0.59
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	40.23±1.94	25.27±2.11	14.96±0.69			1.57±0.27	0.02±0.01	6.42±2.91	1.54±0.42	1.43±0.13
A022	**Wheat, semolina** *(Triticum aestivum)*	6	28.43±3.76	22.74±2.63	5.90±0.59			1.04±0.02	0.02±0.01	5.81±1.71	1.09±0.09	1.21±0.26
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	23.84±2.34	18.86±1.94	5.57±0.78	4.20±0.70		1.20±0.20	0.02±0.01	4.86±2.13	0.97±0.77	0.62±0.11
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	21.91±1.31	17.55±1.95	5.66±0.77	2.89±0.58		1.05±0.03	0.02±0.01	4.13±1.90	0.83±0.38	0.64±0.27
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	6.49±1.18	5.29±0.51	1.20±0.66			55.58±1.22	0.52±0.14		0.74±0.09	
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	7.14±1.36	5.57±0.58	1.70±0.08			81.17±6.44	0.71±0.19		1.56±0.35	
B003	**Black gram, dal** *(Phaseolus mungo)*	6	43.78±1.49	24.50±1.68	19.68±1.55			1.65±0.48	0.54±0.24		0.79±0.22	
B004	**Black gram, whole** *(Phaseolus mungo)*	6	56.25±2.42	34.17±1.70	22.09±2.32			18.01±1.27	0.60±0.16		2.16±0.30	
B005	**Cowpea, brown** *(Vigna catjang)*	6	14.34±1.86	10.83±1.05	2.55±0.78	0.02±0.01		1.54±0.37	0.68±0.23		5.38±3.28	
B006	**Cowpea, white** *(Vigna catjang)*	1	17.23	1.29	15.94	0.02		1.21	0.82		1.35	
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	1.28	1.10	0.18			3.83	0.44		6.84	
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	1.26	1.10	0.16			2.24	0.52		4.52	
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	1.23±0.05	0.97±0.07	0.31±0.08			3.12±0.73	0.89±0.44		1.67±0.88	
B010	**Green gram, dal** *(Phaseolus aureus)*	6	2.46±0.74	1.94±0.66	0.52±0.39			2.16±0.71	1.50±0.30		1.33±0.26	
B011	**Green gram, whole** (*Phaseolus aureus)*	6	12.29±0.30	10.57±0.27	1.72±0.12			5.98±0.84	1.84±0.13		1.34±0.29	
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	181±9.1	144±7.7	38.36±3.08			37.04±2.71	0.37±0.12		0.68±0.44	
B013	**Lentil dal** *(Lens culinaris)*	6	10.46±1.00	8.42±1.07	2.04±0.42			2.77±0.94	0.18±0.07	21.37±4.24	0.70±0.20	0.12±0.11

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
B014	**Lentil whole, brown** *(Lens culinaris)*	6	10.74±0.61	8.71±0.71	3.04±1.44	1.56±0.28		0.04±0.01	0.50±0.14	25.17±1.15	1.57±0.44	10.13±0.01
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	13.88	10.76	3.38	1.35		0.10	0.68	23.29	1.31	12.95
B016	**Moth bean** *(Vigna aconitifolia)*	6	36.11±6.26	28.72±1.91	10.15±0.37			2.25±0.33	0.71±0.28		4.25±1.68	
B017	**Peas, dry** *(Pisum sativum)*	6	8.89±1.04	6.75±0.73	2.35±0.64	2.98±0.68		1.32±0.44	0.82±0.52	83.15±7.96	3.48±1.84	
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	48.66	45.46	3.20			2.72	1.20		3.71	
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	43.41±8.69	33.48±4.15	8.16±0.95			2.40±0.85	0.73±0.34		3.48±2.08	
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	41.44±8.25	38.84±7.80	2.60±0.44			2.19±0.62	0.67±0.47		3.76±1.34	
B021	**Red gram, dal** *(Cajanus cajan)*	6	1.41±0.11	1.20±0.13	0.22±0.08			0.48±0.18	0.56±0.23	3.28±1.69	0.55±0.22	2.02±0.57
B022	**Red gram, whole** *(Cajanus cajan)*	6	1.65±0.11	1.33±0.15	0.32±0.16			4.13±0.51	1.53±0.42	4.03±1.62	1.55±0.27	2.20±0.52
B023	**Ricebean** (*Vigna umbellata*)	1	391	70.36	321			20.05	3.86		0.40	
B024	**Soya bean, brown** *(Glycine max)*	6	122±5.3	8.19±0.22	114±5.1			31.91±4.04	1.34±0.17		0.82±0.25	
B025	**Soya bean, white** *(Glycine max)*	1	119	8.18	111		0.08	33.52	1.32		0.89	
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	179	8.06	171		2.46	7.26	7.59		3.27	
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	779±232	198±29.7	582±203.6		2.70±0.16	3.64±1.13	5.03±1.57		3.78±1.44	
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	823	185	438		2.79	2.99	4.52		2.98	
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	676±157	188±6.5	489±159		2.76±0.26	2.87±0.88	5.97±1.14		2.39±1.48	
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	1073±158	81.78±11.52	991±147	6.11±0.59	2.58±0.28	11.15±1.10	3.84±0.95			
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	1045	90.20	955	6.19	2.52	15.45	4.67		3.39	

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
C007	**Basella leaves** *(Basella alba)*	2	170	35.47	133		8.18	0.33	1.40		4.72	
C008	**Bathua leaves** *(Chenopodium album)*	2	1077	228	850	3.08	8.64	0.46	5.53		1.32	
C009	**Beet greens** *(Beta vulgaris)*	6	127±21.6	34.98±5.06	92.38±19.84		2.27±1.28	0.32±0.16	3.17±1.54		62.38±17.90	
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	493±113	151±7.5	342±116		2.27±0.61	0.58±0.31	6.25±0.62	0.27±0.03	10.74±2.70	145±13.5
C011	**Betel leaves, small** *(Piper betle)*	4	577±139	183±8.1	393±138		1.65±0.31	0.27±0.14	5.39±0.40	0.32±0.04	12.62±2.15	51.07±9.78
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1	12.40	4.67	7.73		2.63	2.24	4.07		11.56	
C013	**Cabbage, Chinese** *(Brassica rupa)*	1	16.55	1.85	14.77		67.54	0.41	5.65	88.30	85.00	
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	9.42	0.80	8.62	0.03	45.82	0.81	0.55	58.30	89.66	2.98
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	2.88±0.67	0.53±0.40	2.35±0.42	0.04±0.03	64.87±12.68	0.82±0.44	0.22±0.09	90.09±3.28	90.00±6.27	2.04±0.94
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	2.70	0.26	2.45	0.02	61.73	0.78	0.62	37.25	88.78	2.43
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	172±25.8	10.10±1.36	162±25.5		62.21±0.97	0.35±0.23	1.82±0.10	3.45±0.16	48.86±1.42	4.20±0.07
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6	701±112	208±13.2	492±105		19.37±1.49	3.95±1.20	56.27±5.95		212±3.0	
C019	**Drumstick leaves** *(Moringa oleifera)*	3	120±14.9	13.69±1.54	107±16.0		19.22±2.39		88.40±4.34	105±3.9	101±21.2	
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	34.29±9.84	9.08±4.26	25.21±5.80		32.26±11.71	8.41±1.41	130±1.8	189±1.8	16.47±2.19	
C021	**Garden cress** *(Lepidium sativum)*	2	115	30.47	84.15		7.13	5.64	85.23		152	
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	177±13.2	33.01±3.67	144±14.4	7.51±0.90	3.99±1.24	11.56±1.04	40.77±5.23	102±0.8	25.25±1.54	
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	187	31.86	155	6.86	3.42	11.82	34.63	105	22.40	
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	2.92	1.88	1.04		5.47	3.87	38.98		26.96	
C025	**Lettuce** *(Lactuca sativa)*	3	364±82.7	72.08±35.77	292±47.2		9.24±0.60	1.99±0.15	63.28±2.19	12.74±1.73	60±3.3	
C026	**Mustard leaves** *(Brassica juncea)*	3	1.69±0.04	1.49±0.09	0.20±0.05		4.62±0.95	4.07±0.86	0.68±0.32		22.73±0.64	

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
C027	**Pak Choi leaves** *(Brassica rapa* var. *Chinensis)*	1	14.35	2.15	12.20		35.85	1.01	1.82	4.75	79.88	3.14
C028	**Parsley** *(Petroselinum crispum)*	3	128±8.1	11.50±1.06	116±7.5	113±0.6	1.36±0.29	0.83±0.12	113±0.6		104±13.5	
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	465	165	299		5.82	0.83			246	
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	13.61±1.91	5.06±1.41	8.55±0.96	30.67±1.03	7.74±2.63	14.35±1.44	30.67±1.03	20.22±1.26	54.07±0.72	
C031	**Radish leaves** *(Raphanus sativus)*	6	53.83±15.04	23.46±3.89	30.37±13.72	6.04±0.69	3.15±1.60	1.66±0.37	6.04±0.69	22.96±0.89	139±3.2	
C032	**Rumex leaves** *(Rumex patientia)*	2	93.76	45.96	47.81	1.64	9.68	3.91	1.64		2.58	4.06
C033	**Spinach** *(Spinacia oleracea)*	6	592±36.7	241±18.8	351±30.8	15.79±2.95	67.34±14.43	5.44±0.79	15.79±2.95	254±7.9	1.64±0.25	
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3	150±13.9	72.63±14.02	77.44±22.84			6.46±4.33			195±7.0	44.76±19.99
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6	4.89±0.85	3.28±1.29	1.61±0.90		36.91±1.03	0.57±0.04				
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	85.70	75.01	10.69	2.60	12.53	0.10	2.60	30.26	103	
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	20.97±3.63	5.72±1.98	16.88±3.26	35.70±1.14	21.45±0.79	1.79±0.14	35.91±0.95		174±1.0	
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6	45.40±11.17	17.53±2.08	27.87±11.44		59.33±1.55	1.41±0.22			7.49±1.41	
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4	48.83±10.78	16.28±2.12	32.55±10.52		66.42±2.46	1.51±0.47			7.44±0.71	
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1	43.37	15.33	28.04		65.68	1.42			9.15	
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	3.75±1.45	2.67±1.39	1.08±0.39		31.16±1.71	0.16±0.02			64.96±1.83	
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	2.53±1.02	1.38±0.32	1.15±0.88		31.12±2.36	0.14±0.02			65.18±2.07	
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	1.70	1.32	0.38		33.41	0.12			64.80	

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
D010	**Brinjal-1** *(Solanum melongena)*	1	34.00	31.26	2.75	1.63	8.21	81.83	22.88			14.71
D011	**Brinjal-2** *(Solanum melongena)*	1	35.87	33.45	2.42	0.23	7.31	47.27	26.76			17.75
D012	**Brinjal-3** *(Solanum melongena)*	2	32.40	30.44	1.96	1.53	10.49	48.35	36.97			17.94
D013	**Brinjal-4** *(Solanum melongena)*	4	29.37±6.87	25.15±5.01	4.22±1.93	1.50±1.00	9.54±1.17	39.27±13.07	66.55±27.18			14.92±6.79
D014	**Brinjal-5** *(Solanum melongena)*	3	33.50±6.86	29.75±5.82	3.75±1.25	2.03±2.08	7.75±2.21	18.75±2.32	45.24±40.15			15.48±4.63
D015	**Brinjal-6** *(Solanum melongena)*	2	36.80	30.16	6.64	2.64	10.49	16.82	87.21			12.95
D016	**Brinjal-7** *(Solanum melongena)*	1	33.68	28.92	4.76	1.82	8.88	92.63	25.26			10.18
D017	**Brinjal-8** *(Solanum melongena)*	3	37.86±8.54	27.54±6.36	10.31±9.80	2.20±1.16	9.44±1.17	21.92±12.56	66.28±32.10			16.85±3.56
D018	**Brinjal-9** *(Solanum melongena)*	2	43.33	29.17	14.16	1.22	10.41	43.53	71.11			18.90
D019	**Brinjal-10** *(Solanum melongena)*	2	34.80	31.32	3.48	0.84	8.45	75.35	44.41			8.59
D020	**Brinjal-11** *(Solanum melongena)*	6	32.83±4.23	28.92±4.34	3.91±0.92	1.47±0.76	11.27±4.36	82.70±7.81	43.85±22.27			17.63±6.70
D021	**Brinjal-12** *(Solanum melongena)*	2	31.81	26.14	5.67	1.17	10.49	61.07	64.57			12.76
D022	**Brinjal-13** *(Solanum melongena)*	1	29.12	25.33	3.79	0.30	9.12	68.87	44.26			10.81
D023	**Brinjal-14** *(Solanum melongena)*	3	32.95±6.18	27.09±7.24	5.86±1.35	1.81±0.41	8.63±1.55	66.96±10.76	48.93±13.54			15.19±2.69
D024	**Brinjal-15** *(Solanum melongena)*	4	29.74±8.02	21.77±2.50	7.97±7.06	0.85±0.41	10.85±1.64	47.43±9.97	48.77±9.12			16.71±4.93
D025	**Brinjal-16** *(Solanum melongena)*	1	32.81	28.76	4.05	1.36	8.65	91.48	35.19			16.57
D026	**Brinjal-17** *(Solanum melongena)*	1	37.14	32.46	4.68	1.72	10.12	23.51	98.93			12.86
D027	**Brinjal-18** *(Solanum melongena)*	3	37.58±5.39	31.76±6.44	5.82±1.35	1.68±0.89	8.79±4.17	51.60±15.25	52.70±14.73			17.75±6.55
D028	**Brinjal-19** *(Solanum melongena)*	3	37.84±5.68	27.09±7.24	10.75±8.72		9.02±3.11	47.69±15.14	23.76±11.67			15.11±4.10
D029	**Brinjal-20** *(Solanum melongena)*	5	35.39±5.77	28.44±5.50	6.94±3.13	2.99±1.50	9.29±1.60	63.90±41.84	22.64±6.12		9.26±1.10	13.08±3.76
D030	**Brinjal-21** *(Solanum melongena)*	2	34.60	25.48	9.13	2.08	9.01	48.90	50.74			15.10

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
D031	**Brinjal - all varieties** *(Solanum melongena)*	6	34.31±5.90	28.17±5.01	6.14±4.44	1.66±1.03	9.76±2.73	56.02±26.03	47.84±24.54		9.26±1.10	15.52±5.06
D032	**Broad beans** *(Vicia faba)*	3	20.25±1.21	5.81±2.00	13.00±1.34		124±1.2	1.12±0.18	4.99±0.37			
D033	**Capsicum, green** *(Capsicum annuum)*	6	19.12±1.47	6.83±1.34	2.29±1.07		103±1.4	0.26±0.02	185±2.9		250±6.3	
D034	**Capsicum, red** *(Capsicum annuum)*	4	16.28±4.34	10.73±0.98	5.54±3.61		33.39±9.88	0.41±0.11	116±8.2	5.10±2.99	151±40.3	
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	18.07±2.72	11.03±1.22	7.04±3.82		56.43±17.52	1.03±0.32	115±10.1		127±19.5	
D036	**Cauliflower** *(Brassica oleracea)*	6	9.82±1.49	1.88±0.83	7.95±1.59	0.25±0.05	104±1.8	4.60±0.68	11.04±0.87	4.94±0.81	282±5.6	4.25±2.38
D037	**Celery stalk** *(Apium graveolens)*	3	54.23±7.31	23.18±3.10	31.04±10.38		158±3.4		5.96±0.75	51.46±2.07	9.36±0.58	
D038	**Cho-cho-marrow** *(Sechium edule)*	4	1.55±0.45	1.14±0.41	0.41±0.20	0.13±0.02	60.10±4.56			37.30±4.21	32.49±3.30	0.51±0.26
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	16.49±1.45	8.55±0.23	8.58±1.10	0.03±0.01	92.19±1.95	1.36±0.56	6.02±1.12	45.46±1.06	227±1.8	
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	250	177	73.74		20.30	4.65	296		62.60	
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	229±48.1	172±14.4	64.37±37.16		24.01±1.37	0.15±0.02	156±2.8		96.99±1.38	
D042	**Corn, Baby** *(Zea mays)*	6	9.22±3.75	4.94±3.44	4.27±0.69	0.29±0.00	21.14±15.00	4.15±2.34		5.57±2.27	60.48±19.84	4.38±1.77
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6	12.13±1.56	2.28±0.05	9.84±1.58		81.51±17.01	4.13±0.44	68.75±8.77	4.97±2.73	40.70±5.40	
D044	**Cucumber, green, short** *(Cucumis sativus)*	6	10.49±1.31	2.27±0.05	8.22±1.31		60.82±11.41	3.50±0.55	67.07±5.09	3.38±1.81	47.40±6.19	
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2	11.55	2.31	9.24		37.31	4.40	64.48	5.70	50.82	
D046	**Drumstick** *(Moringa oleifera)*	6	123±8.5	66.98±5.99	55.82±3.91	16.31±2.04	72.33±14.95	44.83±1.95	406±2.7	29.95±5.10	60.96±12.76	130±6.5
D047	**Field beans, tender, broad** *(Vicia faba)*	2	34.83	8.82	26.02	16.20	52.58	5.26	59.82			
D048	**Field beans, tender, lean** *(Vicia faba)*	6	35.12±6.94	8.81±0.16	26.31±6.94	12.43±2.69	58.47±7.11	4.45±0.91	54.81±2.50			
D049	**French beans, country** *(Phaseolus vulgaris)*	5	36.01±7.98	4.02±0.04	31.99±7.99	14.40±0.61	92.41±12.43	13.53±1.34	67.01±0.85			
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	36.97	4.88	32.09	12.60	81.10	14.40	68.60			

Table 9. Organic Acids

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	9.60±1.48	7.24±1.39	2.37±0.33	4.81±0.55	35.40±1.54	7.80±1.06	82.78±0.99	450±30.9		
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	38.51±7.16	31.03±2.98	7.48±4.68	1.72±0.57	19.76±1.49	7.51±0.64	82.47±1.71	427±37.5		
D053	**Knol - Khol** *(Brassica oleracea)*	6	2.92±0.96	1.88±0.55	1.04±0.41		14.19±1.86	5.90±1.29	5.57±2.23	248±40.5	6.42±0.67	
D054	**Kovai, big** *(Coccinia cordifolia)*	6	7.72±1.93	4.76±0.26	2.96±1.79	5.38±0.53	22.68±2.00	0.56±0.18	46.41±4.22	90.46±2.46	254±1.3	
D055	**Kovai, small** *(Coccinia cordifolia)*	1	8.15	5.01	3.14	5.63	25.89	0.41	51.63	92.82	239.14	
D056	**Ladies finger** *(Abelmoschus esculentus)*	6	83.87±6.55	5.99±0.15	77.88±6.46	3.65±0.65	21.66±6.84	64.57±1.17	16.24±0.99	151±4.5	120±3.5	
D057	**Mango, green, raw** *(Mangifera indica)*	6	7.51±1.45	3.92±0.04	3.60±1.47	0.47±0.29	32.73±1.32	1.38±0.37	84.39±1.25			85.92±3.20
D058	**Onion, stalk** *(Allium cepa)*	6	29.72±6.15	22.72±7.76	7.00±2.16		839±6.3	1.41±0.27	76.23±2.35	82.32±3.15		
D059	**Papaya, raw** *(Carica papaya)*	6	9.38±1.31	4.77±0.56	4.69±0.77	2.51±0.52	28.85±0.71	2.05±0.10	57.46±3.88	31.63±1.71	22.61±0.12	
D060	**Parwar** *(Trichosanthes dioica)*	6	3.24±0.72	1.56±0.19	1.58±0.25		28.36±10.14	3.26±0.70	1.61±0.31	3.29±0.96	31.10±1.95	3.13±0.64
D061	**Peas, fresh** *(Pisum sativum)*	6	18.42±1.34	14.18±1.03	4.65±0.69	0.15±0.02		17.69±2.27	0.84±0.83	160±3.9	2.39±0.99	
D062	**Plantain, flower** *(Musa x paradisiaca)*	6	169±23.5	129±7.4	39.91±21.86	0.05±0.01	57.65±5.95	2.04±0.54	13.04±1.14			
D063	**Plantain, green** *(Musa x paradisiaca)*	6	85.25±9.52	49.83±2.70	35.42±11.56	0.13±0.03	35.87±3.43	1.27±0.54	33.35±1.74	12.62±1.49		
D064	**Plantain, stem** *(Musa x paradisiaca)*	6	213±27.5	159±4.9	53.28±29.45	0.13±0.02	14.29±1.65	0.11±0.02	34.47±4.30			
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	57.33	49.61	7.72	1.13	159	1.13	13.51	37.98		
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	41.22±10.34	35.84±11.23	5.38±1.93	1.59±0.33	33.32±14.78	1.35±0.31	3.34±1.11		4.56±1.56	
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	19.83	19.29	0.54			28.36	0.77	5.19	0.76	5.60
D068	**Ridge gourd** *(Luffa acutangula)*	6	29.55±4.23	1.22±0.10	28.33±4.20	0.07±0.01	152±4.8	11.35±1.54	12.36±1.46	32.05±1.81		
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3	35.85±6.19	1.15±0.02	34.70±6.20	0.07±0.01	112±9.2	10.13±0.80	45.56±9.92			
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6	24.22±5.03	3.88±0.66	20.34±4.78	2.53±0.74	110±8.3	1.67±0.47	54.35±1.86			
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2	13.44	3.53	9.90	1.29	123	1.91	68.18	36.82		

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D072	**Snake gourd, short** *(Trichosanthes anguina)*	1	14.25	3.40	10.85	1.82	126	1.89	63.86	33.48		
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6	3.36±1.01	1.91±0.86	1.26±0.64		119±2.8	15.51±3.24	62.38±1.38	33.36±3.52		
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	8.47±2.24	6.95±1.85	1.52±0.50		135±1.1	0.31±0.02	6.77±0.37			
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	2.89±0.68	2.12±0.73	0.77±0.44		288±8.7	0.06±0.03	11.58±2.59		58.82±11.29	2.86±0.78
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	5.58±1.44	4.32±0.84	1.27±0.80		278±4.0	0.07±0.01	7.15±0.10		6.77±0.30	2.65±1.34
D077	**Zucchini, green** *(Cucurbita pepo)*	2	17.83	2.80	15.03		47.81	49.65	2.32		55.30	
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2	16.06	2.80	13.26		47.81	45.17	2.32		55.30	
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6	13.19±3.75	6.84±1.75	6.35±2.24		49.87±13.31	3.73±1.04	436±113		74.13±17.25	4.04±1.69
E002	**Apple, green** *(Malus domestica)*	6	17.63±5.77	7.28±3.23	10.34±3.19		30.98±13.16	2.60±1.22	124±37.3		29.22±6.30	5.49±1.71
E003	**Apple, small** *(Malus domestica)*	6	15.51±5.62	6.17±1.72	9.34±5.79		34.22±1.90	4.17±1.37	291±5.2		67.88±1.24	5.71±2.25
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	14.35	7.55	6.80		41.58	4.98	298		71.52	5.60
E005	**Apricot, dried** *(Prunus armeniaca)*	6	113±25.0	20.04±0.65	90.54±2.27		119±5.6	8.67±0.53	422±3.3	156±4.4	5.42±0.68	
E006	**Apricot, processed** *(Prunus armeniaca)*	3	44.87±8.78	15.22±0.66	29.65±8.62		295±6.2	2.36±0.41	170±6.8	212±1.7	2.61±0.14	
E007	**Avocado fruit** *(Persea americana)*	1	2.78	2.02	0.76		0.12	111	1.02		111	
E008	**Bael fruit** *(Aegle marmelos)*	1	3.87	3.11	0.76		0.21	1.32	0.33			
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	2.80	1.33	1.47		290	0.67	2.32			5.12
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	2.38	2.05	0.34	0.77	285	0.90	2.87			4.05
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	4.15	3.97	0.18	1.69	296	1.92	4.15			4.15
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	3.24±1.62	2.13±1.24	1.11±0.56	0.91±0.77	293±6.9	1.83±0.68	3.54±1.34			3.20±0.88

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E013	**Black berry** *(Rubus fruticosus)*	5	5.33±1.58	0.98±0.03	4.35±1.58	0.05±0.02	396±2.9	1.44±0.29	262±4.4	2.59±0.26		
E014	**Cherries, red** *(Prunus cerasus)*	4	6.15±1.36	4.44±0.67	1.71±1.36	0.28±0.06	18.84±1.08	0.33±0.06	289±5.0	5.53±0.42	30.22±5.50	3.25±1.45
E015	**Currants, black** *(Ribes nigrum)*	1	10.80	1.95	8.84		421	2.76	389			382
E016	**Custard apple** *(Annona squamosa)*	1	35.10	22.28	13.35		11.23	12.81	1.11		6.53	
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	2.11±0.86	1.63±0.22	0.29±0.17		58.61±1.75	3.55±0.51	34.17±2.47	16.04±0.46	1.75±0.49	
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	1.98	0.99	0.98		3.01	3.21	33.23	3.02	2.17	
E019	**Dates, processed** *(Phoenix dactylifera)*	2	1.96	1.56	0.40		4.98	7.62	29.08	5.84	3.99	
E020	**Fig** *(Ficus carica)*	6	46.71±10.69	5.26±0.71	41.69±11.14		216±2.7	1.51±0.27	23.51±2.59	134±2.3	132±3.5	
E021	**Goosberry** *(Emblica officinalis)*	5	7.96±0.91	5.40±0.74	2.81±1.28		751±8.5	1.65±0.28	7.58±1.17		44.33±6.23	14.06±1.11
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	26.12±10.48	12.96±4.29	10.53±7.96	0.03±0.01	3.12±0.98	1.14±0.45	288±3.6			280±5.3
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	25.74±6.18	18.79±2.51	7.09±4.59	0.03±0.02	3.36±0.17	1.47±0.54	286±4.1			276±20.9
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	23.92±5.49	12.77±5.37	11.15±1.27	0.06±0.01	1.82±1.39	1.57±0.22	291±33.7			272±75.9
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	19.07±5.22	9.21±2.68	9.86±5.42	0.03±0.00	3.06±1.31	1.77±0.04	282±2.0			268±39.3
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	20.06±6.25	13.79±3.59	6.27±4.37	0.04±0.01	3.47±1.39	1.56±0.77	290±2.8			288±21.0
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	22.11±3.87	16.09±4.81	6.02±2.63	0.27±0.03	3.98±2.07	1.42±0.08	282±0.0			274±66.9
E028	**Guava, white flesh** *(Psidium guajava)*	5	13.05±3.69	0.32±0.28	10.61±6.06	0.62±0.16	384±176	1.83±0.80	77.02±1.63		2.83±0.48	1.39±0.26
E029	**Guava, pink flesh** *(Psidium guajava)*	5	9.57±2.04	0.64±0.12	7.44±4.10		87.07±1.32	0.46±0.04	25.94±4.84	24.71±4.04	15.47±1.36	1.43±0.13
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	8.45±3.18	5.49±2.17	2.96±2.40	2.57±0.85	35.40±1.14	11.19±2.03	219±5.1	347±1.4		
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	9.60	7.24	2.37	0.16	72.26	0.42	23.69			
E032	**Karonda fruit** *(Carissa carandas)*	1	5.88	3.18	2.40		2.13	0.66		0.55	1.07	

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E033	**Lemon, juice** *(Citrus limon)*	6				0.80±0.24	3490±7.1	0.04±0.03	243±5.0		338±73.8	2.36±0.21
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6	0.57±0.30	0.24±0.15	0.34±0.16		3416±46.1	0.48±0.34	125±5.8		418±5.8	
E035	**Litchi** *(Nephelium litchi)*	4	15.28±4.29	11.12±3.07	4.16±1.71		24.21±4.56	6.06±0.72	97.11±1.87	46.55±2.64	13.53±1.04	
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6	7.94±2.05	4.72±1.64	3.23±1.71	0.29±0.05	446±9.1	0.43±0.22	76.71±1.12		2.95±0.74	
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2	7.70	4.34	3.36	0.59	432	0.70	75.46		2.34	
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3	8.09±2.53	6.94±2.12	1.71±1.40	0.30±0.06	448±0.6	0.58±0.22	73.58±2.98		3.15±0.69	
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4	8.31±1.88	5.92±2.44	2.39±1.27	0.32±0.10	445±7.4	0.48±0.25	75.34±2.83		3.70±0.83	
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2	8.46	6.90	1.56	0.49	430	0.58	75.86		3.56	
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2	9.71	7.79	1.92	0.44	445	0.45	74.50		3.51	
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1	11.50	7.23	4.28	0.45	442	0.81	75.48		2.68	
E043	**Mangosteen** *(Garcinia mangostana)*	1	8.44	5.32	3.07		127		22.07		1.07	
E044	**Manila tamarind** *(Pithecellobium dulce)*	1	4.32	0.98	3.35		10.52	0.34	135		79.06	6.50
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5	2.62±1.10	2.17±1.12	0.44±0.34	0.41±0.14	5.71±3.09	0.42±0.04	1.32±0.33		82.54±2.04	2.06±0.55
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6	1.88±0.94	1.30±0.77	0.58±0.54	0.44±0.08	9.08±2.55	0.55±0.07	2.94±1.86		63.45±1.46	10.14±0.99
E047	**Orange, pulp** *(Citrus aurantium)*	6	8.06±2.47	5.59±2.30	2.47±0.43		1281±6.4	0.28±0.04	122±37.1	25.51±2.15	45.04±1.69	
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1	1.05	0.64	0.41		1.31	3.73			3.73	
E049	**Papaya, ripe** *(Carcia papaya)*	6	5.96±1.97	2.27±0.89	3.70±1.17	0.03±0.01	146±1.7	0.52±0.08	43.40±0.69	3.73±0.70	39.37±2.24	
E050	**Peach** *(Prunus communis)*	1	6.35	4.05	2.30		127	1.65	267.01			
E051	**Pear** *(Pyrus* sp.*)*	6	2.41±0.86	1.35±0.19	1.27±0.64	5.05±0.99	81±23.8	0.04±0.02	63.72±0.77	68.62±4.55	5.05±0.99	
E052	**Phalsa** *(Grewia asiatica)*	2	352	24.41	326	279	319	1.70	270		279	

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E053	**Pineapple** *(Ananas comosus)*	6	3.39±0.60	2.55±0.10	0.84±0.61	4.89±0.95	605±11.3	0.04±0.01	92.39±1.61	3.71±0.69	4.89±0.95	
E054	**Plum** *(Prunus domestica)*	3	0.74±0.13	0.19±0.13	0.70±0.13	87.64±7.75	62.32±11.93	0.83±0.21	96.33±14.39		87.64±7.75	
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6	253±53.6	178±52.9	75.75±13.77		1239±8.9	0.05±0.01	123±2.0	5.94±0.76		0.39±0.19
E056	**Pummelo** *(Citrus maxima)*	3	16.25±5.51	8.78±3.02	7.47±2.62		2013±0.0	0.84±0.00	74.78±0.00			
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	10.71±1.36	5.24±0.75	5.47±1.00	5.89±1.11	24.92±1.60	1.13±0.20	61.00±9.45	63.62±8.66	5.89±1.11	
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	10.90±4.02	5.32±0.72	5.86±3.60	5.43±1.52	17.47±4.66	0.23±0.06	33.86±3.60	338±8.7	5.43±1.52	
E059	**Rambutan** *(Nephelium lappaceum)*	1	1.89	1.24	0.65		12.65	1.77				
E060	**Sapota** *(Achras sapota)*	6	8.97±2.09	6.68±2.67	2.28±0.75	440±3.7	355±4.2	3.26±1.10	17.94±1.68	44.00±0.88	440±3.7	
E061	**Soursop** *(Annona muricata)*	1	1.07	0.31	0.76		12.33					2.25
E062	**Star fruit** *(Averrhoa carambola)*	1	1.23	0.97	0.26	0.15	886	1.23			0.15	
E063	**Strawberry** *(Fragaria ananassa)*	6	2.04±0.44	1.50±0.37	0.52±0.32		0.11±0.11	0.19±0.07	2.55±1.35		0.82±0.14	
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6	48.91±16.19	21.42±1.80	27.50±16.79		0.06±0.02	0.18±0.03	2.81±1.16		0.80±0.26	12.25±2.11
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	0.72±0.40	0.47±0.35	0.25±0.18	0.92±0.04	47.35±2.04	14.58±0.90	7.27±0.46			
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	0.55±0.31	0.31±0.19	0.24±0.13	0.86±0.07	52.65±3.06	15.18±1.06	7.55±1.04			
E067	**Wood Apple** *(Limonia acidissima)*	3	55.80±8.41	7.91±0.35	47.88±8.06	0.26±0.03	257±6.4	0.65±0.11	13.83±1.00	4.86±1.00	18.49±0.93	2.90±0.47
E068	**Zizyphus** *(Zizyphus jujube)*	1	2.89	1.33	1.56		19.93	1.37	1.21	141	89.70	129
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6	71.37±13.10	30.15±1.79	41.21±12.20	45.43±3.34	134±16.2	0.02±0.01	0.33±0.18		0.29±0.12	
F002	**Carrot, orange** *(Dacus carota)*	6	17.45±6.32	12.63±5.24	4.82±4.30	37.50±1.80	222±11.2	5.62±0.33	4.83±1.42		5.58±1.00	
F003	**Carrot, red** *(Dacus carota)*	4	16.41±7.00	15.43±7.09	0.98±0.09	39.15±2.74	105±0.8		5.01±1.22		5.13±0.01	

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F004	**Colocasia** *(Colocasia antiquorum)*	6	48.73±0.41	26.60±9.45	22.13±9.27	0.44±0.12	12.17±1.04	7.03±0.87	3.69±1.05	42.18±1.61		
F005	**Lotus root** *(Nelumbium nelumbo)*	3	364±33.9	26.03±2.84	116±186	0.85±0.03	55.38±1.77	1.48±0.33	84.39±1.25		4.89±0.77	85.92±3.20
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	12.24±2.48	9.71±0.27	2.64±0.16	10.97±1.46	55.38±1.77	1.48±0.33	84.10±6.07		4.89±0.77	
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	13.63	10.71	2.92	15.63	56.81	1.82	94.52		7.11	
F008	**Potato, red skin** *(Solanum tuberosum)*	1	12.37	10.21	2.16	14.52	57.82	1.52	93.80		6.81	
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	12.73±2.11	5.37±1.13	7.36±1.01	4.20±1.14	2.94±0.52	1.34±0.27	4.53±1.12		2.59±0.39	
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	12.72±3.34	8.06±3.60	4.66±2.09	4.35±1.07	3.65±0.68	1.35±0.17	4.90±1.31		1.84±0.83	
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	12.27	9.12	3.15	3.27	6.12	1.36	6.41		2.82	
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	15.49	8.88	6.61	3.49	2.97	1.61	5.58		2.07	
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	14.39±4.70	6.56±1.55	6.27±4.47		15.66±0.41	1.92±0.64	127±3.2		652±8.2	6.42±0.76
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	14.14±3.58	9.04±2.43	5.10±1.16		25.69±1.12	0.23±0.01	147±4.8	0.08±0.01	334±8.0	17.95±0.61
F015	**Tapioca** *(Manihot esculenta)*	3	16.86±3.83	10.93±1.91	5.93±1.94	1.21±0.07	8.83±0.41	1.87±0.89	8.82±1.50	167±1.9	18.23±1.38	
F016	**Water Chestnut** *(Eleocharis dulcis)*	1	16.54	8.66	7.88		4.86	1.05	2.07	15.07	17.22	
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6	15.58±3.80	12.39±4.77	3.18±1.93	1.63±0.23	354±5.3	5.92±0.90	122±1.5	15.88±1.71	16.18±4.13	
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	13.99±4.21	11.21±4.28	2.78±0.26	4.55±1.51	556±2.7	1.62±0.50	50.48±5.36	13.37±4.92	18.56±0.71	
F019	**Yam, wild** *(Dioscorea versicolor)*	2	13.45	3.63	9.82		286	1.11	138	10.48	20.65	
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5	28.86±8.82	24.35±5.41	4.94±1.64	1.48±0.65	4.85±2.17	3.12±2.40	27.49±10.16		131±13.1	15.81±3.86
G002	**Chillies, green-2** *(Capsicum annum)*	3	26.32±2.26	20.87±3.49	5.45±1.34	1.43±0.48	5.89±1.91	3.19±1.89	29.52±4.88		127±8.3	18.15±4.76

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
G003	**Chillies, green-3** *(Capsicum annum)*	5	27.68±5.51	22.10±4.92	5.58±1.39	1.33±0.24	6.44±3.13	3.43±0.97	31.64±2.63		123±4.8	19.99±4.06
G004	**Chillies, green-4** *(Capsicum annum)*	3	23.85±7.46	20.50±7.84	3.35±3.07	1.92±0.78	4.43±1.98	3.52±0.78	33.22±2.15		118±5.2	16.24±2.74
G005	**Chillies, green-5** *(Capsicum annum)*	2	38.30±8.99	22.73±5.95	4.33±0.95	1.37±0.82	4.86±1.49	3.94±1.05	33.47±2.26		129±7.9	24.64±7.08
G006	**Chillies, green-6** *(Capsicum annum)*	1	30.12	24.31	5.82	0.73	1.13	3.28	30.79		121	20.91
G007	**Chillies, green-7** *(Capsicum annum)*	1	29.37	25.40	3.97	1.57	5.69	4.04	34.69		131	19.55
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6	28.54±8.17	22.66±6.46	4.92±1.68	1.43±0.57	5.13±2.46	3.42±1.46	30.91±5.46		126±9.0	18.88±4.33
G009	**Coriander leaves** *(Coriandrum sativum)*	6	20.42±9.35	15.75±9.45	4.68±1.97	11.59±1.59	546±3.9	23.95±3.20	65.96±1.91	16.17±1.24		
G010	**Curry leaves** *(Murraya koenigii)*	6	154±84.6	10.93±0.38	143±84.4	0.73±0.06	65.27±1.25	1.62±0.46	7.45±1.11	13.66±1.11	37.87±2.28	7.21±1.28
G011	**Garlic, big clove** *(Allium sativum)*	6	159±38.1	130±30.8	28.47±14.59		0.64±0.16	0.05±0.02			20.73±1.90	
G012	**Garlic, small clove** *(Allium sativum)*	3	143±56.6	115±51.2	27.98±9.57		1.15±0.53	0.07±0.02			23.11±2.29	
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	127	119	7.33		0.12				20.11	
G014	**Ginger, fresh** *(Zinziber officinale)*	6	259±73.9	18.26±1.86	241±75.5		5.95±0.74	1.43±0.38			2.16±0.39	
G015	**Mango ginger** *(Curcuma amada)*	3	307±127	228±7.8	79.22±5.81		53.42±1.94	0.40±0.04	33.20±1.80	3.13±1.06	3.80±1.77	
G016	**Mint leaves** *(Mentha spicata)*	4	97.07±12.11	8.30±5.87	88.76±11.05		25.86±1.24	3.83±0.21	14.80±0.79	26.33±0.55	27.22±0.52	
G017	**Onion, big** *(Allium cepa)*	6	4.03±1.85	3.42±0.35	0.61±2.10	43.05±3.98	33.89±1.32	0.63±0.20	392±4.5		105±16.3	12.21±1.79
G018	**Onion, small** *(Allium cepa)*	5	11.11±2.04	9.69±1.69	1.27±0.27		76.07±6.07	0.04±0.01	117±5.5	165±1.5	135±9.8	
G	**CONDIMENTS AND SPICES-DRY**											
G019	**Asafoetida** *(Ferula assa-foetida)*	6	23.82±7.75	3.27±0.11	20.55±7.82	1.66±0.30	6.35±0.86	0.02±0.01	0.46±0.10	4.72±0.72		1.64±0.48
G020	**Cardamom, green** *(Elettaria cardamomum)*	6	1961±174	1191±54.8	770±148		73.83±0.87	0.85±0.06	22.21±1.41	4.85±0.54	5.41±0.79	
G021	**Cardamom, black** *(Elettaria cardamomum)*	4	2472±683	1471±619	1001±170		156±2.1	0.81±0.10	36.77±1.54	4.28±0.04	6.11±0.58	

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
G022	**Chillies, red** *(Capsicum annum)*	6	87.17±15.16	65.69±1.85	21.48±15.48		0.62±0.11	13.67±1.36	68.38±4.48		22.00±5.86	
G023	**Cloves** *(Syzygium aromaticum)*	6	1845±73.8	353±24.6	1492±55.5	1.54±0.38	427±5.5	0.46±0.05	177±3.3			20.28±1.30
G024	**Coriander seeds** *(Coriandrum sativum)*	6	809±90.9	118±9.6	692±90.8	1.41±0.19	53.84±1.47	6.53±1.43	13.51±2.08			
G025	**Cumin seeds** *(Cuminum cyminum)*	6	817±117	40.43±2.45	777±117	2.43±0.97	47.00±1.25	2.38±0.98	40.76±6.76			
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	31.75±8.12	10.55±0.64	21.20±7.89	0.24±0.04	4.99±1.43			2.47±0.63		2.19±0.61
G027	**Mace** *(Myristica fragrans)*	6	28.22±10.42	0.28±0.06	27.94±10.43		98.68±2.00	2.36±0.32	173±2.4	345±7.5		
G028	**Nutmeg** *(Myristica fragrans)*	6	194±87.7	48.20±1.59	146±87.5		59.31±2.23	55.90±6.21	15.70±1.69	231±8.9	16.52±1.22	
G029	**Omum** *(Trachyspermum ammi)*	6	1020±30.7	34.19±2.01	985±30.8		47.73±2.03		199±3.2	26.16±1.21	5.55±0.93	
G030	**Pippali** *(Piper longum)*	6	367±57.9	21.22±1.17	346±58.3	0.16±0.01	37.97±0.98	0.05±0.02	0.52±0.09		121±7.0	154±2.8
G031	**Pepper, black** *(Piper nigrum)*	6	431±63.7	33.74±8.11	398±65.2	4.39±0.83	136±1.5	1.65±0.14	13.93±1.08		119±11.7	1.92±0.44
G032	**Poppy seeds** *(Papaver somniferum)*	6	1631±54.9	32.08±1.42	1599±54.0	3.92±0.31	21.79±1.60		24.18±0.60	557±4.7	24.40±1.45	
G033	**Turmeric powder** *(Curcuma domestica)*	6	1531±146	1221±77.5	310±84.1		2.63±0.36	0.17±0.05	40.62±5.02		33.24±2.25	
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6	344±55.7	110±4.9	235±54.2		11.88±0.66	0.29±0.07	97.52±0.93		1.31±0.15	1.18±0.29
H002	**Arecanut, dried, brown** *(Areca catechu)*	6					7.93±0.45	0.14±0.02	47.16±1.64	75.06±0.57	1.89±0.13	
H003	**Arecanut, dried, red color** *(Areca catechu)*	3					8.76±0.35	0.20±0.05	45.71±2.49	74.62±2.16	2.03±0.60	
H004	**Arecanut, fresh** *(Areca catechu)*	2					12.56	24.80			26.62	
H005	**Cashew nut** *(Anacardium occidentale)*	6	189±11.8	149±11.4	39.52±17.31		7.73±0.46	34.66±1.06			27.73±2.55	
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	6.83±1.21	3.10±0.04	3.73±1.20		117±1.4	0.41±0.10	1.83±0.64	13.84±1.58	10.17±0.48	6.38±0.81

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	3.44±1.52	1.68±0.33	1.76±1.33	1.71±0.75	1.82±0.20		15.15±0.49		119±1.4	
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	60.04±5.04	33.30±5.55	26.74±2.45		2.08±1.11	1.73±0.25	94.12±1.04		25.42±2.35	0.84±0.09
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	2156±199	78.58±5.76	2078±200	0.22±0.03	4.56±2.11	1.77±0.32		10.45±0.15	104±2.5	3.84±0.89
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	2030±794	83.13±4.87	1947±792	0.64±0.09	54.18±16.15	3.27±0.46	34.68±1.45	11.90±3.25	10.72±1.12	139±12.7
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	2004±123	73.51±3.34	1931±122	0.77±0.06	56.42±2.93	0.42±0.04	0.12±0.01			93.82±1.11
H012	**Ground nut** *(Arachis hypogea)*	6	60.98±11.01	39.67±3.31	21.31±10.21		61.34±11.36	1.05±0.38	6.21±0.77	12.48±0.64	9.70±1.98	154±7.8
H013	**Mustard seeds** *(Brassica juncea)*	6	6.92±1.59	5.28±0.21	1.64±1.65		67.49±13.38	0.39±0.04	16.04±0.64	14.12±0.72	5.95±0.53	149±2.2
H014	**Linseeds** *(Linum usitatissimum)*	6	5.85±1.00	1.91±0.34	3.95±1.09		9.73±0.53	7.06±1.03	11.46±2.65		1.87±0.19	
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	1913±123	93.94±12.22	1819±134	0.35±0.08	102±3.7		41.54±2.58		41.73±2.64	371±2.9
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	1544±224	90.22±3.55	1453±222	0.74±0.03	343±4.5		13.80±1.99			
H017	**Pine seed** *(Pinus gerardiana)*	5	159±19.3	94.00±4.91	64.99±15.30		15.26±0.52	23.06±0.60			34.32±1.13	
H018	**Pistachio nuts** *(Pistacla vera)*	6	46.42±7.95	22.88±2.45	23.54±7.90		3.24±0.34	1.22±0.21	139±3.6	53.79±2.27	6.12±0.37	4.21±1.04
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	215±27.2	92.57±6.98	122±33.5		1.95±0.53	1.94±0.93	133±7.0	25.63±0.79	9.02±0.62	5.67±0.64
H020	**Sunflower seeds** *(Helianthus annuus)*	5	23.70±5.39	6.13±0.72	17.57±5.94		33.42±1.26	1.46±0.23	7.47±1.05		0.60±0.05	57.95±9.16
H021	**Walnut** *(Juglans regia)*	6	37.03±9.41	27.31±4.89	9.72±5.45	3.33±0.85	15.32±0.80		24.59±0.82		279±3.7	81.29±11.73
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6					5.24±1.14	3.31±0.70	36.91±1.90	60.69±2.73	46.62±2.59	3.21±0.98
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6					3.55±1.01		2.04±0.49	132±6.2	459±5.4	

Food code	Food Name	No. of Regions	Oxalate			Cis-Aconitic Acid	Citric Acid	Fumaric Acid	Mallic Acid	Quinic Acid	Succinic Acid	Tartaric Acid
			Total	Soluble	Insoluble							
			← mg →									
							CITAC	FUMAC	MALAC		SUCAC	TARAC
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1	10.23	2.46	7.77		5.61	0.81	3.50			
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1	12.56	3.55	9.01		6.48	0.97	3.96			
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1	15.84	4.12	11.72		6.25	0.76	3.25			
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1	20.65	6.34	14.31		6.97	0.86	3.04			
K	**MISCELLANEOUS FOODS**											
K001	**Toddy**	10						0.03±0.01				
K002	**Coconut Water**	6				0.82±0.07		1.74±0.92			124±15.5	4.20±1.10
L	**MILK AND MILK PRODUCTS**											
L001	**Milk, whole, Buffalo**	6										
L002	**Milk, whole, Cow**	6										
L003	**Panner**	6					5.21±0.82			64.28±2.59	1.42±0.22	
L004	**Khoa**	6					25.26±1.48	1.12±0.23	1.43±0.19	651±10.2	6.99±0.76	

Table 10

POLYPHENOLS



Table 10. POLYPHENOLS

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

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

Table 10. POLYPHENOLS

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

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
A	**CEREALS AND MILLETS**											
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1	0.21	2.13								
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6	0.10±0.05	0.59±0.76								
A003	**Bajra** *(Pennisetum typhoideum)*	6	0.08±0.01	1.39±0.24				1.11±0.38	0.14±0.02			
A004	**Barley** *(Hordeum vulgare)*	6	2.75±0.25	0.60±0.07								
A005	**Jowar** *(Sorghum vulgare)*	6	4.04±0.99	1.59±0.23	0.07±0.01							
A006	**Maize, dry** *(Zea mays)*	6	1.01±0.45	1.43±0.09								
A007	**Maize, tender, local** *(Zea mays)*	6	0.92±0.04	0.38±0.12								
A008	**Maize, tender, sweet** *(Zea mays)*	4	0.87±0.02	1.39±0.14								
A009	**Quinoa***(Chenopodium quinoa)*	1					0.13	0.19	3.60	1.90	3.40	4.40
A010	**Ragi** *(Eleusine coracana)*	5			2.58±0.49		10.45±1.17					
A011	**Rice flakes** *(Oryza sativa)*	6	0.70±0.06	0.07±0.01								
A012	**Rice puffed** *(Oryza sativa)*	6	0.06±0.01	0.02±0.01								
A013	**Rice, raw, brown** *(Oryza sativa)*	6	0.06±0.01	0.02±0.01								
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	0.28±0.07	0.62±0.18								
A015	**Rice, raw, milled** *(Oryza sativa)*	6	0.65±0.10	0.59±0.09								
A016	**Samai** *(Panicum miliare)*	6	2.79±0.75	0.39±0.03								
A017	**Varagu** *(Setaria italica)*	5							0.07±0.01			
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	0.16±0.02	0.04±0.01		0.07±0.02						

