

Group E

Fruits

Being the delicious treats from the nature fruits are a major part of a healthy diet. They are good sources of vitamins, minerals, antioxidants and fiber. This groups contains a wide variety that can be categorized as citrus, tropical fruits, melons, pomes (apple, pears etc.) and drupes (java plum).

SLFCT contains a total of 54 fruits commonly consumed in Sri Lanka.



SLE001



SCIENTIFIC NAME: *Malus domestica*
ENGLISH NAME: Apple, green
SINHALA NAME: ඇපල් කොළ
TAMIL NAME: பச்சை அப்பிள்

SLE002



SCIENTIFIC NAME: *Malus domestica*
ENGLISH NAME: Apple, Red
SINHALA NAME: ඇපල්, රතු
TAMIL NAME: சிவப்பு அப்பிள்

SLE003



SCIENTIFIC NAME: *Persea americana*
ENGLISH NAME: Avocado fruit
SINHALA NAME: අලිගුටමේර
TAMIL NAME: ஆனைக்கொய்யா

SLE004



SCIENTIFIC NAME: *Aegle marmelos*
ENGLISH NAME: Bael fruit, Indian bael, Slime apple
SINHALA NAME: බෙලි
TAMIL NAME: வில்வம் பழம்

SLE005



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Banana, ripe, ambul
SINHALA NAME: ඇඹුල් කෙසෙල්
TAMIL NAME: கதலி வாழைப்பழம்

SLE006



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Banana, ripe, anamalu
SINHALA NAME: ආනමාළු කෙසෙල්
TAMIL NAME: ஆனை வாழைப்பழம்

SLE007



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Banana, ripe, pome
SINHALA NAME: පුවාළ කෙසෙල්
TAMIL NAME: இதரை வாழைப்பழம்

SLE008



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Banana, ripe, Silk
SINHALA NAME: කෝලිකුට්ටු කෙසෙල්
TAMIL NAME: கப்பல் வாழைப்பழம்

SLE009



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Banana, ripe, Red
SINHALA NAME: රතු කෙසෙල්
TAMIL NAME: செவ்வாழைப்பழம்

SLE010



SCIENTIFIC NAME: *Musa x paradisiaca*
ENGLISH NAME: Banana, ripe, rubosta, cavendish
SINHALA NAME: කැවෙන්ඩිෂ්
TAMIL NAME: சீனி வாழைப்பழம்

SLE011



SCIENTIFIC NAME: *Syzygium cumini*
ENGLISH NAME: Black-purple berries (Java plum)
SINHALA NAME: මා දං
TAMIL NAME: நாவல்ப்பழம்

SLE012



SCIENTIFIC NAME: *Elaeocarpus serratus*
ENGLISH NAME: Ceylon olive
SINHALA NAME: වෙරළ
TAMIL NAME: வெரலு

SLE013



SCIENTIFIC NAME: *Annona squamosa*
ENGLISH NAME: Custard apple, sugar-apples, sweetsops
SINHALA NAME: ගුට අනෝදා
TAMIL NAME: அன்னமுன்னாப்பழம்

SLE014



SCIENTIFIC NAME: *Phoenix dactylifera*
ENGLISH NAME: Dates, processed
SINHALA NAME: රට දඬි
TAMIL NAME: பேரிச்சம் பழம்

SLE015



SCIENTIFIC NAME: *Emblica officinalis*
ENGLISH NAME: Goosberry, Indian gooseberry
SINHALA NAME: බෙහෙත් නෙල්ලි
TAMIL NAME: முழு நெல்லிக்காய்

SLE016



SCIENTIFIC NAME: *Vitis vinifera*
ENGLISH NAME: Grapes, seeded, round, black
SINHALA NAME: කළු මිදි, ඇට ඇති
TAMIL NAME: கறுப்பு திராட்சைப்பழம்

SLE017



SCIENTIFIC NAME: *Vitis vinifera*
ENGLISH NAME: Grapes, seeded, round, green
SINHALA NAME: කොළ මිදි ඇට ඇති
TAMIL NAME: பச்சை திராட்சைப்பழம்

SLE018



SCIENTIFIC NAME: *Vitis vinifera*
ENGLISH NAME: Grapes, seeded, round, red
SINHALA NAME: රතු මිදි ඇට ඇති
TAMIL NAME: சிவப்பு திராட்சைப்பழம் (வித்து உள்ளது)

SLE019

SCIENTIFIC NAME: *Vitis vinifera*
 ENGLISH NAME: Grapes, seedless, oval, black
 SINHALA NAME: කළු මිදි ඇට නැති
 TAMIL NAME: கறுப்பு திராட்சைப்பழம் (வித்து அற்றது)

SLE020

SCIENTIFIC NAME: *Vitis vinifera*
 ENGLISH NAME: Grapes, seedless, round, green
 SINHALA NAME: කොළ මිදි ඇට නැති
 TAMIL NAME: பச்சை திராட்சைப்பழம் (வித்து அற்றது)

SLE021

SCIENTIFIC NAME: *Psidium guajava*
 ENGLISH NAME: Guava, kilo pera
 SINHALA NAME: කිලෝ පේරා
 TAMIL NAME: பெரிய கொய்யாப்பழம்

SLE022

SCIENTIFIC NAME: *Psidium cattleyanum*
 ENGLISH NAME: Guava, pink flesh
 SINHALA NAME: රතු පේරා
 TAMIL NAME: சிவப்பு கொய்யாப்பழம்

SLE023

SCIENTIFIC NAME: *Psidium guajava*
 ENGLISH NAME: Guava, white flesh
 SINHALA NAME: සුදු පේරා
 TAMIL NAME: வெள்ளை கொய்யாப்பழம்

SLE024

SCIENTIFIC NAME: *Artocarpus heterophyllus*
 ENGLISH NAME: Jack fruit, ripe
 SINHALA NAME: චරකා
 TAMIL NAME: பலாப்பழம்

SLE025

SCIENTIFIC NAME: *Syzygium cumini*
 ENGLISH NAME: Jamun fruit, Rose apple, water apple
 SINHALA NAME: පිති ජම්බු
 TAMIL NAME: ஜம்பு

SLE026

SCIENTIFIC NAME: *Carissa carandas*
 ENGLISH NAME: Karanda, Carandas plum, Bengal
 SINHALA NAME: ජුම්පන්, මහ කරඹ
 TAMIL NAME: களாக்காய்

SLE027

SCIENTIFIC NAME: *Citrus limon*
 ENGLISH NAME: Lemon, juice
 SINHALA NAME: ලෙමන්
 TAMIL NAME: கொடித்தேசி

SLE028

SCIENTIFIC NAME: *Citrus limetta*
 ENGLISH NAME: Lime
 SINHALA NAME: ලෙඩි
 TAMIL NAME: தேசிக்காய்

SLE029

SCIENTIFIC NAME: *Citrus reticulata*
 ENGLISH NAME: Mandarine, heen naran
 SINHALA NAME: හීන් නාරං
 TAMIL NAME: மண்டரின்

SLE030

SCIENTIFIC NAME: *Mangifera indica*
 ENGLISH NAME: Mango, ripe, bud
 SINHALA NAME: බඩ අඹ
 TAMIL NAME: வெள்ளை கொழுப்பான் மாம்பழம்

SLE031



SCIENTIFIC NAME: *Mangifera indica*
ENGLISH NAME: Mango, ripe, karthakolomban
SINHALA NAME: කර්තකොලොම්බන් අඹ
TAMIL NAME: கறுத்தகொழும்பான் மாம்பழம்

SLE032



SCIENTIFIC NAME: *Mangifera indica*
ENGLISH NAME: Mango, ripe, Tom EJC
SINHALA NAME: ටොම් ජේ ඩී අඹ
TAMIL NAME: மாம்பழம் Tom EJC

SLE033



SCIENTIFIC NAME: *Mangifera indica*
ENGLISH NAME: Mango, ripe, Vilad
SINHALA NAME: විලාඩ් අඹ
TAMIL NAME: விலாட் மாம்பழம்

SLE034



SCIENTIFIC NAME: *Garcinia mangostana*
ENGLISH NAME: Mangosteen
SINHALA NAME: මැන්ගුස්
TAMIL NAME: மங்குஸ்தான் பழம்

SLE035



SCIENTIFIC NAME: *Pithecellobium dulce*
ENGLISH NAME: Manila tamarind
SINHALA NAME: අනේදර
TAMIL NAME: கொறக்காய் புளி

SLE036



SCIENTIFIC NAME: *Cucumis melon*
ENGLISH NAME: Musk melon, orange flesh (cantaloup)
SINHALA NAME: කැන්ටලූප් කොමඩු
TAMIL NAME: முலாம் பழம்

SLE037



SCIENTIFIC NAME: *Borassus flabellifer*
ENGLISH NAME: Palm fruit, (palmyra) tender
SINHALA NAME: කළු මද
TAMIL NAME: நூங்கு

SLE038



SCIENTIFIC NAME: *Carcia papaya*
ENGLISH NAME: Papaya, ripe
SINHALA NAME: ගජලලු
TAMIL NAME: பப்பாளிப்பழம்

SLE039



SCIENTIFIC NAME: *Passiflora edulis*
ENGLISH NAME: Passion fruit, seeded, yellow
SINHALA NAME: කහ පැෂන්, ඇට ඇති
TAMIL NAME: கொடித்தோடை

SLE040



SCIENTIFIC NAME: *Prunus persica*
ENGLISH NAME: Pear
SINHALA NAME: පෙයා
TAMIL NAME: பேரிக்காய்

SLE041



SCIENTIFIC NAME: *Ananas comosus*
ENGLISH NAME: Pineapple
SINHALA NAME: අනාපි
TAMIL NAME: அன்னாசிப்பழம்

