

Group D

Vegetables

From hunter gatherer era vegetables have served human with their enormous variety and nutritional power. Their low-calorie content along with high quantity of vitamins, mineral and fiber makes them a major component of a healthy diet. This group contains a wide variety of edible flowers, fruits and leaves.

SLFCT contains a total of 89 vegetables that are commonly consumed in Sri Lanka.



SLD001



SCIENTIFIC NAME: *Amaranthus gangeticus*
 ENGLISH NAME: Amaranth leaves, green
 SINHALA NAME: කොළ තම්පලා
 TAMIL NAME: முளைக்கீரை, பச்சை

SLD002



SCIENTIFIC NAME: *Amaranthus gangeticus*
 ENGLISH NAME: Amaranth leaves, Red
 SINHALA NAME: රතු තම්පලා
 TAMIL NAME: முளைக்கீரை, சிவப்பு

SLD003



SCIENTIFIC NAME: *Amaranthus spinosus*
 ENGLISH NAME: Amaranthus -Spiny, leaves
 SINHALA NAME: කටු තම්පලා
 TAMIL NAME: முள்ளு கீரை

SLD004



SCIENTIFIC NAME: *Spondias dulcis*
 ENGLISH NAME: Ambarella
 SINHALA NAME: ඇඹරුල්ලා
 TAMIL NAME: ஆம்பரில்லா

SLD005



SCIENTIFIC NAME: *Benincasa hispida*
 ENGLISH NAME: Ash gourd
 SINHALA NAME: අළු පුඬුල්
 TAMIL NAME: நீற்றுப்பூசணி

SLD006



SCIENTIFIC NAME: *Phaseolus coccineus*
 ENGLISH NAME: Bean, scarlet, tender
 SINHALA NAME: බෝංචි
 TAMIL NAME: பச்சை போஞ்சி

SLD007



SCIENTIFIC NAME: *Vicia faba*
 ENGLISH NAME: Beans, fava
 SINHALA NAME: ෆාවා බේංචි
 TAMIL NAME: பணி அவரை

SLD008



SCIENTIFIC NAME: *Dolichos lablab*
 ENGLISH NAME: Beans, field, tender
 SINHALA NAME: අචර
 TAMIL NAME: அவரை

SLD009



SCIENTIFIC NAME: *Phaseolus vulgaris*
 ENGLISH NAME: Beans, French, country
 SINHALA NAME: බේංචි
 TAMIL NAME: போஞ்சி

SLD010



SCIENTIFIC NAME: *Phaseolus vulgaris*
 ENGLISH NAME: Beans, French, hybrid
 SINHALA NAME: බේංචි දෙමුහුන්
 TAMIL NAME: மஞ்சள் போஞ்சி

SLD011



SCIENTIFIC NAME: *Vigna unguiculata sesquipedalis*
 ENGLISH NAME: Beans, long, red
 SINHALA NAME: රතු මැ
 TAMIL NAME: பயிற்றங்காய்

SLD012



SCIENTIFIC NAME: *Beta vulgaris*
 ENGLISH NAME: Beet greens
 SINHALA NAME: බීට් කොළ
 TAMIL NAME: பீட்டுட் இலை

SLD013

SCIENTIFIC NAME: *Momordica charantia*
 ENGLISH NAME: Bitter gourd, elongate
 SINHALA NAME: කරවිල
 TAMIL NAME: பாகற்காய்

SLD014

SCIENTIFIC NAME: *Momordica charantia*
 ENGLISH NAME: Bitter gourd, short
 SINHALA NAME: කොටු කරවිල
 TAMIL NAME: குருவித்தலைப் பாகற்காய்

SLD015

SCIENTIFIC NAME: *Lagenaria vulgaris*
 ENGLISH NAME: Bottle gourd, elongate, pale green
 SINHALA NAME: දිග දිය ලබු
 TAMIL NAME: பச்சை கெக்கரிக்காய்

SLD016

SCIENTIFIC NAME: *Lagenaria vulgaris*
 ENGLISH NAME: Bottle gourd, round, pale green
 SINHALA NAME: දිය ලබු
 TAMIL NAME: சுரக்காய்

SLD017

SCIENTIFIC NAME: *Solanum melongena*
 ENGLISH NAME: Brinjal, Chinese eggplant
 SINHALA NAME: දිග වමඬුව
 TAMIL NAME: கத்தரிக்காய்

SLD018

SCIENTIFIC NAME: *Solanum melongena*
 ENGLISH NAME: Brinjal, little prince eggplant
 SINHALA NAME: කෙටි වමඬුව
 TAMIL NAME: வட்ட கத்தரிக்காய்

SLD019



SCIENTIFIC NAME: *Solanum melongena*
 ENGLISH NAME: Brinjal, pandora striped
 SINHALA NAME: වමඬවු
 TAMIL NAME: கண்டங்கத்தரி

SLD020



SCIENTIFIC NAME: *Solanum melongena*
 ENGLISH NAME: Brinjal, Thai eggplant, green eggplant
 SINHALA NAME: කළුන ඛවු, එළ ඛවු
 TAMIL NAME: கண்டங்கத்தரிக்காய்

SLD021



SCIENTIFIC NAME: *Brassica rapa*
 ENGLISH NAME: Cabbage, Chinese
 SINHALA NAME: චීන ගෝවා
 TAMIL NAME: சீன முட்டைகோஸ்

SLD022



SCIENTIFIC NAME: *Brassica oleracea var. viridis*
 ENGLISH NAME: Cabbage, collard greens
 SINHALA NAME: අතු ගෝවා
 TAMIL NAME: கோவா இலை

SLD023



SCIENTIFIC NAME: *Brassica oleracea var. capitata f. alba*
 ENGLISH NAME: Cabbage, green
 SINHALA NAME: ගෝවා (ගෙඩි ගෝවා)
 TAMIL NAME: கோவா

SLD024



SCIENTIFIC NAME: *Brassica oleracea var. capitata f. rubra*
 ENGLISH NAME: Cabbage, violet
 SINHALA NAME: දම් ගෝවා
 TAMIL NAME: சிவப்பு கோவா

SLD025



SCIENTIFIC NAME: *Costus speciosus*
 ENGLISH NAME: Canereed leaves
 SINHALA NAME: තෙබු කොළ
 TAMIL NAME: தெபு இலைகள்

SLD026



SCIENTIFIC NAME: *Capsicum annuum*
 ENGLISH NAME: Capsicum, green
 SINHALA NAME: කොළ බෙල් පෙපර්
 TAMIL NAME: குடை மிளகாய், பச்சை

SLD027



SCIENTIFIC NAME: *Capsicum annuum*
 ENGLISH NAME: Capsicum, local
 SINHALA NAME: මාළු මිරිස්
 TAMIL NAME: கறி மிளகாய்

SLD028



SCIENTIFIC NAME: *Capsicum annuum*
 ENGLISH NAME: Capsicum, red
 SINHALA NAME: රතු බෙල් පෙපර්
 TAMIL NAME: குடை மிளகாய், சிவப்பு

SLD029



SCIENTIFIC NAME: *Capsicum annuum*
 ENGLISH NAME: Capsicum, yellow
 SINHALA NAME: කහ බෙල් පෙපර්
 TAMIL NAME: குடை மிளகாய், மஞ்சள்

SLD030



SCIENTIFIC NAME: *Manihot esculenta*
 ENGLISH NAME: Cassava leaves
 SINHALA NAME: මසුන්කොකා කොළ
 TAMIL NAME: மரவள்ளி இலைகள்

SLD031

SCIENTIFIC NAME: *Brassica oleracea*
 ENGLISH NAME: Cauliflower
 SINHALA NAME: මල්ගෝවා
 TAMIL NAME: பூகோவா

SLD032

SCIENTIFIC NAME: *Apium graveolens*
 ENGLISH NAME: Celery stalk
 SINHALA NAME: සැල්දිලි
 TAMIL NAME: செலரித்தண்டு

SLD033

SCIENTIFIC NAME: *Sechium edule*
 ENGLISH NAME: Cho-cho-marrow
 SINHALA NAME: චච චච
 TAMIL NAME: செள-சௌ

SLD034

SCIENTIFIC NAME: *Colocasia anti-quorum*
 ENGLISH NAME: Colocasia leaves, green
 SINHALA NAME: ගළ කොළ
 TAMIL NAME: சேம்பு இலைகள்

SLD035

SCIENTIFIC NAME: *Colocasia anti-quorum*
 ENGLISH NAME: Colocasia stem, black
 SINHALA NAME: කළු පැහැති ගළ පිති
 TAMIL NAME: சேம்புத்தண்டு-கறுப்பு

SLD036

SCIENTIFIC NAME: *Colocasia anti-quorum*
 ENGLISH NAME: Colocasia stem, green
 SINHALA NAME: කොළ පැහැති ගළ පිති
 TAMIL NAME: சேம்புத்தண்டு-பச்சை

SLD037

SCIENTIFIC NAME: *Zea mays*
 ENGLISH NAME: Corn, Baby
 SINHALA NAME: ලපටි බඩ ඉරිඟු
 TAMIL NAME: பேபி கோளம்

SLD038

SCIENTIFIC NAME: *Cucumis sativus*
 ENGLISH NAME: Cucumber, Indian cucumber
 SINHALA NAME: කොළ පිපිඤ්ඤා
 TAMIL NAME: கெக்கரிக்காய்

SLD039

SCIENTIFIC NAME: *Cucumis sativus*
 ENGLISH NAME: Cucumber, Mangalore cucumber
 SINHALA NAME: කැකිරි
 TAMIL NAME: வட்ட கெக்கரி

SLD040

SCIENTIFIC NAME: *Cucumis sativus*
 ENGLISH NAME: Cucumber, Persian cucumber
 SINHALA NAME: සලාද පිපිඤ්ඤා
 TAMIL NAME: கெக்கரிக்காய்

SLD041

SCIENTIFIC NAME: *Moringa oleifera*
 ENGLISH NAME: Drumstick
 SINHALA NAME: මිරිංගා
 TAMIL NAME: முருங்கைக்காய்

SLD042

SCIENTIFIC NAME: *Moringa oleifera*
 ENGLISH NAME: Drumstick leaves
 SINHALA NAME: මිරිංගා කොළ
 TAMIL NAME: முருங்கை இலை

SLD043



SCIENTIFIC NAME: *Lepidium sativum*
ENGLISH NAME: Garden cress
SINHALA NAME: ගාර්ඩන් ක්‍රෙස්
TAMIL NAME: சாரணை

SLD044



SCIENTIFIC NAME: *Acrostichum aureum*
ENGLISH NAME: Golden leather fern fiddleheads
SINHALA NAME: කැරන් කොකු
TAMIL NAME: கரன் கொக்கு

SLD045



SCIENTIFIC NAME: *Wattakaka volubilis*
ENGLISH NAME: Green milkweed climber
SINHALA NAME: අඟුන කොළ
TAMIL NAME: கொட்டி பாலை இலை

SLD046



SCIENTIFIC NAME: *Boerhavia diffusa*
ENGLISH NAME: Horse purslane
SINHALA NAME: සාරන
TAMIL NAME: சாரணை

SLD047



SCIENTIFIC NAME: *Sesbania grandiflora*
ENGLISH NAME: Hummingbird tree leaves
SINHALA NAME: කතුරුමුරුමා
TAMIL NAME: அகத்தி இலைகள்

SLD048



SCIENTIFIC NAME: *Centella asiatica*
ENGLISH NAME: Indian pennywort
SINHALA NAME: ගොටුකොළ
TAMIL NAME: வல்லாரை

SLD049



SCIENTIFIC NAME: *Artocarpus heterophyllus*
 ENGLISH NAME: Jack fruit, raw, unripen
 SINHALA NAME: කොස්
 TAMIL NAME: பலாக்காய்

SLD050



SCIENTIFIC NAME: *Artocarpus heterophyllus*
 ENGLISH NAME: Jack fruit seed, mature
 SINHALA NAME: කොස් ජූට්
 TAMIL NAME: பலா விதைகள்

SLD051



SCIENTIFIC NAME: *Brassica oleracea*
 ENGLISH NAME: Knol - Khol
 SINHALA NAME: නෙන්නෙල්
 TAMIL NAME: நோல்கோல்

LD052



SCIENTIFIC NAME: *Brassica oleracea*
 ENGLISH NAME: Knol - Khol leaves
 SINHALA NAME: නෙන්නෙල් කොළ
 TAMIL NAME: முள்ளங்கி இலைகள்

SLD053



SCIENTIFIC NAME: *Abelmoschus esculentus*
 ENGLISH NAME: Ladies finger
 SINHALA NAME: බණ්ඩකා
 TAMIL NAME: வெண்டிக்காய்

SLD054



SCIENTIFIC NAME: *Lasia spinosa*
 ENGLISH NAME: Lasia shoots
 SINHALA NAME: කොතිල දළ
 TAMIL NAME: கோகில இளம் இலைகள்

SLD055



SCIENTIFIC NAME: *Allium ampeloprasum*
 ENGLISH NAME: Leeks
 SINHALA NAME: ලීක්ස්
 TAMIL NAME: லீக்ஸ்

SLD056



SCIENTIFIC NAME: *Lactuca sativa*
 ENGLISH NAME: Lettuce
 SINHALA NAME: සලාද කොළ
 TAMIL NAME: சலாது இலை

SLD057



SCIENTIFIC NAME: *Basella alba*
 ENGLISH NAME: Malabar spinach
 SINHALA NAME: නිව්නි කොළ
 TAMIL NAME: கொடிப்பசளி

SLD058



SCIENTIFIC NAME: *Mangifera indica*
 ENGLISH NAME: Mango, green, raw
 SINHALA NAME: අමු අඹ
 TAMIL NAME: மாங்காய்

SLD059



SCIENTIFIC NAME: *Pleurotus ostreatus*
 ENGLISH NAME: Mushroom, Oyster, white
 SINHALA NAME: හතු
 TAMIL NAME: காளான்

SLD060



SCIENTIFIC NAME: *Allium cepa*
 ENGLISH NAME: Onion, stalk
 SINHALA NAME: ලෑනු කොළ
 TAMIL NAME: வெங்காய தார்

SLD061

SCIENTIFIC NAME: *Brassica rapa var. Chinensis*
 ENGLISH NAME: Pak Choi leaves
 SINHALA NAME: පැක් චෝයි කොළ
 TAMIL NAME: பக் சோய் இலைகள்

SLD062

SCIENTIFIC NAME: *Carica papaya*
 ENGLISH NAME: Papaya, raw
 SINHALA NAME: අමු ගස්ලබු
 TAMIL NAME: பப்பாசி

SLD063

SCIENTIFIC NAME: *Petroselinum crispum*
 ENGLISH NAME: Parsley
 SINHALA NAME: පාර්ස්ලි
 TAMIL NAME: கொத்தமல்லி

SLD064

SCIENTIFIC NAME: *Passiflora edulis*
 ENGLISH NAME: Passion fruit leaves
 SINHALA NAME: පැෂන් කොළ
 TAMIL NAME: கொடித்தோடை இலைகள்

SLD065

SCIENTIFIC NAME: *Musa x paradisiaca*
 ENGLISH NAME: Plantain, ash
 SINHALA NAME: අළු කෙසෙල්
 TAMIL NAME: சாம்பல் வாழைக்காய்

