

Group A

Cereals and cereal products

Being the foundation of human civilization cereals and millets has secured its place as the staple food group all around the world. They are rich in carbohydrates (60-70%), fats, proteins, vitamins and minerals. This group consists of rice, maize, wheat, millet etc.

SLFCT contains 19 cereals and millets commonly consumed in Sri Lanka.



SLA001



SCIENTIFIC NAME: *Hordeum vulgare*
ENGLISH NAME: Barley
SINHALA NAME: බාර්ලි
TAMIL NAME: வார் கோதுமை

SLA002



SCIENTIFIC NAME: *Zea mays*
ENGLISH NAME: Maize, dry, local
SINHALA NAME: වියලි බඩඉරිඟු ඇට
TAMIL NAME: சோளம், உலர்ந்தது, உள்ளூர்

SLA003



SCIENTIFIC NAME: *Zea mays*
ENGLISH NAME: Maize, tender, local
SINHALA NAME: බඩඉරිඟු, දේශීය
TAMIL NAME: சோளம், உள்ளூர்

SLA004



SCIENTIFIC NAME: *Zea mays*
ENGLISH NAME: Maize, tender, sweet
SINHALA NAME: බඩඉරිඟු, විදේශීය, පැනිරය
TAMIL NAME: சோளம், இனிப்பு

SLA005



SCIENTIFIC NAME: *Eleusine coracana*
ENGLISH NAME: Millet, finger
SINHALA NAME: කරකිනි
TAMIL NAME: குரக்கன்

SLA006



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, flakes
SINHALA NAME: හලෙපෙනි
TAMIL NAME: அவல்

SLA007



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, kaluheenati
SINHALA NAME: කලුහීනැටි
TAMIL NAME: கறுப்பு ஹீனத்தி

SLA008



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, keeri samba
SINHALA NAME: කීරි සමබා
TAMIL NAME: கீரி சம்பா

SLA009



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, kekulu, red
SINHALA NAME: රතු කෙකුලු
TAMIL NAME: சிவப்பு பச்சை அரிசி

SLA010



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, kekulu, white
SINHALA NAME: සුදු කෙකුලු
TAMIL NAME: வெள்ளை பச்சை அரிசி

SLA011



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, nadu, white
SINHALA NAME: නාඩු සහල්
TAMIL NAME: வெள்ளை நாட்டரிசி

SLA012



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, samba
SINHALA NAME: සමබා
TAMIL NAME: சம்பா அரிசி (அவித்தது)

SLA013



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Rice, samba, kekulu
SINHALA NAME: සමා කැකුලු හාල්
TAMIL NAME: சம்பா அரிசி (அவிக்காதது)

SLA014



SCIENTIFIC NAME: *Oryza sativa*
ENGLISH NAME: Vermicelli, rice
SINHALA NAME: හාල්පිටි නූඩල්ස්
TAMIL NAME: சேமியா(அரிசிமா)

SLA015



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Vermicelli, wheat
SINHALA NAME: තිරිඟු පිටි නූඩල්ස්
TAMIL NAME: கோதுமை நூட்டிஸ்

SLA016



SCIENTIFIC NAME: *Nymphaea cerealis*
ENGLISH NAME: Water lily seeds
SINHALA NAME: මිලු හාල්
TAMIL NAME: நீர் அல்லி விதைகள்

SLA017



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Wheat, flour, atta
SINHALA NAME: ආටා පිටි
TAMIL NAME: ஆட்டா மா

SLA018



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Wheat, flour, refined
SINHALA NAME: තිරිඟු පිටි
TAMIL NAME: கோதுமை மா

SLA019



SCIENTIFIC NAME: *Triticum aestivum*
ENGLISH NAME: Wheat, semolina
SINHALA NAME: රුලු
TAMIL NAME: ருலு

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRES

(All values are expressed per 100g edible portion)

