

Group H

Egg, Poultry and Meats

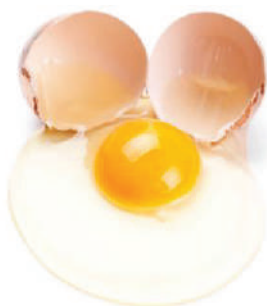
As the principal source of protein, egg, poultry and meat has become a major part of the diet all around the world. In addition to protein, they also contain many vitamins and minerals.

SLFCT contains 5 varieties of eggs, 10 types of poultry and 4 meat products.



Eggs

SLH001



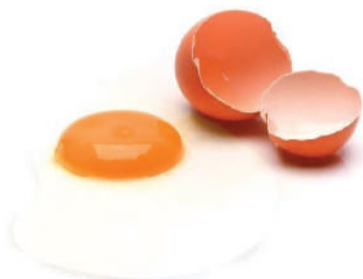
ENGLISH NAME: Egg, country, whole, raw
SINHALA NAME: ගම් බිත්තර, අමු
TAMIL NAME: ஊர் முட்டை

SLH002



ENGLISH NAME: Egg, table, white, raw
SINHALA NAME: කෑම් බිත්තර, සුදු මදය, අමු
TAMIL NAME: பார்.ம் முட்டை (வெள்ளைக்கரு)

SLH003



ENGLISH NAME: Egg, table, whole, raw
SINHALA NAME: කෑම් බිත්තර, අමු
TAMIL NAME: பார்.ம் முட்டை

SLH004



ENGLISH NAME: Egg, table, yolk, raw
SINHALA NAME: කෑම් බිත්තර, කහ මදය, අමු
TAMIL NAME: பார்.ம் முட்டை (மஞ்சட்கரு)

SLH005



ENGLISH NAME: Egg, quail, whole, raw
SINHALA NAME: වටු බිත්තර, අමු
TAMIL NAME: காடை முட்டை

Poultry

SLH006



ENGLISH NAME: Chicken, Broiler, breast, skinless
 SINHALA NAME: කුකුළු පපුව, බ්‍රොයිලර්, සම ඉවත් කළ
 TAMIL NAME: புறோயிலர் கோழி இறைச்சி,தோல் நீக்கியது

SLH007



ENGLISH NAME: Chicken, Broiler, drumstick, skinless
 SINHALA NAME: කුකුළු කකුල්, බ්‍රොයිලර්, සම ඉවත් කළ
 TAMIL NAME: புறோயிலர் கோழி கால் துண்டு,தோல் நீக்கியது

SLH008



ENGLISH NAME: Chicken, Broiler, gizzard
 SINHALA NAME: කුකුළු ආමාශය (බොකු), බ්‍රොයිලර්
 TAMIL NAME: புறோயிலர் கோழி,இரைப்பை

SLH009



ENGLISH NAME: Chicken, Broiler, liver
 SINHALA NAME: කුකුල් පිකුදු, බ්‍රොයිලර්
 TAMIL NAME: புறோயிலர் கோழி, ஈரல்

SLH010



ENGLISH NAME: Chicken, Broiler, thigh, skinless
 SINHALA NAME: කුකුල් කළවා, බ්‍රොයිලර්, සම ඉවත් කළ
 TAMIL NAME: புறோயிலர் கோழி இறைச்சி தொடை, தோல் நீக்கியது

SLH011



ENGLISH NAME: Chicken, Country, breast, with skin
 SINHALA NAME: කුකුල් පපුව, ගම්, සම සහිත
 TAMIL NAME: புறோயிலர் கோழி இறைச்சி மார்பு,தோல் உள்ளது

SLH012



ENGLISH NAME: Chicken, county, leg, with skin
SINHALA NAME: කුකුල් කකුල්, ගම්, සම සහිත
TAMIL NAME: ஊர் கோழி கால்(தோல் நீக்காதது)

SLH013



ENGLISH NAME: Chicken, county, thigh, with skin
SINHALA NAME: කුකුල් කලවා, ගම්, සම සහිත
TAMIL NAME: ஊர் கோழி தொடை (தோல் நீக்காதது)