SLE042



SCIENTIFIC NAME: *Punica granatum*
ENGLISH NAME: Pomegranate, maroon seeds
SINHALA NAME: රතු දෙලුම්
TAMIL NAME: மாதுளம்பழம்

SLE043



SCIENTIFIC NAME: *Citrus maxima*
ENGLISH NAME: Pummelo
SINHALA NAME: ජමබේල
TAMIL NAME: நாரத்தங்காய்

SLE044



SCIENTIFIC NAME: *Vitis vinifera*
ENGLISH NAME: Raisins, (currants)
SINHALA NAME: වියලි මිදි, කළු
TAMIL NAME: உலர் திராட்சை(கறுப்பு)

SLE045



SCIENTIFIC NAME: *Vitis vinifera*
ENGLISH NAME: Raisins, (sultanas)
SINHALA NAME: වියලි මිදි, කොළ
TAMIL NAME: முந்திரிகை வற்றல்

SLE046



SCIENTIFIC NAME: *Nephelium lappaceum*
ENGLISH NAME: Rambutan
SINHALA NAME: රබුටන්
TAMIL NAME: நம்புட்டான்

SLE047



SCIENTIFIC NAME: *Achras sapota*
ENGLISH NAME: Sapota
SINHALA NAME: සැපට්ලා
TAMIL NAME: சீமை இழுப்பை

SLE048



SCIENTIFIC NAME: *Annona muricata*
ENGLISH NAME: Soursop
SINHALA NAME: කටු අනෝදා
TAMIL NAME: சீத்தாப்பழம்

SLE049



SCIENTIFIC NAME: *Averrhoa carambola*
ENGLISH NAME: Star fruit
SINHALA NAME: කාමරංකා
TAMIL NAME: கிளாக்காய்

SLE050



SCIENTIFIC NAME: *Fragaria ananassa*
ENGLISH NAME: Strawberry
SINHALA NAME: ස්ට්‍රෝබේරි
TAMIL NAME: ஸ்டோபரி

SLE051



SCIENTIFIC NAME: *Tamarindus indicus*
ENGLISH NAME: Tamarind
SINHALA NAME: සියලලා
TAMIL NAME: புளியம்பழம்

SLE052



SCIENTIFIC NAME: *Citrullus vulgaris*
ENGLISH NAME: Water melon, dark green
SINHALA NAME: කොමඩු, තද කොළ
TAMIL NAME: வத்தகைப்பழம் (கரும்பச்சை)

SLE053



SCIENTIFIC NAME: *Citrullus vulgaris*
ENGLISH NAME: Water melon, pale green
SINHALA NAME: කොමඩු, ලා කොළ
TAMIL NAME: வத்தகைப்பழம்

SLE054



SCIENTIFIC NAME: *Limonia acidissima*
ENGLISH NAME: Wood Apple
SINHALA NAME: දිවුල්
TAMIL NAME: வீளாம்பழம்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohydra- -te	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC								
		kcal	kJ								
SLE001	Apple, green (<i>Malus domestica</i>)	51	214	85.54	0.46	0.50	10.65	2.54	0.81	1.72	0.31
SLE002	Apple, red (<i>Malus domestica</i>)	62	261	83.01	0.29	0.64	13.11	2.59	1.16	1.43	0.36
SLE003	Avocado fruit (<i>Persea americana</i>)	144	604	73.56	2.95	13.86	1.75	6.69	1.42	5.26	1.19
SLE004	Bael fruit (<i>Aegle marmelos</i>)	133	569	61.36	2.63	0.57	28.21	6.31	3.00	3.31	0.91
SLE005	Banana, ripe, ambul (<i>Musa x paradisiaca</i>)	109	463	71.25	1.11	1.09	23.37	2.27	0.81	1.46	0.92
SLE006	Banana, ripe, anamalu (<i>Musa x acuminata</i>)	102	432	71.54	1.04	0.72	22.50	3.55	0.67	2.88	0.67
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	110	463	70.13	1.25	0.32	24.95	2.21	0.78	1.43	1.15
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	107	449	71.36	1.38	0.34	23.92	1.91	0.78	1.13	1.09
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	111	467	70.28	1.29	0.29	25.21	1.98	0.72	1.26	0.95
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	99	418	73.48	1.14	0.33	22.41	1.83	0.66	1.17	0.81
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	56	235	82.27	0.90	0.65	10.95	4.76	1.13	3.63	0.48
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	80	341	76.61	1.48	0.27	17.73	3.28	0.58	2.70	0.64
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	98	414	71.55	1.62	0.67	20.38	5.10	1.93	3.17	0.68
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	285	1195	22.06	1.28	0.41	67.71	6.57	0.84	5.73	1.98
SLE015	Gooseberry, Indian (<i>Emblica officinalis</i>)	26	112	86.61	0.33	0.16	5.31	7.21	1.30	5.91	0.38
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	60	254	83.88	0.76	0.32	13.23	1.35	0.52	0.82	0.46
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	55	232	85.26	0.62	0.31	12.13	1.24	0.43	0.81	0.44
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	49	209	86.51	0.95	0.23	10.69	1.21	0.39	0.82	0.40
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	99	415	73.93	1.72	0.64	20.99	1.86	0.62	1.23	0.86
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	58	244	84.47	0.68	0.25	12.93	1.24	0.43	0.81	0.44
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	39	165	84.18	1.53	0.38	6.88	6.31	1.08	5.23	0.74
SLE022	Guava, pink flesh (<i>Psidium cattleyanum</i>)	47	200	81.40	1.14	0.27	9.48	6.83	1.17	5.66	0.88
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	31	131	84.10	1.50	0.31	4.85	8.54	1.41	7.13	0.71
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	72	302	78.66	3.30	0.14	13.49	3.52	1.45	2.07	0.91
SLE025	Jamun fruit, rose apple, white (<i>Syzygium cumini</i>)	56	237	83.24	0.67	0.18	12.55	3.06	0.71	2.35	0.30
SLE026	Karonda fruit (<i>Carissa carandas</i>)	33	141	86.04	1.15	1.67	2.87	7.25	1.38	5.87	1.02
SLE027	Lemon, juice (<i>Citrus limon</i>)	38	159	91.29	0.37	0.76	7.36	-	-	-	0.24

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohydrate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC								
		kcal	kJ		g	g	g	g	g	g	g
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	26	111	91.70	0.66	0.26	4.99	1.92	0.62	1.30	0.47
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	46	195	86.90	1.07	0.37	9.27	2.27	0.70	1.57	0.14
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	40	169	88.57	0.57	0.57	7.67	2.13	0.99	1.14	0.48
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	79	338	79.13	0.80	0.92	16.70	1.98	0.78	1.20	0.47
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	75	318	80.48	0.76	0.98	15.49	1.70	0.68	1.03	0.60
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	44	185	87.97	0.76	0.58	8.44	1.82	0.85	0.97	0.44
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	52	219	85.52	0.63	0.24	11.41	1.87	0.64	1.23	0.33
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	81	342	74.54	3.56	1.14	13.54	4.40	1.10	3.30	2.82
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	23	100	93.16	0.38	0.38	4.46	1.12	0.53	0.59	0.51
SLE037	Palm fruit, tender (<i>Borassus flabelifer</i>)	24	101	91.93	0.50	0.12	4.92	2.40	0.53	1.87	0.13
SLE038	Papaya, ripe (<i>Carica papaya</i>)	26	112	90.44	0.42	0.16	5.28	3.18	1.22	1.96	0.53
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	83	351	76.01	2.33	2.42	12.64	5.90	0.95	4.96	0.72
SLE040	Pear (<i>Prunus persica</i>)	37	158	86.60	0.40	0.29	8.08	4.34	0.44	3.90	0.29
SLE041	Pineapple (<i>Ananas comosus</i>)	37	158	87.25	0.41	0.17	8.23	3.53	0.56	2.97	0.41
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	55	233	83.25	1.42	0.11	11.80	2.85	0.55	2.30	0.56
SLE043	Pummelo (<i>Citrus maxima</i>)	43	182	88.62	0.63	0.43	8.99	0.83	0.32	0.52	0.50
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	308	1291	19.18	2.65	0.37	71.83	3.85	1.48	2.37	2.13
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	294	1232	22.00	2.54	0.32	68.74	4.36	1.09	3.27	2.05
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	73	306	80.87	0.68	0.16	16.84	1.02	0.30	0.71	0.43
SLE047	Sapota (<i>Achras sapota</i>)	78	327	72.45	0.90	1.28	15.02	9.69	1.10	8.59	0.67
SLE048	Soursop (<i>Annona muricata</i>)	62	260	80.85	0.74	0.94	11.94	4.95	1.16	3.79	0.58
SLE049	Star fruit (<i>Averrhoa carambola</i>)	26	110	91.18	0.79	0.39	4.51	2.81	0.64	2.17	0.33
SLE050	Strawberry (<i>Fragaria ananassa</i>)	24	103	92.03	0.97	0.56	3.40	2.50	0.99	1.51	0.54
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	289	1211	20.32	2.48	0.15	67.98	5.73	1.68	4.05	3.33
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	19	80	94.86	0.65	0.16	3.54	0.65	0.33	0.31	0.15
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	16	70	95.23	0.62	0.15	3.01	0.86	0.36	0.50	0.14
SLE054	Wood Apple (<i>Limonia acidissima</i>)	78	327	79.16	3.09	3.62	7.43	5.54	1.72	3.82	1.17