Food code	Food Name	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre		Soluble Dietary Fibre	Insoluble Dietary Fibre		Ash
		ENERC	ENERC										
		kcal	kJ	g	g	g	g	g	g	g	g	g	g
SLA001	Barley (<i>Hordeum vulgare</i>)	313	1311	10.07	11.40	1.18	60.90	15.48	4.74	10.74	0.97		
SLA002	Maize, dry, local (<i>Zea mays</i>)	338	1415	8.97	8.47	4.58	64.43	12.35	0.81	11.53	1.20		
SLA003	Maize, tender, local (<i>Zea mays</i>)	119	500	68.39	3.01	1.23	23.54	3.46	0.39	3.07	0.37		
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	94	394	74.51	3.86	1.43	15.92	3.93	0.64	3.29	0.36		
SLA005	Millet, finger (<i>Eleusine coracana</i>)	322	1348	10.43	7.11	1.77	67.45	11.16	1.91	9.24	2.08		
SLA006	Rice, flakes (<i>Oryza sativa</i>)	350	1467	10.46	7.29	1.17	76.08	3.93	0.80	3.13	1.06		
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)	348	1474	9.32	9.88	1.90	72.28	5.21	0.94	4.27	1.42		
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	368	1564	7.82	8.47	1.84	79.41	1.17	0.24	0.94	1.30		
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	366	1552	7.92	8.64	2.12	77.59	3.18	0.98	2.21	0.57		
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)	361	1534	9.29	9.88	1.52	76.67	2.36	0.79	1.57	0.30		
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	366	1555	7.84	7.76	1.48	80.11	2.45	0.76	1.69	0.37		
SLA012	Rice, samba (<i>Oryza sativa</i>)	369	1567	7.51	6.86	2.45	79.53	3.24	0.94	2.30	0.43		
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	355	1507	8.54	8.81	1.53	76.12	4.42	0.86	3.57	0.59		
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	365	1549	7.58	7.29	1.13	80.97	2.68	0.85	1.83	0.36		
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	332	1391	9.18	9.31	0.42	70.69	9.81	1.98	7.84	0.59		
SLA016	Water lily seeds (<i>Nymphaea cereals</i>)	349	1482	7.67	9.84	2.22	71.89	6.96	1.34	5.63	1.43		
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	319	1336	11.44	10.25	1.40	64.19	11.54	2.29	9.26	1.18		
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	355	1488	10.11	10.42	0.73	75.25	2.99	0.62	2.37	0.51		
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	332	1393	9.10	10.85	0.72	68.83	9.57	1.44	8.13	0.94		

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
SLA001	Barley (<i>Hordeum vulgare</i>)	0.28	0.19	2.74	0.15	0.32	26.47	NA
SLA002	Maize, dry, local (<i>Zea mays</i>)	0.33	0.08	2.64	0.35	0.35	28.30	NA
SLA003	Maize, tender, local (<i>Zea mays</i>)	0.14	0.11	1.13	0.43	0.44	65.34	4.07
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	0.10	0.14	1.13	0.34	0.31	64.26	6.73
SLA005	Millet, finger (<i>Eleusine coracana</i>)	0.39	0.17	1.34	0.15	0.04	30.80	NA
SLA006	Rice, flakes (<i>Oryza sativa</i>)	0.14	0.04	1.70	0.43	0.02	8.61	NA
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)	ND	0.08	0.45	0.65	0.43	9.04	-
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	ND	0.03	1.57	0.57	0.13	12.29	-
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	ND	0.05	1.50	0.65	0.10	8.39	-
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)	ND	0.03	0.89	0.52	0.09	10.67	-
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	ND	0.03	1.21	0.52	0.12	9.35	-
SLA012	Rice, samba (<i>Oryza sativa</i>)	ND	0.05	1.76	0.64	0.13	12.79	-
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	ND	0.03	1.44	0.54	0.09	8.11	-
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	ND	0.03	0.48	0.56	0.07	6.54	-
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	0.13	0.01	0.89	0.60	0.03	15.55	NA
SLA016	Water lily seeds (<i>Nymphaea cereals</i>)	ND	0.18	1.81	0.59	0.89	7.58	-
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	0.38	0.15	2.34	0.91	0.27	27.14	NA
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	0.17	0.06	0.71	0.83	0.08	18.18	NA
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	0.26	0.04	1.13	0.78	0.11	23.19	NA