SLH014



ENGLISH NAME: Chicken, county, wing, with skin
SINHALA NAME: කුකුල් තටු, ගම්, සම සහිත
TAMIL NAME: ஊர் கோழி சிறகுப்பகுதி (தோல் நீக்காதது)

SLH015



ENGLISH NAME: Turkey, breast, with skin
SINHALA NAME: කළුකුම්, පළුව, සම සහිත
TAMIL NAME: வான் கோழி மாப்பு (தோல் நீக்காதது)

Meats

SLH016



ENGLISH NAME: Beef, chops
SINHALA NAME: හරක් මස්, පිට පෙදෙස
TAMIL NAME: மாட்டிறைச்சி

SLH017



ENGLISH NAME: Beef, liver
SINHALA NAME: හරක් මස්, පිකුණු
TAMIL NAME: மாட்டு ஈரல்

SLH018



ENGLISH NAME: Goat, chops
SINHALA NAME: එළු මස්, පිට පෙදෙස
TAMIL NAME: ஆட்டிறைச்சி

SLH019



ENGLISH NAME: Pork, shoulder
SINHALA NAME: උරු මස්, උරහිස
TAMIL NAME: பன்றி இறைச்சி

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(All values are expressed per 100g edible portion)

Food Code	Food Name	Energy		Moisture		Protein		Total Fat		Ash
		ENERC		WATER		PROTCNT		FATCE		
		kcal	kJ	g		g		g		
Eggs										
SLH001	Egg, country, whole, raw	170	704	72.96		13.14		13.00		0.86
SLH002	Egg, table, white, raw	43	184	86.81		10.71		0.06		0.76
SLH003	Egg, table, whole, raw	135	564	76.37		13.55		9.03		0.82
SLH004	Egg, table, yolk, raw	299	1239	53.58		15.85		26.22		1.03
SLH005	Egg, quail, whole, raw	153	635	75.11		12.39		11.46		0.94
Poultry										
SLH006	Chicken, Broiler, breast, skinless	176	735	67.25		23.14		9.24		1.23
SLH008	Chicken, Broiler, drumstick, skinless	186	776	67.66		18.57		12.45		1.13
SLH007	Chicken, Broiler, gizzard	91	386	78.05		18.22		2.07		1.46
SLH009	Chicken, Broiler, liver	123	518	73.20		21.57		4.08		1.11
SLH010	Chicken, Broiler, thigh, skinless	211	877	67.76		18.61		15.15		1.13
SLH011	Chicken, country, breast, with skin	180	753	66.53		22.08		10.20		1.14
SLH012	Chicken, country, leg, with skin	174	723	70.02		17.01		11.73		1.20
SLH013	Chicken, country, thigh, with skin	189	785	67.46		18.29		12.82		1.23
SLH014	Chicken, country, wing, with skin	183	764	68.01		18.65		12.09		1.14
SLH015	Turkey, breast, with skin	160	671	68.44		21.96		8.04		1.01
Meats										
SLH016	Beef, chops	160	672	68.03		23.30		7.45		1.20
SLH017	Beef, liver	112	473	75.26		20.08		3.54		1.04
SLH018	Goat, chops	138	577	72.19		20.37		6.23		1.00
SLH019	Pork, shoulder	161	672	70.01		18.83		9.50		0.63

