

Group I

Nuts and Seeds

These delicious crunchy nuts and seeds can be cooked, baked, roasted or can be eaten raw to add a tremendous variety and taste to the diet. They are a rich source of omega 6 and omega 3 fatty acids, protein, fiber, vitamins and minerals. This group contains nuts and seeds such as cashew, walnut, peanut, pumpkin seeds, sunflower seeds etc.

SLFCT contains 14 commonly consumed nuts and seeds in Sri Lanka.



SLI001

SCIENTIFIC NAME: *Prunus amygdalus*
 ENGLISH NAME: Almond
 SINHALA NAME: අමනේඩ
 TAMIL NAME: பாதாம்

SLI002

SCIENTIFIC NAME: *Areca catechu*
 ENGLISH NAME: Arecanut, dried, brown
 SINHALA NAME: කරුකා
 TAMIL NAME: உலர்ந்த பாக்கு

SLI003

SCIENTIFIC NAME: *Areca catechu*
 ENGLISH NAME: Arecanut, fresh
 SINHALA NAME: පුළුක්
 TAMIL NAME: பச்சை பாக்கு

SLI004

SCIENTIFIC NAME: *Anacardium occidentale*
 ENGLISH NAME: Cashew nut
 SINHALA NAME: කජු මද
 TAMIL NAME: மரமுந்திரி விதை

SLI005

SCIENTIFIC NAME: *Cocos nucifera*
 ENGLISH NAME: Coconut, kernal, dry
 SINHALA NAME: කොටට පොල්
 TAMIL NAME: கொப்பரை

SLI006

SCIENTIFIC NAME: *Cocos nucifera*
 ENGLISH NAME: Coconut, kernal, fresh, scraped
 SINHALA NAME: පොල්, ගෑන ලද, අමු
 TAMIL NAME: தேங்காய்த்துருவல்

SLI007



SCIENTIFIC NAME: *Sesamum indicum*
 ENGLISH NAME: Gingely seeds, black
 SINHALA NAME: තල, කළු
 TAMIL NAME: கறுப்பு எள்

SLI008



SCIENTIFIC NAME: *Sesamum indicum*
 ENGLISH NAME: Gingely seeds, brown
 SINHALA NAME: තල, සුදු
 TAMIL NAME: வெள்ளை எள்

SLI009



SCIENTIFIC NAME: *Arachis hypogaea*
 ENGLISH NAME: Ground nut
 SINHALA NAME: රට කජු
 TAMIL NAME: நிலக்கடலை/கச்சான்

SLI010



SCIENTIFIC NAME: *Linum usitatissimum*
 ENGLISH NAME: Linseeds, flax seeds
 SINHALA NAME: හත ඇට
 TAMIL NAME: ஆளி

SLI011



SCIENTIFIC NAME: *Brassica juncea*
 ENGLISH NAME: Mustard, seeds
 SINHALA NAME: අඹ
 TAMIL NAME: கடுகு

SLI012



SCIENTIFIC NAME: *Pistacia vera*
 ENGLISH NAME: Pistachio nut
 SINHALA NAME: පිස්ටැචියෝ ඇට
 TAMIL NAME: பிஸ்தா

SLI013



SCIENTIFIC NAME: *Terminalia catappa*
ENGLISH NAME: Tropical Almond, kottamba
SINHALA NAME: කොට්ටම්බා
TAMIL NAME: தேக்கங்காய் (கொட்டங்காய்)

SLI014



SCIENTIFIC NAME: *Juglans regia*
ENGLISH NAME: Walnut
SINHALA NAME: වෝල්නට්
TAMIL NAME: வாதுமை விதை