SLD066

SCIENTIFIC NAME: *Musa x paradisiaca*
 ENGLISH NAME: Plantain, ash, peels
 SINHALA NAME: අළු කෙසෙල් පොතු
 TAMIL NAME: சாம்பல் வாழைத்தோல்

SLD067



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Plantain, flower
SINHALA NAME: කෙසෙල් මුව
TAMIL NAME: வாழைப்பூ

SLD068



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Plantain, green
SINHALA NAME: මාළු කෙසෙල්
TAMIL NAME: மொந்தன் வாழைக்காய்

SLD069



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Plantain, stem
SINHALA NAME: කෙසෙල් බඩ
TAMIL NAME: வாழைத்தண்டு

SLD070



SCIENTIFIC NAME: *Cucurbita maxima*
ENGLISH NAME: Pumpkin leaves, tender
SINHALA NAME: වට්ටකො දළු
TAMIL NAME: பூசணி இலைகள்

SLD071



SCIENTIFIC NAME: *Cucurbita maxima*
ENGLISH NAME: Pumpkin, common
SINHALA NAME: වට්ටකො
TAMIL NAME: பூசணிக்காய்

SLD072



SCIENTIFIC NAME: *Cucurbita maxima*
ENGLISH NAME: Pumpkin, green, cylindrical
SINHALA NAME: හේන් වට්ටකො
TAMIL NAME: பூசணிக்காய், உருளை

SLD073



SCIENTIFIC NAME: *Cucurbita maxima*
 ENGLISH NAME: Pumpkin, orange
 SINHALA NAME: කහ පහැනි වට්ටක්කා
 TAMIL NAME: பூசணிக்காய்

SLD074



SCIENTIFIC NAME: *Raphanus sativus*
 ENGLISH NAME: Radish leaves
 SINHALA NAME: රාබු කොළ
 TAMIL NAME: முள்ளங்கி இலை

SLD075



SCIENTIFIC NAME: *Luffa acutangula*
 ENGLISH NAME: Ridge gourd
 SINHALA NAME: වැටකොළ
 TAMIL NAME: பீர்க்கங்காய்

SLD076



SCIENTIFIC NAME: *Alternanthera sessilis*
 ENGLISH NAME: Sessile joyweed
 SINHALA NAME: මුතුණුවැන්න
 TAMIL NAME: பொன்னாங்கண்ணி

SLD077



SCIENTIFIC NAME: *Trichosanthes anguina*
 ENGLISH NAME: Snake gourd, long, dark green
 SINHALA NAME: කඳු කොළ පතෝල
 TAMIL NAME: புடலங்காய்-அடர் பச்சை

SLD078



SCIENTIFIC NAME: *Trichosanthes anguina*
 ENGLISH NAME: Snake gourd, long, pale green
 SINHALA NAME: පතෝල
 TAMIL NAME: புடலங்காய்

SLD079

SCIENTIFIC NAME: *Momordica dioica*
 ENGLISH NAME: Spiny gourd
 SINHALA NAME: බුබු කරලිල
 TAMIL NAME: தும்பை பாகற்காய்

SLD080

SCIENTIFIC NAME: *Sauropus androgynus*
 ENGLISH NAME: Sweet leaf
 SINHALA NAME: ජපන් බඩු කොළ
 TAMIL NAME: தவசி முருங்கை

SLD081

SCIENTIFIC NAME: *Tamarindus indica*
 ENGLISH NAME: Tamarind leaves, tender
 SINHALA NAME: සියඹලා දළ
 TAMIL NAME: புளியம் இலைகள்

SLD082

SCIENTIFIC NAME: *Lycopersicon esculentum*
 ENGLISH NAME: Tomato, green
 SINHALA NAME: කොළ තක්කාලි
 TAMIL NAME: தக்காளி பச்சை

SLD083

SCIENTIFIC NAME: *Lycopersicon esculentum*
 ENGLISH NAME: Tomato, ripe, hybrid (beef tomato)
 SINHALA NAME: දෙමුහුන් තක්කාලි
 TAMIL NAME: தக்காளிப்பழம்

SLD084

SCIENTIFIC NAME: *Lycopersicon esculentum*
 ENGLISH NAME: Tomato, ripe, local
 SINHALA NAME: තක්කාලි
 TAMIL NAME: தக்காளிப்பழம்

SLD085



SCIENTIFIC NAME: *Solanum torvum*
 ENGLISH NAME: Turkey berry
 SINHALA NAME: නිබ්බු
 TAMIL NAME: சுண்டங்காய்

SLD086



SCIENTIFIC NAME: *Ipomoea aquatica*
 ENGLISH NAME: Water spinach
 SINHALA NAME: කො. කු.
 TAMIL NAME: வள்ளல்கீரை/கங்குன்கீரை

SLD087



SCIENTIFIC NAME: *Psopocarpus tetragonolobus*
 ENGLISH NAME: Winged bean
 SINHALA NAME: දෙඹිල
 TAMIL NAME: சிறகு அவரை

SLD088



SCIENTIFIC NAME: *Cucurbita pepo*
 ENGLISH NAME: Zucchini, green
 SINHALA NAME: කොළ සුකිනි
 TAMIL NAME: சீமைச்சுரக்காய்

SLD089



SCIENTIFIC NAME: *Cucurbita pepo*
 ENGLISH NAME: Zucchini, yellow
 SINHALA NAME: කහ සුකිනි
 TAMIL NAME: சீமைச்சுரக்காய்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC	WATER	PROTCNT	FATCE	CHOAVL DF	FIBTGT	FIBSOL	FIBINS	ASH
		kcal	kJ	g	g	g	g	g	g	g	g
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	32	136	86.59	3.55	0.72	2.32	4.29	1.19	3.10	2.54
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	33	140	85.56	3.93	0.63	2.37	4.91	1.19	3.72	2.61
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	26	110	86.78	3.75	0.36	1.37	4.86	1.16	3.70	2.89
SLD004	Ambarella (<i>Spondias dulcis</i>)	37	158	86.34	0.73	0.44	7.46	4.67	0.37	4.30	0.38
SLD005	Ash gourd (<i>Benincasa hispida</i>)	18	79	91.57	0.80	0.15	3.16	3.54	0.83	2.71	0.78
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	46	196	84.67	2.85	0.98	6.26	4.28	0.65	3.63	0.95
SLD007	Beans, fava (<i>Vicia faba</i>)	30	126	84.08	3.95	0.15	2.19	8.53	1.97	6.56	1.10
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	30	126	84.08	3.95	0.15	2.19	8.53	1.97	6.56	1.10
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	26	110	88.50	2.68	0.24	3.04	4.41	0.48	3.93	1.13
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	22	93	90.11	2.12	0.19	2.63	4.18	0.65	3.53	0.77
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	24	105	88.33	3.36	0.30	1.99	5.31	0.44	4.88	0.72
SLD012	Beet greens (<i>Beta vulgaris</i>)	37	157	85.97	2.05	0.76	4.85	3.69	1.51	2.18	2.68
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	19	82	91.10	1.47	0.23	2.51	3.87	0.72	3.15	0.82
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	17	72	91.83	1.21	0.22	2.23	3.76	0.67	3.09	0.74
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	10	45	95.20	0.46	0.15	1.64	2.15	0.43	1.72	0.41
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	13	57	94.50	0.42	0.12	2.53	2.10	0.38	1.72	0.34
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	24	104	90.40	1.28	0.33	3.46	3.83	1.46	2.37	0.71
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	21	88	91.15	1.28	0.39	2.64	3.94	0.88	3.06	0.61
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	29	124	89.14	1.49	0.31	4.51	3.92	1.31	2.61	0.64
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	21	89	89.94	1.45	0.26	2.60	4.90	1.31	3.59	0.86
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	17	75	93.19	1.58	0.13	2.36	2.01	0.45	1.55	0.73
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	30	126	89.53	3.63	0.27	2.79	2.98	0.94	2.04	0.81
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	21	88	92.20	1.35	0.14	3.15	2.48	0.85	1.63	0.70
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	23	100	91.66	1.51	0.22	3.62	2.32	0.62	1.70	0.68
SLD025	Canereed leaves (<i>Costus speciosus</i>)	33	140	88.30	2.52	0.52	4.30	3.23	0.56	2.68	1.14
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	13	57	94.20	1.25	0.29	1.28	2.22	0.46	1.77	0.77
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	23	101	91.92	1.22	0.34	3.59	2.34	0.84	1.50	0.60
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	27	115	90.97	1.83	0.46	3.63	2.27	0.68	1.59	0.84
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	19	83	93.04	1.59	0.39	2.11	2.01	0.69	1.33	0.86

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre		Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC									
		kJ	g	g	g	g	g	g	g	g	g	g
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	64	273	80.48	6.13	1.92	5.37	3.90	0.85	3.06	2.22	
SLD031	Cauliflower (<i>Brassica oleracea</i>)	23	97	90.82	2.09	0.48	2.00	3.76	1.15	2.61	0.85	
SLD032	Celery stalk (<i>Apium graveolens</i>)	15	65	93.10	0.82	0.20	2.22	2.24	0.67	1.57	1.41	
SLD033	Cho-cho-marrow (<i>Sechium edule</i>)	19	81	93.59	0.58	0.12	3.73	1.60	0.40	1.20	0.39	
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	39	167	84.52	3.14	1.42	2.97	5.57	1.32	4.25	2.39	
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	23	100	91.15	0.76	0.34	3.83	3.01	1.20	1.81	0.91	
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	19	81	92.67	0.91	0.22	2.86	2.33	1.07	1.26	1.00	
SLD037	Corn, Baby (<i>Zea mays</i>)	73	306	75.44	2.69	1.33	11.66	6.09	1.62	4.47	2.79	
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	19	80	92.99	0.98	0.24	3.01	2.26	0.40	1.86	0.53	
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	17	75	93.46	1.01	0.25	2.56	2.22	0.67	1.55	0.51	
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	21	91	92.64	0.77	0.18	3.93	1.94	0.52	1.42	0.55	
SLD041	Drumstick (<i>Moringa oleifera</i>)	30	126	84.94	2.48	0.12	4.14	7.12	1.20	5.92	1.21	
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	59	251	77.37	6.03	1.74	3.96	8.29	2.15	6.14	2.61	
SLD043	Garden cress (<i>Lepidium sativum</i>)	47	197	84.77	5.29	0.79	4.21	2.59	0.74	1.85	2.35	
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	31	132	86.36	2.33	0.34	4.58	5.39	0.29	5.11	1.01	
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	58	248	78.84	4.85	0.69	7.61	5.83	1.34	4.49	2.20	
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	20	85	91.51	2.42	0.21	2.00	1.84	0.27	1.57	2.04	
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	70	295	74.43	8.01	1.35	5.21	8.60	2.60	6.00	2.42	
SLD048	Indian pennywort (<i>Centella asiatica</i>)	15	66	90.18	0.64	0.47	1.93	5.73	0.71	5.02	1.07	
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	25	108	85.86	2.14	0.34	3.28	7.47	0.43	7.04	0.91	
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	77	325	72.18	5.66	0.44	12.14	8.54	0.75	7.78	1.05	
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	16	71	92.86	1.69	0.34	1.53	2.80	0.41	2.40	0.77	
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	42	178	86.20	3.12	0.35	6.16	2.76	0.95	1.81	1.42	
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	26	112	89.16	2.06	0.19	3.62	3.94	1.00	2.94	1.04	
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	33	142	87.69	4.10	0.83	2.03	4.05	0.86	3.20	1.31	
SLD055	Leeks (<i>Allium ampeloprasum</i>)	30	129	90.35	1.74	0.49	4.64	1.94	0.38	1.56	0.86	
SLD056	Lettuce (<i>Lactuca sativa</i>)	19	80	93.11	1.05	0.24	3.08	1.52	0.15	1.37	1.01	
SLD057	Malabar spinach (<i>Basella alba</i>)	22	93	90.85	2.20	0.47	2.05	2.31	0.44	1.88	2.13	
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	50	211	84.75	0.75	0.09	10.80	3.08	1.49	1.59	0.54	
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	27	116	90.21	2.54	0.42	2.92	3.02	1.05	1.97	0.90	

Food code	Food Name	Energy		Moisture		Protein	Total Fat	Carbohyd -rate	Total		Soluble		Insoluble		Ash
		ENERC	ENERC	WATER	PROTCNT				FATCE	CHOAVL DF	FIBTG	FIBSOL	FIBINS	FIBS	
		kcal	kJ	g	g	g	g	g	g	g	g	g	g	g	g
SLD060	Onion, stalk (<i>Allium cepa</i>)	27	113	87.98	2.01	0.26	3.37	5.28	1.45	3.83	1.10				
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	16	67	93.56	1.41	0.25	1.78	1.91	0.47	1.44	1.10				
SLD062	Papaya, raw (<i>Carica papaya</i>)	25	107	91.52	0.58	0.22	4.78	2.31	0.94	1.37	0.59				
SLD063	Parsley (<i>Petroselinum crispum</i>)	72	305	77.76	5.55	1.14	9.43	3.87	1.09	2.79	2.25				
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	50	212	82.45	5.50	1.29	3.47	4.96	0.81	4.15	2.05				
SLD065	Plantain, ash (<i>Musa paradisiaca</i>)	76	325	77.33	2.84	0.56	14.75	3.93	0.64	3.29	0.60				
SLD066	Plantain, ash, peels (<i>Musa paradisiaca</i>)	34	145	89.23	1.13	0.69	5.53	2.34	0.84	1.51	1.10				
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	19	81	89.88	1.36	0.63	1.79	5.12	0.53	4.58	1.22				
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	79	333	75.98	0.99	0.22	17.71	3.84	0.89	2.95	1.26				
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	44	186	86.12	0.30	0.17	9.97	2.10	0.65	1.45	1.34				
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	41	175	86.49	3.85	0.72	4.53	2.25	0.78	1.47	2.16				
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	31	133	89.82	0.86	0.30	5.82	1.60	1.01	1.60	0.60				
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	24	103	91.73	0.87	0.18	4.22	2.53	1.25	1.28	0.47				
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	21	88	92.41	0.95	0.16	3.33	2.66	1.17	1.49	0.49				
SLD074	Radish leaves (<i>Raphanus sativus</i>)	27	117	90.51	2.23	0.56	3.14	1.90	0.68	1.23	1.65				
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	12	52	95.08	0.86	0.15	1.63	1.85	0.47	1.38	0.43				
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	28	122	87.38	3.15	0.55	2.34	5.18	1.00	4.19	1.40				
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	11	50	94.92	0.89	0.25	1.23	2.27	0.58	1.69	0.45				
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	11	49	95.07	0.82	0.25	1.25	2.17	0.60	1.57	0.44				
SLD079	Spiny gourd (<i>Momordica dioica</i>)	47	201	85.58	2.13	0.50	8.46	3.14	0.35	2.80	0.20				
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	71	300	77.42	7.53	2.19	5.00	5.55	0.76	4.80	2.33				
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	71	299	71.69	5.84	0.49	10.04	10.70	1.36	9.34	1.25				
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	19	82	93.52	1.13	0.24	2.94	1.58	0.52	1.06	0.59				
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	16	70	94.41	0.70	0.24	2.78	1.50	0.27	1.23	0.37				
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	20	85	93.58	0.88	0.56	2.74	1.80	0.35	1.45	0.45				
SLD085	Turkey berry (<i>Solanum torvum</i>)	61	257	79.12	1.66	1.96	8.54	7.51	1.43	6.08	1.23				
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	15	65	91.37	0.47	0.37	2.43	4.46	0.22	4.24	0.92				
SLD087	Wing bean (<i>Psopocarpus tetragonolobus</i>)	21	89	91.01	1.84	0.20	2.76	3.78	0.45	3.33	0.43				
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	20	84	92.83	1.10	0.51	2.33	2.30	0.88	1.42	0.93				
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	18	79	93.15	1.31	0.44	2.20	1.84	0.47	1.37	1.08				