Table 10. POLYPHENOLS

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

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

Table 10. POLYPHENOLS

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

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
A	**CEREALS AND MILLETS**										
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1									12.50
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6									11.75±2.48
A003	**Bajra** *(Pennisetum typhoideum)*	6									67.71±5.89
A004	**Barley** *(Hordeum vulgare)*	6			1.28±0.05						23.47±2.30
A005	**Jowar** *(Sorghum vulgare)*	6									23.25±2.00
A006	**Maize, dry** *(Zea mays)*	6									32.92±3.85
A007	**Maize, tender, local** *(Zea mays)*	6									19.00±2.52
A008	**Maize, tender, sweet** *(Zea mays)*	4									1.54±0.34
A009	**Quinoa***(Chenopodium quinoa)*	1							65.72		74.00
A010	**Ragi** *(Eleusine coracana)*	5			15.52±0.90				0.28±0.02		135±2.2
A011	**Rice flakes** *(Oryza sativa)*	6						0.07±0.01	0.06±0.02		3.16±0.24
A012	**Rice puffed** *(Oryza sativa)*	6						0.03±0.02	0.07±0.02		2.76±0.63
A013	**Rice, raw, brown** *(Oryza sativa)*	6						0.03±0.02	0.07±0.02		2.81±0.69
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6						0.56±0.15	0.11±0.02		6.93±1.07
A015	**Rice, raw, milled** *(Oryza sativa)*	6						0.07±0.03	0.08±0.05		3.14±0.44
A016	**Samai** *(Panicum miliare)*	6									14.24±0.89
A017	**Varagu** *(Setaria italica)*	5									0.53±0.26
A018	**Wheat flour, refined** *(Triticum aestivum)*	6						0.02±0.01	0.06±0.02		5.17±0.24

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
							GALLAC				
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	0.68±0.19		0.62±0.11	0.26±0.08	2.79±0.37			0.38±0.09	0.78±0.07
A020	**Wheat, whole** *(Triticum aestivum)*	6	0.71±0.14		0.74±0.35	0.40±0.31	2.44±0.25			0.67±0.15	0.68±0.12
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	0.68±0.10		0.71±0.12	0.40±0.09	2.75±0.62			0.63±0.07	0.66±0.13
A022	**Wheat, semolina** *(Triticum aestivum)*	6	0.25±0.05		0.12±0.01	0.18±0.05	0.23±0.07			0.05±0.02	0.14±0.02
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	0.21±0.03		0.04±0.03	0.15±0.05	0.11±0.02			0.04±0.01	0.02±0.01
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	0.20±0.04		0.02±0.01	0.07±0.03	0.06±0.01			0.02±0.01	0.03±0.01
B	**GRAIN LEGUMES**										
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	0.02±0.01		0.02±0.01						0.69±0.03
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	0.11±0.02		0.02±0.01						5.63±0.34
B003	**Black gram, dal** *(Phaseolus mungo)*	6				0.06±0.02				0.59±0.10	
B004	**Black gram, whole** *(Phaseolus mungo)*	6				0.48±0.11				4.06±0.58	
B005	**Cowpea, brown** *(Vigna catjang)*	6								0.45±0.09	0.28±0.12
B006	**Cowpea, white** *(Vigna catjang)*	1								0.52	0.41
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	3.18							3.87	0.59
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	2.67							2.68	0.64
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	2.56±0.30							3.97±1.00	0.60±0.14
B010	**Green gram, dal** *(Phaseolus aureus)*	6				0.75±0.15				1.54±0.22	
B011	**Green gram, whole** (*Phaseolus aureus)*	6				2.31±0.45				4.06±0.64	
B012	**Horse gram, whole** *(Dolicus biflorus)*	6			4.61±0.46						0.39±0.17
B013	**Lentil dal** *(Lens culinaris)*	6	0.13±0.03		0.07±0.03		1.52±0.41	0.11±0.02		0.03±0.01	0.02±0.01

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	0.71±0.13	0.14±0.01		0.31±0.08						
A020	**Wheat, whole** *(Triticum aestivum)*	6	0.76±0.11	0.15±0.02		0.30±0.06						
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	0.73±0.13	0.15±0.01		0.26±0.02						
A022	**Wheat, semolina** *(Triticum aestivum)*	6	0.28±0.07	0.05±0.02	0.03±0.01	0.04±0.01						
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6	0.24±0.03	0.03±0.01		0.03±0.01						
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6	0.03±0.02	0.03±0.02		0.03±0.01						
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6		1.59±0.46			4.25±1.21					
B002	**Bengal gram, whole** *(Cicer arietinum)*	6		4.17±0.95			10.48±1.14					
B003	**Black gram, dal** *(Phaseolus mungo)*	6	0.36±0.03	0.14±0.01	2.43±0.38	0.29±0.03	0.09±0.02	1.40±0.32	0.05±0.02		1.69±0.26	
B004	**Black gram, whole** *(Phaseolus mungo)*	6	2.71±0.55	0.91±0.06	5.64±0.22	2.56±0.36	1.83±0.16	4.79±0.53	3.12±0.67		12.37±0.93	
B005	**Cowpea, brown** *(Vigna catjang)*	6	1.30±0.32								0.27±0.12	
B006	**Cowpea, white** *(Vigna catjang)*	1	1.64								0.52	
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	6.47									
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	5.14									
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	5.52±0.50									
B010	**Green gram, dal** *(Phaseolus aureus)*	6			0.04±0.01		0.40±0.23		0.08±0.01	0.04±0.02		
B011	**Green gram, whole** (*Phaseolus aureus)*	6			3.76±0.55		0.76±0.11		4.29±0.71	0.36±0.10		
B012	**Horse gram, whole** *(Dolicus biflorus)*	6						3.32±0.37				
B013	**Lentil dal** *(Lens culinaris)*	6	0.23±0.05	0.07±0.03	0.02±0.01	0.12±0.01	0.13±0.02	0.02±0.01	0.32±0.20	0.87±0.09		0.76±0.08

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
A019	**Wheat flour, atta** *(Triticum aestivum)*	6										
A020	**Wheat, whole** *(Triticum aestivum)*	6										
A021	**Wheat, bulgur** *(Triticum aestivum)*	6										
A022	**Wheat, semolina** *(Triticum aestivum)*	6										
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6										
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6										
B	**GRAIN LEGUMES**											
B001	**Bengal gram, dal** *(Cicer arietinum)*	6		0.84±0.02	1.49±0.25					0.01±0.01	0.07±0.01	
B002	**Bengal gram, whole** *(Cicer arietinum)*	6		6.53±0.22	8.85±2.56							
B003	**Black gram, dal** *(Phaseolus mungo)*	6			1.53±0.01					0.03±0.01		
B004	**Black gram, whole** *(Phaseolus mungo)*	6			3.12±0.67					1.34±0.19		
B005	**Cowpea, brown** *(Vigna catjang)*	6								0.04±0.01	0.06±0.01	
B006	**Cowpea, white** *(Vigna catjang)*	1								0.05	0.08	
B007	**Field bean, black** *(Phaseolus vulgaris)*	1										
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1										
B009	**Field bean, white** *(Phaseolus vulgaris)*	5										
B010	**Green gram, dal** *(Phaseolus aureus)*	6		0.14±0.02								
B011	**Green gram, whole** (*Phaseolus aureus)*	6		5.52±0.86								
B012	**Horse gram, whole** *(Dolicus biflorus)*	6										
B013	**Lentil dal** *(Lens culinaris)*	6		1.14±0.42					0.02±0.01	0.02±0.01	0.02±0.01	0.06±0.02

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

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

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β- D-glucoside	Quercetin-3-*O*-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
B014	**Lentil whole, brown** *(Lens culinaris)*	6		0.08±0.01	0.72±0.07	0.20±0.04	0.24±0.08	0.12±0.01	0.84±0.13	1.42±0.19		1.28±0.09
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	2.56	0.12	0.05	0.17	0.22	0.09	0.61	1.46		1.21
B016	**Moth bean** *(Vigna aconitifolia)*	6	2.56±0.86									
B017	**Peas, dry** *(Pisum sativum)*	6	2.08±0.54					1.68±0.32				
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	5.66				28.35	5.90	2.30			
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	6.12±1.25					4.86±0.82	2.58±0.17			
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	5.93±0.22					4.76±0.96	2.76±0.33			
B021	**Red gram, dal** *(Cajanus cajan)*	6		0.05±0.01	0.40±0.13			0.05±0.01				2.87±0.16
B022	**Red gram, whole** *(Cajanus cajan)*	6		0.12±0.02	1.50±0.23			1.16±0.25				8.32±0.85
B023	**Ricebean** (*Vigna umbellata*)	1		0.32	0.01			0.01				
B024	**Soya bean, brown** *(Glycine max)*	6	2.52±0.28	8.23±0.11	1.77±0.33				1.67±0.20	1.47±0.57	1.47±0.09	6.51±0.25
B025	**Soya bean, white** *(Glycine max)*	1	2.45	7.42	2.47				1.47	1.41	1.58	5.93
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1	10.90	0.35	0.84			0.25	0.42	0.51		
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6	1.82±0.76	1.59±0.50							7.93±0.95	
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1	1.25	2.41							7.91	
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4	2.07±0.30	1.69±0.36							8.35±0.49	
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4	1.97±0.77						0.74±0.20	1.47±0.10		
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2	2.67						0.89	1.70		
C007	**Basella leaves** *(Basella alba)*	2	1.12	0.41	2.65							

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
B014	**Lentil whole, brown** *(Lens culinaris)*	6		1.76±0.15					0.09±0.01	0.02±0.01	0.05±0.01	0.10±0.01
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2			1.53				0.07	0.06	0.06	0.12
B016	**Moth bean** *(Vigna aconitifolia)*	6										
B017	**Peas, dry** *(Pisum sativum)*	6										
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2										2.25
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6										2.11±0.49
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3										2.10±0.55
B021	**Red gram, dal** *(Cajanus cajan)*	6								0.01±0.01	0.10±0.01	0.05±0.01
B022	**Red gram, whole** *(Cajanus cajan)*	6										0.54±0.13
B023	**Ricebean** (*Vigna umbellata*)	1										0.22
B024	**Soya bean, brown** *(Glycine max)*	6								31.71±1.94	56.30±2.41	
B025	**Soya bean, white** *(Glycine max)*	1								28.53	47.81	
C	**GREEN LEAFY VEGETABLES**											
C001	**Agathi leaves** *(Sesbania grandiflora)*	1		1.21	1.01							
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6										
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1										
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4										
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4										
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2										
C007	**Basella leaves** *(Basella alba)*	2			4.01							

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			mg								
			EPICATEGC								
B014	**Lentil whole, brown** *(Lens culinaris)*	6	0.20±0.07		0.34±0.08		0.13±0.01		13.77±1.70	8.18±0.97	274±21.9
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	0.11		0.24		0.16				266
B016	**Moth bean** *(Vigna aconitifolia)*	6									48.87±2.40
B017	**Peas, dry** *(Pisum sativum)*	6									30.65±1.97
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2			2.13						358
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6			2.40±0.36						353±4.7
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3			2.79±0.57						360±9.9
B021	**Red gram, dal** *(Cajanus cajan)*	6			0.09±0.02		0.02±0.01				15.94±0.87
B022	**Red gram, whole** *(Cajanus cajan)*	6			0.24±0.03		0.15±0.02				204±3.8
B023	**Ricebean** (*Vigna umbellata*)	1			0.01						11.58
B024	**Soya bean, brown** *(Glycine max)*	6						7.24±0.08	8.05±0.65		106±2.8
B025	**Soya bean, white** *(Glycine max)*	1						6.93	7.23		111
C	**GREEN LEAFY VEGETABLES**										
C001	**Agathi leaves** *(Sesbania grandiflora)*	1									89.25
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6									23.81±2.42
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1									27.63
C004	**Amaranth leaves, red and green** *(Amaranthus gangeticus)*	4									26.84±1.29
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4									24.15±1.32
C006	**Amaranth spinosus, leaves, red and green** *(Amaranthus spinosus)*	2									26.19
C007	**Basella leaves** *(Basella alba)*	2									23.98

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

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
C008	**Bathua leaves** *(Chenopodium album)*	2	0.31	0.01								2.88
C009	**Beet greens** *(Beta vulgaris)*	6						0.24±0.00		0.41±0.00		
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	6.79±0.24	0.64±0.11								
C011	**Betel leaves, small** *(Piper betle)*	4	0.91±0.06	0.16±0.01								
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1						1.25	1.02	0.82		
C013	**Cabbage, Chinese** *(Brassica rupa)*	1										
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	2.64		1.57			0.98	0.67	1.42		
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6	2.52±0.34		1.48±0.16			1.79±0.33	2.66±0.21	0.35±0.09		
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2	2.81		1.67			1.71	2.75	0.39		
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6		1.70±0.60				0.26±0.02	0.59±0.03	0.60±0.01		
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6		0.06±0.01				0.03±0.01	0.02±0.01	0.04±0.01		
C019	**Drumstick leaves** *(Moringa oleifera)*	3	0.58±0.02	0.07±0.00								
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	1.57±0.23	0.58±0.12	0.58±0.05	0.15±0.02			1.80±0.08		1.43±0.33	2.46±0.46
C021	**Garden cress** *(Lepidium sativum)*	2	0.45	0.02					0.60			
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4	0.19±0.03	2.72±0.58						0.36±0.11	1.60±0.25	0.62±0.10
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1	0.18	3.61						0.32	1.71	0.53
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2	0.08		0.39							
C025	**Lettuce** *(Lactuca sativa)*	3	3.61±0.20		1.19±0.09			2.77±0.31	0.12±0.02	0.07±0.01	0.20±0.02	0.05±0.02
C026	**Mustard leaves** *(Brassica juncea)*	3	0.31±0.09	2.68±0.38					1.74±0.07	1.44±0.17		
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1										

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

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
C008	**Bathua leaves** *(Chenopodium album)*	2									42.24
C009	**Beet greens** *(Beta vulgaris)*	6									2.85±0.56
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6									89.68±3.06
C011	**Betel leaves, small** *(Piper betle)*	4									87.01±3.81
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1									16.45
C013	**Cabbage, Chinese** *(Brassica rupa)*	1									27.97
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1									70.89
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6									54.92±4.47
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2									59.94
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6						0.09±0.01	0.18±0.01		28.94±0.36
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6									124±1.8
C019	**Drumstick leaves** *(Moringa oleifera)*	3									29.90±14.48
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5									105±6.3
C021	**Garden cress** *(Lepidium sativum)*	2									16.19
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4									199±11.9
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1									208
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2									6.16
C025	**Lettuce** *(Lactuca sativa)*	3									19.47±1.92
C026	**Mustard leaves** *(Brassica juncea)*	3									38.02±1.14
C027	**Pak Choi leaves***(Brassica rapa* var. *Chinensis)*	1									

Food code	Food Name	No. of Regions	3,4 Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
C028	**Parsley** *(Petroselinum crispum)*	3				1.18±0.09			0.41±0.02	0.02±0.01	0.27±0.04
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	0.41		1.57						0.03
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6								0.25±0.03	0.40±0.03
C031	**Radish leaves** *(Raphanus sativus)*	6			1.40±0.07		0.04±0.01			0.26±0.03	0.41±0.01
C032	**Rumex leaves** *(Rumex patientia)*	2								0.10	0.77
C033	**Spinach** *(Spinacia oleracea)*	6			2.26±0.51					4.30±0.56	
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3									0.23±0.02
D	**OTHER VEGETABLES**										
D001	**Ash gourd** *(Benincasa hispida)*	6	0.03±0.02				0.34±0.11	0.93±0.73			
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1						0.36			
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	0.21±0.02							0.85±0.00	1.25±0.00
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6					0.04±0.01	0.74±0.39			0.05±0.03
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4					0.05±0.04	1.21±1.15			0.07±0.04
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1					0.08	1.64			0.05
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6					0.05±0.02	1.96±0.71			0.60±0.06
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5					0.05±0.01	1.90±0.67			0.79±0.41
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1					0.04	1.84			0.59
D010	**Brinjal-1** *(Solanum melongena)*	1			1.73		0.21			1.39	0.83
D011	**Brinjal-2** *(Solanum melongena)*	1			1.82		0.29			1.27	0.76

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
C028	**Parsley** *(Petroselinum crispum)*	3	1.52±0.31	0.33±0.02	16.14±1.41				0.01±0.01			
C029	**Ponnaganni** *(Alternanthera sessilis)*	2	4.31		0.31			4.98	0.75	0.56		
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	0.19±0.01	0.28±0.05						0.54±0.06		
C031	**Radish leaves** *(Raphanus sativus)*	6		0.58±0.04				3.26±0.59	8.23±0.66	69.50±2.60		4.57±0.45
C032	**Rumex leaves** *(Rumex patientia)*	2	3.83	0.41					10.73	86.33		
C033	**Spinach** *(Spinacia oleracea)*	6	3.09±0.40		2.55±0.86		2.70±1.03	0.35±0.06	0.08±0.02	0.49±0.03		
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3										
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6										
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1	0.25									
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5	0.10±0.00		2.15±0.00			0.52±0.00	1.52±0.00	3.52±0.00		
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6										
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4										
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1										
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6	2.47±0.49									
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5	2.72±0.26									
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1	2.48									
D010	**Brinjal-1** *(Solanum melongena)*	1		0.77			1.47					
D011	**Brinjal-2** *(Solanum melongena)*	1		0.65			1.43					

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
C028	**Parsley** *(Petroselinum crispum)*	3										
C029	**Ponnaganni** *(Alternanthera sessilis)*	2										
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6										
C031	**Radish leaves** *(Raphanus sativus)*	6										
C032	**Rumex leaves** *(Rumex patientia)*	2										
C033	**Spinach** *(Spinacia oleracea)*	6			1.36±0.32							
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3										
D	**OTHER VEGETABLES**											
D001	**Ash gourd** *(Benincasa hispida)*	6										
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1										
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5										
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6										
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4										
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1										
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6										
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5										
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1										
D010	**Brinjal-1** *(Solanum melongena)*	1										
D011	**Brinjal-2** *(Solanum melongena)*	1										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
C028	**Parsley** *(Petroselinum crispum)*	3									46.58±1.38
C029	**Ponnaganni** *(Alternanthera sessilis)*	2									53.08
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6									20.33±1.63
C031	**Radish leaves** *(Raphanus sativus)*	6						2.89±0.35	0.19±0.04		27.57±7.13
C032	**Rumex leaves** *(Rumex patientia)*	2									16.13
C033	**Spinach** *(Spinacia oleracea)*	6									233±8.9
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3									27.65±4.01
D	**OTHER VEGETABLES**										
D001	**Ash gourd** *(Benincasa hispida)*	6									10.47±1.25
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1									9.00
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5									12.68±0.00
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6									49.76±1.87
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4									50.46±2.48
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1									52.98
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6									34.76±3.15
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5									31.83±5.61
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1									38.20
D010	**Brinjal-1** *(Solanum melongena)*	1									13.14
D011	**Brinjal-2** *(Solanum melongena)*	1									12.16

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

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

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
D012	**Brinjal-3** *(Solanum melongena)*	2										
D013	**Brinjal-4** *(Solanum melongena)*	4										
D014	**Brinjal-5** *(Solanum melongena)*	3										
D015	**Brinjal-6** *(Solanum melongena)*	2										
D016	**Brinjal-7** *(Solanum melongena)*	1										
D017	**Brinjal-8***(Solanum melongena)*	3										
D018	**Brinjal-9***(Solanum melongena)*	2										
D019	**Brinjal-10** *(Solanum melongena)*	2										
D020	**Brinjal-11** *(Solanum melongena)*	6										
D021	**Brinjal-12** *(Solanum melongena)*	2										
D022	**Brinjal-13***(Solanum melongena)*	1										
D023	**Brinjal-14***(Solanum melongena)*	3										
D024	**Brinjal-15** *(Solanum melongena)*	4										
D025	**Brinjal-16***(Solanum melongena)*	1										
D026	**Brinjal-17***(Solanum melongena)*	1										
D027	**Brinjal-18** *(Solanum melongena)*	3										
D028	**Brinjal-19***(Solanum melongena)*	3										
D029	**Brinjal-20***(Solanum melongena)*	5										
D030	**Brinjal-21***(Solanum melongena)*	2										
D031	**Brinjal - all varieties** *(Solanum melongena)*	6										
D032	**Broad beans** *(Vicia faba)*	3										38.05±2.13

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

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
D033	**Capsicum, green** *(Capsicum annuum)*	6			0.46±0.03	0.07±0.02					0.07±0.02
D034	**Capsicum, red** *(Capsicum annuum)*	4			0.58±0.00	1.02±0.00					0.84±0.00
D035	**Capsicum, yellow** *(Capsicum annuum)*	4			0.48±0.00	0.41±0.00					0.35±0.00
D036	**Cauliflower** *(Brassica oleracea)*	6			0.88±0.05		0.69±0.05			0.57±0.07	1.40±0.29
D037	**Celery stalk** *(Apium graveolens)*	3			0.32±0.04						0.30±0.05
D038	**Cho-cho-marrow** *(Sechium edule)*	4	0.38±0.06					0.36±0.04			0.05±0.01
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6								0.04±0.01	0.78±0.04
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1					1.89			3.82	4.18
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5					0.60±0.37			1.38±0.76	1.28±0.59
D042	**Corn, Baby***(Zea mays)*	6	0.03±0.01		0.13±0.03	1.20±0.11				0.20±0.15	0.31±0.10
D043	**Cucumber, green, elongate***(Cucumis sativus)*	6									
D044	**Cucumber, green, short** *(Cucumis sativus)*	6									
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2									
D046	**Drumstick** *(Moringa oleifera)*	6	2.93±0.51					3.36±0.89			1.67±0.12
D047	**Field beans, tender, broad** *(Vicia faba)*	2									0.81
D048	**Field beans, tender, lean** *(Vicia faba)*	6									0.62±0.08
D049	**French beans, country** *(Phaseolus vulgaris)*	5	0.27±0.05							0.80±0.10	1.54±0.17
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	0.31							0.92	1.71
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	3.03±0.86								1.04±0.52
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	0.56±0.08								0.31±0.10

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
D033	**Capsicum, green** *(Capsicum annuum)*	6	0.39±0.09	2.49±0.22	1.46±0.26				1.44±0.27			
D034	**Capsicum, red** *(Capsicum annuum)*	4	1.58±0.00	3.82±0.00					4.18±0.00			
D035	**Capsicum, yellow** *(Capsicum annuum)*	4	0.25±0.00	0.25±0.00					0.03±0.00			
D036	**Cauliflower** *(Brassica oleracea)*	6		1.49±0.20				0.26±0.03	0.55±0.03	0.40±0.13		
D037	**Celery stalk** *(Apium graveolens)*	3	0.26±0.05	0.25±0.02	0.37±0.01			0.32±0.07		0.66±0.04		
D038	**Cho-cho-marrow** *(Sechium edule)*	4	0.66±0.07									
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6										
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1	3.12		1.04			1.38		1.02		
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5	1.40±0.53		0.30±0.04			0.27±0.04		1.53±0.25		
D042	**Corn, Baby***(Zea mays)*	6	0.76±0.01	0.16±0.02								
D043	**Cucumber, green, elongate***(Cucumis sativus)*	6			0.88±0.39				0.10±0.04	0.07±0.03		
D044	**Cucumber, green, short** *(Cucumis sativus)*	6			0.82±0.41				0.09±0.03	0.07±0.02		
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2			1.23				0.09	0.07		
D046	**Drumstick** *(Moringa oleifera)*	6	4.01±0.68					0.25±0.03	8.14±0.49	23.30±0.80		
D047	**Field beans, tender, broad** *(Vicia faba)*	2	0.62					0.65				
D048	**Field beans, tender, lean** *(Vicia faba)*	6	0.45±0.20					0.60±0.22				2.50±0.09
D049	**French beans, country** *(Phaseolus vulgaris)*	5	0.13±0.02		2.61±0.28			0.61±0.08	1.78±0.18	3.17±0.40		
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2	0.13		2.78			0.51	1.82	2.85		
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5	2.39±0.23	0.87±0.06								
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5	0.58±0.06	0.88±0.03								

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
D033	**Capsicum, green** *(Capsicum annuum)*	6			1.45±0.30							
D034	**Capsicum, red** *(Capsicum annuum)*	4			4.08±0.00							
D035	**Capsicum, yellow** *(Capsicum annuum)*	4			0.37±0.00							
D036	**Cauliflower** *(Brassica oleracea)*	6										
D037	**Celery stalk** *(Apium graveolens)*	3										
D038	**Cho-cho-marrow** *(Sechium edule)*	4										
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6	2.36±0.44									
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1										
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5										
D042	**Corn, Baby***(Zea mays)*	6										
D043	**Cucumber, green, elongate***(Cucumis sativus)*	6										
D044	**Cucumber, green, short** *(Cucumis sativus)*	6										
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2										
D046	**Drumstick** *(Moringa oleifera)*	6		0.35±0.06	2.92±0.40							
D047	**Field beans, tender, broad** *(Vicia faba)*	2										
D048	**Field beans, tender, lean** *(Vicia faba)*	6										0.67±0.07
D049	**French beans, country** *(Phaseolus vulgaris)*	5										
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2										
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5										
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
D033	**Capsicum, green** *(Capsicum annuum)*	6									10.82±2.60
D034	**Capsicum, red** *(Capsicum annuum)*	4									20.30±0.00
D035	**Capsicum, yellow** *(Capsicum annuum)*	4									7.80±0.00
D036	**Cauliflower** *(Brassica oleracea)*	6						0.07±0.01	0.14±0.02		32.41±0.92
D037	**Celery stalk** *(Apium graveolens)*	3									2.90±0.21
D038	**Cho-cho-marrow** *(Sechium edule)*	4									5.04±0.75
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6									53.15±3.94
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1									15.68
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5									11.66±1.69
D042	**Corn, Baby***(Zea mays)*	6									1.91±0.08
D043	**Cucumber, green, elongate***(Cucumis sativus)*	6									14.10±0.70
D044	**Cucumber, green, short** *(Cucumis sativus)*	6									13.92±0.86
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2									14.56
D046	**Drumstick** *(Moringa oleifera)*	6									139±2.2
D047	**Field beans, tender, broad** *(Vicia faba)*	2									133
D048	**Field beans, tender, lean** *(Vicia faba)*	6			0.43±0.01						136±7.7
D049	**French beans, country** *(Phaseolus vulgaris)*	5			0.05±0.02						14.59±0.98
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2			0.05						14.12
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5									50.59±7.30
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5									15.53±1.08

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

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

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

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
D053	**Knol - Khol** *(Brassica oleracea)*	6									5.09±1.67
D054	**Kovai, big** *(Coccinia cordifolia)*	6									1.76±0.64
D055	**Kovai, small** *(Coccinia cordifolia)*	1									1.60
D056	**Ladies finger** *(Abelmoschus esculentus)*	6									32.51±2.82
D057	**Mango, green, raw** *(Mangifera indica)*	6			1.74±0.46						580±10.0
D058	**Onion, stalk** *(Allium cepa)*	6									10.73±3.22
D059	**Papaya, raw** *(Carica papaya)*	6									5.54±0.33
D060	**Parwar** *(Trichosanthes dioica)*	6									12.14±2.10
D061	**Peas, fresh** *(Pisum sativum)*	6	2.79±0.62								22.17±2.86
D062	**Plantain, flower** *(Musa x paradisiaca)*	6									4.43±1.07
D063	**Plantain, green** *(Musa x paradisiaca)*	6	1.89±0.20		1.50±0.16						25.27±3.40
D064	**Plantain, stem** *(Musa x paradisiaca)*	6									12.24±1.15
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1						0.23			15.21
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6						0.45±0.13			15.25±2.07
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1			0.13		0.06				6.55
D068	**Ridge gourd** *(Luffa acutangula)*	6									8.31±0.73
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3									11.30±0.93
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6									6.78±1.12
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2									6.10
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1									5.90
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6									2.61±0.13

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
D074	**Tomato, green** *(Lycopersicon esculentum)*	6			0.43±0.07						0.05±0.01
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6								0.05±0.02	0.41±0.11
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6								0.10±0.02	0.66±0.08
D077	**Zucchini, green** *(Cucurbita pepo)*	2	0.05								
D078	**Zucchini, yellow***(Cucurbita pepo)*	2	0.03								
E	**FRUITS**										
E001	**Apple, big** *(Malus domestica)*	6	0.84±0.06								0.39±0.11
E002	**Apple, green** *(Malus domestica)*	6	0.81±0.10								0.27±0.05
E003	**Apple, small** *(Malus domestica)*	6	0.77±0.10								0.47±0.17
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	0.63								0.65
E005	**Apricot, dried** *(Prunus armeniaca)*	6								0.83±0.08	0.12±0.02
E006	**Apricot, processed** *(Prunus armeniaca)*	3								0.59±0.02	0.05±0.01
E007	**Avocado fruit** *(Persea americana)*	1			0.06					0.12	
E008	**Bael fruit** *(Aegle marmelos)*	1			0.09					0.21	
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1					0.31				
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2					0.12				
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1					0.12				
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6				0.13±0.02	0.12±0.03				
E013	**Black berry** *(Rubus fruticosus)*	5					4.68±0.19			0.46±0.06	
E014	**Cherries, red** *(Prunus cerasus)*	4				0.65±0.13				0.08±0.01	0.38±0.11

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
D074	**Tomato, green** *(Lycopersicon esculentum)*	6	1.22±0.21	0.08±0.01					0.03±0.01	1.90±0.04		
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6	1.30±0.05	0.68±0.03					1.17±0.49	4.42±0.66	8.10±0.64	0.15±0.01
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6	1.89±0.11	0.91±0.03					2.33±0.22	3.49±0.36	10.68±0.62	0.16±0.02
D077	**Zucchini, green** *(Cucurbita pepo)*	2										1.35
D078	**Zucchini, yellow***(Cucurbita pepo)*	2										1.33
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6	1.63±0.13	0.79±0.09					2.96±0.49	0.87±0.07	2.87±0.41	1.54±0.06
E002	**Apple, green** *(Malus domestica)*	6	1.44±0.14	0.71±0.12					2.45±0.37	0.55±0.13	2.42±0.45	0.55±0.03
E003	**Apple, small** *(Malus domestica)*	6	1.53±0.27	0.77±0.40					2.67±0.26	0.92±0.21	2.66±0.34	1.10±0.60
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	2.15	0.31					2.63	1.63	3.13	0.63
E005	**Apricot, dried** *(Prunus armeniaca)*	6		0.28±0.04					0.96±0.09	0.83±0.10		2.04±0.70
E006	**Apricot, processed** *(Prunus armeniaca)*	3		0.24±0.02					2.56±0.38	2.80±0.29		0.85±0.04
E007	**Avocado fruit** *(Persea americana)*	1		0.16				0.33		0.23		
E008	**Bael fruit** *(Aegle marmelos)*	1		0.19				0.41		0.29		
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1										
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2										
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1										
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6										
E013	**Black berry** *(Rubus fruticosus)*	5									3.18±0.50	3.58±0.32
E014	**Cherries, red** *(Prunus cerasus)*	4	5.93±0.02	0.32±0.05					1.39±0.43	0.88±0.02		

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
D074	**Tomato, green** *(Lycopersicon esculentum)*	6										
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6										
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6										
D077	**Zucchini, green** *(Cucurbita pepo)*	2										
D078	**Zucchini, yellow***(Cucurbita pepo)*	2										
E	**FRUITS**											
E001	**Apple, big** *(Malus domestica)*	6	1.50±0.19									7.99±0.64
E002	**Apple, green** *(Malus domestica)*	6	0.64±0.14									2.92±0.46
E003	**Apple, small** *(Malus domestica)*	6	1.16±0.34									6.96±1.06
E004	**Apple, small, Kashmir** *(Malus domestica)*	1	1.68									7.90
E005	**Apricot, dried** *(Prunus armeniaca)*	6										0.30±0.07
E006	**Apricot, processed** *(Prunus armeniaca)*	3										6.48±0.70
E007	**Avocado fruit** *(Persea americana)*	1		0.11					0.36			0.34
E008	**Bael fruit** *(Aegle marmelos)*	1		0.19					0.31			0.29
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1										
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2										
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1										
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6										
E013	**Black berry** *(Rubus fruticosus)*	5	4.36±0.54									11.46±0.27
E014	**Cherries, red** *(Prunus cerasus)*	4		0.10±0.02	2.07±0.63							1.66±0.29

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
D074	**Tomato, green** *(Lycopersicon esculentum)*	6									7.62±0.69
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6									26.35±2.20
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6									36.69±2.09
D077	**Zucchini, green** *(Cucurbita pepo)*	2								34.77	42.94
D078	**Zucchini, yellow***(Cucurbita pepo)*	2								2.62	295
E	**FRUITS**										
E001	**Apple, big** *(Malus domestica)*	6			1.21±0.17						35.81±4.13
E002	**Apple, green** *(Malus domestica)*	6			0.81±0.06						45.76±4.22
E003	**Apple, small** *(Malus domestica)*	6			0.96±0.14						34.87±2.45
E004	**Apple, small, Kashmir** *(Malus domestica)*	1			1.00						38.25
E005	**Apricot, dried** *(Prunus armeniaca)*	6			3.72±0.64						57.33±3.72
E006	**Apricot, processed** *(Prunus armeniaca)*	3			2.53±0.51						51.31±1.88
E007	**Avocado fruit** *(Persea americana)*	1			11.35						105
E008	**Bael fruit** *(Aegle marmelos)*	1			10.26						21.36
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1	0.72	0.61	0.41						10.70
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2	0.56	0.61	0.52						18.60
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1	0.63	0.56	0.64						11.10
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6	0.62±0.17	0.53±0.15	0.53±0.08						14.41±1.64
E013	**Black berry** *(Rubus fruticosus)*	5	0.56±0.05		1.44±0.35					3.11±0.43	165±6.8
E014	**Cherries, red** *(Prunus cerasus)*	4	0.07±0.01		2.61±0.20						126±2.1

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
E015	**Currants, black** *(Ribes nigrum)*	1									
E016	**Custard apple** *(Annona squamosa)*	1									
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6			0.51±0.31	0.59±0.22	1.55±0.03			2.90±0.53	0.25±0.03
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2			1.36	1.27	1.57				0.03
E019	**Dates, processed** *(Phoenix dactylifera)*	2			0.22	0.63	0.16			2.38	0.22
E020	**Fig** *(Ficus carica)*	6									
E021	**Goosberry** *(Emblica officinalis)*	5	1.34±0.18		0.47±0.10		93.12±4.37			0.66±0.07	0.20±0.01
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4			0.54±0.18	0.43±0.28				2.63±0.44	0.10±0.01
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5			1.61±0.83	2.15±0.85				2.71±0.20	0.25±0.09
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5			2.84±0.00	2.63±0.00				2.96±0.00	0.37±0.00
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5			0.63±0.00	0.84±0.00				2.57±0.00	0.14±0.00
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5			0.85±0.01	1.81±0.09				3.15±0.01	0.22±0.10
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5			0.60±0.00	0.87±0.00				2.78±0.00	0.12±0.00
E028	**Guava, white flesh** *(Psidium guajava)*	5					2.51±0.36				
E029	**Guava, pink flesh** *(Psidium guajava)*	5					5.42±0.49				
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	2.90±0.28								1.54±0.36
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2			0.06		0.39				0.02
E032	**Karonda fruit** *(Carissa carandas)*	1	0.03			0.12				0.16	
E033	**Lemon, juice** *(Citrus limon)*	6								1.61±0.22	3.04±0.58
E034	**Lime, sweet, pulp** *(Citrus limetta)*	6									

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β- D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
E015	**Currants, black** *(Ribes nigrum)*	1							0.02	3.12		4.65
E016	**Custard apple** *(Annona squamosa)*	1										
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6	0.64±0.21	1.18±0.87						0.02±0.01		
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2	0.29	0.13						0.03		
E019	**Dates, processed** *(Phoenix dactylifera)*	2		1.57								
E020	**Fig** *(Ficus carica)*	6	0.04±0.00	0.01±0.00						0.01±0.00		
E021	**Goosberry** *(Emblica officinalis)*	5	0.56±0.04	0.30±0.09		0.23±0.04			0.84±0.04	1.26±0.05	1.37±0.03	7.81±0.82
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	0.63±0.08	0.95±0.08					0.15±0.03	0.70±0.06		0.11±0.01
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	0.56±0.28	2.46±1.07					0.13±0.07	0.70±0.03		0.10±0.01
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	0.52±0.00	2.78±0.00					0.34±0.00	0.71±0.00		0.09±0.00
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	0.62±0.00	2.85±0.00					0.16±0.00	0.72±0.00		0.12±0.00
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	0.65±0.03	1.63±0.06					0.09±0.10	0.68±0.01		0.08±0.01
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	0.75±0.00	2.14±0.00					0.15±0.00	0.68±0.00		0.10±0.00
E028	**Guava, white flesh** *(Psidium guajava)*	5			3.61±0.30					1.44±0.10		
E029	**Guava, pink flesh** *(Psidium guajava)*	5			4.67±0.31					1.99±0.50		
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5	2.48±0.42	1.23±0.45								
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2	0.13									
E032	**Karonda fruit** *(Carissa carandas)*	1						1.21		1.16		
E033	**Lemon, juice** *(Citrus limon)*	6						1.59±0.11		0.07±0.01		
E034	**Lime, sweet, pulp** *(Citrus limetta)*	6	1.48±0.51	0.02±0.01						0.08±0.01		

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
E015	**Currants, black** *(Ribes nigrum)*	1		0.08	0.08							0.47
E016	**Custard apple** *(Annona squamosa)*	1										5.63
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6										
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2										
E019	**Dates, processed** *(Phoenix dactylifera)*	2										
E020	**Fig** *(Ficus carica)*	6										0.03±0.00
E021	**Goosberry** *(Emblica officinalis)*	5										
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4			0.38±0.11	0.04±0.01	0.02±0.01					7.83±0.45
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5			0.52±0.24	0.03±0.01	0.02±0.01					0.46±0.29
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5			0.57±0.00	0.06±0.00	0.03±0.00					2.68±0.00
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5			0.67±0.00	0.07±0.00	0.02±0.00					5.02±0.00
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5			0.31±0.29	0.09±0.01	0.04±0.01					0.27±0.02
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5			0.62±0.00	0.05±0.00	0.03±0.00					8.31±0.00
E028	**Guava, white flesh** *(Psidium guajava)*	5			4.57±0.55							
E029	**Guava, pink flesh** *(Psidium guajava)*	5			7.10±0.62							
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5										
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2										
E032	**Karonda fruit** *(Carissa carandas)*	1			0.46			0.99				0.12
E033	**Lemon, juice** *(Citrus limon)*	6			0.15±0.02		2.64±0.27	0.51±0.34	17.33±0.44			
E034	**Lime, sweet, pulp** *(Citrus limetta)*	6					22.17±21.06	1.64±0.17	13.45±0.56			

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
E015	**Currants, black** *(Ribes nigrum)*	1	0.48		0.70						68.29
E016	**Custard apple** *(Annona squamosa)*	1			0.58						13.91
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6						5.19±0.56			102±7.1
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2						6.06			263
E019	**Dates, processed** *(Phoenix dactylifera)*	2						2.24			16.91
E020	**Fig** *(Ficus carica)*	6			0.01±0.00						25.16±0.00
E021	**Goosberry** *(Emblica officinalis)*	5									1031±3.8
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4	0.03±0.01	3.01±0.16	11.04±1.47		0.05±0.01				144±10.0
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5	0.03±0.01	2.10±1.21	2.93±1.88		0.03±0.01				29.60±13.81
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5	0.06±0.00	0.98±0.00	7.93±0.00		0.06±0.00				14.61±0.00
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5	0.05±0.00	2.94±0.00	11.01±0.00		0.08±0.00				125±0.0
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5	0.03±0.00	2.70±0.02	3.38±2.62		0.09±0.01				33.91±2.41
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5	0.02±0.00	2.80±0.00	11.87±0.00		0.07±0.00				122±0.0
E028	**Guava, white flesh** *(Psidium guajava)*	5								0.53±0.08	96.93±3.85
E029	**Guava, pink flesh** *(Psidium guajava)*	5								1.51±0.10	321±4.8
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5									53.74±1.44
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2									68.47
E032	**Karonda fruit** *(Carissa carandas)*	1	0.03	0.11	0.19						10.65
E033	**Lemon, juice** *(Citrus limon)*	6									24.24±3.09
E034	**Lime, sweet, pulp** *(Citrus limetta)*	6									117±12.0

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

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

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

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

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
E056	**Pummelo** *(Citrus maxima)*	3									
E057	**Raisins, dried, black** *(Vitis vinifera)*	6								0.55±0.04	0.71±0.06
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6								1.66±0.13	0.48±0.13
E059	**Rambutan** *(Nephelium lappaceum)*	1	0.06			0.12				1.21	1.32
E060	**Sapota** *(Achras sapota)*	6				1.51±0.48					0.61±0.07
E061	**Soursop** ***(****Annona muricata****)***	1				0.55					0.12
E062	**Star fruit** *(Averrhoa carambola)*	1				0.49					
E063	**Strawberry** *(Fragaria ananassa)*	6						0.22±0.03		0.20±0.08	
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6									
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	0.34±0.10							1.77±0.13	0.38±0.10
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	0.34±0.11							1.53±0.14	0.33±0.07
E067	**Wood Apple** *(Limonia acidissima)*	3								0.02±0.01	1.11±0.14
E068	**Zizyphus***(Zizyphus jujube)*	1								0.04	
F	**ROOTS AND TUBERS**										
F001	**Beet root** *(Beta vulgaris)*	6				0.29±0.03				0.05±0.02	0.14±0.02
F002	**Carrot, orange** *(Dacus carota)*	6									0.73±0.12
F003	**Carrot, red** *(Dacus carota)*	4									0.89±0.11
F004	**Colocasia** *(Colocasia antiquorum)*	6					0.52±0.21			1.61±0.25	2.63±0.34
F005	**Lotus root** *(Nelumbium nelumbo)*	3								0.03±0.01	0.37±0.01
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6									2.40±0.38

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
E056	**Pummelo** *(Citrus maxima)*	3	15.68±0.00		0.82±0.00							
E057	**Raisins, dried, black** *(Vitis vinifera)*	6	7.10±1.09									6.20±0.76
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6	20.98±2.24									5.69±0.97
E059	**Rambutan** *(Nephelium lappaceum)*	1	0.56									0.12
E060	**Sapota** *(Achras sapota)*	6										
E061	**Soursop** ***(****Annona muricata****)***	1						0.16				0.66
E062	**Star fruit** *(Averrhoa carambola)*	1							0.32	0.16		
E063	**Strawberry** *(Fragaria ananassa)*	6										
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6			3.13±0.45			2.59±0.77				
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6	0.58±0.14				0.53±0.14	0.58±0.08	0.27±0.02			
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6	0.51±0.12				0.57±0.22	0.70±0.20	0.28±0.03			
E067	**Wood Apple** *(Limonia acidissima)*	3	14.71±4.19	0.32±0.04								
E068	**Zizyphus***(Zizyphus jujube)*	1		0.14				0.11		1.84		0.48
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6	0.38±0.08					0.34±0.08		0.15±0.05		
F002	**Carrot, orange** *(Dacus carota)*	6	2.66±0.41	5.35±0.58				2.66±0.25	1.49±0.22	0.54±0.09		
F003	**Carrot, red** *(Dacus carota)*	4	4.57±0.45	5.89±0.03				3.64±0.69	1.67±0.05	0.63±0.00		
F004	**Colocasia** *(Colocasia antiquorum)*	6	2.01±0.61	1.55±0.15								
F005	**Lotus root** *(Nelumbium nelumbo)*	3	0.37±0.04									
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6	2.98±0.32		2.99±0.29				0.11±0.02	0.15±0.02	6.87±0.71	

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
E056	**Pummelo** *(Citrus maxima)*	3					8.26±0.00	2.54±0.00				
E057	**Raisins, dried, black** *(Vitis vinifera)*	6						1.29±0.10		0.05±0.01	0.06±0.01	2.34±0.07
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6						1.43±0.21		0.03±0.01	0.05±0.01	1.46±0.17
E059	**Rambutan** *(Nephelium lappaceum)*	1						0.16		0.21	0.06	
E060	**Sapota** *(Achras sapota)*	6										
E061	**Soursop** ***(****Annona muricata****)***	1										
E062	**Star fruit** *(Averrhoa carambola)*	1					0.63					
E063	**Strawberry** *(Fragaria ananassa)*	6				0.36±0.03						
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6										7.88±0.97
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6										
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6										
E067	**Wood Apple** *(Limonia acidissima)*	3										
E068	**Zizyphus***(Zizyphus jujube)*	1										0.31
F	**ROOTS AND TUBERS**											
F001	**Beet root** *(Beta vulgaris)*	6										
F002	**Carrot, orange** *(Dacus carota)*	6										
F003	**Carrot, red** *(Dacus carota)*	4										
F004	**Colocasia** *(Colocasia antiquorum)*	6										
F005	**Lotus root** *(Nelumbium nelumbo)*	3										
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6			2.66±0.43							

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
E056	**Pummelo** *(Citrus maxima)*	3									25.35±0.00
E057	**Raisins, dried, black** *(Vitis vinifera)*	6			1.44±0.33						286±2.8
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6			4.10±0.55						170±5.1
E059	**Rambutan** *(Nephelium lappaceum)*	1			1.21						11.21
E060	**Sapota** *(Achras sapota)*	6			1.40±0.10						17.27±0.97
E061	**Soursop** ***(****Annona muricata****)***	1	1.01	0.16	0.21						16.54
E062	**Star fruit** *(Averrhoa carambola)*	1	1.21		0.99						21.69
E063	**Strawberry** *(Fragaria ananassa)*	6	0.05±0.02		6.42±0.15		0.03±0.01				135±17.1
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6			4.00±0.68						183±3.2
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6									5.89±0.40
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6									5.78±0.33
E067	**Wood Apple** *(Limonia acidissima)*	3									411±5.4
E068	**Zizyphus***(Zizyphus jujube)*	1			2.89						131
F	**ROOTS AND TUBERS**										
F001	**Beet root** *(Beta vulgaris)*	6									57.56±1.74
F002	**Carrot, orange** *(Dacus carota)*	6									49.44±2.56
F003	**Carrot, red** *(Dacus carota)*	4									50.69±0.37
F004	**Colocasia** *(Colocasia antiquorum)*	6									59.20±1.25
F005	**Lotus root** *(Nelumbium nelumbo)*	3									
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6									24.61±1.89

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1									4.12
F008	**Potato, red skin** *(Solanum tuberosum)*	1									4.18
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3					0.05±0.01			4.27±1.30	2.17±0.85
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6					0.03±0.01			4.39±0.60	2.46±0.33
F011	**Radish, round, red skin** *(Raphanus sativus)*	1					0.07			4.71	1.69
F012	**Radish, round, white skin** *(Raphanus sativus)*	2					0.06			4.26	2.01
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4			0.37±0.04						0.08±0.02
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3			0.52±0.10						0.09±0.01
F015	**Tapioca** *(Manihot esculenta)*	3								0.04±0.02	0.32±0.01
F016	**Water Chestnut** *(Eleocharis dulcis)*	1									
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6				0.06±0.01					
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4				0.13±0.01					
F019	**Yam, wild** *(Dioscorea versicolor)*	2				0.13					
G	**CONDIMENTS AND SPICES-FRESH**										
G001	**Chillies, green-1** *(Capsicum annum)*	5					0.07±0.03			0.65±0.16	3.20±0.66
G002	**Chillies, green-2** *(Capsicum annum)*	3					0.08±0.01			0.09±0.01	2.46±1.02
G003	**Chillies, green-3** *(Capsicum annum)*	5					0.10±0.02			0.23±0.11	3.10±1.16
G004	**Chillies, green-4** *(Capsicum annum)*	3					0.09±0.02			0.15±0.09	2.59±0.41
G005	**Chillies, green-5** *(Capsicum annum)*	2					0.08±0.03			0.49±0.07	3.84±0.95

