

Group L

Beverages

From water to hard coffee and from soft drinks to alcohol, many types of beverages are consumed by an average person throughout the day. Beverages add taste, energy and micronutrients to the diet.



SLL001



ENGLISH NAME: Coconut water, green, immature
SINHALA NAME: කුරුමා චතුර
TAMIL NAME: இளநீர்

SLL002



ENGLISH NAME: Coconut water, orange (king coconut)
SINHALA NAME: කැමිලි චතුර
TAMIL NAME: செவ்விளநீர்

Table 1. PROXIMATE PRINCIPLES AND DIETARY FIBRE

(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	Energy		Moisture	Protein	Total Fat	Carbohyd -rate	Total Dietary Fibre	Soluble Dietary Fibre	Insoluble Dietary Fibre	Ash
		ENERC	ENERC								
		<i>kcal</i>	<i>kJ</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>
SLL001	Coconut water, green, immature	20	83	94.50	0.60	0.30	3.20	1.10	NA	NA	0.30
SLL002	Coconut water, orange (king coconut)	4	17	98.41	0.29	-	0.71	-	-	-	0.60

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			VITB6C	mg	FOLSUM	µg	VITC	mg
SLL001	Coconut water, green	0.06		0.03		0.10	NA	0.03		3.00		3.30	
SLL002	Coconut water, orange (king coconut)	ND		-		0.04	0.40	0.03		6.15		-	

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
SLL001	Coconut water, green	20.00	18.00	25.00	96.00	260
SLL002	Coconut water, orange (king coconut)	8.98	35.97	24.36	63.98	304

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	Iron	Manganese	Copper	Zinc	Selenium
		FE	MN	CU	ZN	SE
		mg	mg	mg	mg	mg
SLL001	Coconut water, green	0.20	NA	0.04	0.10	NA
SLL002	Coconut water, orange (king coconut)	0.16	1.11	0.05	0.81	4.93

Table 8. STARCH AND SUGAR

(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	Total Carbohydrates	Free sugars			Oligosaccharides		Total Starch
			Total free sugars	Fructose	Glucose	Sucrose	Raffinose	Stachyose
				FRUS	GLUS	SUCS	RAFS	STAS
		<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>	<i>g</i>
SLL001	Coconut water, green	NA	NA	NA	NA	NA	NA	NA
SLL002	Coconut water, orange (king coconut)	0.70	0.70	0.33	0.31	0.05	ND	ND