Table 2. FAT SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Vitamin A (Retinol Equivalents - RE)										Vitamin E (α-tocopherol equivalents - TE)										α - Tocopherols										β - Tocopherols										γ - Tocopherols										δ - Tocopherols										α -Tocotrienols										γ - Tocotrienols																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																	
		VITA	ERGAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG	VITA	ERGAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG	VITA	ERGAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG	VITA	ERGAL	VITK1	VITE	TOCPHA	TOCPHB	TOCPHG	TOCPHD	TOCTRA	TOCTRG																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
SLD001	Amaranth, leaves, green (Amaranthus gangeticus)	1474	14.43	281	0.51	0.48	NA	0.27	NA	NA	1409	15.10	312	0.46	0.44	NA	0.21	NA	NA	NA	327	15.22	441	0.30	0.30	NA	0.03	NA	NA	NA	NA	0.36	0.11	0.12	NA	NA	NA	NA	0.05	0.05	0.03	0.08	-	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 3. WATER SOLUBLE VITAMINS

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Total Folate (B9)	Total Ascorbic Acid
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC
		mg	mg	mg	mg	mg	µg	mg
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	0.01	0.21	0.72	0.41	0.22	74.27	82.00
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	0.01	0.27	0.62	0.37	0.22	81.95	86.20
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	0.01	0.13	0.66	0.35	0.29	46.53	77.25
SLD004	Ambarella (<i>Spondias dulcis</i>)	ND	0.01	0.42	0.12	0.10	44.49	35.51
SLD005	Ash gourd (<i>Benincasa hispida</i>)	0.02	0.01	0.13	0.38	0.15	14.17	9.14
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	0.11	0.10	0.63	0.44	0.30	45.20	7.02
SLD007	Beans, fava (<i>Vicia faba</i>)	0.07	0.07	0.32	0.40	0.35	130	5.63
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	0.07	0.07	0.32	0.40	0.35	130	5.63
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	0.05	0.05	0.87	0.28	0.41	33.96	10.97
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	0.05	0.05	0.77	0.27	0.44	61.98	1.38
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	ND	0.06	3.66	0.97	0.11	99.98	8.93
SLD012	Beet greens (<i>Beta vulgaris</i>)	0.02	0.15	0.32	0.32	0.13	11.89	40.62
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	0.06	0.05	0.30	0.33	0.06	53.10	46.89
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	0.06	0.05	0.30	0.36	0.04	52.18	46.61
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	0.03	0.01	0.13	0.46	0.01	38.64	5.55
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	0.03	0.01	0.14	0.50	0.02	49.59	4.54
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	0.05	0.12	0.58	0.35	0.11	32.94	3.37
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	0.04	0.12	0.48	0.28	0.09	38.63	2.40
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	0.04	0.12	0.54	0.34	0.09	30.99	1.49
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	0.08	0.11	0.43	0.25	0.09	31.18	2.71
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	0.01	0.05	0.38	0.58	0.19	54.51	19.32
SLD022	Cabbage, collar, greens (<i>B. oleracea</i> var. <i>viridis</i>)	0.03	0.05	0.26	0.49	0.24	63.46	40.76
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	0.04	0.05	0.25	0.24	0.14	52.66	29.62
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	0.04	0.05	0.26	0.24	0.19	38.53	38.71
SLD025	Canereed leaves (<i>Costus speciosus</i>)	ND	0.07	0.96	0.31	0.22	80.97	4.72
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	0.05	0.02	0.50	0.16	0.16	51.80	126
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	ND	0.03	0.65	0.55	0.29	28.65	49.63
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	0.16	0.04	0.41	0.29	NA	NA	120
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	0.14	0.01	0.32	0.23	NA	NA	146

Food code	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid		Total vitamin	Total Folate	Total Ascorbic
		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	Acid	
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC	
		mg	mg	mg	mg	mg	µg	mg	
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	ND	0.15	0.99	0.33	0.28	78.03	63.72	
SLD031	Cauliflower (<i>Brassica oleracea</i>)	0.04	0.06	0.31	0.60	0.11	46.67	50.17	
SLD032	Celery stalk (<i>Apium graveolens</i>)	0.02	0.04	0.51	0.40	0.06	23.06	14.95	
SLD033	Cho-cho-marrow (<i>Sechium edule</i>)	0.01	0.04	0.25	0.22	0.07	63.81	23.76	
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	0.06	0.07	0.89	0.25	0.30	160	44.99	
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	0.02	0.04	0.16	0.47	0.06	30.88	5.15	
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	0.02	0.03	0.22	0.50	0.07	25.32	5.83	
SLD037	Corn, Baby (<i>Zea mays</i>)	0.15	0.07	0.53	0.94	0.16	45.53	8.59	
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	0.02	0.01	0.31	0.44	0.08	19.66	4.08	
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	0.02	0.01	0.37	0.38	0.07	17.34	8.07	
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	0.02	0.01	0.31	0.44	0.08	19.66	4.08	
SLD041	Drumstick (<i>Moringa oleifera</i>)	0.05	0.06	0.63	0.58	0.12	60.48	92.33	
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	0.06	0.48	0.89	0.43	0.93	45.52	92.00	
SLD043	Garden cress (<i>Lepidium sativum</i>)	0.03	0.05	1.25	0.21	0.19	57.85	46.55	
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	ND	0.01	0.38	0.47	0.11	17.84	4.92	
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	ND	0.09	0.33	0.55	0.51	115	45.75	
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	ND	0.03	1.00	0.63	0.13	58.54	9.89	
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	0.26	0.33	1.18	0.53	0.22	120	121	
SLD048	Indian pennywort (<i>Centella asiatica</i>)	ND	0.07	0.70	0.37	0.23	70.11	6.74	
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	0.03	0.03	0.18	0.37	0.04	30.70	24.77	
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	0.06	0.02	0.18	0.36	0.08	58.91	15.24	
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	0.04	0.05	0.35	0.39	0.19	12.70	77.64	
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	0.06	0.15	0.86	0.27	0.28	41.55	71.11	
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	0.04	0.08	0.60	0.24	0.28	70.62	24.48	
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	ND	0.02	0.10	0.54	0.17	56.76	5.56	
SLD055	Leeks (<i>Allium ampeloprasum</i>)	ND	0.02	0.43	0.25	0.19	42.63	4.65	
SLD056	Lettuce (<i>Lactuca sativa</i>)	0.04	0.10	0.18	0.12	0.06	37.48	11.64	
SLD057	Malabar spinach (<i>Basella alba</i>)	-	0.06	0.93	0.29	0.11	74.05	10.26	
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	0.01	0.02	0.27	0.12	0.14	34.89	91.63	
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	ND	0.15	0.67	0.53	0.13	7.81	11.56	

Food code	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid		Total vitamin	Total Folate	Total Ascorbic
		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)	Acid	VITC
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM	VITC	
		mg	mg	mg	mg	mg	µg	mg	mg
SLD060	Onion, stalk (<i>Allium cepa</i>)	0.02	0.04	0.12	0.17	0.18	56.80	23.38	
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	0.02	0.22	0.66	0.31	0.96	98.50	55.60	
SLD062	Papaya, raw (<i>Carica papaya</i>)	0.02	0.04	0.14	0.20	0.03	30.09	20.08	
SLD063	Parsley (<i>Petroselinum crispum</i>)	0.19	0.10	0.36	0.20	0.19	197	133	
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	ND	0.19	0.80	0.57	0.42	81.59	73.21	
SLD065	Plantain, ash (<i>Musa paradisiaca</i>)	ND	0.02	2.39	0.50	0.07	6.82	4.49	
SLD066	Plantain, ash, peels (<i>Musa paradisiaca</i>)	ND	0.01	1.15	0.38	0.04	24.29	20.87	
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	0.02	0.02	0.27	0.24	0.12	40.51	8.16	
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	0.01	0.05	0.34	0.26	0.10	19.12	24.48	
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	0.02	0.02	0.17	0.39	0.15	13.64	2.05	
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	0.06	0.12	1.39	0.35	0.14	40.60	12.22	
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	ND	0.02	0.62	0.20	0.09	17.72	8.73	
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	0.03	0.02	0.44	0.16	0.05	31.60	7.29	
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	0.03	0.03	0.42	0.16	0.06	24.54	8.73	
SLD074	Radish leaves (<i>Raphanus sativus</i>)	0.06	0.18	0.58	0.13	0.14	45.74	91.58	
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	0.02	0.01	0.22	0.32	0.07	25.48	6.41	
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	ND	0.09	0.70	0.54	0.27	96.14	3.24	
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	0.03	0.03	0.33	0.27	0.07	16.52	2.85	
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	0.04	0.03	0.31	0.28	0.12	18.09	3.54	
SLD079	Spiny gourd (<i>Momordica dioica</i>)	ND	0.04	0.26	0.40	0.12	21.51	51.27	
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	ND	0.18	0.15	0.57	1.07	117	29.10	
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	0.12	0.03	0.79	0.30	0.14	91.82	28.22	
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	0.08	0.06	0.35	0.29	0.07	14.11	13.19	
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	0.04	0.02	0.48	0.19	0.08	11.80	19.21	
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	0.03	0.03	0.52	0.19	0.09	20.16	25.58	
SLD085	Turkey berry (<i>Solanum torvum</i>)	ND	0.03	1.23	0.16	1.02	72.39	10.80	
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	ND	0.07	1.98	0.40	0.41	134	2.95	
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	ND	0.08	0.80	0.37	0.40	33.69	19.82	
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	0.05	0.09	1.03	0.99	0.25	18.85	15.78	
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	0.03	0.02	0.42	0.72	0.20	21.50	16.71	

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion; NA indicates component not available from reference sources)

Food code	Food Name	Calcium	Phosphorus	Magnesium	Sodium	Potassium
		CA	P	MG	NA	K
		mg	mg	mg	mg	mg
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	258	85.50	209	18.91	623
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	245	75.98	177	14.58	564
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	359	77.26	168	14.81	571
SLD004	Ambarella (<i>Spondias dulcis</i>)	20.70	14.60	9.28	5.99	174
SLD005	Ash gourd (<i>Benincasa hispida</i>)	19.27	26.35	23.62	0.56	312
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	35.68	62.55	45.56	1.17	163
SLD007	Beans, fava (<i>Vicia faba</i>)	67.95	73.73	38.69	20.28	352
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	69.77	61.18	33.49	14.10	252
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	60.45	77.95	50.12	8.68	389
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	49.90	45.90	34.98	9.18	317
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	44.22	52.73	33.17	5.46	304
SLD012	Beet greens (<i>Beta vulgaris</i>)	172	33.85	113	75.00	486
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	25.19	41.42	35.81	12.98	323
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	16.29	32.15	32.12	12.61	235
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	18.57	14.27	10.64	1.51	141
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	15.05	16.99	10.89	1.52	116
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	14.40	29.51	21.18	3.04	178
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	12.38	31.85	19.62	3.07	247
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	18.95	26.81	18.00	3.00	260
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	17.24	38.69	37.22	3.74	187
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	58.46	33.05	11.51	20.28	258
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	170	54.67	45.90	22.98	292
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	56.85	27.68	18.47	18.05	213
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	NA	20.32	24.01	22.10	188
SLD025	Canereed leaves (<i>Costus speciosus</i>)	130	22.04	36.33	15.65	573
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	17.53	21.10	10.90	1.91	157
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	12.65	24.47	11.21	4.61	240
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	15.73	37.97	27.07	1.74	188
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	20.13	58.08	22.53	1.49	185

Food code	Food Name	Calcium		Phosphorus		Magnesium		Sodium		Potassium	
		CA		P		MG		NA		K	
		mg		mg		mg		mg		mg	
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	196		56.63		26.93		13.83		500	
SLD031	Cauliflower (<i>Brassica oleracea</i>)	22.44		51.40		18.52		34.32		291	
SLD032	Celery stalk (<i>Apium graveolens</i>)	38.41		39.05		11.41		10.63		289	
SLD033	Cho-cho-marow (<i>Sechium edule</i>)	20.55		24.02		13.02		1.24		141	
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	266		55.72		72.12		15.21		314	
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	29.46		20.31		11.07		0.45		381	
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	40.21		30.73		19.56		0.60		414	
SLD037	Corn, Baby (<i>Zea mays</i>)	76.51		8.69		25.47		1.40		260	
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	22.10		29.51		18.22		6.13		266	
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	25.72		34.13		26.20		8.06		229	
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	14.05		25.13		16.22		5.99		149	
SLD041	Drumstick (<i>Moringa oleifera</i>)	22.27		42.07		28.51		21.99		336	
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	308		104		97.12		8.70		399	
SLD043	Garden cress (<i>Lepidium sativum</i>)	223		38.53		79.86		25.31		380	
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	11.30		57.62		23.75		13.77		491	
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	383		42.33		56.08		37.75		233	
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	59.57		38.17		42.93		53.50		252	
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	901		52.52		96.64		18.12		674	
SLD048	Indian pennywort (<i>Centella asiatica</i>)	96.31		21.93		41.42		46.29		381	
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	37.32		32.23		26.08		3.89		341	
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	40.87		32.19		50.14		3.87		459	
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	40.09		43.16		19.35		27.46		367	
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	368		55.02		66.00		26.80		309	
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	92.26		57.99		55.23		7.58		254	
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	19.50		12.77		20.32		13.87		120	
SLD055	Leeks (<i>Allium ampeloprasum</i>)	29.28		31.63		11.77		14.93		252	
SLD056	Lettuce (<i>Lactuca sativa</i>)	58.23		31.24		36.89		18.39		228	
SLD057	Malabar spinach (<i>Basella alba</i>)	163		44.79		61.37		64.51		409	
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	28.56		13.59		17.74		33.08		165	
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	0.90		46.82		14.42		9.04		317	