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1	3.74		2.97				0.12	0.22	6.47	
F008	**Potato, red skin** *(Solanum tuberosum)*	1	2.63		2.18				0.15	0.12	6.01	
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3	1.79±0.05						0.56±0.03			
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6	1.74±0.43						0.59±0.07			
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	1.68						0.61			
F012	**Radish, round, white skin** *(Raphanus sativus)*	2	1.46						0.52			
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4	1.75±0.29	0.11±0.02	1.36±0.13			0.02±0.01	0.03±0.01	0.01±0.01		
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3	2.51±0.53	0.14±0.02	1.79±0.57			0.05±0.01	0.04±0.02	0.04±0.01		
F015	**Tapioca** *(Manihot esculenta)*	3	0.32±0.17									
F016	**Water Chestnut** *(Eleocharis dulcis)*	1										
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6							0.26±0.06			
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4							0.48±0.02			
F019	**Yam, wild** *(Dioscorea versicolor)*	2							0.53			
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5			5.81±1.52		11.01±1.58					
G002	**Chillies, green-2** *(Capsicum annum)*	3			2.69±0.19		15.91±1.48					
G003	**Chillies, green-3** *(Capsicum annum)*	5			3.12±0.58		11.65±2.24					
G004	**Chillies, green-4** *(Capsicum annum)*	3			4.50±3.42		5.11±1.62					
G005	**Chillies, green-5** *(Capsicum annum)*	2			5.85±2.16		9.77±1.92					

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1			2.84							
F008	**Potato, red skin** *(Solanum tuberosum)*	1			2.84							
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3										
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6										
F011	**Radish, round, red skin** *(Raphanus sativus)*	1										
F012	**Radish, round, white skin** *(Raphanus sativus)*	2										
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4			0.03±0.01							
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3			0.06±0.02							
F015	**Tapioca** *(Manihot esculenta)*	3										
F016	**Water Chestnut** *(Eleocharis dulcis)*	1										
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6										
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4										
F019	**Yam, wild** *(Dioscorea versicolor)*	2										
G	**CONDIMENTS AND SPICES-FRESH**											
G001	**Chillies, green-1** *(Capsicum annum)*	5										
G002	**Chillies, green-2** *(Capsicum annum)*	3										
G003	**Chillies, green-3** *(Capsicum annum)*	5										
G004	**Chillies, green-4** *(Capsicum annum)*	3										
G005	**Chillies, green-5** *(Capsicum annum)*	2										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1									27.36
F008	**Potato, red skin** *(Solanum tuberosum)*	1									20.35
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3						0.03±0.01	0.14±0.01		49.75±4.86
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6						0.03±0.01	0.12±0.02		46.74±3.58
F011	**Radish, round, red skin** *(Raphanus sativus)*	1						0.02	0.14		44.93
F012	**Radish, round, white skin** *(Raphanus sativus)*	2						0.04	0.16		46.39
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4									6.89±1.65
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3									11.74±0.97
F015	**Tapioca** *(Manihot esculenta)*	3									11.43±1.22
F016	**Water Chestnut** *(Eleocharis dulcis)*	1									
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6									56.27±5.08
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4									46.30±1.98
F019	**Yam, wild** *(Dioscorea versicolor)*	2									50.58
G	**CONDIMENTS AND SPICES-FRESH**										
G001	**Chillies, green-1** *(Capsicum annum)*	5									56.58±3.37
G002	**Chillies, green-2** *(Capsicum annum)*	3									55.69±7.63
G003	**Chillies, green-3** *(Capsicum annum)*	5									56.27±4.45
G004	**Chillies, green-4** *(Capsicum annum)*	3									53.86±4.73
G005	**Chillies, green-5** *(Capsicum annum)*	2									56.50±1.82

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

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

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
G006	**Chillies, green-6** *(Capsicum annum)*	1										
G007	**Chillies, green-7** *(Capsicum annum)*	1										
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6										
G009	**Coriander leaves** *(Coriandrum sativum)*	6										
G010	**Curry leaves** *(Murraya koenigii)*	6			1.55±0.27							
G011	**Garlic, big clove** *(Allium sativum)*	6			1.83±0.51					0.04±0.01	0.04±0.01	
G012	**Garlic, small clove** *(Allium sativum)*	3			1.61±0.12					0.01±0.01	0.02±0.02	
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1			1.87					0.03	0.04	
G014	**Ginger, fresh** *(Zinziber officinale)*	6										
G015	**Mango ginger** *(Curcuma amada)*	3										
G016	**Mint leaves** *(Mentha spicata)*	4										
G017	**Onion, big** *(Allium cepa)*	6		7.24±0.73	0.08±0.01							
G018	**Onion, small** *(Allium cepa)*	5		5.73±0.46	0.03±0.01							
G	**CONDIMENTS AND SPICES-DRY**											
G019	**Asafoetida** *(Ferula assa-foetida)*	6										
G020	**Cardamom, green** *(Elettaria cardamomum)*	6		1.52±0.19								0.88±0.05
G021	**Cardamom, black** *(Elettaria cardamomum)*	4		1.92±0.07								2.50±0.25
G022	**Chillies, red** *(Capsicum annum)*	6										
G023	**Cloves** *(Syzygium aromaticum)*	6										
G024	**Coriander seeds** *(Coriandrum sativum)*	6										
G025	**Cumin seeds** *(Cuminum cyminum)*	6										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
G006	**Chillies, green-6** *(Capsicum annum)*	1									54.38
G007	**Chillies, green-7** *(Capsicum annum)*	1									53.20
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6									55.66±4.56
G009	**Coriander leaves** *(Coriandrum sativum)*	6									60.28±3.95
G010	**Curry leaves** *(Murraya koenigii)*	6									153±1.2
G011	**Garlic, big clove** *(Allium sativum)*	6									95.26±4.55
G012	**Garlic, small clove** *(Allium sativum)*	3									96.42±7.01
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1									99.22
G014	**Ginger, fresh** *(Zinziber officinale)*	6									225±8.1
G015	**Mango ginger** *(Curcuma amada)*	3									23.61±1.60
G016	**Mint leaves** *(Mentha spicata)*	4									79.99±9.66
G017	**Onion, big** *(Allium cepa)*	6									35.12±3.56
G018	**Onion, small** *(Allium cepa)*	5									18.91±3.97
G	**CONDIMENTS AND SPICES-DRY**										
G019	**Asafoetida** *(Ferula assa-foetida)*	6							0.56±0.09		45.23±2.90
G020	**Cardamom, green** *(Elettaria cardamomum)*	6			0.79±0.03						117±1.7
G021	**Cardamom, black** *(Elettaria cardamomum)*	4			1.72±0.26						134±6.9
G022	**Chillies, red** *(Capsicum annum)*	6									211±5.7
G023	**Cloves** *(Syzygium aromaticum)*	6						2.03±0.53			2546±4.8
G024	**Coriander seeds** *(Coriandrum sativum)*	6									79.69±2.44
G025	**Cumin seeds** *(Cuminum cyminum)*	6									165±4.4

Food code	Food Name	No. of Regions	3,4-Dihydroxy benzoic acid	3-Hydroxy benzaldehyde	Protocatechuic acid	Vanillic acid	Gallic acid	Cinamic acid	*O*-Coumaric acid	*P*-Coumaric acid	Caffeic acid
			← mg →								
			GALLAC								
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6									0.05±0.02
G027	**Mace** *(Myristica fragrans)*	6	0.11±0.02		0.65±0.06	1.52±0.27				1.52±0.27	0.85±0.10
G028	**Nutmeg** *(Myristica fragrans)*	6			0.05±0.01	0.35±0.16				0.07±0.01	16.04±0.82
G029	**Omum** *(Trachyspermum ammi)*	6			2.02±0.74	0.05±0.01				0.07±0.02	1.91±0.69
G030	**Pippali** *(Piper longum)*	6			6.56±1.17						
G031	**Pepper, black** *(Piper nigrum)*	6				4.39±0.68				0.23±0.05	
G032	**Poppy seeds** *(Papaver somniferum)*	6	0.40±0.03		0.36±0.04					0.17±0.03	
G033	**Turmeric powder** *(Curcuma domestica)*	6								1.62±0.57	0.02±0.01
H	**NUTS AND OIL SEEDS**										
H001	**Almond** *(Prunus amygdalus)*	6			0.43±0.14	0.36±0.02					
H002	**Arecanut, dried, brown** *(Areca catechu)*	6			0.86±0.05		0.04±0.01				
H003	**Arecanut, dried, red color** *(Areca catechu)*	3			0.43±0.18		0.09±0.04				
H004	**Arecanut, fresh** *(Areca catechu)*	2			1.04		0.05				
H005	**Cashew nut** *(Anacardium occidentale)*	6									
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	1.80±0.24				0.77±0.15			0.43±0.06	0.04±0.01
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	0.31±0.04				0.18±0.04			0.26±0.06	0.02±0.01
H008	**Garden cress, seeds** *(Lepidium sativum)*	5								0.09±0.01	0.08±0.02
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6			0.14±0.01	1.45±0.23					
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4			0.24±0.04	0.41±0.04					
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5			0.13±0.02	1.54±0.25					

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-glucoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			mg									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	1.44±0.19	1.73±0.51								2.67±0.28
G027	**Mace** *(Myristica fragrans)*	6										
G028	**Nutmeg** *(Myristica fragrans)*	6						4.96±0.39		2.83±0.40		4.19±0.63
G029	**Omum** *(Trachyspermum ammi)*	6	48.23±4.77							0.05±0.01		3.01±0.34
G030	**Pippali** *(Piper longum)*	6										32.83±1.78
G031	**Pepper, black** *(Piper nigrum)*	6	2.96±0.56									
G032	**Poppy seeds** *(Papaver somniferum)*	6								0.04±0.01		0.73±0.08
G033	**Turmeric powder** *(Curcuma domestica)*	6								2.85±0.79		
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6							3.61±0.26		0.08±0.01	0.64±0.04
H002	**Arecanut, dried, brown** *(Areca catechu)*	6										0.49±0.23
H003	**Arecanut, dried, red color** *(Areca catechu)*	3										0.97±0.65
H004	**Arecanut, fresh** *(Areca catechu)*	2										0.46
H005	**Cashew nut** *(Anacardium occidentale)*	6								0.03±0.01		
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6	2.94±0.60	0.03±0.01							1.14±0.06	
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6	0.45±0.06	0.02±0.01							0.59±0.12	
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	0.65±0.14	0.05±0.02					1.21±0.38			
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	0.06±0.01	0.14±0.01								
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	0.23±0.03	0.08±0.01								
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	0.07±0.01	0.13±0.02								

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6								0.03±0.01	0.02±0.01	
G027	**Mace** *(Myristica fragrans)*	6										
G028	**Nutmeg** *(Myristica fragrans)*	6										
G029	**Omum** *(Trachyspermum ammi)*	6										
G030	**Pippali** *(Piper longum)*	6										
G031	**Pepper, black** *(Piper nigrum)*	6										
G032	**Poppy seeds** *(Papaver somniferum)*	6										
G033	**Turmeric powder** *(Curcuma domestica)*	6			4.12±0.60							
H	**NUTS AND OIL SEEDS**											
H001	**Almond** *(Prunus amygdalus)*	6	0.84±0.03	0.51±0.11				0.07±0.01			0.03±0.01	
H002	**Arecanut, dried, brown** *(Areca catechu)*	6										
H003	**Arecanut, dried, red color** *(Areca catechu)*	3										
H004	**Arecanut, fresh** *(Areca catechu)*	2										
H005	**Cashew nut** *(Anacardium occidentale)*	6									0.03±0.01	2.43±0.18
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6										
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6										
H008	**Garden cress, seeds** *(Lepidium sativum)*	5		9.82±1.86								
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6										
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4										
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6									94.73±3.32
G027	**Mace** *(Myristica fragrans)*	6						0.25±0.04	0.43±0.10		782±5.2
G028	**Nutmeg** *(Myristica fragrans)*	6						10.97±2.19			645±3.9
G029	**Omum** *(Trachyspermum ammi)*	6									129±5.5
G030	**Pippali** *(Piper longum)*	6									194±4.0
G031	**Pepper, black** *(Piper nigrum)*	6									254±3.9
G032	**Poppy seeds** *(Papaver somniferum)*	6									221±5.9
G033	**Turmeric powder** *(Curcuma domestica)*	6									988±6.8
H	**NUTS AND OIL SEEDS**										
H001	**Almond** *(Prunus amygdalus)*	6		2.52±0.11	1.24±0.25	0.55±0.04					84.94±1.88
H002	**Arecanut, dried, brown** *(Areca catechu)*	6			8.96±0.69						2986±2.5
H003	**Arecanut, dried, red color** *(Areca catechu)*	3			2.10±0.36						2770±7.3
H004	**Arecanut, fresh** *(Areca catechu)*	2			8.70						2563
H005	**Cashew nut** *(Anacardium occidentale)*	6	0.94±0.10	0.42±0.08	1.55±0.35						32.86±1.76
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6									72.17±3.90
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6									35.22±3.14
H008	**Garden cress, seeds** *(Lepidium sativum)*	5									115±9.1
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6									153±1.5
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4									102±1.6
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5									23.00±1.29

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

Food code	Food Name	No. of Regions	Chlorogenic acid	Ferulic acid	Apigenin	Apigenin-6-C-gluoside	Apigenin-7-*O*-neohesperidoside	Luteolin	Kaempferol	Quercetin	Quercetin-3-β-D-glucoside	Quercetin-3-*O*-rutinoside
			← mg →									
			CHLRAC	FERAC	APIGEN			LUTEOL	KAEMF	QUERCE		
H012	**Ground nut** *(Arachis hypogea)*	6	2.89±0.82		2.64±0.19				0.05±0.01			
H013	**Mustard seeds** *(Brassica juncea)*	6	1.77±0.42				1.04±0.15				4.51±0.89	
H014	**Linseeds** *(Linum usitatissimum)*	6	1.44±0.19	1.44±0.12								
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	6.49±0.33	0.55±0.03								
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	5.40±0.45	0.30±0.06								
H017	**Pine seed** *(Pinus gerardiana)*	5	0.33±0.06									
H018	**Pistachio nuts** *(Pistacla vera)*	6						1.46±0.11		0.43±0.28		0.03±0.01
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	0.03±0.01	0.14±0.01				0.17±0.04	0.17±0.03			
H020	**Sunflower seeds** *(Helianthus annuus)*	5	8.29±1.69	3.81±0.87								
H021	**Walnut** *(Juglans regia)*	6										
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6	0.49±0.26				7.76±0.93		0.18±0.02			
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6		0.31±0.08								
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1										
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1										
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1										
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1										

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
H012	**Ground nut** *(Arachis hypogea)*	6		1.35±0.43								
H013	**Mustard seeds** *(Brassica juncea)*	6			8.08±0.33							
H014	**Linseeds** *(Linum usitatissimum)*	6				1.82±0.61						
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4										
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5										
H017	**Pine seed** *(Pinus gerardiana)*	5										
H018	**Pistachio nuts** *(Pistacla vera)*	6				0.14±0.07				0.09±0.02	0.59±0.02	1.78±0.30
H019	**Safflower seeds** *(Carthamus tinctorius)*	5		0.27±0.02								
H020	**Sunflower seeds** *(Helianthus annuus)*	5										
H021	**Walnut** *(Juglans regia)*	6										
I	**SUGARS**											
I001	**Jaggery, cane** *(Saccharum officinarum)*	6										
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6										
J	**MUSHROOMS**											
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1										
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1										
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1										
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
H012	**Ground nut** *(Arachis hypogea)*	6									127±10.6
H013	**Mustard seeds** *(Brassica juncea)*	6									48.81±6.17
H014	**Linseeds** *(Linum usitatissimum)*	6									31.60±13.38
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4									539±3.8
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5									359±6.9
H017	**Pine seed** *(Pinus gerardiana)*	5	0.28±0.04								59.85±4.92
H018	**Pistachio nuts** *(Pistacla vera)*	6		2.99±0.30	0.69±0.30						132±6.4
H019	**Safflower seeds** *(Carthamus tinctorius)*	5									22.09±1.13
H020	**Sunflower seeds** *(Helianthus annuus)*	5									289±6.8
H021	**Walnut** *(Juglans regia)*	6								1.23±0.30	216±1.2
I	**SUGARS**										
I001	**Jaggery, cane** *(Saccharum officinarum)*	6						0.06±0.01			127±5.1
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6									5.25±1.27
J	**MUSHROOMS**										
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1									
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1									
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1									
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1									

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

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

Food code	Food Name	No. of Regions	Quercetin-3-β-galactoside	Isoramnetin	Myricetin	Resvertrol	Hesperetin	Naringenin	Hesperdin	Daidzein	Genistein	(-)-Epicatechin
			← mg →									
							HESPT		HESPD	DAIDZN	GNSTEIN	EPICATEC
K	**MISCELLANEOUS FOODS**											
K001	Toddy	10										
K002	Coconut Water	6										
L	**MILK AND MILK PRODUCTS**											
L001	Milk, whole, Buffalo	6										
L002	Milk, whole, Cow	6										
L003	Panner	6										
L004	Khoa	6										

Food code	Food Name	No. of Regions	(-)- Epigallo catechin	(-)- Epigallo catechin 3-gallate	(+)-Catechin	(-) Gallocatechin gallate	(-) Gallo catechin	Syringic acid	Sinapinic acid	Ellagic acid	Total polyphenols
			← mg →								
			EPICATEGC								
K	**MISCELLANEOUS FOODS**										
K001	Toddy	10			0.03±0.01						113±1.4
K002	Coconut Water	6									19.76±3.14
L	**MILK AND MILK PRODUCTS**										
L001	Milk, whole, Buffalo	6									
L002	Milk, whole, Cow	6									
L003	Panner	6									
L004	Khoa	6									

Table 11

OLIGOSACCHARIDES
PHYTOSTEROLS
PHYTATES
AND
SAPONINS



Table 11. OLIGOSACCHARIDES, PHYTOSTEROLS, PHYTATES AND SAPONINS

(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	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
A	**CEREALS AND MILLETS**										
A001	**Amaranth seed, black** *(Amaranthus cruentus)*	1					1.75	8.24	61.36	393	1.42
A002	**Amaranth seed, pale brown** *(Amaranthus cruentus)*	6					1.58±0.15	8.51±0.37	60.15±1.49	341±13.9	1.28±0.21
A003	**Bajra** *(Pennisetum typhoideum)*	6	0.08±0.039	0.01±0.004			15.84±1.36	4.97±0.25	75.87±2.25	485±12.1	
A004	**Barley** *(Hordeum vulgare)*	6	0.06±0.013	0.01±0.002			6.16±0.03	1.17±0.10	42.83±0.84	386±18.2	
A005	**Jowar** *(Sorghum vulgare)*	6	0.02±0.005	0.01±0.004			21.59±0.72	5.31±0.18	38.27±1.04	549±27.2	
A006	**Maize, dry** *(Zea mays)*	6					12.49±0.24	4.22±0.18	87.70±2.61	646±19.4	
A007	**Maize, tender, local** *(Zea mays)*	6					5.78±0.14	2.91±0.05	43.81±0.99	148±8.1	
A008	**Maize, tender, sweet** *(Zea mays)*	4					5.63±0.06	2.63±0.06	41.71±0.52	221±17.1	
A009	**Quinoa** *(Chenopodium quinoa)*	1					0.91	1.89	46.10	120	
A010	**Ragi** *(Eleusine coracana)*	5	0.02±0.006				5.67±0.15	2.55±0.03	57.36±1.80	306±6.9	
A011	**Rice flakes** *(Oryza sativa)*	6					3.48±0.32	2.15±0.05	21.26±0.88	474±21.1	
A012	**Rice puffed** *(Oryza sativa)*	6					2.72±0.07	1.52±0.07	16.61±0.85	115±12.3	
A013	**Rice, raw, brown** *(Oryza sativa)*	6	0.08±0.058				3.22±0.03	1.73±0.04	17.21±0.79	742±14.5	
A014	**Rice, parboiled, milled** *(Oryza sativa)*	6	0.08±0.016				2.83±0.06	1.85±0.06	20.68±0.77	274±10.6	
A015	**Rice, raw, milled** *(Oryza sativa)*	6					2.68±0.16	1.75±0.14	21.86±0.71	266±9.6	
A016	**Samai** *(Panicum miliare)*	6	0.01±0.000				10.70±0.23	3.07±0.07	73.44±2.02	265±20.1	0.44±0.04
A017	**Varagu** *(Setaria italica)*	5	0.02±0.027				3.08±0.02	4.40±0.13	37.03±1.56	452±6.5	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
A018	**Wheat flour, refined** *(Triticum aestivum)*	6	0.35±0.016				3.77±0.12	0.53±0.03	25.63±0.90	123±16.0	
A019	**Wheat flour, atta** *(Triticum aestivum)*	6	0.47±0.100	0.04±0.005			6.21±0.20	0.77±0.03	36.60±2.69	632±15.9	
A020	**Wheat, whole** *(Triticum aestivum)*	6	0.47±0.171	0.05±0.030			9.73±0.15	1.42±0.12	55.25±2.06	638±29.2	
A021	**Wheat, bulgur** *(Triticum aestivum)*	6	0.35±0.062				4.14±0.02	0.75±0.03	25.41±0.18	679±14.9	
A022	**Wheat, semolina** *(Triticum aestivum)*	6	0.47±0.194	0.05±0.003			10.36±0.26	1.36±0.04	54.28±2.53	549±11.7	
A023	**Wheat, vermicelli** *(Triticum aestivum)*	6					2.80±0.08	0.40±0.02	22.37±0.28	168±14.6	
A024	**Wheat, vermicelli, roasted** *(Triticum aestivum)*	6					3.23±0.02	0.47±0.01	25.58±0.15	165±12.9	
B	**GRAIN LEGUMES**										
B001	**Bengal gram, dal** *(Cicer arietinum)*	6	0.23±0.048	0.61±0.153			8.03±0.59	3.61±0.16	90.28±2.92	450±23.2	1.10±0.16
B002	**Bengal gram, whole** *(Cicer arietinum)*	6	0.23±0.059	0.58±0.131			7.10±0.68	6.26±0.60	85.27±1.44	578±11.2	1.70±0.20
B003	**Black gram, dal** *(Phaseolus mungo)*	6	0.03±0.013	0.17±0.053	1.13±0.158	0.06±0.030	3.45±0.33	11.21±0.45	42.37±2.23	579±11.8	1.20±0.05
B004	**Black gram, whole** *(Phaseolus mungo)*	6	0.02±0.009	0.17±0.054	1.00±0.125	0.04±0.022	3.08±0.11	13.39±0.63	41.57±0.73	679±12.4	1.82±0.15
B005	**Cowpea, brown** *(Vigna catjang)*	6	0.14±0.011	1.24±0.075	0.01±0.000		6.56±0.08	32.19±1.27	62.19±1.80	550±8.7	2.99±0.15
B006	**Cowpea, white** *(Vigna catjang)*	1	0.12	1.13	0.01		6.86	32.64	65.43	573	2.98
B007	**Field bean, black** *(Phaseolus vulgaris)*	1	0.12	0.38	0.01		2.51	42.15	51.63	759	1.63
B008	**Field bean, brown** *(Phaseolus vulgaris)*	1	0.16	0.31	0.01		2.80	46.17	51.14	773	1.71
B009	**Field bean, white** *(Phaseolus vulgaris)*	5	0.13±0.015	0.33±0.046	0.01±0.001		2.47±0.18	43.19±2.38	53.83±1.78	791±15.8	1.75±0.18
B010	**Green gram, dal** *(Phaseolus aureus)*	6	0.07±0.014	0.32±0.057	0.90±0.121	0.02±0.019	3.29±0.22	12.19±0.37	55.33±1.51	170±15.0	1.08±0.08

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
B011	**Green gram, whole** (*Phaseolus aureus)*	6	0.11±0.053	0.30±0.076	1.57±0.308	0.03±0.018	3.03±0.11	12.38±0.97	51.77±0.25	375±12.3	1.28±0.07
B012	**Horse gram, whole** *(Dolicus biflorus)*	6	0.04±0.015	1.59±0.235			3.41±0.30	11.57±0.29	47.56±1.15	339±31.3	2.30±0.44
B013	**Lentil dal** *(Lens culinaris)*	6	0.07±0.015	0.57±0.066	0.08±0.018		5.74±0.18	3.32±0.16	75.75±4.23	218±6.2	1.63±0.14
B014	**Lentil whole, brown** *(Lens culinaris)*	6	0.21±0.031	0.92±0.099	0.02±0.009		4.66±0.13	4.94±0.04	74.08±0.96	564±16.4	1.95±0.24
B015	**Lentil whole, yellowish** *(Lens culinaris)*	2	0.24	0.96	0.04		4.47	4.96	73.59	585	0.89
B016	**Moth bean** *(Vigna aconitifolia)*	6	0.18±0.007	1.62±0.061	0.02±0.002		10.40±0.29	27.32±1.35	93.84±1.32	609±9.3	3.12±0.20
B017	**Peas, dry** *(Pisum sativum)*	6	0.10±0.017	0.61±0.082	0.17±0.060		6.13±0.11	2.91±0.09	84.85±1.82	413±17.8	1.40±0.20
B018	**Rajmah, black** *(Phaseolus vulgaris)*	2	0.10	1.44	0.02		2.59	16.50	63.20	470	2.30
B019	**Rajmah, brown** *(Phaseolus vulgaris)*	6	0.05±0.019	1.41±0.312	0.02±0.008		2.50±0.13	16.44±0.26	64.18±2.25	481±12.0	2.85±0.65
B020	**Rajmah, red** *(Phaseolus vulgaris)*	3	0.07±0.040	1.42±0.565	0.03±0.010		2.60±0.20	16.23±0.15	64.67±2.18	465±19.0	2.79±0.40
B021	**Red gram, dal** *(Cajanus cajan)*	6	0.33±0.052	0.81±0.120	0.67±0.139		7.39±0.25	9.46±0.74	68.59±1.39	277±23.4	1.56±0.19
B022	**Red gram, whole** *(Cajanus cajan)*	6	0.24±0.072	0.64±0.174	0.61±0.142		6.60±0.22	10.49±0.74	69.10±1.35	604±10.8	1.89±0.09
B023	**Ricebean** (*Vigna umbellata*)	1	0.05	5.00			0.85	3.13	25.45	486	
B024	**Soya bean, brown** *(Glycine max)*	6	0.33±0.087	2.01±0.456	0.04±0.016		14.48±0.38	10.38±0.26	88.47±1.53	443±24.6	7.39±0.85
B025	**Soya bean, white** *(Glycine max)*	1	0.31	1.81	0.05		14.40	10.40	88.09	460	7.51
C	**GREEN LEAFY VEGETABLES**										
C001	**Agathi leaves** *(Sesbania grandiflora)*	1					4.42	1.37	5.94	63.33	0.69
C002	**Amaranth leaves, green** *(Amaranthus gangeticus)*	6					1.07±0.02	2.69±0.09	16.76±1.29	5.42±0.25	
C003	**Amaranth leaves, red** *(Amaranthus gangeticus)*	1					1.08	2.85	16.34	4.90	

Table 11. Oligosaccharides, Phytosterols, Phytates & Saponins

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
C004	**Amaranth leaves, red and green mix** *(Amaranthus gangeticus)*	4					1.06±0.02	2.71±0.14	16.91±1.45	4.89±1.20	
C005	**Amaranth spinosus, leaves, green** *(Amaranthus spinosus)*	4					0.72±0.01	5.71±0.17	33.33±2.14	7.40±0.68	
C006	**Amaranth spinosus, leaves, red and green mix** *(Amaranthus spinosus)*	2					0.77	5.54	32.38	7.15	
C007	**Basella leaves** *(Basella alba)*	2					1.17	2.25	9.91	49.57	0.06
C008	**Bathua leaves** *(Chenopodium album)*	2					0.57	3.01	8.99	18.48	0.63
C009	**Beet greens** *(Beta vulgaris)*	6					0.86±0.00	3.21±0.00	15.56±0.00	19.01±2.53	0.43±0.00
C010	**Betel leaves, big (kolkata)** *(Piper betle)*	6	0.01±0.000				4.09±0.02	3.53±0.05	32.83±0.21	57.98±14.04	0.42±0.03
C011	**Betel leaves, small** *(Piper betle)*	4	0.01±0.000				3.86±0.03	3.39±0.06	31.61±0.36	45.34±13.15	0.40±0.02
C012	**Brussels sprouts** *(Brassica oleracea* var. *gemmifera)*	1					4.01	0.93	38.20	18.32	0.25
C013	**Cabbage, Chinese** *(Brassica rupa)*	1					2.06	0.13	17.27	16.85	
C014	**Cabbage, collard greens** *(Brassica oleracea* var. *viridis)*	1	0.06				2.55	0.28	16.43	12.08	
C015	**Cabbage, green** *(Brassica oleracea* var. *capitata* f. *alba)*	6					2.46±0.04	0.27±0.03	16.10±1.16	11.77±0.14	
C016	**Cabbage, violet** *(Brassica oleracea* var. *capitata* f. *rubra)*	2					2.54	0.25	15.80	12.81	
C017	**Cauliflower leaves** *(Brassica oleracea* var. *botrytis)*	6	0.04±0.004				1.96±0.02	0.44±0.03	15.55±0.51	13.60±0.13	
C018	**Colocasia leaves, green** *(Colocasia anti-quorum)*	6					3.66±0.12	10.50±0.29	23.67±0.26	14.41±0.42	0.39±0.05
C019	**Drumstick leaves** *(Moringa oleifera)*	3	0.01±0.010	0.03±0.013			4.27±0.14	2.02±0.03	28.92±1.03	128±9.0	0.48±0.05
C020	**Fenugreek leaves** *(Trigonella foenum graecum)*	5	0.03±0.021				1.39±0.03	2.37±0.14	28.31±0.78	18.67±0.41	
C021	**Garden cress** *(Lepidium sativum)*	2					1.77	12.14	13.48	16.64	0.62

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
C022	**Gogu leaves, green** *(Hibiscus cannabinus)*	4					4.55±0.25	6.25±0.43	72.17±1.15	48.43±0.66	
C023	**Gogu leaves, red** *(Hibiscus cannabinus)*	1					4.04	5.94	75.89	43.17	
C024	**Knol-Khol, leaves** *(Brassica oleracea* var. *gongylodes)*	2					3.90	0.29	23.38	47.33	0.88
C025	**Lettuce** *(Lactuca sativa)*	3					0.42±0.01	1.73±0.04	6.39±0.17	42.28±7.52	0.11±0.05
C026	**Mustard leaves** *(Brassica juncea)*	3	0.01±0.008	0.01±0.00	0.01±0.004		2.05±0.06	0.57±0.04	16.16±0.28	34.69±2.32	0.48±0.15
C027	**Pak Choi leaves** *(Brassica rapa* var. *Chinensis)*	1					2.02	0.93	14.35	18.05	
C028	**Parsley** *(Petroselinum crispum)*	3					2.08±0.04	16.48±0.38	13.64±0.26	54.32±0.54	1.03±0.08
C029	**Ponnaganni** *(Alternanthera sessilis)*	2					1.07	6.11	24.72	32.02	0.88
C030	**Pumpkin leaves, tender** *(Cucurbita maxima)*	6	0.03±0.009				0.33±0.02	2.52±0.08	18.32±0.77	38.27±1.20	
C031	**Radish leaves** *(Raphanus sativus)*	6					2.15±0.03	0.94±0.03	17.44±0.41	56.23±10.05	0.08±0.02
C032	**Rumex leaves** *(Rumex patientia)*	2					0.13	7.47	3.81	30.07	0.31
C033	**Spinach** *(Spinacia oleracea)*	6					0.77±0.03	5.44±0.13	17.39±0.14	12.01±0.34	
C034	**Tamarind leaves, tende**r (*Tamarindus indica)*	3					4.81±0.10	0.64±0.12	46.05±3.16	33.87±0.12	
D	**OTHER VEGETABLES**										
D001	**Ash gourd** *(Benincasa hispida)*	6					0.16±0.01	0.45±0.02	2.38±0.13	14.60±0.32	
D002	**Bamboo shoot, tender** *(Bambusa vulgaris)*	1		0.01	0.01		2.44	1.27	15.49	19.78	0.05
D003	**Bean scarlet, tender** *(Phaseolus coccineus)*	5					1.64±0.38	5.90±0.73	19.20±1.45	17.33±2.13	0.17±0.00
D004	**Bitter gourd, jagged, teeth ridges, elongate** *(Momordica charantia)*	6					0.45±0.03	1.62±0.27	11.88±0.75	13.84±1.43	

Table 11. Oligosaccharides, Phytosterols, Phytates & Saponins

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D005	**Bitter gourd, jagged, teeth ridges, short** *(Momordica charantia)*	4					0.45±0.02	1.71±0.30	12.26±1.18	14.39±1.16	
D006	**Bitter gourd, jagged, smooth ridges, elongate** *(Momordica charantia)*	1					0.43	1.39	12.24	12.68	
D007	**Bottle gourd, elongate, pale green** *(Lagenaria vulgaris)*	6					0.22±0.01	0.92±0.06	6.40±0.10	10.64±0.73	
D008	**Bottle gourd, round, pale green** *(Lagenaria vulgaris)*	5					0.21±0.01	1.00±0.06	6.02±0.20	11.83±0.27	
D009	**Bottle gourd, elongate, dark green** *(Lagenaria vulgaris)*	1					0.25	1.08	6.61	10.86	
D010	**Brinjal-1** *(Solanum melongena)*	1					0.68	1.60	8.44	14.63	
D011	**Brinjal-2** *(Solanum melongena)*	1					0.74	1.96	7.01	15.46	
D012	**Brinjal-3** *(Solanum melongena)*	2					0.78	1.30	7.97	12.79	
D013	**Brinjal-4** *(Solanum melongena)*	4					0.73±0.05	1.52±0.19	7.82±0.26	14.43±1.44	
D014	**Brinjal-5** *(Solanum melongena)*	3					0.69±0.04	1.71±0.23	7.85±0.66	12.55±4.14	
D015	**Brinjal-6** *(Solanum melongena)*	2					0.73	1.83	7.13	9.51	
D016	**Brinjal-7** *(Solanum melongena)*	1					0.76	1.65	8.13	18.39	
D017	**Brinjal-8** *(Solanum melongena)*	3					0.72±0.05	1.73±0.09	8.42±0.32	11.29±5.13	
D018	**Brinjal-9** *(Solanum melongena)*	2					0.69	1.51	8.57	11.49	
D019	**Brinjal-10** *(Solanum melongena)*	2					0.71	1.78	7.86	15.03	
D020	**Brinjal-11** *(Solanum melongena)*	6					0.70±0.05	1.60±0.21	8.24±0.38	13.32±3.27	
D021	**Brinjal-12** *(Solanum melongena)*	2					0.68	1.66	8.01	13.41	
D022	**Brinjal-13** *(Solanum melongena)*	1					0.76	1.80	8.10	7.00	
D023	**Brinjal-14** *(Solanum melongena)*	3					0.68±0.02	1.68±0.09	7.83±0.18	15.75±1.44	
D024	**Brinjal-15** *(Solanum melongena)*	4					0.72±0.06	1.58±0.28	8.59±0.23	11.01±3.09	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D025	**Brinjal-16** *(Solanum melongena)*	1					0.66	1.58	8.13	5.82	
D026	**Brinjal-17** *(Solanum melongena)*	1					0.75	1.81	7.08	15.41	
D027	**Brinjal-18** *(Solanum melongena)*	3					0.71±0.05	1.81±0.24	8.15±0.09	9.42±5.15	
D028	**Brinjal-19** *(Solanum melongena)*	3					0.73±0.08	1.84±0.13	8.54±0.16	10.96±5.14	
D029	**Brinjal-20** *(Solanum melongena)*	5					0.72±0.05	1.82±0.09	8.21±0.27	10.55±4.33	
D030	**Brinjal-21** *(Solanum melongena)*	2					0.71	1.78	7.52	8.24	
D031	**Brinjal - all varieties** *(Solanum melongena)*	6					0.71±0.05	1.67±0.21	8.09±0.47	12.28±3.87	
D032	**Broad beans** *(Vicia faba)*	3					0.82±0.02	3.26±0.01	13.58±0.34	5.78±0.42	0.45±0.04
D033	**Capsicum, green** *(Capsicum annuum)*	6					1.25±0.03	0.25±0.01	4.84±0.03	15.96±2.94	0.33±0.04
D034	**Capsicum, red** *(Capsicum annuum)*	4					1.09±0.12	0.35±0.25	4.19±1.53	17.68±0.52	0.47±0.15
D035	**Capsicum, yellow** *(Capsicum annuum)*	4					0.79±0.48	0.23±0.05	6.18±2.97	14.81±0.00	0.31±0.00
D036	**Cauliflower** *(Brassica oleracea)*	6					1.84±0.06	1.30±0.13	12.56±0.49	18.48±1.72	
D037	**Celery stalk** *(Apium graveolens)*	3					4.75±0.08	0.39±0.01	4.12±0.07	25.66±2.55	0.07±0.01
D038	**Cho-cho-marrow** *(Sechium edule)*	4					0.08±0.01	0.44±0.03	1.66±0.21	19.42±0.61	
D039	**Cluster beans** *(Cyamopsis tetragonobola)*	6					1.03±0.03	8.83±0.08	16.50±0.26	8.66±0.19	2.44±1.18
D040	**Colocasia, stem, black** *(Colocasia antiquorum)*	1					3.15	2.03	16.77	25.85	0.70
D041	**Colocasia, stem, green** *(Colocasia antiquorum)*	5					3.42±0.06	2.03±0.02	17.77±0.06	26.49±0.68	0.56±0.02
D042	**Corn, Baby** *(Zea mays)*	6	0.02±0.000	0.01±0.000			3.82±0.00	4.69±0.00	20.20±0.00	26.44±1.43	
D043	**Cucumber, green, elongate** *(Cucumis sativus)*	6					1.36±0.09	0.34±0.03	7.54±0.15	17.52±0.43	
D044	**Cucumber, green, short** *(Cucumis sativus)*	6					1.36±0.13	0.35±0.02	7.57±0.27	16.35±0.37	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D045	**Cucumber, orange, round** *(Cucumis sativus)*	2					1.32	0.36	7.33	15.80	
D046	**Drumstick** *(Moringa oleifera)*	6					3.76±0.13	2.40±0.20	16.61±0.30	85.74±2.67	
D047	**Field beans, tender, broad** *(Vicia faba)*	2	0.01				0.74	4.59	15.17	4.81	3.00
D048	**Field beans, tender, lean** *(Vicia faba)*	6	0.00±0.005				0.75±0.03	4.38±0.35	15.07±0.69	5.24±0.34	2.93±0.14
D049	**French beans, country** *(Phaseolus vulgaris)*	5					0.96±0.02	4.45±0.21	17.35±1.15	6.11±0.27	3.44±0.20
D050	**French beans, hybrid** *(Phaseolus vulgaris)*	2					0.98	4.09	17.65	7.51	2.90
D051	**Jack fruit, raw** *(Artocarpus heterophyllus)*	5					2.94±0.04	16.36±1.44	43.10±1.68	68.79±1.14	
D052	**Jack fruit, seed, mature** *(Artocarpus heterophyllus)*	5					1.59±0.07	3.66±0.18	24.26±0.69	141±13.2	
D053	**Knol - Khol** *(Brassica oleracea)*	6					1.57±0.05	0.21±0.01	8.53±0.32	16.16±1.30	
D054	**Kovai, big** *(Coccinia cordifolia)*	6					2.29±0.13	0.87±0.05	23.62±1.66	9.81±0.42	
D055	**Kovai, small** *(Coccinia cordifolia)*	1					2.36	0.93	25.22	8.79	
D056	**Ladies finger** *(Abelmoschus esculentus)*	6					2.80±0.12	3.72±0.25	16.23±0.67	3.63±0.24	
D057	**Mango, green, raw** *(Mangifera indica)*	6					2.09±0.08	1.62±0.12	27.62±1.32	15.26±0.29	
D058	**Onion, stalk** *(Allium cepa)*	6					1.14±0.02	18.49±0.02	17.32±0.08	61.02±2.54	0.54±0.04
D059	**Papaya, raw** *(Carica papaya)*	6					3.18±0.08	2.40±0.02	9.19±0.09	22.08±1.80	0.43±0.04
D060	**Parwar** *(Trichosanthes dioica)*	6					0.12±0.01	0.95±0.02	7.60±0.10	29.19±0.64	0.29±0.03
D061	**Peas, fresh** *(Pisum sativum)*	6	0.01±0.000	0.05±0.011	0.01±0.000		2.56±0.03	1.54±0.02	42.23±0.80	162±10.8	1.26±0.43
D062	**Plantain, flower** *(Musa x paradisiaca)*	6					6.28±0.25	6.19±0.21	9.59±0.31	2.52±0.23	
D063	**Plantain, green** *(Musa x paradisiaca)*	6					2.25±0.21	1.71±0.07	16.32±0.20	40.44±0.21	
D064	**Plantain, stem** *(Musa x paradisiaca)*	6					6.22±0.03	8.31±0.06	31.92±0.90	15.33±0.46	0.76±0.04

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
D065	**Pumpkin, green, cylindrical** *(Cucurbita maxima)*	1	0.02				0.18	0.72	2.34	22.51	
D066	**Pumpkin, orange, round** *(Cucurbita maxima)*	6	0.01±0.005				0.17±0.01	0.73±0.02	2.48±0.10	19.72±1.81	
D067	**Red gram, tender, fresh** *(Cajanus cajan)*	1	0.01	0.03	0.01		3.15	2.44	32.41	6.22	0.46
D068	**Ridge gourd** *(Luffa acutangula)*	6					0.13±0.02	0.61±0.05	3.93±0.17	14.91±0.79	
D069	**Ridge gourd, smooth skin** *(Luffa acutangula)*	3					0.13±0.01	0.65±0.04	4.05±0.12	14.98±0.80	
D070	**Snake gourd, long, pale green** *(Trichosanthes anguina)*	6					0.26±0.02	0.87±0.02	4.28±0.10	13.44±0.44	
D071	**Snake gourd, long, dark green** *(Trichosanthes anguina)*	2					0.25	0.85	4.46	13.04	
D072	**Snake gourd, short** *(Trichosanthes anguina)*	1					0.22	0.81	4.20	12.82	
D073	**Tinda, tender** *(Praecitrullus fistulosus)*	6					1.33±0.14	0.73±0.01	7.02±0.52	5.75±0.19	
D074	**Tomato, green** *(Lycopersicon esculentum)*	6					0.34±0.01	0.86±0.01	3.55±0.02	1.08±0.10	0.37±0.02
D075	**Tomato, ripe, hybrid** *(Lycopersicon esculentum)*	6					0.33±0.02	0.85±0.03	2.33±0.09	2.59±0.28	
D076	**Tomato, ripe, local** *(Lycopersicon esculentum)*	6					0.29±0.02	0.76±0.03	2.24±0.12	2.39±0.18	
D077	**Zucchini, green** *(Cucurbita pepo)*	2					1.01	0.35	7.65	10.57	
D078	**Zucchini, yellow** *(Cucurbita pepo)*	2					0.88	0.42	8.77	11.50	
E	**FRUITS**										
E001	**Apple, big** *(Malus domestica)*	6					0.41±0.00	0.35±0.00	14.94±0.00	0.57±0.07	
E002	**Apple, green** *(Malus domestica)*	6					0.22±0.00	0.54±0.00	13.76±0.00	0.64±0.05	
E003	**Apple, small** *(Malus domestica)*	6					0.66±0.07	0.51±0.01	14.15±1.00	0.45±0.04	
E004	**Apple, small, Kashmir** *(Malus domestica)*	1					0.72	0.61	15.33	0.36	