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 D (D2 - Ergocalciferol)																	
		Vitamin A (Retinol Equivalents - RE)		Vitamin K (Vitamin K1)		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								
		μg	μg	μg	mg	mg	mg	mg	mg	mg	mg								
SLE001	Apple, green (<i>Malus domestica</i>)	0.40	2.45	2.13	0.10	0.10	NA	NA	NA	NA	NA								
SLE002	Apple, red (<i>Malus domestica</i>)	0.36	2.10	38.74	0.02	0.02	NA	NA	NA	NA	NA								
SLE003	Avocado fruit (<i>Persea americana</i>)	2.00	1.60	4.50	0.60	0.60	NA	NA	NA	NA	NA								
SLE004	Bael fruit (<i>Aegle marmelos</i>)	0.42	NA	NA	NA	NA	NA	NA	NA	NA	NA								
SLE005	Banana, ripe, ambul (<i>Musa x paradisiaca</i>)	9.68	ND	5.44	0.78	0.77	-	0.04	-	0.04	-								
SLE006	Banana, ripe, anamalu (<i>Musa x acuminata</i>)	16.4	ND	3.10	0.08	0.06	-	0.14	-	-	-								
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	9.14	0.24	NA	0.01	0.09	NA	0.08	NA	NA	NA								
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	8.8	0.21	1.90	0.01	0.09	NA	0.06	NA	NA	NA								
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	8.76	0.20	4.67	0.08	0.08	NA	0.05	NA	NA	NA								
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	10.95	14.84	1.80	0.48	0.45	NA	NA	NA	NA	0.10								
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	8.46	0.18	58.00	0.20	0.19	0.01	NA	NA	NA	NA								
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	9.94	ND	7.10	0.01	-	-	0.04	0.04	-	-								
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	NA	0.80	5.26	0.02	0.01	NA	NA	NA	0.04	NA								
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	569	0.29	1.54	0.13	0.11	NA	0.01	0.07	0.06	NA								
SLE015	Gooseberry, Indian (<i>Embellica officinalis</i>)	0.27	6.19	3.65	0.05	0.05	NA	0.02	NA	NA	0.01								
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	4.89	3.51	6.80	0.09	0.09	NA	0.03	NA	NA	0.02								
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	4.08	7.01	5.26	0.05	0.04	NA	0.06	NA	NA	0.01								
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	3.22	6.57	3.35	0.04	0.04	NA	0.01	NA	NA	0.02								
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	2.88	3.51	7.25	0.09	0.09	NA	0.02	NA	NA	0.02								
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	5.63	NA	NA	NA	NA	NA	NA	NA	NA	NA								
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	19.67	ND	2.98	0.09	0.07	0.02	-	-	0.04	0.05								
SLE022	Guava, pink flesh (<i>Psidium cattleyanum</i>)	29.17	1.46	3.90	0.11	0.08	0.03	NA	NA	0.04	0.04								
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	52.5	NA	NA	NA	NA	NA	NA	NA	NA	NA								
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	4.15	0.85	8.09	0.06	0.06	NA	NA	NA	NA	NA								
SLE025	Jamun fruit, rose apple, ripe, white (<i>Syzygium cumini</i>)	NA	1.43	2.50	0.04	0.04	NA	NA	NA	NA	NA								
SLE026	Karonda fruit (<i>Carissa carandas</i>)	2.6	0.34	2.55	0.06	0.06	NA	NA	NA	NA	NA								
SLE027	Lemon, juice (<i>Citrus limon</i>)	0.43	0.43	2.24	0.04	0.04	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 mg	RIBF mg	NIA mg	PANTAC mg	VITB6C mg	FOLSUM µg	VITC mg
SLE001	Apple, green (<i>Malus domestica</i>)	0.03	0.01	0.25	0.09	0.04	3.04	3.57
SLE002	Apple, red (<i>Malus domestica</i>)	0.01	0.02	0.21	0.12	0.08	3.43	2.90
SLE003	Avocado fruit (<i>Persea americana</i>)	0.07	0.08	0.90	1.26	0.18	67.17	9.36
SLE004	Bael fruit (<i>Aegle marmelos</i>)	0.03	0.04	0.25	1.62	0.03	55.22	7.50
SLE005	Banana, ripe, ambul (<i>Musa x paradisiaca</i>)	ND	0.05	0.82	0.33	0.64	32.98	13.61
SLE006	Banana, ripe, anamalu (<i>Musa x acuminata</i>)	ND	0.04	1.53	0.54	0.65	21.07	3.66
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	0.01	0.04	0.48	0.35	0.51	17.93	8.06
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	0.01	0.03	0.44	0.38	0.47	18.12	7.71
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	0.01	0.02	0.46	0.41	0.45	18.92	6.74
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	0.01	0.03	0.46	0.39	0.38	18.01	3.20
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	0.01	0.02	0.41	0.26	0.07	24.75	19.44
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	ND	0.17	1.45	0.07	0.24	20.20	23.99
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	0.13	0.09	0.69	0.19	0.07	7.60	21.51
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	0.06	0.02	0.45	0.50	0.06	25.46	18.65
SLE015	Gooseberry, Indian (<i>Emblica officinalis</i>)	0.01	0.03	0.10	0.38	0.35	9.39	213
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	0.03	0.03	0.14	0.07	0.11	8.69	18.30
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	0.03	0.02	0.13	0.06	0.07	8.54	22.87
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	0.08	0.04	0.11	0.10	0.10	7.07	20.51
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	0.06	0.03	0.20	0.13	0.11	7.20	22.85
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	0.03	0.04	0.13	0.10	0.08	8.35	16.25
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	ND	0.01	0.61	0.26	0.11	25.24	30.88
SLE022	Guava, pink flesh (<i>Psidium cattleianum</i>)	0.04	0.03	0.67	0.19	0.20	36.84	244
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	0.05	0.03	0.62	0.24	0.12	28.79	212
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	0.05	0.01	0.51	0.17	0.21	30.83	4.15
SLE025	Jamun fruit, rose apple, white (<i>Syzygium cumini</i>)	0.02	0.01	0.16	0.40	0.04	7.17	17.64
SLE026	Karonda fruit (<i>Carissa carandas</i>)	0.01	0.02	0.25	0.67	0.08	8.72	135
SLE027	Lemon, juice (<i>Citrus limon</i>)	0.04	0.01	0.09	0.10	0.04	14.34	49.04

Food code	Food Name	Thiamine (B1)	Riboflavin (B2)	Niacin (B3)	Pantothenic acid (B5)	Total vitamin (B6)	Total Folate (B9)	Total Ascorbic Acid
		THIA mg	RIBF mg	NIA mg	PANTAC mg	VITB6C mg	FOLSUM µg	VITC mg
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	0.06	0.01	0.21	0.25	0.05	12.10	38.05
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	ND	0.01	2.26	0.35	0.28	14.46	20.19
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	0.03	0.04	0.22	0.11	0.10	69.68	32.08
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	ND	0.01	0.39	0.51	0.10	35.52	17.74
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	ND	0.01	0.53	0.13	0.16	27.91	31.85
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	0.02	0.05	0.29	0.09	0.26	67.60	29.97
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	0.01	0.01	0.58	0.15	0.18	13.52	26.33
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	0.18	0.14	0.40	0.18	0.04	4.24	55.78
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	0.01	0.01	0.45	0.11	0.05	22.20	25.20
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	0.01	NA	0.46	0.13	0.07	24.40	0.25
SLE038	Papaya, ripe (<i>Carica papaya</i>)	0.02	0.11	0.39	0.51	0.04	54.85	48.62
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	ND	0.09	0.64	0.54	0.17	25.99	11.47
SLE040	Pear (<i>Prunus persica</i>)	0.02	0.02	0.16	0.04	0.08	6.20	2.54
SLE041	Pineapple (<i>Ananas comosus</i>)	0.06	0.04	0.11	0.11	0.12	17.86	39.36
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	0.07	0.02	0.18	0.41	0.30	40.71	11.49
SLE043	Pummelo (<i>Citrus maxima</i>)	0.06	0.01	0.22	0.05	0.04	13.41	48.98
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	0.09	0.05	0.48	0.16	0.14	38.81	1.92
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	0.10	0.03	0.57	0.16	0.14	29.43	2.18
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	0.11	0.01	0.26	0.14	0.04	7.35	65.00
SLE047	Sapota (<i>Achras sapota</i>)	0.01	0.02	0.21	0.21	0.12	13.81	26.07
SLE048	Soursop (<i>Annona muricata</i>)	0.03	0.04	0.85	0.12	0.03	6.09	59.54
SLE049	Star fruit (<i>Averrhoa carambola</i>)	0.08	0.02	0.34	0.26	0.06	8.43	33.55
SLE050	Strawberry (<i>Fragaria ananassa</i>)	0.06	0.01	0.48	0.18	0.09	8.91	50.20
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	0.29	0.07	1.46	0.19	0.06	9.15	5.12
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	0.02	0.02	0.29	0.19	0.11	6.00	8.24
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	0.02	0.02	0.26	0.19	0.10	3.73	10.58
SLE054	Wood Apple (<i>Limonia acidissima</i>)	0.03	0.01	0.56	0.21	0.14	6.07	13.58