Food code	Food Name	Calcium		Phosphorus		Magnesium		Sodium		Potassium	
		CA	P	MG	NA	K					
		mg	mg	mg	mg	mg					
SLD060	Onion, stalk (<i>Allium cepa</i>)	35.21	33.81	74.95	17.45			362			
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	150	25.95	45.28	33.73			250			
SLD062	Papaya, raw (<i>Carica papaya</i>)	23.12	21.74	14.84	7.52			177			
SLD063	Parsley (<i>Petroselinum crispum</i>)	288	78.56	49.18	53.08			466			
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	248	43.30	53.62	15.77			343			
SLD065	Plantain, ash (<i>Musa paradisiaca</i>)	5.19	19.65	22.55	13.25			271			
SLD066	Plantain, ash, peels (<i>Musa paradisiaca</i>)	154	28.95	88.22	2.46			235			
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	35.09	41.77	31.43	7.44			422			
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	16.61	35.81	40.76	18.37			417			
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	13.12	18.35	35.30	25.12			372			
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	255	67.36	87.62	12.32			481			
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	18.75	24.57	9.93	5.57			244			
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	24.10	24.51	13.27	5.21			186			
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	16.87	19.08	7.37	8.71			213			
SLD074	Radish leaves (<i>Raphanus sativus</i>)	288	36.30	63.62	20.96			301			
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	14.67	31.42	14.01	4.69			121			
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	135	42.44	45.38	31.87			450			
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	27.11	31.03	21.70	5.04			104			
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	26.83	26.90	25.84	8.76			133			
SLD079	Spiny gourd (<i>Momordica dioica</i>)	38.83	52.33	40.81	4.82			146			
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	43.32	37.37	35.34	2.21			669			
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	66.93	86.86	42.10	13.43			465			
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	8.25	22.81	13.88	8.69			220			
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	9.04	18.06	10.76	15.72			152			
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	9.69	17.17	14.93	14.04			190			
SLD085	Turkey berry (<i>Solanum torvum</i>)	105	85.78	57.46	23.20			484			
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	49.21	21.61	18.35	35.34			271			
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	68.24	38.19	31.38	11.48			318			
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	17.26	21.38	15.41	0.40			178			
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	20.98	32.03	10.82	0.39			131			

Table 5. TRACE ELEMENTS AND HEAVY METALS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Manganese																Iron																													
		Copper				Zinc				Selenium				Cobalt				Molybdenum				Chromium				Nickel				Lithium				Aluminium				Lead		Mercury		Cadmium		Arsenic		Antimony	
		FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB	FE	MN	CU	ZN	SE	CO	MO	CR	NI	LI	AL	PB	HG	CD	AS	SB														
		mg	mg	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	µg	µg													
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	3.50	1.61	0.33	1.40	18.35	0.008	-	0.017	0.029	0.009	4.37	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA													
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	7.25	2.15	0.22	1.37	22.55	0.023	0.013	0.028	0.026	0.009	3.03	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA													
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	7.53	1.03	0.26	2.09	30.15	0.002	0.043	0.037	0.020	0.002	3.75	0.002	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA													
SLD004	Ambarella (<i>Spondias dulcis</i>)	0.70	0.09	0.32	0.12	2.52	-	0.005	0.004	0.005	-	0.09	0.014	0.70	-	0.88	3.53	0.48	0.09	0.04	0.13	0.92	NA	0.008	0.005	0.001	0.06	0.002	NA	NA	NA	NA	NA	NA	NA												
SLD005	Ash gourd (<i>Benincasa hispida</i>)	0.48	0.09	0.04	0.13	0.92	NA	0.008	0.005	0.005	0.001	0.06	0.002	NA	NA	NA	NA	0.70	0.39	0.17	0.59	0.01	0.001	0.059	NA	0.015	NA	NA	NA	NA	0.35	0.07	0.017	0.017													
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	1.09	0.49	0.21	0.57	7.86	0.003	0.029	0.001	0.050	NA	NA	0.003	NA	NA	NA	NA	1.90	0.42	0.16	0.44	NA	0.002	0.018	0.005	0.022	NA	0.60	0.002	NA	NA	0.23	0.17	0.17													
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	1.90	0.42	0.16	0.44	NA	0.002	0.018	0.005	0.022	NA	0.60	0.002	NA	NA	NA	NA	1.09	0.38	0.13	0.43	NA	0.006	0.091	0.011	0.073	NA	0.30	0.002	NA	NA	NA	NA	NA	NA												
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	1.09	0.38	0.13	0.43	NA	0.006	0.091	0.011	0.073	NA	0.30	0.002	NA	NA	NA	NA	0.98	0.27	0.07	0.37	NA	0.008	0.017	0.004	0.037	NA	0.35	NA	NA	NA	NA	NA	NA	NA												
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	0.98	0.27	0.07	0.37	NA	0.008	0.017	0.004	0.037	NA	0.35	NA	NA	NA	NA	NA	1.01	0.55	0.16	0.08	2.68	0.002	0.028	0.006	0.030	-	0.25	0.004	0.43	0.002	0.38	0.01	0.76	0.76												
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	6.10	1.12	0.14	0.18	65.92	0.005	0.017	NA	0.020	NA	NA	0.015	0.18	NA	0.010	1.75	1.75	0.25	0.08	0.26	6.22	0.004	0.004	0.017	0.007	0.002	0.51	NA	NA	NA	NA	NA	NA	NA	NA											
SLD012	Beet greens (<i>Beta vulgaris</i>)	1.75	0.25	0.08	0.26	6.22	0.004	0.004	0.017	0.007	0.002	0.51	NA	NA	NA	NA	NA	1.63	0.17	0.10	0.35	3.26	0.002	0.004	0.015	0.012	0.001	0.49	NA	NA	NA	NA	NA	NA	NA	NA											
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	1.63	0.17	0.10	0.35	3.26	0.002	0.004	0.015	0.012	0.001	0.49	NA	NA	NA	NA	NA	0.29	0.10	0.06	0.13	1.85	0.001	0.003	0.004	0.014	NA	NA	NA	NA	NA	NA	NA	NA	NA												
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	0.29	0.10	0.06	0.13	1.85	0.001	0.003	0.004	0.014	NA	NA	NA	NA	NA	NA	NA	0.28	0.11	0.05	0.15	1.80	0.001	0.001	0.003	0.013	NA	0.05	NA	NA	NA	NA	NA	NA	NA	NA											
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	0.28	0.11	0.05	0.15	1.80	0.001	0.001	0.003	0.013	NA	0.05	NA	NA	NA	NA	NA	0.28	0.14	0.09	0.16	NA	0.001	NA	0.003	0.013	0.006	0.03	NA	NA	NA	NA	NA	NA	NA	NA											
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	0.28	0.14	0.09	0.16	NA	0.001	NA	0.003	0.013	0.006	0.03	NA	NA	NA	NA	NA	0.31	0.12	0.07	0.22	NA	0.002	NA	0.012	0.007	0.002	0.04	NA	NA	0.001	NA	NA	NA	NA	NA											
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	0.31	0.12	0.07	0.22	NA	0.002	NA	0.012	0.007	0.002	0.04	NA	NA	NA	NA	NA	0.32	0.15	0.11	0.19	NA	0.003	NA	0.005	0.007	0.003	0.04	NA	NA	NA	NA	NA	NA	NA	NA											
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	0.32	0.15	0.11	0.19	NA	0.003	NA	0.012	0.007	0.002	0.04	NA	NA	NA	NA	NA	0.37	0.15	0.11	0.24	NA	0.001	NA	0.003	0.002	0.008	0.08	NA	NA	0.002	NA	NA	NA	NA	NA											
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	0.37	0.15	0.11	0.24	NA	0.001	NA	0.003	0.002	0.008	0.08	NA	NA	NA	NA	NA	0.39	0.19	0.05	0.19	1.85	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA										
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	0.39	0.19	0.05	0.19	1.85	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA	0.39	0.19	0.05	0.19	1.85	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA											
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	2.67	1.27	0.06	0.35	2.35	0.002	0.004	0.001	0.030	0.004	2.29	NA	NA	NA	NA	NA	2.67	1.27	0.06	0.35	2.35	0.002	0.004	0.001	0.030	0.004	2.29	NA	NA	0.001	NA	NA	NA	NA	NA											
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	0.33	0.22	0.03	0.16	1.10	0.002	0.001	0.008	0.008	NA	NA	NA	NA	NA	NA	NA	0.33	0.22	0.03	0.16	1.10	0.002	0.001	0.008	0.008	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA											
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	0.17	0.15	0.02	0.11	0.95	0.001	0.002	0.003	0.001	0.001	NA	NA	NA	NA	NA	NA	0.17	0.15	0.02	0.11	0.95	0.001	0.002	0.003	0.001	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA											
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	0.18	3.97	0.09	0.44	4.47	0.001	0.004	0.004	0.006	0.001	0.86	0.008	3.06	0.001	0.75	0.29	0.18	3.97	0.09	0.44	4.47	0.001	0.004	0.004	0.006	0.001	0.86	0.008	0.008	0.001	0.75	0.29	0.29	0.29												
SLD025	Canereed leaves (<i>Costus speciosus</i>)	0.59	0.06	0.04	0.12	0.18	0.002	NA	0.017	0.017	0.001	NA	0.001	NA	NA	NA	NA	0.59	0.06	0.04	0.12	0.18	0.002	NA	0.017	0.017	0.001	NA	0.001	NA	0.001	NA	NA	NA	NA	NA											
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	0.21	0.16	0.13	0.31	2.10	0.002	0.002	0.006	0.008	-	0.11	0.001	0.69	0.002	0.38	0.30	0.21	0.16	0.13	0.31	2.10	0.002	0.002	0.006	0.008	-	0.11	0.001	0.69	0.002	0.38	0.30	0.30	0.30	0.30											
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	0.36	0.30	0.08	0.32	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.36	0.30	0.08	0.32	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA											
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	0.55	0.23	0.09	0.37	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.55	0.23	0.09	0.37	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA											
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)																																														

Food code	Food Name	Manganese										Copper										Zinc										Selenium										Cobalt										Molybdenum										Chromium										Nickel										Lithium										Aluminium										Lead										Mercury										Cadmium										Arsenic										Antimony									
		Iron		Mn		Cu		Zn		Se		Co		Mo		Cr		Ni		Li		Al		Pb		Hg		Cd		As		Sb																																																																																																																							
		mg	mg	mg	mg	mg	mg	mg	mg	μg	μg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	μg	μg	μg	μg																																																																																																																						
SLD060	Onion, stalk (<i>Allium cepa</i>)	3.15	0.22	0.14	0.77	7.08	0.003	0.012	0.077	0.021	0.007	1.56	0.007	NA	0.002	2.41	0.12																																																																																																																																						
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	3.78	0.36	0.06	0.16	0.79	0.002	0.020	0.028	0.024	0.005	3.16	0.014	0.08	3.090	3.29	NA																																																																																																																																						
SLD062	Papaya, raw (<i>Carica papaya</i>)	0.19	0.04	0.04	0.07	2.42	0.001	0.001	0.002	0.002	NA	0.05	NA	NA	NA	0.80	NA																																																																																																																																						
SLD063	Parsley (<i>Petroselinum crispum</i>)	5.51	0.91	0.19	1.29	10.24	0.002	0.015	0.001	0.043	NA	NA	0.052	0.49	0.007	4.04	NA																																																																																																																																						
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	0.26	0.86	0.07	0.95	45.45	0.002	0.033	0.003	0.009	0.002	1.37	0.012	5.54	0.001	1.60	0.55																																																																																																																																						
SLD065	Plantain, ash (<i>Musa paradisiaca</i>)	0.39	0.30	0.16	0.21	1.37	-	0.002	0.007	0.011	-	0.11	0.114	0.70	-	0.88	1.48																																																																																																																																						
SLD066	Plantain, ash, peels (<i>Musa paradisiaca</i>)	1.30	53.52	0.15	0.75	5.35	-	0.003	0.002	0.009	-	0.41	0.011	9.43	0.005	0.58	0.24																																																																																																																																						
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	0.38	1.11	0.09	0.39	3.35	NA	0.003	0.005	0.009	NA	0.07	NA	NA	NA	NA	NA																																																																																																																																						
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	0.28	0.29	0.10	0.19	0.26	NA	NA	0.001	0.005	NA	NA	0.14	NA	NA	NA	NA																																																																																																																																						
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	0.35	0.19	0.06	0.08	0.58	0.002	NA	0.016	0.003	NA	0.12	NA	NA	NA	0.11	NA																																																																																																																																						
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	5.12	0.59	0.34	0.66	1.43	0.002	0.035	0.044	0.017	0.002	4.82	0.007	NA	NA	NA	NA																																																																																																																																						
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	0.49	0.15	0.15	0.25	3.30	0.004	0.001	0.007	0.047	-	0.23	0.005	0.73	0.001	0.48	0.11																																																																																																																																						
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	0.29	0.08	0.04	0.14	0.34	NA	NA	0.004	NA	NA	0.09	NA	NA	NA	NA	NA																																																																																																																																						
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	0.39	0.08	0.05	0.10	0.35	NA	NA	0.001	NA	NA	0.07	NA	NA	NA	NA	NA																																																																																																																																						
SLD074	Radish leaves (<i>Raphanus sativus</i>)	4.42	0.54	0.29	0.45	NA	NA	NA	NA	NA	NA	1.81	NA	NA	NA	NA	NA																																																																																																																																						
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	4.42	0.54	0.29	0.45	NA	NA	NA	NA	NA	NA	1.81	NA	NA	NA	NA	NA																																																																																																																																						
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	1.70	2.45	0.20	1.03	31.78	0.013	0.008	0.003	0.005	0.001	0.88	0.002	2.09	0.003	1.14	0.42																																																																																																																																						
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	0.47	0.19	0.11	0.20	NA	0.001	0.001	0.002	0.017	0.001	0.05	NA	NA	NA	NA	NA																																																																																																																																						
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	0.41	0.18	0.11	0.11	NA	0.003	0.002	0.003	0.016	NA	0.09	NA	NA	NA	NA	NA																																																																																																																																						
SLD079	Spiny gourd (<i>Momordica dioica</i>)	0.77	0.48	0.11	0.44	3.53	0.004	0.004	0.006	0.008	0.001	0.21	0.002	0.74	0.001	0.59	0.07																																																																																																																																						
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	1.20	0.99	0.15	1.42	34.19	0.003	0.013	0.004	0.008	0.002	1.87	0.066	3.98	0.008	1.84	1.11																																																																																																																																						
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	2.84	0.64	0.56	0.93	2.45	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA																																																																																																																																						
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	0.42	0.10	0.07	0.15	8.76	0.002	0.004	0.019	0.004	NA	NA	0.004	NA	NA	0.20	NA																																																																																																																																						
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	0.22	0.08	0.03	0.08	NA	0.001	NA	0.003	0.004	NA	0.06	NA	NA	NA	NA	NA																																																																																																																																						
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	0.31	0.09	0.07	0.12	NA	NA	NA	0.004	NA	NA	0.06	NA	NA	NA	NA	NA																																																																																																																																						
SLD085	Turkey berry (<i>Solanum torvum</i>)	1.06	0.91	0.29	0.59	14.17	0.007	0.010	0.004	0.007	0.006	0.19	0.006	1.22	0.001	0.82	0.19																																																																																																																																						
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	1.32	3.23	0.19	0.44	18.23	0.002	0.005	0.002	0.006	0.001	0.56	0.008	3.41	0.001	1.18	0.15																																																																																																																																						
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	1.20	0.67	0.35	0.44	4.01	0.001	0.003	0.005	0.007	-	0.19	0.002	0.20	-	1.16	0.29																																																																																																																																						
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	0.52	0.13	0.07	0.29	0.21	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA																																																																																																																																						
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	0.34	0.21	0.11	0.27	0.30	NA	NA	0.003	NA	NA	NA	NA	NA	NA	NA	NA																																																																																																																																						

Table 6. AMINO ACIDS

(All values are expressed per 100g of protein; NA indicates component not available from reference sources)