Table 2. FAT SOLUBLE VITAMINS

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

Food Code	Food Name	Vitamin A	Vitamin D		Vitamin E		Vitamin K	
		Retinol	Cholecalciferol (D3)				Mequinones (K2)	
		RETDL	CHOCAL	VITE	VITK2			
		μg	μg	mg	μg			
Egg								
SLH001	Egg, country, whole, raw	208	4.46	2.10	64.00			
SLH002	Egg, table, white, raw	NA	0.99	NA	NA			
SLH003	Egg, table, whole, raw	200	0.92	1.96	14.82			
SLH004	Egg, table, yolk, raw	530	3.40	3.09	42.81			
SLH005	Egg, quail, whole, raw	153	5.72	0.99	8.19			
Poultry								
SLH006	Chicken, Broiler, breast, skinless	6.88	NA	0.23	31.65			
SLH008	Chicken, Broiler, drumstick, skinless	9.77	NA	0.67	9.60			
SLH007	Chicken, Broiler, gizzard	46.80	1.60	0.63	28.58			
SLH009	Chicken, Broiler, liver	3486	2.62	0.73	14.30			
SLH010	Chicken, Broiler, thigh, skinless	18.20	NA	0.54	14.67			
SLH011	Chicken, country, breast, with skin	8.50	0.80	0.36	28.88			
SLH012	Chicken, country, leg, with skin	17.40	1.12	0.70	11.31			
SLH013	Chicken, country, thigh, with skin	27.00	1.05	0.55	18.50			
SLH014	Chicken, country, wing, with skin	27.50	0.61	0.58	31.65			
SLH015	Turkey, breast, with skin	8.90	0.52	0.57	26.43			
Meat								
SLH016	Beef, chops	2.15	NA	0.40	7.80			
SLH017	Beef, liver	7959	NA	0.60	4.00			
SLH018	Goat, chops	2.70	NA	0.13	6.80			
SLH019	Pork, shoulder	1.90	5.63	0.11	3.02			

Table 3. WATER SOLUBLE VITAMINS

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

Food code	Food Name	Thiamine	Riboflavin	Niacin	Pantothenic acid	Total vitamin	Total Folate
		(B1)	(B2)	(B3)	(B5)	(B6)	(B9)
		THIA	RIBF	NIA	PANTAC	VITB6C	FOLSUM
		mg	mg	mg	mg	mg	µg
Eggs							
SLH001	Egg, country, whole, raw	0.14	0.08	0.14	1.03	0.18	54.60
SLH002	Egg, table, white, raw	0.02	0.16	0.01	1.23	0.00	4.68
SLH003	Egg, table, whole, raw	0.06	0.19	0.12	1.48	0.19	49.46
SLH004	Egg, table, yolk, raw	0.11	0.14	0.66	2.77	0.28	107
SLH005	Egg, quail, whole, raw	0.15	0.11	0.12	0.93	0.17	54.86
Poultry							
SLH006	Chicken, Broiler, breast, skinless	0.17	0.07	9.38	1.16	0.49	10.09
SLH008	Chicken, Broiler, drumstick, skinless	0.21	0.16	6.13	1.09	0.31	7.55
SLH007	Chicken, Broiler, gizzard	0.01	0.11	2.87	0.70	0.14	8.72
SLH009	Chicken, Broiler, liver	0.28	0.20	4.44	6.39	0.92	1032
SLH010	Chicken, Broiler, thigh, skinless	0.14	0.12	6.83	1.25	0.32	9.07
SLH011	Chicken, country, breast, with skin	0.11	0.04	5.62	0.81	0.59	12.98
SLH012	Chicken, country, leg, with skin	0.17	0.10	2.44	0.73	0.36	8.10
SLH013	Chicken, country, thigh, with skin	0.11	0.13	3.62	0.89	0.42	10.42
SLH014	Chicken, country, wing, with skin	0.07	0.03	3.19	0.85	0.43	9.19
SLH015	Turkey, breast, with skin	0.06	0.10	4.49	1.53	0.56	14.67
Meats							
SLH016	Beef, chops	0.05	0.08	6.36	0.90	0.32	1.93
SLH017	Beef, liver	0.18	0.31	13.89	NA	NA	NA
SLH018	Goat, chops	0.08	0.13	6.19	1.03	0.28	1.73
SLH019	Pork, shoulder	0.33	0.09	4.38	0.78	0.28	8.15

Table 4. MAJOR MINERALS

(All values are expressed per 100g edible portion)