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	
SLE001	Apple, green (<i>Malus domestica</i>)	13.68		10.44		8.09		1.43		116	
SLE002	Apple, red (<i>Malus domestica</i>)	6.53		7.48		5.42		1.47		94.55	
SLE003	Avocado fruit (<i>Persea americana</i>)	28.48		63.14		48.14		2.81		377	
SLE004	Bael fruit (<i>Aegle marmelos</i>)	47.95		37.29		34.10		1.56		409	
SLE005	Banana, ripe, ambul (<i>Musa x paradisiaca</i>)	9.39		20.31		25.67		3.15		437	
SLE006	Banana, ripe, anamalu (<i>Musa x acuminata</i>)	8.06		27.15		27.02		2.89		449	
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	6.77		20.85		30.22		1.25		362	
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	8.56		31.12		38.00		1.13		324	
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	9.56		23.27		31.44		1.11		313	
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	6.00		17.66		27.49		0.94		261	
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	26.38		23.49		34.19		1.17		238	
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	21.11		20.88		17.66		1.99		351	
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	28.20		40.81		38.47		3.11		278	
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	15.59		33.85		14.31		1.63		296	
SLE015	Gooseberry, Indian (<i>Emblica officinalis</i>)	19.52		20.28		6.53		1.15		222	
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	10.57		21.04		7.47		1.93		171	
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	NA		NA		NA		NA		NA	
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	7.27		25.51		6.86		0.87		178	
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	19.06		33.42		9.49		1.50		245	
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	16.82		20.69		10.55		1.12		170	
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	6.59		15.27		12.02		1.95		296	
SLE022	Guava, pink flesh (<i>Psidium cattleianum</i>)	18.71		21.94		15.38		1.95		266	
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	17.60		20.73		14.50		2.96		241	
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	28.38		12.06		31.59		1.64		268	
SLE025	Jamun fruit, rose apple, white (<i>Syzygium cumini</i>)	28.62		10.95		29.80		2.65		115	
SLE026	Karonda fruit (<i>Carissa carandas</i>)	10.81		32.62		24.45		2.55		351	
SLE027	Lemon, juice (<i>Citrus limon</i>)	22.43		10.03		9.35		0.94		144	

Food code	Food Name	Calcium		Phosphorus		Magnesium		Sodium		Potassium	
		CA	mg	P	mg	MG	mg	NA	mg	K	mg
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	26.00		19.46		15.25		0.81		200	
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	31.18		13.88		20.36		1.74		226	
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	13.51		12.40		14.87		1.32		160	
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	3.12		7.88		6.72		1.48		259	
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	3.88		12.22		9.35		1.40		288	
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	16.93		17.33		14.79		1.60		171	
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	4.69		7.18		12.00		3.79		46.93	
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	8.51		73.53		32.98		1.35		376	
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	7.64		18.04		8.01		16.63		150	
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	NA		NA		NA		1.25		158	
SLE038	Papaya, ripe (<i>Carica papaya</i>)	16.77		15.12		8.90		6.57		181	
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	6.22		38.84		29.48		5.00		374	
SLE040	Pear (<i>Prunus persica</i>)	5.04		5.25		6.58		1.69		103	
SLE041	Pineapple (<i>Ananas comosus</i>)	10.37		10.82		10.71		1.39		133	
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	12.11		37.99		11.64		2.19		204	
SLE043	Pummelo (<i>Citrus maxima</i>)	14.92		12.38		8.61		1.08		186	
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	72.88		81.59		32.80		10.39		1167	
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	46.66		80.45		30.43		10.12		985	
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	8.67		6.98		21.38		1.75		131	
SLE047	Sapota (<i>Achras sapota</i>)	17.97		21.72		16.85		4.63		275	
SLE048	Soursop (<i>Annona muricata</i>)	10.05		25.83		17.70		6.78		264	
SLE049	Star fruit (<i>Averrhoa carambola</i>)	4.97		11.67		11.53		1.56		159	
SLE050	Strawberry (<i>Fragaria ananassa</i>)	15.28		26.31		15.53		1.19		140	
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	154		98.00		92.59		27.18		839	
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	4.05		13.60		9.76		1.53		134	
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	3.85		10.07		7.29		1.57		130	
SLE054	Wood Apple (<i>Limonia acidissima</i>)	59.15		81.13		25.16		1.45		348	

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Iron			Manganese			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																		
SLE001	Apple, green (<i>Malus domestica</i>)	0.26	0.05	0.04	0.09	0.47	0.261	0.839	0.007	3.798	0.592	0.23	0.058	0.01	0.040	0.96	NA																		
SLE002	Apple, red (<i>Malus domestica</i>)	0.20	0.02	0.33	0.08	0.25	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA																		
SLE003	Avocado fruit (<i>Persea americana</i>)	0.81	0.74	0.39	0.75	NA	NA	NA	0.002	NA	NA	NA	NA	NA	NA	NA	NA																		
SLE004	Bael fruit (<i>Aegle marmelos</i>)	0.23	0.10	0.15	0.14	0.72	0.419	0.819	0.002	0.042	2.446	0.11	0.077	0.07	0.030	0.65	NA																		
SLE005	Banana, ripe, ambul (<i>Musa xparadisiasiaca</i>)	0.51	1.50	0.18	0.23	6.14	0.001	0.002	0.008	0.007	-	0.19	0.026	0.96	0.009	0.89	0.14																		
SLE006	Banana, ripe, anamalu (<i>Musa xacuminata</i>)	1.39	1.01	0.22	0.27	3.52	0.001	0.002	0.010	0.005	-	0.14	0.014	1.21	0.013	0.76	0.17																		
SLE007	Banana, ripe, pome (<i>Musa x paradisiasiaca</i>)	0.40	0.36	0.12	0.15	NA	NA	NA	0.017	0.013	NA	NA	0.002	NA	NA	NA	NA																		
SLE008	Banana, ripe, silk (<i>Musa x paradisiasiaca</i>)	0.32	0.10	0.11	0.14	NA	NA	0.002	0.011	0.012	0.002	NA	NA	NA	NA	NA	NA																		
SLE009	Banana, ripe, red (<i>Musa x paradisiasiaca</i>)	0.24	0.19	0.06	0.09	NA	NA	NA	0.008	0.006	0.001	NA	0.001	NA	NA	NA	NA																		
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiasiaca</i>)	0.22	0.23	0.21	0.11	NA	NA	0.002	0.012	0.016	0.001	NA	0.001	NA	NA	NA	NA																		
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	0.69	0.46	0.05	0.15	NA	NA	NA	NA	0.023	0.002	NA	NA	NA	NA	NA	NA																		
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	0.51	0.20	0.34	0.18	7.39	-	0.001	0.008	0.007	-	0.22	0.019	0.84	0.011	1.02	3.79																		
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	0.42	0.15	0.19	0.22	NA	NA	NA	0.003	NA	NA	NA	NA	NA	NA	NA	NA																		
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	0.91	0.41	0.27	0.40	0.42	0.001	0.003	0.010	0.032	0.002	2.64	0.005	NA	NA	NA	NA																		
SLE015	Gooseberry, Indian (<i>Emblica officinalis</i>)	1.27	0.13	0.12	0.05	NA	NA	0.001	0.011	0.010	NA	0.08	0.006	NA	NA	NA	NA																		
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	0.22	0.08	0.06	0.05	NA	NA	NA	0.008	0.003	NA	NA	0.001	NA	NA	NA	NA																		
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																		
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	0.28	0.10	0.05	0.07	NA	0.001	0.001	0.005	0.001	NA	NA	NA	NA	NA	NA	NA																		
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	0.25	0.15	0.16	0.11	NA	0.001	0.005	0.003	0.025	0.001	NA	NA	NA	NA	NA	NA																		
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	0.26	0.08	0.72	0.05	NA	NA	NA	NA	0.002	NA	NA	0.001	NA	NA	NA	NA																		
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	0.53	0.21	0.59	0.33	4.86	0.003	0.001	0.007	0.006	-	0.10	0.015	1.50	0.001	1.00	4.14																		
SLE022	Guava, pink flesh (<i>Psidium cattleyanum</i>)	0.34	0.17	0.15	0.22	2.85	0.004	0.005	0.008	0.016	NA	NA	0.017	NA	NA	NA	NA																		
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	0.25	0.25	0.12	0.18	2.10	0.003	NA	0.005	0.008	NA	NA	NA	NA	NA	NA	NA																		
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	0.19	0.49	0.12	0.12	NA	NA	NA	0.003	0.005	NA	NA	0.003	NA	NA	NA	NA																		
SLE025	Jamun fruit, rose apple, ripe, white (<i>Syzygium cumini</i>)	0.45	0.05	0.04	0.07	NA	NA	NA	0.015	0.015	NA	0.45	0.001	NA	NA	NA	NA																		
SLE026	Karonda fruit (<i>Carissa carandas</i>)	0.87	0.24	0.71	0.25	1.57	0.620	0.010	NA	0.010	1.400	0.99	0.021	0.07	1.810	1.84	NA																		
SLE027	Lemon, juice (<i>Citrus limon</i>)	0.13	0.02	0.03	0.07	NA	NA	NA	0.001	0.002	NA	0.09	NA	NA	NA	NA	NA																		