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									
		kcal	kJ								
SLI001	Almond (<i>Prunus amygdalus</i>)	607	2541	4.77	18.45	58.51	2.66	13.07	2.14	10.93	2.54
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	348	1458	6.80	6.39	4.31	69.47	11.54	1.07	10.47	1.49
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	242	1016	37.72	3.03	5.18	44.55	7.91	1.95	5.96	1.62
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	580	2427	4.67	18.47	45.16	25.14	4.24	1.81	2.43	2.32
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	626	2621	3.24	7.29	63.19	8.95	15.64	0.84	14.79	1.69
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	390	1606	41.25	3.67	39.92	3.41	10.21	1.03	9.18	1.56
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	509	2130	4.09	19.65	43.11	10.22	16.97	3.39	13.58	5.97
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	517	2167	3.70	21.96	43.27	9.56	16.99	3.68	13.31	4.51
SLI009	Ground nut (<i>Arachis hypogaea</i>)	517	2166	7.92	22.43	39.88	17.32	10.32	1.82	8.50	2.14
SLI010	Linseeds (<i>Linum usitatissimum</i>)	440	1845	5.64	18.70	35.12	11.00	26.45	5.10	21.35	3.10
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	508	2129	5.68	19.57	40.06	16.85	14.18	3.47	10.71	3.66
SLI012	Pistachio nut (<i>Pistacia vera</i>)	541	2266	4.90	23.64	42.95	15.06	10.45	2.33	8.12	3.00
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	458	1892	22.08	17.14	41.28	3.20	13.68	2.41	11.27	2.63
SLI014	Walnut (<i>Juglans regia</i>)	671	2811	3.64	14.60	64.31	10.49	5.32	0.66	4.66	1.65

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 (RAE)	Vitamin D	Vitamin K	Vitamin E (α-tocopherol equivalents - TE)	α – Tocopherols	β - Tocopherols	γ - Tocopherols	δ - Tocopherols	α -Tocotrienols
		VITA μg	ERGCAL μg	VITK1 μg	VITE mg	TOCPHA mg	TOCPHB mg	TOCPHG mg	TOCPHD mg	TOCTRA mg
SLI001	Almond (<i>Prunus amygdalus</i>)	NA	1.82	7.24	25.51	24.54	1.82	1.88	0.07	0.18
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	NA	11.71	4.26	0.12	0.06	0.14	0.05	NA	NA
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	NA	10.86	3.67	0.05	0.01	0.11	0.02	NA	NA
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	NA	3.78	2.07	1.55	1.01	0.05	5.21	NA	NA
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	NA	NA	2.69	5.28	5.24	NA	0.47	NA	NA
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	-	ND	-	0.41	0.41	-	-	-	-
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	2.36	65.60	113	1.09	1.08	NA	NA	NA	0.04
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	0.80	73.03	123	1.32	1.31	NA	NA	NA	0.04
SLI009	Ground nut (<i>Arachis hypogaea</i>)	3.30	7.40	3.10	4.15	4.14	NA	NA	NA	0.04
SLI010	Linseeds (<i>Linum usitatissimum</i>)	0.18	0.69	19.56	8.19	7.73	NA	1.33	NA	1.12
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	6.98	32.14	8.01	1.32	1.31	NA	NA	NA	0.04
SLI012	Pistachio nut (<i>Pistacia vera</i>)	20.83	1.72	19.25	24.48	22.01	4.18	7.87	1.45	0.02
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	-	ND	6.86	-	-	-	-	-	-
SLI014	Walnut (<i>Juglans regia</i>)	1.84	42.21	85.29	4.72	3.48	2.92	0.48	0.11	0.10