Food code	Food Name	Calcium	Phosphorus	Magnesium		Sodium		Potassium
		CA	P	MG	NA	K		
		mg	mg	mg	mg	mg		
Eggs								
SLH001	Egg, country, whole, raw	50.14	198	11.04	157			117
SLH002	Egg, table, white, raw	5.05	15.00	10.80	167			155
SLH003	Egg, table, whole, raw	63.30	189	12.00	110			128
SLH004	Egg, table, yolk, raw	109	561	13.30	49.00			128
SLH005	Egg, quail, whole, raw	60.67	236	11.21	132			119
Poultry								
SLH006	Chicken, Broiler, breast, skinless	15.06	177	20.18	30.42			302
SLH008	Chicken, Broiler, drumstick, skinless	20.77	194	22.00	58.70			279
SLH007	Chicken, Broiler, gizzard	5.46	119	13.95	50.60			244
SLH009	Chicken, Broiler, liver	4.10	244	16.10	61.58			241
SLH010	Chicken, Broiler, thigh, skinless	18.09	180	22.64	50.08			257
SLH011	Chicken, country, breast, with skin	12.49	222	21.74	23.13			365
SLH012	Chicken, country, leg, with skin	22.56	250	24.72	50.46			357
SLH013	Chicken, country, thigh, with skin	20.12	232	23.54	51.14			330
SLH014	Chicken, country, wing, with skin	35.46	235	25.46	54.15			249
SLH015	Turkey, breast, with skin	14.35	182	21.83	40.45			315
Meats								
SLH016	Beef, chops	4.80	219	28.54	52.69			367
SLH017	Beef, liver	4.99	326	17.44	51.32			286
SLH018	Goat, chops	7.58	178	19.50	55.71			333
SLH019	Pork, shoulder	6.58	143	8.90	40.33			243

Table 6. AMINO ACIDS

(All values are expressed per 100g of protein)

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																		
Eggs																																					
SLH001	Egg, country, whole, raw	1.42	9.79	5.15	7.54	13.04	3.36	3.54	6.21	2.15	6.24	2.97	5.74	7.74	3.70	5.72	2.25	7.53	6.42																		
SLH002	Egg, table, white, raw	1.67	10.25	4.87	5.89	13.52	4.58	3.41	5.84	2.31	6.59	2.89	5.42	8.51	3.51	7.12	2.32	7.98	5.45																		
SLH003	Egg, table, whole, raw	1.72	9.58	4.75	6.72	13.60	4.11	3.30	6.55	2.26	6.45	3.10	5.45	8.40	3.99	5.71	2.15	8.11	6.61																		
SLH004	Egg, table, yolk, raw	1.59	9.66	5.66	7.58	12.95	4.21	2.98	5.99	1.99	5.98	2.56	5.64	9.01	4.25	5.12	2.34	6.98	7.35																		
SLH005	Egg, quail, whole, raw	-	10.79	4.86	6.43	13.77	3.36	4.14	6.18	1.85	6.50	2.64	5.77	7.96	3.73	5.73	2.40	7.11	6.03																		
Poultry																																					
SLH006	Chicken, Broiler, breast, skinless	1.51	9.18	5.25	3.99	16.79	5.02	4.84	5.97	1.17	5.61	2.42	5.85	5.81	4.14	4.95	3.67	7.73	7.12																		
SLH008	Chicken, Broiler, drumstick, skinless	1.51	9.58	4.25	3.91	16.89	4.61	4.84	5.68	1.17	6.12	2.51	4.75	7.12	3.89	5.02	2.87	7.73	7.12																		
SLH007	Chicken, Broiler, gizzard	1.83	8.56	4.30	4.01	14.29	5.90	5.63	6.22	1.67	4.59	2.55	4.53	7.67	3.78	4.48	2.61	8.82	7.97																		
SLH009	Chicken, Broiler, liver	1.52	9.33	4.82	4.44	12.74	4.51	4.65	6.12	1.44	6.30	2.53	5.11	9.93	3.81	5.82	3.20	8.20	6.59																		
SLH010	Chicken, Broiler, thigh, skinless	1.51	9.18	4.25	3.99	16.79	4.61	4.84	5.68	1.17	6.12	3.15	4.85	8.12	3.39	4.50	2.47	7.73	7.12																		
SLH011	Chicken, country, breast, with skin	1.80	8.77	4.38	4.78	15.91	5.06	4.34	6.05	1.08	5.08	2.47	4.98	7.92	4.09	5.77	4.04	7.96	7.67																		
SLH012	Chicken, country, leg, with skin	1.15	9.92	4.93	5.57	15.12	3.69	3.03	6.03	1.19	5.99	2.49	5.16	9.22	3.97	4.32	2.20	7.52	7.42																		
SLH013	Chicken, country, thigh, with skin	1.26	8.86	5.21	4.96	15.54	4.87	4.76	6.19	1.08	5.01	2.63	5.04	9.29	3.99	5.01	2.87	7.65	7.32																		
SLH014	Chicken, country, wing, with skin	1.24	9.03	4.33	3.77	15.93	4.60	5.37	6.58	1.16	5.12	2.84	4.64	9.12	3.86	5.70	3.50	7.90	6.50																		
SLH015	Turkey, breast, with skin	1.54	8.86	4.80	4.09	15.39	4.26	4.62	6.44	1.12	5.03	2.57	5.46	8.17	4.36	5.91	2.97	7.07	7.52																		
Meats																																					
SLH016	Beef, chops	1.63	10.38	4.73	4.32	15.32	4.16	5.85	5.40	2.04	4.98	2.86	4.16	7.95	4.13	4.46	3.59	6.45	7.04																		
SLH017	Beef, liver	1.27	8.58	4.85	4.73	12.25	4.47	5.35	5.56	1.25	6.47	2.98	4.47	9.02	3.77	5.13	2.78	6.71	5.85																		
SLH018	Goat, chops	1.70	9.52	5.00	4.24	14.49	4.43	6.75	5.62	1.43	5.22	3.35	4.50	7.24	3.63	4.26	4.00	6.35	5.71																		
SLH019	Pork, shoulder	1.27	8.79	4.71	4.12	13.85	5.15	5.30	5.39	1.46	4.57	2.82	4.37	8.47	2.65	4.35	4.48	5.61	5.84																		