Food code	Food Name	Manganese										Copper		Zinc		Selenium		Cobalt		Molybdenum		Chromium		Nickel	Lithium	Aluminum		Lead		Mercury	Cadmium	Arsenic	Antimony
		Iron		Mn		Cu		Zn		Se		Co		Mo		Cr		Ni		Li		Al		Pb		Hg		Cd		As		Sb	
		FE	mg	MN	mg	CU	mg	ZN	mg	SE	µg	CO	mg	MO	mg	CR	mg	NI	mg	LI	mg	AL	mg	PB	mg	HG	µg	CD	mg	AS	µg	SB	µg
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	0.12	0.05	0.03	0.05	0.41	0.005	0.001	0.014	0.009	NA	0.14	0.010	3.64	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	0.81	0.14	0.15	0.35	4.63	-	-	0.090	0.020	-	1.00	0.100	3.64	-	0.55	0.23																
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	0.57	0.19	0.10	0.09	3.03	NA	NA	0.013	0.005	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	0.10	-	0.06	0.08	4.05	-	0.001	0.047	0.007	-	0.14	0.014	1.35	0.006	0.98	3.02																
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	0.40	0.25	0.57	2.28	2.46	-	0.001	0.008	0.006	-	0.11	0.020	1.48	0.009	0.87	4.34																
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	0.65	0.27	0.13	0.19	1.86	NA	NA	0.019	0.002	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	0.28	0.04	0.11	0.21	NA	1.501	0.002	0.003	5.183	0.106	0.17	0.056	0.03	0.002	0.05	1.15																
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	0.71	0.27	0.22	0.56	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	0.13	0.03	0.02	0.05	0.85	0.001	NA	0.006	0.004	NA	0.02	0.001	NA	NA	0.01	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	NA	NA	NA	0.05	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE038	Papaya, ripe (<i>Carica papaya</i>)	0.23	0.03	0.05	0.08	16.40	0.001	NA	0.004	0.003	NA	0.07	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulls</i>)	0.97	0.45	0.21	0.67	7.73	0.005	0.005	0.009	0.008	-	0.21	0.014	3.32	0.007	0.88	0.20																
SLE040	Pear (<i>Prunus persica</i>)	0.16	0.07	0.07	0.06	NA	0.001	NA	0.010	0.007	NA	0.55	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE041	Pineapple (<i>Ananas comosus</i>)	0.30	1.78	0.04	0.09	NA	0.001	NA	0.004	0.019	NA	0.11	0.002	NA	NA	0.41	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	0.38	0.15	0.16	0.22	0.58	0.001	NA	0.013	0.007	NA	NA	0.004	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE043	Pummelo (<i>Citrus maxima</i>)	0.05	0.01	0.02	0.06	NA	NA	0.001	0.001	NA	NA	NA	0.003	0.03	NA	0.32	0.05																
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	8.08	0.63	0.43	0.22	1.17	0.005	0.002	0.035	0.029	0.044	3.44	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	3.53	0.37	0.38	0.19	NA	0.002	NA	0.012	0.018	0.005	3.02	0.006	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	0.37	0.37	0.08	0.53	NA	NA	NA	0.003	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE047	Sapota (<i>Achras sapota</i>)	0.35	0.09	0.04	0.15	0.35	NA	0.001	0.006	0.030	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE048	Soursop (<i>Annona muricata</i>)	0.29	0.07	0.14	0.12	NA	NA	NA	0.001	NA	0.821	NA	0.013	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE049	Star fruit (<i>Averrhoa carambola</i>)	0.45	0.06	0.07	0.24	0.56	0.002	0.010	0.023	0.028	0.176	0.43	0.010	0.04	0.852	0.05	0.17																
SLE050	Strawberry (<i>Fragaria ananassa</i>)	0.36	0.43	0.07	0.14	0.30	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	11.35	0.45	0.46	0.59	2.25	0.001	0.004	0.068	0.058	0.005	3.03	0.019	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	0.15	0.02	0.03	0.10	NA	NA	NA	0.002	0.003	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	0.14	0.03	0.03	0.08	NA	0.001	NA	0.003	0.009	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	0.001	NA	NA	NA	NA	NA	NA	NA	NA	NA	
SLE054	Wood Apple (<i>Limonia acidissima</i>)	0.45	0.21	0.16	0.32	2.23	NA	NA	0.004	0.031	NA	0.13	0.004	NA	NA	NA	NA	NA	NA	NA	NA	0.004	0.004	NA	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																		
SLE001	Apple, green (<i>Malus domestica</i>)	0.86	25.16	3.85	5.64	8.92	3.28	3.58	8.22	0.75	3.50	1.23	3.56	5.17	2.67	3.39	2.26	3.01	3.19																		
SLE002	Apple, red (<i>Malus domestica</i>)	0.78	20.64	4.40	5.31	9.60	4.15	4.79	7.12	0.67	3.66	1.40	4.85	5.75	2.10	3.86	2.67	3.11	3.96																		
SLE003	Avocado fruit (<i>Persea americana</i>)	1.04	15.56	3.48	4.46	13.37	4.48	4.25	5.38	1.58	4.48	1.66	3.45	6.27	2.64	4.24	2.38	5.84	4.45																		
SLE004	Bael fruit (<i>Aegle marmelos</i>)	0.98	18.20	4.16	5.40	14.26	5.26	3.86	4.82	0.65	4.62	1.26	3.29	5.86	2.43	4.81	2.52	4.86	3.86																		
SLE005	Banana, ripe, ambul (<i>Musa x paradisiaca</i>)	0.73	11.51	4.14	5.32	13.11	4.01	5.49	6.02	0.75	5.79	1.25	4.53	8.27	3.67	5.54	7.15	2.97	5.17																		
SLE006	Banana, ripe, anamalu (<i>Musa x acuminata</i>)	0.71	12.56	3.93	4.79	14.23	4.63	5.54	5.17	0.79	5.78	0.86	4.17	6.76	3.70	6.86	6.05	4.01	5.58																		
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	0.81	12.92	4.66	5.99	13.91	5.11	3.35	5.25	0.64	5.82	1.18	4.94	9.22	2.30	5.52	6.76	4.51	2.52																		
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	0.90	13.03	5.08	5.67	16.88	4.59	6.70	5.46	0.75	6.11	1.05	3.79	9.41	2.22	5.32	6.42	4.89	3.18																		
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	0.72	12.08	4.84	5.49	17.89	4.51	5.67	4.93	0.54	6.92	1.19	4.51	9.13	2.36	5.52	6.87	4.30	2.65																		
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	1.05	12.50	3.78	4.31	15.26	3.10	4.22	6.52	0.55	5.72	1.12	3.36	8.14	2.70	4.09	5.59	4.14	3.29																		
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	0.81	11.33	4.95	5.27	15.52	5.55	6.29	6.42	0.74	6.89	1.48	5.12	7.91	3.05	4.21	3.19	4.89	4.55																		
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	0.62	9.74	4.64	6.50	13.52	4.88	2.81	5.16	1.43	7.10	1.21	4.74	7.21	5.04	6.06	3.48	6.51	5.17																		
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	0.86	18.32	4.37	5.12	17.32	4.82	4.86	7.08	0.48	4.86	0.99	2.26	4.88	1.97	4.16	5.25	4.26	3.87																		
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	0.89	13.57	3.31	5.40	16.12	7.18	6.25	8.67	1.02	2.01	1.13	1.97	4.71	2.45	2.48	1.61	2.37	3.34																		
SLE015	Gooseberry, Indian (<i>Emblica officinalis</i>)	0.85	12.08	3.88	4.84	26.30	4.52	4.58	7.28	0.66	2.74	0.73	2.31	3.91	3.12	4.55	2.14	3.25	3.21																		
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	0.49	9.65	4.90	4.59	22.50	4.72	3.35	6.56	1.17	2.60	1.13	1.98	5.92	2.24	3.59	2.59	2.15	5.97																		
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	0.69	10.36	5.11	4.47	21.40	5.78	3.12	7.73	1.17	2.31	1.29	2.19	7.22	2.39	2.76	3.01	2.32	6.47																		
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	0.79	10.52	5.61	4.58	20.03	4.33	3.20	5.74	1.07	2.61	1.09	3.77	6.41	2.15	4.27	2.64	1.75	6.52																		
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	0.64	9.94	5.12	5.38	22.87	5.61	3.73	7.08	1.73	2.99	1.17	2.56	6.94	1.75	3.78	2.64	1.91	6.79																		
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	0.81	11.12	5.28	4.85	21.40	5.78	2.92	7.73	1.17	2.69	0.92	1.99	7.22	2.39	4.38	3.01	2.32	6.68																		
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	0.69	27.41	3.14	3.95	14.08	2.34	5.17	6.45	0.98	3.68	1.42	3.46	5.91	4.59	3.20	2.04	2.94	5.38																		
SLE022	Guava, pink flesh (<i>Psidium cattleianum</i>)	0.79	17.45	3.96	4.37	14.88	5.80	8.16	7.00	0.84	3.19	0.75	4.21	5.70	2.42	2.02	2.07	2.72	3.38																		
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	1.01	14.54	3.74	4.53	15.34	5.24	7.01	5.99	1.02	3.51	1.03	4.23	7.36	2.61	1.26	2.04	2.49	3.14																		
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	0.17	26.44	4.94	5.25	7.35	4.40	6.36	6.28	0.57	7.30	0.64	4.30	8.11	3.00	5.49	1.84	3.33	2.95																		
SLE025	Jamun fruit, rose apple, ripe, white (<i>Syzygium cumini</i>)	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																		
SLE026	Karonda fruit (<i>Carissa carandas</i>)	0.85	15.38	3.66	4.85	15.62	3.82	3.85	5.62	1.18	4.62	1.25	2.86	4.85	3.12	3.86	3.08	1.98	4.21																		
SLE027	Lemon, juice (<i>Citrus limon</i>)	0.39	22.52	1.57	3.65	14.00	7.66	1.86	4.96	0.99	3.48	1.15	2.71	2.43	1.27	3.68	1.98	5.14	4.71																		

Table 7. FATTY ACIDS

(All values are expressed per 100g edible portion; (-) symbol in the table indicates below detectable limit)

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	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C	F18D1 CN9	F20D1 N9F	F24D1C	FAMS	F16D 1C