Food code	Food Name	Tryptophan		Aspartic Acid		Threonine		Serine		Glutamic Acid		Proline		Glycine		Alanine		Cysteine		Valine		Methionine		Isoleucine		Leucine		Tyrosine		Phenylalanine		Histidine		Lysine		Arginine	
		TRP	ASP	THR	SER	GLU	PRO	GLY	ALA	CYS	VAL	MET	ILE	LEU	TYR	PHE	HIS	LYS	ARG																		
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	0.99	9.65	3.95	4.44	11.81	4.00	5.52	5.96	0.97	5.21	1.44	4.58	7.50	3.82	6.19	2.03	5.76	0.99																		
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	1.20	9.14	4.04	4.50	12.86	4.07	5.12	6.56	0.96	5.24	1.63	4.31	8.20	3.01	4.77	2.01	5.58	1.20																		
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	0.79	11.21	4.17	5.64	11.92	5.97	6.65	9.58	0.64	3.18	1.27	4.13	7.27	3.00	5.83	1.72	4.77	0.79																		
SLD004	Ambarella (<i>Spondias dulcis</i>)	0.77	21.73	3.64	6.46	17.82	2.93	3.59	7.44	0.70	4.09	1.04	3.36	4.73	3.80	2.01	2.20	5.04	3.21																		
SLD005	Ash gourd (<i>Benincasa hispida</i>)	0.47	8.70	3.64	3.99	17.27	4.13	4.86	6.52	0.52	6.18	1.38	4.96	6.07	3.57	2.53	1.71	4.30	0.47																		
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	0.97	11.10	4.01	5.12	16.07	4.77	4.12	5.31	0.55	4.35	1.67	3.74	8.10	2.69	5.41	3.12	7.12	0.97																		
SLD007	Beans, fava (<i>Vicia faba</i>)	0.90	13.96	2.94	4.69	13.56	4.26	4.87	6.43	0.57	5.30	1.22	4.37	7.73	2.73	4.28	2.71	6.01	0.90																		
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	0.70	14.76	3.89	5.70	15.39	4.31	4.84	5.84	0.58	5.49	0.96	4.34	8.08	3.40	4.63	2.64	4.29	0.70																		
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	0.81	12.28	4.60	5.04	15.44	3.90	4.25	5.56	0.53	5.88	0.79	4.31	7.54	3.00	4.37	2.71	4.74	0.81																		
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	0.80	11.43	4.32	5.20	13.06	5.81	3.90	4.08	0.53	5.98	1.07	4.35	6.71	2.95	4.22	2.57	4.83	0.80																		
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	0.49	13.51	4.45	5.53	14.38	4.01	4.45	5.81	0.81	5.46	1.37	4.62	6.56	3.99	4.37	3.11	6.17	6.58																		
SLD012	Beet greens (<i>Beta vulgaris</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																		
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	1.26	8.37	4.88	4.41	8.68	4.77	5.71	5.04	1.09	6.94	1.52	5.09	7.78	4.61	3.09	3.16	6.25	1.26																		
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	1.27	7.24	5.19	3.84	7.25	5.03	5.30	4.47	1.24	6.71	1.38	4.86	7.21	4.70	3.31	3.66	6.83	1.27																		
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	1.75	10.49	4.40	5.45	16.14	4.57	4.85	8.07	0.50	6.13	1.12	4.95	7.51	3.42	4.25	1.40	3.92	1.75																		
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	1.67	9.23	4.62	5.10	16.19	4.74	5.12	6.91	0.60	6.64	0.97	5.20	7.80	3.56	3.41	2.10	4.97	1.67																		
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	1.77	10.61	5.39	4.44	15.78	4.63	5.47	7.22	0.85	5.99	1.28	2.80	7.58	3.76	6.03	2.39	7.62	1.77																		
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	0.79	16.97	3.22	3.73	21.04	4.59	4.13	5.09	0.96	5.75	0.95	4.18	5.64	2.45	4.38	1.91	3.81	0.79																		
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	0.80	16.67	3.43	3.82	18.85	3.74	3.71	5.43	0.84	5.98	0.76	4.12	5.77	2.79	5.47	2.30	4.66	0.80																		
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	0.77	15.73	3.22	3.96	20.39	4.12	3.98	4.99	0.84	5.07	0.91	4.00	6.01	2.99	4.37	1.86	3.89	0.77																		
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	1.24	10.84	4.01	5.82	21.42	3.76	3.82	6.37	0.94	5.40	1.06	5.72	5.69	2.05	3.27	1.97	5.78	1.24																		
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	1.24	11.13	4.04	4.20	21.91	5.35	5.61	7.68	0.91	5.64	1.11	3.81	6.67	2.78	4.56	1.62	3.62	1.24																		
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	0.92	10.99	3.43	3.86	28.72	3.88	2.90	6.98	0.87	2.84	1.02	3.70	5.35	2.29	3.04	2.21	3.92	0.92																		
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	0.95	11.31	2.16	3.40	30.65	5.78	2.66	6.40	0.56	5.41	0.87	3.70	4.80	2.18	2.35	1.37	2.74	0.95																		
SLD025	Canereed leaves (<i>Costus speciosus</i>)	0.69	8.58	4.49	4.89	12.03	5.10	4.97	5.52	0.85	4.84	1.07	4.41	8.29	4.08	5.52	2.30	5.75	5.75																		
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	1.17	15.96	3.44	3.22	26.78	3.43	5.07	6.36	0.99	4.58	1.33	2.84	5.32	4.64	2.33	3.26	2.91	1.17																		
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	0.66	14.87	4.15	5.34	23.21	4.65	4.63	5.04	1.11	4.30	1.11	3.82	5.44	3.92	2.84	1.98	5.24	4.94																		
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																		
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																		

Food code	Food Name	Aspartic Acid										Glutamic Acid										Threonine										Serine										Proline										Glycine										Alanine										Cysteine										Valine										Methionine										Isoleucine										Leucine										Tyrosine										Phenylalanine										Histidine										Lysine										Arginine																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																						
		TRP		ASP		THR		SER		GLU		PRO		GLY		ALA		CYS		VAL		MET		ILE		LEU		TYR		PHE		HIS		LYS		ARG																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																				
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g

Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed)

Food code	Food Name	Saturated Fatty Acids								Mono Unsaturated Fatty Acids						Poly Unsaturated Fatty Acids															
		Lauric (C12:0)		Myristic (C14:0)		Palmitic (C16:0)		Stearic (C18:0)		Arachidic (C20:0)		Behenic (C22:0)		Lignoceric (C24:0)		Total		Palmitoleic (C16:1n7)		Oleic (C18:1n9)		Eicosaenoic (C20:1n9)		Nervonic (C24:1n9)		Total		Linoleic (C18:2n6)		A-Linolenic (C18:3n3)	
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1 CN9	F20D1 N9F	F24D1C	FAPU	F18D2 CN6	F18D3 N3	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SID001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	189	-	19.67	138	18.94	2.57	3.66	6.54	45.84	13.66	30.69	1.49	-	-	-	339	106	189												
SID002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	210	-	20.33	159	17.75	2.24	3.99	7.01	47.34	14.48	31.48	1.39	-	-	-	326	112	210												
SID003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	82.72	-	8.85	61.08	6.28	0.90	2.46	3.15	16.67	8.14	7.67	0.45	0.41			189	35.90	82.72												
SID004	Ambarella (<i>Spondias dulcis</i>)	147	-	4.33	116	15.42	3.17	3.15	5.35	132	-	132	-	-			72.54	46.11	26.43												
SID005	Ash gourd (<i>Benincasa hispida</i>)	26.10	-	0.77	19.12	5.77	0.44	-	-	8.07	1.10	6.98	-	-			84.82	83.48	26.10												
SID006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	259	-	2.60	185	40.26	9.02	13.02	8.50	46.70	8.50	38.20	-	-			428	201	259												
SID007	Beans, fava (<i>Vicia faba</i>)	45.25	-	0.50	33.97	6.61	1.17	1.44	1.56	7.87	0.74	7.13	-	-			66.87	43.41	45.25												
SID008	Beans, field, tender, (<i>Dolichos lablab</i>)	187	-	4.89	137	27.46	4.24	5.86	7.79	36.17	-	36.17	-	-			297	203	187												
SID009	Beans, French, country (<i>Phaseolus vulgaris</i>)	66.74	-	1.32	47.06	11.59	2.10	2.00	2.67	10.05	1.28	8.77	-	-			115	54.08	66.74												
SID010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	66.80	-	1.06	50.38	11.55	1.90	1.90	-	11.85	1.98	9.88	-	-			135	62.83	66.80												
SID011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	122	-	0.73	87.83	17.38	2.81	4.29	5.20	8.79	-	8.79	-	-			109	70.34	39.13												
SID012	Beet greens (<i>Beta vulgaris</i>)	189	-	5.09	160	12.03	-	6.01	4.99	78.74	6.85	71.89	-	-			308	101	189												
SID013	Bitter gourd, elongate (<i>Momordica charantia</i>)	137	-	1.93	73.68	49.63	2.49	2.49	6.68	7.16	0.75	4.23	-	2.18			39.94	17.46	137												
SID014	Bitter gourd, short (<i>Momordica charantia</i>)	140	-	3.76	86.88	39.50	2.79	3.66	3.61	7.23	1.27	4.78	-	1.18			52.59	17.09	140												
SID015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	46.04	-	1.67	34.77	5.06	0.84	2.09	1.61	4.08	-	4.08	-	-			69.26	44.47	46.04												
SID016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	41.07	-	1.30	30.78	4.54	0.71	2.13	1.61	3.47	-	3.47	-	-			63.46	40.53	41.07												
SID017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	82.07	-	-	41.37	30.42	6.35	2.30	1.64	20.20	-	20.20	-	-			162	139	82.07												
SID018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	26.96	-	-	15.67	8.54	1.51	0.71	0.53	10.51	-	10.51	-	-			63.00	54.00	26.96												
SID019	Brinjal, pandora striped (<i>Solanum melongena</i>)	82.96	-	-	40.89	33.26	5.71	1.49	1.61	15.45	-	15.45	-	-			150	126	82.96												
SID020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	51.54	-	-	28.31	17.29	3.82	1.22	0.91	17.93	-	17.93	-	-			139	120	51.54												
SID021	Cabbage, Chinese (<i>Brassica rapa</i>)	33.01	-	-	29.26	3.76	-	-	-	15.97	-	15.97	-	-			55.01	11.68	33.01												
SID022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	61.87	-	-	47.57	7.61	2.19	1.77	2.73	37.19	-	37.19	-	-			117	54.33	61.87												
SID023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	50.36	-	-	37.35	6.28	2.85	1.69	2.18	30.69	-	30.69	-	-			94.95	45.30	50.36												
SID024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	57.06	-	-	42.02	7.26	2.89	1.79	3.10	40.60	-	40.60	-	-			110	52.20	57.06												
SID025	Canereed leaves (<i>Costus speciosus</i>)	203	1.68	0.75	162	35.12	1.95	-	-	19.62	-	19.62	-	-			194	66.24	127												
SID026	Capsicum, green (<i>Capsicum annuum</i>)	70.12	-	1.87	43.07	18.57	2.79	2.35	1.48	11.37	1.13	10.24	-	-			151	119	70.12												
SID027	Capsicum, local (<i>Capsicum annuum</i>)	78.17	-	1.24	55.95	14.65	2.26	1.91	1.10	12.52	1.26	11.06	-	-			177	164	13.15												
SID028	Capsicum, red (<i>Capsicum annuum</i>)	85.41	-	4.50	54.28	19.80	0.95	2.89	2.99	47.99	3.95	44.04	-	-			217	179	85.41												

Food code	Food Name	Saturated Fatty Acids										Mono Unsaturated Fatty Acids						Poly Unsaturated Fatty Acids																				
		Lauric (C12:0)		Myristic (C14:0)		Palmitic (C16:0)		Stearic (C18:0)		Arachidic (C20:0)		Behenic (C22:0)		Lignoceric (C24:0)		Total		Palmitoleic (C16:1n7)		Oleic (C18:1n9)		Eicosanoic (C20:1n9)		Nervonic (C24:1n9)		Total		Linoleic (C18:2n6)		A-Linolenic (C18:3n3)								
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	mg	mg	mg	mg	mg	mg	FAMS	F16D1C	F18D1	F20D1	F24D1C	mg	mg	mg	mg	mg	mg	FAPU	F18D2	F18D3	mg	mg	mg	mg	mg	mg			
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	99.00	-	4.02	64.26	24.20	1.55	2.54	2.53	mg	mg	mg	mg	mg	mg	57.30	4.50	52.80	-	-	199	161	99.00	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg		
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND			
SLD031	Cauliflower (<i>Brassica oleracea</i>)	128	-	1.94	96.63	17.06	4.40	1.80	5.88	mg	mg	mg	mg	mg	mg	25.90	-	25.90	-	-	230	115	128	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg		
SLD032	Celery stalk (<i>Apium graveolens</i>)	54.82	-	-	49.06	5.76	-	-	-	mg	mg	mg	mg	mg	mg	5.21	-	5.21	-	-	116	86.00	54.82	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD033	Cho-cho-marrow (<i>Sechium edule</i>)	78.00	-	-	65.00	8.47	1.34	1.96	1.20	mg	mg	mg	mg	mg	mg	13.37	-	13.37	-	-	20.63	11.33	78.00	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	435	-	-	341	55.65	16.85	13.98	8.23	mg	mg	mg	mg	mg	mg	46.52	17.56	28.96	-	-	655	335	435	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	103	-	-	85.69	8.24	2.10	3.98	2.93	mg	mg	mg	mg	mg	mg	14.98	1.86	13.12	-	-	154	113	103	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	67.53	-	-	53.81	7.73	1.42	2.51	2.06	mg	mg	mg	mg	mg	mg	7.78	1.42	6.37	-	-	110	82.53	67.53	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD037	Corn, Baby (<i>Zea mays</i>)	211	-	-	180	31.08	-	-	-	mg	mg	mg	mg	mg	mg	392	-	384	7.48	-	459	433	211	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	70.05	-	1.02	55.29	9.12	1.14	1.67	1.81	mg	mg	mg	mg	mg	mg	8.57	0.58	7.98	-	-	57.39	40.31	70.05	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	74.22	-	0.99	57.34	10.06	1.34	2.44	2.05	mg	mg	mg	mg	mg	mg	7.18	1.68	5.50	-	-	70.60	47.04	74.22	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	64.23	-	1.00	50.06	8.81	0.95	1.03	2.37	mg	mg	mg	mg	mg	mg	10.16	2.00	8.16	-	-	69.62	60.20	64.23	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD041	Drumstick (<i>Moringa oleifera</i>)	28.48	-	0.51	18.86	3.98	1.44	2.41	1.29	mg	mg	mg	mg	mg	mg	43.63	1.46	42.17	-	-	23.89	17.66	28.48	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	588	-	43.42	387	77.53	-	35.97	44.54	mg	mg	mg	mg	mg	mg	111	-	111	-	-	693	268	588	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD043	Garden cress (<i>Lepidium sativum</i>)	23.90	-	-	19.48	1.73	0.48	1.46	0.75	mg	mg	mg	mg	mg	mg	8.10	0.72	7.38	-	-	59.26	33.27	23.90	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	144	-	1.08	116	11.22	0.36	6.11	8.66	mg	mg	mg	mg	mg	mg	34.96	1.04	18.02	-	-	88.64	58.55	28.06	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	373	-	13.52	123	12.44	3.18	1.93	4.46	mg	mg	mg	mg	mg	mg	52.86	0.49	37.07	-	-	123	65.90	287	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	48.12	-	4.18	36.72	3.86	1.03	0.63	1.56	mg	mg	mg	mg	mg	mg	10.45	0.44	10.01	-	-	109	20.09	89.34	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	490	-	-	346	74.53	23.95	24.96	20.61	mg	mg	mg	mg	mg	mg	57.67	16.91	40.76	-	-	532	125	490	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD048	Indian pennywort (<i>Centella asiatica</i>)	140	-	2.53	124	6.75	1.63	3.24	1.32	mg	mg	mg	mg	mg	mg	18.06	0.58	14.59	2.88	-	214	121	92.31	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	47.88	-	0.66	35.80	3.62	3.50	1.68	2.62	mg	mg	mg	mg	mg	mg	36.77	0.63	22.36	9.53	4.25	110	69.56	47.88	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	153	-	-	130	7.84	5.07	7.41	3.30	mg	mg	mg	mg	mg	mg	13.46	-	13.46	-	-	182	157	153	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	97.12	-	-	77.60	11.33	2.85	2.39	2.94	mg	mg	mg	mg	mg	mg	30.77	4.22	26.55	-	-	128	59.55	97.12	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	107	-	-	67.77	32.78	2.48	1.42	2.39	mg	mg	mg	mg	mg	mg	18.91	5.84	13.07	-	-	154	43.00	107	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	60.90	-	1.16	48.15	4.81	1.57	3.06	2.13	mg	mg	mg	mg	mg	mg	4.70	0.44	4.25	-	-	102	70.50	60.90	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	269	-	10.37	199	34.87	4.23	7.96	6.90	mg	mg	mg	mg	mg	mg	27.64	-	25.09	2.56	-	368	259	108	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD055	Leeks (<i>Allium ampeloprasum</i>)	149	-	1.75	127	8.21	3.59	5.68	2.09	mg	mg	mg	mg	mg	mg	20.36	0.41	19.95	-	-	219	139	79.98	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD056	Lettuce (<i>Lactuca sativa</i>)	103	-	7.73	68.49	9.96	-	7.51	9.06	mg	mg	mg	mg	mg	mg	19.03	8.46	10.57	-	-	182	65.92	103	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD057	Malabar spinach (<i>Basella alba</i>)	123	-	1.14	108	9.04	0.52	0.95	3.01	mg	mg	mg	mg	mg	mg	170	0.85	29.11	140	-	79.22	79.22	-	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	29.87	-	0.70	25.73	1.37	0.64	0.61	0.81	mg	mg	mg	mg	mg	mg	9.92	2.32	7.60	-	-	32.21	18.56	29.87	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	79.21	-	0.95	58.76	14.92	0.73	-	-	mg	mg	mg	mg	mg	mg	71.68	-	71.06	0.62	-	181	180	0.63	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	