Table 11. Oligosaccharides, Phytosterols, Phytates & Saponins

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E005	**Apricot, dried** *(Prunus armeniaca)*	6	0.24±0.039				1.17±0.05	5.18±0.20	7.76±0.18	194±19.5	
E006	**Apricot, processed** *(Prunus armeniaca)*	3					1.03±0.03	4.65±0.14	7.20±0.12	112±3.0	
E007	**Avocado fruit** *(Persea americana)*	1					12.88	2.58	156	356	
E008	**Bael fruit** *(Aegle marmelos)*	1					0.30	0.41	3.39	28.65	
E009	**Banana, ripe, montham** *(Musa x paradisiaca)*	1					1.18	1.23	10.15	12.49	
E010	**Banana, ripe, poovam** *(Musa x paradisiaca)*	2					1.31	1.46	12.10	11.03	
E011	**Banana, ripe, red** *(Musa x paradisiaca)*	1					1.22	1.39	12.20	10.06	
E012	**Banana, ripe, robusta** *(Musa x paradisiaca)*	6					0.85±0.03	0.84±0.07	9.66±0.13	13.98±1.75	
E013	**Black berry** *(Rubus fruticosus)*	5					0.80±0.03	0.12±0.01	34.65±1.66	8.97±0.17	
E014	**Cherries, red** *(Prunus cerasus)*	4					0.56±0.01	0.07±0.00	17.65±0.18	39.88±0.57	1.60±0.02
E015	**Currants, black** *(Ribes nigrum)*	1					3.53	1.72	17.88	9.60	1.60
E016	**Custard apple** *(Annona squamosa)*	1					0.65	2.19	3.81	15.22	
E017	**Dates, dry, pale brown** *(Phoenix dactylifera)*	6					1.83±0.08	1.35±0.14	29.78±0.34	134±20.5	
E018	**Dates, dry, dark brown** *(Phoenix dactylifera)*	2					1.73	1.27	27.24	126	
E019	**Dates, processed** *(Phoenix dactylifera)*	2					1.73	1.22	26.30	106	
E020	**Fig** *(Ficus carica)*	6					0.58±0.00	1.67±0.00	32.31±0.00	48.59±4.55	1.00±0.17
E021	**Goosberry** *(Emblica officinalis)*	5					0.23±0.01	0.23±0.01	11.50±0.27	49.34±3.36	0.40±0.12
E022	**Grapes, seeded, round, black** *(Vitis vinifera)*	4					0.55±0.02	0.26±0.01	12.34±0.20	1.52±0.22	
E023	**Grapes, seeded, round, green** *(Vitis vinifera)*	5					0.47±0.01	0.24±0.02	10.29±0.15	1.27±0.11	
E024	**Grapes, seeded, round, red** *(Vitis vinifera)*	5					0.46±0.07	0.28±0.03	10.66±0.67	1.60±0.19	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E025	**Grapes, seedless, oval, black** *(Vitis vinifera)*	5					0.54±0.15	0.29±0.03	13.06±1.73	1.00±0.12	
E026	**Grapes, seedless, round, green** *(Vitis vinifera)*	5					0.42±0.08	0.27±0.05	14.30±0.66	0.85±0.05	
E027	**Grapes, seedless, round, black** *(Vitis vinifera)*	5					0.53±0.05	0.28±0.02	13.56±0.94	0.69±0.09	
E028	**Guava, white flesh** *(Psidium guajava)*	5					0.57±0.01	0.11±0.01	43.09±1.33	55.36±2.30	
E029	**Guava, pink flesh** *(Psidium guajava)*	5					0.59±0.05	0.22±0.01	40.40±0.23	45.89±6.29	1.05±0.15
E030	**Jack fruit, ripe** *(Artocarpus heterophyllus)*	5					1.04±0.04	19.21±1.16	34.84±1.02	52.94±3.15	
E031	**Jambu fruit, ripe** *(Syzygium cumini)*	2					0.76	0.14	25.45	8.65	1.55
E032	**Karonda fruit** *(Carissa carandas)*	1					0.72	0.48	4.92	7.80	
E033	**Lemon, juice** *(Citrus limon)*	6									
E034	**Lime, sweet,pulp** *(Citrus limetta)*	6									
E035	**Litchi** *(Nephelium litchi)*	4					5.30±0.03	1.43±0.03	10.67±0.15	2.57±0.14	1.04±0.04
E036	**Mango, ripe, banganapalli** *(Mangifera indica)*	6					0.87±0.04	0.47±0.01	11.41±0.68	85.83±3.60	
E037	**Mango, ripe, gulabkhas** *(Mangifera indica)*	2					0.84	0.41	12.34	80.24	
E038	**Mango, ripe, himsagar** *(Mangifera indica)*	3					0.88±0.06	0.44±0.02	11.39±0.73	79.46±1.30	
E039	**Mango, ripe, kesar** *(Mangifera indica)*	4					0.87±0.03	0.43±0.01	11.07±0.51	90.02±1.55	
E040	**Mango, ripe, neelam** *(Mangifera indica)*	2					0.91	0.43	10.15	79.49	
E041	**Mango, ripe, paheri** *(Mangifera indica)*	2					0.90	0.47	11.66	81.12	
E042	**Mango, ripe, totapari** *(Mangifera indica)*	1					0.94	0.49	10.22	75.13	
E043	**Mangosteen** *(Garcinia mangostana)*	1					0.67	0.37	4.32	16.75	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E044	**Manila tamarind** *(Pithecellobium dulce)*	1					0.29	0.97	16.43	22.55	
E045	**Musk melon, orange flesh** *(Cucumis melon)*	5					0.15±0.00	0.38±0.01	2.74±0.07	12.18±1.26	
E046	**Musk melon, yellow flesh** *(Cucumis melon)*	6					0.16±0.00	0.40±0.00	2.89±0.03	11.11±1.25	
E047	**Orange, pulp** *(Citrus aurantium)*	6									
E048	**Palm fruit, tender** *(Borassus flabellifer)*	1								2.80	
E049	**Papaya, ripe** *(Carcia papaya)*	6					1.80±0.04	1.12±0.04	4.82±0.14	25.44±1.66	0.49±0.06
E050	**Peach** *(Prunus communis)*	1					0.50	0.71	14.42	4.55	
E051	**Pear** *(Pyrus* sp.*)*	6					0.64±0.02	0.23±0.02	13.33±0.08	4.83±0.81	0.99±0.05
E052	**Phalsa** *(Grewia asiatica)*	2					2.28	1.48	24.97	43.03	0.63
E053	**Pineapple** *(Ananas comosus)*	6					1.38±0.06	0.22±0.02	9.25±0.16	8.59±0.33	1.13±0.11
E054	**Plum** *(Prunus domestica)*	3					0.86±0.10	0.45±0.09	13.63±3.20	3.81±0.32	
E055	**Pomegranate, maroon seeds** *(Punica granatum)*	6					0.83±0.03	0.34±0.02	20.79±0.46	45.71±2.97	0.44±0.05
E056	**Pummelo** *(Citrus maxima)*	3					34.39±2.85	0.92±0.09	23.70±3.22	20.36±0.51	88.76±4.50
E057	**Raisins, dried, black** *(Vitis vinifera)*	6					1.89±0.04	1.05±0.05	41.10±0.10	20.34±1.86	2.60±0.13
E058	**Raisins, dried, golden** *(Vitis vinifera)*	6					1.76±0.11	0.93±0.04	38.46±0.69	20.12±1.58	2.74±0.20
E059	**Rambutan** *(Nephelium lappaceum)*	1								5.65	
E060	**Sapota** *(Achras sapota)*	6					1.48±0.10	1.48±0.13	72.80±1.95	8.32±0.67	
E061	**Soursop** *(Annona muricata)*	1					4.71	1.12	10.88	2.75	
E062	**Star fruit** *(Averrhoa carambola)*	1					0.96	0.41	41.65	3.80	
E063	**Strawberry** *(Fragaria ananassa)*	6					1.71±0.10	0.33±0.02	9.00±0.96	25.07±3.24	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
E064	**Tamarind, pulp** *(Tamarindus indicus)*	6					4.30±0.20	0.54±0.02	43.29±1.46	3.07±0.32	
E065	**Water melon, dark green (sugar baby)** *(Citrullus vulgaris)*	6								0.61±0.09	
E066	**Water melon, pale green** *(Citrullus vulgaris)*	6								0.47±0.06	
E067	**Wood Apple** *(Limonia acidissima)*	3	0.01±0.000	0.01±0.000			3.86±0.10	4.63±0.02	20.55±0.40	101±7.7	0.28±0.01
E068	**Zizyphus** *(Zizyphus jujube)*	1					0.63	0.39	10.09	85.60	
F	**ROOTS AND TUBERS**										
F001	**Beet root** *(Beta vulgaris)*	6	0.01±0.005				0.44±0.02	3.34±0.09	12.15±0.91	10.82±0.41	
F002	**Carrot, orange** *(Dacus carota)*	6	0.01±0.005				1.63±0.15	2.47±0.12	17.22±0.78	19.60±0.28	
F003	**Carrot, red** *(Dacus carota)*	4	0.01±0.006				1.80±0.14	2.37±0.03	17.90±0.45	17.03±0.16	
F004	**Colocasia** *(Colocasia antiquorum)*	6					3.55±0.20	2.30±0.10	28.45±1.08	13.57±1.07	
F005	**Lotus root** *(Nelumbium nelumbo)*	3					1.17±0.02	1.06±0.02	14.75±0.14	7.84±0.08	0.55±0.06
F006	**Potato, brown skin, big** *(Solanum tuberosum)*	6					0.02±0.00	0.16±0.01	2.10±0.08	55.77±9.06	
F007	**Potato, brown skin, small** *(Solanum tuberosum)*	1					0.03	0.16	2.19	62.58	
F008	**Potato, red skin** *(Solanum tuberosum)*	1					0.03	0.15	2.07	59.74	
F009	**Radish, elongate, red skin** *(Raphanus sativus)*	3					1.57±0.10	0.34±0.01	9.55±0.11	6.90±1.06	
F010	**Radish, elongate, white skin** *(Raphanus sativus)*	6					1.61±0.09	0.36±0.02	9.71±0.21	1.75±0.06	
F011	**Radish, round, red skin** *(Raphanus sativus)*	1	0.01				1.54	0.32	9.88	7.07	
F012	**Radish, round, white skin** *(Raphanus sativus)*	2					1.62	0.33	9.40	1.07	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
F013	**Sweet potato, brown skin** *(Ipomoes batatas)*	4					2.18±0.03	0.52±0.01	13.75±0.14	54.02±0.63	1.19±0.04
F014	**Sweet potato, pink skin** *(Ipomoes batatas)*	3					2.31±0.03	0.57±0.01	13.68±0.28	63.69±3.86	1.56±0.10
F015	**Tapioca** *(Manihot esculenta)*	3	0.02±0.006				2.13±0.07	0.82±0.05	15.72±0.87	64.42±4.53	
F016	**Water Chestnut** *(Eleocharis dulcis)*	1					0.16	0.43	4.55	25.86	
F017	**Yam, elephant** *(Amorphophallus campanulatus)*	6					2.66±0.09	3.36±0.08	13.46±0.15	16.23±0.80	
F018	**Yam, ordinary** *(Amorphophallus campanulatus)*	4	0.02±0.016				2.51±0.10	1.56±0.15	19.00±0.72	20.99±1.37	
F019	**Yam, wild** *(Dioscorea versicolor)*	2					2.30	3.03	13.58	24.71	0.46
G	**CONDIMENTS AND SPICES-FRESH**										
G001	**Chillies, green-1** *(Capsicum annum)*	5					3.59±0.38	0.85±0.09	15.09±0.49	13.54±0.35	
G002	**Chillies, green-2** *(Capsicum annum)*	3					3.65±0.19	0.87±0.07	15.07±0.65	13.96±2.21	
G003	**Chillies, green-3** *(Capsicum annum)*	5					3.73±0.19	0.86±0.09	15.07±0.47	14.56±2.74	
G004	**Chillies, green-4** *(Capsicum annum)*	3					3.52±0.26	0.86±0.04	14.85±0.46	12.31±1.85	
G005	**Chillies, green-5** *(Capsicum annum)*	2					3.60±0.43	0.86±0.10	15.09±0.63	12.45±2.55	
G006	**Chillies, green-6** *(Capsicum annum)*	1					3.54	0.83	15.30	10.39	
G007	**Chillies, green-7** *(Capsicum annum)*	1					3.81	0.84	15.15	13.29	
G008	**Chillies, green - all varieties** *(Capsicum annum)*	6					3.64±0.26	0.86±0.07	15.06±0.49	13.38±2.05	
G009	**Coriander leaves** *(Coriandrum sativum)*	6	0.01±0.004				0.73±0.03	9.35±0.18	18.49±0.97	38.68±0.55	
G010	**Curry leaves** *(Murraya koenigii)*	6					10.47±0.13	0.74±0.03	73.92±1.71	40.99±2.41	0.23±0.02
G011	**Garlic, big clove** *(Allium sativum)*	6	0.13±0.047	0.13±0.034	0.06±0.022		1.27±0.03	0.32±0.01	12.36±1.10	36.55±4.46	

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
G012	**Garlic, small clove** *(Allium sativum)*	3	0.19±0.050	0.14±0.059	0.06±0.028		1.33±0.03	0.31±0.01	12.88±0.25	35.43±4.19	
G013	**Garlic, single clove, Kashmir** *(Allium sativum)*	1	0.22	0.12	0.06		1.21	0.37	13.66	31.95	
G014	**Ginger, fresh** *(Zinziber officinale)*	6					1.34±0.04	1.16±0.09	13.29±0.20	14.50±1.26	
G015	**Mango ginger** *(Curcuma amada)*	3					0.78±0.01	0.56±0.01	11.17±0.03	15.52±0.51	0.38±0.03
G016	**Mint leaves** *(Mentha spicata)*	4	0.01±0.009	0.02±0.005			1.74±0.03	2.45±0.03	36.70±1.42	48.05±1.69	0.35±0.06
G017	**Onion, big** *(Allium cepa)*	6	1.64±0.153	1.31±0.143	0.85±0.242		0.47±0.02	0.31±0.02	7.35±0.48	13.90±2.11	
G018	**Onion, small** *(Allium cepa)*	5	0.08±0.023				0.77±0.02	0.47±0.02	7.90±0.11	8.28±0.88	1.11±0.10
G	**CONDIMENTS AND SPICES-DRY**										
G019	**Asafoetida** *(Ferula assa-foetida)*	6					4.21±0.14	2.02±0.11	29.13±0.62	806±46.4	1.78±0.31
G020	**Cardamom, green** *(Elettaria cardamomum)*	6					3.29±0.25	2.37±0.15	46.54±1.66	721±33.7	1.68±0.18
G021	**Cardamom, black** *(Elettaria cardamomum)*	4					3.36±0.03	2.59±0.01	50.80±0.72	670±38.7	1.40±0.17
G022	**Chillies, red** *(Capsicum annum)*	6					16.06±0.68	4.93±0.56	81.78±2.50	264±22.4	
G023	**Cloves** *(Syzygium aromaticum)*	6					1.28±0.14	5.02±0.28	211±5.1	349±22.5	0.55±0.02
G024	**Coriander seeds** *(Coriandrum sativum)*	6	0.37±0.052				9.60±0.17	17.60±0.28	75.77±2.45	1008±23.4	
G025	**Cumin seeds** *(Cuminum cyminum)*	6	0.44±0.050				9.36±0.29	33.96±1.29	106±3.2	445±24.9	
G026	**Fenugreek seeds** *(Trigonella foenum graecum)*	6	0.60±0.093	1.43±0.098	0.26±0.026		12.35±0.48	6.69±0.25	126±3.1	570±13.6	6.33±0.72
G027	**Mace** *(Myristica fragrans)*	6					3.56±0.22	5.95±0.19	44.96±1.47	691±23.0	1.48±0.11
G028	**Nutmeg** *(Myristica fragrans)*	6					6.10±0.14	8.91±0.28	94.48±2.01	704±13.9	2.26±0.09
G029	**Omum** *(Trachyspermum ammi)*	6					5.89±0.17	20.98±0.31	75.29±2.60	895±11.6	4.50±0.29
G030	**Pippali** *(Piper longum)*	6	0.02±0.005				8.28±0.14	17.94±0.39	29.18±1.09	503±9.9	0.04±0.01

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
G031	**Pepper, black** *(Piper nigrum)*	6					4.90±0.17	10.16±0.15	64.74±1.05	383±16.0	0.87±0.05
G032	**Poppy seeds** *(Papaver somniferum)*	6	0.46±0.056				20.96±0.48	5.52±0.24	146±2.5	1109±3.9	5.53±0.29
G033	**Turmeric powder** *(Curcuma domestica)*	6					5.19±0.13	7.19±0.14	64.15±2.03	358±17.6	
H	**NUTS AND OIL SEEDS**										
H001	**Almond** *(Prunus amygdalus)*	6	0.10±0.025	0.02±0.007			3.73±0.15	2.81±0.10	184±2.8	964±13.4	9.05±0.58
H002	**Arecanut, dried, brown** *(Areca catechu)*	6					5.28±0.11	3.36±0.12	44.73±0.48	474±16.0	
H003	**Arecanut, dried, red color** *(Areca catechu)*	3					5.37±0.23	3.46±0.11	48.93±0.44	403±9.9	
H004	**Arecanut, fresh** *(Areca catechu)*	2					5.17	3.39	45.24	414	
H005	**Cashew nut** *(Anacardium occidentale)*	6	2.62±0.433	0.21±0.047	0.01±0.002		3.64±0.07	0.89±0.04	110±2.5	929±22.9	9.84±0.31
H006	**Coconut, kernal, dry** *(Cocos nucifera)*	6					1.75±0.07	4.39±0.30	21.97±0.71	390±20.8	
H007	**Coconut, kernel, fresh** *(Cocos nucifera)*	6					1.17±0.06	2.45±0.07	14.59±0.20	136±2.5	
H008	**Garden cress, seeds** *(Lepidium sativum)*	5	3.56±0.741	0.91±0.224			63.85±0.83	7.98±0.09	261±3.3	1037±21.6	3.42±0.25
H009	**Gingelly seeds, black** *(Sesamum indicum)*	6	1.00±0.038	0.01±0.001	0.01±0.002		30.80±1.08	14.08±0.64	206±2.3	845±20.7	3.25±0.37
H010	**Gingelly seeds, brown** *(Sesamum indicum)*	4	0.86±0.275	0.01±0.003	0.01±0.001		32.34±0.60	14.11±0.22	207±2.0	921±10.4	6.40±0.23
H011	**Gingelly seeds, white** *(Sesamum indicum)*	5	0.93±0.332	0.01±0.008	0.02±0.000		34.13±1.23	14.89±0.17	219±1.1	927±38.8	5.64±0.20
H012	**Ground nut** *(Arachis hypogea)*	6	0.03±0.020	0.06±0.019			17.23±0.58	9.46±0.29	124±3.6	582±9.8	3.58±0.36
H013	**Mustard seeds** *(Brassica juncea)*	6	0.35±0.118	0.56±0.178			43.10±1.88	7.63±0.15	117±2.3	132±15.3	
H014	**Linseeds** *(Linum usitatissimum)*	6	3.52±0.359				31.48±0.23	7.25±0.03	112±0.2	1859±15.8	2.21±0.29
H015	**Niger seeds, black** *(Guizotia abyssinica)*	4	0.14±0.021				24.76±0.32	35.44±0.47	175±3.2	1974±13.6	9.30±0.56

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
H016	**Niger seeds, gray** *(Guizotia abyssinica)*	5	0.23±0.022	0.01±0.001			24.32±0.80	34.16±1.11	174±2.5	1709±70.7	5.02±0.81
H017	**Pine seed** *(Pinus gerardiana)*	5					22.30±0.17	2.34±0.02	182±0.2	883±9.6	3.21±0.42
H018	**Pistachio nuts** *(Pistacla vera)*	6	4.21±0.421	0.13±0.032			12.38±0.17	2.22±0.08	369±4.2	808±16.5	3.01±0.15
H019	**Safflower seeds** *(Carthamus tinctorius)*	5	3.07±0.209	0.10±0.006	0.36±0.022		17.59±0.31	6.63±0.21	144±2.1	1083±10.7	4.41±0.30
H020	**Sunflower seeds** *(Helianthus annuus)*	5	0.09±0.018				11.76±0.26	14.42±0.58	175±3.0	423±15.4	13.93±0.81
H021	**Walnut** *(Juglans regia)*	6					2.99±0.13	1.36±0.08	125±3.2	1001±17.3	10.03±0.14
I	**SUGARS**										
I001	**Jaggery, cane** *(Saccharum officinarum)*	6									
I002	**Sugarcane, juice** *(Saccharum officinarum)*	6	0.03±0.011								
J	**MUSHROOMS**										
J001	**Button mushroom, fresh** (*Agaricus* sp.)	1					0.93	1.25	7.04		
J002	**Chicken mushroom, fresh** *(Lactiporus* sp.*)*	1					6.83	1.94	2.05		
J003	**Shiitake mushroom, fresh** *(Lentinula* sp.*)*	1					7.35	2.19	2.91		
J004	**Oyster mushroom, dried** *(Pleurotus* sp.*)*	1					7.72	2.03	2.72		
K	**MISCELLANEOUS FOODS**										
K001	**Toddy**	10									
K002	**Coconut Water**	6					0.02±0.00	0.04±0.00	0.05±0.00		

Food code	Food Name	No. of Regions	Oligosaccharides				Phytosterols			Phytate	Total Saponin
			Raffinose	Stachyose	Verbascose	Ajugose	Campesterol	Stigmasterol	β-Sitosterol		
			← g →				← mg →				g
			RAFS	STAS	VERS		CAMT	STGSTR		PHYTAC	
L	**MILK AND MILK PRODUCTS**										
L001	**Milk, whole, Buffalo**	6									
L002	**Milk, whole, Cow**	6									
L003	**Panner**	6									
L004	**Khoa**	6									

Table 12

FATTY ACID PROFILE OF EDIBLE OILS AND FATS



Table 12. FATTY ACID PROFILE OF EDIBLE OILS AND FATS

(All values are expressed in %; All blank space in the table represent below detectable limit)

Food Code	Oil Name	No. of Regions	Butyric (C4:0)	Caproic (C6:0)	Caprylic (C8:0)	Capric (C10:0)	Lauric (C12:0)	Myristic (C14:0)	Palmitic (C16:0)	Stearic (C18:0)	Arachidic (C20:0)	Behenic (C22:0)	Lignoceric (C24:0)
			←					%					→
			F4D0	F6D0	F8D0	F10D0	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0
T	**EDIBLE OILS AND FATS**												
T001	Coconut oil	1			2.76±0.37	5.18±0.20	49.57±0.81	21.12±0.67	9.26±0.39	2.97±0.23			
T002	Corn oil	1							12.94	2.12	0.68	0.39	0.47
T003	Cotton seed oil	1						0.91	23.40	2.79	0.42	0.34	0.31
T004	Gingelly oil	6							9.34±0.57	5.75±0.40	0.67±0.05	0.25±0.04	0.22±0.07
T005	Groundnut oil	5							10.27±0.72	3.38±0.08	1.39±0.13	2.66±0.32	1.25±0.13
T006	Mustard oil	6							2.18±0.10	1.17±0.02	0.98±0.02	1.39±0.04	
T007	Palm oil	4							39.79±0.57	4.24±0.09			
T008	Rice bran oil	5						0.29±0.15	19.51±0.89	2.03±0.05	1.03±0.51	0.33±0.04	0.51±0.04
T009	Safflower oil	1						0.18±0.10	6.24±0.53	2.35±0.16	0.26±0.06	0.17±0.05	
T010	Safflower oil (blended)	4							15.71±0.48	2.28±0.08	0.83±0.33	0.31±0.04	0.40±0.03
T011	Soyabean oil	6							11.51±0.38	4.08±0.58	0.37±0.02		
T012	Sunflower oil	6							6.43±0.18	3.69±0.07	0.32±0.04	0.66±0.03	0.29±0.04
T013	Ghee	6	0.22±0.08	0.30±0.13	0.47±0.20	1.87±0.34	2.81±0.38	11.81±0.57	39.13±1.15	13.89±1.17	0.52±0.12		
T014	Vanaspati	6					0.37±0.05	1.19±0.05	53.10±1.55	5.98±0.44	0.81±0.07		

Table 12. FATTY ACID PROFILE OF EDIBLE OILS AND FATS

(All values are expressed in %; All blank space in the table represent below detectable limit)

Food Code	Oil Name	No. of Regions	Myristoleic (C14:1)	Palmitoleic (C16:1)	Elaidic (C18:1n9t)	Oleic (C18:1n9)	Eicosenoic (C20:1n9)	Erucic (C22:1n9)	Linoleic (C18:2n6)	-Linolenic (C18:3n3)	Total Saturated Fatty Acids (TSFA)	Total Mono Unsaturated Fatty Acids (TMUFA)	Total Poly Unsaturated Fatty Acids (TPUFA)
			← % →										
			F14D1	F16D1C	F18D1TN9	F18D1CN9	F20D1N9F	F22D1N9	F18D2CN6	F18D3N3	FASAT	FAMS	FAPU
T	**EDIBLE OILS AND FATS**												
T001	Coconut oil	1				7.24±0.25			1.90±0.14		90.86±0.33	7.24±0.25	1.90±0.14
T002	Corn oil	1		1.70		31.97			48.97	0.76	16.60	33.67	49.74
T003	Cotton seed oil	1		1.84		17.82			51.81	0.35	28.17	19.66	52.16
T004	Gingelly oil	6		0.27±0.09		40.87±0.54	0.27±0.04		41.96±0.87	0.39±0.08	16.25±0.73	41.41±0.62	42.34±0.89
T005	Groundnut oil	5				53.89±1.08			27.17±0.99		18.94±1.26	53.89±1.08	27.17±0.99
T006	Mustard oil	6		0.16±0.04		10.18±0.48	5.45±0.25	51.30±0.96	15.55±0.15	11.64±0.34	5.72±0.09	67.09±0.48	27.19±0.44
T007	Palm oil	4		0.27±0.03		43.26±0.42			11.18±0.28	0.30±0.03	44.98±0.67	43.53±0.40	11.49±0.29
T008	Rice bran oil	5		0.28±0.03		43.84±0.76			31.56±0.65	0.56±0.13	23.76±0.58	44.12±0.74	32.12±0.68
T009	Safflower oil	1		0.24±0.02		13.80±0.62	0.17±0.02		76.58±1.10	0.13±0.03	9.19±0.58	14.04±0.60	76.78±1.15
T010	Safflower oil (blended)	4		0.24±0.04		37.37±1.68			42.09±1.94	0.78±0.23	19.53±0.54	37.61±1.71	42.86±2.16
T011	Soyabean oil	6				24.06±1.75			54.78±1.45	5.20±0.33	15.96±0.37	24.06±1.75	59.98±1.57
T012	Sunflower oil	6				25.96±1.54			62.65±1.56		11.39±0.10	25.96±1.54	62.65±1.56
T013	Ghee	6	0.95±0.17	1.86±0.16	0.44±0.09	23.19±1.46			2.00±0.62	0.55±0.11	71.02±4.13	26.44±1.88	2.54±0.73
T014	Vanaspati	6			4.68±0.92	29.19±1.35			4.69±0.56		61.44±1.60	33.87±1.42	4.69±0.56

FOOD PICTURE AND DESCRIPTION





A001. Amaranth seed, black (*Amaranthus cruentus*); A. Moricha guti; H. Ramdana; Kan. Danthu beeja; Kash. Mawal; Mal. Cheera vithu; M. Chengkruk Maru; Mar. Cavali biya; O. Kosala sag manji Dhala; P. Chaulali beej; Tam. Keerai vidai; Tel. Thotakoora ginjalu.



A002. Amaranth seed, pale brown (*Amaranthus cruentus*); A. Moricha guti; G. Rajagaro; H. Ramdana; Kan. Danthu beeja; Kash. Mawal; Mal. Cheera vithu; M. Chengkruk Maru; Mar. Cavali biya; O. Kosala sag maji kale; P. Chaulali beej; Tam. Keerai vidai; Tel. Thotakoora ginjalu.



A003. Bajra *(Pennisetum typhoideum);* A., Kash. Baajra; B. Bajra; G. Bajri; H. Bajra; Kan. Sajje; Kh. Krai; Mal. Kambam; Mar. Bajra; N. Bajara; O. Bajra; P. Bajra; Tam. Kambu; Tel. Sajjalu; U. Bajra.



A004. Barley *(Hordeum vulgare);* A. Barli; B. Barley; G. Jav; H. Jau; Kan. Barley; Kash. Wushke; Kh. Krai; Mal. Barley; Mar. Sath; N. Jau; O. Jaba; P. Jao; S. Yava; Tam. Baarli Arisi; Tel. Barley; U. Jau.



A005. Jowar (*Sorghum vulgare*); A. Jowar; B. Jowar; G. Jowar; H. Jowar; Kan. Jolada; Kash. Pingu; Kh. Krai; Mal. irunku; Mar. Jondhahlaa; O. Janha; P. Javara; Tam. Choḷam; Tel. Jonna; U. Jowar.



A006. Maize, dry *(Zea mays);* A. Makoi; B. Bhutta; G. Makai; H. Makka; Kan. Mekke jola; Kash. Makai; Kh. Symbai riewhadem stem; Mal. Maize; M.Chujaak; Mar. Maka; N. Sukha makai; O. Maka; P. Chhali; S. Yaavanaala; Tam. Makka Cholam; Tel. Mokkajonna; U. makai.



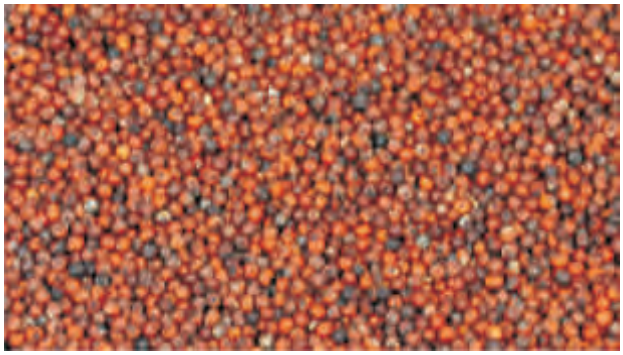
A007. Maize, tender, local *(Zea mays);* A. Makoi; B. Bhutta; G. Lili makai; H. Makka; Kan. Mekke joḷa; Kash. Makai; Kh. Riewhadem Stem; Mal. Maize; M. Chujaak; Mar. Maka; N. Makai; O. Maka; P. Chhali; Tam. Makka Cholam; Tel. Mokkajonna; U. Makai.



A008. Maize, tender, sweet *(Zea mays);* A. Makoi; B. Bhutta; G. Lili makai; H. Makka; Kan. Mekke joḷa; Kash. Makai; Kh. Riewhadem lieh; Mal. Maize; M. Chujaak; Mar. Maka; N. Makai; O. Maka; P. Chhali; Tam. Makka Cholam; Tel. Mokkajonna; U. makai.



A009. Quinoa *(Chenopodium quinoa)*



A010. Ragi *(Eleusine coracana);* A. Ragi; B. Ragi; G. Bavato; H. Ragi; Kan. Bhakri; Kh. Ukrai; Mal. Panjapulle; Mar. Bhakri; N. Kodo; O. Mandia; P. Mandal; S. Madhulika; Tam. Kelvaragu; Tel. Ragi; U. Mandwa.



A011. Rice, flakes *(Oryza sativa);* A. Chira; B. Chide; G. Paunva; H. Poha; Kan. Avalakki; Kash. Chevri; Kh. Shira; Mal. Aval; M. Chengpaak; Mar. Pohe; O. Chudaa; P. Chirwre; Tam. Aval; Tel. Atukulu.



A012. Rice, puffed *(Oryza sativa);* A. Muri; B. Muri; G. Mamra; H. Muramure; Kan. Kalle Puri; Kash. Tomul; Kh. Muri; Mal. Pori; M. Kabok Mur; Mar. Chirmure; N. Murai; O. Mudhi; P. Phulian; Tam. Pori; Tel. Maramaralu; U. Murmure.



A013. Rice, raw, brown *(Oryza sativa)*; A. Matia rangar chaul; G. Kathai chokha; H. Chawal; P. Bhura choul; Kash. Tomul; Kh. Khaw saw; Mal. Kuthari ; M. Cheng; Tam. Arisi; Tel. Dampudu biyyam.



A014. Rice, parboiled, milled *(Oryza sativa)*; A. Ukhua chaul; B. Siddha chowl; G. Bafela Chokha; H. Usna chawal; Kan. Kusubalakki; Kash. Tomul; Kh. Khaw boil; Mal. Puzhungal ari; M. Cheng; Mar. Ukadla tandool; O. Usuna chaula; P. Biga hua chawal; Tam. Puzhungal arisi; Tel. Uppudu biyyam.



A015. Rice, raw, milled (*Oryza sativa*); A. Milat khunda chaul; B. Chowl; G. Choka; H. Chawal; Kan. Akki; Kash. Tomul; Kh. Khaw boil; M. Cheng; Mar. Tondool; O. Chaula; P. Chaul; Tam. Arisi; Tel. Biyyam.



A016. Samai *(Panicum sumatrense);* B. Sama; G. Kuri; H. Shavan; Kan. Sama; Kash. Ganuhaar; Mal. Chama; Mar. Sava; O. Suan; P. Swank; Tam. Samai; Tel. Sama.



A017. Varagu (*Setaria italica*); A. Konidhan; B. Syama dhan; G. Ral gana; Kan. Priyangu thene; Kash. Snol; Mal. Thina; Mar. Rala; P. Kangni; Tam. Thinai; Tel. Karralu.



A018. Wheat, flour, refined *(Triticum aestivum)*; A. Moida; B. Maida; G. Maido; H. Maida; Kan. Maida; Kash. Oat; Kh. Moida; Mal. Maida mavu; M. Moida; Mar. Maida; N. Maida; O. Maida; P. Maida; Tam. Maida mavu; Tel. Maida pindi; U. Maida.



A019. Wheat flour, atta *(Triticum aestivum)*; B. Ata; G. Samagra gha; H. Atta; Kan. Sampurna godhi hittu; Kash. Oat unno lota ghaun no lot; Mal. Godhambu mavu; Mar. Kaneek; O. Gahama atta; P. Atta Tam. Mulu Godumai maavu; Tel. Sampurna godhuma pindi.



A020. Wheat, whole *(Triticum aestivum)*; A. Ghehu; B. Gom; G. Ghaun; H. Gehun; Kan. Godhi; Kash. Kinek; Kh. Ukew; Mal. Godhumbu; M. Ghehu; Mar. Gehu; N. Gau; O. Gahama; P. Kanaka; S. Godhum; Tam. Godumai; Tel. Godhumalu; U. Gehun.



A021. Wheat, bulgar *(Triticum aestivum)*; A. Dalia; B. Dalia; G. Bulgur ghaum; H. Dalia; Kan. Bulgur godhi; Kash. Kinek; Kh. Kew Mal. Godhambu Ravu; Mar. Bulgur gahu; N. Gau ko pitho; O. Dalia; P. Dalia; Tam. Godumai ravai; Tel. Bulgur; U. Dalia.



A022. Wheat, semolina *(Triticum aestivum)*A. Suji; B. Suji; G. Ghaum soji; H. Gehun suji; Kan. Godhi rave; Kash. Sooj; Kh. Suji; Mal. Uppumavu; M. Suji; Mar. Gahu rava; N. Suji; O. Suji; P. Suji; Tam. Godumai ravai; Tel. Godhuma rava.



A023. Wheat, vermicelli *(Triticum aestivum)*; A. Sewai; B. Semai; G. Ghaun ni sev; H. Siwain; Kan. Shevige; Kash. Sewian; Kh. Sewai lieh; Mal. Semiya; Mar. Siwain; O. Simai; P. Sevian; Tam. Semiya; Tel. Semiya; U. Semiya.



A024. Wheat, vermicelli, roasted *(Triticum aestivum)*; A. Gom sewai; B. Semai; G. Ghaun ni Shekeli sev; H. Siwain; Kan. Shevige; Kash. Sewian; Kh. Sewai saw; Mal. Semiya; Mar. Siwain; O. Simai; P. Bhooni sevian; Tam. Semiya; Tel. Semiya; U. Semiya.



B001. Bengal gram, dal *(Cicer arietinum)*; A. Boot dail; B. Cholar dal; G. Chana-ni-daad; H. Chan-ki-dal; Kan. Kadale bele; Kash. Chanu dal; Kh. Dai shana; Mal. Kadala parippu; M. Chana Tangkhai; Mar. Harabara dal; N. Chana ko Dal; O. Channa dali (Buta dali); P. Sholedi dal; Tam. Kadalaiparuppu; Tel. Sanaga papu; U. Chane ki dal.



B002. Bengal gram, whole *(Cicer arietinum)*; A. Boot; B. Chola; G. Chana; H. Chana; Kan. Kadale; Kash. Chanu; Kh. Shana kulai; Mal. Kadala; Mar. Harbara; M. Chana Mapum; N. Kabuli Chana; O. Buta; P. Shole; S. Chanak; Tam. Kondaikadalai; Tel. Sanagalu; U. Chana.



B003. Black gram, dal *(Phaseolus mungo)*; A. Matir dail phola; B. Biulir dal; G. Aadad ni daad; H. Urd dal; Kan. Uddhina bele; Kash. Kaha; Mal. Uzhunnu parippu; M. Sagol Hawai Tangkhai; Mar. Uddachi dal; N. Maas ko dal; O. Birri dali; P. Maa ki daal; S. Maassa; Tam. Ulutham paruppu; Tel. Minapapappu; U. Mash ki dal.



B004. Black gram, whole (*Phaseolus mungo*); A. Gota mati mah; B. Mashkolail; G. Adad; H. Chhilke wali urad dal; Kan. Uddhina bele; Kash. Kaha; Kh. Dai iong Mal. Uzhunu; M. Sagol Hawai; Mar. Uddachi dal; O. Birri; P. Sabut maa ki daal; Tam. Ulundhu; Tel. Minumulu. Mapum;



B005. Cowpea, brown *(Vigna catjang)*; A. Lesera mahor guti; B. Barbati; G. Chorap; H. Lobia; Kan. Alasande; Kh. Rymbai; Mal. Vella payaru; M. Pong Hawai; Mar. Chavli; N. Bodi; O. Jhudunga; P. Lobia; S. Raajamaassa; Tam. Karamani; Tel. Bobbarlu; U. baunir.



B006. Cowpea, white *(Vigna catjang)*; A. Lesera mahor guti; B. Barbati; G. Chorap; H. Lobia; Kan. Alasande; Kh. Rymbai lieh; Mal. Vella payaru; M. Pong Hawai; Mar. Chavli; N. Bodi; O. Jhudunga; P. Lobia; S. Raajamaassa; Tam. Karamani; Tel. Bobbarlu; U. Baunir.



B007. Field bean, black *(Phaseolus vulgaris)*; A. Urohi guti; B. Shim; G. Valpapdi; H. Sem; Kan. Avare; Kash. Moang; Kh. Symbai Ri iong; Mal. Avar; Mar. Papta; O. Baragudi; P. Sem dal; Tam. Mochai; Tel. Chikkudu ginjalu.



B008. Field bean, brown *(Phaseolus vulgaris)*; A. Urohi guti; B. Shim; G. Valpapdi; H. Sem; Kan. Avare; Kash. Moang; Kh. Symbai ri saw; Mal. Avar; Mar. Papta; O. Baragudi; Tam. Mochai; Tel. Chikkudu ginjalu.



B009. Field bean, white *(Phaseolus vulgaris)*; A. Urohi guti; B. Shim; G. Valpapdi; H. Sem; Kan. Avare; Kash. Moang; Kh. Symbai Ri lieh; Mal. Avar; Mar. Papta; O. Baragudi; Tam. Mochai; Tel. Chikkudu ginjalu.



B010. Green gram, dal *(Vigna radiata)*; A. Dhua mogu dail; B. Mung dal; G. Mug ni daad; H. Mug dal; Kan. Hesara bele; Kash. Muang dal; Kh. U dai stem; Mal. Cheru payar parippu; M. Mung Hawai; Mar. Mug dal; N. Moong ko khoste; O. Muga Dali; P. Mungi-di-dal; Tam. Payatham paruppu; Tel. Pesara pappu; U. Moong dal.



B011. Green gram, whole *(Vigna radiata)*; A. Gota mogu mah; B. Moog; G. Mug; H. Mung; Kan. Hesare kalu; Kash. Muang; Kh. U dai jyrngam; Mal. Cheru Pararu; M. Mung Hawai; Mar. Mun; N. Moong; O. Muga; P. Sabut moong dal; S. Mudra; Tam. Pasipayir; Tel. Pesalu; U. Moong.



B012. Horse gram, whole *(Dolicus biflorus)*; B. Kulotto-kalai; G. Kuleeth; H. Kulthi; Kan. Hurule; Kash. Kurath; Mal. Muthira; Mar. Kuleeth; N. Bakulla; O. Kolatha; S. Kulattha; Tam. Kollu; Tel. Ulavalu; U. Kulthi.



B013. Lentil, dal *(Lens culinaris)*; A. Masur dail; B. Mosur dal; G. Masoor ni daad; H. Masoor dal; Kan. Laki Bele; Kash. Masoor; Kh. U dai saw; Mal. Vattu parippu; M. Hawai Masuri; Mar. lank dal; O. Masura dali; P. Dhooli masari dal; S. Triputta; Tam. Khesari paruppu; Tel. Lanka pappu.



B014. Lentil whole, brown *(Lens culinaris)*; A. Gota masur mah; B. Mosur; G. Masoor (Kathai); H. Masur dal; Kan. Masur bele; Kash. Masoor; Mal. Masur parippu; M. Hawai Masuri; Mar. Masur dal; N. Musuroo; O. Masura; P. Saboot masari dal; S. Masura; Tam. Mysore paruppu; Tel. Misur pappu; U. Masur dal.



B015. Lentil whole, yellowish *(Lens culinaris);* H. Masur dal; Tel. Misur pappu; Tam. Mysore paruppu; Kan. Masur bele; Mal. Masur parippu; Mar. Masur dal; O. Masura; B. Mosur; G. Masoor rakhoda; P. Saboot masari dal; U. Masur dal; A. Mosur (Dail); Kash. Masoor; S. Masura Musuroo; M. Hawai Masuri; Kh. U dai saw.



B016. Moth bean *(Vigna aconitifolia);* H. Motha; Tam. Narippayir; Kan. Matki Kal; Mar. Matki; B. Kheri; G.Math; P. Bhiopnitam; P. Moth dal; Kh. Rymbai.



B017. Peas, dry (*Pisum sativum*); A. Gota motor; B. Matar; G. Sukha vatana; H. Sukhi Matar; Kan, Batani; Kash. Kaza; Kh. Shana mator; Mal. Pattani; Tam. Pattani; O. Matara; P. Sukhe hare matar dal; Kan, Tel. Batani; Kash. Kara; M. Hawai mangal.



B018. Rajmah, black *(Phaseolus vulgaris)*; A. Rajmah; B. Barbati beej; G. Phansi (Kadi); H. Rajmah; Kan. Thugare bele; Kash. Razma; Kh. Rajma heh; Mal. Rajmah; M. Rajmah; Mar. Shravangheveda; N. Rajma; P. Kale rajmah; S. Makussttaka; Tam. Karamani Payir; Tel. Barigalu; U. Rajma.



B019. Rajmah, brown *(Phaseolus vulgaris)*; A. Rajmah; B. Barbati beej; G. Phansi (Gulabi); H. Rajmah; Kan. Thugare bele; Kash. Razma; Kh. Rajma lieh; Mal. Rajmah; M. Rajmah; Mar. Shravangheveda; N. Rajma; P. Bhoore rajmah; S. Makussttaka; Tam. Karamani Payir; Tel. Barigalu; U. Rajma.



B020. Rajmah, red *(Phaseolus vulgaris)*; A. Rajmah; B. Barbati beej; G. Phansi (lal); H. Rajmah; Kan. Thugare bele; Kash. Razma; Kh. Rajma rit; Mal. Rajmah; M. Rajmah; Mar. Shravangheveda; N. Rajma; P. Lal rajmah; S. Makussttaka; Tam. Karamani Payir; Tel. Barigalu; U. Rajma.



B021. Red gram, dal *(Cajanus cajan)*; A. Rohor dail; B., Kash., H. Arhar dal; G. Tuver ni daad; Kan. Thugare bele; Kash. Masur; Kh. Dai shana; Mal. Tuvaru parippu; M. Mairongbi; Mar. Turdal; N. Rahar ko dal; O. Harada dal; P. Arhar dal; S. Aaddhakii; Tel. Kandi pappu; Tam. Tuvaramparuppu; U. Tuvar ki dal.



B022. Red gram, whole *(Cajanus cajan)*; A. Gota rohor; G. Tuver; H. Arhar sabud; Kash. Masur; Kh. Rymbai ja; Mal. Tuvaru parippu; M. Mairongbi; Mar. Turdal; O. Harada; P. Arhar sabut dal; Tam. Tuvarai; Tel. Kandulu; U. Tuvar.



B023. Rice Bean (*Vigna umbellata*); B. Galmoong; H. Meth; Kh. Rymbai ja; Mal. Kattuzhunnu; M. Chakwai ; N. Shiltong.



B024. Soya bean, brown *(Glycine max)*; A.Soya bean; B. Garikalai; G. Soya bean; H. Bhatmas; Kan. Soya bean; Kash. Muth; Kh. Toh rymbai; Mal. Soya bean; M. Nunghawai; Mar. Soya bean; N. Bhatmas; O. Soya bean; P. Soya bean dal; Tam. Soya bean; Tel. Soya bean; U. Soya.



B025. Soya bean, white *(Glycine max Merr)*; A. Soya bean; B. Garikalai; G. Soya bean; H. Bhatmas; Kan. Soya bean; Kash. Muth; Kh. Toh rymbai; Mal. Soya bean; M. Nunghawai; Mar. Soya bean; N. Bhatmas; O. Soya bean; P. Soya bean dal; Tel. Soya bean; Tam. Soya bean; U. Soya.



C001. Agathi leaves *(Sesbania grandiflora)*; A. Bok phular paat; B. Bak ful shak; G. Agathio; H. Agasthi; Kan. Agase soppu; Mal. Agathi cheera; M. Chu chu Rangmei; Mar. Agasthi ka sag; O. Agasti; Tam. Agathi keerai; Tel. Avise akulu.



C002. Amaranth leaves, green *(Amaranthus gangeticus)*; A. Moricha sak; B. Notya Shaakh; G. Taldalja ni bhaaji; H. Chaulai; Kan. Danthu; Kash. Mawal; Mal. Cheera; M. Chengkruk; Mar. Math; N. Latte to saag; O. Neutia sag; P. Chaulai sag; S. Maarissa; Tam. Thandu keerai; Tel. Thotakoora; U. Cholai.



C003. Amaranth leaves, red *(Amaranthus gangeticus)*; A. Moricha; B. Lal Shaakh; G. Lal tandaljo; H. Chaulai; Kan. Danthu; Kash. Mawal; Mal. Cheera; M. Chengkruk; Mar. Math; N. Latte to saag; O. Neutia sag; P. Lal chaulai sag; S. Maarissa; Tel. Thotakoora; Tam. Thandu keerai; U. Cholai.



C004. Amaranth leaves, red and green *(Amaranthus gangeticus)*; A. Moricha; B. Notya Shaakh; G. Tandaljo H. Chaulai; Kan. Danthu; Kash. Mawal; Mal. Cheera; M. Chengkruk; Mar. Math; N. Latte to saag; O. Neutia sag; P. Chaulai sag; S. Maarissa; Tam. Thandu keerai; Tel. Thotakoora; U. Cholai.



C005. Amaranth, spinous, leaves, green *(Amaranth spinosus)*; A. Moricha sak; B. Kanta-notya; G. Kanta vado tandaljo; H. Kantewali-notya; Kan. Mulla danthu; Kash. Mawal; Mal. Mullancheru- cheera; M. Chengkruk; Mar. Kantemanth; O. Kanta notay shak; P. Kantewali chaulai; Tam. Mulaikeerai; Tel. Mulla thotakura.



C006. Amaranth, spinous, leaves, red and green *(Amaranth spinosus)*; B. Kanta-notya shaak; G. Kanta vado tandaljo; H. Kantewali-notya; Kan. Mulla danthu; Kash. Mawal; Kh. Sla longmar; Mal. Mullancheru-cheera; M. Chengkruk; Mar. Kantemanth; O. Kanta neutia sag; P. Kantewali chaulai; Tam. Mulakeerai; Tel. Mulla thotakura.



C007. Basella, leaves *(Basella alba)*; A. Puroi sak; B. Pui shaak; G. Poi ni bhaji; H. Palak; Kan. Basale soppu; Kh. Sla palong dkhar; Mal. Vallicheera; Mar. Mayalu; O. Poi saaga; P. Paalak; Tam. Kodippasali; Tel. Bachhali.



C008. Bathua leaves *(Chenopodium album.)*; A. Jilmil sak; B. Beto sak; G. Chilni bhaji; H. Bathua sagu; Kan. Sakothina soppu; Kash. Ushtahak; Kh. Sla jada; Mal. Parippuchira; M. Monsaobi; Mar. Chakavath; N. Bethe ko saag; O. Bathua sag; P. Bathu sag; Tel. Pappukura; Tam. Paruppukkeerai.



C009. Beet root, leaves *(Beta vulgaris)*; A. Beetar sak; G. Beet ni bhaji; H. Chukandhar sag; Kan. Beet root soppu; Kash. Chogander Munji; Kh. Sla bit; Mal. Beet root cheera; Mar. Beet root ka sag; N. Bengali Palungo ko Saag; P. Chukandhar da sag; Tam. Beet root keerai; Tel. Beet root; U. beet patta.



C010. Betel, leaves, big (Kolkatta) *(Piper betle)*; A. paan; B. Pan; G. Nagarvelna pan; H. Pan ka patha; Kan. Kadale soppu; Kh. Tympew Dkhar; Mal. Vettiiai; M. Kwa Mana; Mar. Pan-ka- patta; O. Pana; P. Pan-da-patta; Tam. Vetrilai; Tel. Thamala paku; U. Paan ka patta.



C011. Betel, leaves, small *(Piper betle)*; A. Paan; B. Pan; G. Nagarvelna pan; H. Pan ka patha; Kan. Kadale soppu; Kh. Tympew; Mal. Vettiiai; M. Kwa Mana; Mar. Pan-ka-patta; O. Pana; P. Pan-da-patta; Tel. Thamala paku; Tam. Vetrilai; U. Paan ka patta.



C012. Brussels sprouts *(Brassica oleracea* var. *gemmifera)*; B. Biliti Bandhakopi; G. Nani kobi; H. Choote gobi; Kan. Mara kosu; Kash. Haakh; Mal. Kalakose; Mar. Chotee gobi; O. Chota bandha; P. Chooti band gobi; Tam. Kalaikose; Tel. Chinna cabbage; U. Choti bund gobh.



C013. Cabbage, Chinese *(Brassica rupa)* A. China lai; G. Chinese kobi; Kash. Bandh; Kh. Salat chaina.



C014. Cabbage, collard greens *(Brassica oleracea* var. *Viridis)*; G. Kobi na pan; Kash. Bandh; Kh. Sla kubi; Tam. Seemai parattai keerai.



C015. Cabbage, green *(Brassica oleracea* var. *capitata* f. *alba)*; A. Bondhakobi; B. Badha kopi; G. Lili kobi; H. Bandh gobi; Kan. Kosu; Kash. Bandh gobi; Kh. Kubi; Mal. Muttu gose; M. Kobi Mana; Mar. Kobi; N. Banda kovi; O. Bandha kobi; P. Patta gobhi; S. Shaakaprabhedah; Tel. Gos koora; Tam. Muttaikose; U. Gobhi.



C016. Cabbage, violet *(Brassica oleracea* var. *capitata* f. *rubra)*; A. Bondhakobi; B. Badha kopi; G. Lal kobi; H. Bandh gobi; Kan. Kosu; Kash. Bandh gobi; Kh. Kubi saw Mal. Muttu gose; Mar. Kobi; N. Banda kovi; O. Bandha kopee; P. Patta gobhi; S. Shaakaprabhedah; Tam. Muttaikose; Tel. Gos koora; U. Gobhi.



C017. Cauliflower leaves *(Brassica oleracea* var. *botrytis)*; A. Phul kobir pat; B. Phul gopi pata; G. Fulawar na pan; H. Phul gobi patta; Kan. Hukosu; Kash. Phoolgobi panwathir; Kh. Sla phul; Mal. Cauliflower; M. Kobithamchetmai mana; Mar. Phul gobi; N. Kauli; O. Phula Kobi patra; P. Phool gobi di patte; S. Gojihvaa; Tam. Pookosu keerai; Tel. Go puvvu; U. Phul gobi.