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)			
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	Total	FAMS	F16D1C	F18D1	F20D1	F24D1C	Total	Linoleic (C18:2n6)
		mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	81.65	-	-	70.74	10.91	-	-	-	38.11	8.49	29.62	-	-	-	88.23	69.63
SLE029	Mandarin, heen naran (<i>Citrus reticulata</i>)	104	1.89	3.41	75.93	12.00	2.81	2.24	3.87	66.16	24.23	40.07	-	-	-	122	80.52
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	174	-	8.87	153	7.34	-	1.61	3.24	147	59.77	87.63	-	-	-	135	28.82
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	288	-	23.84	250	11.57	3.13	-	-	308	136	172	-	-	-	140	38.62
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	309	2.19	17.36	265	10.15	3.56	3.77	6.69	355	244	111	-	-	-	116	23.22
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	187	2.17	33.54	139	6.33	1.28	1.38	3.35	194	70.96	122	-	-	-	82.96	19.60
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	176	2.54	22.48	135	7.85	1.58	2.01	4.12	165	69.87	95.47	-	-	-	88.60	20.48
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	27.81	-	-	20.98	3.54	0.97	1.07	1.25	33.45	-	33.45	-	-	-	19.49	6.01
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	90.48	-	-	73.87	16.61	-	-	-	25.49	6.87	18.62	-	-	-	156	95.43
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	33.36	-	2.45	22.45	8.46	-	-	-	38.32	5.47	32.85	-	-	-	76.42	50.64
SLE038	Papaya, ripe (<i>Carica papaya</i>)	55.77	-	5.55	45.49	4.72	-	-	-	24.29	9.01	15.28	-	-	-	47.95	10.87
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	281	-	1.89	219	51.25	3.43	1.93	2.36	261	6.50	252	3.02	-	-	1393	1357
SLE040	Pear (<i>Prunus persica</i>)	85.28	-	-	55.90	18.18	4.57	3.55	3.08	29.57	-	29.57	-	-	-	117	96.50
SLE041	Pineapple (<i>Ananas comosus</i>)	52.37	-	-	43.16	9.21	-	-	-	34.97	-	34.97	-	-	-	48.67	18.19
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	35.28	0.94	0.32	19.30	10.68	2.29	1.03	0.72	39.41	-	37.09	2.32	-	-	33.31	31.32
SLE043	Pummelo (<i>Citrus maxima</i>)	115	-	-	88.05	19.41	-	3.56	4.32	41.08	8.62	32.46	-	-	-	188	134
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	66.68	-	-	50.74	15.94	-	-	-	51.61	-	51.61	-	-	-	178	164
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	111	-	-	85.60	25.10	-	-	-	29.59	-	29.59	-	-	-	116	87.88
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	144	-	-	120	24.12	-	-	-	160	14.25	145	-	-	-	362	160
SLE047	Sapota (<i>Achras sapota</i>)	392	-	-	346	45.87	-	-	-	248	42.48	205	-	-	-	353	232
SLE048	Soursop (<i>Annona muricata</i>)	135	-	-	89.00	28.84	4.98	4.01	7.98	38.54	4.56	33.98	-	-	-	132	77.98
SLE049	Star fruit (<i>Averrhoa carambola</i>)	20.77	-	-	10.23	10.54	-	-	-	33.62	3.50	30.12	-	-	-	191	151
SLE050	Strawberry (<i>Fragaria ananassa</i>)	66.21	-	-	50.68	10.62	3.81	1.11	-	77.87	-	77.87	-	-	-	291	179
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	28.18	-	-	21.18	3.03	0.98	1.06	1.93	34.63	-	34.63	-	-	-	17.19	5.58
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	38.79	-	-	31.64	7.16	-	-	-	24.40	-	24.40	-	-	-	64.81	49.86
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	48.03	-	-	40.59	7.43	-	-	-	10.35	-	10.35	-	-	-	61.62	52.81
SLE054	Wood Apple (<i>Limonia acidissima</i>)	872	-	-	643	164	32.56	18.62	12.98	575	32.14	543	-	-	-	1449	784

Table 8. STARCH AND SUGARS

(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	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
			g	FRUS	GLUS	SUCS	RAFS	STAS	
		g	g	g	g	g	g	g	g
SLE001	Apple, green (<i>Malus domestica</i>)	9.53	8.36	1.03	0.14	NA	NA	NA	NA
SLE002	Apple, red (<i>Malus domestica</i>)	8.39	7.19	1.08	0.12	NA	NA	NA	NA
SLE003	Avocado fruit (<i>Persea americana</i>)	1.75	1.00	0.44	0.21	NA	NA	NA	0.10
SLE004	Bael fruit (<i>Aegle marmelos</i>)	23.55	9.58	2.65	4.12	NA	NA	NA	7.20
SLE005	Banana, ripe, ambul (<i>Musa x paradisiaca</i>)	21.65	9.29	7.84	2.36	ND	ND	ND	2.16
SLE006	Banana, ripe, anamalu (<i>Musa xacuminata</i>)	21.83	9.72	2.69	6.36	ND	ND	ND	3.07
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	18.22	6.32	7.68	0.90	NA	NA	NA	3.32
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	17.32	5.45	6.14	0.98	NA	NA	NA	4.74
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	18.53	6.03	4.05	4.49	NA	NA	NA	3.96
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	19.06	6.59	3.99	3.15	NA	NA	NA	5.33
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	7.87	4.67	2.54	0.66	NA	NA	NA	NA
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	16.77	8.89	2.70	4.12	ND	ND	ND	1.07
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	13.69	9.10	4.25	NA	NA	NA	NA	0.34
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	58.66	22.32	4.98	29.60	NA	NA	NA	1.76
SLE015	Gooseberry, Indian (<i>Embllica officinalis</i>)	3.93	2.08	1.32	NA	NA	NA	NA	0.53
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	10.02	7.10	2.77	0.15	NA	NA	NA	NA
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	9.58	7.11	2.36	0.11	NA	NA	NA	NA
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	10.39	7.78	2.51	0.10	NA	NA	NA	NA
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	9.15	7.09	1.98	0.08	NA	NA	NA	NA
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	9.64	7.41	2.16	0.07	NA	NA	NA	NA
SLE021	Guava, kilo pera (<i>Psidium cattleianum</i>)	5.97	3.36	1.31	1.09	ND	ND	ND	0.21
SLE022	Guava, pink flesh (<i>Psidium cattleianum</i>)	8.17	3.68	3.59	0.19	NA	NA	NA	0.71
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	4.63	1.97	1.88	0.17	NA	NA	NA	0.61
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	12.75	4.08	3.37	4.76	NA	NA	NA	0.54
SLE025	Jamun fruit, rose apple, ripe, white (<i>Syzygium cumini</i>)	8.24	4.45	2.19	0.14	NA	NA	NA	1.46
SLE026	Karonda fruit (<i>Carissa carandas</i>)	2.55	1.19	0.56	NA	NA	NA	NA	0.80
SLE027	Lemon, juice (<i>Citrus limon</i>)	2.63	1.04	1.26	0.33	NA	NA	NA	NA

Food code	Food Name	Available CHO	Free sugars				Oligosaccharides		Total Starch
			Total	Fructose	Glucose	Sucrose	Raffinose	Stachyose	
			g	g	g	g	g	g	
				FRUS	GLUS	SUCS	RAFS	STAS	STARCH
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	3.97	3.41	0.68	2.62	0.11	NA	NA	0.56
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	8.97	7.56	5.24	0.19	2.13	ND	ND	1.41
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	7.83	7.83	2.33	0.77	4.73	NA	NA	NA
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	14.76	14.23	4.28	1.99	7.96	ND	ND	0.53
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indicath</i>)	14.39	12.67	4.31	1.41	6.96	ND	ND	1.72
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	8.42	8.42	4.93	2.44	1.05	NA	NA	NA
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	9.41	8.91	5.12	1.67	2.12	NA	NA	0.50
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	12.63	12.13	3.45	4.12	4.56	NA	NA	0.50
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	3.03	3.03	0.63	0.72	1.68	NA	NA	NA
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	1.03	0.19	0.17	0.02	NA	NA	NA	0.84
SLE038	Papaya, ripe (<i>Carica papaya</i>)	4.04	4.04	2.43	1.13	0.48	NA	NA	NA
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	11.90	5.44	2.04	2.42	0.98	ND	ND	6.46
SLE040	Pear (<i>Prunus persica</i>)	7.57	7.57	3.46	3.00	1.11	NA	NA	NA
SLE041	Pineapple (<i>Ananas comosus</i>)	8.55	8.55	1.19	3.13	4.23	NA	NA	NA
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	10.94	10.94	1.05	1.77	8.12	NA	NA	NA
SLE043	Pummelo (<i>Citrus maxima</i>)	4.86	4.39	2.10	1.41	0.88	NA	NA	0.47
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	60.61	59.33	21.35	16.33	21.65	NA	NA	1.28
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	61.29	60.27	26.54	18.39	15.34	NA	NA	1.02
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	15.80	15.80	8.78	6.00	1.02	NA	NA	NA
SLE047	Sapota (<i>Achras sapota</i>)	12.32	12.32	8.63	2.81	0.88	NA	NA	NA
SLE048	Soursop (<i>Annona muricata</i>)	9.95	9.83	7.99	1.66	0.18	NA	NA	0.12
SLE049	Star fruit (<i>Averrhoa carambola</i>)	3.95	3.95	2.22	1.73	NA	NA	NA	NA
SLE050	Strawberry (<i>Fragaria ananassa</i>)	3.66	3.56	1.90	1.60	0.07	NA	NA	0.10
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	51.50	51.50	10.56	14.81	26.13	NA	NA	NA
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	3.61	3.61	1.86	0.33	1.42	NA	NA	NA
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	3.38	3.38	2.95	0.20	0.23	NA	NA	NA
SLE054	Wood Apple (<i>Limonia acidissima</i>)	6.61	3.81	1.38	1.41	1.02	0.01	0.01	2.80