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		
SLA001	Barley (<i>Hordeum vulgare</i>)	26.52	224	57.44	6.71	261		
SLA002	Maize, dry, local (<i>Zea mays</i>)	9.20	268	139	4.61	288		
SLA003	Maize, tender, local (<i>Zea mays</i>)	5.10	182	41.11	2.31	183		
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	6.52	111	34.71	2.19	298		
SLA005	Millet, finger (<i>Eleusine coracana</i>)	419	246	148	4.72	418		
SLA006	Rice, flakes (<i>Oryza sativa</i>)	11.10	214	98.29	2.48	148		
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)	10.85	243	35.55	7.63	149		
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	6.57	163	22.18	2.09	155		
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	4.73	195	31.70	1.61	169		
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)	6.94	150	26.29	1.55	87.92		
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	4.57	119	20.10	3.00	147		
SLA012	Rice, samba (<i>Oryza sativa</i>)	8.71	192	37.26	2.16	154		
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	9.28	147	30.48	1.53	149		
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	1.74	95.94	23.67	17.83	61.98		
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	21.89	97.00	38.71	3.75	160		
SLA016	Water lily seeds (<i>Nymphaea cereals</i>)	27.99	180	55.12	0.68	162		
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	22.09	116	27.32	1.13	140		
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	26.78	106	41.80	2.00	290		
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	21.89	97.00	38.71	3.75	160		