Table 3. WATER 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	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
SLI001	Almond (<i>Prunus amygdalus</i>)	0.15		0.31		3.83		0.72		0.09		41.04		0.83	
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	0.05		0.02		0.69		0.12		0.31		7.65		NA	
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	0.04		0.02		0.73		0.21		0.23		4.87		NA	
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	0.58		0.05		1.11		1.68		0.16		15.28		NA	
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	0.04		0.05		0.83		0.21		0.16		25.05		NA	
SLI006	Coconut, kernal, fresh (<i>Cocos nucifera</i>)	ND		0.05		0.31		0.80		0.11		14.86		-	
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	0.35		0.09		3.27		0.48		0.69		119		NA	
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	0.26		0.08		3.46		0.43		0.54		87.75		NA	
SLI009	Ground nut (<i>Arachis hypogaea</i>)	0.64		0.11		11.73		0.97		0.23		89.89		NA	
SLI010	Linseeds (<i>Linum usitatissimum</i>)	0.29		0.05		1.12		0.37		0.37		89.88		NA	
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	0.52		0.34		3.73		0.52		0.23		95.11		NA	
SLI012	Pistachio nut (<i>Pistacia vera</i>)	0.96		0.05		0.87		0.58		0.96		59.55		NA	
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	ND		0.02		0.07		0.76		0.32		41.50		-	
SLI014	Walnut (<i>Juglans regia</i>)	0.41		0.12		0.88		0.86		0.89		62.28		0.84	

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	
SLI001	Almond (<i>Prunus amygdalus</i>)	230		443		272		1.93		679	
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	72.00		99.00		108		12.62		597	
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	30.02		92.25		47.16		4.35		330	
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	34.00		537		272		8.94		645	
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	34.00		201		80.42		17.01		644	
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	9.31		103		49.54		43.78		349	
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	1465		699		419		16.61		475	
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	1168		682		318		11.81		480	
SLI009	Ground nut (<i>Arachis hypogaea</i>)	58.00		390		200		12.80		664	
SLI010	Linseeds (<i>Linum usitatissimum</i>)	254		460		352		39.53		603	
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	412		743		215		2.94		627	
SLI012	Pistachio nut (<i>Pistacia vera</i>)	150		531		148		6.92		1050	
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	200		548		123		7.67		331	
SLI014	Walnut (<i>Juglans regia</i>)	104		464		160		0.83		435	

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Manganese										Selenium					Cobalt					Molybdenum					Chromium					Nickel					Lithium					Aluminium					Lead					Mercury					Cadmium					Arsenic					Antimony																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
		Iron		Copper		Zinc		Selenium		Cobalt		Molybdenum		Chromium		Nickel		Lithium		Aluminium		Lead		Mercury		Cadmium		Arsenic		Antimony																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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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																		
		g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	g	
SLI001	Almond (<i>Prunus amygdalus</i>)	0.96	12.15	2.43	3.93	28.16	4.01	6.12	4.95	0.67	4.00	0.93	2.44	4.12	3.22	5.54	2.24	2.26	11.31																		
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	0.80	6.88	3.93	4.56	20.88	3.53	4.73	4.21	0.70	3.69	0.92	1.75	4.95	4.12	4.78	2.05	4.38	10.50																		
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	0.80	7.88	3.93	6.56	20.88	3.53	4.73	4.21	0.70	5.69	1.35	1.75	4.75	4.12	4.78	2.05	4.38	10.50																		
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	0.89	10.14	3.04	6.64	24.05	4.12	5.76	5.90	1.28	3.27	1.28	4.16	7.14	2.85	3.60	2.55	5.03	9.72																		
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	0.50	8.56	2.75	4.09	23.54	3.83	4.01	5.24	1.71	5.88	1.91	3.64	6.78	2.76	6.17	2.08	3.91	12.22																		
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	0.97	8.83	3.26	4.65	21.88	3.41	5.00	4.93	1.24	5.40	1.07	3.99	6.25	3.31	4.70	2.41	3.94	14.59																		
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	1.19	10.92	3.04	6.00	22.37	3.30	6.82	5.63	1.29	4.48	3.22	5.51	4.42	1.89	4.97	1.98	2.15	10.04																		
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	1.24	9.49	3.25	5.82	19.40	3.64	5.64	6.63	1.01	4.63	2.73	5.05	6.26	3.53	4.70	2.26	2.52	11.91																		
SLI009	Ground nut (<i>Arachis hypogaea</i>)	1.01	9.30	2.73	4.62	18.15	4.64	5.08	4.56	1.18	5.05	1.01	5.04	7.38	4.49	7.51	2.51	3.48	10.41																		
SLI010	Linseeds (<i>Linum usitatissimum</i>)	1.74	10.89	3.98	5.12	19.54	4.62	5.51	4.67	1.54	5.26	1.67	4.77	6.77	3.51	5.12	2.61	4.58	10.25																		
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	1.30	7.19	3.74	3.61	21.41	6.18	4.85	4.57	1.55	5.59	2.10	4.20	7.11	3.34	5.78	2.72	5.32	6.50																		
SLI012	Pistachio nut (<i>Pistacia vera</i>)	1.25	10.25	4.29	4.67	17.02	3.67	5.98	5.21	1.45	5.12	1.64	5.21	7.99	2.78	5.52	2.34	3.16	7.86																		
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	1.12	8.18	3.07	4.36	19.34	4.68	5.97	4.04	1.30	4.61	0.99	4.06	6.83	3.64	6.57	2.55	3.39	14.35																		
SLI014	Walnut (<i>Juglans regia</i>)	1.10	10.53	3.07	6.54	20.55	3.40	5.36	5.66	1.29	5.40	0.67	4.73	6.41	2.84	4.78	2.50	2.40	13.50																		