Table 8. STARCH AND SUGARS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose FRUS	Glucose GLUS	Sucrose SUCS	Raffinose RAFS	Stachyose STAS	
		g	g	g	g	g	g	g	g
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	1.05	0.36	0.10	0.22	0.04	NA	NA	0.69
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	1.05	0.28	0.24	0.04	NA	NA	NA	0.77
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	0.88	0.17	0.02	0.15	NA	NA	NA	0.71
SLD004	Ambarella (<i>Spondias dulcis</i>)	7.31	1.78	0.94	0.82	0.03	ND	ND	5.53
SLD005	Ash gourd (<i>Benincasa hispida</i>)	1.24	0.23	0.14	0.06	0.03	NA	NA	1.01
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	4.60	1.06	0.40	0.50	0.16	NA	NA	3.54
SLD007	Beans, fava (<i>Vicia faba</i>)	2.11	1.24	0.61	0.41	0.22	NA	NA	0.86
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	NA	NA	NA	NA	NA	0.01	NA	NA
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	1.88	1.06	0.41	0.11	0.10	NA	NA	0.82
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	1.77	1.00	0.65	0.14	0.10	NA	NA	0.77
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	1.82	0.98	0.88	0.02	0.08	ND	ND	0.84
SLD012	Beet greens (<i>Beta vulgaris</i>)	2.15	0.13	0.01	0.12	NA	NA	NA	2.02
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	0.88	0.04	0.04	NA	NA	NA	NA	0.84
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	0.90	0.05	0.05	NA	NA	NA	NA	0.85
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	1.08	0.42	0.27	0.15	NA	NA	NA	0.66
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	1.02	0.34	0.25	0.10	NA	NA	NA	0.67
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	2.00	0.97	0.53	0.28	0.16	NA	NA	1.03
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	2.72	1.01	0.51	0.19	0.31	NA	NA	1.71
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	2.27	1.15	0.59	0.37	0.19	NA	NA	1.12
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	2.05	1.10	0.59	0.13	0.38	NA	NA	0.95
SLD021	Cabbage, Chinese (<i>Brassica rupa</i>)	1.42	0.42	0.20	0.10	0.12	NA	NA	1.00
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	2.35	0.76	0.41	0.24	0.11	NA	NA	1.59
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	1.22	0.91	0.39	0.34	0.18	NA	NA	0.31
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	1.45	0.86	0.42	0.25	0.19	NA	NA	0.59
SLD025	Canereed leaves (<i>Costus speciosus</i>)	4.23	0.29	0.16	0.12	0.01	ND	ND	3.94
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	1.19	0.86	0.38	0.25	0.23	NA	NA	0.33
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	3.32	0.61	0.45	0.16	-	ND	ND	2.72
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	0.97	0.88	0.31	0.24	0.33	NA	NA	0.09
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	1.08	0.96	0.40	0.21	0.35	NA	NA	0.12

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch	
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose		
			g	g	g	g	g	g	g	STARCH
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	4.97	0.15	0.01	0.09	0.05	ND	ND	g	4.82
SLD031	Cauliflower (<i>Brassica oleracea</i>)	1.02	0.51	0.29	0.17	0.05	NA	NA	NA	0.51
SLD032	Celery stalk (<i>Apium graveolens</i>)	1.51	0.81	0.19	0.29	0.33	NA	NA	NA	0.70
SLD033	Cho-cho-marrow (<i>Sechium edule</i>)	1.93	0.75	0.40	0.25	0.10	NA	NA	NA	1.18
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	2.83	0.70	0.24	0.10	0.36	NA	NA	NA	2.13
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	1.08	0.53	0.37	0.16	NA	NA	NA	NA	0.55
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	1.14	0.25	0.09	0.16	NA	NA	NA	NA	0.89
SLD037	Corn, Baby (<i>Zea mays</i>)	4.61	0.49	0.20	0.15	0.14	0.02	0.01	0.01	4.12
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	0.73	0.15	0.12	0.03	NA	NA	NA	NA	0.58
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	0.88	0.21	0.16	0.05	NA	NA	NA	NA	0.67
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	0.76	0.31	0.28	0.03	NA	NA	NA	NA	0.45
SLD041	Drumstick (<i>Moringa oleifera</i>)	2.98	1.87	1.33	0.31	0.23	NA	NA	NA	1.11
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	2.54	0.02	NA	0.02	NA	0.03	0.01	0.01	2.52
SLD043	Garden cress (<i>Lepidium sativum</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	4.20	1.22	1.18	0.04	-	ND	ND	ND	2.98
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	6.51	0.25	0.06	0.12	0.07	ND	ND	ND	6.26
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	1.84	0.09	0.09	-	-	ND	ND	ND	1.75
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	3.95	0.23	0.10	0.10	0.03	NA	NA	NA	3.72
SLD048	Indian pennywort (<i>Centella asiatica</i>)	1.79	0.65	0.58	0.03	0.04	ND	ND	ND	1.14
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	2.11	2.07	1.21	0.29	0.57	NA	NA	NA	0.04
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	8.72	2.19	1.44	0.65	0.10	NA	NA	NA	6.53
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	0.92	0.42	0.01	0.09	0.32	NA	NA	NA	0.50
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	4.57	0.10	NA	0.05	0.05	NA	NA	NA	4.47
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	1.42	0.54	0.42	0.07	0.05	NA	NA	NA	0.88
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	1.84	0.02	0.01	0.02	ND	ND	ND	ND	1.82
SLD055	Leeks (<i>Allium ampeloprasum</i>)	4.43	0.71	0.61	0.05	0.05	ND	ND	ND	3.72
SLD056	Lettuce (<i>Lactuca sativa</i>)	1.80	0.18	0.14	0.04	NA	NA	NA	NA	1.62
SLD057	Malabar spinach (<i>Basella alba</i>)	1.89	0.14	0.10	0.04	-	ND	ND	ND	1.74
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	8.04	2.74	1.78	0.95	NA	NA	NA	NA	5.30
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	2.56	-	-	-	-	ND	ND	ND	2.56

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
			g	g	g	g	g	g	STARCH
SLD060	Onion, stalk (<i>Allium cepa</i>)	1.58	0.48	NA	0.10	0.09	NA	NA	1.10
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	1.62	0.52	0.10	0.20	0.22	NA	NA	1.10
SLD062	Papaya, raw (<i>Carica papaya</i>)	3.83	3.83	2.80	1.03	NA	NA	NA	NA
SLD063	Parsley (<i>Petroselinum crispum</i>)	7.05	0.69	0.29	0.20	0.20	NA	NA	6.36
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	3.35	0.67	0.35	0.20	0.11	ND	ND	2.68
SLD065	Plantain, ash (<i>Musa paradisiaca</i>)	14.08	0.77	0.36	0.41	NA	ND	ND	13.31
SLD066	Plantain, ash, peels (<i>Musa paradisiaca</i>)	4.56	0.03	0.01	NA	0.02	ND	ND	4.54
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	1.82	0.16	0.12	0.04	NA	NA	NA	1.66
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	14.57	0.85	0.74	0.11	NA	NA	NA	13.72
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	4.91	0.50	NA	0.50	NA	NA	NA	4.41
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	2.20	0.11	NA	0.11	NA	0.03	NA	2.09
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	4.63	1.98	0.74	0.51	0.72	ND	ND	2.64
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	3.10	2.90	1.03	1.01	0.86	0.02	NA	0.20
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	3.20	2.84	1.84	0.50	0.49	0.01	NA	0.37
SLD074	Radish leaves (<i>Raphanus sativus</i>)	2.10	0.31	0.15	0.07	0.09	NA	NA	1.79
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	1.34	0.68	0.44	0.13	0.03	NA	NA	0.69
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	2.08	0.66	0.60	0.02	0.04	ND	ND	1.42
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	1.19	0.45	0.30	0.10	0.01	NA	NA	0.74
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	1.15	0.46	0.33	0.02	0.03	NA	NA	0.69
SLD079	Spiny gourd (<i>Momordica dioica</i>)	8.04	0.84	0.49	0.32	0.03	ND	ND	7.20
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	4.83	2.06	0.64	1.09	0.34	ND	ND	2.76
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	7.01	0.17	0.05	0.12	NA	NA	NA	6.85
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	1.35	0.84	0.42	0.42	NA	NA	NA	0.51
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	1.92	1.92	1.76	0.16	NA	NA	NA	NA
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	1.58	1.58	1.29	0.28	NA	NA	NA	NA
SLD085	Turkey berry (<i>Solanum torvum</i>)	7.76	0.48	0.04	0.03	0.40	ND	ND	7.27
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	2.27	0.15	0.15	-	-	ND	ND	2.12
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	2.56	0.91	-	0.63	0.28	ND	ND	1.65
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	1.61	0.14	0.12	0.02	NA	NA	NA	1.47
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	1.37	0.29	0.19	0.10	NA	NA	NA	1.07

Table 9. PHYTOSTEROLS

(All values are expressed per 100g edible portion; ND indicates component not analysed)

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
		mg	STGSTR	mg
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	1.06	2.79	14.88
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	1.08	2.85	16.34
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	0.73	5.86	30.52
SLD004	Ambarella (<i>Spondias dulcis</i>)	ND	ND	ND
SLD005	Ash gourd (<i>Benincasa hispida</i>)	0.16	0.43	2.33
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	1.82	7.02	18.37
SLD007	Beans, fava (<i>Vicia faba</i>)	0.81	3.27	13.81
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	0.72	4.21	15.24
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	0.96	4.29	18.83
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	0.98	4.09	17.65
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	ND	ND	ND
SLD012	Beet greens (<i>Beta vulgaris</i>)	0.86	3.21	15.56
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	0.48	1.94	11.15
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	0.43	1.67	11.07
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	0.21	0.96	6.55
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	0.21	1.00	6.02
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	0.79	1.98	8.38
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	0.74	1.95	8.26
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	0.76	1.80	8.10
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	0.74	1.76	8.47
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	2.06	0.13	17.27
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	2.55	0.28	16.43
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	2.40	0.22	16.97
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	2.52	0.24	14.83
SLD025	Canereed leaves (<i>Costus speciosus</i>)	ND	ND	ND
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	1.29	0.23	4.80
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	ND	ND	ND
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	0.91	0.73	1.89
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	0.07	0.31	10.64

Food code	Food Name	Campesterol		Stigmasterol		β-Sitosterol	
		mg	mg	mg	mg	mg	mg
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	ND	ND	ND	ND	ND	ND
SLD031	Cauliflower (<i>Brassica oleracea</i>)	1.81	1.35	1.35	1.35	12.96	12.96
SLD032	Celery stalk (<i>Apium graveolens</i>)	4.81	0.40	0.40	0.40	4.18	4.18
SLD033	Cho-cho-marow (<i>Sechium edule</i>)	0.07	0.41	0.41	0.41	1.40	1.40
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	3.56	10.25	10.25	10.25	23.83	23.83
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	3.15	2.03	2.03	2.03	16.77	16.77
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	3.42	2.03	2.03	2.03	17.77	17.77
SLD037	Corn, Baby (<i>Zea mays</i>)	3.82	4.69	4.69	4.69	20.20	20.20
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	1.22	0.36	0.36	0.36	7.34	7.34
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	1.21	0.34	0.34	0.34	7.40	7.40
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	1.31	0.38	0.38	0.38	7.74	7.74
SLD041	Drumstick (<i>Moringa oleifera</i>)	3.95	2.18	2.18	2.18	16.83	16.83
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	4.35	2.06	2.06	2.06	27.86	27.86
SLD043	Garden cress (<i>Lepidium sativum</i>)	1.78	12.06	12.06	12.06	13.77	13.77
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	ND	ND	ND	ND	ND	ND
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	ND	ND	ND	ND	ND	ND
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	ND	ND	ND	ND	ND	ND
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	4.42	1.37	1.37	1.37	5.94	5.94
SLD048	Indian pennywort (<i>Centella asiatica</i>)	ND	ND	ND	ND	ND	ND
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	2.89	16.20	16.20	16.20	44.91	44.91
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	1.61	3.84	3.84	3.84	23.55	23.55
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	1.61	0.23	0.23	0.23	8.46	8.46
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	3.90	0.29	0.29	0.29	23.38	23.38
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	2.89	3.96	3.96	3.96	15.03	15.03
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	ND	ND	ND	ND	ND	ND
SLD055	Leeks (<i>Allium ampeloprasum</i>)	ND	ND	ND	ND	ND	ND
SLD056	Lettuce (<i>Lactuca sativa</i>)	0.41	1.78	1.78	1.78	6.37	6.37
SLD057	Malabar spinach (<i>Basella alba</i>)	ND	ND	ND	ND	ND	ND
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	2.02	1.60	1.60	1.60	28.54	28.54
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	ND	ND	ND	ND	ND	ND