Table 5. TRACE ELEMENTS AND HEAVY METALS

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

Food code	Food Name	Manganese										Chromium										Nickel										Lithium										Aluminium										Lead										Mercury										Cadmium										Arsenic										Antimony											
		Iron		Copper		Zinc		Selenium		Cobalt		Molybdenum		Chromium		Nickel		Lithium		Aluminium		Lead		Mercury		Cadmium		Arsenic		Antimony																																																																									
		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																																																																						
SLA001	Barley (<i>Hordeum vulgare</i>)	1.63	1.25	0.77	1.35	1.35	17.99	0.042	0.023	0.034	NA	NA	2.46	NA	NA	NA	NA	NA	NA	NA	2.59	NA	1.37	NA	NA	NA	NA	NA	NA	NA	NA	NA	NA																																																																						
SLA002	Maize, dry, local (<i>Zea mays</i>)	2.03	0.68	0.24	1.97	10.98	0.008	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014	0.047	0.014																																																																							
SLA003	Maize, tender, local (<i>Zea mays</i>)	0.70	0.36	0.14	0.92	2.64	0.001	0.013	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014	0.003	0.014																																																																							
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	0.46	0.32	0.14	0.68	3.75	NA	0.007	0.003	0.005	NA	0.007	0.003	0.005	NA	0.007	0.003	0.005	NA	0.007	0.003	0.005	NA	0.007	0.003	0.005	NA	0.007	0.003	0.005	NA	0.007																																																																							
SLA005	Millet, finger (<i>Eleusine coracana</i>)	4.78	2.05	0.54	2.47	20.35	0.017	0.017	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107	0.016	0.107																																																																							
SLA006	Rice, flakes (<i>Oryza sativa</i>)	5.21	1.01	0.22	1.12	NA	0.010	0.039	0.072	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059	0.002	0.059																																																																							
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)	2.34	1.59	0.28	2.14	11.06	0.010	0.072	0.006	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005	0.005																																																																							
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	0.18	0.60	0.19	1.87	7.10	0.009	0.053	0.007	0.003	0.003	0.007	0.003	0.003	0.007	0.003	0.003	0.007	0.003	0.003	0.007	0.003	0.003	0.007	0.003	0.003	0.007	0.003	0.003	0.007	0.003	0.003																																																																							
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	0.88	1.09	0.17	1.84	8.32	0.004	0.060	0.009	0.033	0.002	0.060	0.009	0.033	0.002	0.060	0.009	0.033	0.002	0.060	0.009	0.033	0.002	0.060	0.009	0.033	0.002	0.060	0.009	0.033	0.002	0.060																																																																							
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)	1.22	0.68	0.17	1.50	8.40	0.008	0.055	0.008	0.038	0.002	0.055	0.008	0.038	0.002	0.055	0.008	0.038	0.002	0.055	0.008	0.038	0.002	0.055	0.008	0.038	0.002	0.055	0.008	0.038	0.002	0.055																																																																							
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	0.64	0.46	0.32	1.61	8.93	0.010	0.051	0.006	0.050	0.001	0.051	0.006	0.050	0.001	0.051	0.006	0.050	0.001	0.051	0.006	0.050	0.001	0.051	0.006	0.050	0.001	0.051	0.006	0.050	0.001	0.051																																																																							
SLA012	Rice, samba (<i>Oryza sativa</i>)	1.18	0.93	0.35	1.49	11.07	0.132	0.055	0.007	0.075	0.001	0.132	0.055	0.007	0.075	0.001	0.132	0.055	0.007	0.075	0.001	0.132	0.055	0.007	0.075	0.001	0.132	0.055	0.007	0.075	0.001	0.132																																																																							
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	0.92	0.79	0.14	1.70	8.18	0.009	0.046	0.006	0.039	0.001	0.046	0.006	0.039	0.001	0.046	0.006	0.039	0.001	0.046	0.006	0.039	0.001	0.046	0.006	0.039	0.001	0.046	0.006	0.039	0.001	0.046																																																																							
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	1.36	0.75	0.42	1.27	14.08	0.003	0.064	0.008	0.035	0.001	0.064	0.008	0.035	0.001	0.064	0.008	0.035	0.001	0.064	0.008	0.035	0.001	0.064	0.008	0.035	0.001	0.064	0.008	0.035	0.001	0.064																																																																							
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	1.72	0.78	0.20	0.92	15.30	0.002	0.017	0.001	0.010	0.010	0.017	0.001	0.010	0.010	0.017	0.001	0.010	0.010	0.017	0.001	0.010	0.010	0.017	0.001	0.010	0.010	0.017	0.001	0.010	0.010	0.017																																																																							
SLA016	Water lily seeds (<i>Nymphaea cereals</i>)	4.22	1.93	0.88	2.05	5.14	0.120	0.006	0.005	0.226	0.003	0.120	0.006	0.005	0.226	0.003	0.120	0.006	0.005	0.226	0.003	0.120	0.006	0.005	0.226	0.003	0.120	0.006	0.005	0.226	0.003	0.120																																																																							
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	3.81	2.90	0.46	3.10	60.32	0.010	0.008	0.001	0.027	NA	0.010	0.008	0.001	0.027	NA	0.010	0.008	0.001	0.027	NA	0.010	0.008	0.001	0.027	NA	0.010	0.008	0.001	0.027	NA	0.010																																																																							
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	1.93	0.69	0.19	0.91	NA	0.001	0.012	0.008	0.010	0.010	0.012	0.008	0.010	0.010	0.012	0.008	0.010	0.010	0.012	0.008	0.010	0.010	0.012	0.008	0.010	0.010	0.012	0.008	0.010	0.010																																																																								
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	3.44	1.87	0.42	2.48	2.64	0.004	0.007	0.003	0.019	0.019	0.004	0.007	0.003	0.019	0.019	0.004	0.007	0.003	0.019	0.019	0.004	0.007	0.003	0.019	0.019	0.004	0.007	0.003	0.019	0.019	0.004																																																																							