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 (C16:1)		Oleic		Eicosaenoic		Erucic		Nervonic		Total		Linoleic		A-Linolenic	
		FASAT	F12D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D 1C	F18D 1CN9	F20D 1N9F	F22D 1N9	F24D 1C	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg	mg
SLI001	Almond (<i>Prunus amygdalus</i>)	4355	-	30.98	3549	716	59.32	-	-	38273	274	37952	47.22	-	-																		
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	2605	506	1538	491	60.29	9.69	-	-	453	-	449	4.47	-	-																		
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	3283	565	2033	607	65.06	12.89	-	-	566	-	549	16.45	-	-																		
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	7653	-	-	3973	3350	226	45.77	58.26	28181	168	27940	72.49	-	-																		
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	43032	24254	10311	4419	1385	-	-	-	3660	-	3660	-	-	-																		
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	30840	18293	7977	3394	1145	29.99	-	-	2539	-	2525	13.61	-	-																		
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	6548	-	-	3659	2537	263	54.14	35.66	15390	64.57	15264	60.89	-	-																		
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	6209	-	-	3726	2145	255	45.10	38.07	16353	53.45	16235	64.28	-	-																		
SLI009	Ground nut (<i>Arachis hypogaea</i>)	8302	-	-	4634	1259	544	1401	463	18083	247	17452	385	-	-																		
SLI010	Linseeds (<i>Linum usitatissimum</i>)	2978	-	-	1451	1380	57.28	55.85	33.12	5356	24.54	5294	37.95	-	-																		
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	2095	-	-	862	414	283	317	219	20669	67.87	4572	1816	13546	667																		
SLI012	Pistachio nut (<i>Pistacia vera</i>)	4185	-	42.54	3578	456	50.58	40.01	17.15	19123	300	18665	144	-	14.33																		
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	15825	7.57	40.43	13965	1499	213	69.38	31.00	12616	155	12421	41.35	-	-																		
SLI014	Walnut (<i>Juglans regia</i>)	5129	-	-	3632	1470	27.46	-	-	11627	36.33	11493	97.00	-	-																		