C018. Colocasia, leaves, green *(Colocasia antiquorum)*; A. Kasu sak; B. Kochu pata; G. Advi na pan; H. Arvi ka sag; Kan. Shamangadda yele; Kh. Sla wang; Mal. Chembu ilagal; M. Paan mana; Mar. Alu pan; N. Karkalo; O. Saru saga; P. Arbi-di-patte; Tam. Seppam ilaigal; Tel. Chama akulu; U. Arvi ka patta.



C019. Drumstick, leaves *(Moringa oleifera)*; A. Sajina paat; B. Sajna pata; G. Saragwa na pan; H. Saijan patta; Kan. Nuggeyele; Mal. Muringa ela; M. Sajana mana; Mar. Shevaga pan; O. Sajna sag; P. Soanjhna da patta; Tam. Murungai keerai; Tel. Mulaga akulu; U. Sujineki palli.



C020. Fenugreek leaves *(Trigonella foenum-graecum)*; A. Methi paat; B. Methi shak; G. Methi pandada; H. Methi sag; Kan. Menthya soppu; Kash. Kasori Methi; Kh. Sla methi; Mal. Uluva ila; M. Methi man; Mar. Methi sag; N. Methi pata; O. Methi sag; P. Methi di patte; Tel. Menthikoora; Tam. Vendhaiya keerai; U. Methi.



C021. Garden cress *(Lepidium sativum)*; A. Bor manimuni; B. Halim sag; G. Asadio na pan; H. Halim ka patta; Kan. Allibija soppu; Kash. Halyun; Kh. Khliang syiar; Mal. Alivirai cheera; Mar. Ahiva ka patta; N. Chamsoor ko Saag; O. Kakharu Saga; P. Halim-da-sag; Tam. Alivirai keerai; Tel. Adityala akulu.



C022. Gogu leaves, green stem *(Hibiscus cannabinus)*; A. Tengamora; B. Mestapat; G. Ambadi; H. Pitwa; Kan. Pundi; Kh. Sla jajew jyrngam; Mal. Pulichai cheera; M. Sougri mana; Mar. Ambadi; O. Nalite saga; P. Pitwa sag; Tam. Pulichchai keerai; Tel. Gongura; U. Ambada ki bhaji.



C023. Gogu leaves, red stem *(Hibiscus cannabinus)*; A.Tengamora; B. Mestapat; G. Ambadi; H. Pitwa; Kan. Pundi; Kh. Sla jajew saw; Mal. Pulichai cheera; M. Sougri mana; Mar. Ambadi; O. Nalite saga; P. Pitwa sag; Tam. Pulichchai keerai; Tel. Gongura; U. Ambada ki bhaji.



C024. Knol-Khol, leaves *(Brassica oleracea)*; A. Ool kobi; B. Olkopi sag; G. Gath kobi na pan; H. Ganth gobi ka sag; Kan. Gedde kosu; Kash. Hakh Monji; Kh. Phan Kubi; Mal. Knol-khol cheera; M. Kobi Maru Kabi; Mar. Nol khol ka patta; N. Salgam ko saag; O. Ulgobi saga; P. Ganth gobi sag; Tam. Knol-Khol keerai; Tel. Knol-khol akulu.



C025. Lettuce *(Lactuca sativa)*; A. Salad paat; G. Lettuce na pan; H. Salad ka patta; Kan. Lettuce soppu; Kash. Hakh; Kh. Salat dkhar; Mal. Lettuce cheera; Mar. Lettuce ka patta; N. Saalad ko paat; P. Salada sag; Tam. Ilaikosu; Tel. Kavu akulu; U. Kismisaag.



C026. Mustard, leaves (*Brassica juncea)*; A. Horiyo paat; B. Sorisa sag; G. Sarasava pandada; H. Sarson ka sag; Kan. Sasuve yele; Kash. Hakh; Kh. Tyrso; Mal. Kadugu ila; M. Hangaam; Mar. Mochari-chi pan; N. Raayo ko Saag; O. Sarson ka saga; P. Saro da sag; Tam. Kadugu ilai; Tel. Ava akulu; U. Sarson ki patta.



C027. Pak Choi leaves *(Brassica rapa var. chinensis)* G. Pak choi na pan.



C028. Parsley *(Petroselinum crispum)*; A. Sugandhi lota; G. Leela dhana; Mal. Seema malli; Mar. Kothimbir/dhane Tam. Verkosu; Kan. Auchumooda; ; U. Ajmod; P. Parsley.



C029. Ponnaganni *(Alternanthera sessilis)*; A. Matikaduri; B. Khanchari; G. Saranthi na pan; H. Saranthi sag; Kan. Honagone soppu; Mal. Ponnaganni cheera; M. Phakchet; Mar. Saranthi sag; O. Madarangh; Tam. Ponnaganni keerai; Tel. Ponnaganti koora; U. Kunte ki bhaji.



C030. Pumpkin leaves, tender *(Cucurbit maxima)*; A. Rongalao paat; B. Kumra shak; G. Kolam na pan; H. Kumhra sag; Kan. Kumbale soppu; Kash. Aal kaniji; Kh. Sla pathaw; Mal. Manthan elakai; M. Mairen mana; Mar. Bhopla chipan; O. Khakaru saga; P. Petha de pate; Tel. Gummadi akulu; Tam. Parangi ilai; U. Kaddu ka patta.



C031. Radish leaves *(Raphanus sativus)*; A. Dherua; B. Mulo shak; G. Muda na pan; H. Muli ka sag; Kan. Mullangi soppu; Kash. Mooji Hakh; Kh. Sla muli; Mal. Mullangi ilaigal; M. Hangham mula; Mar. Mula ka sag; N. Moolaa ko saag; O. Mula ka sag; P. Muli di patte; Tel. Mullangi akulu; Tam. Mullangi ilai; U. Muli ka patta.



C032. Rumex leaves *(Rumex patientia);* A. Suka sak; B. Bun palung; G. Ambada (sorrel); Kan. Chukki soppu; Mar. Amlavetasa; S. Amlavetasa; U. Tukhm hummaz.



C033. Spinach *(Spinacia oleracea)*; A. Paleng; B. Palong shak; G. Palak ni bhaji; H. Palak; Kan. Spinak soppu; Kash. Palak; Kh. Palong heh; Mal. Basala cheera; M. Palak; Mar. Palak; N. Paalungo ko Saag; O. Palang sag; P. Palak; S. Paalakya; Tam. Pasalai keerai; Tel. Palakoora; U. Palak.



C034. Tamarind leaves, tender (*Tamaridus indica*); B. Tetul pata; G. Amli na pan; H., P. Imli patte; K. Hunise chiguru; Mal., Tam. Puliam ilaigal; Mar. Chinchecha pala; O. Tentuli; Tel. Chinta chiguru; A. Teteli paat; M. Mange Mana; Kh. Sla sohkyntoi.



D001. Ash gourd *(Benincasa hispida)*; A. Kumura; B. Chalkumra; G. Bhuru kodu; H. Petha; Kan. Budagumbala; Kash. Aal; Kh. Pathaw iiwbih; Mal. Kumbalanga; M. Torbot; Mar. Kohala; N. Kubhindo; O. Panikakharu; P. Petha; Tam. Venpoosani; Tel. Boodida gummadi; U. Peta.



D002. Bamboo shoot, tender *(Bambusa vulgaris)*; A. Bahgaj; B. Bansber ankur; G. Lilo vans; H. Baans; Kan. Baimbale, Kanile; Kh. Ka lung siej; Mal. Mulankoombu; M. Soidon; Mar. Kalkipan; O. Bhet ki lakdi; P. Baans; Tam. Moongil kuruthu; Tel. Veduru chiguru; U. Bhet ki lakdi.



D003. Bean scarlet, tender *(Phaseolus coccineus)*; A. Lesera mah; G. Chodi; H. Sem; Kash. Hyambi; Kh. U buri; M. Hawai Ashaangbi; P. Sem fali.



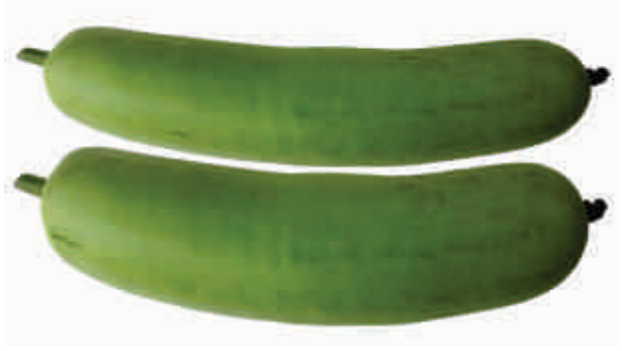
D004. Bitter gourd, jagged, teeth ridges, elongate *(Momordica charantia)*; A. Kerela; B. Korola; G. Karela; H. Karela; Kan. Hagal kai; Kash. Karela; Kh. Kerela heh; Mal. Kaippakka; M. Karon Akhabi; Mar. Karle ; N. Tite karela; O. Kalara; P. Karela; S. Tillikaa; Tel. Kakara kaya; Tam. Paavakkai; U. Karela.



D005. Bitter gourd, jagged, teeth ridges, short *(Momordica charantia)*; A. Kerela; B. Uchhe; G. Marela; H. Karela; Kan. Hagal kai; Kash. Karela; Kh. Kerela rit Mal. Kaippakka; M. Karon Akhabi; Mar. Karle; N. Tite karela; O. Kalara; P. Karela; S. Tillikaa; Tam. Paavakkai; Tel. Kakara kaya; U. Karela.



D006. Bitter gourd, jagged, smooth ridges, elongate *(Momordica charantia)*; A. Kerela; B. Korola; G. Karela; H. Karela; Kan. Hagal kai; Kash. Karela; Kh. Kerela; Mal. Kaippakka; M. Karon Akhabi; Mar. Karle; N. Tite karela; O. Kalara; P. Karela; S. Tillikaa; Tam. Paavakkai; Tel. Kakara kaya; U. Karela.



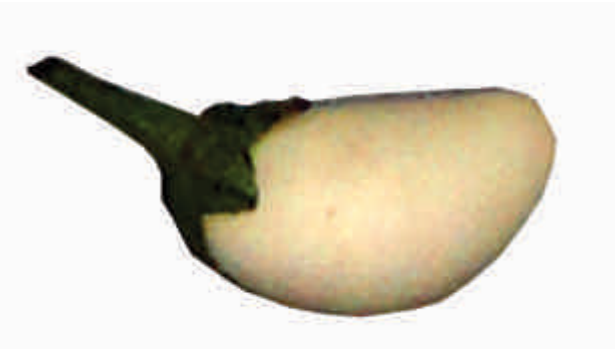
D007. Bottle gourd, elongate, pale green *(Lagenaria vulgaris)*; A. Jatilao; B. Lau; G. Dudhi; H. Lowki; Kan. Sorekai; Kash. Zeeth aal; Kh. U klong; Mal. Cheranga; M. Khongdrum; Mar. Pandhara; N. Lauka; O. Lau; P. Kadu; S. Kaarabellam; Tam. Suraikkai; Tel. Sorrakaya; U. Lowki.



D008. Bottle gourd, round, pale green *(Lagenaria vulgaris)*; A. Jatilao; B. Lau; G. Dudhi; H. Lowki; Kan. Sorekai; Kash. Gool aal; Kh. U klong heh; Mal. Cheranga; M. Khongdrum; Mar. Pandhara; N. Lauka; O. Lau; P. Kdu; S. Kaarabellam; Tam. Suraikkai; Tel. Sorrakaya; U. Lowki.



D009. Bottle gourd, elongate, dark green *(Lagenaria vulgaris)*; A. Jatilao; B. Lau; G. Dudhi; H. Lowki; Kan. Sorekai; U. Lowki; Kash. Zeth aal; Kh. Klong jrong; Mal. Cheranga; M. Khongdrum; Mar. Pandhara; N. Lauka; O. Lau; P. Kadu; S. Kaarabellam; Tam. Suraikkai; Tel. Sorrakaya.



D010. Brinjal 1 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D011. Brinjal 2 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D012. Brinjal 3 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D013. Brinjal 4 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D014. Brinjal 5 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan



D015. Brinjal 6 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan



D016. Brinjal 7 *(Solanum melongena);* A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan



D017. Brinjal 8 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D018. Brinjal 9 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D019. Brinjal 10 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



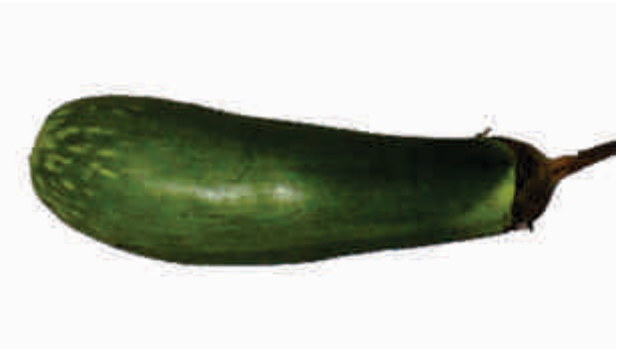
D020. Brinjal 11 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D021. Brinjal 12 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



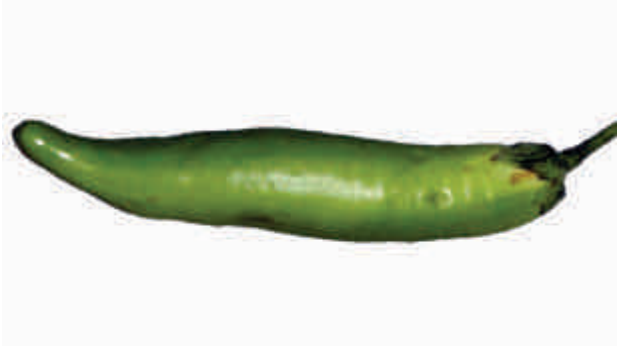
D022. Brinjal 13 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D023. Brinjal 14 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D024. Brinjal 15 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D025. Brinjal 16 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D026. Brinjal 17 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D027. Brinjal 18 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D028. Brinjal 19 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D029. Brinjal 20 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D030. Brinjal 21 *(Solanum melongena)*; A. Bengena; B. Begun; G. Ringna; H. Baingan; Kan. Badane; Kash. Wagun; Kh. Sohbaingon jyrngam; Mal. Vazhuthiniga; M. Lam Khamen; Mar. Vange; N. Bhantaa; O. Baigan; P. Baigan; S. Vruntaakam; Tam. Kathirikkai; Tel. Vaṅkaya; U. Baigan.



D032. Broad beans *(Vicia faba)*; A. Urahi; B. Makhon shim; G. Fafda papdi; H. Bakla; Kan. Chkaooaradavare; Kash. Thool Haymbe; Kh. Ri majai; Mal. Amarakka; Mar. Ghewda; O. Simba; Tam. Avarai; Tel. Pedda chikkudu.



D033. Capsicum, green *(Capsicum annuum)*; A. Kashmiri jalakia; B. Lanka (bilathi); G. Bhuler marcha; H. Shimla mirch; Kan. Donnmena-sinakayi; Kash. Shimla marchwangan; Kh. Sohmynken jhur jyrngam; Mal. Undamulagu; Mar. Bhoplimirchi; O. Shimla Lanka; P. Shimle-di-mirchi; Tam. Koda milagai; Tel. Shimla mirchi; U. Shimla mirchi.



D034. Capsicum, red *(Capsicum annuum)*; A. Kashmiri jalakia; B. Lanka (bilathi); G. Bhuler marcha; H. Shimla mirch; Kan. Donnmena- sinakayi; Kash. Shimla marchwangan; Kh. Sohmynken jhur jyrngam; Mal. Undamulagu; Mar. Bhoplimirchi; O. Shimla Lanka; P. Shimle-di-mirchi; Tam. Koda milagai; Tel. Shimla mirchi; U. Shimla mirchi.



D035. Capsicum, yellow *(Capsicum annuum)*A. Kashmiri jalakia; B. Lanka (bilathi); G. Bhuler marcha; H. Shimla mirch; Kan. Donnmena-sinakayi; Kash. Shimla marchwangan; Kh. Sohmynken jhur stem; Mal. Undamulagu; Mar. Bhoplimirchi; O. Shimla Lanka; P. Shimle-di-mirchi; Tam. Koda milagai; Tel. Shimla mirchi; U. Shimla mirchi.



D036. Cauliflower *(Brassica oleracea var. botrytis)*; A. Phul kobi; B. Phul kopi; G. Fulawar; H. Phul gobi; Kan. Hukosu; Kash. Phoolgobi; Kh. Phul kubi; Mal. Cauliflower; M. Kobithamchetmai; Mar. Phul gobi; N. Kauli; O. Phul Kobi; P. Phul gobi; S. Gojihvaa; Tam. Pookosu; Tel. Go puvvu; U. Phul gobi.



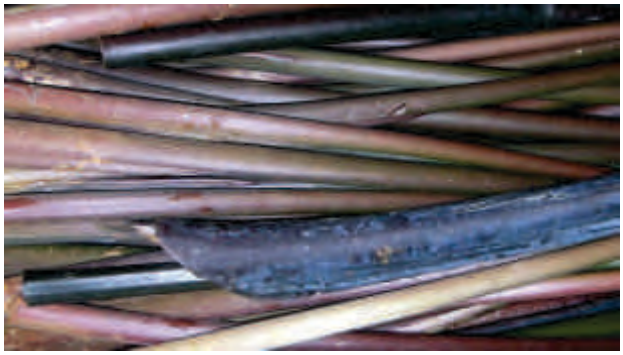
D037. Celery stalk (*Apium graveolens*); B. Randhuni; H. Ajmud; Kh. Dieng seleri; G. Celery daandi; Tam. Sivarikkeerai.



D038. Cho-cho-marrow *(Sechium edule);* A. Squash; H. Cho-cho-marrow; Kan. Cho-cho-marrow; M. Dasakusa; Mal. Cho-cho-marrow; Mar. Cho cho sara; O. Phuti kakudi; Kh. Biskot; Tam. Chow-chow.



D039. Cluster beans *(Cyamopsis tetragonobola)*; A. Mah; B. Jhar sim; G. Govar; H. Gaur-ki-phalli; Kan. Gori koyi; Kash. Hyambi; Mal. Kothavara; Mar. Govari; O. Guanra chhuin; P. Guarae-di-faliya; Tam. Kothavaranga; Tel. Goruchikkudu; U. Gavar ki palli.



D040. Colocasia, stem, black *(Colocasia esculenta)*; A. kosu thari; B. Kochur loti; H. Arwi-ki-dandi; Kan. Kesu danthu; Kh. Kawang iong; Mal. Chembin thandu; M. Paan Makhok; Mar. Alu-che-dath; O. Sarunada; P. Arbi de dande; Tam. Seppanthandu; Tel. Chama kada; U. Arwi ke kade.



D041. Colocasia stem, green *(Colocasia esculenta)*; A. Kosu thari; B. Kochur loti; H. Arwi-ki-dandi; Kan. Kesu danthu; Kh. Ka wang jyrngam; Mal. Chembin thandu; M. Paan Makhok; Mar. Alu-che-dath; O. Sarunada; P. Arbi de dande; Tam. Seppanthandu; Tel. Chama kada; U. Arwi ke kade.



D042. Corn, baby *(Zea mays)*; Kash. Makai; Kh. Riewhadem lung; M. Chujaak; P. Shoti shalli.



D043. Cucumber green, elongated *(Cucumis sativus)*; A. Tiyoh; B. Sosha; G. Kakdi; H. Kheera; Kan. Southe kayi; Kash. Laar; Kh. Sohkhia; Mal. Vellarikka; M. Thabi; Mar. Kakadi; N. Kakro; O. Kakudi; P. Khira; S. Patolah; Tam. Vellarikkai; Tel. Dosa kaya; U. Kheera.



D044. Cucumber green, short *(Cucumis sativus)*; A. Tiyoh; B. Sosha; G. Kakdi; H. Kheera; Kan. Southe kayi; Kash. Laar; Kh. Sohkhia; M. Thabi; Mal. Vellarikka; Mar. Kakadi; N. Kakro; O. Kakudi; P. Khira; S. Patolah; Tam. Vellarikkai; Tel. Dosa kaya; U. Kheera.



D045. Cucumber orange, round *(Cucumis sativus)*; A. Tiyoh; B. Sosha; G. Kakdi; H. Kakadi; Kan. Southe kayi; Kash. Laar; Kh. Sohkhia pyllon; Mal. Vellarikka; Mar. Kakadi; N. Kakro; O. Kakudi; P. Khira; S. Patolah; Tam. Vellarikkai; Tel. Dosa kaya; U. Kheera.



D046. Drumstick *(Moringa oleifera)*; A. Sajina; B. Sajna danta; G. Saragavo; H. Saijan-ki-phalli; Kan. Nugga kayi; Kh. Dieng sajana; Mal. Muringakkai; M. Sajana; Mar. Shevanga sheng; O. Sajana chhuin; P. Suhanjana di phalliya; Tam. Murungakkai; Tel. Mulakaada; U. Sujne ki palli.



D047. Field beans, tender, broad *(Phaseolus vulgaris)*; A. Urohi; B. Shim; G. Valpapdi; H. Sem; Kan. Avare; Kash. Hyambi; Kh. Ri majai; Mal. Avar; Mar. Papta; O. Baragudi; Tam. Vidaiavarai; Tel. Chikkudu ginjalu; U. Sem ki palli.



D048. Field beans, tender, lean *(Phaseolus vulgaris)*; A.Urohi; B. Shim; G. Valpapdi; H. Sem; Kan. Avare; Kash. Hyambi; Kh. Ri majai; Mal. Avar; Mar. Papta; O. Baragudi; Tel. Chikkudu ginjalu; Tam. Vidaiavarai; U. Sem ki palli.



D049. French beans, country *(Phaseolus vulgaris)*; A. French bean; G. Fansi; H. Bakla; Kan. Huruli kayi; Kash. Hyambi; Kh. Presbin phyrngop; Mal. Beans; Mar. Pharasebee; N. Ghiu Simi; O. Beans; P. Fras bean; Tam. Vidaiavarai; Tel. Sannachikkudu; U. Beans.



D050. French beans, hybrid *(Phaseolus vulgaris)*; A. French bean; G. Fansi; H. Bakla; Kan. Huruli kayi; Kash. Hyambi; Kh. Presbin; Mal. Beans; Mar. Pharasebee; N. Ghiu Simi; O. Beans; P. Fras bean; Tam. Vidaiavarai; Tel. Sannachikkudu; U. Beans.



D051. Jack fruit, raw *(Artocarpus heterophyllus)*; A. Kothal; B. Kanthal; G. Phanas; H. Kathal; Kash. Bindu; Kan. Halasu; Kh. Soh phan; M. Theibong; Mal. Chakka; Mar. Phanas; N. Katahar; O. Panasa; P. Kathal ki beej; S. Panasa; Tam. Palapazham; Tel. Panasa; U. Kathahal.



D052. Jack fruit, seeds, mature *(Artocarpus heterophyllus)*; A. Kothal guti; B. Kanthal; G. Phanas; H. Kathal; Kan. Halasu; Kash. Bindu; Kh. Shyieng soh phan; Mal. Chakka; M. Theibong Maru; Mar. Phanas; N. Katahar; P. Kathal; S. Panasa; Tam. Palakkottai; Tel. Panasa; U. Kathahal.



D053. Knol - Khol *(Brassica oleracea);* A. Oolkobi; B. Olkopi; G. Nol-kol; H. Kohl-rabi; Kan. Noolkol; Kash. Monjh haak; Kh. Phan kubi; Mal. Noolkol; M. Kobi Maru Kabi; Mar. Nol-kol; N. Gyathkopi; O. Ulkobi; P. Ganth gobi; Tam. Knoolkol; Tel. Noolkol.



D054. Kovai, big *(Coccinia cordifolia);* A. Kunduli; B. Telakucha; G. Ghole gluru; H. Konduri ; Kan. Tondekayi; Kh. Jhur thliem; Mal. Kova kai; Mar. Tondale; O. Kunduru; Tam. Kova kai; Tel. Donda kaya; U. Tindli.



D055. Kovai, small *(Coccinia cordifolia);* A. Kunduli; B. Telakucha; G. Ghole gluru; H. Konduri; Kan. Tondekayi; Kh. Jhur thliem; Mal. Kova kai; Mar. Tondale; O. Kunduru; Tam. Kova kai; Tel. Donda kaya; U. Tindli.



D056. Ladies finger *(Abelmoschus esculentus);* A. Bhendi; B. Dherosh; G. Bhinda; H. Bhindi; Kan. Bende; Kash. Bindi; Kh. bindi; Mal. Vendakkai; M. Belandri; Mar. Bhendi; N. Ramtoriya; O. Bhendi; P. Bhindi; S. Bhindikaa; Tam. Vendaikkai; Tel. Bendakaya; U. Bhendi.



D057. Mango, green, raw *(Mangifera indica);* A. Keasa aam; B. Aam (kancha); G. Ambo; H. Katcha Aam; Kan. Mavinakayi; Kash. Kach Aamb; Kh. Soh pieng im; Mal. Manga; M. Heinou Ashangba; Mar. Amba; O. Ambu (kacha); P. Kaccha aam; Tam. Mangai; Tel. Mamidikaya; U. Kaccha aam.



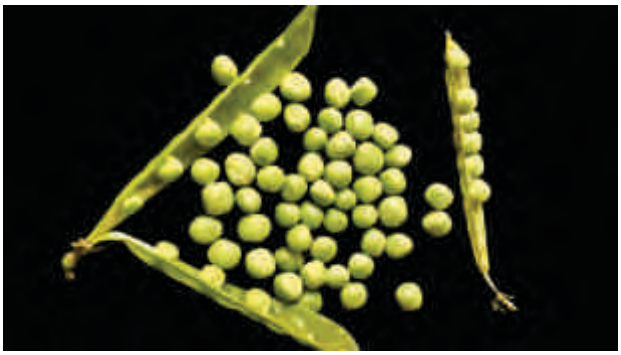
D058. Onion, stalk *(Allium wakegi);* A. Piyaj paat; B. Piyaz kali; G. Dunglina dakkadi (Onion dakkadi); H. Pyaz; Kan. Erulli soppu; Kash. Pichiganda; Kh. Sla piat; Mal. Ulli thandu; M. Tilhou mana; Mar. Pati; N. Chhayapi ko Saag; O. Piaja sandha; P. Hare pyaaz; Tam. Vengaya thaal; Tel. Ulli kadalu; U. Hari pyaaz.



D059. Papaya, raw *(Carica papaya);* A. Kesa omita; B. Pempe (Kacha); G. Papayi; H. Katcha pepita; Kan. Parangi; Kh. Soh kymphor im; Kash. Papita; Kon. Dudde; Mal. Omakaya; M. Awathabi Ashangba; Mar. Papaya; O. Amrutabhanda; P. Katcha Pepita; Tam. Pappalikkaai; Tel. Boppayi kaya; U. Papaya.



D060. Parwar *(Trichosanthes dioica);* A. Potol; B. Potol; G. Padval; H. Parwal; Kan. Mara thonde; Kh. Patol rit; Mal. Kovakkai; Mar. Parwar; O. Potala; P. Parwal; Tel. Kommu potla; U. Parwal.



D061. Peas, fresh (*Pisum sativum*); A. Matar mah; B. Motor shuti; G., Mar. Vatana; Kash. Kaza; O. Matara; H. Matar; Kan., Tel. Batani; Kash. Matar; Kh. Mator; M. Hawai tharaak; P. Hare matar; Mal., Tam. Paccha pattani.



D062. Plantain, flower *(Musa sapientum);* A. Koldil; B. Mocha; G. Kel phool; H. Kele-ka phool; Kan. Bale motho; Kh. Pashor kait; Mal. Vazhapoo; M. Lafu Tharo; Mar. Kel phool; O. Kadali bhanda; P. Kele-da-phool; Tam. Vazhapoo; Tel. Arati puvvu; U. Kela ka phool.



D063. Plantain, green *(Musa sapientum);* A. Kaskol/Purakol; B. Kela (kanch); G. Kela; H. Kele (hara); Kan. Bale kayi; Kash. Kham kael; Kh. Kait im; Mal. Vazhakkai; M. Laphoi Ashangba; M. Laphoi Ashangba; Mar. Kel (hara); N. Bungo; O. Bantala kadali; P. Kela (hara); S. Rambhaa ; Tam. Vazhakkaai; Tel. Arati kayi; U. Kaccha kela.



D064. Plantain, stem *(Musa sapientum);* A. Posola; B. Thor; G. Kelanu thed; H. Kele-ka-tana; Kan. Bele Dindu; Kh. Nud kait; Mal. Unnipindi; M. Lafu; Mar. Kelicha khunt; O. Kadali manja; P. Kele da tana; Tam. Vazhai thandu; Tel. Arati doota.



D065. Pumpkin green, cylindrical *(Cucurbita maxima);* A. Rongalao; B. Kumro; G. Kohlu; H. Kaddu; Kan. Kumbala kash; Kash. Paarimal; Kh. Pathaw; Mal. Mathan; M. Mairen; Mar. Lal bhopla; N. Farsi; O. Kakharu; P. Kaddu; S. Kummaandah; Tam. Parangikkai; Tel. Gummadi kaya; U. Kaddu.



D066. Pumpkin orange, round *(Cucurbita maxima);* A. Rongalao; B. Kumro; G. Kohlu; H. Kaddu; Kan. Kumbala kash; Kash. Paarimal; Kh. Pathaw saw; Mal. Mathan; M. Mairen; Mar. Lal bhopla; N. Farsi; O. Kakharu; P. Kaddu; S. Kummaandah; Tam. Parangikkai; Tel. Gummadi; U. Kaddu.



D067. Red gram, tender, fresh *(Cajanus cajan);* H. Arhar ki fali; Tam. Thuvarai; Tel. Pacchi Kandulu; U. Hara tuvar.



D068. Ridge gourd *(Luffa acutangula);* A. Jikaa; B. Jhinge; G. Turia; H. Torai; Kan. Heeraikai; Kash. Turrel ; Kh. Jingka; Kon. Gurdudde; Mal. Peechinga; M. Sebot; Mar. Dodka; O. Janhi; P. Kali tori; Tam. Peerkankai; Tel. Beera kaya; U. Turai.



D069. Ridge gourd, smooth skin *(Luffa acutangula);* A. Bhol; B. Jhinge; G. Turia; H. Torai; Kan. Heeraikai; Kash. Turrel; Kh. Jingka; Kon. Gurdudde; Mal. Peechinga; M. Sebot; Mar. Dodka; O. Janchi; P. Kali tori; Tam. Peerkankai; Tel. Beera kaya; U. Turai.



D070. Snake gourd, long, pale green *(Trichosanthes anguina);* A. Dhunduli; B. Chichinga; G. Pandola; H. Chachinda; Kan. Podavala; Kh. Jingka; Mal. Padavalanga; Mar. Padwal; N. Chichindo; O. Chachinda; P. Galartori; S. Cicinndda; Tam. Pudalangai; Tel. Potla kaya; U. Chichinda.



D071. Snake gourd, long, dark green *(Trichosanthes anguina);* A. Dhunduli; B. Chichinga; G. Pandola; H. Chachinda; Kan. Podavala; Kh. Jingka; Mal. Padavalanga; Mar. Padwal; N. Chichindo; O. Chachinda; P. Galartori; S. Cicinndda; Tam. Pudalangai; Tel. Potla kaya; U. Chichinda.



D072. Snake gourd, short *(Trichosanthes anguina);* A. Dhunduli; B. Chichinga; G. Pandola; H. Chachinda; Kan. Podavala; Kh. Jingka; Mal. Padavalanga; Mar. Padwal; N. Chichindo; O. Chachinda; P. Galartori; S. Cicinndda; Tam. Pudalangai; Tel. Potla kaya; U. Chichinda.



D073. Tinda, tender *(Praecitrullus fistulosus);* G. Tadabuch; H. Tinda; Kan. Thondekkai; Kash. Tinda; Mar. Dhemase; N. Tinda; P. Tinda; U. Tinde.



D074. Tomato, green *(Solanum lycopersicum);* A. Kesa bilahi; B. Kacha Tomato; H. Tamator ; Kan. Goore Hannu; Kash. Rowagun; Kh. Soh saw jyrngam; Mal. Takkali; M. Khamen Ashinba; Mar. Hara velvangi; O. Bilati Baigan; P. Kaccha tamator; Tam. Thakkalikkaai; Tel. Ramamulagakaya; U. Kaccha tamatar.



D075. Tomato, ripe, hybrid *(Solanum lycopersicum);* A. Poka bilahi; B. Tomato; G. Tameta; H. Tamator; Kan. Goore Hannu; Kash. Rowangun; Kh. Soh saw dkhar; Mal. Takkali pazham; M. Khamen ashinba; Mar. Velvangi; O. Bilati baigan; P. Pakke tamator; S. Rakta phalam; N. Gholobheda; Tam. Takkali pazham; Tel. Ramamulagakaya; U. Pakka tamatar.



D076. Tomato, ripe, local *(Solanum lycopersicum);* A. Poka bilahi; B. Tomato; G. Tameta; H. Tamator; Kan. Goore Hannu; Kash. Rowangun; Mal. Takkali pazham; M. Khamen ashinba; Mar. Velvangi; N. Gholobheda; O. Bilati Baigan; P. Pakke tamator; S. Rakta phalam; Kh. Soh saw khasii; Tam. Takkali pazham; Tel. Ramamulagakaya; U. Pakka tamatar.



D077. Zucchini green (*Cucurbita pepo*); B. Dhudul; H. Sabed kaddu; Kan. Dilpasand; Kash. Kaashiral; Mar. Kashi bhopla; O. Golu phubi kakuri; Tam. Seemai suraikayi.



D078. Zucchini, yellow (*Cucurbita pepo*); B. Dhudul; H. Sabed kaddu; Kan. Dilpasand; Kash. Kaashiral; Mar. Kashi bhopla; O. Golu phubi kakuri; Tam. Seemai suraikayi.



E001. Apple, big *(Malus domestica)* A. Apel; B. Sev; G. Safarjan; H. Sev; Kan. Sebu; Kash. Tsoonth; Kh. Soh apple saw; Mal., Tam. Apple pazham; M. Sem; Mar. Safar chand; N. Shau; O. Sev; P. Seb; S. Seva; Tel. Sepu/Sema regu; U. Saib.



E002. Apple, green *(Malus domestica)* A. Apel; B. Sev; G. Lila safarjan; H. Sev; Kan. Sebu; Kash. Tsoonth; Kh. Soh apple Jyrngam; Mal. Apple pazham; M. Sem; Mar. Safar chand; N. Shau; O. Sev; P. Seb; S. Seva; Tam. Apple pazham; Tel. Sepu/Sema regu; U. Saib.



E003. Apple, small *(Malus domestica)* A. Apel; B. Sev; G. Safarjan; H. Sev; Kan. Sebu; Kash. Tsoonth; Kh. Soh apple saw; Mal. Apple pazham; M. Sem; Mar. Safar chand; N. Shau; O. Sev; P. Seb; S. Seva; Tam. Apple pazham; Tel. Sepu/Sema regu; U. Saib.



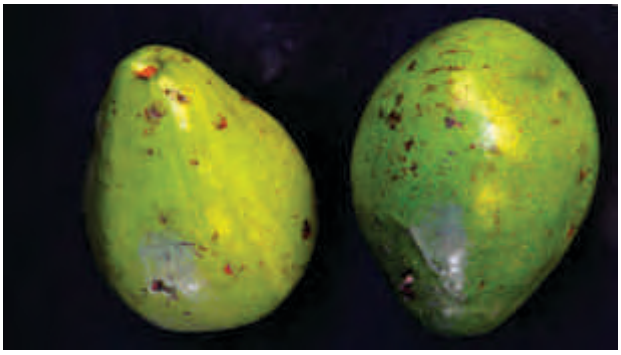
E004. Apple, small, Kashmir *(Malus domestica)* A. Apel; B. Sev; G. Safarjan; H. Sev; Kan. Seb; Kash. Tsoonth; Kh. Soh apple saw; Mal. Apple pazham; M. Sem;Mar. Safar chand; N. Shau; O. Sev; P. Seb; S. Seva; Tam. Apple pazham; Tel. Sepu/Sema regu; U. Saib.



E005. Apricot, dried *(Prunus armeniaca);* A. Malhoi; B. Suska khubani; G. Jardaloo (Suka velu); H. Khoomani; Kan. Jaldaru Hannu; Kash. Tser; Mal. Sheema bedhaam pazham; M. Malhei; Mar. Jardaalu; N. Khattu; P. Kharamani; Tel. Seema Badam/ Jallaru Pandu; Tam. Sakkarai badhami; U. Khubaani.



E006. Apricot, processed *(Prunus armeniaca);* A. Malhoi; B. Suska khubani; G. Jardaloo; H. Khoomani; Kan. Jaldaru Hannu; Kash. Tser; Mal. Sheema bedhaam pazham; M. Malhei; Mar. Jardaalu; N. Khattu; P. Kharamani; Tam. Sakkarai badhami; Tel. Seema Badam/ Jallaru Pandu; U. Khubaani.



E007. Avocado fruit (*Persea americana*); B. Kulunashpati; H. Makhan phal; Kan. Bennephala/Bennehannu; Kash. Goshtub tang; Mal. Aathachakka/ Venna-pazham; Mar. Makhan phal; P. Makhan phal; Tam. Vennaipazham; .



E008. Bael fruit (*Aegle marmelos*); B., Bel; G. Bila; H. Bel, Kh. Soh bel; Mal. Vilwa pazham; M. Heiri Khagok; P. Bhel; Mar. Bel; Tam. Vilwa pazham; Tel. Marendu pandu.



E009. Banana, ripe, montham *(Musa x paradisiaca)* A. Poka kol; B. Kola(paka); G. Paka keda; H. Kela; Kan. Bale hannu; Kash. Kela; Kh. Kait syiem; Mal. Vazha pazham; M. Laphoi; Mar. Kele; N. Kera; O. Champa kadali; P. Kella; S. Kadalii; Tam. Vazha pazham; Tel. Arati pandu; U. Kela.



E010. Banana, ripe, poovam *(Musa x paradisiaca)* A. Poka kol; B. Kola (paka); G. Paka keda; H. Kela; Kan. Bale hannu; Kash. Kela; Kh. Kait mon/ ja; Mal. Vazha pazham; M. Laphoi; Mar. Kele; N. Kera; O. Champa kadali; P. Kella; S. Kadalii; Tam. Vazha pazham; Tel. Arati pandu; U. Kela.



E011. Banana, ripe, red *(Musa paradisiaca)* A. Poka kol; B. Kola (paka); G. Lal paka keda; H. Kela; Kan. Bale hannu; Kash. Kela; Kh. Kait saw; Mal. Vazha pazham; M. Laphoi; Mar. Kele; N. Kera; O. Champa kadali; P. Kella; S. Kadalii; Tam. Sevvazhaipazham; Tel. Arati pandu; U. Kela.



E012. Banana, ripe, robusta *(Musa x paradisiaca)* A. Poka kol; B. Kola (paka); G. keda; H. Kela; Kan. Bale hannu; Kash. Kela; Kh. Kait jaji; Mal. Vazha pazham; M. Laphoi; Mar. Kele; N. Kera; O. Champa kadali; P. Kella; S. Kadalii; Tam. Vazhaipazham; Tel. Arati pandu; U. Kela.



E013. Black berry *(Rubus* sp.*);* A. Kola jamu; B. Kalojam; G. Jambu; H. Kala Jamun; Kan. Neralai; Kh. Soh jam/ Soh jamun; Mal. Naval pazham; M. Jaam; Mar. Jambhool; O. Jamukoli; P. Jamun; Tam. Nagapazham; Tel. Neredupandu.



E014. Cherries, red *(Prunus avium);* G. Cherry; H. Gilas; Kan. Kaḍugeṃpu; Kash. Gilas; Kh. Soh sherri; Mal. Cherrypazham; Mar. Cherry phal; P. Cherry; Tam. Cherry pazham; Tel. Cherri pandu.



E015. Currants, black *(Ribes nigrum);* A. kismis; G. kadi draksh; H. Munakka; Kan. Nerale hannu; Kh. Soh kismis iong; Mal. Najavalppazham; Mar. Kala pravaha; Tam. Karunthiratcha; Tel. Nalla Kishmish; U. kala kishmish.



E016. Custard apple (*Annona squamosa*); A. Sitaphal; B. Ata; G. Sitapad; H. Sharifa; Kan. Sharifa; O. Ata; Mal., Mar. Sitaphal; P. Sharifa; Tam. Seethapazham; Tel. Sitaphalam.



E017. Dates, dry, pale brown *(Phoenix dactylifera);* A. Khajur; B. Kharjura; G. Kharek; H. Chuhara; Kan. Kharjoora; Kash. Khajur; Kh. Soh khajur; Mal. Eethapazham; M. Thangtup; Mar. Khajur; N. Khajura; O. Khajuri; P. Chawara; S. Kharjura; Tam. Pericham pazham; Tel. Khajoora pandu; U. Khajur.



E018. Dates, dry, dark brown *(Phoenix dactylifera);* A. Khajur; B. Kharjura; G. Chuhara; H. Khajur; Kan. Kharjoora; Kash. Khajur; Kh. Soh khajur; Mal. Eethapazham; M. Thangtup; Mar. Khajur; N. Khajura; O. Khajuri; P. Chawara; S. Kharjura; Tam. Pericham pazham; Tel. Khajoora pandu; U. Khajur.



E019. Dates, processed *(Phoenix dactylifera);* A. Khajur; B. Kharjura; G. Khajur; H. Khajur; Kan. Kharjoora; Kash. Khajur; Kh. Soh khajur im; Mal. Eethapazham; M. Thangtup; Mar. Khajur; N. Khajura; O. Khajuri; P. Khajur; S. Kharjura ; Tam. Pericham pazham; Tel. Khajoora pandu; U. Khajur.



E020. Figs *(Ficus Carica);* A. Dimoru; B. Dumura; G. Anjir; H. Anjeer; Kan. Anjurada haṇṇugaḷu; Kash. Anjeer; Kh. Soh Dimbur; Mal. Athipazham; M. Heirit; Mar. Anjir; N. Anjir; O. Dimiri; S. Anjiira; P.Anjeer; Tam. Athipazham; Tel. Atti pandu; U. Anjeer.



E021. **Goosberry** (*Emblica officinalis*); A. Amlakhi; G. Amla; H. Amla; Kan. Betta nelli; Kh. Soh mylleng; Mal. Nellikka; M. Heikru; Mar. Amla; O. Aanla; P. Olle; Tam. Nellikkai; Tel. Usirikaya.



E022. Grapes seeded, round, black *(Vitis vinifera);* A. Angoor; B. Angoor; G. Kadi Draksha; H. Angoor; Kan. Draksha; Kash. Dach; Kh. Soh grape iong; Mal. Mundiringa; M. Angoor; Mar. Draksha; N. Angoor; O. Angoor; P. Angoor; S. Draakssaa; Tam. Panneer dratchai; Tel. Draksha padu.



E023. Grapes seeded, round, green *(Vitis vinifera);* A. Angoor; B. Angoor; G. Lili Draksha; H. Angoor; Kan. Draksha; Kash. Dach; Kh. Soh grape jyrngam; Mal. Mundiringa; M. Angoor; Mar. Draksha; N. Angoor; O. Angoor; P. Angoor; S. Draakssaa; Tam. Dratchai; Tel. Draksha padu.



E024. Grapes seeded, round, red *(Vitis vinifera);* A. Angoor; B. Angoor; G. Lal Draksha; H. Angoor; Kan. Draksha; Kash. Dach; Kh. Soh grape saw; Mal. Mundiringa; M. Angoor; Mar. Draksha; N. Angoor; O. Angoor; P. Angoor; S. Draakssaa; Tam. Dratchai; Tel. Draksha padu.



E025. Grapes seedless, oval, black *(Vitis vinifera);* A. Angoor; B. Angoor; G. Draksha; H. Angoor; Kan. Draksha; Kash. Dach; Kh. Soh grape iong; Mal. Mundiringa; M. Angoor; Mar. Draksha; N. Angoor; O. Angoor; P. Angoor; S. Draakssaa; Tam. Dratchai; Tel. Draksha padu.



E026. Grapes seedless, round, green *(Vitis vinifera);* A. Angoor; B. Angoor; G. Draksha; H. Angoor; Kan. Draksha; Kash. Dach; Kh. Soh grape jyrngam; Mal. Mundiringa; M. Angoor; Mar. Draksha ; N. Angoor; O. Angoor; P. Angoor; S. Draakssaa; Tam. Dratchai; Tel. Draksha padu.



E027. Grapes seedless, round, black *(Vitis vinifera);* G. Kadi Draksha; H. Angoor; Kan. Draksha; Kash. Dach; Kh. Soh grape iong; Mal. Mundiringa; M. Angoor; Mar. Draksha; N. Angoor; O. Angoor; P. Angoor; S. Draakssaa; Tam. Dratchai; Tel. Draksha padu.



E028. Guava, white flesh *(Psidium guajava);* A. Madhurium; B. Peyara; G. Jamphad; H. Amrud; Kan. Seebe; Kash. Amrodh; Kh. Soh pyriam; Mal. Perakka (nattu); M. Pungton;Mar. Peru; N. Aamba; O. Pijuli (deshi); P. Amrud; S. Peruka; Tam. Koiyapazham; Tel. Jama pandu; U. Amrood.



E029. Gauva, pink flesh *(Psidium guajava);* H. Amrud; Tel. Jama pandu; Tam. Koiyapazham; Kan. Seebe; Mal. Perakka; Mar. Peru; O. Pijuli; B. Peyara; G. Lal jamphad; P. Amrud; A. Madhurium; Kash. Amrodh; S. Peruka; N. Aamba; M. Bilaiti pungton; Kh. Soh pyriam.



E030. Jack fruit, ripe *(Artocarpus heterophyllus)*; A. Kothal; B. Kanthal; G. Phanas; H. Kathal; Kan. Halasu; Kh. Soh phan; Mal. Chakka; M. Theibong; Mar. Phanas; N. Katahar; O. Panasa; P. Kathal; Kash. Bindu; S. Panasa; Tam. Palapazham; Tel. Panasa; U. Kathahal.



E031. Jambu fruit, ripe *(Syzygium samarangense);* A. Jamu; B. Jaamrool; H. Jamun; Kan. Neralai; Mal. Naval pazham; Mar. Jambhool; O. Jamukoli; P. Jamun; Tam. Nagapazham; Tel. Neredupandu.



E032. Karonda fruit (*Carissa carandas*); A. Korja tenga; B. Koromcha; G. Karamda; H. Balalak, dindimi; Kan. Karekayi; Mar. Karvand; Mal. Karakka; O. Sushena; P. Karonda; S. Karamazda; Tam. Kalakkay/ Parungala; Tel. Kalive.



E033. Lemon, juice *(Citrus limon);* H. Nimbhu; Tel. Nimapandu ; O. Kagaji limbu; B. Pati Lebu; G. Limbu; P. Nibu; U. Neembu; A. Nemu; Kash. Nyomb; S. Lehin; N. Kaagati; M. Champra Mahi; Kh. Soh jew.



E034. Lime, sweet pulp *(Citrus limetta);* H. Mosambi; Tel. Gaja nimma pandu; Tam. Kolinchi pazham; Kan. Gaja nimbe; Mar. Limbu goḍa; B. Mitha lebu; G. Mosambi; A. Mosumi; Kash. Mosambi; P. Mosami; Kh. Soh balensha.



E035. Litchi *(Litchi chinensis);* A. Lichu; B. Lichu; G. Lichi; H. Lichi; Kash. Lichi; Kh. Soh manir; Mal. Lichi; M. Lichu; Mar. Lichi; N. Lichi; O. Letchu; P. Lichi; Tam. Lichi; Tel. Lichi; Kan. Lichi; U. Lichi.



E036. Mango, ripe, banganapalli *(Mangifera indica);* A. Aam; B. Aam(paka); G. Keri; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); P. Aam; S. Aamra; Tam. Mampazham; Tel. Mamidi pandu; U. Pakka aam.



E037. Mango, ripe, gulabkhas *(Mangifera indica);* A. Aam; B. Aam (paka); G. Pakeli Kedi; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); P. Aam; S. Aamra; Tam. Mampazham; Tel. Mamidi pandu; U. Pakka aam.