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													
		Capric (C10:0)		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	F10D0	F14D0	F16D0	F18D0	F20D0	F22D0	F24D0	FAMS	F16D1C	F18D1	F20D1	F24D1C	FAPU	F18D2	F18D3													
		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	mg	mg	mg
SLA001	Barley (<i>Hordeum vulgare</i>)	233	-	-	209	23.90	-	-	-	93.10	-	93.10	-	-	593	569	23.90													
SLA002	Maize, dry, local (<i>Zea mays</i>)	408	-	-	358	42.50	7.17	-	-	710	-	703	6.95	-	1603	1558	44.80													
SLA003	Maize, tender, local (<i>Zea mays</i>)	104	-	-	92.80	9.25	2.06	-	-	144	-	142	1.89	-	355	344	11.30													
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	122	-	-	105	13.90	2.90	-	-	175	-	173	1.91	-	290	283	7.34													
SLA005	Millet, finger (<i>Eleusine coracana</i>)	297	-	-	273	23.50	-	-	-	595	-	595	-	-	455	368	87.20													
SLA006	Rice, flakes (<i>Oryza sativa</i>)	305	-	-	279	26.30	-	-	-	421	-	421	-	-	608	584	23.80													
SLA007	Rice, kaluhinatti (<i>Oryza sativa</i>)	452	-	12.64	376	43.11	9.48	4.01	6.86	606	-	606	-	-	556	548	7.76													
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	626	-	29.80	546	39.23	11.38	-	-	393	-	393	-	-	544	532	12.25													
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	551	-	21.22	447	51.77	13.40	4.89	9.35	583	10.77	564	-	-	663	645	17.62													
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)	470	-	21.27	374	45.21	8.98	9.15	11.70	323	-	323	-	-	499	484	15.32													
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	512	-	34.03	418	47.93	12.13	-	-	312	-	312	-	-	434	413	20.70													
SLA012	Rice, samba (<i>Oryza sativa</i>)	672	-	26.37	569	52.11	10.10	7.13	7.50	601	-	601	-	-	806	792	13.93													
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	470	-	19.02	400	40.86	9.35	-	-	338	-	338	-	-	489	479	10.35													
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	290	-	19.58	251	19.46	-	-	-	215	-	215	-	-	455	433	22.25													
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	62.20	-	-	56.90	5.31	-	-	-	33.80	-	33.80	-	-	208	196	11.90													
SLA016	Water lily seeds (<i>Nymphaea cerealis</i>)	599	-	17.34	443	83.56	17.71	18.15	19.33	395	-	378	17.37	-	893	877	16.73													
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	202	-	-	188	14.40	-	-	-	151	-	151	-	-	745	701	44.20													
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	96.10	-	-	88.90	7.21	-	-	-	52.00	-	52.00	-	-	354	336	18.80													
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	85.20	-	-	78.80	6.40	-	-	-	70.30	-	70.30	-	-	327	309	17.80													

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)

	Available CHO	Free sugars						Oligosaccharides		Total Starch		
		Fructose		Glucose		Maltose		Sucrose			Raffinose	Stachyose
		Total	FRUS	GLUS	MALS	SUCS	STAS					
		g	g	g	g	g	g	g	g	STARCH		
SLA001	Barley (<i>Hordeum vulgare</i>)	76.70	NA	0.07	NA	NA	0.04	0.01		76.63		
SLA002	Maize, dry, local (<i>Zea mays</i>)	62.31	0.17	0.80	NA	0.65	NA	NA		60.69		
SLA003	Maize, tender, local (<i>Zea mays</i>)	16.70	0.25	0.88	NA	0.33	NA	NA		15.24		
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	12.64	0.89	0.99	NA	2.80	NA	NA		7.96		
SLA005	Millet, finger (<i>Eleusine coracana</i>)	63.74	NA	0.19	NA	0.13	0.02	NA		63.42		
SLA006	Rice, flakes (<i>Oryza sativa</i>)	67.51	NA	0.11	NA	0.17	NA	NA		67.23		
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)	70.76	0.01	0.09	0.02	0.05	ND	ND		70.58		
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	76.20	0.01	0.01	-	0.12	ND	ND		76.06		
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	75.67	0.01	0.08	0.06	0.03	ND	ND		75.49		
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)	74.71	-	0.06	0.01	0.01	ND	ND		74.63		
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	78.16	-	0.02	0.01	0.08	ND	ND		78.05		
SLA012	Rice, samba (<i>Oryza sativa</i>)	77.29	-	0.05	0.03	0.08	ND	ND		77.13		
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	74.77	-	0.06	0.02	0.02	ND	ND		74.67		
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	79.24	-	0.04	0.03	0.01	ND	ND		79.15		
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	55.53	0.62	0.58	NA	0.48	NA	NA		53.85		
SLA016	Water lily seeds (<i>Nymphaea cereals</i>)	70.46	-	0.03	-	0.01	ND	ND		70.41		
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	57.51	0.74	0.83	NA	0.28	0.52	0.03		55.66		
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	72.95	0.62	0.77	NA	0.44	0.36	NA		71.12		
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	54.08	0.59	0.52	NA	0.48	0.33	0.06		52.49		