Table 7. FATTY ACIDS AND CHOLESTEROL

(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																		
		Saturated Fatty Acids										Mono Unsaturated Fatty Acids																		
		Pentadecanoic										Eicosanoic																		
		Total	F12D0	(C12:0)	Lauric	(C14:0)	Myristic	F14D0	F15D0	(C15:0)	Palmitic	(C16:0)	Stearic	(C18:0)	Arachidic	(C20:0)	Behenic	(C22:0)	Lignoceric	(C24:0)	Total	F16D1C	(C16:1)	Oleic	(C18:1n9)	F18D1C	N9	F20D1N	9F	
		FASAT	F12D0	(C12:0)	Lauric	(C14:0)	Myristic	F14D0	F15D0	(C15:0)	Palmitic	(C16:0)	Stearic	(C18:0)	Arachidic	(C20:0)	Behenic	(C22:0)	Lignoceric	(C24:0)	FASAT	F16D1C	(C16:1)	Oleic	(C18:1n9)	F18D1C	N9	F20D1N	9F	
		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
		Eggs																												
SLH001	Egg, country, whole, raw	3792	-	35.26	-	2730	1020	6.51	-	-	-	-	-	-	-	-	-	-	-	-	5061	254	4765	42.32						
SLH002	Egg, table, white, raw	23.00	-	-	-	16.00	7.00	-	-	-	-	-	-	-	-	-	-	-	-	-	20.00	-	20.00	-						
SLH003	Egg, table, whole, raw	2911	-	36.48	-	2133	581	10.70	137	12.30	3398	309	3064	25.16																
SLH004	Egg, table, yolk, raw	8518	-	98.43	-	6196	1771	28.24	389	35.55	9859	958	8839	62.74																
SLH005	Egg, quail, whole, raw	2788	1.87	71.59	2.79	2049	637	9.57	14.40	-	4187	446	3717	24.87																
		Poultry																												
SLH006	Chicken, Broiler, breast, skinless	778	-	12.72	-	556	180	4.07	12.42	12.27	984	122	853	9.43																
SLH008	Chicken, Broiler, drumstick, skinless	1103	-	22.88	-	781	262	6.14	13.45	17.23	1506	200	1294	12.59																
SLH007	Chicken, Broiler, gizzard	772	-	9.91	-	495	256	5.92	4.36	-	716	98.00	604	13.85																
SLH009	Chicken, Broiler, liver	1328	-	-	-	677	651	-	-	-	681	-	681	-																
SLH010	Chicken, Broiler, thigh, skinless	1029	-	22.10	-	772	211	6.84	8.67	8.23	1409	180	1218	11.40																
SLH011	Chicken, country, breast, with skin	419	-	10.33	1.35	286	122	-	-	-	453	28.00	422	3.65																
SLH012	Chicken, country, leg, with skin	534	-	13.27	2.11	362	174	2.63	-	-	681	59.00	616	5.59																
SLH013	Chicken, country, thigh, with skin	610	-	18.74	2.73	421	167	-	-	-	750	57.00	687	6.05																
SLH014	Chicken, country, wing, with skin	688	-	19.17	2.94	467	199	-	-	-	836	65.00	763	7.94																
SLH015	Turkey, breast, with skin	934	-	-	-	647	286	-	-	-	884	-	884	-																
		Meats																												
SLH016	Beef, chops	3059	14.07	135	-	1788	1025	43.22	-	53.18	3270	204	3019	47.33																
SLH017	Beef, liver	1394	4.90	10.91	-	438	898	4.75	-	36.92	596	30.22	539	26.38																
SLH018	Goat, chops	3129	33.12	338	-	1567	1173	8.62	-	8.68	2228	129	2048	50.57																
SLH019	Pork, shoulder	8284	-	357	-	5169	2715	42.69	-	-	8200	532	7668	-																