E038. Mango, ripe, himsagar *(Mangifera indica);* A. Aam; B. Aam (paka); G. Keri; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); P. Aam; S. Aamra; Tam. Mampazham; Tel. Mamidi pandu; U. Pakka aam.



E039. Mango, ripe, kesar *(Mangifera indica);* A. Aam; B. Aam (paka); G. Kesar kedi; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); P. Aam; S. Aamra; Tam. Mampazham; Tel. Mamidi pandu; U. Pakka aam.



E040. Mango, ripe, neelam *(Mangifera indica);* A. Aam; B. Aam (paka); G. Nilam kedi; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); P. Aam; S. Aamra; Tam. Mampazham; Tel. Mamidi pandu; U. Pakka aam.



E041. Mango, ripe, paheri *(Mangifera indica);* A. Aam; B. Aam (paka); G. Keri; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); S. Aamra; Tam. Mampazham; Tel. Mamidi pandu; U. Pakka aam.



E042. Mango, ripe, totapari *(Mangifera indica);* A. Aam; B. Aam (paka); G. Totapuri kedi; H. Aam (paka); Kan. Mvina hannu; Kash. Aamb; Kh. Soh pieng; Mal. Mam pazham; M. Heinou Amunba; Mar. Amba (piklela); N. Ampa; O. Amba (pachila); P. Aam; S. Aamra; Tel. Mamidi pandu; Tam. Mampazham; U. Pakka aam.



E043. Mangosteen (*Garcinia mangostana*); H. Mangustan; Mal. Kodam puli; Tam. Sulambali.



E044. Manila tamarind (*Pithecellobium dulce*); B. Jilapi; G. Bakhai ambli/Vilayabi ambli; H. Ganga imli/ Jangal jalebi; Kan. Seema/ dora hunase; Kh. Soh kyntoi im; M. Mange; Mar. Vilayatichinch; P. Jangjalebi; Tam. Kodukkapuli; Tel. Seema chintakaya.



E045. Musk melon, orange flesh *(Cucumis melon);* A. Siral; B. Kharamuja; G. Kharbujo; H. Kharbooja; Kan. Kharbooja; Kash. Kherbuz; Mal. Mulam pazham; Mar. Kharbooja; O. Kharbooja; P. Kharbooja; S. Kharbuuja; Tam. Mulam pazham; Tel. Kharbooja; U. Kharbuz.



E046. Musk melon, yellow flesh *(Cucumis melo);* A. Siral; B. Kharamuja; G. Kharbujo (Pido); H. Kharbooja; Kan. Kharbooja; Kash. Kherbuz; Mal. Mulam pazham; Mar. Kharbooja; O. Kharbooja; P. Kharbooja; S. Kharbuuja; Tam. Mulam pazham; Tel. Kharbooja; U. Kharbuz.



E047. Orange, pulp *(Citrus aurantium);* A. Komola; B. Kamala lebu; G. Santra; H. Santra; Kan. Kithilai; Kash. Sangtar; Kh. Soh niamtra; Mal. Madhura naranga; M. Komla; Mar. Santre; N. Suntala; O. Kamala; P. Santra; S. Naarangga; Tam. Saathukudi; Tel. Kamala padu; U. Santra.



E048. Palm fruit, tender (*Borassus flabellifer*); H. Tar; Kan. Thati mangu; Mal. Pnamnungu; O. Tala Saja; Tam. Panai nungu; Tel. Thati munjalu.



E049. Papaya, ripe *(Carcia papaya);* A. Amita; B. Pepe (paka); G. Papayu; H. Papita; Kan. Pappayi Hannu; Kash. Papita; Kh. Soh Kymphor; Kon. Papayi; Mal. Omakai; M. Awathabi amunba; Mar. Popai; N. Mewa; O. Amrutbhanda (Pachila); P. Papita; Tam. Pappali; Tel. Boppayi pandu; U. Papita.



E050. Peach *(Prunus communis)* A. Ahom bogori; H. Aroo; Kash. Aer; Kh. Soh phareng; M. Chumbrei; P. Aroo.



E051. Pear *(Pyrus* sp.*);* A. Naspoti; B. Nashpati; G. Nashpatino; H. Nashpati; Kan. Berikai; Kash, Tang; Kh. Soh phoh; Mal. Sabarjil; M. Naspati; Mar. Nashpati; N. Naspati; O. Nashpati; P. Nashpati; Tam. Berikkai; Tel. Berikaya; U. Nashpati.



E052. Phalsa *(Grewia asiatica);* A. Pharaskol; B. Falsa; G. Falsa; H. Falsa; Kan. Phalsa hannu; Kh. Soh broi rit; Mal. Palisa; Mar. Falsa; O. Mirgichara; P. Falsa; Tam. Palisa; Tel. Falsa pandu; U. Falsa.



E053. Pineapple *(Ananas comosus*); A. Ahnaros; B. Anarasa; G. Anenas; H. Ananas; Kan. Ananas; Kash. Punchitipul; Kh. Soh trun;Kon. Anas; Mal. Kayirha chakka; M. Kihom; Ananas; O. Sapuri; P. Ananas; Tam. Annasi pazham; Tel. Anasa pandu; U. Ananas.



E054. Plum (*Prunus domestica*); B. Alubokhara H. Alubokhara; G. Aaddu; Kan. Onagida draakshi; Kash. Aeir; Kh. Soh plum dorris/ Norris; M. Heikha; P. Aloobhukhara; Tel. Alapagoda.



E055. Pomegranate, maroon seeds *(Punica granatum*); A. dalim; B. Bedana; G. Dadam; H. Anar; Kan. Dalimbari; Kash. Daan; Kh. Soh pomegranate; Kon. Dalimb; Mal. Mathalam pazhham; M. Kamphoi; Mar. Dalimb; O. Dalimba; P. Anar; S. Daaddima; Tam. Madhulam pazham; Tel. Danimma pandu; U. Anaar.



E056. Pummelo *(Citrus maxima);* A. Rabab tenga; B. Batabilembu; G. Papnuse; H. Chakotra; Kan. Chakkota; Kh. Soh bah; Mal. Bombilimas; M. Nobab; Mar. Papnus; O. Batapilembu; Tam. Bombilimas; Tel. Pampara panasa.



E057. Raisins, dried, black *(Vitis vinifera);* A. kishmish; B. kishmish; G. Kadi Draksha; H. Kishmish; Kan. Drashi; Kash. kishmish; Kh. Kismis iong;Mal. Mundiringa (unakku); M. Kismis; Mar. kishmish; O. kishmish; P. Songi; Tam. Ular dhirachai; Tel. Endu draksha; U. kishmish.



E058. Raisins, dried, golden *(Vitis vinifera);* A. Kishmish; B. Kishmish; G.Pidi Draksha; H. Kishmish; Kan. Drashi; Kash. Kishmish; Kh. Kismis saw; Kon. Suke dhrakshi; Mal. Mundiringa (unakku); M. Kismis; Mar. kishmish; N. Kismis; O. Kishmish ; P. Songi; Tam. Ular dhirachai; Tel. Endu draksha; U. Kishmish.



E059. Rambutan (*Nephelium lappaceum*); H. Rambutan.



E060. Sapota *(Achras sapota);* A. Chiku; H. Chiku; Kan. Sapota; Mal. Sapota; Mar. Chiku; O. Sapota; P. Chiku; Tel. Sapota; U. Sapota.



E061. Soursop *(Annona muricata*); H. Shul-ram fal; Kan. Lakshmanaphala/Mulluramphala; Mal. Mullatha; Tam. Malai seethapalam/ Paanghi pazham; Tel. Lakshamana phalamu.



E062. Star fruit (*Averrhoa carambola*); A. Kordoi; G. Amrakh; H. Kazmal/Kamrakh; Kan. Kamaraka/ Kapazakshi hannu; Kh. Soh pyrshong; Mal. Caturappuli; M. Heinoujom; Mar. Karambal; O. Karamanga; Tam. Tamarattai; U. Kamrakh.



E063. Strawberry (*Fragaria ananassa*); G. strawberry; Kan. Nela milli hannu; Kh. Strawberry/ soh stap; Mal. Stroberry; P. Lachi; Kash. Istaber; Tam. Strawberry.



E064. Tamarind, pulp (*Tamarindus indicus*); A. Teteli; B. Tetul; G. Amli; H. Imli; Kan. Hunise hannu; Kash. Tambari; Kh. Soh kyntoi; Mal. Puli; M. Mange; Mar. Chinch; N. Imali; O. Tentuli; P. Imli; S. Sucukrika; Tam. Puli; Tel. Chintha pandu; U. Imli.



E065. Water melon, dark green (sugar baby) *(Citrullus vulgaris);* A. Tormuj; B. Tarmuj; G. Tadbuj; H. Tarbuj; Kan. Kallangadi; Kash. Hend wend; Kh. Soh watermelon; Kon. Bacchanga; Mal. Thannir mathan; M. Tarbuj; Mar. Kalingad; N. Kharbuja; O. Tarvuja; P. Dawana; Tam. Darbusani; Tel. Puchakaya; U. Tarbuja.



E066. Water melon, pale green *(Citrullus vulgaris);* A. Tormuj; B. Tarmuj; G. Tadbuj; H. Tarbuj; Kan. Kallangadi; Kash. Hend wend; Kh. Soh watermelon; Kon. Bacchanga; Mal. Thannir mathan; M. Tarbuj; Mar. Kalingad; N. Kharbuja; O. Tarvuja; P. Dawana; Tam. Darbusani; Tel. Puchakaya; U. Tarbuja.



E067. Wood apple *(Limonia acidissima);* A. Bel; B. KoyethbAel; G. Kothu; H. Kaith; Kan. Bele; Kash. Bum choont; Mal. Vilam pazham; Mar. Kavath; O. Kaitha; P. Chaktora; S. Bilvaon (Gorakamli); Tam. Vilam pazham; Tel. Velega pandu; U. Beal.



E068. Zizyphus *(Zizyphus jujuba);* A. Bogori; B. Kula; G. Ber; H. Ber; Kan. Yelachi; Kash. Brey; Kh. Soh broi heh; Kon. Bor; Mal. Elanth pazham; M. Boroi; Mar. Bor; O. Barakoli; P. Beri; S. Badarii; Tam. Elanthai pazham; Tel. Regu pandu; U. Ber.



F001. Beet root *(Beta vulgaris);* A. Beet; B. Beet; G. Beet; H. Chukandar; Kan. Beet; Kh. U bit; Kash. Chogander munji; Mal. Beet root; Mar. Beet root; O. Bita; P. Chukandar; S. Paalangashaakah; Tam. Beet root; Tel. Beet root; U. Chokhandar.



F002. Carrot, orange *(Dacus carota);* A. Gajor; B. Gajar; G. Gajar; H. Gajar; Kan. Gajjare; Kash. Ghahzir; Kh. U kajor; Mal. Carrot; M. Gajar; Mar. Gajar; N. Gajar; O. Gajara; P. Gajar; S. Grunjanam; Tam. Carrot; Tel. Gajjara gadda; U. Gajar.



F003. Carrot, red *(Dacus carota);* A. Gajor; B. Gajar; G. Gajar; H. Gajar; Kan. Gajjare; Kash. Ghahzir; Kh. Kajor; Mal. Carrot; M. Gajar; Mar. Gajar; N. Gajar; O. Gajara; P. Gajar; S. Grunjanam; Tam. Carrot; Tel. Gajjara gadda; U. Gajar.



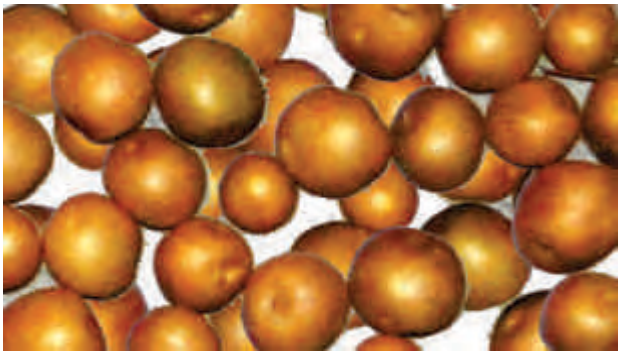
F004. Colocasia *(Colocasia antiquorum);* A. Kosu; B. Kochu; G. Advi; H. Arwi; Kan. Samagadde; Kash. faram; Kh. Ka shriew; Mal. Chembu; M. Paan; Mar. Alu kanda; O. Saru; P. Arwi; Tam. Seppankizhangu; Tel. Chama dumpa; U. Arwi.



F005. Lotus root *(Nelumbium nelumbo);* A. podum thari; G. Kamad kakdiH. Kamal gatta; Kan. Tavare dantu; Kash. Nader; Kh. Thied lotus; Mal. Thamara thandu; M. Thambou; Mar. Kamalkaakdi; O. Padma nad; P. Kamal zahr; Tam. Thamaraithandu; Tel. Thamara kada; U. Kanwal kakri.



F006. Potato, brown skin, big *(Solanum tuberosum);* A. Simolu aloo; B. Gal alu; G. Bateka; H. Alu; Kan. Alugadda; Kash. Oalu; Kh. U phan; Kon., Alu; N. Alu; Mal. Urula kizhangu; M. Aloo; Mar. Batata; O. Alu; P. Alu; S. Aalukah; Tam. Urulai kizhangu; Tel. Bangala dumpa; U. Alu.



F007. Potato, brown skin, small *(Solanum tuberosum);* A. Simolu aloo; B. Gal alu; G. Bateka; H. Alu; Kan. Alugadda; Kash. Oalu; Kh. Phan rit; Kon. Alu; M. Aloo; Mar. Batata; N., O., P., U. Alu; S. Aalukah; Tam. Urulaikizhangu; Tel. Bangala dumpa.



F008. Potato, red skin *(Solanum tuberosum);* A. Aloo; B. Gal alu; G. Bateka; H. Alu; Kan. Alugadda; Kash. Oalu; Kh. Phan saw; Kon. Alu; Mal. Urula kizhangu; Mar. Batata; N. Alu; O. Alu; P. Alu; S. Aalukah; M. Aloo; Tam. Urulaikizhangu; Tel. Bangala dumpa; U. Alu.



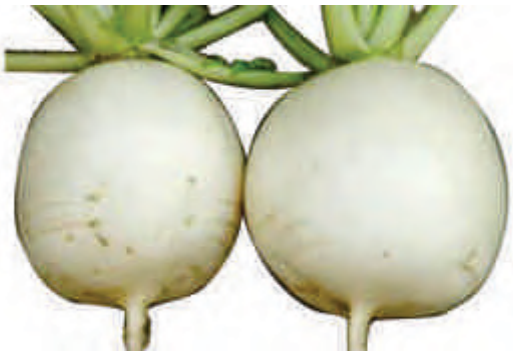
F009. Radish, elongated, red skin *(Raphanus sativus);* A. Mula; B. Mula; G. Muda; H. Muli; Kan. Mullangi; Kh. Muli saw; Mal. Mullangi; Mar. Mula; N. Mula; O. Mula; P. Gonglu; S. Moolikaa; Tam. Mullangi; Tel. Mullangi; U. Mooli.



F010. Radish, elongated, white skin *(Raphanus sativus);* A. Mula; B. Mula; G. Muda; H. Muli; Kan. Mullangi; Kh. Muli lieh; Mal. Mullangi; Mar. Mula; N. Mula; O. Mula; P. Gonglu; S. Moolikaa; Tam. Mullangi; Tel. Mullangi; U. Mooli.



F011. Radish, round, red skin *(Raphanus sativus);* A. Mula; B. Mula; G. Muda; H. Muli; Kan. Mullangi; Kh. Muli pyllon; Mal. Mullangi; Mar. Mula; N. Mula; O. Mula; P. Gonglu; S. Moolikaa; Tam. Mullangi; Tel. Mullangi; U. Mooli.



F012. Radish, round, white skin *(Raphanus sativus);* A. Mula; B. Mula; G. Muda; H. Muli; Kan. Mullangi; Kh. Muli pyllon; Mal. Mullangi; Mar. Mula; N. Mula; O. Mula; P. Gonglu; S. Moolikaa; Tam. Mullangi; Tel. Mullangi; U. Mooli.



F013. Sweet potato, brown skin *(Ipomoea batatas);* A. Meetha aloo; B. Ranga alu; G. Sakkaria; H. Shakarkand; Kan. Genasu; Kh. Phankaro iong; Mal. Sakkarvalli kazhangu; M. Manghra; Mar. Ratalu; N. Sakhar Khand; O. Kandamula; P. Sakkargandi; Tam. Sakkarvalli kizhangu; Tel. Chilagada dumpa; U. Ratalu.



F014. Sweet potato, pink skin *(Ipomoea batatas);* A. Meetha aloo; B. Ranga alu; G. Sakkaria; H.Shakarkand; Kan. Genasu; Kh. Phankaro saw; Mal. Sakkarvalli kazhangu; M. Manghra; Mar. Ratalu; N. Sakhar Khand; O. Kandamula; P. Sakkargandi; Tam. Sakkarvalli kizhangu; Tel. Chilagada dumpa; U. Ratalu.



F015. Tapioca *(Manihot esculenta);* A. Sagi; B. Simla alu; G. Aararoot; H. Simla alu; Kan. Mra genasu; Kh. Phan dieng; Mal. Mrachini; M. U Manghra; Mar. Simla Batata; N. Tarul; O. Kathakonda; P. Simla alu; Tam. Maravalli kizhangu; Tel. Krrapendalamu; U. Kasawa soji.



F016. Water Chestnut *(Eleocharis dulcis*); A.Pani singora; B. Pani phal; G. Shingoda; H., Mar. Shingara; Kash. Goer; Mal. Karimpolam; M. Kaothum; O. Pani singhara; P. Shingada; Tam. Singhara; Tel. Kubyakam.



F017. Yam, elephant *(Amorphophallus paeoniifolius);* A. Ol kachu; B. Ol; G. Suran; H. Zimikandha; Kan. Suvarna gadda; Kh. Shriew hati; Mal. Chena; M. Haa; Mar. Suran; O. Suran; P. Zimikand; Tam. Karunai kizhangu; Tel. Kandha dumpa.



F018. Yam, ordinary *(Dioscorea strydomiana);* A. Kath aloo; B. Gherkochoo; G. Ratadu; H. Sooran; Kan. Suvarna gadda; Kh. Shriew jrong; Mal. Chena; M. Haa; Mar. Goradu; N. Pidaloo; O. Khamba alu; S. Aalu; Tam. Karunai kizhangu; Tel. Durdakandagadda.



F019. Yam, wild *(Dioscorea villosa);* A. Jongoli kosu; B. Ranga alu; G. Ratadu; H. Suaralu; Kan. Hegganasu; Kh. Shriew lieh; Mal. Kattuchena; M. Haa; Mar. Suran; Tam. Kodi kizhangu; Tel. Chedu paddu dumpa.



G001. Chillies, green-1 (*Capsicum annum*); A. Kesa jalakia; G. Lila marcha; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Sohmynken heh; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O. Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G002. Chillies, green-2 (*Capsicum annum*); A. Kesa jalakia; G. Lila marcha; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Soh mynken dkhar; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O. Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G003. Chillies, green-3 (*Capsicum annum*); A. Kesa jalakia; G. Lila marcha; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Soh mynken dkhar; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O. Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G004. Chillies, green-4 (*Capsicum annum*); A. Kesa jalakia; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Soh mynken dkhar; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O. Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G005. Chillies, green-5 (*Capsicum annum*); A. Kesa jalakia; G. Vadhvani marcha; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Soh mynken dkhar; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O. Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G006. Chillies, green-6 (*Capsicum annum*); A. Kesa jalakia; G. Lila marcha; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Soh mynken dkhar; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O. Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G007. Chillies, green-7 (*Capsicum annum*); A. Kesa jalakia; G. Gola marcha; H. Hara Mirchi; Kan. Hasi Menasinakayi; Kash. Marach wangun; Kh. Soh mynken beb; Mal. Mulaku; M. Morok; Mar. Mulaku; N. Hariyo khursani; O.Kancha Lanka; P. Hara mirchi; S. Marichika; Tam. Pachhai milagai; Tel. Pacchi Mirapakaya; U. Hara mirchi.



G009. Coriander, leaves (*Coriandrum sativum*); A. Dhania paat; B. Dhone pata; G.Dhana pandada; H. Hara dhania; Kan. Kothambari; Kash. Daaniwal; Kh. Dhonia dkhar; Mal. Kothamalli; M. Fadhighom Mana; Mar. Kothimbir; N. Hario Dhaniya; O. Dhania Patra; P. Hara dhaniya patta; Tam. Kothamalli; Tel. Kothimiri; U. Hara dhaniya.



G010. Curry leaves *(Murraya koenigii);* A. Narasingha paat; B. Karhi-pat; G.Kadi umdo; H. Gandhela ; Kan. Karibevu; Kash. Curry patta; Kh. Sla Kori; Mal. Kariveppilai; M. Curry Pata; Mar. Gandhela; N. Kary patta; O. Bhursanga Patra; P. Kadhi patta; S. Girinimba; Tam. Kariveppilai; Tel. Karivepaku; U. Kadi ka patta.



G011. Garlic, big cloves (*Allium sativum*); A. Nohoru; B. Rashun; G. Lasan; H. Lehsan; Kan. Bellulli; Kash. Ruhan; Kh. Rynsun heh/ Rynsun dkhar; Mal. Vellulli; M. Chanam; Mar. Lasoon; N. Lasun; O. Rasuna; P. Lasan; S. Lashoonam; Tam. Poondu; Tel. Vellulli; U. Laisan.



G012. Garlic, small cloves (*Allium sativum*); A. Nohoru; B. Rashun; G. Lasan; H. Lehsan; Kan. Bellulli; Kash. Ruhan; Kh. Rynsun rit; Mal. Vellulli; M. Chanam; Mar. Lasoon; N. Lasun; O. Rasuna; P. Lasan; S. Lashoonam; Tam. Poondu; Tel. Vellulli; U. Laisan.



G013. Garlic, single clove, Khasmir (*Allium sativum*); A. Nohoru; B. Ek koya Rashun; G. Lasan; H. Lehsan; Kan. Bellulli; Kash. Ruhan; Kh. Rynsun; Mal. Vellulli; M. Chanam; Mar. Lasoon; N. Lasun; O. Rasuna; P. Lasan; S. Lashoonam; Tam. Ottrai poondu; Tel. Vellulli; U. Laisan.



G014. Ginger fresh (*Zinziber officinale*); A. Ada kesa; B. Ada; G. Adu; H. Adrak ; Kan. Shunti; Kash. Adrak; Kh. Sying bah; Mal. Inji; M. Sing; Mar. Ale; N. Aduwa; O. Ada; P. Adrak; S. Aadrak; Tam. Inji; Tel. Allam; U. Adrak.



G015. Mango, ginger *(Curcuma amada);* A. Aam ada; B. Amada; G. Amba Hardar; H. Aam adhrak; Kan. Mavina hasi sunthi; Kash. Adrak; Kh. Sying makhir; Mal. Mangainji; Mar. Amba haldi; P. Aam adrak; Tam. Mainji; Tel. Mamidiallam; U. Aam adrak.



G016. Mint leaves *(Mentha spicata);* A. Podina; B. Pudina; G. Phudino; H. Pudina; Kan. Pudina; Kash. Pudinth; Kh. PudinaMal. Pudina; M. Nungsihidak; Mar. Pudina; N. Baabari; O. Pudina Patra; P. Pudina; Tam. Pudina; Tel. Pudina; U. Pudina.



G017. Onion, big *(Allium cepa);* A. Piyanj; B. Peyaj; G. Kando; H. Pyaz; Kan. Eerulli; Kash. Gandha; Kh. Piat; Mal. Ulli; M. Tilhou; Mar. Kanda; N. Pyaj; O. Piaja; P. Gandhe; S. Palaanduh; Tam. Vengayam; Tel. Neerulli/Ullipaya; U. Pyaaz.



G018. Onion, small *(Allium cepa);* A. Xoru Piyanj; B. Gundhun; G. Dungri (nani); H. Pyaaz Kali; Kan. Chikk Eerulli; Kash. Praan; Kh. Piat rit; Mal. Cheriya Ulli; M. Tilhou ; Mar. Kanda; N. Chayapi; P. Gandhe; Tam. Chinna vengayam; Tel. Chinna ullipaya; U. Pyaaz.



G019. Asafoetida *(Ferula assa-foetida);* A. Hing; B. Hing; G. Hing; H. Hing ; Kan. Hingu; Kash. Yangu; Kh. U hing; Mal. Perungayam; M. Hing; Mar. Hing; N. Hing; O. Hingu; P. Hing; S. Badhika; Tam. Perugayam; Tel. Inguva; U. Hing.



G020. Cardamom, green *(Elettaria cardamomum);* A. Ilasi; B. Elach; G.Alechi; H. Elaychi; Kan. Yelakki; Kash. Aa'l budu'a aa' l; Kh. Elaishi; Mal. Elakkai; M. Elaichi; Mar. Veldoda; N. Alaichi; O. Alaichi; P. Shoti elaychi; S. Ela; Tam. Elakkai; Tel. Elakkai; U. Elaichi.



G021. Cardamom, black *(Elettaria cardamomum);* B.Boro elach; G. Moti alechi; A. Ilasi; H. Badi elaychi; Kan. Yelakki; Kash. Aa'l budu'a aa' l; Kh. ElaichiMal. Elathari; M. Elaichi; Mar. Veldoda; N. Alaichi; O. Alaichi; P. Baddi elaychi; S. Ela; Tam. Elakkai; Tel. Elakkai; U. Elaichi.



G022. Chillies, red *(Capsicum annum);* A. Sukan jolokia; B. Shuckhuo Lonka; G. Lal marcha (sukha); H. Mirchi; Kan. Ona Menasinakayi; Kh. Sohmynken trykhong; Mal. Mulaku; M. Morok Akangba; Mar. Mulaku; N. Rato Khursani; O. Lanka; P. Lal mircha; Tam. Varamilagai; Tel. Mirapakaya; U. Lal mirchi.



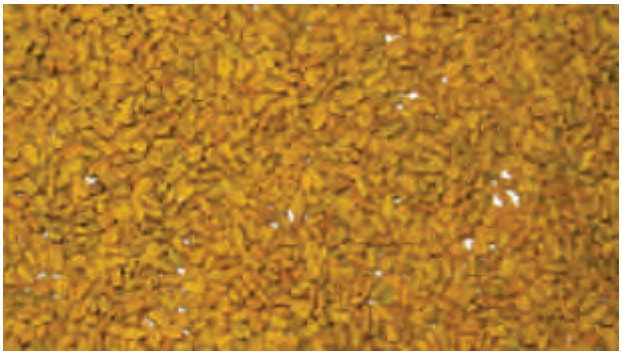
G023. Cloves (*Syzygium aromaticum*); A. Long; B. Lobong; G. Lavang; H. Lavang; Kan. Lavanga; Kash. Ruang; Kh. U long; Mal. Krambu; M. Long; Mar. Lavang; N. Luwang;O. Labang; P. Long; S. Lavanga; Tam. Krambu; Tel. Lavangu; U. Long.



G024. Coriander Seeds (*Coriandrum sativum*); A. Dhoniya; B. Dhone; G. Sukha dhana; H. Dhania; Kan. Kothambari; Kash. Daaniwal; Kh. Symbai dhania; Mal. Kothambalari; M. Fadhighom Maru; Mar. Dhane; N. Dhania; O. Dhania; P. Dhania; S. Dhanyaka; Tam. Kothamalli vidhai; Tel. Dhaniyalu; U. Dhaniya.



G025. Cumin seeds (*Cuminum cyminum*); A. Jeera; B. Jire; G. Jiru; H. Jira; Kan. Jeerage; Kash. Zyur; Kh. U jeera; Mal. Jeerakam; M. Jeera; Mar. Jira; N. Jeera; O. Jira; P. Jira; S. Jiraka; Tam. Jeerakam; Tel. Jeelakarra; U. Jira.



G026. Fenugreek seeds (*Trigonella foenum graecum*); A. Methi; B. Methi; G. Methi dana ; H. Methi; Kan. Menthe; Kash. Meeth; Kh. Symbai methi; Mal. Uluva; M. Methi; Mar. Methi; N. Methi; O. Methi; P. Methi; S. Methe; Tam. Venthayam; Tel. Menthulu; U. Methi.



G027. Mace (*Myristica fragrans*); B. Jayitri; G. Javantri; H. Avithri; Kan. Jalwatur; Kash. Jalwatur; Mal. Jathipatri; Mar. Jaypatri; O. Jayitri; P. Jaipatri; Tam. Jathipatri; Tel. Japathri; U. Javantri.



G028. Nutmeg (*Myristica fragrans*); A. Jaiphal; B. Jayphal; G. Jayaphad; H. Jaiphal; Kan. Jayikayi mara; Kash. Zaaphal; Mal. Jathikai; Mar. Jayaphala; N. Jaiphal; O. Jaiphal; P. Jaiphal; S. Jatiphala; Tam. Jathikai; Tel. Jajikaya; U. Jaifal.



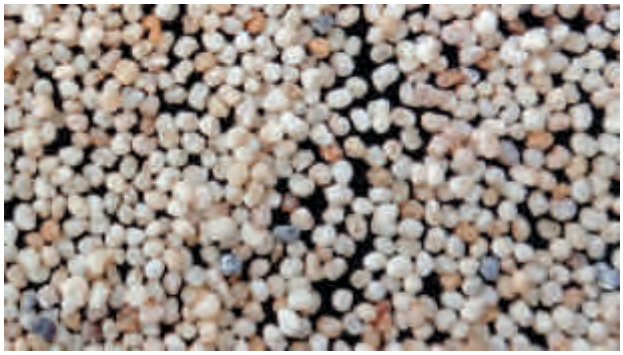
G029. Omum (*Trachyspermum ammi*); A. Ajwain; B. Joan; G. Ajmo; H. Ajwan; Kan. Oma; Kash. Jawind; Kh. Paspron; Mal. Ayamothakam; Mar. Onva; O. Juani; P. Ajwain; S. Ajamoda; Tam. Omum; Tel. Vamu; U. Ajwain.



G030. Pippali (*Piper longum*); B. Pipul; G. Khus khus; H. Pipli; Kan. Kandan Lippili; Kh. Sohmarit khlaw; Mal. Tippali; Mar. Pimpli; O. Sarupippali; P. Javantri; S. Pippali; Tam. Tippili; Tel. Pippallu; U. Pipul.



G031. Pepper, black (*Piper nigrum*); A. Kola jaluk; B. Golmarichi; G. Mari; H. Kalimirchi; Kan. Kari menasu; Kash. Marutus; Kh. Soh marit; Mal. Kurumlaku; Mar. Mire; N. Marich; O. Golomarcho; P. Kalimirchi; S. Marich ushna, hapusha; Tam. Milagu; Tel. Mirayalu; U. Kaali Mirch.



G032. Poppy seeds (*Papaver somniferum*); A. Afoo guti; B. Posta; G. Aphina; H. Postdana; Kan. Afim; Kash. Khaskhash; Mal. Afiam; Mar. Khaskhas; N. Khus Khus; O. Postak; P. Khas Khas; S. Khasa; Tam. Khasakhasa; Tel. Gasagasalu; U. Khash Khash.



G033. Turmeric powder (*Curcuma domestica*); A. Halodhi; B. Holud; G. Haddar; H. Haldi; Kan. Anashina; Kash. Lader; Kh. Shynrai; Mal. Manjal; M. Yaingang; Mar. Halad; N. Besar; O. Haladi; P. Haldi; S. Haladi; Tam. Manjal; Tel. Pasupu; U. Haldi.



H001. Almond *(Prunus amygdalus);* A. China badam; B. Badam; G. Badam; H. Badam; Kan. Badam; Kash. Badam; Kh. Almon; Mal. Vatam kottai; M. Badam; Mar. Badam; N. Kagji Badam;O. Badam; P. Badam; Tam. Badam paruppu; Tel. Badam Pappu; U. Badam.



H002. Arecanut, dried, brown *(Areca catechu);* A.Sufari; B. Supari; G. Sopari; H. Supari; Kan. Adike; Kash. Supari; Kh. Kwai tyrkhong; Mal. Adakka; M. Kwa Maru; Mar. Supari; N. Supari; O. Gua; P. Supari; S. Puuga; Tam. Kottai paakku; Tel. Vakka; U. Supari.



H003. Arecanut, dried, red color *(Areca catechu);* A. Sufari; B. Supari; G. Sopari; H. Supari; Kan. Adike; Kash. Supaari; Kh. Kwai supari; Mal. Adakka; M. Kwa Maru; Mar. Supari; N. Supari; O. Gua; P. Supari; S. Puuga; Tam. Paakku; Tel. Vakka; U. Supari.



H004. Arecanut, fresh *(Areca catechu);* A. Kesa tamul; B. Supari; G. Sopari; H. Supari; Kan. Adike; Kash. Supaari; Kh. Kwai im; Mal. Adakka; M. Kwa Maru; Mar. Supari; N. Supari; O. Gua; P. Supari; S. Puuga; Tam. Paakku; Tel. Vakka; U. Supari.



H005. Cashew nut *(Anacardium occidentale);* A. Kaju badam; B. Hijli Badam; G. Kaju; H. Kaju; Kan. Geru beeja; Kash. Kaju; Kh. Soh kashu; Mal. Kasu andi; M. Kaju; Mar. Kaju; N. Kaju; O. Lanka ambu; P. Kaju; Tam. Mundiri paruppu; Tel. Jeedi pappu; U. Kaju.



H006. Coconut, kernel, dry *(Cocos nucifera);* A. Dab narikol; B. Narkel; G. Kopra ni kachli; H. Nariyal; Kan. Thengini kai; Kash. Narjil; Kh. Snep kor trykhong; Mal. Thenga; M. Yubi Akangba; Mar. Narel; O. Nadia; P. Gola; Tam. Kopparai; Tel. Endu Kobbari; U. Khopra.



H007. Coconut, kernel, fresh *(Cocos nucifera);* A. Narikol; B. Narkel; G. Nariyad; H. Nariyal; Kan. Thengina kayi; Kash. Narjeel; Kh. Snep kor im; Mal. Karikku; M. Yubi; Mar. Narel; N. Naribel;O. Paida; P. Nariyal; S. Naarikela; Tam. Thenkai; Tel. Kobbari; U. Nariyel.



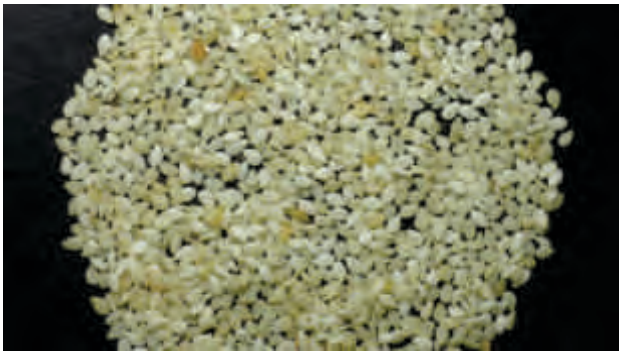
H008. Garden cress, seeds *(Lepidium sativum);* A. Soru manimunni ; B. Halim; G. Asadiyo; H. Halim; Kan. Allibija; Mal. Alivirai; Mar. Ahiva; P. Halim; Tam. Alivirai; Tel. Adityala.



H009. Gingely seeds, black *(Sesamum indicum);* A. Kola til; B. Til; G. Kada tal; H. Til; Kan. Acchellu; Kash. Til; Kh. Nei iong; Mal. Ellu; M. Thoiding Amuba; Mar. Til; N. Teel; O. Rasi; P. Til; S. Til; Tam. Ellu; Tel. Nuvvulu; U. Til .



H010. Gingely seeds, brown *(Sesamum indicum);* A. Matia rangar til; B. Til; G. Tal; H. Til; Kan. Acchellu; Kash. Til; Kh. Nei; Mal. Ellu; M. Thoiding; Mar. Til; N. Teel; O. Rasi; P. Til; S. Til; Tam. Ellu; Tel. Nuvvulu; U. Til.



H011. Gingely seeds, white *(Sesamum indicum);* A. Boga til; B. Til; G. Safed tal; H. Til; Kan. Acchellu; Kash. Til; Kh. Nei; Mal. Ellu; M. Thoiding Angouba; Mar. Til; N. Teel; O. Rasi; P. Til; S. Til; Tam. Ellu; Tel. Nuvvulu; U. Til.



H012. Ground nut *(Arachis hypogea);* A. Badam; B. China badam; G.Singdana; H. Moog phali; Kan. Kadale kayi; Kash. Moong phalli; Kh. Badam; Mal. Nilakkadalai; M. Leibak Hawai; Mar. Bhui mug; O. China badam; P. Moog phali; Tam. Verkadalai; Tel. Verusenaga; U. Moog phali.



H013. Mustard, seeds *(Brassica nigra);* A. Soriyah; B. Sorse; G.Rai; H. Rai; Kan. Sasuve; Kash. Assur; Kh. Symbai syrso; Mal. Kadugu; M. Hangham Maru; Mar. Mohori; N. Rayo; O. Sorisa; P. Rai; S. Sarssapa; Tam. Kadugu; Tel. Avalu; U. Rai.



H014. Linseeds *(Linum usitatissimum);* B. Tishi; G. Adsi; H. Alsi; Kan. Agasi; Kash. Ailsh; Mal. Cheruchana vithu; Mar. Jawas; O. Pesi; P. Alsi; S. Atasii; Tam. Ali vidai; Tel. Avise ginzalu; U. Alsi.



H015. Niger seeds, black *(Guizotia abyssinica);* A. Sorguja; B. Ram til; G. Kada tal; H. Kala til; Kan. Gurellu; Kash. Bazar-Bhang; Mal. Karim jeerakam; Mar. Karale; Tam. Kattelu; Tel. Valasulu.



H016. Niger seeds, grey *(Guizotia abyssinica);* A. Sorguja; B. Ram til; G. Tal; H. Kala til; Kan. Gurellu; Kash. Bazar-Bhang; Mal. Karim jeerakam; Mar. Karale; Tam. Kattelu; Tel. Valasulu.



H017. Pine seed *(Pinus* sp.*);* G. Chilgoza; H. Chilgoza; Kash. Chilgoza; Kh. Symbai soh kseh; Mar. Jhurane biya; P. Rhi.



H018. Pistachio nut *(Pistacia vera);* A. Pista; B. Pesta; G. Pista; H. Pista; Kan. Pista; Kash. Pista; Kh. Pista; Mal. Pista; Mar. Pista; N. Pista; O. Pista; P. Pista; Tam. Pista; Tel. Pista; U. Pista.



H019. Safflower seeds *(Carthamus tinctorius);* B. Kusum; G. Kusumbo; H. Kardi; Kan. Kusambe; Kh. Symbai tiew sngi; Mal. Karadi; Mar. Karadi; Tam. Sendurkan vidhai; Tel. Kusuma ginzalu.



H020. Sunflower seeds *(Helianthus annuus);* A. Beli phular guti; B. Suraj mukhi; G. Suraj mukhi na bee; H. Surya mukhi; Kan. Sryakānti bījagalu; Kh. Symbai tiew sngi; Mal. Suryakanthi; M. Numitlei Maru; Mar. Surya mukhi; O. Surjya Mukhi Manji; P. Suraj mukhi; Tam. Suryakanthi vidhai; Tel. Podduthirugidi puvvu ginzalu.



H021. Walnut *(Juglans regia);* A. Akhrot; B. Akhrot; G. Akhrot; H. Akhrot; Kan. Akrodu; Kash. Dhoon; Kh. Walnut; Mal. Akrottandi; M. Heijukha; Mar. Akhrod; N. Okhar; O. Akhoot; P. Akhrot; Tam. Akhrot; Tel. Akrot kaya; U. Akhrut.



I001. Jaggery, cane *(Saccharum officinarum*); A. Gur; B. Gurh; G. God; H. Gud; Kan. Bella; Kash. Gor; Kh. Mithai Gur; Kon. Godd; Mal. Vellam; M. Chini Anganba; Mar. Gul; O. Guda; P. Gud; Tam. Mandavellam; Tel. Bellam; U. Gud.



I002. Sugar cane, juice (*Saccharum officinarum*); A. Kunhiyar; B. Akher rosh; G. Sherdino ras; H. Ganne-ka-ras; Kan. Kabbina halu; Kash. Ganne rus; Kh. Soh Pai; Mal. Karumbin neeru; M. Chuhing; Mar. Usacha rasa; O. Aakhu Dorua; P. Ganne-da-ras; Tam. Karumbu charu; Tel. Cheruku rasam; U. Ganne-ke-ras.



J001. Button mushroom, fresh (*Agaricus* sp.); A. Mushroom; B. Banger chata; G. Biladi no top; Kan. Aanabay/Aanabe; Kash. Hadder; Kh. Tit budam; Mal. Kun koon; M. Chenghum; Mar. Bhoochhtra; O. Chatu; P. Khoomba; Tam. Kaalaan; Tel. Putta Godugu.



J002. Chicken mushroom, fresh (*Lactiporus* sp.); A. Mushroom; B. Banger chata; G. Biladi no top; Kan. Aanabay/Aanabe; Kash. Hadder; Kh. Tit tyndong; Mal. Kun koon; M. Chenghum; Mar. Bhoochhtra; O. Chatu; P. Khoomba; Tam. Kaalaan; Tel. Putta Godugu.



J003. Shiitake mushroom, fresh (*Lentinula* sp.)**;** A. Mushroom; B. Banger chata; G. Biladi no top; Kan. Aanabay/Aanabe; Kash. Hadder; Mal. Kun koon; M. Uyen; Mar. Bhoochhtra; O. Chatu; P. Khoomba; Tam. Kaalaan; Tel. Putta Godugu.



J004. Oyster mushroom, dried (*Pleurotus* sp.); B. Banger chata; G. Biladino top; Kan. Aanabay/Aanabe; Kash. Hadder; Mal. Kun koon; M. Chenghum; Mar. Bhoochhtra; O. Chatu; P. Khoomba; Tam. Kaalaan; Tel. Putta Godugu.



K001. Toddy; A.Tari; B. Tari; Kan. Henda; G. Tadi; H. Tarai; Kh. Kiad lieh; Mar., O. Tadi; P. Todhi; Mal., Tam., Tel., Kallu.



K002. Coconut water; A. Dab narikolor pani; B. Daberjal; G. Nariyad nu pani; H. Nariyal ka pani; Kan. Thenga neeru; Kash. Narji pooen; Kh. Um snepkor Mal. Thenga vellam; M. Yubi Mahi; Mar. Naral pani; O. Paida pani; P. Gola da pani; Tam. Ilaneer; Tel. Kobbari neeru.



L001. Milk, **Buffalo;** A. Mohor gakhir; B. Dudha (Mosher); G. Bhes nu dhudh; H. Bhains ka dhood; Kan. Uemma halu; Kash. Doodh; Kh. Dud muid; Mal. Kerbau paal; M. Eroi Sanghom; Mar. Doodh (Maish); O. Mainsi dudha; P. Maz da doodh; Tam. Erumaipal; Tel. Gedha/Barre palu.



L002. Milk, Cow; A. Garoor gakhir; B. Doodh (garu); G. Gai nu dhudh; H. Gai ka doodh; Kan. Hasuvina halu; Kash. Doodh; Kh. Dud masi; M. San Sanghom; Mar. Doodh(gay); O. Gai dudha; P. Gaan da doodh; S. Gow kshiram; Tam. Pasumpaal; Tel. Aavu paalu.



L003. Panner; A. Paneer; B. Chena; G. Paneer; H. Chhena; Kan. Tali; Kash. Chaman; Kh. Paneer; Mal. Palkatti; M. Channa; O. Chhena; P. Paneer; Tam. Paladai; Tel. Paalavirugudu.



L004. Khoa; A. Khoa; B., H., Kan., Mal., P., Tel. Khoa; G. Mavo; Kash. Khoya; Kh. Malai khowa; O. Khua; P. Khoya; Tam. Thirattupal.