Table 9. PHYTOSTEROLS

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

Food code	Food Name	Campesterol	Stigmasterol	β-Sitosterol
		mg	STGSTR	mg
SLA001	Barley (<i>Hordeum vulgare</i>)	6.11	1.12	42.60
SLA002	Maize, dry, local (<i>Zea mays</i>)	12.22	4.28	89.23
SLA003	Maize, tender, local (<i>Zea mays</i>)	5.89	2.84	43.55
SLA004	Maize, tender, sweet (<i>Zea mays</i>)	5.57	2.64	41.48
SLA005	Millet, finger (<i>Eleusine coracana</i>)	5.66	2.51	54.43
SLA006	Rice, flakes (<i>Oryza sativa</i>)	3.93	2.15	20.33
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)	ND	ND	ND
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)	ND	ND	ND
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)	ND	ND	ND
SLA010	Rice, kakulu, white (<i>Oryza sativa</i>)	ND	ND	ND
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)	ND	ND	ND
SLA012	Rice, samba (<i>Oryza sativa</i>)	ND	ND	ND
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)	ND	ND	ND
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)	ND	ND	ND
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)	2.68	0.39	22.72
SLA016	Water lily seeds (<i>Nymphaea cerealis</i>)	ND	ND	ND
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)	6.56	0.74	37.65
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)	3.72	0.50	24.18
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)	10.69	1.32	53.23

Table 10. CAROTENE 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		Zeaxanthin		β - Cryptoxanthin		β - Carotene	
		LUTN	μg	ZEA	μg	CRYPXB	μg	CARTB	μg
SLA001	Barley (<i>Hordeum vulgare</i>)		3.56	1.64	NA	NA	NA	NA	
SLA002	Maize, dry, local (<i>Zea mays</i>)		221	68.60	115	115	197	197	
SLA003	Maize, tender, local (<i>Zea mays</i>)		154	26.54	31.81	31.81	31.58	31.58	
SLA004	Maize, tender, sweet (<i>Zea mays</i>)		144	24.12	51.82	51.82	43.21	43.21	
SLA005	Millet, finger (<i>Eleusine coracana</i>)		22.89	1.59	NA	NA	1.34	1.34	
SLA006	Rice, flakes (<i>Oryza sativa</i>)		1.42	NA	NA	NA	NA	NA	
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA012	Rice, samba (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)		-	-	-	-	-	-	
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)		-	-	-	-	-	-	
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)		21.55	0.63	NA	NA	2.01	2.01	
SLA016	Water lily seeds (<i>Nymphaea cerealis</i>)		-	-	-	-	-	-	
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)		32.12	0.75	NA	NA	2.26	2.26	
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)		34.65	2.25	NA	NA	2.97	2.97	
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)		21.56	2.03	NA	NA	1.45	1.45	