Food code	Food Name	Campesterol		Stigmasterol		β-Sitosterol	
		mg	mg	mg	mg	mg	mg
SLD060	Onion, stalk (<i>Allium cepa</i>)	1.16	18.47	17.24			
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	2.02	0.93	14.35			
SLD062	Papaya, raw (<i>Carica papaya</i>)	3.26	2.45	9.35			
SLD063	Parsley (<i>Petroselinum crispum</i>)	2.08	16.48	13.64			
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	ND	ND	ND			
SLD065	Plantain, ash (<i>Musa paradisiaca</i>)	ND	ND	ND			
SLD066	Plantain, ash, peels (<i>Musa paradisiaca</i>)	ND	ND	ND			
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	6.28	6.14	9.50			
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	2.10	1.70	16.07			
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	6.17	8.30	31.56			
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	0.33	2.50	18.24			
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	ND	ND	ND			
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	0.18	0.72	2.34			
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	0.18	0.72	2.60			
SLD074	Radish leaves (<i>Raphanus sativus</i>)	2.19	0.91	17.25			
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	0.11	0.57	3.75			
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	ND	ND	ND			
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	0.25	0.85	4.46			
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	0.24	0.87	4.26			
SLD079	Spiny gourd (<i>Momordica dioica</i>)	ND	ND	ND			
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	ND	ND	ND			
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	4.81	0.64	46.05			
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	0.35	0.86	3.57			
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	0.31	0.85	2.29			
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	0.30	0.74	2.34			
SLD085	Turkey berry (<i>Solanum torvum</i>)	ND	ND	ND			
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	ND	ND	ND			
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	ND	ND	ND			
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	1.01	0.35	7.65			
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	0.88	0.42	8.77			

Table 10. CAROTINES AND XANTHOPHYLS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Capsanthin		Lutein	Zeaxanthin	Lycopene	β – Cryptoxanthin		α – Carotene		β – Carotene		γ – Carotene	
		μg	LUTN	μg	ZEa	LYCPN	CRYPXB	μg	CARTA	μg	CARTB	μg	CARTG	μg
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	NA	8765	189	NA	NA	NA	NA	NA	8846	NA	NA	NA	NA
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	NA	7439	118	NA	NA	NA	NA	NA	8457	NA	NA	NA	NA
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	NA	1877	137	NA	NA	NA	NA	NA	1964	NA	NA	NA	NA
SLD004	Ambarella (<i>Spondias dulcis</i>)	-	4.7	4.05	-	NA	NA	-	-	20.18	NA	-	-	-
SLD005	Ash gourd (<i>Benincasa hispida</i>)	NA	15.31	3.16	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	NA	102	2.98	NA	NA	NA	NA	NA	39.86	NA	NA	NA	NA
SLD007	Beans, fava (<i>Vicia faba</i>)	NA	115	31.57	NA	NA	NA	NA	NA	5.94	NA	NA	NA	NA
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	NA	413	26.54	NA	NA	NA	NA	75.33	561	NA	NA	NA	NA
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	NA	341	10.64	NA	NA	NA	NA	3.15	422	NA	NA	NA	NA
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	NA	228	13.35	NA	NA	NA	NA	388	NA	NA	3.18	NA	NA
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	-	37.38	-	-	NA	NA	-	-	-	-	-	-	-
SLD012	Beet greens (<i>Beta vulgaris</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	NA	399	6.54	NA	NA	NA	NA	413	124	NA	NA	NA	NA
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	NA	225	9.41	NA	NA	NA	NA	NA	131	NA	NA	NA	NA
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	NA	33.89	NA	NA	NA	NA	NA	NA	27.64	NA	NA	NA	NA
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	NA	29.64	8.6	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	NA	119	4.31	NA	NA	NA	NA	NA	101	NA	NA	NA	NA
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	NA	147	2.53	NA	NA	NA	NA	NA	146	NA	NA	NA	NA
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	NA	138	3.9	NA	NA	NA	NA	NA	138	NA	NA	NA	NA
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	NA	111	1.33	NA	NA	NA	NA	NA	110	NA	NA	NA	NA
SLD021	Cabbage, Chinese (<i>Brassica rupa</i>)	NA	58	1.5	NA	NA	NA	NA	NA	5.5	NA	NA	NA	NA
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	NA	143	2.68	NA	NA	NA	NA	104	NA	NA	NA	NA	NA
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata</i> f. <i>alba</i>)	NA	5.15	NA	NA	NA	NA	NA	NA	20.15	NA	NA	NA	NA
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata</i> f. <i>rubra</i>)	NA	55.34	1.9	NA	NA	NA	NA	NA	31.82	NA	NA	NA	NA
SLD025	Canereed leaves (<i>Costus speciosus</i>)	-	4376	24	-	NA	NA	-	-	1720	NA	-	-	-
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	1694	143	11.64	NA	NA	NA	NA	NA	317	NA	NA	NA	NA
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	-	99.66	4.81	-	NA	NA	-	-	233	NA	-	-	-
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	NA	180	16.79	NA	NA	NA	NA	NA	311	NA	NA	NA	NA
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	1580	278	11.42	NA	NA	NA	NA	NA	181	NA	NA	NA	NA

Food code	Food Name	Capsanthin		Lutein	Zeaxanthin		Lycopene		β – Cryptoxanthin		α – Carotene		β – Carotene		γ – Carotene	
		μg	μg		ZEA	μg	LYCPN	μg	CRYPXB	μg	CARTA	μg	CARTB	μg	CARTG	μg
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	-	7805		4605		-		-		-		8244		-	
SLD031	Cauliflower (<i>Brassica oleracea</i>)	NA	35.30		2.64		NA		NA		NA		0.89		NA	
SLD032	Celery stalk (<i>Apium graveolens</i>)	NA	174		2.11		NA		NA		NA		401		NA	
SLD033	Cho-cho-marrow (<i>Sechium edule</i>)	NA	9.66		1.54		NA		NA		NA		1.85		NA	
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	NA	NA		NA		NA		NA		NA		NA		NA	
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	NA	97.12		5.30		NA		NA		4.97		NA		NA	
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	NA	99.60		1.96		NA		NA		2.30		NA		NA	
SLD037	Corn, Baby (<i>Zea mays</i>)	NA	5.79		1.90		NA		NA		NA		1.52		NA	
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	NA	6.72		NA		NA		NA		NA		3.52		NA	
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	NA	2.12		NA		NA		NA		NA		4.58		NA	
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	NA	1.52		NA		NA		NA		NA		5.52		NA	
SLD041	Drumstick (<i>Moringa oleifera</i>)	NA	129		7.16		NA		NA		NA		18.83		NA	
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	NA	11433		229		NA		NA		NA		15987		NA	
SLD043	Garden cress (<i>Lepidium sativum</i>)	NA	1564		21.65		NA		NA		NA		NA		NA	
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	-	89.96		4.98		-		-		-		100		-	
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	-	6542		2742		-		-		-		14518		-	
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	-	5388		656		-		-		-		6894		-	
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	NA	12941		559		NA		NA		NA		12582		NA	
SLD048	Indian pennywort (<i>Centella asiatica</i>)	-	1896		8.00		-		-		-		1361		-	
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	NA	6.45		3.12		NA		NA		NA		NA		NA	
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	NA	2.16		2.33		NA		NA		NA		NA		NA	
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	NA	3.66		0.16		NA		NA		NA		NA		NA	
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongylodes</i>)	NA	15.62		2.77		NA		NA		12.04		NA		NA	
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	NA	783		3.11		NA		NA		NA		74.51		NA	
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	-	2686		160		-		-		-		1805		-	
SLD055	Leeks (<i>Allium ampeloprasum</i>)	-	50.00		6.00		-		-		-		111		-	
SLD056	Lettuce (<i>Lactuca sativa</i>)	NA	2178		8.15		NA		NA		NA		NA		NA	
SLD057	Malabar spinach (<i>Basella alba</i>)	-	6887		3800		-		-		-		5760		-	
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	NA	103		0.16		NA		11.84		NA		81.08		NA	
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	-	-		-		-		-		-		-		-	

Food code	Food Name	Capsanthin		Lutein		Zeaxanthin		Lycopene		β – Cryptoxanthin		α – Carotene		β – Carotene		γ – Carotene	
		μg	LUTN	μg	ZEA	μg	LYCPN	μg	CRYPX	μg	CARTA	μg	CARTB	μg	CARTG	μg	CARTG
SLD060	Onion, stalk (<i>Allium cepa</i>)	NA	454	3.15	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	NA	2655	5.5	NA	11.84	NA	NA	NA	2450	NA	NA	NA	NA	NA	NA	NA
SLD062	Papaya, raw (<i>Carica papaya</i>)	NA	329	NA	NA	87.54	NA	103	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD063	Parsley (<i>Petroselinum crispum</i>)	NA	3574	11.92	NA	NA	NA	2710	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	-	4317	178	-	-	-	5669	-	-	-	-	-	-	-	-	-
SLD065	Plantain, ash (<i>Musa x paradisiaca</i>)	-	0.06	0.08	-	-	-	0.37	-	-	-	-	-	-	-	-	-
SLD066	Plantain, ash, peels (<i>Musa x paradisiaca</i>)	-	44.35	5.55	-	-	-	47.87	-	-	-	-	-	-	-	-	-
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	NA	71.4	4.66	NA	NA	NA	25.64	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	NA	23.00	2.64	NA	NA	NA	2.15	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	NA	29.30	4.12	NA	NA	NA	2.16	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	NA	6453	45.36	NA	NA	NA	1431	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	-	89.14	11.76	-	-	-	140	-	83.83	-	-	-	-	-	-	-
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	NA	394	26.6	NA	NA	NA	63.91	NA	363	NA	NA	NA	NA	NA	63.91	NA
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	NA	150	39.49	NA	NA	NA	142	NA	94.31	NA	NA	NA	NA	NA	NA	NA
SLD074	Radish leaves (<i>Raphanus sativus</i>)	NA	1853	27.31	NA	NA	NA	3047	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	NA	163	14.32	NA	NA	NA	356	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	-	1035	9.00	-	-	-	554	-	-	-	-	-	-	-	-	-
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	NA	39.60	5.41	NA	NA	NA	61.64	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	NA	27.60	6.45	NA	NA	NA	62.47	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD079	Spiny gourd (<i>Momordica dioica</i>)	-	88.91	4.17	-	-	-	108	-	-	-	-	-	-	-	-	-
SLD080	Sweet leaf (<i>Sauropus andragynus</i>)	-	15215	118	-	-	-	3047	-	-	-	-	-	-	-	-	-
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	NA	58.83	1.88	NA	NA	NA	168	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	NA	38.20	0.16	NA	38.93	NA	35.98	NA	NA	NA	NA	NA	NA	NA	6.8	NA
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	NA	1763	9.33	NA	2343	NA	1549	NA	NA	NA	NA	NA	NA	NA	6.5	NA
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	NA	674	19.75	NA	1264	NA	991	NA	NA	NA	NA	NA	NA	NA	9.9	NA
SLD085	Turkey berry (<i>Solanum torvum</i>)	-	33.21	3.20	-	-	-	95.33	-	-	-	-	-	-	-	-	-
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	-	1650	16.00	-	-	-	9685	-	-	-	-	-	-	-	-	-
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	-	142	8.27	-	-	-	232	-	-	-	-	-	-	-	-	-
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	NA	87.86	16.23	NA	NA	NA	85.79	NA	NA	NA	NA	NA	NA	NA	NA	NA
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	NA	36.40	25.60	NA	NA	NA	69.90	NA	NA	NA	NA	NA	NA	NA	NA	NA

Table 11. ORGANIC ACIDS, PHYTATES, TRYPSIN INHIBITOR AND SAPONIN

(All values are expressed per 100g edible portion; ND indicates component not analysed; NA indicates component not available from reference sources)

Food code	Food Name	Oxalates		Total Saponin																							
				Soluble		Insoluble		Tartaric Acid		Quinic Acid		Mallic Acid		Citric Acid		Succinic Acid		Cis-Aconitic Acid		Fumaric Acid		Phytate		Trypsin Inhibitor Unit		Trypsin Inhibitor Activity	
		OXALAC																									
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLD001	Amaranth, leaves, green (<i>Amaranthus gangeticus</i>)	593	167	426	NA	NA	2.30	2.80	3.86	NA	3.14	5.70	4.87	593	167												
SLD002	Amaranth, leaves, red (<i>Amaranthus gangeticus</i>)	823	385	437	NA	NA	4.52	2.79	2.98	NA	2.99	4.90	4.49	823	385												
SLD003	Amaranth, spinosus, green (<i>Amaranthus spinosus</i>)	1234	87.33	1146	NA	NA	2.63	2.22	NA	6.14	12.12	7.05	0.94	1234	87.33												
SLD004	Ambarella (<i>Spondias dulcis</i>)	0.30	0.09	0.20	ND	ND	ND	ND	ND	ND	ND	66.39	ND	ND	ND												
SLD005	Ash gourd (<i>Benincasa hispida</i>)	4.44	2.98	1.46	NA	NA	NA	35.12	NA	NA	0.61	14.85	NA	4.44	2.98												
SLD006	Bean, scarlet, tender (<i>Phaseolus coccineus</i>)	20.33	6.77	13.56	NA	NA	36.48	20.37	175	34.16	1.96	14.21	NA	20.33	6.77												
SLD007	Beans, fava (<i>Vicia faba</i>)	21.65	7.77	13.88	NA	NA	4.72	123	NA	NA	0.99	5.67	0.41	21.65	7.77												
SLD008	Beans, field, tender, (<i>Dolichos lablab</i>)	28.33	8.95	19.38	NA	NA	NA	NA	NA	14.82	4.36	4.87	0.56	28.33	8.95												
SLD009	Beans, French, country (<i>Phaseolus vulgaris</i>)	40.31	3.98	36.33	NA	NA	66.73	95.86	NA	14.52	13.15	5.74	0.13	40.31	3.98												
SLD010	Beans, French, hybrid (<i>Phaseolus vulgaris</i>)	36.97	4.88	32.09	NA	NA	68.60	81.10	NA	12.60	14.40	7.51	NA	36.97	4.88												
SLD011	Beans, long, red (<i>Vigna unguiculata sesquipedalis</i>)	4.71	0.87	3.84	ND	ND	ND	ND	ND	ND	ND	321	ND	ND	ND												
SLD012	Beet greens (<i>Beta vulgaris</i>)	147	39.34	107	NA	NA	2.79	1.02	85.15	NA	0.21	18.00	NA	147	39.34												
SLD013	Bitter gourd, elongate (<i>Momordica charantia</i>)	47.33	16.47	30.86	NA	NA	NA	57.16	5.93	NA	1.25	11.81	NA	47.33	16.47												
SLD014	Bitter gourd, short (<i>Momordica charantia</i>)	47.55	14.79	32.76	NA	NA	NA	66.14	7.52	NA	1.30	15.68	NA	47.55	14.79												
SLD015	Bottle gourd, elongate (<i>Lagenaria vulgaris</i>)	6.12	5.14	0.98	NA	NA	NA	29.15	63.41	NA	0.14	10.00	NA	6.12	5.14												
SLD016	Bottle gourd, round (<i>Lagenaria vulgaris</i>)	2.53	1.38	1.15	NA	NA	NA	31.12	65.18	NA	0.14	11.83	NA	2.53	1.38												
SLD017	Brinjal, Chinese eggplant (<i>Solanum melongena</i>)	31.45	24.33	7.12	18.31	NA	10.36	8.64	NA	NA	34.31	16.18	3.27	31.45	24.33												
SLD018	Brinjal, little prince eggplant (<i>Solanum melongena</i>)	NA	NA	NA	20.54	NA	32.46	15.04	NA	0.77	85.41	16.93	3.42	NA	NA												
SLD019	Brinjal, pandora striped (<i>Solanum melongena</i>)	29.12	25.33	3.79	10.81	NA	44.26	9.12	NA	0.30	68.87	7.00	3.20	29.12	25.33												
SLD020	Brinjal, Thai eggplant (<i>Solanum melongena</i>)	34.28	31.15	3.13	10.16	NA	23.26	5.76	NA	0.37	20.47	16.92	3.85	34.28	31.15												
SLD021	Cabbage, Chinese (<i>Brassica rapa</i>)	16.55	1.85	14.70	NA	88.30	5.65	67.54	85.00	NA	0.41	16.85	NA	16.55	1.85												
SLD022	Cabbage, collard, greens (<i>B. oleracea</i> var. <i>viridis</i>)	9.42	0.80	8.62	2.98	58.30	0.55	45.82	89.66	0.03	0.81	12.08	NA	9.42	0.80												
SLD023	Cabbage, green (<i>B. oleracea</i> var. <i>capitata f. alba</i>)	3.11	0.39	2.72	2.75	96.12	0.31	44.82	92.86	0.01	0.78	11.69	0.24	3.11	0.39												
SLD024	Cabbage, violet (<i>B. oleracea</i> var. <i>capitata f. rubra</i>)	2.98	0.29	2.69	1.74	42.63	0.35	56.78	87.93	0.03	0.78	12.78	0.24	2.98	0.29												
SLD025	Canereed leaves (<i>Costus speciosus</i>)	77.12	18.57	58.56	ND	ND	ND	ND	ND	ND	ND	49.46	ND	ND	ND												
SLD026	Capsicum, green (<i>Capsicum annuum</i>)	20.25	12.84	7.41	NA	NA	186	102	241	NA	0.29	15.94	0.05	20.25	12.84												
SLD027	Capsicum, local (<i>Capsicum annuum</i>)	1.40	0.44	0.96	ND	ND	ND	ND	ND	ND	ND	81.32	ND	ND	ND												
SLD028	Capsicum, red (<i>Capsicum annuum</i>)	15.43	11.42	4.01	NA	8.64	116	44.32	111	NA	0.34	NA	NA	15.43	11.42												