Food Code	Food Name	Poly Unsaturated Fatty Acids							Cholesterol
		Total	Linoleic (C18:2n6)	A-Linolenic (C18:3n3)	Eicosatrienoic (C20:3n3)	Arachidonic (C20:4n6)	Docosahexaenoic (C22:6n3)		
		FAPU	F18D2CN6	F18D3N3	F20D3N6	F20D4N6	F22D5N3	CHOLC	
		mg	mg	mg	mg	mg	mg	mg	
Eggs									
SLH001	Egg, country, whole, raw	1663	1517	39.95	13.01	-	92.46	355	
SLH002	Egg, table, white, raw	7.12	7.12	-	-	-	-	-	
SLH003	Egg, table, whole, raw	1143	1006	32.60	27.70	-	75.90	366	
SLH004	Egg, table, yolk, raw	3257	2939	55.22	66.84	-	195	1073	
SLH005	Egg, quail, whole, raw	2369	2112	42.84	-	192	22.06	833	
Poultry									
SLH006	Chicken, Broiler, breast, skinless	355	336	11.86	7.33	-	-	61.67	
SLH008	Chicken, Broiler, drumstick, skinless	651	610	32.88	7.18	-	-	86.08	
SLH007	Chicken, Broiler, gizzard	464	342	-	-	122	-	57.24	
SLH009	Chicken, Broiler, liver	1013	680	140	-	-	193	268	
SLH010	Chicken, Broiler, thigh, skinless	539	502	31.48	5.06	-	-	91.93	
SLH011	Chicken, country, breast, with skin	262	182	7.26	-	72.00	-	66.03	
SLH012	Chicken, country, leg, with skin	396	273	11.45	6.24	90.00	15.98	87.95	
SLH013	Chicken, country, thigh, with skin	360	287	12.91	3.63	48.00	7.63	91.81	
SLH014	Chicken, country, wing, with skin	438	305	14.03	6.75	87.00	25.09	55.42	
SLH015	Turkey, breast, with skin	1055	886	170	-	-	-	81.28	
Meats									
SLH016	Beef, chops	496	206	70.30	-	220	-	52.23	
SLH017	Beef, liver	636	268	5.77	-	303	59.23	263	
SLH018	Goat, chops	353	256	13.72	-	83.00	-	87.55	
SLH019	Pork, shoulder	1189	1141	26.50	-	21.30	-	45.10	