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		Tartaric Acid										Cis-Aconitic Acid										Fumaric Acid		Phytate	Trypsin Inhibitor Unit	Trypsin Inhibitor Activity
					TARAC		Quinic Acid		Mallic Acid		Succinic Acid		FUMAC																
	Soluble		Insoluble		mg		mg		mg		mg		mg		mg		mg		mg		mg								
	OXALAC		mg		mg		mg		mg		mg		mg		mg		mg		mg		mg		mg						
SLA001	Barley (<i>Hordeum vulgare</i>)		9.64	8.03	1.61	1.33	0.65	0.77	0.11	1.20	NA	NA	NA	NA	NA	391	21.26	3.13											
SLA002	Maize, dry, local (<i>Zea mays</i>)		15.97	13.96	2.01	0.94	0.84	0.93	1.50	NA	0.66	0.66	0.66	0.66	0.66	624	25.89	3.06											
SLA003	Maize, tender, local (<i>Zea mays</i>)		3.31	2.21	1.10	4.35	1.83	0.73	1.22	0.29	0.46	0.46	0.46	0.46	0.46	142	8.62	1.79											
SLA004	Maize, tender, sweet (<i>Zea mays</i>)		1.62	1.18	0.44	2.24	4.56	0.64	1.90	0.26	0.78	0.78	0.78	0.78	0.78	225	4.26	1.10											
SLA005	Millet, finger (<i>Eleusine coracana</i>)		48.33	40.11	8.22	1.31	NA	0.94	2.71	NA	0.24	0.24	0.24	0.24	0.24	302	30.42	4.28											
SLA006	Rice, flakes (<i>Oryza sativa</i>)		11.55	8.69	2.86	NA	NA	0.48	1.35	NA	1.28	1.28	1.28	1.28	1.28	482	24.84	3.41											
SLA007	Rice, kaluhinati (<i>Oryza sativa</i>)		9.81	8.26	1.56	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	615	ND	ND											
SLA008	Rice, keeri samba (<i>Oryza sativa</i>)		9.91	8.75	1.16	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	155	ND	ND											
SLA009	Rice, kekulu, red (<i>Oryza sativa</i>)		9.41	8.24	1.17	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	479	ND	ND											
SLA010	Rice, kekulu, white (<i>Oryza sativa</i>)		10.38	7.49	2.89	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	166	ND	ND											
SLA011	Rice, nadu, white (<i>Oryza sativa</i>)		10.65	8.51	2.14	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	108	ND	ND											
SLA012	Rice, samba (<i>Oryza sativa</i>)		9.52	8.17	1.35	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	329	ND	ND											
SLA013	Rice, samba kekulu (<i>Oryza sativa</i>)		10.94	9.19	1.78	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	230	ND	ND											
SLA014	Vermicelli, rice (<i>Triticum aestivum</i>)		2.06	1.21	0.85	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	101	ND	ND											
SLA015	Vermicelli, wheat (<i>Triticum aestivum</i>)		20.16	13.37	6.79	0.58	2.28	0.03	0.15	4.18	1.26	1.26	1.26	1.26	1.26	161	20.21	2.17											
SLA016	Water lily seeds (<i>Nymphaea cerealis</i>)		1.71	1.31	0.39	ND	ND	ND	ND	ND	ND	ND	ND	ND	ND	208	ND	ND											
SLA017	Wheat, flour, atta (<i>Triticum aestivum</i>)		52.77	29.93	22.84	1.31	5.45	0.02	1.36	NA	1.58	1.58	1.58	1.58	1.58	614	35.68	3.48											
SLA018	Wheat, flour, refined (<i>Triticum aestivum</i>)		19.82	11.22	8.60	1.09	3.12	0.03	1.03	NA	1.16	1.16	1.16	1.16	1.16	142	29.79	2.86											
SLA019	Wheat, semolina (<i>Triticum aestivum</i>)		30.15	23.61	6.54	1.03	5.16	0.03	1.09	NA	1.04	1.04	1.04	1.04	1.04	547	49.68	4.58											