P001. Allathi *(Elops machnata)*
[Place of collection: Chennai]



P002. Aluva *(Parastromateus niger)*
[Place of collection: Vizag, Goa and Mumbai]



P03. Anchovy *(Stolephorus indicus)*
[Place of collection: Chennai and Kochi]



P004. Ari fish *(Aprion virescens)*
[Place of collection: Kochi]



P005. Betki *(Lates calcarifer)*
[Place of collection: Kolkata]



P006. Black snapper *(Macolor niger)*
[Place of collection: Kolkata]



P007. Bombay duck *(Harpadon nehereus)*
[Place of collection: Mumbai and Kolkata]



P008. Bommuralu *(Muraenesox cinerius)*
[Place of collection: Chennai, Goa and Vizag]



P09. Cat fish *(Tachysurus thalassinus)*
[Place of collection: Chennai]



P010. Chakla *(Rachycentron canadum)*
[Place of collection: Mumbai, Vizag, Goa, Mandapam and Chennai]



P011. Chappal *(Aluterus monoceros)*
[Place of collection: Goa]



P012. Chelu *(Elagatis bipinnulata)*
[Place of collection: Vizag and Chennai]



P013. Chembali *(Lutjanus quinquelineatus)*
[Place of collection: Kochi]



P014. Eri meen *(Pristipomoides filamentosus)*
[Place of collection: Kochi]



P015. Gobro, Hambur *(Epinephelus diacanthus)*
[Place of collection: Mumbai and Goa]



P016. Guitar fish *(Rhinobatus prahli)*
[Place of collection: Chennai]



P017. Hilsa *(Tenualosa ilisha)*
[Place of collection: Kochi]



P018. Jallal *(Arius* sp.*)*
[Place of collection: Vizag]



P019. Jathi vela meen *(Lethrinus lentjan)*
[Place of collection: Mumbai and Mandapam]



P020. Kadal bral *(Synodus indicus)*
[Place of collection: Kochi]



P021. Kadali *(Nemipterus mesoprion)*
[Place of collection: Chennai]



P022. Kalamaara *(Leptomelanosoma indicum)*
[Place of collection: Goa and Vizag]



P023. Kalava *(Epinephelus coioides)*
[Place of collection: Mandapam]



P024. Kanamayya *(Lutjanus rivulatus)*
[Place of collection: Chennai and Vizag]



P025. Kannadi paarai *(Alectis indicus)*
[Place of collection: Mumbai, Chennai and Mandapam]



P026. Karimeen *(Etroplus suratensis)*
[Place of collection: Kochi]



P027. Karnagawala *(Anchoa hepsetus)*
[Place of collection: Vizag]



P028. Kayrai *(Thunnus albacares)*
[Place of collection: Chennai]



P029. Kiriyan *(Atule mate)*
[Place of collection: Kochi]



P030. Kite fish *(Mobula kuhlii)*
[Place of collection: Kochi]



P031. Korka *(Terapon jarbua)*
[Place of collection: Kochi]



P032. Kulam paarai *(Carangoides fulvoguttatus)*
[Place of collection: Chennai]



P033. Maagaa *(Polynemus plebeius)*
[Place of collection: Vizag]



P034. Mackerel *(Rastrelliger kanagurta)*
[Place of collection: Chennai, Mumbai and Goa]



P035. Manda clathi *(Naso reticulatus)*
[Place of collection: Mandapam]



P036. Matha *(Acanthurus mata)*
[Place of collection: Chennai and vizag]



P037. Milk fish *(Chanos chanos)*
[Place of collection: Mandapam]



P038. Moon fish *(Mene maculata)*
[Place of collection: Mumbai]



P039. Mullet *(Mugil cephalus)*
[Place of collection: Mumbai, Kochi and Chennai]



P040. Mural *(Tylosurus crocodilus crocodilus)*
[Place of collection: Mandapam]



P041. Myil meen *(Istiophorus platypterus)*
[Place of collection: Chennai and Mandapam]



P042. Nalla bontha *(Epinephelus* sp*)*
[Place of collection: Vizag]



P043. Narba *(Caranx sexfasciatus)*
[Place of collection: Vizag and Mumbai]



P044. Paarai *(Caranx heberi)*
[Place of collection: Chennnai]



P045. Padayappa *(Canthidermis maculata)*
[Place of collection: Kochi]



P046. Pali kora *(Panna microdon)*
[Place of collection: Kochi]



P047. Pambada *(Lepturacanthus savala)*
[Place of collection: Chennai and Kochi]



P048. Pandukopa *(Pseudosciaena manchurica)*
[Place of collection: Vizag]



P049. Parava *(Lactarius lactarius)*
[Place of collection: Kochi]



P050. Parcus *(Psettodes erumei)*
[Place of collection: Mumbai]



P051. Parrot fish *(Scarus ghobban)*
[Place of collection: Mandapam]



P052. Perinkilichai *(Pinjalo pinjalo)*
[Place of collection: Chennai]



P053. Phopat *(Coryphaena hippurus)*
[Place of collection: Chennai, Kochi, Vizag and Mumbai]



P054. Piranha *(Pygopristis* sp.)
[Place of collection: Kochi]



P055. Pomfret, black *(Parastromateus niger)*
[Place of collection: Kochi, Chennai, Mumbai, Mandapam, Vizag and Goa]



P056. Pomfret, snub nose *(Trachinotus blochii)*
[Place of collection: Mumbai]



P057. Pomfret, white *(Pampus argenteus)*
[Place of collection: Mumbai and Goa]



P058. Pranel *(Gerres* sp.)
[Place of collection: Kochi]



P059. Pulli paarai *(Gnathanodon speciosusz)*
[Place of collection: Chennai]



P060. Queen fish *(Scomberoides commersonianus)*
[Place of collection: Chennai, Kochi and Goa]



P061. Raai fish *(Lobotes surinamensis)*
[Place of collection: Chennai and Vizag]



P062. Raai vanthu *(Epinephelus chlorostigma)*
[Place of collection: Vizag]



P063. Rani *(Pink perch)*
[Place of collection: Goa, Kochi, Chennai, Mumbai, Vizag and Mandapam]



P064. Ray fish, bow head, spotted *(Rhina ancylostoma)*
[Place of collection: Kochi]



P065. Red snapper *(Lutjanus argentimaculatus)*
[Place of collection: Vizag]



P066. Red snapper, small *(Priacanthus hamrur)*
[Place of collection: Goa]



P067. Sadaya *(Platax orbicularis)*
[Place of collection: Chennai]



P068. Salmon *(Salmo salar)*
[Place of collection: Goa]



P069. Sangada *(Nemipterus japanicus)*
[Place of collection: Chennai]



P070. Sankata parai *(Caranx ignobilis)*
[Place of collection: Chennai]



P071. Sardine *(Sardinella longiceps)*
[Place of collection: Kolkata]



P072. Shark *(Carcharhinus sorrah)*
[Place of collection: Goa and Mandapam]



P073. Shark, hammer head *(Sphyrna mokarran)*
[Place of collection: Kolkata]



P074. Shark, spotted *(Stegostoma fasciatum)*
[Place of collection: Kochi]



P075. Shelavu *(Sphyraena jello)*
[Place of collection: Chennai, Goa, Vizag and Kochi]



P076. Silan *(Silonia silondia)*
[Place of collection: Kolkata]



P077. Silk fish *(Beryx* sp.*)*
[Place of collection: Kochi]



P078. Silver carp *(Hypophthalmichthys molitrix)*
[Place of collection: Kolkata]



P079. Sole fish *(Cynoglossus arel)*
[Place of collection: Vizag]



P080. Stingray *(Dasyatis pastinaca)*
[Place of collection: Kolkaata]



P081. Tarlava *(Drepane punctata)*
[Place of collection: Chennai and Vizag]



P082. Tholam *(Plectorhinchus schotaf)*
[Place of collection: Chennai and Mandapam]



P083. Tilapia *(Oreochromis niloticus)*
[Place of collection: Kolkata]



P084. Tuna *(Euthynnus affinis)*
[Place of collection: Chennai, Vizag, Goa, Mandapam and Kochi]



P085. Tuna, striped *(Katsuwonus pelamis)*
[Place of collection: Kochi]



P086. Valava *(Chirocentrus nudus)*
[Place of collection: Vizag]



P087. Vanjaram *(Scomberomorus commerson)*
[Place of collection: Chennai and Goa]



P088. Vela meen *(Aprion virescens)*
[Place of collection: Mandapam]



P089. Vora *(Siganus javus)*
[Place of collection: Chennai and Mandapam]



P090. Whale shark *(Galeocerdo cuvier)*
[Place of collection: Mandapam]



P091. Xiphinis *(Xiphias gladius)*
[Place of collection: Mandapam]



P092. Eggs, cat fish *(Ompok bimaculatus)*
[Place of collection: Kolkata]



Q001. Crab *(Menippe mercenaria)*
[Place of collection: Kolkata]



Q002. Crab, sea *(Portunus sanguinolentus)*
[Place of collection: Chennai]



Q003. Lobster, brown *(Thenus orientalis)*
[Place of collection: Chennai]



Q004. Lobster, king size *(Thenus orientalis)*
[Place of collection: Chennai, Vizag, Mumbai, Kochi, Mandapam and Goa]



Q005. Mud crab *(Scylla tranquebarica)*
[Place of collection: Goa]



Q006. Oyster *(Crassostrea* sp.*)*
[Place of collection: Goa]



Q007. Tiger prawns, brown *(Solenocera crassicornis)*
[Place of collection: Chennai]



Q008. Tiger Prawns, orange *(Penaeus monodon)*
[Place of collection: Kochi]



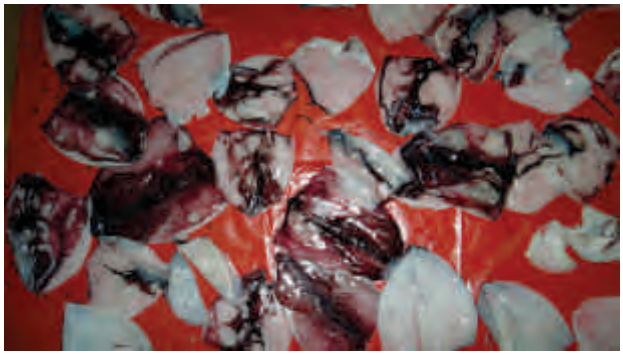
R001. Clam, green shell *(Perna viridis)*
[Place of collection: Goa]



R002. Clam, white shell, ribbed *(Meretrix meretrix)*
[Place of collection: Goa]



R003. Octopus *(Pctopus vulgaris)*
[Place of collection: Mumbai]



R004. Squid, black *(Loligo sp.)*
[Place of collection: Kolkata]



R005. Squid, hard shell *(Sepia pharaonis)*
[Place of collection: Goa]



R006. Squid, red *(Loligo duvaucelii)*
[Place of collection: Chennai and Goa]



R007. Squid, white, small *(Uroteuthis duvauceli)*
[Place of collection: Mumbai]



S001. Cat fish *(Tandanus tandanus)*
[Place of collection: Kolkata]



S002. Catla *(Catla catla)*
[Place of collection: Kolkata]



S003. Fresh water Eel *(Anguilla anguilla)*
[Place of collection: Kolkata]



S004. Gold fish *(Carassius auratus)*
[Place of collection: Kolkata and Bangaluru]



S005. Pangas *(Pangasianodon hypophthalmus)*
[Place of collection: Kolkata]



S006. Rohu *(Labeo rohita)*
[Place of collection: Kolkata]



S007. Crab *(Pachygrapsus* sp.*)*
[Place of collection: Kolkata]



S008. Prawns, big *(Macrobrachium rosenbergii)*
[Place of collection: Bengaluru]



S009. Prawns, small *(Macrobrachium sp.)*
[Place of collection: Mumbai]



S010. Tiger prawns *(Macrobrachium sp.)*
[Place of collection: Kolkata]

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4	Hindi	H.
5	Kannada	Kan.
6	Kashmiri	Kash.
7	Khasi	Kh.
8	Konkani	Kon.
9	Malayalam	Mal.
10	Manipuri	M.
11	Marathi	Mar.
12	Nepali	N.
13	Oriya	O.
14	Punjabi	P.
15	Sanskrit	S.
16	Tamil	Tam.
17	Telugu	Tel.
18	Urdu	U.
19	Scientific name	Sci.
20	Common name	Common

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Aadad ni daad (G.)	B003
Aaddhakii (S.)	B021
Aaddu (G.)	E054
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Aalukah (S.)	F006, F007, F008
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Aam (kancha) (B.)	D057
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Aam (paka) (H.)	E036-E042
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Aamb (Kash.)	E036-E042
Aamba (N.)	E028, E029
Aamra (S.)	E036-E042

Food name	Food Code
Aanabay/Aanabe (Kan.)	J001-J004
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Adsi (G.)	H014

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Brussels sprouts (Common) C012
Budagumbala (Kan.) D001
Bulgur (Tel.) A021
Bulgur gahu (Mar.) A021
Bulgur ghaum (G.) A021
Bulgur godhi (Kan.) A021
Bum choont (Kash.) E067
Bun palung (B.) C032
Bungo (N.) D063
Buta (O.) B002
Button mushroom, fresh (Common) J001
Cabbage, Chinese (Common) C013
Cabbage, collard greens (Common) C014
Cabbage, green (Common) C015
Cabbage, violet (Common) C016
Cajanus cajan (Sci.) B021, B022, D067
Cal (Common) O036-O044
Canthidermis maculata (Sci.) P045
Capsicum annum (Sci.) G001-G007, G022, D033-D035
Capsicum, green (Common) D033
Capsicum, red (Common) D034
Capsicum, yellow (Common) D035
Carangoides fulvoguttatus (Sci.) P032
Caranx heberi (Sci.) P044
Caranx ignobilis (Sci.) P070
Caranx sexfasciatus (Sci.) P043
Carassius auratus (Sci.) S004
Carcharhinus sorrah (Sci.) P072
Carcia papaya (Sci.) E049, D059
Cardamom, black (Common) G021
Cardamom, green (Common) G020
Carissa carandas (Sci.) E032
Carrot (Mal.,Tam.) F002, F003
Carrot, orange (Common) F002
Carrot, red (Common) F003
Carthamus tinctorius (Sci.) H019
Cashew nut (Common) H005
Cat fish (Common) P009
Cat fish (Common) S001
Catla (Common) S002
Catla catla (Sci.) S002
Caturappuli (Mal.) E062
Cauliflower (Common) D036
Cauliflower (Mal.) C017, D036
Cauliflower leaves (Common) C017
Cavali biya (Mar.) A001, A002
Celery daandi (G.) D037
Celery stalk (Common) D037

Chachinda (H.,O.) D070, D071, D072
Chakavath (Mar.) C008
Chakka (Mal.) D051, D052, E030
Chakkota (Kan.) E056
Chakla (Common) P010
Chakotra (H.) E056
Chaktora (P.) E067
Chakwai (M.) B023
Chalkumra (B.) D001
Chama (Mal.) A016
Chama akulu (Tel.) C018
Chama dumpa (Tel.) F004
Chama kada (Tel.) D040, D041
Chaman (Kash.) L003
Champa kadali (O.) E009-E012
Champra Mahi (M.) E033
Chamsoor ko Saag (N.) C021
Chana (G.,H.,U.) B002
Chana ko Dal (N.) B001
Chana Mapum (M.) B002
Chana Tangkhai (M.) B001
Chanak (S.) B002
Chanam (M.) G011, G012, G013
Chana-ni-daad (G.) B001
Chane ki dal (U.) B001
Chan-ki-dal (H.) B001
Channa (M.) L003
Channa dali (Buta dali) (O.) B001
Chanos chanos (Sci.) P037
Chanu (Kash.) B002
Chanu dal (Kash.) B001
Chappal (Common) P011
Chatu (O.) J001-J004
Chaul (P.) A015
Chaula (O.) A015
Chaulai (H.) C002, C003, C004
Chaulai sag (P.) C002, C004
Chaulali beej (P.) A001
Chavli (Mar.) B005, B006
Chawal (H.) A013, A015
Chawara (P.) E017, E018
Chayapi (N.) G018
Chedu paddu dumpa (Tel.) F019
Cheera (Mal.) C002, C003, C004
Cheera vithu (Mal.) A001, A002
Chelu (Common) P012
Chembali (Common) P013
Chembin thandu (Mal.) D040, D041
Chembu (Mal.) F004
Chembu ilagal (Mal.) C018
Chena (B.) L003
Chena (Mal.) F017, F018
Cheng (M.) A013, A014, A015
Chenghum (M.) J001, J002, J004
Chengkruk (M.) C002-C006
Chengkruk Maru (M.) A001, A002
Chengpaak (M.) A011
Chenopodium album (Sci.) C008
Chenopodium quinoa (Sci.) A009
Cheranga (Mal.) D007, D008, D009
Cheriya Ulli (Mal.) G018
Cherri pandu (Tel.) E014
Cherries, red (Common) E014
Cherry (G.,P.) E014
Cherry phal (Mar.) E014
Cherrypazham (Tam.,Mal.) E014
Cheru Pararu (Mal.) B011
Cheru payar parippu (Mal.) B010
Cheruchana vithu (Mal.) H014
Cheruku rasam (Tel.) I002
Chevri (Kash.) A011
Chhali (P.) A006, A007, A008
Chhayapi ko Saag (N.) D058
Chhena (H.,O) L003
Chhilke wali urad dal (H.) B004
Chichinda (U.) D070, D071, D072
Chichindo (N.) D070, D071, D072
Chichinga (B.) D070, D071, D072
Chicken mushroom, fresh (Common) J002
Chicken, poultry (Common) N001-N006
Chide (B.) A011
Chikk Eerulli (Kan.) G018
Chikkudu ginjalu (Tel.) B007-B009, D047, D048
Chiku (A.,H.,Mar.,P.) E060
Chilagada dumpa (Tel.) F013, F014
Chilgoza (G.,H.,Kash.) H017
Chillies, green (Common) G001-G007

Chillies, red (Common) G022
Chilni bhaji (G.) C008
China badam (A.) H001
China badam (B.,O.) H012
ChinaLai (A.) C013
Chinch (Mar.) E064
Chinchecha pala (Mar.) C034
Chinese kobi (G.) C013
Chinna cabbage (Tel.) C012
Chinna ullipaya (Tel.) G018
Chinna vengayam (Tam.) G018
Chinta chiguru (Tel.) C034
Chintha pandu (Tel.) E064
Chira (A.) A011
Chirmure (Mar.) A012
Chirocentrus nudus (Sci.) P086
Chirwre (P.) A011
Chkaooaradavare (Kan.) D032
ChoCho sara (Mar.) D038
Cho-cho-marrow (Common) D038
Cho-cho-marrow (H.,Kan.,Mal.) D038
Chodi (G.) D003
Chogander Munji (Kash.) C009, F001
Choka (G.) A015
Chokhandar (U.) F001
Chola (B.) B002
Cholai (U.) C002, C003, C004
Cholam (Tam.) A005
Cholar dal (B.) B001
Choote gobi (H.) C012
Chooti band gobi (P.) C012
Chorap (G.) B005, B006
Chota bandha (O.) C012
Chotee gobi (Mar.) C012
Choti bund gobh (U.) C012
Chow-chow (Tam.) D038
Chowl (B.) A015
ChuChu Rangmei (M.) C001
Chudaa (O.) A011
Chuhara (A.) E017, E018
Chuhing (M.) I002
Chujaak (M.) A006, A007, A008, D042
Chukandar (H.,P.) F001
Chukandhar da sag (P.) C009
Chukandhar sag (H.) C009
Chukki soppu (Kan.) C032
Chumbrei (M.) E050
Cicer arietinum (Sci.) B001, B002
Cicinndda (S.) D070, D071, D072
Citrullus vulgaris (Sci.) E065, E066
Citrus aurantium (Sci.) E047
Citrus limetta (Sci.) E034
Citrus limon (Sci.) E033
Citrus maxima (Sci.) E056
Clam, green shell (Common) R001
Clam, white shell, ribbed (Common) R002
Cloves (Common) G023
Cluster beans (Common) D039
Coccinia cordifolia (Sci.) D054, D055
Coconut water (Common) K002
Coconut, kernel, dry (Common) H006
Coconut, kernel, fresh (Common) H007
Cocos nucifera (Sci.) H006, H007
Colocasia (Common) F004
Colocasia antiquorum (Sci.) C018, F004
Colocasia esculenta (Sci.) D040, D041
Colocasia stem, green (Common) D041
Colocasia, leaves, green (Common) C018
Colocasia, stem, black (Common) D040
Coriander seeds (Common) G024
Coriander, leaves (Common) G009
Coriandrum sativum (Sci.) G009, G024
Corn, Baby (Common) D042
Coryphaena hippurus (Sci.) P053
Country hen (Common) N007-N010
Cowpea, brown (Common) B005
Cowpea, white (Common) B006
Crab (Common) Q001
Crab (Common) S007
Crab, sea (Common) Q002
Crassostrea sp. (Sci.) Q006
Cucumber green, elongated (Common) D043
Cucumber green, short (Common) D044
Cucumber orange, round (Common) D045
Cucumis melo (Sci.) E046
Cucumis melon (Sci.) E045
Cucumis sativus (Sci.) D043, D044, D045
Cucurbit maxima (Sci.) C030
Cucurbita maxima (Sci.) D065, D066
Cucurbita pepo (Sci.) D077, D078
Cumin seeds (Common) G025
Cuminum cyminum (Sci.) G025

Curcuma amada (Sci.) G015
Curcuma domestica (Sci.) G033
Currants, black (Common) E015
Curry leaves (Common) G010
Curry Pata (M.,Kash.) G010
Custard apple (Common) E016
Cyamopsis tetragonobola (Sci.) D039
Cynoglossus arel (Sci.) P079
Daaddima (S.) E055
Daan (Kash.) E055
Daaniwal (Kash.) G009, G024
Dab narikol (A.) H006
Dab narikolor pani (A.) K002
Daberjal (B.) K002
Dach (Kash.) E022-E027
Dacus carota (Sci.) F002, F003
Dadam (G.) E055
Dai iong (Kh.) B004
Dai shana (Kh.) B001, B021
Dalia (A.,B.,H.,O.,P.,U) A021
Dalim (A.) E055
Dalimb (Kon.,Mar.) E055
Dalimba (O.) E055
Dalimbari (Kan.) E055
Dampudu biyyam (Tel.) A013
Danimma pandu (Tel.) E055
Danthu (Kan.) C002, C003, C004
Danthu beeja (Kan.) A001, A002
Darbusani (Tam.) E065, E066
Dasakusa (M.) D038
Dasyatis pastinaca (Sci.) P080
Dates, dry, dark brown (Common) E018
Dates, dry, pale brown (Common) E017
Dates, processed (Common) E019
Dawana (P.) E065, E066
Dhana pandada (G.) G009
Dhane (Mar.) G024
Dhania (H.,N.,O.,P.) G024
Dhania paat (A.) G009
Dhania Patra (O.) G009
Dhaniya (U.) G024
Dhaniyalu (Tel.) G024
Dhanyaka (S.) G024
Dhemase (Mar.) D073
Dherosh (B.) D056
Dherua (A.) C031
Dhone (B.) G024
Dhone pata (B.) G009
Dhonia dkhar (Kh.) G009
Dhoniya (A.) G024
Dhooli masari dal (P.) B013
Dhoon (Kash.) H021
Dhua mogu dail (A.) B010
Dhudul (B.) D077, D078
Dhunduli (A.) D070, D071, D072
Dieng sajana (Kh.) D046
Dieng seleri (Kh.) D037
Dilpasand (Kan.) D077, D078
Dimiri (O.) E020
Dimoru (A.) E020
Dioscorea strydomiana (Sci.) F018
Dioscorea villosa (Sci.) F019
Dodka (Mar.) D068, D069
Dolicus biflorus (Sci.) B012
Donda kaya (Tel.) D054, D055
Donnmena- sinakayi (Kan.) D033, D034, D035
Doodh (Kash.) L001, L002
Doodh (Maish) (Mar.) L001
Doodh(garu) (B.) L002
Doodh(gay) (Mar.) L002
Dosa kaya (Tel.) D043, D044, D045
Draakssaa (S.) E022-E027
Draksha (Mar.) E026
Draksha (G.) E025, E026
Draksha (Kan.,Mar.) E022-E027
Draksha padu (Tel.) E022-E027
Drashi (Kan.) E057, E058
Dratchai (Tam.) E023-E027
Drepane punctata (Sci.) P081
Drumstick (Common) D046
Drumstick, leaves (Common) C019
Duck (Common) N011
Dud masi (Kh.) L002
Dud muid (Kh.) L001
Dudde (Kon.) D059
Dudha (Mosher) (B.) L001
Dudhi (G.) D007, D008, D009
Dumura (B.) E020
Dunglina dakkadi (Onion dakkadi) (G.) D058
Dungri (nani) (G.) G018
Durdakandagadda (Tel.) F018

Eerulli (Kan.) G017
Eethapazham (Mal.) E017, E018, E019
Egg, country hen (Common) M008, M009, M010
Egg, duck (Common) M011, M012, M013
Egg, poultry (Common) M001-M007
Egg, quial (Common) M014, M015
Eggs, Cat fish (Common) P092
Ek koya Rashun (B.) G013
Ela (S.) G020, G021
Elach (B.) G020
Elagatis bipinnulata (Sci.) P012
Elaichi (Kh.,M.,U.) G020, G021
Elaishi (Kh.) G020
Elakkai (Mal., Tam.,Tel.) G020, G021
Elanth pazham (Mal.) E068
Elanthai pazham (Tam.) E068
Elathari (Mal.) G021
Elaychi (H.) G020
Eleocharis dulcis (Sci.) F016
Elettaria cardamomum (Sci.) G020, G021
Eleusine coracana (Sci.) A010
Ellu (Mal.,Tam.) H009, H010, H011
Elops machnata (Sci.) P001
Emblica officinalis (Sci.) E021
Emu (Common) N012
Endu draksha (Tel.) E057, E058
Endu Kobbari (Tel.) H006
Epinephelus chlorostigma (Sci.) P062
Epinephelus coioides (Sci.) P023
Epinephelus diacanthus (Sci.) P015
Epinephelus sp. (Sci.) P042
Eri meen (Common) P014
Eroi Sanghom (M.) L001
Erulli soppu (Kan.) D058
Erumaipal (Tam.) L001
Etroplus suratensis (Sci.) P026
Euthynnus affinis (Sci.) P084
Fadhighom Mana (M.) G009
Fadhighom Maru (M.) G024
Fafda papdi (G.) D032
Falsa (B.,G.,H.,Mar.,P.,U.) E052
Falsa pandu (Tel.) E052
Fansi (G.) D049, D050
Faram (Kash.) F004
Farsi (N.) D065, D066
Fenugreek leaves (Common) C020
Fenugreek seeds (Common) G026
Ferula assa-foetida (Sci.) G019
Ficus carica (Sci.) E020
Field bean, black (Common) B007
Field bean, brown (Common) B008
Field bean, white (Common) B009
Field beans, tender, broad (Common) D047
Field beans, tender, Lean (Common) D048
Figs (Common) E020
Fragaria ananassa (Sci.) E063
Fras bean (P.) D049, D050
French bean (A.) D049, D050
French beans, country (Common) D049
French beans, hybrid (Common) D050
Freshwater Eel (Common) S003
Fulawar (G.) D036
Fulawar na pan (G.) C017
Gaan da doodh (P.) L002
Gahama (O.) A020
Gahama atta (O.) A019
Gahu rava (Mar.) A022
Gai dudha (O.) L002
Gai ka doodh (H.) L002
Gai nu dhudh (G.) L002
Gaja nimbe (Kan.) E034
Gaja nimma pandu (Tel.) E034
Gajar (B.,G.,H.,M., Mar.,N.,P.,U.) F002, F003
Galeocerdo cuvier (Sci.) P090
Gandha (Kash.) G017
Gandhe (P.) G017, G018
Gandhela (H.,Mar.) G010
Ganga imli/ Jangal jalebi (H.) E044
Ganne rus (Kash.) I002
Ganne-da-ras (P.) I002
Ganne-ka-ras (H.) I002
Ganne-ke-ras (U.) I002
Ganth gobi (P.) D053
Ganth gobi ka sag (H.) C024
Ganth gobi sag (P.) C024
Ganuhaar (Kash.) A016
Garcinia mangostana (Sci.) E043
Garden cress (Common) C021
Garden cress, seeds (Common) H008
Garikalai (B.) B024, B025
Garlic, big cloves (Common) G011
Garlic, single clove, Khasmir G013

(Common)
Garlic, small cloves (Common) G012
Garoor gakhir (A.) L002
Gasagasalu (Tel.) G032
Gath kobi na pan (G.) C024
Gau (N.) A020
Gau ko pitho (N.) A021
Gaur-ki-phalli (H.) D039
Gauva, pink flesh (Common) E029
Gavar ki palli (U.) D039
Gedde kosu (Kan.) C024
Gedha/Barre palu (Tel.) L001
Gehu (Mar.) A020
Gehun (H.,U.) A020
Gehun suji (H.) A022
Genasu (Kan.) F013, F014
Gerres sp. (Sci.) P058
Geru (Kan.) H005
Ghahzir (Kash.) F002, F003
Ghaum soji (G.) A022
Ghaun (G.) A020
Ghaun ni sev (G.) A023
Ghaun ni Shekeli sev (G.) A024
Ghehu (A.,M.) A020
Gherkochoo (B.) F018
Ghewda (Mar.) D032
Ghiu Simi (N.) D049, D050
Ghole gluru (G.) D054, D055
Gholobheda (N.) D075, D076
Gilas (H.,Kash.) E014
Gingely seeds, black (Common) H009
Gingely seeds, brown (Common) H010
Gingely seeds, white (Common) H011
Ginger fresh (Common) G014
Girinimba (S.) G010
Glycine max (Sci.) B024, B025
Gnathanodon speciosus (Sci.) P059
Go puvvu (Tel.) C017, D036
Goat (Common) O001-O013
Gobhi (U.) C015, C016
Gobro (Common) P015
God (G.) I001
Godd (Kon.) I001
Godhambu mavu (Mal.) A019
Godhambu Ravu (Mal.) A021
Godhi (Kan.) A020
Godhi rave (Kan.) A022
Godhum (S.) A020
Godhuma rava (Tel.) A022
Godhumalu (Tel.) A020
Godhumbu (Mal.) A020
Godumai (Tam.) A020
Godumai ravai (Tam.) A021, A022
Goer (Kash.) F016
Gogu leaves, green stem (Common) C022
Gogu leaves, red stem (Common) C023
Gojihvaa (S.) C017, D036
Gola (P.) H006
Gola marcha (G.) G007
Gold fish (Common) S004
Golmarichi (B.) G031
Golomarcho (O.) G031
Golu phubi kakuri (O.) D077, D078
Gom (B.) A020
Gom sewai (A.) A024
Gonglu (P.) F009-F012
Gongura (Tel.) C022, C023
Gool aal (Kash.) D008
GooreHannu (Kan.) D074, D075, D076
Goosberry (Common) E021
Gor (Kash.) I001
Goradu (Mar.) F018
Gori koyi (Kan.) D039
Goruchikkudu (Tel.) D039
Gos koora (Tel.) C015, C016
Goshtub tang (Kash.) E007
Gota masur mah (A.) B014
Gota mati mah (A.) B004
Gota mogu mah (A.) B011
Gota motor (A.) B017
Gota rohor (A.) B022
Govar (G.) D039
Govari (Mar.) D039
Gow kshiram (S.) L002
Grapes seeded, round, black (Common) E022
Grapes seeded, round, green (Common) E023
Grapes seeded, round, red (Common) E024
Grapes seedless, oval, black (Common) E025
Grapes seedless, round, black (Common) E027
Grapes seedless, round, green (Common) E026
Green gram, dal (Common) B010
Green gram, whole (Common) B011

Grewia asiatica (Sci.) E052
Ground nut (Common) H012
Grunjanam (S.) F002, F003
Gua (O.) H002, H003, H004
Guanra chhuin (O.) D039
Guarae-di-faliya (P.) D039
Guava, white flesh (Common) E028
Gud (H.,P.,U.,O.) I001
Guinea fowl (Common) N013
Guitar fish (Common) P016
Guizotia abyssinica (Sci.) H015, H016
Gul (Mar.) I001
Gummad kaya (Tel.) D065
Gummadi (Tel.) D066
Gummadi akulu (Tel.) C030
Gundhun (B.) G018
Gur (A.) I001
Gurdudde (Kon.) D068, D069
Gurellu (Kan.) H015, H016
Gurh (B.) I001
Gyathkopi (N.) D053
Hare (Common) O058, O059, O060
Harpadon nehereus (Sci.) P007
Hilsa (Common) P017
Hypophthalmichthys molitrix (Sci.) P078
Istiophorus platypterus (Sci.) P041
Jallal (Common) P018
Jathi vela meen (Common) P019
Ka shriew (Kh.) F004
Ka wang jyrngam (Kh.) D041
Kaagati (N.) E033
Kaalaan (Tam.) J001-J004
Kaali Mirch (U.) G031
Kaarabellam (S.) D007, J008, J009
Kaashiral (Kash.) D077
Kaashiral (Kash.) D078
KabbinaHalu (Kan.) I002
Kabok Mur (M.) A012
Kabuli Chana (N.) B002
Kaccha aam (P.,U.) D057
Kaccha kela (U.) D063
Kaccha tamatar (U.) D074
Kaccha tamator (P.) D074
Kach Aamb (Kash.) D057
Kacha Tomato (B.) D074
Kada tal (G.) H009, H015
Kadal bral (Common) P020
Kadala (Mal.) B002
Kadala parippu (Mal.) B001
Kadalaiparuppu (Tam.) B001
Kadale (Kan.) B002
Kadale bele (Kan.) B001
Kadale kayi (Kan.) H012
Kadale soppu (Kan.) C010, C011
Kadali (Common) P021
Kadali bhanda (O.) D062
Kadali manja (O.) D064
Kadalii (S.) E009-E012
Kaddu (H.,P.,U.) D065, D066
Kaddu ka patta (U.) C030
Kadhi patta (P.) G010
Kadi draksh (G.) E015
Kadi draksha (G.) E022, E027, E057
Kadi ka patta (U.) G010
Kadi umdo (G.) G010
Kadu (P.) D007,D009
Kaḍugeṃpu (Kan.) E014
Kadugu ila (Mal.) C026
Kadugu (Mal.,Tam.) H013
Kadugu ilai (Tam.) C026
KagajiLimbu (O.) E033
Kagji Badam (N.) H001
Kaha (Kash.) B003, B004
Kaippakka (Mal.) D004, D005, D006
Kait im (Kh.) D063
Kait jaji (Kh.) E012
Kait mon/ ja (Kh.) E010
Kait saw (Kh.) E011
Kait syiem (Kh.) E009
Kaith (H.) E067
Kaitha (O.) E067
Kajor (Kh.) F003
Kaju (G.) H005
Kaju (H.) H005
Kaju badam (A.) H005
Kakadi (H.,Mar.) D043, D044,D045
Kakarakaya (Tel.) D004, D005, D006
Kakdi (G.) D043, D044, D045
Kakharu (O.) D065, D066

Kakharu Saga (O.) C021
Kakro (N.) D043, D044, D045
Kakudi (O.) D043, D044, D045
Kala Jamun (H.) E013
Kala kishmish (U.) E015
Kala pravaha (Mar.) E015
Kala til (H.) H015, H016
Kalaikose (Tam.) C012
Kalakkay/ Parungala (Tam.) E032
Kalakose (Mal.) C012
Kalamaara (Common) P022
Kalara (O.) D004, D005, D006
Kalava (Common) P023
Kale rajmah (P.) B018
Kali tori (P.) D068
Kali tori (P.) D069
Kalimirchi (H.,P.) G031
Kalingad (Mar.) E065, E066
Kalive (Tel.) E032
Kalkipan (Mar.) D002
Kallangadi (Kan.) E065, E066
Kalle Puri (Kan.) A012
Kallu (Tam.., Tel., Mal.,) K001
Kalojam (B.) E013
Kalung siej (Kh.) D002
Kamad kakdi (G.) F005
Kamal zahr (P.) F005
Kamala (O.) E047
Kamala padu (Tel.) E047
KamalaLebu (B.) E047
Kamalgatta (H.) F005
Kamalkaakdi (Mar.) F005
Kamaraka/ Kapazakshi Hannu (Kan.) E062
Kambam (Mal.) A003
Kambu (Tam.) A003
Kamphoi (M.) E049
Kamphoi (M.) E055
Kamrakh (U.) E062
Kanaka (P.) A020
Kanamayya (Common) P024
KanchaLanka (O.) G001-G007
Kanda (Mar.) G017, G018
Kandamula (O.) F013, F014
Kandan lippili (Kan.) G030
Kandha dumpa (Tel.) F017
Kandi pappu (Tel.) B021
Kando (G.) G017
Kandulu (Tel.) B022
Kaneek (Mar.) A019
Kangni (P.) A017
Kannadi paarai (Common) P025
Kanta neutia sag (O.) C006
Kanta notay shak (O.) C005
Kanta vado tandaljo (G.) C005, C006
Kanta-notya (B.) C005
Kanta-notya shaak (B.) C006
Kantemanth (Mar.) C005, C006
Kantewali chaulai (P.) C005, C006
Kantewali-notya (H.) C005, C006
Kanthal (B.) D051, D052, E052
Kanwal kakri (U.) F005
Kaothum (M.) F016
Karadi (Mal.,Mar.) H019
Karakka (Mal.) E032
Karale (Mar.) H015, H016
Karamanga (O.) E062
Karamani (Tam.) B005, B006
Karamani Payir (Tam.) B018, B019, B020
Karamazda (S.) E032
Karambal (Mar.) E062
Karamda (G.) E032
Kardi (H.) H019
Karekayi (Kan.) E032
Karela (G.,H., Kash.,P.,U.) D004, D005, D006
Karhi-pat (B.) G010
Kari menasu (Kan.) G031
Karibevu (Kan.) G010
Karikku (Mal.) H007
Karim jeerakam (Mal.) H015, H016
Karimeen (Common) P026
Karimpolam (Mal.) F016
Karivepaku (Tel.) G010
Kariveppilai (Mal.,Tam.) G010
Karkalo (N.) C018
Karle (Mar.) D004, D005, D006
Karnagawala (Common) P027
Karon Akhabi (M.) D004, D005
Karon Akhabi (M.) D006
Karonda (P.) E032
Karonda fruit (Common) E032

Karralu (Tel.) A017
Karumbin neeru (Mal.) I002
Karumbu charu (Tam.) I002
Karunai kizhangu (Tam.) F017,F018
Karunthiratcha (Tam.) E015
Karvand (Mar.) E032
Kary patta (N.) G010
Kasawa soji (U.) F015
Kash bandh gobi (H.) C015
Kashi bhopla (Mar.) D077
Kashi bhopla (Mar.) D078
Kashmiri jalakia (A.) D033, D034, D035
Kaskol/Purakol (A.) D063
Kasori Methi (Kash.) C020
Kasu sak (A.) C018
Katahar (N.) D051, D052
Katahar (N.) E030
Katcha Aam (H.) D057
Katcha pepita (H.,P.) D059
Kath aloo (A.) F018
Kathahal (U.) D051, D052, E030
Kathai chokha (G.) A013
Kathakonda (O.) F015
Kathal (H.,P.) D051, D052, D030
Kathal ki beej (P.) D051
Kathirikkai (Tam.) D010
Kathirikkai (Tam.) D011-D030
Katsuwonus pelamis (Sci.) P085
Kattelu (Tam.) H015
Kattelu (Tam.) H016
Kattuchena (Mal.) F019
Kattuzhunnu (Mal.) B023
Kauli (N.) C017
Kauli (N.) D036
Kavath (Mar.) E067
Kavu akulu (Tel.) C025
Kawang iong (Kh.) D040
Kayirhachakka (Mal.) E053
Kayrai (Common) P028
Kaza (Kash.) B017
Kazmal/Kamrakh (H.) E062
Kdu (P.) D008
Keasa aam (A.) D057
Keda (G.) E012
Keerai vidai (Tam.) A001
Keerai vidai (Tam.) A002
Kel phool (G.) D062
Kel phool (Mar.) D062
Kel(hara) (Mar.) D063
Kela (G.,H.,P.,Kash.,U.) D063, E009-E012
Kela ka phool (U.) D062
Kela(kanch) (B.) D063
Kelanu thed (G.) D064
Kele (Mar.) E009-E012
Kele da tana (P.) D064
Kele-da-phool (P.,H.) D062
Kele-ka-tana (H.) D064
Kelicha khunt (Mar.) D064
Kella (P.) E009-E012
Kelvaragu (Tam.) A010
Kera (N.) E009
Kera (N.) E010
Kera (N.) E011, E012
Kerbau paal (Mal.) L001
Kerela (A.,Kh.) D004, D005, D006
Kerela rit (Kh.) D005
KerelaHeh (Kh.) D004
Keri (G.) E036
Keri (G.) E038, E041
Kesa bilahi (A.) D074
Kesa jalakia (A.) G001-G007
Kesa omita (A.) D059
Kesa tamul (A.) H004
Kesar kedi (G.) E039
Kesu danthu (Kan.) D040, D041
Kew (Kh.) A021
Khajoora pandu (Tel.) E017, E018, E019
Khajur (A.,G.,H., Kash., Mar.,P.,U.) E017, E018, E019
Khajura (N.) E017, E018, E019
Khajuri (O.) E017
Khajuri (O.) E018
Khajuri (O.) E019
Khakaru saga (O.) C030
Kham kael (Kash.) D063
Khamba alu (O.) F018
Khamen ashinba (M.) D074, D075, D076
Khanchari (B.) C029
Kharamani (P.) E005

Kharamani (P.) E006
Kharamuja (B.) E045, E046
Kharbooja (H.) E045
Kharbooja (H.,Kan., Mar., O.,P.,Tel.) E045, E046
Kharbuja (N.) E065, E066
Kharbujo (G.) E045
Kharbujo (Pido) (G.) E046
Kharbuuja (S.) E045, E046
Kharbuz (U.) E045, E046
Kharek (G.) E017, E018
Kharjoora (Kan.) E017, E018, E019
Kharjura (S.) E019
Kharjura (B.) E017
Kharjura (B.,S.) E017, E018, E019
Khas Khas (P.) G032
Khasa (S.) G032
Khasa khasa (Tam.) G032
Khash Khash (U.) G032
Khaskhas (Mar.) G032
Khaskhash (Kash.) G032
Khattu (N.) E005, E006
Khaw boil (Kh.) A014, A015
Khaw saw (Kh.) A013
kheera (H.,U.) D043, D044, D045
Kherbuz (Kash.) E045
Kherbuz (Kash.) E046
Kheri (B.) B016
Khesari paruppu (Tam.) B013
Khira (P.) D043, D044
Khliang syiar (Kh.) C021
Khongdrum (M.) D007, D008, D009
Khoomani (H.) E005, E006
Khoomba (P.) J001-J004
Khopra (U.) H006
Khubaani (U.) E005, E006
Khus khus (G.) G030, G032
KiadLieh (Kh.) K001
Kihom (M.) E053
Kinek (Kash.) A020, A021
Kiriyan (Common) P029
Kishmish (A.,B.,H., Kash., Mar.,O.,U.) E057, E058
Kismis (A.,M.,N.) E015,E057,D068
Kismis (M.) E058
Kismis saw (Kh.) E058
Kismisaag (U.) C025
Kismisiong (Kh.) E057
Kite fish (Common) P030
Kithilai (Kan.) E047
Klong jrong (Kh.) D009
Knol - Khol (Common) D053
Knol-khol akulu (Tel.) C024
Knol-khol cheera (Mal.) C024
Knol-Khol keerai (Tam.) C024
Knol-Khol, leaves (Common) C024
Knoolkol (Tam.) D053
Kobbari (Tel.) H007
Kobbari neeru (Tel.) K002
Kobi (Mar.) C015, C016
Kobi mana (M.) C015
Kobi maru kabi (M.) C024, D053
Kobi na pan (G.) C014
Kobithamchetmai (M.) D036
Kobithamchetmai mana (M.) C017
Kochu (B.) F004
Kochu pata (B.) C018
Kochur loti (B.) D040, D041
Koda milagai (Tam.) D033, D034, D035
KodiKizhangu (Tam.) F019
Kodippasali (Tam.) C007
Kodo (N.) A010
Kodukkapuli (Tam.) E044
Kohala (Mar.) D001
Kohl-rabi (H.) D053
Kohlu (G.) D065, D066
Koiyapazham (Tam.) E028, E029
Kola (paka) (B.) E010
Kola (paka) (B.) E009, E011, E012
Kola jaluk (A.) G031
Kola jamu (A.) E013
Kola til (A.) H009
Kolam na pan (G.) C030
Kolatha (O.) B012
Koldil (A.) D062
Kolinchi pazham (Tam.) E034
Kollu (Tam.) B012
Komla (M.) E047
Kommu potla (Tel.) D060
Komola (A.) E047
Kondaikadalai (Tam.) B002
Konduri (H.) D054, D055
Konidhan (A.) A017

Kopparai (Tam.) H006
Kopra ni kachli (G.) H006
Kordoi (A.) E062
Korja tenga (A.) E032
Korka (Common) P031
Korola (B.) D004, D006
Koromcha (B.) E032
Kosala sag maji Kale (O.) A002
Kosala sag manji Dhala (O.) A001
Kosu (A.,Kan.) C015, C016, F004
Kosu (Kan.) C016
Kosu thari (A.) D040, D041
Kothal (A.) D051, E030
Kothal guti (A.) D052
Kothamalli (Mal.,Tam.) G009
Kothamalli vidhai (Tam.) G024
Kothambalari (Kan.,Mal.) G009,G024
Kothavara (Mal.) D039
Kothavaranga (Tam.) D039
Kothimbir (Mar.) G009
Kothimbir/dhane (Mar.) C028
Kothimiri (Tel.) G009
Kothu (G.) E067
Kottai paakku (Tam.) H002
Kova kai (Mal.,Tam.) D054, D055
Kovai, big (Common) D054
Kovai, small (Common) D055
kovakkai (Mal.) D060
KoyethbAel (B.) E067
Krai (Kh.) A003, A004, A005
Krambu (Mal.,Tam.) G023
Krrapendalamu (Tel.) F015
Kubhindo (N.) D001
Kubi (Kh.) C015
Kubi saw (Kh.) C016
Kubyakam (Tel.) F016
Kula (B.) E068
Kulam paarai (Common) P032
Kulattha (S.) B012
Kuleeth (G.,Mar.) B012
Kulottokalai (B.) B012
Kulthi (H.,U.) B012
Kulunashpati (B.) E007
Kumbala kash (Kan.) D065, D066
Kumbalanga (Mal.) D001
Kumbale soppu (Kan.) C030
Kumhra sag (H.) C030
Kummaandah (S.) D065, D066
Kumra shak (B.) C030
Kumro (B.) D065, D066
Kumura (A.) D001
Kun koon (Mal.) J001-J004
Kunduli (A.) D054
Kunduli (A.) D055
Kunduru (O.) D054, D055
Kunhiyar (A.) I002
Kunte ki bhaji (U.) C029
Kurath (Kash.) B012
Kuri (G.) A016
Kurumlaku (Mal.) G031
Kusambe (Kan.) H019
Kusubalakki (Kan.) A014
Kusum (B.) H019
Kusuma ginzalu (Tel.) H019
Kusumbo (G.) H019
Kuthari (Mal.) A013
Kwa Mana (M.) C010, C011
Kwa Maru (M.) H003, H004
Kwai im (Kh.) H004
Kwai supari (Kh.) H003
Kwai tyrkhong (Kh.) H002
KwaMaru (M.) H002
Laar (Kash.) D043, D044, D045
Labang (O.) G023
Labeo rohita (Sci.) S006
Lachi (P.) E063
Lactarius lactarius (Sci.) P049
Lactiporus sp. (Sci.) J002
Lactuca sativa (Sci.) C025
Lader (Kash.) G033
Ladies finger (Common) D056
Lafu (M.) D064
Lafu Tharo (M.) D062
Lagenaria vulgaris (Sci.) D007, D008, D009
Laisan (U.) G011, G012, G013
Laki Bele (Kan.) B013
Lakshamana phalamu (Tel.) E061
Lakshmanaphala/ Mulluramphala (Kan.) E061
Lal bhopla (Mar.) D065, D066
Lal chaulai sag (P.) C003
Lal Draksha (G.) E024

Lal jamphad (G.) E029
Lal kobi (G.) C016
Lal marcha (sukha) (G.) G022
Lal mircha (P.) G022
Lal mirchi (U.) G022
Lal paka keda (G.) E011
Lal rajmah (P.) B020
Lal Shaakh (B.) C003
Lal tandaljo (G.) C003
Lam Khamen (M.) D010-D030
Lank dal (Mar.) B013
Lanka (bilathi) (B.) D033, D034, D035
Lanka (O.) G022
Lanka pappu (Tel.) B013
Laphoi (M.) E009-E012
Laphoi Ashangba (M.) D063
Lasan (G.,P.) G011, G012, G013
Lashoonam (S.) G011, G012, G013
Lasoon (Mar.) G011, G012, G013
Lasun (N.) G011, G012, G013
Lates calcarifer (Sci.) P005
Latte to saag (N.) C002, C003, C004
Lau (B.,O.) D007, D008, D009
Lauka (N.) D007, D008, D009
Lavang (G.) G023
Lavang (H.) G023
Lavang (Mar.) G023
Lavanga (Kan.,S.) G023
Lavangu (Tel.) G023
Leela dhana (G.) C028
Lehin (S.) E033
Lehsan (H.) G011, G012, G013
LeibakHawai (M.) H012
Lemon, juice (Common) E033
Lens culinaris (Sci.) B013, B014
Lentil whole, brown (Common) B014
Lentil whole, yellowish (Common) B015
Lentil, dal (Common) B013
Lentinula sp. (Sci.) J003
Lepidium sativum (Sci.) C021, H008
Leptomelanosoma indicum (Sci.) P022
Lepturacanthus savala (Sci.) P047
Lesera mah (A.) D003
Lesera mahor guti (A.) B005, B006
Letchu (O.) E035
Lethrinus lentjan (Sci.) P019
Lettuce (Common) C025
Lettuce cheera (Mal.) C025
Lettuce ka patta (Mar.) C025
Lettuce na pan (G.) C025
Lettuce soppu (Kan.) C025
Lichi (G.,H.,Kan.,Kash., Mal., Mar.,N.,P.,Tam.,Tel.,U.) E035
Lichu (A.,B.,M.) E035
Lila marcha (G.) G001-G003, G006
Lila safarjan (G.) E002
Lili Draksha (G.) E023
Lili kobi (G.) C015
Lili makai (G.) A007, A008
Lilo vans (G.) D002
Limbu (G.) E033
Limbu goḍa (Mar) E034
Lime, sweet pulp (Common) E034
Limonia acidissima (Sci.) E067
Linseeds (Common) H014
Linum usitatissimum (Sci.) H014
Litchi (Common) E035
Litchi chinensis (Sci.) E035
Lobia (H.,P.) B005, B006
Lobong (B.) G023
Lobotes surinamensis (Sci.) P061
Lobster, brown (Common) Q003
Lobster, king size (Common) Q004
Loligo duvaucelii (Sci.) R006
Loligo sp. (Sci.) R004
Long (A.,M.,P.,U.) G023
Lotus root (Common) F005
Lowki (H., U.) D007, D008, D009
Luffa acutangula (Sci.) D068, D069
Lutjanus argentimaculatus (Sci.) P065
Lutjanus quinquelineatus (Sci.) P013
Lutjanus rivulatus (Sci.) P024
Luwang (N.) G023
Maa ki daal (P.) B003
Maagaa (Common) P033
Maarissa (S.) C002, C003, C004
Maas ko dal (N.) B003
Maassa (S.) B003