Table 9. PHYTOSTEROLS

(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	Campesterol	Stigmasterol	β-Sitosterol
		mg	STGSTR	STGSTR
SLE001	Apple, green (<i>Malus domestica</i>)	0.41	0.35	14.94
SLE002	Apple, red (<i>Malus domestica</i>)	0.22	0.54	13.76
SLE003	Avocado fruit (<i>Persea americana</i>)	12.88	2.58	156
SLE004	Bael fruit (<i>Aegle marmelos</i>)	0.30	0.41	3.39
SLE005	Banana, ripe, ambul (<i>Musa xparadisiciaca</i>)	ND	ND	ND
SLE006	Banana, ripe, anamalu (<i>Musa xacuminata</i>)	ND	ND	ND
SLE007	Banana, ripe, pome (<i>Musa x paradisiciaca</i>)	1.18	1.23	10.15
SLE008	Banana, ripe, silk (<i>Musa x paradisiciaca</i>)	1.33	1.50	12.28
SLE009	Banana, ripe, red (<i>Musa x paradisitaca</i>)	1.22	1.39	12.20
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiciaca</i>)	0.87	0.89	9.66
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	0.75	0.11	34.99
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	ND	ND	ND
SLE013	Custard apple, sweetsop (<i>Annona squamosa</i>)	0.65	2.19	3.81
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	1.71	1.23	26.42
SLE015	Gooseberry, Indian (<i>Embllica officinalis</i>)	0.22	0.22	11.72
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	0.55	0.26	12.34
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	0.49	0.24	10.25
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	0.38	0.29	9.76
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	0.71	0.33	14.22
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	0.32	0.25	13.92
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	ND	ND	ND
SLE022	Guava, pink flesh (<i>Psidium cattleyanum</i>)	0.58	0.22	40.40
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	0.59	0.10	44.37
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	1.00	17.93	33.69
SLE025	Jamun fruit, rose apple, ripe, white (<i>Syzygium cumini</i>)	0.78	0.15	26.08
SLE026	Karonda fruit (<i>Carissa carandas</i>)	0.72	0.48	4.92
SLE027	Lemon, juice (<i>Citrus limon</i>)	NA	NA	NA

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
		mg	STGSTR	STGSTR
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	NA	NA	NA
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	ND	ND	ND
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	0.87	0.48	10.37
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	ND	ND	ND
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	ND	ND	ND
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	0.92	0.47	12.64
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	0.67	0.37	4.32
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	0.29	0.97	16.43
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	0.16	0.38	2.74
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	NA	NA	NA
SLE038	Papaya, ripe (<i>Carica papaya</i>)	1.80	1.10	4.76
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	ND	ND	ND
SLE040	Pear (<i>Prunus persica</i>)	0.67	0.24	13.34
SLE041	Pineapple (<i>Ananas comosus</i>)	1.42	0.24	9.32
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	0.80	0.36	20.60
SLE043	Pummelo (<i>Citrus maxima</i>)	34.21	0.93	24.23
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	1.91	1.04	41.02
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	1.68	0.96	37.97
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	NA	NA	NA
SLE047	Sapota (<i>Achras sapota</i>)	1.53	1.44	70.20
SLE048	Soursop (<i>Annona muricata</i>)	4.71	1.12	10.88
SLE049	Star fruit (<i>Averrhoa carambola</i>)	0.96	0.41	41.65
SLE050	Strawberry (<i>Fragaria ananassa</i>)	1.71	0.33	9.00
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	4.39	0.55	44.45
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	NA	NA	NA
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	NA	NA	NA
SLE054	Wood Apple (<i>Limonia acidissima</i>)	3.96	4.61	20.69

Table 10. CAROTENES AND XANTHOPHYLS

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

Food code	Food Name	Lutein μg	Zeaxanthin μg	Lycopene μg	β - Cryptoxanthin μg	α - Carotene μg	β - Carotene μg
		LUTN	ZEAX	LYCPN	CRYPXB	CARTA	CARTB
SLE001	Apple, green (<i>Malus domestica</i>)	36.40	1.90	NA	NA	NA	2.41
SLE002	Apple, red (<i>Malus domestica</i>)	40.20	1.91	NA	NA	NA	2.20
SLE003	Avocado fruit (<i>Persea americana</i>)	25.13	2.50	NA	NA	NA	12.00
SLE004	Bael fruit (<i>Aegle marmelos</i>)	36.12	2.20	NA	NA	NA	2.50
SLE005	Banana, ripe, ambul (<i>Musax paradisiaca</i>)	43.85	1.91	-	-	2.77	56.68
SLE006	Banana, ripe, anamalu (<i>Musa x acuminata</i>)	74.31	3.24	-	-	4.7	96.07
SLE007	Banana, ripe, pome (<i>Musa x paradisiaca</i>)	47.32	1.90	NA	NA	3.57	53.06
SLE008	Banana, ripe, silk (<i>Musa x paradisiaca</i>)	47.52	3.60	NA	NA	1.41	52.13
SLE009	Banana, ripe, red (<i>Musa x paradisiaca</i>)	47.08	2.50	NA	NA	2.12	51.52
SLE010	Banana, ripe, Cavendish (<i>Musa x paradisiaca</i>)	23.50	1.66	NA	NA	5.15	63.18
SLE011	Black-purple berries, Java plum (<i>Syzygium cumini</i>)	134	1.22	NA	NA	NA	50.81
SLE012	Ceylon olive (<i>Elaeocarpus serratus</i>)	74.05	3.12	-	7.81	-	55.76
SLE013	Custard apple, sweetop (<i>Annona squamosa</i>)	12.45	1.80	NA	NA	NA	NA
SLE014	Dates, processed (<i>Phoenix dactylifera</i>)	297	76.34	NA	NA	NA	3416
SLE015	Gooseberry, Indian (<i>Emblica officinalis</i>)	30.10	2.33	NA	NA	NA	1.62
SLE016	Grapes, seeded, round, black (<i>Vitis vinifera</i>)	27.80	3.59	NA	NA	NA	29.36
SLE017	Grapes, seeded, round, green (<i>Vitis vinifera</i>)	29.60	4.33	NA	NA	NA	24.52
SLE018	Grapes, seeded, round, red (<i>Vitis vinifera</i>)	16.50	5.12	NA	NA	NA	19.33
SLE019	Grapes, seedless, oval, black (<i>Vitis vinifera</i>)	16.30	10.46	NA	NA	NA	17.31
SLE020	Grapes, seedless, round, green (<i>Vitis vinifera</i>)	11.00	10.33	NA	NA	NA	33.82
SLE021	Guava, kilo pera (<i>Psidium guajava</i>)	14.92	2.93	-	-	-	118
SLE022	Guava, pink flesh (<i>Psidium cattleianum</i>)	71.30	10.36	2945	NA	NA	175
SLE023	Guava, white flesh (<i>Psidium guajava</i>)	17.80	2.16	NA	NA	NA	315
SLE024	Jack fruit, ripe (<i>Artocarpus heterophyllus</i>)	29.20	1.65	NA	NA	NA	24.89
SLE025	Jamun fruit, rose apple, white (<i>Syzygium cumini</i>)	NA	NA	NA	NA	NA	NA
SLE026	Karonda fruit (<i>Carissa carandas</i>)	6.12	1.14	NA	NA	NA	15.64
SLE027	Lemon, juice (<i>Citrus limon</i>)	8.68	2.45	NA	NA	NA	2.58

Food code	Food Name	Lutein	Zeaxanthin	Lycopene	β - Cryptoxanthin		α - Carotene		β – Carotene	
		LUTN μg	ZEA μg	LYCPN μg	CRYPXB μg	CARTA μg	CARTB μg			
SLE028	Lime, sweet, pulp (<i>Citrus limetta</i>)	10.30	1.74	NA	NA	NA	2.21			
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	12.72	42.24	-	146	18.53	58.40			
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	2.89	1.94	NA	4.85	NA	1034			
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	8.44	1.14	-	2.74	-	1551			
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	5.28	0.74	-	1.81	-	1014			
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	2.87	5.41	NA	1.15	NA	876			
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	16.81	5.40	NA	NA	NA	1.80			
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	36.50	10.50	NA	NA	NA	2.20			
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	17.54	2.16	NA	NA	NA	853			
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	5.80	1.50	NA	NA	NA	NA			
SLE038	Papaya, ripe (<i>Carica papaya</i>)	6.15	345	782	775	NA	641			
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulis</i>)	53.63	6.00	-	-	-	585			
SLE040	Pear (<i>Prunus persica</i>)	16.50	1.55	NA	1.82	NA	13.15			
SLE041	Pineapple (<i>Ananas comosus</i>)	9.12	0.16	NA	NA	NA	34.58			
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	34.30	1.65	NA	NA	NA	3.10			
SLE043	Pummelo (<i>Citrus maxima</i>)	ND	ND	ND	NA	NA	ND			
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	9.42	1.22	NA	NA	NA	2.65			
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	29.30	3.49	NA	NA	NA	2.66			
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	16.80	2.50	NA	NA	NA	2.90			
SLE047	Sapota (<i>Achras sapota</i>)	31.40	1.85	NA	NA	NA	78.93			
SLE048	Soursop (<i>Annona muricata</i>)	29.80	5.30	NA	NA	NA	2.20			
SLE049	Star fruit (<i>Averrhoa carambola</i>)	26.80	2.60	NA	NA	NA	1.40			
SLE050	Strawberry (<i>Fragaria ananassa</i>)	19.30	1.45	NA	NA	NA	2.19			
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	25.20	8.65	NA	NA	NA	1.45			
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	799	10.64	1336	NA	NA	778			
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	799	10.64	1019	NA	NA	382			
SLE054	Wood Apple (<i>Limonia acidissima</i>)	10.50	2.97	NA	NA	NA	2.81			