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 free sugars		Fructose	Glucose	Sucrose	Raffinose	Stachyose	
			g	g						
		g	FRUS	GLUS	SUCS	RAFS	STAS	STARCH	g	
SLI001	Almond (<i>Prunus amygdalus</i>)	2.36	2.35	1.31	0.76	0.28	0.09	0.02	0.01	
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	71.17	1.75	0.46	0.73	0.56	NA	NA	69.42	
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	NA	NA	NA	NA	NA	NA	NA	NA	
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	23.24	3.13	1.92	1.10	0.11	2.16	0.17	20.11	
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	6.43	6.43	1.35	0.97	4.11	NA	NA	NA	
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	3.16	-	-	-	-	ND	ND	3.16	
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	10.22	0.93	0.31	0.43	0.19	1.04	0.01	9.29	
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	8.57	1.40	0.48	0.21	0.71	1.08	0.01	7.17	
SLI009	Ground nut (<i>Arachis hypogaea</i>)	15.36	5.05	0.89	0.23	3.93	0.03	0.08	10.31	
SLI010	Linseeds (<i>Linum usitatissimum</i>)	8.30	0.53	0.17	0.36	NA	3.34	NA	7.77	
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	13.31	5.23	1.13	0.99	3.11	0.45	0.77	8.08	
SLI012	Pistachio nut (<i>Pistacia vera</i>)	14.83	8.04	4.11	2.78	1.15	3.85	0.10	6.79	
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	3.05	0.04	0.02	0.02	-	ND	ND	3.01	
SLI014	Walnut (<i>Juglans regia</i>)	10.33	3.38	1.09	0.36	1.93	NA	NA	6.95	

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	STGSTR
SLI001	Almond (<i>Prunus amygdalus</i>)	3.77	2.96	181
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	5.22	3.30	44.84
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	5.21	3.38	44.08
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	3.66	0.89	112
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	1.85	4.47	21.56
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	ND	ND	ND
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	28.70	14.51	206
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	32.64	14.09	206
SLI009	Ground nut (<i>Arachis hypogaea</i>)	18.09	9.49	122
SLI010	Linseeds (<i>Linum usitatissimum</i>)	31.36	7.29	111
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	45.26	7.72	118
SLI012	Pistachio nut (<i>Pistacia vera</i>)	12.31	2.24	366
SLI013	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	ND	ND	ND
SLI014	Walnut (<i>Juglans regia</i>)	3.02	1.23	126

Table 10. CAROTENES 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	Lutein		Zeaxanthin		Lycopene		β - Cryptoxanthin		α - Carotene		β - Carotene	
		LUTN	μg	ZEa	μg	LYCPN	μg	CRYPXB	μg	CARTA	μg	CARTB	μg
SLI001	Almond (<i>Prunus amygdalus</i>)	3.16		1.82		NA		NA		NA		NA	
SLI002	Arecanut, dried, brown (<i>Areca catechu</i>)	21.40		4.97		NA		NA		NA		NA	
SLI003	Arecanut, fresh (<i>Areca catechu</i>)	NA		NA		NA		NA		NA		NA	
SLI004	Cashew nut (<i>Anacardium occidentale</i>)	3.12		1.55		NA		NA		NA		NA	
SLI005	Coconut, kernal, dry (<i>Cocos nucifera</i>)	71.10		3.44		NA		NA		NA		NA	
SLI006	Coconut, kernal, fresh, scraped (<i>Cocos nucifera</i>)	ND		ND		ND		ND		ND		ND	
SLI007	Gingely seeds, black (<i>Sesamum indicum</i>)	11.60		1.21		NA		NA		NA		14.20	
SLI008	Gingely seeds, brown (<i>Sesamum indicum</i>)	19.60		2.47		NA		NA		NA		4.81	
SLI009	Ground nut (<i>Arachis hypogaea</i>)	3.89		10.31		NA		NA		NA		19.82	
SLI010	Linseeds (<i>Linum usitatissimum</i>)	5.68		8.12		NA		NA		NA		1.06	
SLI011	Mustard, seeds (<i>Brassica juncea</i>)	224		10.12		NA		NA		NA		41.92	
SLI012	Pistachio nut (<i>Pistacia vera</i>)	168		NA		NA		NA		NA		125	
SLI013	Walnut (<i>Juglans regia</i>)	34.70		3.55		NA		5.12		NA		8.52	
SLI014	Tropical Almond, kottamba (<i>Terminalia catappa</i>)	ND		ND		ND		ND		ND		ND	