Mace (Common) G027
Mackerel (Common) P034
Macolor niger (Sci.) P006
Macrobrachium rosenbergii (Sci.) S008
Macrobrachium sp. (Sci.) S009, S010
Madarangh (O.) C029
Madhulam pazham (Tam.) E055
Madhulika (S.) A010
Madhura naranga (Mal.) E047
Madhurium (A.) E028, E029
Mah (A.) D039
Maida (B.,H.,Kan., Mar.,N.,O.,P.,U.) A018
Maida mavu (Mal.,Tam.) A018
Maida pindi (Tel.) A018
Maido (G.) A018
Mainji (Tam.) G015
Mainsi dudha (O.) L001
Mairen (M.) D065, D066
Mairen mana (M.) C030
Mairongbi (M.) B021, B022
Maize (Mal.) A006, A007, A008
Maize, dry (Common) A006
Maize, tender, local (Common) A007
Maize, tender, sweet (Common) A008
Maka (Mar.,O.) A006, A007, A008
Makai (G.,Kash.,N.,U.) A006, A007, A008, D042
Makhan phal (P.) E007
Makhanphal (H., Mar) E007
Makhon shim (B.) D032
Makka (H.) A006, A007, A008
Makka Cholam (Tam.) A006, A007, A008
Makoi (A.) A006, A007, A008
Makussttaka (S.) B018, B019, B020
Malai seethapalam/ Paanghi pazham (Tam.) E061
Malhei (M.) E005, E006
Malhoi (A.) E005, E006
Malus sylvestris (Sci.) E001-E004
Mam pazham (Mal.) E036-E042
Mamidi pandu (Tel.) E036-E042
Mamidiallam (Tel.) G015
Mamidikaya (Tel.) D057
Mampazham (Tam.) E036-E042
Mamra (G.) A012
Manda clathi (Common) P035
Mandal (P.) A010
Mandavellam (Tam.) I001
Mandia (O.) A010
Mandwa (U.) A010
Manga (Mal.) D057
Mangai (Tam.) D057
Mangainji (Mal.) G015
Mange (M.) E044, E064
Mange Mana (M.) C034
Manghra (M.) F013-F014
Mangifera indica (Sci.) D057, E036-E042
Mango, ginger (Common) G015
Mango, green, raw (Common) D057
Mango, ripe, banganapalli (Common) E036
Mango, ripe, gulabkhas (Common) E037
Mango, ripe, himsagar (Common) E038
Mango, ripe, kesar (Common) E039
Mango, ripe, neelam (Common) E040
Mango, ripe, paheri (Common) E041
Mango, ripe, totapari (Common) E042
Mangosteen (Common) E043
Mangustan (H.) E043
Manihot esculenta (Sci.) F015
Manila tamarind (Common) E044
Manjal (Mal.,Tam.) G033
Manthan elakai (Mal.) C030
Mara kosu (Kan.) C012
Mara Thonde (Kan.) D060
Marach wangun (Kash.) G001-G007
Maramaralu (Tel.) A012
Maravalli kizhangu (Tam.) F015
Marela (G.) D005
Marendu pandu (Tel.) E008
Mari (G.) G031
Marich (N.) G031
Marich ushna,Hapusha (S.) G031
Marichika (S.) G001-G007
Marutus (Kash.) G031
Mash ki dal (U.) B003
Mashkolail (B.) B004
Masoor (Kash.) B013,B014, B015
Masoor (Kathai) (G.) B014
Masoor dal (H.) B013
Masoor ni daad (G.) B013

Masoor rakhoda (G.) B015
Masur (Kash.) B022
Masur bele (Kan.) B014, B015
Masur dail (A.) B013
Masur dal (H.,Mar.,U.) B014, B015
Masur parippu (Mal.) B014, B015
Masura (O.,S.) B014, B015
Masura dali (O.) B013
Masura Musuroo (S.) B015
Matar (B.,H.,Kash.) B017, D061
Matar mah (A.) D061
Matara (O.) B017, D061
Math (G.,Mar.) B016, C002, C003, C004
Matha (Common) P036
Mathalam pazhham (Mal.) E055
Mathan (Mal.) D065, D066
Matia rangar chaul (A.) A013
Matia rangar til (A.) H010
Matikaduri (A.) C029
Matir dail phola (A.) B003
Matki (Mar.) B016
Matki Kal (Kan.) B016
Mator (Kh.) D061
Mavina hasi sunthi (Kan.) G015
Mavinakayi (Kan.) D057
Mawal (Kash.) A001, A002, C002-C006
Mayalu (Mar.) C007
Maz da doodh (P.) L001
Meeth (Kash.) G026
Meetha aloo (A.) F013, F014
Mekke jola (Kan.) A006, A007, A008
Mene maculata (Sci.) P038
Menippe mercenaria (Sci.) Q001
Mentha spicata (Sci.) G016
Menthe (Kan.) G026
Menthikoora (Tel.) C020
Menthulu (Tel.) G026
Menthya soppu (Kan.) C020
Meretrix meretrix (Sci.) R002
Mestapat (B.) C022, C023
Meth (H.) B023
Methe (S.) G026
Methi (A.,B.,H., M.,N.,O.,P.,U.) G026, C020
Methi dana (G.) G026
Methi di patte (P.) C020
Methi man (M.) C020
Methi paat (A.) C020
Methi pandada (G.) C020
Methi pata (N.) C020
Methi sag (H.,Mar.,O.) C020
Methi shak (B.) C020
Mewa (N.) E049
Milagu (Tam.) G031
Milat khunda chaul (A.) A015
Milk fish (Common) P037
Milk, Buffalo (Common) L001
Milk, Cow (Common) L002
Minapapappu (Tel.) B003
Mint leaves (Common) G016
Minumulu (Tel.) B004
Mirapakaya (Tel.) G022
Mirayalu (Tel.) G031
Mirchi (H.) G022
Mire (Mar.) G031
Mirgichara (O.) E052
Misur pappu (Tel.) B014, B015
Mitha lebu (B.) E034
Mithai Gur (Kh.) I001
Mithun (Common) O045, O046, O047
Moang (Kash.) B007,B008, B009
Mobula kuhlii (Sci.) P030
Mocha (B.) D062
Mochai (Tam.) B007, B008, B009
Mochari-chi pan (Mar.) C026
Mohor gakhir (A.) L001
Mohori (Mar.) H013
Moida (A.,Kh.,M.) A018
Mokkajonna (Tel.) A006, A007, A008
Momordica charantia (Sci.) D004, D005, D006
Monjh haak (Kash.) D053
Monsaobi (M.) C008
Moog (B.) B011
Moog phali (H.,P.,U.) H012
Mooji hakh (Kash.) C031
Moolaa ko saag (N.) C031
Mooli (U.) F009-F012
Moolikaa (S.) F009-F012
Moon fish (Common) P038
Moong (N.,U.) B011

Moong dal (U.) B010
Moong ko khoste (N.) B010
Moong phalli (Kash.) H012
Moongil kuruthu (Tam.) D002
Moricha (A.) C003, C004
Moricha guti (A.) A001, A002
Moricha sak (A.) C002, C005
Moringa oleifera (Sci.) C019, D046
Morok (M.) G001-G007
Morok Akangba (M.) G022
Mosambi (G.,H.,Kash.) E034
Mosami (P.) E034
Mosumi (A.) E034
Mosur (B.) B014, B015
Mosur (Dail) (A.) B015
Mosur dal (B.) B013
Moth bean (Common) B016
Moth dal (P.) B016
Motha (H.) B016
Moti alechi (G.) G021
Motor shuti (B.) D061
Mra genasu (Kan.) F015
Mrachini (Mal.) F015
Muang (Kash.) B011
Muang dal (Kash.) B010
Musa paradisiaca (Sci.) E011
Musa x paradisiaca (Sci.) E009, E010, E012
Mud crab (Common) Q005
Muda (G.) F009-F012
Muda na pan (G.) C031
Mudhi (O.) A012
Mudra (S.) B011
Mug (G.) B011
Mug dal (H.,Mar.) B010
Mug ni daad (G.) B010
Muga (O.) B011
Muga Dali (O.) B010
Mugil cephalus (Sci.) P039
Mula (A.,B.,Mar.,N.,O) F009-F012
Mula ka sag (Mar.,O.) C031
Mulaga akulu (Tel.) C019
Mulaikeerai (Tam.) C005
Mulakaada (Tel.) D046
Mulakeerai (Tam.) C006
Mulaku (Mal.,Mar.) G001-G007,G022
Mulam pazham (Mal.,Tam.) E045,E046
Mulankoombu (Mal.) D002
Muli (H.) F009-F012
Muli di patte (P.) C031
Muli ka patta (U.) C031
Muli ka sag (H.) C031
Muli lieh (Kh.) F010
Muli pyllon (Kh.) F011,F012
Muli saw (Kh.) F009
Mulla danthu (Kan.) C005,C006
Mulla thotakura (Tel.) C005,C006
Mullancheru- cheera (Mal.) C005,C006
Mullangi (Kan., Mal.,Tam.,Tel.) F009-F012
Mullangi akulu (Tel.) C031
Mullangi ilai (Tam.) C031
Mullangi ilaigal (Mal.) C031
Mullangi soppu (Kan.) C031
Mullatha (Mal.) E061
Mullet (Common) P039
Mulo shak (B.) C031
Mulu Godumai maavu (Tam.) A019
Mun (Mar.) B011
Munakka (H.) E015
Mundiringa (Mal.) E022-E027
Mundiringa (unakku) (Mal.) E057, E058
Mung (H.) B011
Mung dal (B.) B010
Mung hawai (M.) B010, B011
Mungi-di-dal (P.) B010
Muraenesox cinerius (Sci.) P008
Murai (N.) A012
Mural (Common) P040
Muramure (H.) A012
Muri (A.,B.,Kh.) A012
Muringa ela (Mal.) C019
Muringakkai (Mal.) D046
Murmure (U.) A012
Murraya koenigii (Sci.) G010
Murungai keerai (Tam.) C019
Murungakkai (Tam.) D046
Musa sapientum (Sci.) D062, D063, D064
Mushroom (A.) J001, J002, J003
Musk melon, orange flesh (Common) E045
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Mustard, leaves (Common) C026
Mustard, seeds (Common) H013
Musuroo (N.) B014

Muth (Kash.) B024, B025
Muthira (Mal.) B012
Muttaikose (Tam.) C015, C016
Muttu gose (Mal.) C015, C016
MvinaHannu (Kan.) E037-E042
Myil meen (Common) P041
Myristica fragrans (Sci.) G027, G028
Mysore paruppu (Tam.) B014, B015
Naarangga (S.) E047
Naarikela (S.) H007
Nader (Kash.) F005
Nadia (O.) H006
Nagapazham (Tam.) E013, E031
Nagarvelna pan (G.) C010, C011
Najavalppazham (Mal.) E015
Nalite saga (O.) C022, C023
Nalla bontha (Common) P042
Nalla Kishmish (Tel.) E015
Nani kobi (G.) C012
Naral pani (Mar.) K002
Narasingha paat (A.) G010
Narba (Common) P043
Narel (Mar.) H006, H007
Naribel (N.) H007
Narikol (A.) H007
Narippayir (Tam.) B016
Nariyad (G.) H007
Nariyad nu pani (G.) K002
Nariyal (H.) H007
Nariyal (H.,P.) H006, H007
Nariyal da pani (P.) K002
Nariyal ka pani (H.) K002
Nariyel (U.) H007
Narjeel (Kash.) H007
Narji pooen (Kash.) K002
Narjil (Kash.) H006
Narkel (B.) H006, H007
Nashpati (B.,H., Mar.,O.,P.,U.) E051
Nashpatino (G.) E051
Naso reticulatus (Sci.) P035
Naspati (M.,N.) E051
Naspoti (A.) E051
Naval pazham (Mal.) E013, E031
Neembu (U.) E033
Neerulli/Ullipaya (Tel.) G017
Nei (Kh.) H010, H011
Nei iong (Kh.) H009
Nela milli hannu (Kan.) E063
Nellikka (Mal.) E021
Nellikkai (Tam.) E021
Nelumbium nelumbo (Sci.) F005
Nemipterus japanicus (Sci.) P069
Nemipterus mesoprion (Sci.) P021
Nemu (A.) E033
Nephelium lappaceum (Sci.) E059
Neralai (Kan.) E013, E031
NeraleHannu (Kan.) E015
Neredupandu (Tel.) E013, E031
Neutia sag (O.) C002 , C003, C004
Nibu (P.) E033
Niger seeds, black (Common) H015
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Nilakkadalai (Mal.) H012
Nilam kedi (G.) E040
Nimapandu (Tel.) E033
Nimbhu (H.) E033
Nobab (M.) E056
Nohoru (A.) G011, G012, G013
Nol khol ka patta (Mar.) C024
Nol-kol (G.,Mar.) D053
Noolkol (Tel.,Kan.,Mal.) D053
Notya Shaakh (B.) C002, C004
Nud kait (Kh.) D064
Nugga kayi (Kan.) D046
Nuggeyele (Kan.) C019
Numitlei Maru (M.) H020
Nunghawai (M.) B024, B025
Nungsihidak (M.) K002
Nutmeg (Common) G028
Nuvvulu (Tel.) H009, H010, H011
Nyomb (Kash.) E033
Oalu (Kash.) F006, F007, F008
Oat (Kash.) A018
Oat unno lota ghaun no lot (Kash.) A019
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Octopus vulgaris (Sci.) R003
Okhar (N.) H021
Ol (B.) F017
Ol kachu (A.) F017
Olkopi (B.) D053
Olkopi sag (B.) C024
Olle (P.) E021

Oma (Kan.) G029
Omakai (Mal.) E049
Omakaya (Mal.) D059
Ompok bimaculatus (Sci.) P092
Omum (Common,Tam.) G029
Ona Menasinakayi (Kan.) G022
Onagida draakshi (Kan.) E054
Onion, big (Common) G017
Onion, small (Common) G018
Onion, stalk (Common) D058
Onva (Mar.) G029
Ool kobi (A.) C024
Oolkobi (A.) D053
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Oreochromis niloticus (Sci.) P083
Oryza sativa (Sci.) A011-A015
Ottrai poondu (Tam.) G013
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Paakku (Tam.) H003, H004
Paalak (P.) C007
Paalavirugudu (Tel.) L003
Paalungo ko Saag (N.) C033
Paan (A.,M.) C010, C011, F004
Paan ka patta (U.) C010, C011
Paan Makhok (M.) D040, D041
Paan mana (M.) C018
Paarai (Common) P044
Paarimal (Kash.) D065, D066
Paavakkai (Tam.) D004, D005, D006
Pacchi Kandulu (Tel.) D067
Pacchi Mirapakaya (Tel.) G001-G007
Pachhai milagai (Tam.) G001-G007
Pachygrapsus sp. (Sci.) S007
Padavalanga (Mal.) D070, D071, D072
Padayappa (Common) P045
Padma nad (O.) F005
Padval (G.) D060
Padwal (Mar.) D070, D071, D072
Paida (O.) H007
Paida Pani (O.) K002
Pak Choi leaves (Common) C027
Pak choi na pan (G.) C027
Paka keda (G.) E009, E010
Pakeli Kedi (G.) E037
Pakka aam (U.) E036-E042
Pakka tamatar (U.) D075, D076
Pakke tamator (P.) D075, D076
Palaanduh (S.) G017
Paladai (Tam.) L003
Palak (H.,Kash., M., Mar.,P.,U.) C007, C033
Palak ni bhaji (G.) C033
Palakkottai (Tam.) D052
Palakoora (Tel.) C033
Palang sag (O.) C033
Palapazham (Tam.) D051, E030
Paleng (A.) C033
Pali kora (Common) P046
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Palkatti (Mal.) L003
Palm fruit, tender (Common) E048
Palong heh (Kh.) C033
Palong shak (B.) C033
Pambada (Common) P047
Pampara Panasa (Tel.) E056
Pampus argenteus (Sci.) P057
Pan (B.) C010, C011
Pan ka patha (H.) C010, C011
Pana (O.) C010, C011
Panai nungu (Tam.) E048
Panasa (O.,S.,Tel.) D051, D052, E030
Pan-da-patta (P.) C010, C011
Pandhara (Mar.) D007, D008, D009
Pandola (G.) D070, D071, D072
Pandukopa (Common) P048
Paneer (A.,G.,Kh.,P.) L003
Pangas (Common) S005
Pangasianodon hypophthalmus (Sci.) S005
Pani phal (B.) F016
Pani singhara (O.) F016
Pani singora (A.) F016
Panicum sumatrense (Sci.) A016
Panikakharu (O.) D001
Panjapulle (Mal.) A010
Pan-ka-Patta (Mar.) C010, C011
Panneer dratchai (Tam.) E022
Panner (Common) L003
Papaver somniferum (Sci.) G032
Papaya (Mar.U.) D059
Papaya, raw (Common) D059

Papaya, ripe (Common) E049
Papayi (G.,Kon.) D059, E049
Papayu (G.) E049
Papita (H.) E049
Papita (Kash.,P.,U.) D059, E049
Papnus (Mar.) E056
Papnuse (G.) E056
Pappali (Tam.) E049
Pappalikkaai (Tam.) D059
Pappayi hannu (Kan.) E049
Pappukura (Tel.) C008
Papta (Mar.) B007, B008, B009, D047, D048
Parangi (Kan.) D059
Parangi ilai (Tam.) C030
Parangikkai (Tam.) D065, D066
Parastromateus niger (Sci.) P002
Parastromateus niger (Sci.) P055
Parava (Common) P049
Parcus (Common) P050
Parippuchira (Mal.) C008
Parrot fish (Common) P051
Parsley (Common,P.) C028
Paruppukkeerai (Tam.) C008
Parwal (H.,P.,U.) D060
Parwar (Common,Mar.) D060
Pasalai keerai (Tam.) C033
Pashor kait (Kh.) D062
Pasipayir (Tam.) B011
Paspron (Kh.) G029
Pasumpaal (Tam.) L002
Pasupu (Tel.) G033
Pathaw (Kh.) D065
Pathaw iiwbih (Kh.) D001
Pathaw saw (Kh.) D066
Pati (Mar.) D058
PatiLebu (B.) E033
Patol rit (Kh.) D060
Patolah (S.) D043, D044, D045
Patta gobhi (P.) C015, C016
Pattani (Mal.,Tam.) B017, D061
Paunva (G.) A011
Payatham paruppu (Tam.) B010
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Pear (Common) E051
Peas, dry (Common) B017
Peas, fresh (Common) D061
Pedda chikkudu (Tel.) D032
Peechinga (Mal.) D068, D069
Peerkankai (Tam.) D068, D069
Pempe (Kacha) (B.) D059
Penaeus monodon (Sci.) Q008
Pennisetum typhoideum (Sci.) A003
Pepe(paka) (B.) E049
Pepper, black (Common) G031
Perakka (Mal.) E029
Perakka(nattu) (Mal.) E028
Pericham pazham (Tam.) E017, E018, E019
Perinkilichai (Common) P052
Perna viridis (Sci.) R001
Persea americana (Sci.) E007
Peru (Mar.) E028, E029
Perugayam (Tam.) G019
Peruka (S.) E028, E029
Perungayam (Mal.) G019
Pesalu (Tel.) B011
PesaraPappu (Tel.) B010
Pesi (O.) H014
Pesta (B.) H018
Peta (U.) D001
Petha (H.,P.) D001
Petha de pate (P.) C030
Petroselinum crispum (Sci.) C028
Peyaj (B.) G017
Peyara (B.) E028, E029
Phakchet (M.) C029
Phalsa (Common) E052
Phalsa hannu (Kan.) E052
Phan dieng (Kh.) F015
Phan Kubi (Kh.) C024, D053
Phan rit (Kh.) F007
Phan saw (Kh.) F008
Phanas (G.,Mar.) D051, D052, E030
Phankaro iong (Kh.) F013
Phankaro saw (Kh.) F014
Phansi (Gulabi) (G.) B019
Phansi (Kadi) (G.) B018
Phansi (lal) (G.) B020
Pharasebee (Mar.) D049, D050
Pharaskol (A.) E052
Phaseolus coccineus (Sci.) D003
Phaseolus mungo(Sci.) B003, B004

Phaseolus vulgaris (Sci.) B007, B008, B009, B018, B019, B020, D047-D050
Phoenix dactylifera (Sci.) E017, E018, E019
Phool gobi di patte (P.) C017
Phoolgobi (Kash.) D036
Phoolgobi panwathir (Kash.) C017
Phopat (Common) P053
Phudino (G.) G016
Phul gobi (H.,Mar.,P.,U.) D036, C017
Phul gobi patta (H.) C017
Phul gopi pata (B.) C017
Phul kobi (A.,O.) D036
Phul kobir pat (A.) C017
Phul kopi (B.) D036
Phul kubi (Kh.) D036
Phula Kobi patra (O.) C017
Phulian (P.) A012
Phuti kakudi (O.) D038
Piaja (O.) G017
Piaja sandha (O.) D058
Piat (Kh.) G017
Piat rit (Kh.) G018
Pichiganda (Kash.) D058
Pidaloo (N.) F018
Pidi Draksha (G.) E058
Pigeon (Common) N014
Pijuli (O.) E029
Pijuli(deshi) (O.) E028
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Pingu (Kash.) A005
Pinjalo pinjalo (Sci.) P052
Pink perch (Sci.) P063
Pinus sp. (Sci.) H017
Piper betle (Sci.) C010, C011
Piper longum (Sci.) G030
Piper nigrum (Sci.) G031
Pipli (H.) G030
Pippali (Common) G030
Pipul (B.) G030
Piranha (Common) P054
Pista (A.,G.,H.,Kh., Mal.,Mar., N.,O.,P.,Tam.,Tel.,U.) H018
Pistachio nut (Common) H018
Pistacia vera (Sci.) H018
Pisum sativum (Sci.) B017, D061
Pithecellobium dulce (Sci.) E044
Pitwa (H.) C022, C023
Pitwa sag (P.) C022, C023
Piyaj paat (A.) D058
Piyanj (A.) G017
Piyaz kali (B.) D058
Plantain, flower (Common) D062
Plantain, green (Common) D063
Plantain, stem (Common) D064
Platax orbicularis (Sci.) P067
Plectorhinchus schotaf (Sci.) P082
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Pnamnungu (Mal.) E048
Podavala (Kan.) D070, D071, D072
Podduthirugidi Puvvu ginzalu (Tel.) H020
Podina (A.) G016
Podum thari (A.) F005
Poha (H.) A011
Pohe (Mar.) A011
Poi ni bhaji (G.) C007
Poi saaga (O.) C007
Poka bilahi (A.) D075, D076
Poka kol (A.) E009-E012
Polynemus plebeius (Sci.) P033
Pomegranate, maroon seeds (Common) E055
Pomfret, black (Common) P055
Pomfret, snub nose (Common) P056
Pomfret, white (Common) P057
PongHawai (M.) B005, B006
Ponnaganni (Common) C029
Ponnaganni cheera (Mal.) C029
Ponnaganni keerai (Tam.) C029
Ponnaganti koora (Tel.) C029
Pookosu (Tam.) D036
Pookosu keerai (Tam.) C017
Poondu (Tam.) G011, G012
Popai (Mar.) E049
Poppy seeds (Common) G032
Pori (Mal.,Tam.) A012
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Portunus sanguinolentus (Sci.) Q002
Posola (A.) D064
Posta (B.) G032
Postak (O.) G032
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Potala (O.) D060
Potato, brown skin, big (Common) F006
Potato, brown skin, small (Common) F007
Potato, red skin (Common) F008
Potla kaya (Tel.) D070, D071, D072
Potol (A.,B.) D060
Praan (Kash.) G018
Praecitrullus fistulosus (Sci.) D073
Pranel (Common) P058
Prawns, big (Common) S008
Prawns, small (Common) S009
Presbin (Kh.) D050
Presbin phyrngop (Kh.) D049
Priacanthus hamrur (Sci.) P066
Pristipomoides filamentosus (Sci.) P014
Priyangu thene (Kan.) A017
Prunus amygdalus (Sci.) H001
Prunus armeniaca (Sci.) E005, E006
Prunus avium (Sci.) E014
Prunus communis (Sci.) E050
Prunus persica (Sci.) E051
Prunus sp (Sci.) E054
Psettodes erumei (Sci.) P050
Pseudosciaena manchurica (Sci.) P048
Psidium guajava (Sci.) E028, E029
Puchakaya (Tel.) E065, E066
Pudalangai (Tam.) D070, D071, D072
Pudina (B.,H.,Kan.,Kh., Mal., Mar.,P.,Tam.,Tel.,U.) G016
Pudina Patra (O.) G016
Pudinth (Kash.) G016
Pui shaak (B.) C007
Puli (Mal.,Tam.) E064
Puliam ilaigal (Mal., Tam) C034
Pulichai cheera (Mal.) C022, C023
Pulichchai keerai (Tam.) C022, C023
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Pummelo (Common) E056
Pumpkin green, cylindrical (Common) D065
Pumpkin leaves, tender (Common) C030
Pumpkin orange, round (Common) D066
Punchitipul (Kash.) E053
Pundi (Kan.) C022, C023
Pungton (M.) E028
Punica granatum (Sci.) E055
Puroi sak (A.) C007
Putta Godugu (Tel.) J001-J004
Puuga (S.) H002, H003, H004
Puzhungal ari (Mal.) A014
Puzhungal arisi (Tam.) A014
Pyaaz (U.) G017, G018
Pyaaz Kali (H.) G018
Pyaj (N.) G017
Pyaz (H.) D058, G017
Pygopritis sp. (Sci.) P054
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Raajamaassa (S.) B005, B006
Raayo ko Saag (N.) C026
Rabab tenga (A.) E056
Rabbit (Common) O061, O062, O063
Rachycentron canadum (Sci.) P010
Radish leaves (Common) C031
Radish, elongated, red skin (Common) F009
Radish, elongated, white skin (Common) F010
Radish, round, red skin (Common) F011
Radish, round, white skin (Common) F012
Ragi (Common,A.,B., H.,Tel.) A010
Rahar ko dal (N.) B021
Rai (G.,H.,P.,U.) H013
Raisins, dried, black (Common) E057
Raisins, dried, golden (Common) E058
Rajagaro (G.) A002
Rajma (N.,U.) B018, B019, B020
Rajma heh (Kh.) B018
Rajma lieh (Kh.) B019
Rajma rit (Kh.) B020
Rajmah (A.,H.,M.,Mal.) B018, B019, B020
Rajmah, black (Common) B018
Rajmah, brown (Common) B019
Rajmah, red (Common) B020
Rakta phalam (S.) D075, D076
Ral gana (G.) A017
Rala (Mar.) A017
Ram til (B.) H015, H016
Ramamulagakaya (Tel.) D074, D075, D076

Rambhaa (S.) D063
Rambutan (Common,H.) E059
Ramdana (H.) A001, A002
Ramtoriya (N.) D056
Randhuni (B.) D037
Ranga alu (B.) F013, F014, F019
Rani (Common) P063
Raphanus sativus (Sci.) C031, F009-F012
Rashun (B.) G011, G012
Rasi (O.) H009, H010, H011
Rastrelliger kanagurta (Sci.) P034
Rasuna (O.) G011, G012, G013
Ratadu (G.) F018, F019
Ratalu (Mar.,U.) F013, F014
Rato Khursani (N.) G022
Ray fish, bow head, spotted (Common) P064
Rayo (N.) H013
Razma (Kash.) B018, B019, B020
Red gram, dal (Common) B021
Red gram, tender, fresh (Common) D067
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Regu pandu (Tel.) E068
Rhi (P.) H017
Rhina ancylostoma (Sci.) P064
Rhinobatus prahli (Sci.) P016
Ri majai (Kh.) D032, D047, D048
Ribes nigrum (Sci.) E015
Rice Bean (Common) B023
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Rice, par boiled, milled (Common) A014
Rice, puffed (Common) A012
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Rice, raw, milled (Common) A015
Ridge gourd (Common) D068
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Riewhadem Lieh (Kh.) A008
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Riewhadem Stem (Kh.) A007
Ringna (G.) D010-D030
Rohor dail (A.) B021
Rohu (Common) S006
Rongalao (A.) D065, D066
Rongalao paat (A.) C030
Rowagun (Kash.) D074
Rowangun (Kash.) D075, D076
Ruang (Kash.) G023
Rubus sp. (Sci.) E013
Ruhan (Kash.) G011, G012, G013
Rumex leaves (Common) C032
Rumex patientia (Sci.) C032
Rymbai (Kh.) B005, B016
Rymbai ja (Kh.) B022, B023
Rymbai lieh (Kh.) B006
Rynsun (Kh.) G013
Rynsun rit (Kh.) G012
RynsunHeh/ Rynsun dkhar (Kh.) G011
Saalad ko paat (N.) C025
Saathukudi (Tam.) E047
Sabarjil (Mal.) E051
Sabed kaddu (H.) D077, D078
Saboot masari dal (P.) B014, B015
Sabut maa ki daal (P.) B004
Sabut moong dal (P.) B011
Saccharum officinarum (Sci.) I001, I002
Sadaya (Common) P067
Safar chand (Mar.) E001-E004
Safarjan (G.) E001, E003, E004
Safed tal (G.) H011
Safflower seeds (Common) H019
Sagi (A.) F015
SagolHawai (M.) D051
SagolHawai Tangkhai (M.) B003
Saib (U.) E001-E004
Saijan patta (H.) C019
Saijan-ki-phalli (H.) D046
Sajana (M.) D046
Sajana chhuin (O.) D046
Sajana mana (M.) C019
Sajina (A.) D046
Sajina paat (A.) C019
Sajjalu (Tel.) A003
Sajje (Kan.) A003
Sajna danta (B.) D046
Sajna pata (B.) C019
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Sakhar Khand (N.) F013, F014
Sakkarai badhami (Tam.) E005, E006

Sakkargandi (P.) F013, F014
Sakkaria (G.) F013, F014
Sakkarvalli kazhangu (Mal. Tam.) F013, F014
Sakothina soppu (Kan.) C008
Salad ka patta (H.) C025
Salad paat (A.) C025
Salada sag (P.) C025
Salat chaina (Kh.) C013
Salat dkhar (Kh.) C025
Salgam ko Saag (N.) C024
Salmo salar (Sci.) P068
Salmon (Common) P068
Sama (B.,Kan.,Tel.) A016
Samagadde (Kan.) F004
Samagra gha (G.) A019
Samai (Common, Tam.) A016
Sampurna godhi hittu (Kan.) A019
Sampurna godhuma pindi (Tel.) A019
San sanghom (M.) L002
Sanaga papu (Tel.) B001
Sanagalu (Tel.) B002
Sangada (Common) P069
Sangtar (Kash.) E047
Sankata paarai (Common) P070
Sannachikkudu (Tel.) D049, D050
Santra (G.,h.,p.,u.) E047
Santre (Mar.) E047
Sapota (Common,Kan., Mal.,O.,Tel.,U.) E060
Sapuri (O.) E053
Saragavo (G.) D046
Saragwa na pan (G.) C019, C029
Saranthi sag (H.,Mar) C029
Sarasava pandada (G.) C026
Sardine (Common) P071
Sardinella longiceps (Sci.) P071
Saro da sag (P.) C026
Sarson ka sag (H.) C026
Sarson ka saga (O.) C026
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Sarssapa (S.) H013
Saru (O.) F004
Saru saga (O.) C018
Sarunada (O.) D040, D041
Sasuve (Kan.) H013
Sasuve yele (Kan.) C026
Sath (Mar.) A004
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Scarus ghobban (Sci.) P051
Sciaenidae,Panna microdon (Sci.) P046
Scomberoides Commersonianus (Sci.) P060
Scomberomorus commerson (Sci.) P087
Scylla tranquebarica (Sci.) Q005
Seb (Kan.) E004
Seb (P.) E001-E004
Sebot (M.) D069
Sebu (Kan.) E001-E003
Sechium edule (Sci.) D038
Seebe (Kan.) E028, E029
Seema Badam/ Jallaru Pandu (Tel.) E005, E006
Seema chintakaya (Tel.) E044
Seema malli (Mal.) C028
Seema/ dora hunase (Kan.) E044
Seemai parattai keerai (Tam.) C014
Seemai suraikayi (Tam.) D077, D078
Seethapazham (Mal.,Tam.) E016
Sem (H.) B007-B009, D003, D047, D048, E001-E004
Sem dal (P.) B007
Sem fali (P.) D003
Sem ki palli (U.) D047, D048
Semai (B.) A023, A024
Semiya (Mal. Tam., Tel., U.) A023, A024
Sendurkan vidhai (Tam.) H019
Sepia pharaonis (Sci.) R005
Seppam ilaigal (Tam.) C018
Seppankizhangu (Tam.) F004
Seppanthandu (Tam.) D040, D041
Sepu/Sema regu (Tel.) E001-E004
Sesamum indicum (Sci.) H009, H010, H011
Sesbania grandiflora (Sci.) C001
Setaria italica (Sci.) A017
Sev (B.,H.,O.) E001-E004
Seva (S.) E001-E004
Sevian (P.) A023
Sevvazhaipazham (Tam.) E011
Sewai (A.) A023
Sewai lieh (Kh.) A023
Sewai saw (Kh.) A024
Sewian (Kash.) A023, A024
Shaakaprabhedah (S.) C015, C016
Shakarkand (H.) F013, F014

Shamangadda yele (Kan.) C018
Shana kulai (Kh.) B002
Shana mator (Kh.) B017
Sharifa (H., P) E016
Shark (Common) P072
Shark, hammer head (Common) P073
Shark, spotted (Common) P074
Shau (N.) E001-E004
Shavan (H.) A016
Sheema bedhaam pazham (Mal.) E005, E006
Sheep (Common) O014-O024
Shelavu (Common) P075
Sherdino ras (G.) I002
Shevaga pan (Mar.) C019
Shevanga sheng (Mar.) D046
Shevige (Kan.) A023, A024
Shiitake mushroom, fresh (Common) J003
Shiltong (N.) B023
Shim (B.) B007-B009, D047, D048
Shimla lanka (O.) D033, D034, D035
Shimla marchwangan (Kash.) D033, D034, D035
Shimla mirch (H.) D033, D034, D035
Shimla mirchi (Tel.,U.) D033, D034, D035
Shimle-di-mirchi (P.) D033, D034, D035
Shingada (P.) F016
Shingara (H., Mar) F016
Shingoda (G.) F016
Shira (Kh.) A011
Shole (P.) B002
Sholedi dal (P.) B001
Shoti elaychi (P.) G020
Shoti shalli (P.) D042
Shravangheveda (Mar.) B018, B019, B020
Shriew hati (Kh.) F017
Shriew jrong (Kh.) F018
Shriew lieh (Kh.) F019
Shuckhuo lonka (B.) G022
Shul-ram fal (H.) E061
Shunti (Kan.) G014
Shyieng soh phan (Kh.) D052
Shynrai (Kh.) G033
Siddha chowl (B.) A014
Siganus javus (Sci.) P089
Silan (Common) P076
Silk fish (Common) P077
Silonia silondia (Sci.) P076
Silver carp (Common) P078
Simai (O.) A023, A024
Simba (O.) D032
Simla alu (B.,H.,P.) F015
Simla Batata (Mar.) F015
Simolu aloo (A.) F006, F007
Sing (M.) G014
Singdana (G.) H012
Singhara (Tam.) F016
Siral (A.) E046
Sitapad (G.) E016
Sitaphal (A.) E016
Sitaphal (Mar.) E016
Sitaphalam (Kan., Tel) E016
Sivarikkeerai (Tam.) D037
Siwain (H.) A023, A024
Siwain (Mar.) A023, A024
Sla bit (Kh.) C009
Sla jada (Kh.) C008
Sla jajew jyrngam (Kh.) C022
Sla jajew saw (Kh.) C023
Sla Kori (Kh.) G010
Sla kubi (Kh.) C014
Sla longmar (Kh.) C006
Sla methi (Kh.) C020
Sla muli (Kh.) C031
Sla palong dkhar (Kh.) C007
Sla pathaw (Kh.) C030
Sla phul (Kh.) C017
Sla piat (Kh.) D058
Sla sohkyntoi (Kh) C034
Sla wang (Kh.) C018
Snake gourd, long, dark green (Common) D071
Snake gourd, long, pale green (Common) D070
Snake gourd, short (Common) D072
Snep kor im (Kh.) H007
Snep kor trykhong (Kh.) H006
Snol (Kash.) A017
Soanjhna da patta (P.) C019
Soh apple Jyrngam (Kh.) E002
Soh apple saw (Kh.) E001, E003, E004
Soh bah (Kh.) E056

Soh balensha (Kh.) E034
Soh bel (Kh.) E008
Soh broi heh (Kh.) E068
Soh broi rit (Kh.) E052
Soh dimbur (Kh.) E020
Soh grape iong (Kh.) E022, E025, E027
Soh grape jyrngam (Kh.) E023, E026
Soh grape saw (Kh.) E024
Soh jam/Soh jamun (Kh.) E013
Soh jew (Kh.) E033
Soh khajur (Kh.) E017, E018
Soh khajur im (Kh.) E019
Soh kismis iong (Kh.) E015
Soh Kymphor (Kh.) E049
Soh Kymphor im (Kh.) D059
Soh kyntoi (Kh.) E064
Soh kyntoi im (Kh.) E044
Soh manir (Kh.) E035
Soh marit (Kh.) G031
Soh mylleng (Kh.) E021
Soh mynken beb (Kh.) G007
Soh mynken dkhar (Kh.) G002-G006
Soh niamtra (Kh.) E047
Soh Pai (Kh.) I002
Soh phan (Kh.) D051, E030
Soh phareng (Kh.) E050
Soh phoh (Kh.) E051
Soh pieng (Kh.) E036
Soh pieng (Kh.) E037-E042
Soh pieng im (Kh.) D057
Soh plum dorris/ Norris (Kh.) E054
Soh pomegranate (Kh.) E055
Soh pyriam (Kh.) E028, E029
Soh pyrshong (Kh.) E062
Soh saw dkhar (Kh.) D075
Soh saw jyrngam (Kh.) D074
Soh saw khasii (Kh.) D076
Soh sherri (Kh.) E014
Soh trun (Kh.) E053
Soh watermelon (Kh.) E065, E066
Sohbaingon jyrngam (Kh.) D010-D030
Sohkhia (Kh.) D043, D044
Sohkhia pyllon (Kh.) D045
Sohmarit khlaw (Kh.) G030
Sohmynken jhur jyrngam (Kh.) D033, D034
Sohmynken jhur stem (Kh.) D035
Sohmynken trykhong (Kh.) G022
SohmynkenHeh (Kh.) G001
Soidon (M.) D002
Solanum lycopersicum (Sci.) D074, D075, D076
Solanum melongena (Sci.) D010-D030
Solanum tuberosum (Sci.) F006, F007, F008
Sole fish (Common) P079
Solenocera crassicornis (Sci.) Q007
Songi (P.) E057, E058
Sooj (Kash.) A022
Sooran (H.) F018
Sopari (G.) H002, H003, H004
Sorekai (Kan.) D007, D008, D009
Sorghum vulgare (Sci.) A005
Sorguja (A.) H015, H016
Sorisa (O.) H013
Sorisa sag (B.) C026
Soriyah (A.) H013
Sorrakaya (Tel.) D007, D008, D009
Sorse (B.) H013
Soru manimunni (A.) H008
Sosha (B.) D043, D044, D045
Sougri mana (M.) C022, C023
Soursop (Common) E061
Southe kayi (Kan.) D043, D044, D045
Soya (U.) B024, B025
Soya bean (A.,G.,Kan., Mal., Mar.,O.,Tam.,Tel.) B024, B025
Soya bean dal (P.) B024, B025
Soya bean, brown (Common) B024
Soya bean, white (Common) B025
Sphyraena jello (Sci.) P075
Sphyrna mokarran (Sci.) P073
Spinach (Common) C033
Spinacia oleracea (Sci.) C033
Spinak soppu (Kan.) C033
Squash (A.) D038
Squid, black (Common) R004
Squid, hard shell (Common) R005
Squid, red (Common) R006
Squid, white, small (Common) R007
Sryakānti bījagalu (Kan.) H020
Star fruit (Common) E062

Stegostoma fasciatum (Sci.) P074
Stingray (Common) P080
Stolephorus indicus (Sci.) P003
Strawberry (Common) E063
Strawberry (G.,Tam.) E063
Strawberry/ soh stap (Kh.) E063
Stroberry (Mal.) E063
Suan (O.) A016
Suaralu (H.) F019
Sucukrika (S.) E064
Sufari (A.) H002, H003
Sugandhi lota (A.) C028
Sugar cane, juice (Common) I002
Suhanjana di phalliya (P.) D046
Suji (A.,b.,Kh.,M., N.,O.,P.) A022
Sujine ki palli (U.) C019
Sujne ki palli (U.) D046
Suka sak (A.) C032
Sukan jolokia (A.) G022
Suke dhrakshi (Kon.) E058
Sukha dhana (G.) G024
Sukha makai (N.) A006
Sukha vatana (G.) B017
Sukhe hare matar dal (P.) B017
Sukhi matar (H.) B017
Sulambali (Tam.) E043
Sunflower seeds (Common) H020
Suntala (N.) E047
Supari (B.,H.,Kash., Mar.,N.,P.,U.) H002, H003, H004
Suraikkai (Tam.) D007, D008, D009
Suraj mukhi (B.,P.) H020
Suraj mukhi na bee (G.) H020
Suran (G.,O.) F017
Suran (Mar.) F017, F019
Surjya Mukhi Manji (O.) H020
Surya mukhi (H.,Mar.) H020
Suryakanthi (Mal.) H020
Suryakanthi vidhai (Tam.) H020
Sushena (O.) E032
Suska khubani (B.) E005, E006
Suvarna gadda (Kan.) F017, F018
Swank (P.) A016
Sweet potato, brown skin (Common) F013
Sweet potato, pink skin (Common) F014
Syama dhan (B.) A017
Sying bah (Kh.) G014
Sying makhir (Kh.) G015
Symbai dhania (Kh.) G024
Symbai methi (Kh.) G026
Symbai ri iong (Kh.) B007
Symbai ri saw (Kh.) B008
Symbai riewhadem stem (Kh.) A006
Symbai riLieh (Kh.) B009
Symbai soh kseh (Kh.) H017
Symbai syrso (Kh.) H013
Symbai tiew sngi (Kh.) H019
Symbai tiew sngi (Kh.) H020
Synodus indicus (Sci.) P020
Syzygium aromaticum (Sci.) G023
Syzygium samarangense (Sci.) E031
Tachysurus thalassinus (Sci.) P009
Tadabuch (G.) D073
Tadbuj (G.) E065, E066
Tadi (Mar.,O.,G.) K001
Takkali (Mal.) D074
Takkali pazham (Mal.,Tam.) D075, D076
Tal (G.) H010, H016
Tala Saja (O.) E048
Taldalja ni bhaaji (G.) C002
Tali (Kan.) L003
Tamarattai (Tam.) E062
Tamaridus indica (Sci.) C034
Tamarind leaves, tender (Common) C034
Tamarind, pulp (Common) E064
Tamarindus indicus (Sci.) E064
Tamator (H.) D074, D075, D076
Tambari (Kash.) E064
Tameta (G.) D075, D076
Tandaljo (G.) C004
Tandanus tandanus (Sci.) S001
Tang (Kash.) E051
Tapioca (Common) F015
Tar (H.) E048
Tarai (H.) K001
Tarbuj (H.,M.,U.) E065, E066
Tarbuj (M.) E065
Tari (A.,B.) K001
Tarlava (Common) P081
Tarmuj (B.) E065, E066
Tarul (N.) F015
Tarvuja (O.) E065, E066
Tavaredantu (Kan.) F005

Teel (N.) H009, H010, H011
Telakucha (B.) D054, D055
Tengamora (A.) C022, C023
Tentuli (O.) C034, E064
Tenualosa ilisha (Sci.) P017
Terapon jarbua (Sci.) P031
Teteli (A.) E064
Teteli paat (A.) C034
Tetul (B.) E064
Tetul pata (B.) C034
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Thakkalikkaai (Tam.) D074
Thamala paku (Tel.) C010, C011
Thamara kada (Tel.) F005
Thamaraithandu (Tam.) F005
Thamarathandu (Mal.) F005
Thambou (M.) F005
Thandu keerai (Tam.) C002, C003, C004
Thangtup (M.) E017, E018, E019
Thannir mathan (Mal.) E065, E066
Thati mangu (Kan.) E048
Thati munjalu (Tel.) E048
Theibong (M.) E030
Theibong Maru (M.) D052
Thenga (Mal.) H006
Thenga neeru (Kan.) K002
Thengavellam (Mal.) K002
Thengina kayi (Kan.) H007
Thengini kai (Kan.) H006
Thenkai (Tam.) H007
Thenus orientalis (Sci.) Q003
Thenus orientalis (Sci.) Q004
Thiedlotus (Kh.) F005
Thina (Mal.) A017
Thinai (Tam.) A017
Thoiding (M.) H010
Thoiding Amuba (M.) H009
Thoiding angouba (M.) H011
Tholam (Common) P082
Thondekkai (Kan.) D073
Thoolhaymbe (Kash.) D032
Thor (B.) D064
Thotakoora (Tel.) C002, C003, C004
Thotakoora ginjalu (Tel.) A001, A002
Thugare bele (Kan.) B018-B021
Thunnus albacores (Sci.) P028
Thuvarai (Tam.) D067
Tiger prawns (Common) S010
Tiger prawns, brown (Common) Q007
Tiger Prawns, orange (Common) Q008
Til (B.,H.,Kash., Mar.,P.,S.,U.) H009, H010, H011
Tilapia (Common) P083
Tilhou (M.) G017, G018
Tilhou Mana (M.) D058
Tillikaa (S.) D004, D005, D006
Tinda (H.,Kash., N.,P.) D073
Tinda, tender (Common) D073
Tinde (U.) D073
Tindli (U.) D054, D055
Tishi (B.) H014
Tit budam (Kh.) J001
Tit tyndong (Kh.) J002
Tite karela (N.) D004, D005, D006
Tiyoh (A.) D043, D044, D045
Toddy (Common) K001
Todhi (P.) K001
Toh rymbai (Kh.) B024, B025
Tomato (B.) D075, D076
Tomato, green (Common) D074
Tomato, ripe, hybrid (Common) D075
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Tomul (Kash.) A012-A015
Tondale (Mar.) D054, D055
Tondekayi (Kan.) D054, D055
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Torai (H.) D068, D069
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Tormuj (A.) E065, E066
Totapuri kedi (G.) E042
Trachinotus blochii (Sci.) P056
Trachyspermum ammi (Sci.) G029
Trichosanthes anguina (Sci.) D070, D071, D072
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Trigonella foenum graecum (Sci.) G026, C020
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Tuvaramparuppu (Tam.) B021
Tuvaru parippu (Mal.) B021, B022
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Tylosurus crocodilus crocodilus (Sci.) P040
Tympew (Kh.) C011
Tympew Dkhar (Kh.) C010
Tyrso (Kh.) C026
U bit (Kh.) F001
U buri (Kh.) D003
U dai jyrngam (Kh.) B011
U dai saw (Kh.) B013, B015
U dai stem (Kh.) B010
U hing (Kh.) G019
U jeera (Kh.) G025
U kajor (Kh.) F002
U klong (Kh.) D007
U klong heh (Kh.) D008
U long (Kh.) G023
U manghra (M.) F015
U phan (Kh.) F006
Uchhe (B.) D005
Uddachi dal (Mar.) B003, B004
Uddhina bele (Kan.) B003, B004
Uemma halu (Kan.) L001
Ukadla tandool (Mar.) A014
Ukew (Kh.) A020
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Ular dhirachai (Tam.) E057, E058
Ulavalu (Tel.) B012
Ulgobi saga (O.) C024
Ulkobi (O.) D053
Ulli (Mal.) G017
Ulli kadalu (Tel.) D058
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Ulutham paruppu (Tam.) B003
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Undamulagu (Mal.) D033, D034, D035
Unnipindi (Mal.) D064
Uppudu biyyam (Tel.) A014
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Urahi (A.) D032
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Urohi guti (A.) B007, B008, B009
Uroteuthis duvauceli (Sci.) R007
Urula kizhangu (Mal.) F006, F007, F008
Urulaikizhangu (Tam.) F006, F007, F008
Usacha rasa (Mar.) I002
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Usirikaya (Tel.) E021
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Uzhunu (Mal.) B004
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Valasulu (Tel.) H015, H016
Valava (Common) P086
Vallicheera (Mal.) C007
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Varagu (Common) A017
Varamilagai (Tam.) G022
Vatam kottai (Mal.) H001
Vatana (G., Mar) D061
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Vazha pazham (Mal.,Tam.) E009, E010, E011, E012
Vazhai thandu (Tam.) D064

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Vazhakkaai (Tam.,Mal.) D063
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Vazhuthiniga (Mal.) D010-D030
Veduru chiguru (Tel.) D002
Vela meen (Common) P088
Veldoda (Mar.) G020-G021
Velega pandu (Tel.) E067
Vella payaru (Mal.) B005-B006
Vellam (Mal.) I001
Vellarikka (Mal.,Tam.) D043, D044, D045
Vellulli (Mal.,Tel.) G011, G012, G013
Velvangi (Mar.) D075, D076
Vendaikkai (Tam., Mal.) D056
Vendhaiya keerai (Tam.) C020
Vengaya thaal (Tam.) D058
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Vettiiai (Mal.) C010, C011
Vicia faba (Sci.) D032
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Vigna umbellata (Sci.) B023
Vilam pazham (Mal.,Tam.) E067
Vilayatichinch (Mar.) E044
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Vitis vinifera (Sci.) E022-E027, E057, E058
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