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		Trypsin Inhibitor Activity															
					FUMAC								Phytate							
					Tartaric Acid				Quinic Acid		Mallic Acid		Citric Acid		Succinic Acid		Cis-Aconitic Acid		Fumaric Acid	
	Total		Soluble		Insoluble		TARAC		MALAC		CITAC		SUCAC		FUMAC		mg		g	
	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	g
SLE001		13.19	6.84	6.35	4.04	NA	436	49.87	74.13	NA	3.73	0.57	NA	NA	NA	NA	NA	NA	NA	NA
SLE002		17.63	7.28	10.35	5.49	NA	124	30.98	29.22	NA	2.60	0.64	NA	NA	NA	NA	NA	NA	NA	NA
SLE003		2.78	2.02	0.76	NA	NA	1.02	0.12	111	NA	111	356	NA	NA	NA	NA	NA	NA	NA	NA
SLE004		3.87	3.11	0.76	NA	NA	0.33	0.21	NA	NA	1.32	28.65	NA	NA	NA	NA	NA	NA	NA	NA
SLE005		1.45	0.80	0.65	ND	ND	ND	ND	ND	ND	ND	45.93	ND	ND	ND	ND	ND	ND	ND	ND
SLE006		13.30	3.60	9.70	ND	ND	ND	ND	ND	ND	ND	9.90	ND	ND	ND	ND	ND	ND	ND	ND
SLE007		NA	NA	NA	5.12	NA	2.32	290	NA	NA	0.67	12.49	0.28	0.23	NA	NA	NA	NA	NA	NA
SLE008		NA	NA	NA	5.62	NA	3.02	280	NA	0.78	0.73	11.86	0.27	0.20	NA	NA	NA	NA	NA	NA
SLE009		NA	NA	NA	4.15	NA	4.15	296	NA	1.69	1.92	10.06	0.16	0.13	NA	NA	NA	NA	NA	NA
SLE010		3.26	1.94	1.32	3.41	NA	3.56	283	NA	0.70	1.71	13.89	0.16	0.14	NA	NA	NA	NA	NA	NA
SLE011		6.12	0.96	5.16	NA	2.81	264	399	NA	0.03	1.25	8.79	NA	NA	NA	NA	NA	NA	NA	NA
SLE012		13.27	0.82	12.45	ND	ND	ND	ND	ND	ND	ND	39.86	ND	ND	ND	ND	ND	ND	ND	ND
SLE013		35.10	22.28	12.82	NA	NA	1.11	11.23	6.53	NA	12.81	15.22	NA	NA	NA	NA	NA	NA	NA	NA
SLE014		1.96	1.56	0.40	NA	6.82	19.52	3.42	4.82	NA	8.12	102	1.05	0.51	NA	NA	NA	NA	NA	NA
SLE015		6.54	5.42	1.12	15.63	NA	7.41	743	39.11	NA	1.75	49.50	NA	NA	NA	0.32	NA	NA	NA	0.32
SLE016		20.16	10.31	9.85	280	NA	288	3.12	NA	0.03	1.14	1.52	NA	NA	NA	NA	NA	NA	NA	NA
SLE017		29.46	19.31	10.15	284	NA	284	3.51	NA	0.02	1.04	1.25	NA	NA	NA	NA	NA	NA	NA	NA
SLE018		24.33	11.46	12.87	367	NA	NA	2.36	NA	0.05	1.36	1.55	NA	NA	NA	NA	NA	NA	NA	NA
SLE019		11.64	9.45	2.19	302	NA	285	4.66	NA	0.03	1.72	1.08	NA	NA	NA	NA	NA	NA	NA	NA
SLE020		18.33	15.31	3.02	283	NA	288	1.52	NA	0.03	1.01	0.86	NA	NA	NA	NA	NA	NA	NA	NA
SLE021		7.28	2.73	4.55	ND	ND	ND	ND	ND	ND	ND	62.02	ND	ND	ND	ND	ND	ND	ND	ND
SLE022		8.64	0.82	7.82	1.52	22.65	22.20	87.65	14.52	NA	0.45	48.00	NA	NA	NA	1.04	NA	NA	NA	1.04
SLE023		10.06	0.17	9.89	1.49	NA	76.12	264	3.47	0.65	3.12	52.11	NA	NA	NA	NA	NA	NA	NA	NA
SLE024		7.15	6.90	0.25	NA	349	226	33.82	NA	2.46	9.76	48.16	NA	NA	NA	NA	NA	NA	NA	NA
SLE025		11.34	8.77	2.57	NA	NA	23.14	71.84	NA	0.17	0.41	8.72	NA	NA	NA	1.53	NA	NA	NA	1.53
SLE026		5.88	3.18	2.70	NA	0.55	NA	2.13	1.07	NA	0.66	7.80	NA	NA	NA	NA	NA	NA	NA	NA
SLE027		NA	NA	NA	2.41	NA	248	3482	260	0.91	0.03	NA	NA	NA	NA	NA	NA	NA	NA	NA

Food code	Food Name	Oxalates		Trypsin Inhibitor Activity											
				FUMAC						Trypsin Inhibitor Unit					
				FUMAC						Trypsin Inhibitor Unit					
		Soluble		Insoluble		TARAC	Quinic Acid	Mallic Acid	CITAC	SUCAC	Cis-Aconitic Acid	Fumaric Acid	Phytate	Total Saponin	
mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	g		
SLE028	Lime, sweet, pulp (<i>Citrus limetita</i>)	0.66	0.29	0.37	NA	NA	118	3451	414	NA	0.43	NA	NA	NA	
SLE029	Mandarine, heen naran (<i>Citrus reticulata</i>)	7.74	1.57	6.18	ND	ND	ND	ND	ND	ND	ND	110	ND	ND	
SLE030	Mango, ripe, bud (<i>Mangifera indica</i>)	7.66	3.42	4.24	NA	NA	75.84	442	2.33	0.26	0.78	89.00	NA	NA	
SLE031	Mango, ripe, karthakolomban (<i>Mangifera indica</i>)	1.24	0.93	0.31	ND	ND	ND	ND	ND	ND	ND	22.17	ND	ND	
SLE032	Mango, ripe, Tom EJC (<i>Mangifera indica</i>)	1.93	1.17	0.75	ND	ND	ND	ND	ND	ND	ND	72.28	ND	ND	
SLE033	Mango, ripe, vilad (<i>Mangifera indica</i>)	9.71	7.79	1.92	NA	NA	74.82	442	3.84	0.31	0.42	79.32	NA	NA	
SLE034	Mangosteen (<i>Garcinia mangostana</i>)	8.44	5.32	3.12	NA	NA	22.07	127	1.07	NA	NA	16.75	NA	NA	
SLE035	Manila tamarind (<i>Pithecellobium dulce</i>)	4.32	0.98	3.34	6.50	NA	135	10.52	79.06	NA	0.34	22.55	NA	NA	
SLE036	Musk melon, cantaloupe, orange (<i>Cucumis melon</i>)	2.96	1.92	1.04	1.58	NA	1.63	5.38	85.63	0.57	0.39	13.17	NA	NA	
SLE037	Palm fruit, tender (<i>Borassus flabellifer</i>)	1.05	0.64	0.41	NA	NA	NA	1.31	3.73	NA	3.73	2.80	NA	NA	
SLE038	Papaya, ripe (<i>Carcia papaya</i>)	4.66	1.27	3.39	NA	4.15	42.74	144	38.95	0.04	0.61	25.25	NA	0.54	
SLE039	Passion fruit, seeded, yellow (<i>Passiflora edulls</i>)	5.07	1.89	3.19	ND	ND	ND	ND	ND	ND	ND	301	ND	ND	
SLE040	Pear (<i>Prunus persica</i>)	3.10	1.11	1.99	NA	68.68	64.50	107	3.23	3.23	0.02	NA	NA	NA	
SLE041	Pineapple (<i>Ananas comosus</i>)	4.11	2.70	1.41	NA	2.82	94.52	601	5.12	5.12	0.05	8.41	NA	1.03	
SLE042	Pomegranate, maroon seeds (<i>Punica granatum</i>)	199	111	88.32	0.61	6.93	124	1232	NA	NA	0.05	48.00	NA	0.39	
SLE043	Pummelo (<i>Citrus maxima</i>)	16.47	9.59	6.88	NA	NA	74.78	2013	NA	NA	0.84	21.01	NA	88.62	
SLE044	Raisins, dried, black (<i>Vitis vinifera</i>)	9.42	4.79	4.63	NA	67.86	57.86	23.77	7.45	7.45	1.15	21.20	1.26	0.48	
SLE045	Raisins, dried, golden (<i>Vitis vinifera</i>)	8.44	5.13	3.31	NA	344	29.50	19.53	6.42	6.42	0.21	22.12	1.26	0.50	
SLE046	Rambutan (<i>Nephelium lappaceum</i>)	1.89	1.24	0.65	NA	NA	NA	12.65	NA	NA	1.77	5.65	NA	NA	
SLE047	Sapota (<i>Achras sapota</i>)	8.88	7.12	1.76	NA	44.82	18.45	352	443	443	3.49	8.41	NA	NA	
SLE048	Soursop (<i>Annona muricata</i>)	1.07	0.31	0.76	2.25	NA	NA	12.33	NA	NA	NA	2.75	NA	NA	
SLE049	Star fruit (<i>Averrhoa carambola</i>)	1.23	0.97	0.26	NA	NA	NA	886	0.15	0.15	1.23	3.80	NA	NA	
SLE050	Strawberry (<i>Fragaria ananassa</i>)	2.04	1.50	0.54	NA	NA	2.55	0.11	0.82	NA	0.19	25.07	NA	NA	
SLE051	Tamarind, pulp (<i>Tamarindus indicus</i>)	37.29	21.97	15.32	11.36	NA	1.27	0.05	0.44	NA	0.18	3.28	11.37	4.57	
SLE052	Water melon, dark green (<i>Citrullus vulgaris</i>)	0.99	0.66	0.33	NA	NA	6.86	49.17	NA	0.94	13.52	0.61	NA	NA	
SLE053	Water melon, pale green (<i>Citrullus vulgaris</i>)	0.97	0.54	0.43	NA	NA	6.60	48.63	NA	0.85	15.82	0.51	NA	NA	
SLE054	Wood Apple (<i>Limonia acidissima</i>)	47.31	7.59	39.72	2.48	3.86	13.85	254	18.26	0.28	0.76	105	NA	0.27	