Food code	Food Name	Oxalates		Total Saponin											
				Tartaric Acid						Cis-Aconitic Acid			Fumaric Acid		
		Soluble		Insoluble	Quinic Acid		Mallic Acid		Citric Acid	Succinic Acid	Phytate	Trypsin Inhibitor	Unit	Trypsin Inhibitor Activity	Total Saponin
					TARAC	MALAC	CITAC	SUCAC	FUM AC						
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	g
SLD029	Capsicum, yellow (<i>Capsicum annuum</i>)	21.66	9.64	12.02	NA	NA	48.82	136	NA	1.13	NA	NA	NA	21.66	9.64
SLD030	Cassava leaves (<i>Manihot esculenta</i>)	32.22	3.56	28.66	ND	ND	ND	ND	ND	ND	180	ND	ND	ND	ND
SLD031	Cauliflower (<i>Brassica oleracea</i>)	8.69	2.15	6.54	3.30	4.38	106	286	0.34	4.12	19.25	0.13	0.13	8.69	2.15
SLD032	Celery stalk (<i>Apium graveolens</i>)	46.31	26.31	20.00	NA	50.39	156	8.70	NA	NA	25.97	NA	NA	46.31	26.31
SLD033	Cho-cho-marow (<i>Sechium edule</i>)	1.87	1.38	0.49	0.31	34.35	NA	53.32	28.81	0.12	NA	18.98	NA	1.87	1.38
SLD034	Colocasia leaves, green (<i>Colocasia anti-quorum</i>)	799	223	576	NA	NA	55.36	22.36	NA	NA	4.97	14.13	NA	799	223
SLD035	Colocasia, stem, black (<i>Colocasia antiquorum</i>)	250	177	73.00	NA	NA	296	20.30	62.60	NA	4.65	25.85	NA	250	177
SLD036	Colocasia, stem, green (<i>Colocasia antiquorum</i>)	229	172	57.00	NA	NA	156	24.01	96.99	NA	0.15	26.49	NA	229	172
SLD037	Corn, Baby (<i>Zea mays</i>)	6.54	2.14	4.40	4.38	5.57	NA	21.14	60.48	0.29	4.15	26.44	NA	6.54	2.14
SLD038	Cucumber, Indian cucumber (<i>Cucumis sativus</i>)	9.45	2.18	7.27	NA	4.52	64.63	80.35	42.68	NA	3.12	17.02	NA	9.45	2.18
SLD039	Cucumber, Mangalore (<i>Cucumis sativus</i>)	12.78	2.24	10.54	NA	NA	NA	NA	NA	NA	NA	16.08	NA	12.78	2.24
SLD040	Cucumber, Persian cucumber (<i>Cucumis sativus</i>)	14.33	2.29	12.04	NA	1.44	66.14	55.38	41.86	NA	4.12	17.48	NA	14.33	2.29
SLD041	Drumstick (<i>Moringa oleifera</i>)	129	69.72	59.64	128	25.63	406	90.42	49.02	13.32	44.26	83.36	0.27	129	69.72
SLD042	Drumstick leaves (<i>Moringa oleifera</i>)	126	12.10	114	NA	105	86.63	21.36	86.00	NA	NA	135	0.21	126	12.10
SLD043	Garden cress (<i>Lepidium sativum</i>)	128	35.10	93.16	NA	NA	85.63	8.80	153	NA	9.12	16.87	NA	128	35.10
SLD044	Golden leather fern fiddlehead (<i>A. aureum</i>)	17.64	3.55	14.10	ND	ND	ND	ND	ND	ND	202	ND	ND	ND	ND
SLD045	Green milkweed climber (<i>Wattakaka volubilis</i>)	9.87	2.44	7.43	ND	ND	ND	ND	ND	ND	185	ND	ND	ND	ND
SLD046	Horse purslane (<i>Boerhavia diffusa</i>)	26.95	5.91	21.03	ND	ND	ND	ND	ND	ND	327	ND	ND	ND	ND
SLD047	Hummingbird tree leaves (<i>Sesbania grandiflora</i>)	178	8.06	170	NA	NA	7.59	2.46	3.27	NA	7.26	63.33	1.43	178	8.06
SLD048	Indian pennywort (<i>Centella asiatica</i>)	5.61	1.95	3.66	ND	ND	ND	ND	ND	ND	152	ND	ND	ND	ND
SLD049	Jack fruit, raw (<i>Artocarpus heterophyllus</i>)	11.34	8.77	2.57	NA	501	NA	NA	NA	5.40	6.44	67.63	NA	11.34	8.77
SLD050	Jack fruit, seed, mature (<i>Artocarpus heterophyllus</i>)	31.75	27.64	4.11	NA	411	83.86	20.82	NA	1.14	7.69	125	NA	31.75	27.64
SLD051	Knol - Khol (<i>Brassica oleracea</i>)	NA	NA	NA	NA	228	6.12	16.23	7.18	NA	7.36	15.78	0.11	NA	NA
SLD052	Knol - Khol, leaves (<i>B. oleracea</i> var. <i>gongyloides</i>)	2.92	1.88	1.04	NA	NA	38.98	5.47	26.96	NA	3.87	47.33	NA	2.92	1.88
SLD053	Ladies finger (<i>Abelmoschus esculentus</i>)	83.89	5.94	77.95	NA	154	16.47	14.87	116	3.22	64.89	3.75	0.13	83.89	5.94
SLD054	Lasia shoots (<i>Lasia spinosa</i>)	28.82	10.72	18.10	ND	ND	ND	ND	ND	ND	393	ND	ND	ND	ND
SLD055	Leeks (<i>Allium ampeloprasum</i>)	3.92	0.80	3.12	ND	ND	ND	ND	ND	ND	244	ND	ND	ND	ND
SLD056	Lettuce (<i>Lactuca sativa</i>)	296	40.04	256	NA	12.52	62.93	9.82	57.00	NA	2.15	50.12	NA	296	40.04
SLD057	Malabar spinach (<i>Basella alba</i>)	14.91	2.12	12.80	ND	ND	ND	ND	ND	ND	318	ND	ND	ND	ND
SLD058	Mango, green, raw (<i>Mangifera indica</i>)	8.54	3.89	4.65	NA	NA	NA	NA	NA	NA	15.35	NA	NA	8.54	3.89
SLD059	Mushroom, Oyster, white (<i>Pleurotus ostreatus</i>)	1.68	0.41	1.27	ND	ND	ND	ND	ND	ND	893	ND	ND	ND	ND

Food code	Food Name	Oxalates		Tartaric Acid												Cis-Aconitic Acid				Fumaric Acid		Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity	Total Saponin
		Total	Soluble		Insoluble	Quinic Acid				Mallic Acid				Citric Acid				Succinic Acid		FUM AC					
			mg	mg		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg									
																	mg	mg	mg		mg				
SLD060	Onion, stalk (<i>Allium cepa</i>)	19.42	11.31	8.11	NA	85.63	74.12	835	NA	1.06	59.23	0.08	19.42	11.31											
SLD061	Pak Choi leaves (<i>Brassica rapa</i> var. <i>chinensis</i>)	14.35	2.15	12.20	3.14	4.75	1.82	35.85	79.88	NA	1.01	18.05	NA	14.35	2.15										
SLD062	Papaya, raw (<i>Carica papaya</i>)	10.12	5.05	5.07	NA	NA	NA	NA	NA	NA	NA	24.12	NA	10.12	5.05										
SLD063	Parsley (<i>Petroselinum crispum</i>)	128	11.50	116	NA	NA	NA	1.36	104	113	0.83	54.32	NA	128	11.50										
SLD064	Passion fruit leaves (<i>Passiflora edulis</i>)	93.05	34.86	58.19	ND	ND	ND	ND	ND	ND	ND	170	ND	ND	ND										
SLD065	Plantain, ash (<i>Musa x paradisiaca</i>)	16.89	9.24	7.65	ND	ND	ND	ND	ND	ND	ND	64.01	ND	ND	ND										
SLD066	Plantain, ash, peels (<i>Musa x paradisiaca</i>)	9.30	3.92	5.38	ND	ND	ND	ND	ND	ND	ND	88.68	ND	ND	ND										
SLD067	Plantain, flower (<i>Musa x paradisiaca</i>)	155	120	35.15	NA	NA	NA	65.25	NA	0.04	2.76	2.54	NA	155	120										
SLD068	Plantain, green (<i>Musa x paradisiaca</i>)	81.66	49.36	32.30	NA	NA	NA	41.02	NA	0.10	1.02	40.36	NA	81.66	49.36										
SLD069	Plantain, stem (<i>Musa x paradisiaca</i>)	209	152	56.43	NA	NA	NA	14.89	NA	0.13	0.12	15.81	NA	209	152										
SLD070	Pumpkin leaves, tender (<i>Cucurbita maxima</i>)	13.67	4.31	9.36	NA	NA	NA	9.63	53.74	30.34	14.13	40.01	NA	13.67	4.31										
SLD071	Pumpkin, common (<i>Cucurbita maxima</i>)	4.53	3.38	1.14	ND	ND	ND	ND	ND	ND	ND	178	ND	ND	ND										
SLD072	Pumpkin, green, cylindrical (<i>Cucurbita maxima</i>)	57.33	49.61	7.72	NA	NA	NA	159	NA	1.13	1.13	22.51	NA	57.33	49.61										
SLD073	Pumpkin, orange, round (<i>Cucurbita maxima</i>)	45.31	37.12	8.19	NA	NA	NA	51.38	6.25	1.53	1.45	19.72	NA	45.31	37.12										
SLD074	Radish leaves (<i>Raphanus sativus</i>)	74.33	27.45	46.88	NA	NA	NA	1.36	139	5.32	1.54	46.63	NA	74.33	27.45										
SLD075	Ridge gourd (<i>Luffa acutangula</i>)	21.33	1.17	20.16	NA	NA	NA	152	NA	0.08	12.15	15.30	NA	21.33	1.17										
SLD076	Sessile joyweed (<i>Alternanthera sessilis</i>)	66.14	17.66	48.48	ND	ND	ND	ND	ND	ND	ND	346	ND	ND	ND										
SLD077	Snake gourd, dark green (<i>Trichosanthes anguina</i>)	13.44	3.53	9.91	NA	NA	NA	123	NA	1.29	1.91	13.04	NA	13.44	3.53										
SLD078	Snake gourd, pale green (<i>Trichosanthes anguina</i>)	21.33	4.21	17.12	NA	NA	NA	NA	NA	2.52	1.86	13.75	NA	21.33	4.21										
SLD079	Spiny gourd (<i>Momordica dioica</i>)	7.38	2.12	5.26	ND	ND	ND	ND	ND	ND	ND	332	ND	ND	ND										
SLD080	Sweet leaf (<i>Sauropus androgynus</i>)	128	24.66	104	ND	ND	ND	ND	ND	ND	ND	153	ND	ND	ND										
SLD081	Tamarind leaves, tender (<i>Tamarindus indica</i>)	164	74.48	89.55	44.76	NA	NA	NA	195	NA	6.46	33.87	NA	164	74.48										
SLD082	Tomato, green (<i>Lycopersicon esculentum</i>)	9.08	7.05	2.03	NA	NA	NA	6.74	134	NA	0.31	1.15	NA	9.08	7.05										
SLD083	Tomato, ripe, hybrid (<i>Lycopersicon esculentum</i>)	1.97	1.12	0.85	2.99	NA	12.52	292	63.82	NA	0.09	2.58	NA	1.97	1.12										
SLD084	Tomato, ripe, local (<i>Lycopersicon esculentum</i>)	4.99	4.31	0.68	2.68	NA	7.27	279	6.89	NA	0.08	2.28	NA	4.99	4.31										
SLD085	Turkey berry (<i>Solanum torvum</i>)	2.72	0.21	2.51	ND	ND	ND	ND	ND	ND	ND	298	ND	ND	ND										
SLD086	Water spinach (<i>Ipomoea aquatica</i>)	4.97	1.24	3.74	ND	ND	ND	ND	ND	ND	ND	278	ND	ND	ND										
SLD087	Winged bean (<i>Psopocarpus tetragonolobus</i>)	0.21	0.08	0.13	ND	ND	ND	ND	ND	ND	ND	386	ND	ND	ND										
SLD088	Zucchini, green (<i>Cucurbita pepo</i>)	17.83	2.80	15.03	NA	NA	2.32	47.81	55.30	NA	49.65	10.57	NA	17.83	2.80										
SLD089	Zucchini, yellow (<i>Cucurbita pepo</i>)	16.06	2.80	13.26	NA	NA	2.32	47.81	55.30	NA	45.17	11.50	NA	16.06	2.80										

